

PMHS sends off a class of resilience and hope



Prospect Mountain High School graduates toss their caps in their at the conclusion of the school’s socially distanced graduation ceremony.

KATHERINE LESNYK

BY KATHERINE LESNYK
Contributing Writer

ALTON — Prospect Mountain High School (PMHS) celebrated its class of 2020 in an outdoor, socially distanced graduation ceremony on Sunday night. Because of the transition to remote learning, necessitated by the ongoing coronavirus (COVID-19) pandemic, the class’s time in person together was cut short, and the challenges the class faced during their high school years led to themes of resilience, hope and compassion throughout the ceremony.

PMHS typically holds graduation ceremonies in the auditorium, but in order to comply with social distancing guide-

lines, the event was brought outdoors to the main parking lot in front of the school. Cars were directed through the bus loop in front of the building, and attendees were given programs and directed where to park. In order to ensure that all attendees could see the stage from their vehicles, cars were staggered in each row. Attendees remained in their cars during the ceremony, with all vehicles facing the stage set up on the right side of the lot, closest to the building. The event was also livestreamed on YouTube and on 97.3 FM.

The celebration began with senior members of the concert band playing the National Anthem,

gathered in front of the stage.

In his welcome address, Principal J Fitzpatrick was able to continue two PMHS graduation traditions, despite the unique circumstances. Fitzpatrick requested that graduates who are enlisting in the military step out of their cars to be recognized, adjusting the tradition of having the students stand among their peers on the auditorium stage. Fourteen students with family members who have worked at PMHS then retrieved roses from the stage and brought them back to their cars.

Pamela McLeod, the chair of the SAU 301 school board, then ad-

ressed the audience on behalf of the school board. She first thanked Fitzpatrick, the school administration, faculty and staff for the “proactive remote learning plan” that was implemented to complete the

academic year for the seniors and all PMHS students.

Given the unprecedented circumstances and the hardships and sadness the class has felt, McLeod emphasized the class’s resilience

that the students have exhibited.

“You, the class of 2020, will be the very manifestation of the word ‘resilience,’” she said.

She was optimistic
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New Durham Library offers access to free ebooks

NEW DURHAM — Children and young people in town will be provided access to thousands of free e-books, due to a unique arrangement between the New Durham Public Library and First Book.

First Book is a non-profit social enterprise that provides new books and educational resources to educators and program leaders serving children in need.

“Because of an earlier grant we’d received, the library has a relationship with this great organization,” Library Director Cathy Allyn said, “so when this extraordinary opportunity came along, we jumped on it.”

The e-books are appropriate for all children from toddlers through

high school.

“Once parents contact us to let us know they’re interested, we’ll assign a code and PIN combination to each individual family,” Allyn said.

The code allows access to the Open eBooks app, which is free to download, and then all of the e-books in that code’s age range are available.

“There are three separate collections,” Allyn explained. “Elementary, middle school, and high school, so content is suitable.”

The library will also provide access on some of the mobile devices soon to be purchased that will be available to be loaned out. Other devices will be kept at the

library once the building is open to the public, and be available there.

“This opens up so many more free titles for our patrons,” Allyn said. “It’s a wonderful prospect, and we’re truly lucky.”

The library is now in production for two presentations pulled from folklore, for preschoolers through sixth grade. Illustrious Tales can be seen on the library’s Facebook and YouTube channel at YouTube.com/NewDurhamLibrary on Wednesday, June 10 and June 17.

Students are invited to send in artwork to be used in the stories. Three to six inch tall illustrations of a rat, a rat

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Barnstead selectmen discuss town beach

BY KATHERINE LESNYK
Contributing Writer

BARNSTEAD — The Barnstead Board of Selectmen met on May 26, continuing the “new normal” of livestreamed biweekly meetings. The board discussed updates from conversations at the May 12 meeting, and discussed the current status of the town beach.

As a follow-up to the update from the Barnstead Fire Department at the last meeting, the board reviewed bids for the installment of plumbing and fixtures for an upstairs bathroom at the fire department. Chairperson Lori Mahar inquired about the seemingly high costs of the three bids, which ranged from \$2,000 to \$2,850, and Selectman Rick Therrien said that \$1,500 is generally a “standard rate” for fixtures, but with the additional plumbing that will likely be needed for the upstairs bathroom,

\$2,000 would be reasonable.

At the May 12 meeting, representatives from the fire department said that the department was planning on doing most of the work themselves, but Vice Chairperson Diane Beijer said during the discussion about the bids that “in the state of New Hampshire, anything that has to do with plumbing has to be done by a licensed contractor.”

The board approved a \$2,000 bid for the renovation, despite a soft freeze on the town budget. The funds will be sourced from the repair and maintenance account.

“We’re trying to build up their morality...I think they deserve to get a little boost,” Mahar said of the fire department.

Next, Selectman Gary Madden announced that a group of volunteers is working with him on a campaign addressing illegal dumping that

has been seen recently around town.

“This week, I’m going to come up with some kind of a statement like we had discussed, possibly putting it on the Web site, around the town de-

SEE BARNSTEAD, PAGE A10



MATTHEW FASSETT — COURTESY

Giving Back to our community

American Legion Post 72 recently presented a gift of \$1,000 to the Alton Food Pantry. From Left to Right: Moe Luckerne, George Feeney Champal, Bruce Cornish, Finance officer, Amy Mc Donald, Alton Community Services Food Pantry, and Scott Douglas. Commander of sons.

Prospect Mountain High School announces top graduates



Isabelle Huggard



Marissa Labrie



Samantha Simpson



Reilly Gray



Grace Delager



Alina Hardie



Sara Frenette



Lily Michud



Ava Blair



Hannah Racine

ALTON — It is with great pride that Prospect Mountain High School announces the top graduates from the Class of 2020.

Isabelle Huggard - Valedictorian

Isabelle Huggard is the daughter of Sam and Wendy Huggard, and sister of Seth and Nadia Huggard of Alton. For the past four years, Isabelle's passion to be an inclusive leader who works for meaningful

community, true equality, and artistic creativity has blossomed through her endeavors, both in school and beyond. At PMHS, Isabelle enjoyed her 4-year membership in Prospect's Band Program, serving in band leadership as a clarinet section leader and as the president of the Tri-M Music Society. Additionally, she was a member of Future Business Leaders of America, working as secretary, and National Honor Society, serving

as president. Isabelle was honored to assist in choreographing for the PMHS Drama Department as well as creating and facilitating various fundraisers for the Class of 2020 and community organizations.

Beyond Prospect, Isabelle is an active part of BeFree Community Church, volunteering in childcare, mentoring middle school students, serving as the local facilitator for the annual Operation Christmas Child initiative, and choreographing for holiday presentations. As a junior, Isabelle participated in the Girls Rock the Capital Program as a NH State House Student Intern. For over two years, Isabelle has worked at Johnson's Seafood & Steak as a hostess and manager. Dance has been a constant pursuit for the past 15 years. Alton Dance Academy has provided her with a unique opportunity to not only develop as a dancer, but also as a mentor, teacher, and leader as she served as a teacher's assistant, worked in the dance boutique, and moved into teaching her own class. Isabelle has performed in various

ADA recitals like Peter Pan & Toy Story, ADA Winter Shows, and Sole City's Nutcracker. She was awarded the Elizabeth Lott Award for Dance Excellence as a freshman. This year, she earned entrance into the National Honor Society for Dance Arts as an Honors Graduate, one of the first ADA students to achieve this status. In the fall, Isabelle will attend the University of Richmond, double majoring in Dance and PPEL (Philosophy, Politics, Economics, & Law).

Marissa Labrie - Salutatorian

Marissa Labrie is the cherished daughter of Marie Labrie and David Rienzo of Alton Bay, and Alan Labrie of Tamworth, and the rockin' kid sister of Cameron Labrie of Alton Bay. During all four years at Prospect Mountain High School, Marissa has maintained academic honors. She is a member of the National Honor and Tri-M Music Societies. In 2019, Marissa was a recipient of the George Eastman Young Leaders Award presented by the University of Rochester. Over the last four years, she has

earned other recognition, including highest academic achievement in French, and academic excellence awards for English, Chemistry, Physical Science, Economics, and Civics and Government, as well as numerous awards for essays she has written on a variety of topics. She has successfully completed college classes in the areas of English, Mathematics and Psychology, earning top marks in all courses. Marissa will graduate as a NH Scholar with an emphasis in Art.

While attending PMHS, Marissa has focused on her musical talents, including as a percussionist in the marching and concert bands during her freshman and sophomore years, and as a singer in Mixed Choir, Treble Choir, and Chamber Singers. She has been an active member of the World Cultures Club and currently serves as its Vice President. Outside of school, she has been employed by local restaurants, including The Lodge at Smith Point.

It's a great big world out there, so...with a grateful heart, Marissa admits that she does not yet know what her future college plans hold. Upon graduation, she will embark on a year-long journey of personal growth and exploration to contemplate her interests, focus on creativity, and above all, learn how to quiet her mind, find balance, and simply breathe again. Marissa is looking forward to evaluating her goals, ambitions, and dreams so she can select the college experience that will best fit her personality and overall happiness.

Samantha Simpson
Samantha Simpson is the daughter of Scott

and Deborah Simpson of Barnstead. Her four years at Prospect Mountain High School have been formational years. She has enjoyed being a part of History Club and the trips she has gotten to take have been some of her favorite adventures. She has also found a passion for tennis and was a part of the PMHS Varsity Tennis Team. Sam also was a part of Color Guard. Throughout her high school experience, Sam has loved going to the Oscar Foss Memorial Library for Writing Club and other events hosted by the library. She was Parliamentarian of the National Art Honors Society and a member of Chamber Singers, and enjoyed being a part of the art and music communities. She's so grateful for the experiences she has had and the memories she has made. Sam will be attending NHTI next year to earn her Liberal Arts Degree.

Reilly Gray

Reilly Gray is the daughter of Susan and Dennis Gray of Barnstead. Over the past four years, Reilly has been very active at Prospect Mountain and within the community. She has participated in five different sports throughout her high school career, her favorites being varsity soccer, varsity softball, and varsity unified basketball. Reilly was also a member of the National Honor Society and Future Business Leaders of America. These two clubs allowed her to participate in many community service activities while gaining valuable leadership skills. She has maintained all A's throughout her four years of high school and is a New Hampshire STEM Scholar. Reilly

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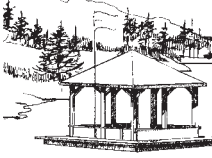
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A SALMON PRESS PUBLICATION
BAYSIDER STAFF DIRECTORY

The Baysider is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. ISSN: 1945-5836. USPS 024921 periodicals postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Baysider, P.O. Box 729, Meredith, NH 03253.



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Prospect Mountain High School announces top graduates

Graduates

FROM PAGE A1

was also accepted into the Health Careers Institute at Dartmouth as a junior in high school, which allowed her to explore different health careers while studying on Dartmouth's campus for a week. This experience helped confirm her desire to become a speech-language pathologist. Reilly will be attending The University of New Hampshire in the fall to major in Communication Sciences and Disorders. She was awarded UNH's prestigious Presidential Scholarship, which less than 6% of incoming UNH students receive. Reilly was also accepted into UNH's honors program as a freshman, which will allow her to study at an advanced level throughout college.

Grace DeJager

Grace DeJager is the daughter of John and Charla DeJager of Alton. Over her four years at Prospect Mountain High School, Grace has enjoyed being a very active part in the community. She was a Class Officer, serving as Treasurer for three years and Vice President in her fourth year. She participated in JV soccer for two years where in her second year she was Captain of the team and received the Coaches Award. She also participated in varsity soccer for one year, and Outdoor Track and Field for two years. In her sophomore year, Grace attended the Hugh O'Brian Youth Leadership Conference, where she learned skills and tools to become an effective leader in her community. She has been a member of the National Honor Society for two years and was the Secretary for her second year, helping to organize Teacher Appreciation Week events, tutoring services, blood drives, and other various fundraisers. Grace has enjoyed music for her whole life and was very involved with the band, where she played flute and piccolo. She was the Junior Drum Major in her junior year, and assumed the role of Drum Major in her senior year. This involved planning band camp over the summer, selecting arrangements for the band to play, and conducting at the Dover Band Show. Additionally, Grace has played in the Pep Band for numerous basketball games, and in the Pit Band for the school plays and musicals including "Suessical the Musical," "This Business of Murder,"

"Willy Wonka and the Chocolate Factory," and was in rehearsals for this year's show: "The 25th Annual Putnam County Spelling Bee." Grace participated in the Tri-M Music Honor Society for three years, and served as the Vice President for her senior year, organizing senior citizen tea parties and promoting music in the high school and local elementary schools. Grace has received the DAR Good Citizen Award and is an active member of the Youth Group at Be-free Community Church of Alton. She enjoys serving in her community and will continue to do so when she leaves PMHS. Grace will be attending Messiah College in the Fall to pursue a degree in Education.

Alina Hardie

Alina Hardie is the daughter of Chris and Patty Hardie of Alton. During Alina's four years at Prospect Mountain, she has engaged in a variety of different clubs, sports, and community service events. She has played JV and Varsity Soccer all four years of high school. Participated on the JV Basketball team for two years. Alina was a member of the Varsity track and field team for three years. Her junior and senior year she enjoyed being an active helper for the Unified Basketball team. She received many sportsmanship awards and was a scholar athlete each sports season during her high school career. Her senior soccer season she was awarded the "Matt Locke" award in honor of Varsity Soccer coach Matt Locke. She was a member of Future Business Leaders of America (FBLA) her junior year. Alina was also a member of the National Honor Society (NHS) for two years, and was involved with numerous community service events within the club. Aside from the community service events in NHS, she also participated in helping videotape Varsity Girls Basketball games, helped run ACS track meets, helped PMHS Booster Club, helped coach Mini Rev's soccer, volun-

teered as a camp counselor for Camp Winni in Alton Bay, and many more events. Academically, Alina has earned academic excellence in Civics, Anatomy and Physiology, Health, Desktop Publishing, and Spanish. All while maintaining high honors/honors throughout her four years at PMHS and is a New Hampshire STEM Scholar. Outside of Prospect, she is an active team leader for The Arthritis Foundation and participates in many arthritis walks. Alina will be attending UNH this fall for their dual Bachelors/Doctorate Occupational Therapy program!

Sara Frenette

Sara Frenette is the daughter of Dana and Sabrina Frenette of Barnstead, as well as the younger sister to Julie Frenette, class of 2016. Throughout her four years at Prospect Mountain, Sara has maintained high honors while challenging herself with honors and AP level classes. She is an active member of the National Honors Society and participates in the World Cultures Club. Sara will graduate from Prospect with an Honors diploma and as a New Hampshire STEM scholar. In addition to the Academic Excellence and Scholar Athlete awards she has received during her time at PMHS, Sara was also the recipient of The University of Michigan Book Award in her Junior year. Outside of school, she enjoys training and spending time with her horses, a love for which she used to start an Equestrian Team at Prospect Mountain. Sara received first place in her Dressage test during the horse shows that the team attended. In the fall Sara will be attending NHTI for their General Studies program while continuing to care for her horses and planning her next educational steps.

Lily Michaud

Lily Michaud is the daughter of Genevieve and Scott Michaud of Barnstead. She has enjoyed being a part of the Prospect Mountain community and can't wait

for the next chapter of her life. She has loved contributing to the community through the music department, honor societies, and numerous clubs. She has been the Color guard captain in the marching band, a member of Chamber Singers, and has performed in the shows "Suessical the Musical," "This Business of Murder," and "Willy Wonka." She would like to give a special thanks to the cast and directors of "The 25th Putnam County Spelling Bee," as she would have liked nothing more than to perform with them, but unfortunately was unable to due to the current circumstances. She has also enjoyed being a historian of the 2020 class, historian of Tri-M, historian of NHS, and vice president to the new honor society - NAHS. She loved trying new things throughout these four years such as track, ski team, and history club. She wishes she could give a proper goodbye to all of the people who have helped her and have encouraged her to reach her goals. Lily will be majoring in psychology next fall.

Ava Blair

Ava Blair is the daughter of Joseph and Denise Blair of Barnstead. During her four years at Prospect Mountain High School, she has taken on many challenges and stepped into leadership roles. She was the Varsity Soccer Captain and was appointed as the Varsity Tennis Captain before the season was cut short. She played soccer and tennis all four years, and received Most Valuable Player for three consecutive years on the Varsity Tennis team. She also had a passion for trying new things. She was a volunteer for two years with unified basketball, and joined the Varsity Cheer team her senior year. Ava was committed to academic excellence, taking the highest level classes offered as well as online college classes, and she will be graduating with an Honors diploma. As an active member in the community, she was in the National Honor

Society for two years, organized the fall blood drive, and accumulated many hours of community service through the school. Additionally, she volunteered in the community as an altar server at Saint Katharine Drexel Parish. Ava will attend the University of New Hampshire this fall majoring in nursing and will be a cadet in the Air Force ROTC program.

Hannah Racine

Hannah Racine is the daughter of Jason and Beth Racine of Alton Bay. During the past four years, Hannah has maintained a high honor roll status every quarter while playing three sports. She played JV soccer, basketball, and softball her freshman year, and played varsity for the remaining three years. She was one of the captains for the soccer and basketball teams her senior year as well. Hannah was a NH All-

state soccer honorable mention, received the coach's award for basketball her senior year, and was a scholar athlete each year. In addition, she played soccer year round with Revolution United FC. Hannah was also an active member of National Honor Society and Future Business Leaders of America. She is a NH Scholar and a STEM scholar. Hannah also spent her past two summers working at Shibley's at the Pier. Hannah will be attending the University of New England in the fall for medical biology on a physician's assistant track, and will be playing on the women's soccer team. She would like to thank her parents, family, guidance counselor, and coaches for all of their constant support.

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We Will NOT be Undersold

The chosen class

Students throughout the area are flipping tassels this week, albeit not in the traditional way. But while nothing about this rite of passage will unfold as expected this year, we hope that our local graduates seize the opportunity to fulfill Oprah Winfrey's prophetic comment that they are "the chosen class."

Many seniors and their underclassmen counterparts have faced big changes as they navigate the world amid a global pandemic. This summer, finding work won't be as easy as it once was, and figuring out if college campuses will even open this fall remains another question mark. With that being said, this time in an 18-year-old's life is still quite pivotal.

Students will be bombarded with advice and speeches as these final weeks unfold. Our favorite bit of advice, however, is the following

1. Don't smoke
2. Drink plenty of water every day; and
3. Wear sunscreen (your 40-year-old selves will thank you)
4. Spend as much time as humanly possible outside; and
5. Watch the Back to the Future trilogy.

The most important thing you can do, however, is to find out who you are. From there the entire world opens up. Do not limit your lives to the same scene and same people you have always surrounded yourself with. This doesn't mean you need to forget people or places, it simply means that now is a great time to branch out. The more people you meet in different places, with different experiences will shed light on who you really are.

Always remember your roots. These are what has shaped you and prepared you for your next chapter. Remember how important your community has been to you, and remember to always give back.

Always practice kindness, even when it's hard. The world can aggravate and frustrate the most mellow of us. Anger is a normal human emotion, however it's what you do with it that really matters. If you have disagreements or you think the way you feel about a certain issue is correct, remember to not let your anger take you over. It never feels good, plus harboring too much anger and discontent ages us, plus it's really no fun. The more fun and kindness you have in your life, the happier you are. Try to find balance between your work and your leisure time. Spend time doing the things you love, and never forget what those things are, despite how busy your life may become.

As you go through life, you will make mistakes. None of us are perfect and mistakes can actually define who we become if we learn from them. The best formula for mistake making, is to own up to them, have some self awareness, be gentle on yourself, learn, then move on. Simple.

Remember to follow your own gut, always, no matter what. This is your life, and you are the one who needs to make it what it is and what it will be.

And above all, we invite our readers to join us in expressing congratulations to the class of 2020!



COURTESY

The winner of Laconia Rotary's 28th Annual Charity Raffle will receive a 2020 Harley-Davidson FLHX Street Glide with a retail price of \$24,094.

Laconia Rotary extends motorcycle raffle ticket sales

LACONIA – The Laconia Rotary Club announces that its drawing for a 2020 Harley Davidson motorcycle is postponed from June 21 because of the current pandemic. The drawing traditionally occurs on the last Sunday of Motorcycle Week. The date will coincide with the last Sunday of the 2020 Motorcycle Week, whenever that event is re-scheduled.

In the meantime, Rotarians will continue to sell charity raffle tickets (\$20 each) and will display the Harley Davidson motorcycle whenever public gatherings are permitted. For more information or to purchase a raffle ticket online, visit laconiarotary.org.

Laconia Rotary is part of an international network that values service above self, provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world. Laconia Rotary typically meets every Thursday at noon at the Belknap Mill in Laconia. All are welcome. Please write to LaconiaRotary@gmail.com to let us know you'll be attending. Visit www.LaconiaRotary.org for more information about the club.



COURTESY

Red roses at the bay

This past week, members and friends of the Alton Garden Club planted red roses in the Bay Garden. Beverly and Fred Funk are seen here preparing to dig in a bush. Through a generous gift of a member, they were planted in memory of Paul Blackwood whose favorite flowers were red roses. The Bay Garden, that runs between the parking lot and Route 11 at Alton Bay, was established several years ago by the Alton Garden club with monies also donated in memory of loved ones. The garden is maintained by the club. The club has always been a service organization and although meetings have not been possible so far this year, members still continue to plant and care for many of the gardens and planters in town. It is their hope that these efforts will help cheer residence and visitors through this difficult time.

Letters to the Editor

Store employees deserve the same respect they have shown us

To the Editor:

We all owe thanks to area businesses using protective measures against Covid-19. Hannaford's, for example, not only has all of its employees wearing masks, but it also has one-way aisles and required six-foot distancing between customers. For shoppers, who are in a store for limited amounts of time, wearing a mask is no hardship. For the employees who must wear the mask all day long, the inconvenience and discomfort are much more significant.

The request that shoppers also wear masks is followed by some, but not all. Employees working full day shifts must cross their fingers and hope that none of the

customers they encounter are infected with the virus, particularly as summer approaches and more people arrive from out of state hot spot areas. In view of the large number of infected people who are asymptomatic, those who feel healthy cannot assume that they are not transmitting the virus.

Although a few area stores refuse entry to customers without masks, most only make the request, leaving it up to the individual customer to decide. Most store owners want to protect their workers, but they have to worry that requiring masks will bring on the wrath of those who feel it is their right to move about uncovered. The state decision not to have an Executive Order requiring masks

leaves the stores having to make the hard decisions themselves, instead of simply telling customers that masks are required under the law. These stores are trying to run a business and maybe it is expecting too much to ask them to enforce a masks-only policy on their own.

So let us all, as members of this community, show the same concern for employee safety as the stores are showing for ours as customers, doing the right thing whether it is required by law or not. We are all in this together.

RUTH LARSON
ALTON

Let's expand generating electricity renewably in NH

To the Editor:

The New Hampshire House is expected to vote June 11 on House Bill 1218 which would expand the ability of businesses, schools, and municipalities to generate renewable electricity. Under current law, net metering is available only for generators of up to 1 megawatt (MW) or 1000 kilowatts. A large business, school, or municipality, can generate renewable electricity—hydro, solar, wind, or biomass—for its own use, but cannot benefit from net energy exports to the grid at the "large customer-generator" rate set by the PUC. If renewable energy is to be increased, net metering for larger-sized generators is

essential.

HB 1218, sponsored by 5 Democrats and 5 Republicans, would raise the current 1 MW cap on net metering to 5MW and businesses, schools, municipalities, and the state will benefit in many ways:

Providing increased clean, renewable, home-grown energy

Creating clean tech jobs and economic development

Encouraging choice, competition, and independence in retail energy markets

Enabling businesses, schools and municipalities to save real money by generating their own clean power and earning income

from selling excess energy

Similar net metering bills were passed by the legislature in 2018 and 2019 but were vetoed by Gov. Sununu. Last year, the veto override attempt failed by just 6 votes. To build strong bi-partisan support for HB 1218 in the House vote on June 11, please contact your legislators to urge them to vote YES for HB 1218 to advance clean, reliable, affordable energy in NH. Find your legislators' contact information at: <https://gencourt.state.nh.us/house/members/default.aspx>

RUSS WILDER
ALTON BAY

A successful sendoff

To the Editor:

We would like to take this opportunity to thank Principal Fitzpatrick, PMHS staff, and their fantastic team for the wonderful and memorable sendoff given to our PMHS class of 2020 seniors! A lot of thought and care went into this very unique graduation ceremony and from a grandparent's/parent's point of view, it was a great success!

Graduation 2020 was very well executed and most definitely special and memorable. We don't think

they could've done better under this trying and difficult time. The COVID-19 pandemic has certainly turned our worlds upside down and changed many things...some probably forever. Even though it has taken away many of the things we typically rely on, it's amazing to see that it hasn't taken our sense of community, fellowship, and school spirit. So, on behalf of everyone's thoughts, we would like to give a deep and sincere thank-you from parents/guardians such as us and the community that surrounds our wonderful school for the efforts and

hard work put into making our seniors feel special and get the send-off they diligently worked for.

A special thanks to Principal Fitz for promoting this wonderful graduation ceremony and continuing to show leadership through such unprecedented times.

Job well done, and our hats off to all involved.

From two very appreciative and proud grandparents,

JEANNE & JOHN IRVING
ALTON



BY LIZA STEVENS

Title 1 Reading

Alton Central

My purpose for writing this letter is to say “Thank You to Alton Central School” for demonstrating excellence in transitioning into a remote learning environment, in record time, while in the midst of a global pandemic. I am thankful that our school was proactive and well prepared so that we could change our mode of operation within days.

I have worked for ACS for 25 years, and have never experienced a school year quite like this one. If I had looked into the future, I couldn’t have even imagined this scenario of working from home and reading with my students on my computer screen. And although it is not an ideal situation, it is pretty amazing how our school has handled the difficult situation of transferring all learning to online. So that is why I write to you, to send this message of appreciation and gratitude for all of you who make us Alton Central School Strong.

I first want to start by thanking the Alton School Board for bravely tackling the complicated problems of running a school remotely and knowing that this new normal will change our lives in more ways than we can count. I want to express my gratitude for all the time and effort you have put into making important decisions that involve setting up proper protocols to ensure the health and safety of the staff and students at ACS.

I am thankful for your forward thinking, and quick actions in getting the school ready with the necessary tools to make remote learning a reality. I’m appreciative that you kept our technology upgraded, along with the educational programs that could be carried over to remote leaning.

I’m thankful for your unwavering support for the staff, students, and families who have been thrust into their new normal. I’m sure this has not been easy on all of you, especially since you have your own work

responsibilities and families to care for. I am grateful for your commitment and dedication in providing a new way for all of us to learn and grow in these uncertain times.

I am thankful that you have kept us employed and made it possible that we can work from home and teach our students from our laptop screens. You have worked above and beyond what your job calls for and I can’t thank you enough. I am proud to be working for ACS and proud to let people know about our school. Thank you again, for all you do in making ACS successful in educating students both in school and remotely.

Superintendent Pam Stiles, thank you for commanding the ship through these uncharted waters with exceptional strength and leadership. Your quick thinking and drive is unmatched. Your kind words of encouragement have brightened our days and helped to keep us afloat. I especially want to thank you for having the insight into preparing ACS to be in the best possible shape to weather this storm and for your commitment and stamina to lead us through. Words can’t express how much I appreciate all your efforts to keep us safe and all connected.

SAU 72 Office Staff, thank you for keeping the school business up and running through these evolving and challenging conditions. I appreciate your hard work and dedication. Thank you for staying strong and thank you for keeping our paychecks coming.

Principal John MacArthur, thank you for continuing to promote a sense of community especially now as we are separated and working in our remote locations. I appreciate that you continue to support School Pride activities such as the dress up days for spirit week which keeps us connected and our spirits lifted. I especially enjoyed the ACS slide show that virtually reunited and reinforced our sense of pride. Thank you for always

looking for new ways to make us shine and thank you for keeping some fun and laughter in our work place.

Assistant Principal Jim LaFreniere, thank you for staying the course and continuing to be a reliable figure for the staff and students. You are the pillar of Alton Central School who is hard working and respected for your work ethic and your dedication to the School.

Shay Cassily, Director of Curriculum, thank you for supporting our Title 1 team along with the rest of the school with your creative ideas and problem solving skills. I am especially thankful for the new programs you have implemented which have accelerated our student learning and have provided a rich foundation from which our students and teachers can draw upon in their remote learning settings.

Alton Secretaries, thank you for supporting both staff, students, and families with excellence. I appreciate all the hard work you do in the front office with dealing with many people and personalities along with answering our many questions. Thank you for the positive notes of encouragement that keep us going. We appreciate you!

Nursing staff, thank you for supporting us in the health department with important information that we will need to know especially when we return to work. Thank you for keeping our health and safety in the forefront.

Technology Department, thank you for keeping us all connected through emails, google meets, google classrooms, and google everything. Thank you for the impressive live streaming of the author Meg Kearney which was presented to all the grades and thank you for the creation of the fabulous ACS slide show. Most importantly, thank you technical team for being responsive in solving our problems and helpful in our quest to learn new technology. You make it all possible. We couldn’t do this without you.

Teachers, Co-teachers, and Paraprofessionals, thank you educators who work tirelessly every day to teach, enrich, and inspire our students to learn and grow in a remote setting. Thank you for the vision, determination, and ingenuity that it took to create a new learning environment in just days. This was remarkable and the learning continues to grow! The work you produce in this environment is phenomenal. The slide show graphics and the videos that you create are highly motivating, attention grabbing, and full of learning fun. Our teachers are amazing and I am inspired everyday along with the students with their creativity, talent, and perseverance. Wow! How lucky are we. We have a gold mine of minds! Gold Minds!

Jackie Leathers Reading Specialist, thank you for your tireless efforts in support of reading and writing especially now with the new challenges of remote leaning. I admire your selflessness as you are always available to lend your time and energy to any staff member or student who seeks your attention. Thank you for creating volumes of reading videos for our kids and thank you for finding that amazing author Meg Kearny. Most importantly, thank you for sharing your wise and extensive knowledge with us. I feel very fortunate to work alongside of you.

Title 1 Reading and Math, thank you for being a dynamic support team to our staff and students across the grade levels. I’m proud to be part of this team and thankful that we can continue to provide support services for our students. Thank you teammates for all your efforts in staying connected to our kids.

Special Education De-

partment and Therapy Services, thank you for providing support to students who may be having a difficult time adjusting to the changes in their learning environment. Thank you for your patience in supporting accessibility issues and or social-emotional struggles in dealing with the changes and the loss of routine. Thank you for your expertise in finding new ways to help our students learn.

Guidance Department and Social Worker, thank you for providing a shining light for our students so that they have someone to reach out and talk to. Thank you for being their social and emotional support to help them cope and get through this most difficult time.

Unified Arts - Enrichment/Stem and Tech-Ed STEM, thank you for continuing to design exciting projects for our students to build and engineer. I am especially impressed with how you set up your remote learning environment with instructional videos and interesting projects that promote critical thinking and creative problem solving. Thank you for exploring, sharing and making some incredible web pages. You make learning fun! Media Center, thank you for linking our students to library resources online. How exciting, eBooks and audio books at their fingertips and just a click away. Music Department, thank you for personally producing videos to keep our students practicing their vocal and instrumental sounds so they can express their creative side as well as with enjoying some emotional release through music. Art Department, thank you for continuing to provide a creative venue full of inspirational ideas. The fun art challenges help our students to explore

their creativity and balance their emotions through visual art. Athletic Department, thank you for helping our students maintain healthy bodies and minds as they engage in exercise videos that promote movement exploration through dance, play, and connection with nature. Spanish Teacher, thank you for helping our students maintain their Spanish language skills through adoring Spanish stories and rhythmic songs.

Food Services, thank you for preparing and distributing meals and essential food items to our students who would, otherwise, go hungry. These are especially trying times for families and you are doing one of the most important jobs. You are our true heroes!

Custodial Staff, thank you for doing another most important job, for without you we would not be able to go back to school. Thank you for your endless hours of cleaning and disinfecting our work areas and thank you for preparing our building both inside and out to be a safe environment for staff and students to return.

In closing, I would like to say I hope I haven’t missed anyone who is part of Alton Central school since my intention is to thank all of you and to show my gratitude and appreciation for all the hard work that is being done every day to make a new learning environment for our students. We are a wonderful team here at ACS. We are resilient and doing many great things. We are strong working together as a community and with our determined leadership and our creative and innovative staff we can move mountains. After all, we are “The Mountaineers!”

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OBITUARIES

Services planned for Amy Allard

WOLFEBORO — Grave side services for Amy L. Allard, who passed away March 14, will be 11 a.m. June 20, at Lakeview Cemetery in Wolfeboro. It is rec-

ommended to social distance and wear a mask. The Baker-Gagne Funeral Home is assisting the family with arrangements.



Amy Allard

Elizabeth G. Locke, 101

ALTON — Elizabeth G. Locke passed away peacefully on May 16, 2020.

She was born in Everett, Mass. to Wilbur E. And Hallie (Holbrook) Gatchell Aug. 28, 1918. She grew up in Wakefield, Mass. and was a graduate from Wakefield High School. She attended Eastern Nazarene College, Quincy, Mass., Cornell College, Mount Vernon, Iowa, and Northeastern University, Burlington, Mass. In the 1940s, she was a secretary to a physician at the University of Chicago for three years, and for seven years assistant to the personal



Elizabeth Locke

manager of an engineering company in Boston. She was married to Elmer C. Locke and lived in Reading, Mass. until she moved to Alton in 1972. She was predeceased by her sisters, Dorothea G. McLaughlin

and Mary G. Waddle, both of Epsom, and her beloved son, Matthew J. Locke of Alton. She is survived by sons and their families (Stephen Locke, David and Colette Locke, daughter in law Susan); five grandchildren (Jessica and Chris Mains, Sandra and Brian Eaton, Benjamin and Dorien Locke, Jacob Locke, Morgan and Christy Locke); and 13 great grandchildren (Mikayla, Madison, Landon, Alexis, Aldéa, Abigail, Olivia, Samuel, Yosef, Elias, Seraphim, Symeon and Maria).

Walter Spellman, 73

WOLFEBORO — Walter Spellman, 73, of Wolfeboro, formerly of Lexington, Mass., passed away on May 17 of ALL Leukemia.

He is survived by Laura Spellman, his devoted wife of 46 years; his son Brian and daughter-in-law Kim of Medfield, Mass., plus his son Todd and daughter-in-law Shannon of Burlington, Vt.; four beautiful grandsons (Ty and Cam of Burlington, Vt., Drew and Boden of Medfield, Mass.). He is also survived by his brother-in-law and sister-in-law, Stu and Lynne Elfland; his nieces, Samantha Elfland and Jaclyn Laufer (and Peter).

After college with a degree in Interior Design, Walter began his career in sales of commercial furniture, and eventually as a representative for educational furniture. He worked for a time as a fireman for the town of Lexington after his father retired as fire chief of Lexington.

ton. He was able to have the dual career for eight years, but ultimately resigned from the fire department to pursue a managerial role in the commercial furniture business. He began a working relationship as a Sales Rep with a German educational furniture company, VS, in 2000, that he worked for until his death.

In his spare time, Walter enjoyed playing hockey in a men's league, skiing with the family on the mountains in New Hampshire, Europe, and out west plus playing golf. He was a member of Kingswood Golf Club, where he served on the board for several years.

After owning both a home in Lexington, where they raised their family, and having vacation property for 20 years, Walter and Laura decided to build a home on Crescent Lake in Wolfeboro when they became empty nesters in 1998. They made that

their only residence and became involved in the community. Living on the lake allowed them to enjoy boating, jet skiing, swimming, and, of course, tubing with the grandsons. For several years, Walter and Laura wintered in Naples, Fla., where they enjoyed playing golf, going to the beach, and dining with many friends.

A memorial service will be held on Sunday, June 14 outside at Kingswood Golf Course at 2 p.m. In place of flowers, please make a donation to Dana Farber Cancer Institute of Boston MA or Seacoast Cancer Center in Dover.

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

Constance Ann Fuller, 73



Constance Fuller

WOLFEBORO — Constance Ann (Corson) Fuller, 73, of Pinehill Road, Wolfeboro, passed away May 5, 2020 at Frisbee Memorial Hospital in Rochester.

Born in Wolfeboro Aug. 7, 1946, daughter of the late Harold and Josephine (Sweet) Corson, she had been a lifelong resident of Wolfeboro.

Connie graduated from Brewster Academy, she worked at the Wolfeboro Area Day Care and was a Correctional Officer at the Carroll County Correctional Facility for over 35 years. She was also a member of the Brewster Academy Alumni.

Connie is survived by her daughter, Kimberly Willette of Wolfeboro, and a grandson, Tyler Fuller of New York City.

The Baker-Gagne Funeral Home and Cremation Service of Wolfeboro is assisting the

family with the arrangements. To share your condolences, messages, stories and sign an online guest book, visit www.baker-gagnefuneralhomes.com.

Due to the current COVID-19 pandemic, services will be held at a later date.

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

Alton Parks and Recreation Connection

ALTON — The Alton Parks and Recreation Department wanted to share information about local trails in Alton—these trails are generally less traveled, and less well known.

This week's trail spotlight is on the Evelyn H. and Albert D. Morse, Sr. Preserve at Pine Mountain—which is a good alternative to hiking Alton's most popular trail system, Mt. Major.

The Morse Preserve is located on Avery Hill Road, off of Alton Mountain Road, and is managed by the Society for the Protection of New Hampshire Forests. There is ample parking at the Mike Burke parking lot or along the road, and a great reward during the hike of a panoramic view of

the Big Lake. To get to Pine Mountain-Morse Preserve take Route 11 into Alton Bay, turn on to Rand Hill Road. After three quarters of a mile on Rand Hill Road, take a left onto Alton Mountain Road. After approximately two miles, take a left onto Avery Hill Road. The trail head is located about 500 feet on the left after passing the Mike Burk Trail System.

A network of trails is available, including a 1.7 mile marked loop trail that travels through fields and forests to reach the mountain top with a view of the Belknap Range and Lake Winnepesaukee.

This is a short but very rewarding hike for anyone who is interested in getting outside for fresh air but not com-

mitting to a full day in the woods. In season you may also find wild blueberries. This is a four season trail system and a peaceful place to experience nature.

More information on the Morse Preserve and other local recreation areas can be found on the Town of Alton's Web site: www.alton.nh.gov: Government-Parks and Recreation or Conservation Commission—click on blue button—Hiking Trails. Another resource for local trail information is forestsocty.org. Paper local trail maps are available at the Alton Parks and Recreation Office Kiosk, located at 328 Main St., Alton. Get outside today and discover a trail less traveled!



ALTON POLICE LOG



Alton Police Department responded to 164 calls for service during the week of May 24-30, including 6 arrests.

-1 Male Subject was arrested for Driving After Revocation or Suspension & Suspended Registration.

-1 Female Subject was arrested for Possession of Controlled/Narcotic Drugs.

-1 Male Subject was arrested for Receiving Stolen Property & De-

fault or Breach of Bail Conditions.

-1 Female Subject was arrested for Driving While Intoxicated.

There were 2 Motor Vehicle Summons Arrests.

There were 4 Motor Vehicle Accidents.

There were 2 Suspicious Person/Activity Reports on Main Street & Highgrove Park.

Police made 13 Motor Vehicle Stops and handled 6 Motor Vehicle Complaint-Incidents.

There were 139 other calls for services that consisted of the following: 4 Assist Fire Department, 1 Fraudulent Action, 1 Pistol Permit

Application, 1 Animal Complaint, 6 Domestic Complaints, 7 General Assistance, 2 Miscellaneous, 3 Alarm Activations, 1 Noise Complaint, 2 Lost/Found Properties, 2 Highway/Roadway Hazards, 2 General Information, 2 Vehicle ID Checks, 1 Trespass, 1 Sex Offender Registration, 1 Civil Matter, 3 Wellness Checks, 1 Abandoned Motor Vehicle, 3 Community Programs, 1 Dispute, 2 Disabled Motor Vehicles, 83 Directed Patrols, 2 Medical Assists, 3 Property Checks, 3 Paperwork Services & 1 Unwanted Person.

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Church Service SCHEDULE

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

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

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

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

CENTER BARNSTEAD CHRISTIAN CHURCH Morning Service 10:00 am Adult and Teen Bible Study 11:15 am. Sunday School for all ages 10:00 am. Rte. 126 next to Town Hall. Pastor Brian Goveer. 269-3831.

COMMUNITY CHURCH OF ALTON Prayer Meeting 9:00 am Christian Education for all ages, nursery-adults, 9:00 am. Rev. Dr. Samuel J. Hollo. 875-5561. Sunday Worship Service 10:00am Our services are live streamed on YouTube Sundays at 10 am www.ccoalton.com Alton Bay Barnstead July 1-Sept 2 10:00am 20 Church Street

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC We are an "Open and Affirming Congregation" of the UCC. Reverend Nancy Talbot; 776-1820 501 N. Barnstead Rd., Cr. Barnstead, NH Our services are Live on Zoom every Sunday at 10 AM. More info at: cconorthbarnstead.com

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON Worship Services 10:00 AM Sunday School 10:15 AM 400 Main Street Farmington, NH 03835 Pastor Kent Schneider 755-4816 www.farmingtonucc.org

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

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

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

ST. STEPHEN'S EPISCOPAL CHURCH Sunday 9:30 50 Main St., Pittsfield Rev. Miriam Acevedo, 435-7908 www.ststephenspittsfield.org

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA Sunday services and religious education 10:00 a.m. All are welcome. 172 Pleasant St. Laconia • 524 6888 • uusl.org MAPLE STREET CHURCH Sunday Service 11am 96 Maple Street Center Barnstead NH 03225

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

| Town | Address | Type | Price | Seller | Buyer |
|------------|----------------------|----------------------------|-----------|---|---|
| Alton | 37 Dobbins Way | Residential Developed Land | \$449,000 | Dobbins Brook LLC | Dana and Joanne Wilson |
| Alton | Dudley Road | N/A | \$165,000 | Peter R. Calligandes Trust and Jonathan Calligandes | Richard and Diana Couture |
| Alton | 51 Kent Locke Circle | Single-Family Residence | \$345,000 | Robert Festa | Courtney L. and Matthew T. DiVito |
| Alton | 18 Leigh Dr. | Single-Family Residence | \$290,000 | Kendall A. Stapley | John R. and Laura B. Ventresco |
| Alton | 64 Range Rd. | Single-Family Residence | \$244,933 | Tena M. McNeil | Kevin D. Dillon |
| Alton | Route 11-A | N/A | \$57,000 | Patricia A. Scribner | Saball Fiscal Trust and David F. Saball |
| Alton | N/A (Lot 5-5) | N/A | \$110,000 | Karimah Tuquan-Hernande and Ariane Lepore | Mark Iafrati and Jane Freedman |
| Alton | N/A (Lot 36) | N/A | \$45,000 | Donald R. MacNeil | John and Barbara Tuttle |
| Barnstead | 5 New Castle Dr. | Single-Family Residence | \$209,933 | Michael and Brenda Courchene | John C. and Claudia A. Maguire |
| Barnstead | 74 Parade Rd. | Single-Family Residence | \$269,933 | Croteau Fiscal Trust and Sandra J. Croteau | Troy S. Caruso and Tammy L. Nagle |
| Barnstead | 16 Walker Rd. | Single-Family Residence | \$215,000 | Christopher E. Neslusan | Joseph P. Neslusan and Felicia J. Daughraty |
| Barnstead | 31 Winwood Dr. | Single-Family Residence | \$258,000 | April D. Ellis and Thomas J. Normandin | Matthew S. and Stacy Aube |
| Barnstead | N/A (Lot 8) | N/A | \$47,500 | Florence L. Chappelle Estate and Shirley M. Chappelle | Jay R. Sanschagrin and Melinda S. Sanschagrin |
| New Durham | Bay Road | N/A | \$170,000 | Aaron Bickford and Bethany Saucier | David A. Bickford |
| New Durham | 135 Old Bay Rd. | Single-Family Residence | \$265,400 | Clayton R. & S.B. Randall RET | Alexander Gist-Fleshman and Justine S. Fleshman |
| New Durham | 232 Ridge Rd. | Single-Family Residence | \$275,000 | Michael A. and Beverly J. Paradiso | Gillian Bartlett and Myles M. Dechart |

ABOUT THE REAL REPORT

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

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

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

North Country Notebook

When Spring Street meant just that, and the highway was not the by-way



By JOHN HARRIGAN
COLUMNIST

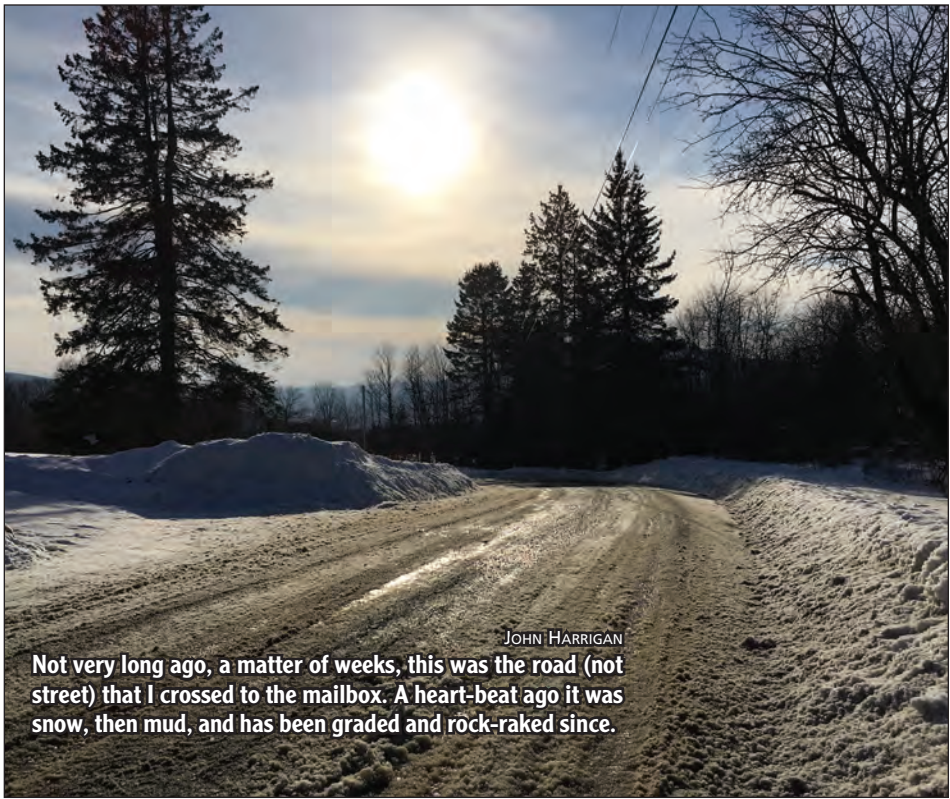
There are streets, and then there are roads. Nary the twain should meet, but they often do. The thing is, the two terms are not interchangeable.

They also are not mutually exclusive. Confusion reigns, particularly in the media. Just recently, I saw an absolutely fine piece on cow-plop derbies. It was not at all damaged by the author’s confusion of “road” with “street.” Only a curmudgeon editor would notice (that would be me).

The street I grew up on, Park Street, is a street within the village precinct. But when it leaves downtown, it becomes what most people called it in our growing-up years, the Hollow Road. That’s because it went to Stewartstown Hollow. Map-readers and sign-observers know it as Route 145, otherwise known as the back road to Pittsburg, although it really isn’t (there are other truly “back roads”).

Similarly, Route 3 comes straight through town, but to us it’s Main Street, our main thoroughfare. Thus, we engage in good-natured struggles with state officials whenever we want to shut it down and detour traffic for one festival or another.

Spring Street got its name from a hillside loaded with ice-cold, year-round springs that were a good and reliable source of water during settlement times. Titus



JOHN HARRIGAN
Not very long ago, a matter of weeks, this was the road (not street) that I crossed to the mailbox. A heart-beat ago it was snow, then mud, and has been graded and rock-raked since.

Hill Road veers off from it, and from beginning to end is a road, not a street.

Confusing the two terms is a dead giveaway that you’re from Somewhere Else, or as the joking around goes, “The Other,” which is the extreme version of the Downeast Maine term, “From Away.”

If I go over to check my mailbox, I’m crossing the road. If I go downtown and park across from the post office, I’m crossing the street.

Street, road—they’re often the same, in fact

and name, but there’s a difference. Either way, no matter where you’re from or live, From Away or From Here, you’d better look both ways twice.

+++++

Frost-heaves, that bane of old roads that should never have forced-morphed into tarred highways, are a fading memory as the climbing June sun draws the cold from the earth.

In my town, as in many towns, the old road into town was bypassed by a newer road, a true highway, so-called

because it was constructed on built-up ground, hence the term “high way.” In many towns, on both sides of the Atlantic, highways were built on mud and gravel dredged or scraped or dug and hauled by oxen-led dump-carts from either side of the right of way.

In New England, cedar logs and the trunks of other slow-to-rot trees were laid side-by-side across boggy areas, hence the term “corduroy road.” The final topping in coastal regions was often smashed-up sea-shells, which wagon wheels would compress

into relatively smooth going.

+++++

As European settlement leap-frogged on up the rivers, New Englanders became more ingenious about keeping their roads high and dry. They did not have the wherewithal to cross miles of low-lying, valuable tillage land on the valley’s floor anyway.

Farmers often considered a road a waste of good land. And for what? Saving time—one of their cheaper commodities at the time, another being labor. Still, this view of a road as a waste of land persisted well into the last century. As a young lawyer, my Dad represented the current generation of a frontier farm family in a suit for damages during the re-routing of Route 3 across good, tillable bottomland north of town.

If travelers on just about any of today’s highways look left or right, they’ll often see remnants of the old road, snaking along the contour line. These old highways were laid out well above the annual spring floods, when the meadows did what floodplains are supposed to do—act as the safety valve that avoids havoc where the valley narrows.

+++++

Once every June, my brother Peter and I biked from Park Street all the way through town and down to South Main Street, just beyond the oldest timber-framed

house in town. We ventured there to meet our maternal grandparents, Ruth and Merton White, on their annual pilgrimage all the way up from Concord.

They had stopped in Lancaster to call ahead, as usual, so we could time our rendezvous. It was a big time for Pete and me, biking clear across town and beyond, with grandparents thrown in for good measure.

Eventually, Gramp White’s beautiful dark-green Pontiac Straight-Eight came down the hill from the Shrine of Our Lady of Grace, and up the road into Colebrook, and stopped where two buzz-headed kids were jumping up and down in delight.

They had left Concord at about 9:30, as usual. They had pulled over into a shaded picnic area just north of Franconia Notch, for (of course) a picnic. The shaded pull-out, minus the picnic table, is still there.

And then, a couple of hours later, there they were, on the southern approach to town, otherwise known as Route 3, the Daniel Webster Highway, also known, a bit farther on, as Main Street. And the trip had taken them, Concord to Colebrook (picnic included) about six hours, give or take a piece of cake or two.

(Mail is welcome, biked from Park Street all the way through town and down to South Main Street, just beyond the oldest timber-framed



COURTESY

This rendition of the early days of modern road-building has it all—a steam-shovel, a steam-roller, a 1916 Chevrolet, and a farm wagon hauling fill. (“The Lincoln Highway, First from Coast to Coast,” calendar illustration by Kenneth Riley)



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GRADUATION

(continued from Page A1)

about the future of the class.

“I truly believe that you will all change the world and your communities with your individual gifts,” she said.

Salutatorian Marissa Labrie approached the stage next to give her salutatory address. She described the feelings that many high school seniors feel during their final months of school as the students begin to lay out their post-graduation plans.

“Traditionally, as students return to school following their Christmas break, word of college acceptances spread throughout the school like wildfire. Up until graduation, everyone seems to focus on identifying the schools they will attend in the fall, what they will study, who will be joining the military, and the careers graduates will embark upon. Naturally, it’s a period of excitement and eager anticipation for many, but not for everyone,” she said. “For some high school seniors, it’s a period of serious anxiety, worry and uncertainty about their future, their dreams and their goals...some feel a bit lost, unsure, and like they weren’t invited to the same party.”

She said that in order to decompress from the pressure of high school and decide what she would like her own next step to be, she is going to give herself “a year of self-exploration.” Labrie encouraged the class to take their futures at their own paces as well, comparing the transition to flowers – some bloom in May, while others bloom in October, but all bloom at the right

time for them.

“Give yourself time to find your roots again,” she said.

The valedictorian, Isabelle Huggard, compared graduation day to “reveal day” on her favorite TV show, Fixer Upper, an HGTV show in which Chip and Joanna Gaines help a family renovate a “fixer upper” to make it their own. The “reveal day” in the show, she said, is when the hosts show the family a canvas with the image of the home before the renovations, and then it is pulled away to reveal the renovated home.

“This is our reveal day, but unlike houses, people go through constant renovations,” Huggard said.

She also addressed many of the career paths that graduates in the class are following, and how they will have the opportunity to change their communities and the world.

“We can all bring healing and wholeness as we go,” she said.

Class president Gwendolyn West provided the class with life lessons that the graduates learned through each year of high school and every challenge they faced together, including “enjoy life one day at a time,” “resilience as a skill learned through experience” and “always maintain hope, even in the most hopeless times.”

She recalled the times after the death of fellow student Tessa Carter, when the class came together to heal.

“The worst day of many of our lives rushed upon us, and there was nothing left to do but fall apart. However, in the face of a tragedy, our

class defied the odds. We took a while to heal, and for some of us the healing isn’t quite done yet, but instead of letting our class fall apart, we came together stronger than ever,” she said.

“It has been a pleasure to call you my PMHS family,” she said.

Class advisors John Anderson, an English teacher, and Caitlin Walker, a science teacher, took the stage next to address the students they worked with for the last four years.

“The decision to become a class co-advisor is not something to take lightly,” Anderson said. “You’re entering into a four year commitment of organizing, supporting and serving a group that may or may not be ready to take on their share of the work...But fortunately, our class officers, our leadership and many, many other students have risen to every challenge; challenges that I couldn’t possibly have imagined asking any of them to rise to. I’m beyond proud of this class’s leadership, and those who have supported them in their efforts.”

The co-advisors did not know the class before they committed to leading them, but Anderson said that Fitzpatrick told him beforehand that they were “a handful,” which Anderson experienced as he worked with the class.

“Every time the bell rang and I closed my classroom door, I was reminded of Chris Pratt trying to face down a pen of hungry velociraptors [in the film “Jurassic World”]...I really felt that,” he added lightly.

“But, if this year has proven anything, it’s

that young people can mature and change. In fact, all I have to do is look at the numbers to show that this class has progressed tremendously...in the first two quarters of this year, I wrote more detentions, referrals and academic interventions than I ever had to write before...in the last two and a half months, not one student has been kicked out of class for disruptive or inappropriate behavior. I have not written one single detention since mid March,” he said jokingly, the change he described coinciding with the move to remote learning.

Walker outlined some of the many accomplishments of the class, including winning the “Christmas Bash” movie their freshman year – a first for a freshman class at PMHS – and collecting thousands of pairs of shoes for disadvantaged communities around the world sophomore year.

“This started to open our eyes to your potential and capacity for compassion,” she said.

This continued, she said, when tragedy struck their junior year.

“Your junior year showed us your strength and resilience, and your class leaders, in particular, were beacons of light and integrity who led all of us onward,” she said. “I’m honored to have been part of your journey.”

Each year, the PMHS graduating class chooses a keynote speaker, and the class of 2020 chose library and media specialist and English department leader Cathy Fraser.

“I encourage you to hang on to two attitudes: hope and critical thinking,” she said as an

introduction to her topic.

One of the stories that Fraser referenced was Pandora’s box. Pandora, in Greek mythology, was asked by Zeus to never open a box, but she did, and inadvertently released misery into the world.

“In the jar remained one thing: hope – the antidote to all the ills of humankind,” Fraser said. “When I say, ‘adopt an attitude of hope,’ I mean that hope is a deliberate choice. We must keep it close, take it out of the shed and sharpen it from time to time. Hope is a powerful force. Hope allows us to love unconditionally, to persevere, to take risks, to dream, to conceive of a future, to create, to put yourselves out there. Hope saves us.”

She told the story of John Borling, an Air Force captain who was shot down over northern Vietnam in 1966. He was taken to Hanoi as a prisoner of war for six and a half years, and he “preserved hope,” Fraser said, by coding messages in taps on the walls that fellow prisoners could hear. He wrote poetry by tapping on the walls, maintaining hope for himself and his fellow prisoners, including future Senator John McCain.

“I have seen the members of this class display unshakeable hope. You turned toward each other during a time of unspeakable pain and came out stronger for it. This celebration tonight is a testament to your strength and spirit of hope for the future,” she said.

With the drastic changes to the event, new rules and procedures had to be set, es-

pecially during the presentation of diplomas. In the program, there was an “L” or an “R” next to each student’s name, indicating which side of the stage they would walk up to receive their diplomas. Squares were placed on the ground on each side of the stage, appropriately distanced apart, where students and their families would stand while they waited to approach the stage. When each student’s name was called, their families could step closer to the stage to take photos. The student had the option to either wear a mask and have Fitzpatrick hand them their diplomas, or not wear a mask and pick it up on a table between Fitzpatrick and the student to avoid contact.

As each graduate left the stage after receiving their diploma, they were able to get photos by a professional photographer with their diplomas and with their families at stations on each side of the stage. Next, students were able to retrieve donated tote bags and a folding chair so that they could sit in front of their vehicles.

Per tradition, after the presentation of diplomas, the class president led the graduates in moving the tassels on their graduation caps from the right to the left side and throwing them into the air – with social distancing emphasized by Fitzpatrick beforehand.

As a final addition to the ceremony, families had the choice to participate in a parade from PMHS to Alton Bay, led by the Alton and Barnstead police and fire departments to continue the celebration of the graduates.

BARNSTEAD

(continued from Page A1)

partments and on social media,” he said.

Additionally, he said that he is planning to donate two surveillance cameras, and that he spoke with Chief Paul Poirier at the Barnstead Police Department, who told him that being “covert” about where surveillance cameras are placed to monitor illegal dumping would be effective. As a possible next step, signs will be placed in locations where the dumping is frequent.

“People are happy about it; they want

to hopefully make a change,” he said.

Another continued conversation from the May 12 meeting regarded the request from BCEP Solid Waste District for a police presence from each town’s police department. Tasker confirmed that the issue started before the coronavirus (COVID-19) pandemic necessitated changes to the operations of the facility.

“The problem is not necessarily new; it’s just getting old,” he said.

Tasker also said that BCEP would be having

a meeting of the selectmen representatives from each participating town on Thursday, May 28 about reopening the building.

The main informational item was the May 31 school district annual meeting. According to a memo from Superintendent Brian Cochrane titled “Procedures for Covid-19 Compatible District Meeting,” the moderator, school board members and Barnstead Elementary School/SAU administration will be in the gymnasium with a computer to host a Zoom

meeting, and voters will be “distributed among the various classrooms as Zoom meeting participants.”

The board expressed some worries about the meeting.

Therrien was concerned about the cost of the event.

“The cost alone is ridiculous...every room is set up with microphones and videos and TVs...30 rooms,” Therrien said.

“To get all the information, it’s going to be a long meeting,” Beijer said of the proce-

dures for voting.

Lastly, with the weather warming up and the reopening process continuing in New Hampshire amid the coronavirus pandemic, the opening of the town beach is being considered. Montgomery said that Parks and Recreation is planning a bonfire in the near future at the beach, as well as swimming lessons, and that emergency management director Wayne Santos recommended that Parks and Recreation meets with the board to discuss the

plans.

Montgomery said that, at the time of the meeting, Santos had not yet determined if the beach should be officially opened.

“The last I knew, he didn’t think the beaches should be opened; he didn’t think that Parks and Rec should be opened,” she said.

If the beach will be closed, signs will be placed at the entrance stating the closure.

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Scholarships awarded to Prospect Mountain students

ALTON — A number of awards and scholarships were recently presented to graduating seniors at Prospect Mountain High School.

Alton Centennial Rotary Club Scholarship: Isabelle Huggard, Reilly Gray

Alton Police Association Scholarship: Alina Hardie

American Legion Post 73 Scholarships: Grace DeJager, Reilly Gray, Grace Hardie, Alina Hardie, Ava Blair

American Legion Auxiliary Scholarships: Hannah Racine, Isabelle Huggard, Willow Quindley, Grace Hardie

American Legion Riders Association: Ava Misiaszek

American Red Cross Award: Gwendolyn West

Annalee Thorndike Art Scholarship (LRSF): Eli Whittington

Army ROTC UNH Scholarship: Ava Blair

Barton M. Griffin Memorial Scholarship: Brandon Stellan

BEA and BES Scholarships: Kelly Barnes, Gwendolyn West, Reilly Gray, Morgan Sarno

Bonnie Simpson Scholarship: Gwendolyn

West

Catherine King Reid Nursing Scholarship: Ava Blair

Earl B. Clark Scholarship (Barnstead American Legion Post 42): Ava Misiaszek

East Alton Fire Association Scholarships: Alina Hardie, Grace Hardie

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Karla A. Merfeld Memorial Scholarship: Lara Renner

Keith Pepin Memorial Scholarship: Ava Blair

Lakes Region Board of Realtors Scholarship: Alexa Carpenter, Isabelle Huggard

Lakes Region Technology Center Awards: Rhiannon O’Gara, Joel White, Noah Sanville

Maureen Fitzpatrick School Board Scholarship: Reilly Gray

Maxfield Real Estate Scholarship: Willow Quindley

Meredith Village Savings Bank James D. Sutherland Scholarship:

Lily Michaud

Monty Award: Grace DeJager

NH Chapter 41, Vietnam Veterans of America Award: Ava Blair

Paul & Eunice Landry FIRST Robotics STEM Scholarship: Alex Catauro

PMHS Teachers Association Scholarships: Kelly Barnes, Reilly Gray

Prospect Unified Scholarships: Alina Hardie, Patrick Hussey, Gwendolyn West, Kelly Barnes, Grace DeJager

Ruth S. and Willard D. Rollins Scholarship: Samantha Simpson

Science Scholarship: Ava Blair

Summer People’s Scholarship: Jacob Street

Suncook Valley Rotary Club: Gwendolyn West, Kelly Barnes

The Chamberlain Scholarship: Aidan Gehly

Timberwolves Booster Club Scholarships: Reilly Gray, Hannah Racine, Ava Blair, Grace DeJager

Tri-Town Democrats Scholarship: Lily Michaud

William B. Messer Scholarship: Ryan Dube

Barnstead Farmers’ Market opens June 13

BARNSTEAD — Please join us Saturday, June 13, from 9 a.m. – 1 p.m. to celebrate the fifth annual Grand Opening of the Barnstead Farmers’ Market! We are located on the corner of Route 28 and Maple Street in Center Barnstead!

Our grand opening will feature Chris Bonoli, our favorite musician, and free shopping bags! We will have lots of veggie, herb and flower plants for sale, maple lattes’, delicious baked goods, maple syrup, local meats, eggs and so much more! As the season develops, our market will offer a wonderful variety of market goods such as vegetables, honey, jams and jellies, delicious baked goods, beautiful flowers, homemade and unique crafts. New this year: We are offering Fresh Fish from the NH Community Seafood Co-op. Pre-orders are made on line one week in advance no later than Friday the week before for Saturday delivery. Go to www.barnsteadfarmersmarket.club to

preorder and pay online. We also started the Barnstead Farmer’s Co-op. Several farmers will be sharing in the duties every week selling their products under one tent. We accept MC/Visa and are a participating member of the Food Stamp Program accepting EBT and offering Matching Dollars!

COVID 19 Guidelines: The market will be following certain guidelines recommended by the Dept. of Agriculture and UNH Coop Extension. Facemasks and Gloves will be provided for those who want them. A sanitizer station will have hand sanitizer for use. The bathrooms will have disinfectant and everyone is asked to please disinfect after each use. There will be an entrance and exit set-up up with signs suggesting 6 ft. social distancing from shoppers. Vendors are recommended to bag the products using a one-time use bag for each customer or customers can bring reusable bags and can bag their own products. If anyone is

sick, please, we ask that you do not come to the market.

The Barnstead Area Community Farmer’s Market is a non-profit organization, governed by an all-volunteer board and was founded in 2016. It was developed to provide a venue for local area agricultural and small business to expand their consumer base and also to provide the local and nearby communities to have a one stop shopping place for their locally made consumables. We are a family friendly, community-oriented market! This market also supports local artisans, nonprofit organizations and craftsman. For more information, please contact Lori Mahar at 269-2329, Email: info@barnsteadfarmersmarket.club. Also check the Facebook Page/Barnstead Farmers Market and/or website: www.barnsteadfarmersmarket.club for weekly specials.



LIBRARY

(continued from Page A1)

lying in bed, and a drum are needed.

Drawings can be scanned or mailed in.

Another presentation with ties to the library can now be seen on YouTube. Librarians from across the state came together to perform Shakespeare’s “A Midsummer Night’s Dream” as a table reading on Zoom, and Allyn played the role of Titania, Queen of the Fairies.

The play can be seen at <https://youtu.be/1-U6hZognAA>.

Registration for the summer program Imagine Your Story for children in grades K-6 will start next week through the online platform READSquared, details to follow.

Allyn clarified that participation in the program is also possible without being online.

The book drop is now open every Saturday from 8 a.m. – 1 p.m.

Porch pick-up service of checked out books is anticipated to begin soon.

The library is offering temporary library cards for anyone not currently a patron for digital access to downloadable materials.

E-mails to newdurhamlibrary@gmail.com are answered every day of the week and phone calls to 859-2201 are answered periodically. The address to mail artwork to is 2 Old Bay Rd., New Durham, NH 03855.

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MVSB, the Merrimack and Savings Bank of Walpole celebrate NH with Annual Photo Contest



“Spring Time” by Pam Trolano, a winning photo featured in one of 2020’s community calendars.

MEREDITH — Sister Banks Meredith Village Savings Bank (MVSB), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole are launching their annual community photo contest on May 11. Winning full color photographs will be featured on five websites: the three Banks, New Hampshire Mutual Bancorp (NHMB) and NHTrust, as well as in desktop and wall versions of printed calendars. Photos may also be selected for holiday cards and note cards.

This will be the third year that the contest allows for electronic submissions. To ensure the health and safety of contest participants and bank employees, all eligible entries must be submitted electronically through a dedicated link located on each bank’s website. The banks will not be able to accept printed copies of the photos this year.

“Winning photos will share the story of our communities, including visions of NH events, scenery, intriguing architecture and local attractions,” noted Debbie Irwin, Assistant Vice President and Marketing Officer. “Each year, the photos are more beautiful and interesting, and we often select photos for the holiday

cards of our sister organizations as well as for our websites, social media pages and printed calendars.”

The contest will run through midnight, Saturday, June 20.

Because of size differences, there are two contests – one for the websites and one for the community calendars. Entered photos will automatically be considered for all organizations, and photographers will be awarded \$100 for every winning photo. Amateur and professional photographers can enter five photos for the calendar contest and another five (5) photos for the website contest. MVSB, the Merrimack and Savings Bank of Walpole will each release a unique calendar containing photos that are local to the communities they serve, so submitted photos can be from anywhere in the state of NH.

Visit the Bank’s Web sites at www.mvsb.com, www.themerri-mack.com and www.walpolebank.com after May 11 for complete contest rules, details and a link to upload photos.

Unlike stock banks which focus on driving income to their stock-holders, Meredith Village Savings Bank, Merrimack County Savings Bank and Savings

Bank of Walpole are mutual savings banks that operate expressly for the benefit of their depositors, borrowers and surrounding communities. As a result, each bank has remained steadfast in fostering the economic health and well-being of their communities, prioritizing the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship in all matters of business and service.

Founded in 1869, Meredith Village Savings Bank has been serving people, businesses, non-profits and municipalities of Seacoast, Central and Lakes Region of New Hampshire for more than 150 years. To learn more, visit any of the local branch offices in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

Founded in 1867, Merrimack County Savings Bank has been serving the people, businesses, non-profits and municipalities in central and southern New Hampshire for more than 150 years. The Merrimack was voted “Best Bank” by the Capital Area’s People’s Preferences for the 9th consecutive year in 2019. To learn more, visit any of their local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800-541-0006 or visit themerri-mack.com.

Founded in 1875, Savings Bank of Walpole is headquartered in Walpole and serves the Connecticut River Valley and Monadnock Regions of New Hampshire and Vermont from offices in Walpole and Keene. The Bank offers a wide range of financial products, including services to individuals, businesses and organizations. For more information call 352-1822 or visit walpolebank.com.



Local restaurants support KYC ‘care packages’

WOLFEBORO — The Kingswood Youth Center (KYC) has been working hard to provide a remote network of support as families of local teens cope with the COVID-19 pandemic. An important cornerstone of the KYC’s efforts is the distribution of weekly care packages. Each Thursday, families are invited to pick up care packages weighing about 50 pounds from the KYC’s covered porch.

Two local restaurants, The Wolfetrap Grill and Raw Bar and El Centenario, have contributed fresh family meals to the KYC’s care packages. The meals prepared by these two favorite local establishments are fresh and nutritionally balanced and give local families something special to look forward to! Thus far, the fare has included pasta Bolognese and fresh chicken vegetable soup with rice from The Wolfetrap and fresh chicken fajitas from El Centenario. Meals are packaged in family sized portions that are easy to heat and serve at home.

Everyone in our community is coping with the various challenges related to the COVID-19 pandemic. Many of the KYC’s participants receive free or reduced school meals and/or come from large families. The temporary closure of schools and programs such as the KYC has created a dramatic shift in the lives of these families. We are so fortunate to live in a community with such high regard for its youth and families. Other generous contributions have included meal kits, produce, baked goods, ‘take home activities,’ and monetary donations provided by local donors and KYC volunteers. Funding from Granite United Way and food from the New Hampshire Food Bank has been vital in making care packages possible.

For more information about the KYC’s services or to support the KYC, please contact info@thekyc.org or PO Box 697, Wolfeboro Fall, NH, 03896.

Wings, Water, Wheels at Laconia Airport postponed



A future pilot checks out a plane at Wings, Water Wheels 2019.

GILFORD — The now annual family event, Wings, Water & Wheels scheduled as an Open House at Laconia Airport on May 30 has been postponed due to COVID-19.

The event, which features airplanes, police and fire vehicles, heavy construction equipment, a NASCAR Pace Car and boats for young and old to sit in, explore and chat with the professionals who own or operate the equipment, is sponsored by the non-profit STEM Education group, WinnAero each year. Co-sponsoring organizations include the Laconia Airport Authority, the Airport Manager and Fixed Base Operators Sky Bright Aviation and Emerson Aviation.

Karen Mitchell, WinnAero President and pilot, in announcing the postponement, stated that “our Board of Directors didn’t feel a May 30 Open House event was feasible given the uncertainties of the current COVID-19 pandemic so we decided to keep attendees and exhibitors safe and reschedule this crowd-pleasing event to the early fall.”

The new date for Wings, Water & Wheels is Saturday, Oct. 3. Mitchell pointed out that this postponement only impacts Wings, Water & Wheels for now. The popular WinnAero summertime day camps, the

ACE Academies, scheduled for July are still on the schedule and applications for youth of elementary, middle and high school ages are currently being accepted.

“In May, our Board will take another look at where our Country and State are relative to the pandemic recovery and decide then about hosting the July ACE Academies. Parents will have ample notification time to adjust accordingly,” said Mitchell.

Anyone interested in knowing more about WinnAero and its aviation/aerospace-themed STEM activities may visit the Web site at www.winnaero.org.

Holy Grail property sold

LACONIA — Remax Bayside has announced that Reuben Bassett and Ron Talon have recently completed the sale of the historic Holy Grail Restaurant and



Pub property located at 12 Veterans Square in downtown Laconia. The sellers continue

to own and operate the Holy Grail Restaurant and Pub in Epping, New Hampshire.

Formerly the Evangelical Baptist Church, this beautiful building was constructed in 1836 and added to the National Register of Historic Places in 1985. It was

completely renovated into and opened as the Holy Grail in 2015.

Reuben states, “Ron and I are thrilled to have been involved in the sale of this unique property and I’m sure it will add to the positive growth of the downtown area.”

The new owners will be announcing plans for the building in the coming months.

Travis P. Cole, Business manager for Bayside, expresses, “I am certain with all that is going on in the Laconia area our commercial market is ready to boom. We are fortunate that we have such dedicated and qualified associates to help our commercial property owners through these exciting times.”

RE/MAX Bayside’s Laconia office is located at 604 Main St. in Laconia. Their Meredith office is at the junction of Routes 3 & 104. For additional information contact Reuben at (937) 532-9636 and Ron at 978-0891.



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SoulFest 2020 postponed

GILFORD — New Sound Concerts is postponing its 23rd annual SoulFest celebration in light of the uncertainty regarding reopening restrictions due to COVID-19. For the safety of all patrons, partners, volunteers, vendors, staff, and surrounding community New England’s premier Christian music festival will postpone until Aug. 5-7, 2021. SoulFest draws thousands of attendees from all over New England and beyond, many of whom camp onsite at Gunstock throughout the festival.

Gunstock Camping staff will be reaching out

to all individuals who have camping reservations for SoulFest 2020 to determine if they want to keep, move, or otherwise adjust their camping plans. If anyone has questions about camping, feel free to email camp@gunstock.com.

All pre-purchased tickets for the 2020 festival will be honored for the 2021 festival. New Sound Concerts, the 501c3 behind SoulFest, is working with agents to rebook the full lineup for the 2021 festival. The 2020 lineup featured GRAMMY and Dove-Award Winning Christian artists Casting Crowns and Lecrae. Also confirmed

for 2020 was Crowder, Matt Maher, Corey Asbury, Big Daddy Weave, Andy Mineo, Unspoken, We The Kingdom, Evan Craft, Social Club Misfits, Propaganda, Gawvi, Disciple, Oh, Sleeper among others listed at thesoulfest.com.

In line with New Sound Concerts’ dedication to bring Music, Love & Action to the forefront of SoulFest, it hosts a speaking series, featuring local and international speakers. The “Soul University” series is designed to converse with and engage the SoulFest audience in the arts, modern culture, as well as, awareness lead-

ing to action in fighting social injustice.

More than music the festival’s beautiful location and amenities draw all ages to enjoy outdoor activities and adventures including a zipline, mountain coaster, rock climbing, an aerial treetop adventure, climbing walls, Segway tours, and more. Plus, festival specific activities such as open mics, guided nature walks, outdoor games and inflatables, art and faith installations, fair-trade vendors and shopping, educational exhibitions.

Tickets and upgrades will remain on sale now

through the 2021 festival so that patrons can help New Sound Concerts endure the heavy impact COVID-19 has had on the events industry. For more information about the festival, ticket or to donate visit www.TheSoulFest.com.

About Gunstock Mountain Resort

Located in Gilford and boasting spectacular mountaintop views of Lake Winnepesaukee and the Ossipee Range, Gunstock Mountain Resort is one of the largest four season recreation areas in the state, and one of the oldest, opening its doors in 1937. Gunstock was the first

New England ski area to install a chairlift, offers 1,400 vertical feet, 227 acres and 48 alpine and freestyle trails, plus 50km of dog-friendly cross country, snowshoe, and fat bike trails. Gunstock’s campground has 290 sites, cozy cabins, and RV/trailer hookups, providing outdoor accommodation for kids of all ages when they stay and play at the mountain. For additional information please visit: www.gunstock.com, www.facebook.com/gunstockmtn, www.instagram.com/gunstockmtn, www.twitter.com/gunstockmtn.

Comfort Keepers

Healthy eye care and nutrition

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Changes to vision and concerns about eye health can happen rapidly for older adults. Seniors should get a vision test once a year and should always follow a doctor’s recommendations on treatment plans and vision health.

Here are eight strategies for seniors to maintain eye health:

Diet - Eating delicious food is one of the most enjoyable ways seniors can maintain eye health. And, there are a variety of options that provide vitamins and nutrients that help with eye health – kale, carrots, eggs,

sweet potatoes, oranges, almonds and salmon are great sources.

Exercise - A physician-recommended exercise plan can not only help with overall health, but has benefits for the eyes too. Increased blood circulation can remove toxins and increase oxygen levels in the eyes.

Avoid eye trauma – Injuries can have a huge impact on long-term eye and vision health and taking precautions can prevent accidental eye trauma. Remembering to wear protective eyewear or goggles when appropriate, using chemicals and sharp objects with caution, and eliminating trip hazards are some of the ways that ac-

cidents can be avoided.

Smart computer use – Regular computer use can lead to eye strain and discomfort at any age. However, computer screens can be more harmful to our eyes as we age, and can cause headaches, eye irritation or vision issues like blurriness or seeing double. Seniors that use a computer regularly, particularly those who are in front of a computer for long periods of time, should make sure that their desk has good lighting, take regular breaks and always use corrective eyewear.

Consider other health issues – Older adults can have health issues that affect their vision

health, and it’s important to talk to a health-care professional about how physical conditions and medications can have an impact on the eyes.

Sunglasses – Protective eyewear becomes more important as we age, and it’s important for seniors to build the habit of always wearing sunglasses when they are outside.

Sleep – Sleep has beneficial properties for overall health, wellbeing and quality of life. It’s no surprise that getting a good night’s rest is important for eye health too!

Vision screenings – Changes to vision and eye health can happen rapidly for older adults.

Seniors should get a vision test done once a year and should always follow a doctor’s recommendations on treatment plans and health.

Comfort Keepers® Can Help

If someone is experiencing changes in their vision, or wants to build healthy habits, the trusted care team at Comfort Keepers® can help. Our caregivers can assist with meal preparation, medication reminders and can support physician-prescribed exercise regimens and diets. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

Prescott Farm recognized by N.H. Preservation Alliance

LACONIA – Prescott Farm Environmental Education Center was among six award winners recognized on Tuesday, May 5 at the New Hampshire Preservation Alliance annual awards.

Prescott Farm was recognized for stewardship of its property. For more than two decades, the staff and board of directors have worked with the Pardoe family (descendants of the original Prescott Family) to ensure that the land and historically significant structures are available for public use and education. A recent, four-year extensive high quality barn preservation project is a symbol of environmental and organizational stewardship and a central place for the non-profit’s very active and effective youth and

adult programs.

Jennifer Goodman, executive director of the Preservation Alliance, said, “Our members and friends are telling us that old buildings and other special places offer feelings of community and steadfastness during this uncertain time.”

Historic preservation activity also supports good jobs and contributes to local economic vitality.

Other honorees at Tuesday evenings awards were:

Carolyn W. Baldwin for outstanding leadership and contributions to the New Hampshire preservation movement;

Bill Bartlett for the rehabilitation and re-use of the Plaistow Depot;

Historical Society of Cheshire County for restoration and rehabilitation of the Wyman



Tavern and the Bruder House;

Wolfeboro Girl Scouts FIRST Lego League Team for outstanding advocacy; and

Arnold M. Graton for outstanding leadership

and contributions to the New Hampshire preservation movement.

The awards were presented virtually through a YouTube broadcast and Zoom meeting.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for

people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with more than 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

Granite State Adaptive seeks donations for gift card raffle

TUFTONBORO — The team at Granite State Adaptive is grateful for the support we have received from our community over the past decade. This is a time of year that we would “typically” be preparing for our fourth Annual Cowboy Ball. However, like others across the globe, our event is postponed. Like many, we are adapting to the changes in our lives. In response to the impact of COVID-19, we thought we would try something new this year! We will be paying it forward and supporting our local community. This is an opportunity to get cash in the hands of local businesses and restaurants when they desperately need it.

We are asking our donors to purchase gift cards from local businesses. After purchasing, we hope you will consider donating the gift cards to Granite State Adaptive, which we will use for future fundraising, by e-mailing them (in the case of online gift cards) to granitestateadaptive@gmail.com or mailing them to P.O. Box 24, Mirror Lake, NH 03853. We will have both an online and local raffle to be announced in June.

We want to keep our friends and supporters engaged while also supporting our amazing community. We look forward to a time that we can connect with family and friends and to a future of global recovery.



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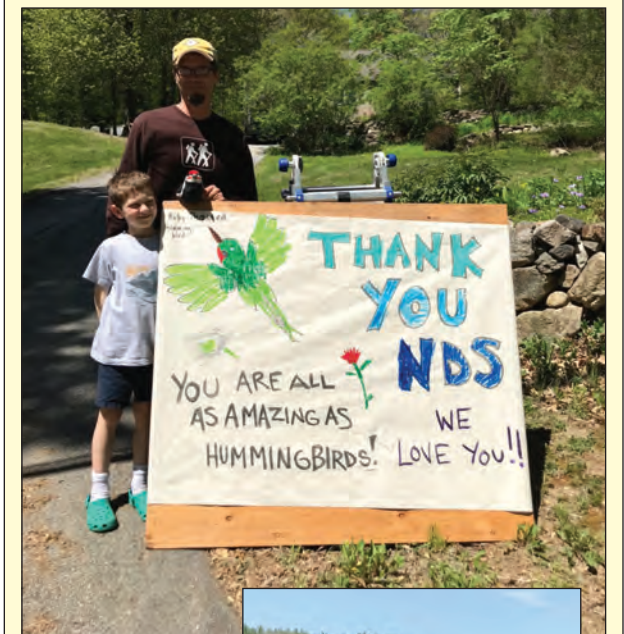
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NDES on parade

On May 22, New Durham Elementary School's staff held a car parade through town. Students, parents and even neighbors came out to wave, thank and cheer us on!



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