



THURSDAY, JUNE 13, 2024

GILFORD, N.H.

Three for three

Prospect Mountain softball rallies past Gilford for third-straight Division III title

BY JOE SOUZA
Contributing Writer

PLYMOUTH — The time and effort in practice as well as other big game experiences helped the Prospect Mountain softball team cap another perfect run to a title.

After rallying from behind to upend St. Thomas in the semifinal round, the number two seed and unbeaten Timber Wolves did the same to claim a third straight NHIAA Division III crown. Down a run after four full innings, Prospect Mountain kept



JOE SOUZA

Members of the Prospect Mountain softball team hold up three fingers as they pose with their third straight NHIAA Division III softball State Championship plaque. The Timber wolves rallied past Gilford for the second straight year, winning 4-2 on Saturday.

the pressure on number four Gilford and broke through for four runs in the fifth and held on for a thrilling 4-2 victory here at DM Field on the campus of Plymouth State University.

“We really didn’t play well in either game (semifinal and final), but when you have been here and had the success, this group has had you can make some of

those mistakes. And with the talent we have, you have that flexibility to make a mistake and overcome it,” Prospect Mountain head coach James Christie said moments after his Timber Wolves capped their third straight unbeaten season at 19-0. Gilford, who came up short in the finals for the second straight year, finished with a 17-3 record.

Those experiences helped the Timber Wolves storm back to take a 4-1 lead and make key plays to turn back Gilford down the stretch.

After Prospect took the lead in the bottom of the fifth, the Golden Eagles looked to respond immediately.

Kendal Heyman, who had two of Gilford’s three hits, opened the sixth inning with a sin-

gle. With one out, Belle Dow reached on a fielder’s choice and Heyman raced to third on a miscue in the middle of the infield. Moments later, Heyman would race home when the Timber Wolves attempted to throw out Dow attempting to steal second. Both were safe on the play.

The tying run was now at the plate with Dow standing on second base and only one out. Sadie Lydick put down a nice bunt, but the Timber Wolves made the defensive play. Pitcher Ella Bernier scooped it up and fired to first for the out, and without hesitation, first baseman Mari-ah Gates gunned a strike to third base to catch Dow making the turn towards home to end the inning.

“That was a huge play in the game. It shut down that rally,” coach Christie said. “We practice that same play every

SEE **SOFTBALL**, PAGE **A13**

Public input sought on Meetinghouse project

NEW DURHAM — A Public Forum held this Thursday evening in the Fire Station Community Room at 6:30 p.m. will offer residents a chance to provide input on the 1772 Meetinghouse restoration project.

Sponsored by the 1772 Meetinghouse Restoration Committee, the forum will provide background on the historic structure, review the restoration plan, outline the status of the project, and present a number of options for the building’s future.

Those in attendance will be able to register their opinions on which option they would prefer, and also what uses of the building they would like to see.

The four options the committee will present cover merely saving the building to becoming a fully functioning community center suitable for public and private events to selling the property.

They are: complete Phase II of the Restoration Plan by repairing

the timber frame and replacing the roof; complete both Phase II & III, which would also then include interior and exterior finishes, and adding electricity, insulation, HVAC, landscaping, and parking; complete Phases II, III and IV by adding a support building to the rear of the building that would include an ADA accessible bathroom, warming kitchen, storage area, and a mechanical room; and having the Town sell the property.

Members of the public are also welcome to suggest other potential options.

Remote attendance will be possible with a link available on the Town website.

Anyone unable to attend in person or remotely may send written comments and option preferences to newdurhammeetinghouse@gmail.com.

Forum outcomes will be shared with the Select Board to assist with future planning regarding the Meetinghouse.

BY ERIN PLUMMER
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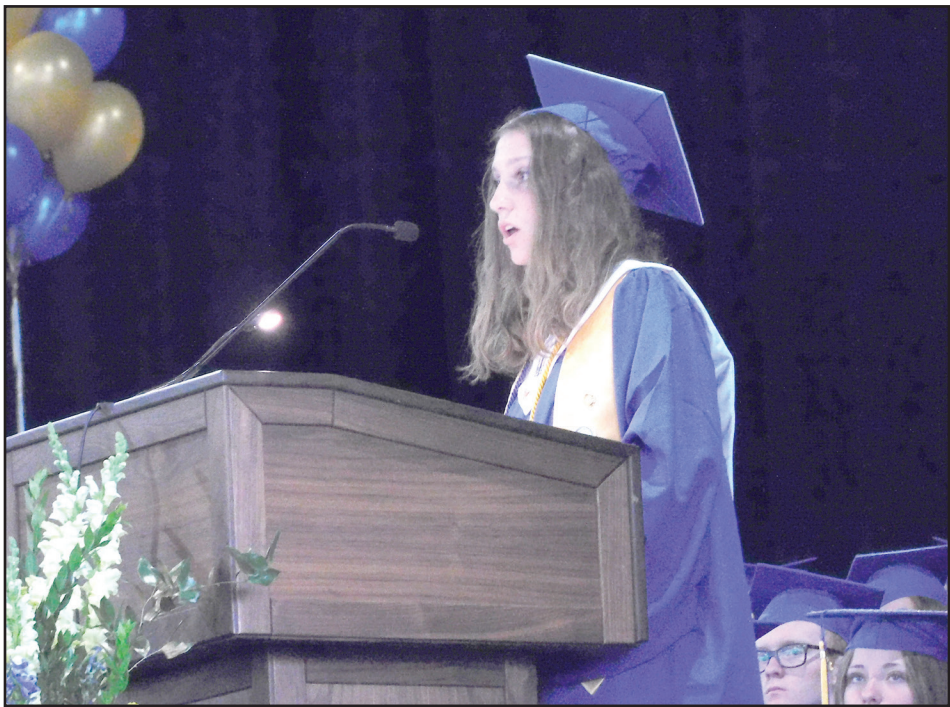
GILFORD — The Gilford High School Class of 2024 graduated with messages of staying resilient in unexpected times, embracing different experiences, and coming together.

The senior class graduated on Friday, June 7, at Bank of New Hampshire Pavilion in front of a packed audience of supporters.

“This year’s seniors have demonstrated their adaptability and resilience,” said GHS Principal Anthony Sperazzo.

Sperazzo said this year’s senior class entered their freshmen year in the middle of a pandemic and started school with mask re-

GHS sends off Class of 2024



ERIN PLUMMER

Class valedictorian Millie Caldon.

quirements, having to stay six feet apart, having to go down hallways

in a certain direction, and only having two people at one cafeteria table among many others.

“They rolled with the punches and were resilient and that will take them far in life,” Sperazzo said.

Sperazzo said he didn’t recall any significant issues with this class and consistently did what they had to do.

“Remember the valuable lessons that you learned during these unprecedented circumstances,” Sperazzo said. “Don’t forget the village that raised you.”

Class treasurer Madelyn McKenna presented the class gift of a tree that would be planted outside the school.

“As we keep growing and changing even as high school is over, we hope the tree will do the same,” McKenna said.

The class also gave a pair of Nike Jordan’s to class advisor Joe Maslow that had been signed by all the seniors.

Class president Carter Forest said when they

entered high school, no one could really prepare them for what was to come, and they entered high school in the midst of the pandemic.

“I believe social distancing distanced the class in more ways,” Forest said.

He said it took a few years before the class came together but after four years they seemed to gel.

He urged the class to take action and pursue their dreams, leaving no regrets for things undone.

“Regret from a mistake brings about your growth, regret from never trying brings about what could have been,” Forest said.

Salutatorian Madelyn McKenna talked about the many different experiences she and her classmates had. She said all her peers might have done different things in high school and might have had vastly different experiences, but they call came together.

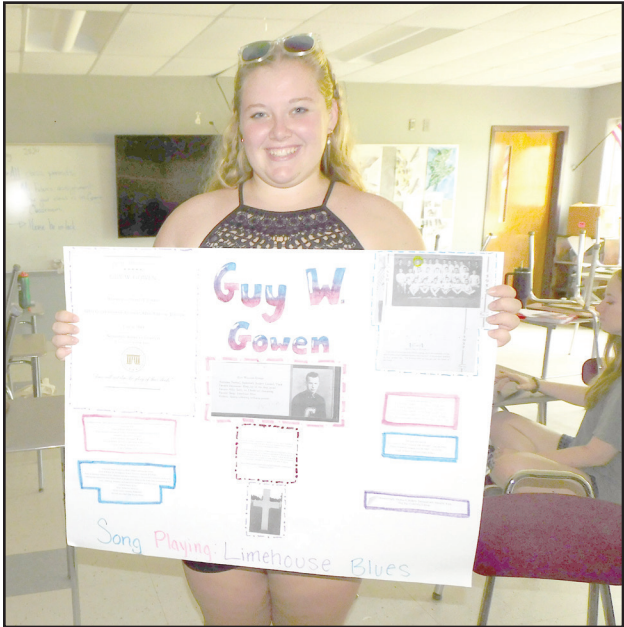
SEE **GRADS**, PAGE **A10**

PMHS students explore lives of NH D-Day veterans

BY ERIN PLUMMER
mnews@salmonpress.news

ALTON — On June 6, 1944, Allied soldiers stormed the beaches of Normandy, France in an event that would be known as D-Day. Around the 80th anniversary of this historical event, a group of Prospect Mountain High School students explored the lives of New Hampshire soldiers who died during D-Day and found out about historical figures from their own backyards.

For weeks, a group of PMHS students have been researching and putting together reports on different soldiers from New Hampshire who died during the Normandy Invasion as part of a voluntary school program. On the 80th anniversary of D-Day, they shared their projects at the Wright Museum in Wolfeboro.



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Shannon Kelley shows her poster on Guy Gowen, who attended school in Concord and died during the Normandy Invasion.

Social studies teacher Mike Folan organized the project a year after students joined French teacher Peter Long on a trip to France during April Vacation in 2023. Folan took part in the

trip himself, including a stop at the Normandy American Cemetery. Folan said the soldiers who died during D-Day were immediately buried. Later their remains were exhumed for interment in a

newly created cemetery.

“There were some pretty wet eyes; not too many dry eyes around,” Folan said. “I think they recognized and realized the sacrifice these guys made.”

Folan said he had done a project like this in 2016, where he asked students if they would be interested in researching different soldiers, a project that got a lot of interest from students.

He ordered Individual Deceased Personnel Files (IDPF) from the government for New Hampshire soldiers killed during D-Day, which show information on servicepeople who died and where they are buried. He received 10 forms from the government, which worked out well since 10 students signed up for the project. Folan assigned each soldier

SEE **D-DAY**, PAGE **A14**

Granite VNA’s annual Hospice Home & Garden Tour to be held July 10

REGION — Granite VNA’s annual Hospice Home & Garden Tour returns to the Lakes Region Wednesday, July 10, from 10 a.m. to 4 p.m., featuring five spectacular Lakes Region homes. All proceeds from ticket sales will directly support Granite VNA hospice services.

The Hospice Home & Garden Tour features three homes in Wolfeboro and two in Tuftonboro. One of the Wolfeboro homes is only accessible by a shuttle bus departing every 20 minutes from Estabrook Hall on the Brewster Academy Campus; tour participants may visit the homes in any order.

“We are deeply thankful to those who have generously opened their homes for the tour, a significant commitment that reflects their support for hospice,” said Barbara

Lobdell, tour committee chair. “Whether touched personally by hospice or recognizing its invaluable mission, their contribution is pivotal.”

The homes offer a variety of architectural styles and modern comforts. Home 1, situated on Tuftonboro Neck, boasts a modern eat-in kitchen, a cozy living room with a gas fireplace and a versatile four-season room. The upstairs primary suite provides relaxation, while the finished basement offers guest accommodations. Nearby, also on Tuftonboro Neck, Home 2 is a waterfront property built in 2005, designed by Wolfeboro-based architect Vaune Dugan, with a colonial style. The home features four bedrooms, modern art inspired by Japanese culture and the Mystic Seaport, and unique

quilts made by the homeowner.

Three of the five homes on this year’s tour seamlessly blend older features with new. In Wolfeboro, Home 3, originally built in 1994 and recently renovated, offers modern luxury alongside classic charm, featuring three bedrooms, a spacious living room with a stone fireplace and a kitchen with an amazing view of the lake. In Wolfeboro, Home 4 was transformed from a vacation home into a three-story residence by Patty Cooke of Wentworth Style in Wolfeboro, showcasing vibrant designs, a gas fireplace, unique upside-down windows and various specialized rooms. Finally, Home 5 is a 1960s Cape

Cod-style home remodeled in 2020, and now includes an open kitchen, a sun porch with a built-in fire pit and a loft for the grandchildren, blending family friendly spaces with original charm.

The 2024 Hospice Home & Garden Tour is dedicated to all the volunteers who have made this experience possible for the past 34 years.

“Without volunteers, this tour would not be possible. Their work is a critical part of hospice care, and has brought comfort and support to patients and families at one of the most challenging and emotional times of life,” added Granite VNA President and CEO Beth Slepian.

Tickets for the Hospice Home & Garden

Tour are \$55 and are now on sale. Tickets must be purchased in advance online at www.granitevna.org/hometour or by cash or check at Black’s Paper Store and Gift Shop on Main Street in Wolfeboro. For additional information about the 2024 Hospice Home & Garden Tour, visit www.granitevna.org/hometour or call 603-230-5664.

In 2023, Granite VNA made 27,447 visits to 1,143 patients on hospice in their homes, assisted living communities, retirement communities and skilled nursing facilities throughout 82 central NH cities and towns, and at Granite VNA Hospice House in Concord.

For more information about Granite

VNA, visit www.granitevna.org.

About Granite VNA

Granite VNA is a not-for-profit licensed and certified home health and hospice care provider. The agency serves people of all ages in 82 communities across the Greater Capital Region and Central New Hampshire by providing home care, hospice care, palliative care, pediatric and maternal child health services, and wellness programming. The agency has offices in Concord, Laconia and Wolfeboro. Granite VNA has served New Hampshire since 1899. For more information about Granite VNA, visit www.granitevna.org.

Alton police log

ALTON — The Alton Police Department responded to 226 calls for service during the week of May 26-June 1, including five arrests.

- 1 Male Subject was arrested for Driving After Suspension and Reckless Driving.
- 1 Male Subject was arrested for Domestic Violence Simple Assault.
- 1 Male Subject was arrested for License Required, Operating With Expired License, Subsequent.
- 1 Female Subject was taken into Protective Custody of Inebriate.
- 1 Female Subject was arrested for Driving After Suspension, Reckless Driving and Speeding.

- There were 4 Motor Vehicle Accidents.
- There were 4 Suspicious Person/Activity Reports on (2) Main Street, Sanctuary Lane and Mt. Major Highway.
- There were 2 Burglary/Theft/Break Ins on Frank C. Gilman

Highway.

- Police made 58 Motor Vehicle Stops and handled 38 Motor Vehicle Complaint-Incidents.
- There were 120 other calls for services that consisted of the following: 2 Public Hazards, 2 Fingerprinting, 1 Assist Other Agency, 1 Pistol Permit Application, 5 Animal Complaints, 1 Juvenile Incident, 4 Domestic Complaints, 10 General Assistance, 1 Missing Adult, 3 Alarm Activations, 1 Noise Complaint, 1 Lost/Found Property, 1 Highway/Roadway Hazard Report, 1 Sexual Assault, 8 General information, 4 Vehicle ID Checks, 1 Untimely Death, 1 Trespass, 1 Sex Offender Registration, 1 Civil Standby, 2 Civil Matters, 2 Wellness Checks, 1 Dispute, 26 Directed Patrols, 1 Follow-Up Reporting, (1) 911 Hangup, 1 Motor Vehicle Lockout, 5 Medical Assist, 27 Property Checks and 4 Paperwork Services.

Motto: "Bringing Community Together by Doing Fun Stuff!"

Archery Program

Barnstead Archery – Registration is open for session 2 (July 11 – Aug. 22) and session 3 (Aug. 29 – Oct. 10). Classes are every Thursday from 6 – 7:30 p.m. (weather dependent) at the TL Storer Scout Reservation. Equipment will be provided, or you can bring your own. \$10 for the session. The link for registration can be found on our website.

Swimming Lessons

Swimming lessons at the Town Beach are planned for July 8 – July 19 for session 1 and July 22 – Aug. 2 for session 2. Registration forms can be found on our Web site.

Summer Concert Series

Barnstead Parks & Recreation is pleased to welcome to the Summer Concert Series Stage, Wayne Potash on Saturday, June 15 and Green Heron on

Saturday, June 22.

Wayne Potash, playing on June 15, may not be new to the children’s music game, but his music still sounds fresh and fun. He will perform a combination of original tunes as well as covers of popular songs but with updated, kid-friendly lyrics. With topics like having a sweet tooth or a train heading down the track, children are sure to relate and enjoy the show.

Green Heron Music on June 22, Old-time, folk, bluegrass, country, celtic and blues music are all represented as the band brings the back porch to the stage. Featuring Betsy Heron on fiddle, banjo and vocals, and Scott Heron on guitar, banjo and vocals, the duo has been sharing New England stages together since 2017. The two songwriters weave the contemporary with the traditional and deliver high energy performances.

Summer concerts will take place at the Barnstead Parade Grounds every Sat-

urday from June 15th through Aug. 17 from 6-8 p.m. No concert on Aug. 3 due to the balloon rally. This year's lineup features a wide array of music and can be found at www.barnsteadnhparks-rec.com/events. Concessions will be offered by local organizations (cash only) and the concerts are free so grab a chair or a blanket and come on down to enjoy the show!

Beach Attendants are needed for the Barnstead Town Beach– We are actively looking for beach attendants for the summer season. Check our website for details.

Commission Member Openings

Being a part of the commission is a great way to be more involved in creating, planning, and hosting activities or programs for our community. There are many different levels of involvement and time commitments. We have various openings on the commission, and

we are excited to welcome new members.

Barnstead Garden Club

We are actively seeking donations for plants, manure/compost, loam, rocks fist size or smaller to control erosion, and flat stones for steps. Donations will be used to brighten the landscape surrounding the Parks & Rec Area near the Oscar Foss Memorial Library. We thrive off of community volunteers and donations, so please reach out to us through our Facebook page, Barnstead Garden Club, or barnsteadgc@yahoo.com if you can lend a hand! We appreciate any help and support and hope you join our team!

Please watch our website (barnsteadnhparks-rec.com) and Facebook page (@barnsteadparks) for additional details, date changes, cancellations, and pop-up events. We can also be reached at 802-332-3799 and barnsteadparks@gmail.com if you have any questions.

University of Rhode Island students named to Dean’s List

KINGSTON, R.I. — The University of Rhode Island is pleased to announce the Spring 2024 Dean's List. Students named to the Dean's List represent nearly all of Rhode Island's cities and towns, all six New England states, New York

and New Jersey, and many other states and countries. They include:

- Kayla Loureiro of Gilford
- Molly McLean of Gilford
- Jordyn Byars of Gilford
- Alex Berube of La-

conia

- Alyssa Pepin of Laconia

To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.30 quality point average.

About the University of Rhode Island

The University of Rhode Island is a diverse and dynamic community whose members are connected by a common quest for knowledge. As

a global education leader and the state of Rhode Island's flagship public research institution, URI offers distinctive opportunities designed to meet the global challenges of today's world and the rapidly evolving needs of tomorrow. Founded in 1892, URI now enrolls more than 18,000 students and offers more than 200 degree programs across nine schools and colleges. As a land- and sea-grant institution, URI is a key driver of economic development in Rhode Island and contributes significantly to the health and vitality of the state, the New England region, and the nation. To learn more, visit: uri.edu.

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Gilford's Top 10 seniors share stories

BY ERIN PLUMMER
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GILFORD —The top 10 ranked students of Gilford High School's Class of 2024 are a group with many different interests and stories with all pursuing different dreams after high school.

Millie Caldon of Gilmanton is the class valedictorian. She plays soccer, basketball, and softball and has been a member of National Honor Society, Varsity Club, and Spanish Club.

Caldon plans to attend Hartwick College in Oneonta, New York and major in biology. She said she's not sure of a career yet but has an interest in working in medicine, particularly technology or pharmacology. She said her AP Biology class gave her an interest in biology, particularly molecular and cellular biology. Caldon said she might be interested in being a medical technician and she is interested in all its advances

"I think the advances that keep happening within that is interesting," Caldon said.

She will also play on the school's soccer team.

Madeline McKenna of Gilmanton is the class salutatorian. This year she was the president of National Honor Society and has also been a member if Spanish Club and Varsity Club.

McKenna also played soccer, basketball, and softball. She said she greatly enjoyed her time playing sports at GHS.

She plans to attend the University of New Hampshire in Durham and study Chemical Engineering. She said she is not sure of what career path she wants to take, but she's interested in pursuing pharmacology and the aerospace industry.

"I want to be someone that helps other people and wants to make the world a better place, better people's lives," McKenna said.

Elizabeth Albert of Gilford has played on the soccer and tennis teams. She said one of her fondest memories form high school



ERIN PLUMMER

The top 10 ranked students from Gilford High School's Class of 2024. From left to right: Elizabeth Albert, Riley Powers, Madeline McKenna, Millie Caldon, Caroline Guest, Delilah Smock, Maddie Guest, Ryan Guyer, and Lily Locke.

as winning the soccer state finals in 2022, a victory she won after tearing her ACL and going through a period of recovery and rehab.

"It definitely taught me a lot of lessons of believing in myself especially after my injury," Albert said. "It definitely takes a lot of work, but you learn to have trust in my skills."

Albert has also been a member of National Honor Society, Spanish Club, Varsity Club, and Distributive Education Clubs of America (DECA).

She plans to attend Franklin Pierce University in Rindge and study Health Science and pursue a doctorate in Physical Therapy. Albert said since her injury she has wanted to help other athletes by working with them in physical therapy.

Caroline Guest of Gilford played field hockey, lacrosse, and played on the Unified Basketball team.

"I was really close with my field hockey team," she said. "We won two state championships."

She was also a member of NHS, Unified, and Spanish Club.

Guest plans to attend the University of North Dakota and study Commercial Aviation, with the goal of being a pilot. She said two of her family friends are pilots. She is also working on a private pilot's license through a class at Laconia Airport and already has 35 hours of flight time.

"There's always something new to do and it's never boring,"

she said.

Maddie Guest of Gilford played field hockey, lacrosse, and Unified basketball.

"It's just exciting to be with your team and the bonds so having a great team is important," she said.

She was also a member of NHS, Unified, and Spanish Club. Outside school she did figure skating and hopes to continue that in college.

Guest will attend the University of Vermont in Burlington, Vermont, and study Molecular Genetics with a pre-med track. She wants to attend medical school after college. Guest said she finds biology an interesting subject. Both her parents are veterinarians, and she has friends who are doctors, influencing her to want to pursue that career herself.

"It's something I would want to do to help other people, it seems really interesting," Guest said.

Caroline and Maddie Guest are twin sisters and Caroline is the oldest by two minutes.

"She's like my best friend I'm constantly around," Caroline said. "She feels like more than a sister to me."

Maddie said both will push each other to be better in different areas and will help each other.

Ryan Guyer of Gilford played basketball and volleyball both in school and in club sports.

"Those people are pretty special to me, especially my volley-

ball team," she said. "We got along really well, and it was a fun season."

She was also a member of NHS, Spanish Club, and Environmental Club.

Guyer said she plans to attend New Hampshire Technical Institute for two years before going to a bigger school when she has a better idea what she wants to pursue. She has an interest in visual arts, especially interior design, and is doing an internship this summer.

"I like how you can be creative with that," Guyer said. "I love antique furniture and architectural things like that."

Lily Locke of Gilmanton has been a member of Spanish Club. She's a big fan of the games "Dungeons and Dragons" and "Magic: The Gathering" and frequently plays them with a group of friends in school.

Locke said while so many people in high school are focused on academics, there is more to the experience.

"You're allowed to have your own personal hobbies and it doesn't have to be so serious all the time," Locke said.

She plans to attend the Wentworth Institute of Technology in Boston to study Electromechanical Engineering, saying she has an interest in the fields of space exploration and prosthetics. She said space exploration has a lot of different issues around it. Additionally, she said there's a lot of oppor-

tunity for advances in prosthetics, especially with 3D printing technology.

Riley Powers has lived in Gilford for nine years after moving from Tilton in fourth grade.

She plays percussion in the band and played in the pit band for the recent production of "Mamma Mia!" She is also in Spanish Club, Environmental Club, and NHS.

Powers has enlisted in the United States Marine Corps and will go to boot camp on Sept. 3. Afterward she will attend the military academy and train to serve in military police.

"I kind of had that feeling that I just wanted to serve," Powers said.

She said she wants to join military police because she has always has an interest in law enforcement inspired by watching the show "North Woods Law."

"Part of me wanting to be police is to enforce the law and protect the community," Powers said.

Abby Shute of Gilmanton played volleyball and ran track and was also in NHS, DECA, and Spanish Club. She said she bonded a lot with her volleyball team.

"I think my favorite part of high school was the team," Shute said.

Shute plans to attend Endicott College in Beverly, Mass., and attend nursing school with the goal of being a nurse practitioner. She said a lot of people in her family are healthcare workers, including focusing on holistic and naturopathic medicine. Shute said she especially wants to work with kids.

"I feel like a lot of little kids are scared to go to the doctor," Shute said. "I want to give kids the sane comfortable experience I had. I feel like it's important to have a primary care doctor you're comfortable with."

Delilah Smock of Gilmanton played volleyball and softball and took part in Alpine skiing, but then suffered three injuries in her sophomore year that took her away from sports.

"It was like two full years of physical therapy and not getting to play my sports," Smock said.

She spent time rehabbing and focused more on school activities, such as Environmental Club and Spanish Club. She also works as a hostess at both The Breeze and the Ellacoya Bar and Grille and works in the Ellacoya Country Store.

Smock will attend the University of Vermont in Burlington, Vt., and study Sustainability, Ecology, and Policy in the school's Patrick Lahey Honors College. She said she's been interested in environmental topics since her seventh grade science teacher did an environmental unit. Smock said she is interested in focusing on environmental legislation and might engage more in activism.

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Fathers
come in
many forms

Father's Day is more than just a date on the calendar; it's a heartfelt recognition of the men who have shaped our lives in ways both profound and subtle. This special day, celebrated on the third Sunday of June in many countries, offers a chance to express our gratitude for the fathers, grandfathers, and father figures who have provided us with guidance, support, and love.

Fathers come in many forms. Some are biological, others are adoptive, and still others step into the role without any formal recognition, providing the same support and love. It is in the patience shown during countless homework sessions, the strength provided during difficult times, and the joy shared in moments of triumph.

Fathers are nurturers, educators, and partners. A good father is involved in every aspect of their children's lives, from changing diapers to attending school plays, from coaching little league teams to helping with science projects.

Father's Day is an opportunity to acknowledge those who may not have a traditional father figure but have found guidance and support from other sources—single mothers, uncles, mentors, and family friends. It's a day to celebrate the concept of fatherhood in its broadest sense, recognizing all those who have stepped into the role and made a positive impact.

A simple phone call, a heartfelt card, or a shared meal can mean the world. It is these moments of connection that truly honor the spirit of fatherhood.

In a world that is often hurried and disconnected, Father's Day serves as a poignant reminder to slow down and cherish the relationships that form the foundation of our lives. It is a day to honor the men who have helped us become who we are, to thank them for their sacrifices, and to celebrate the unique bond that we share.

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.



COURTESY

Bears on the track

The Barnstead Elementary School track and field team sent three athletes to New Hampshire's Meet of Champions on June 4 at Manchester Memorial High School. Domenic "DJ" Scarpa finished in third place in the long jump with a distance of 18 feet, 7.5 inches. He also ran the 400-meter dash and finished with a time of 58.69 seconds. Maddison Morris competed in the 800 meters with a time of 2:38.30. Ulitta Paige, who was one of the only sixth graders in the long jump, finished with a distance of 14 feet, five inches. The Meet of Champions concluded an amazing season in which both the boys' and girls' teams won several meets.

Let's Talk. That Thing.

BY PAMELA MOTT

Alton

Living in a small town is a special kind of thing. The way a community will begin to chatter when given the opportunity. Funny kind of thing, living in a town

like ours. All of us just trying to get by. Story after story shared. A good laugh or two, no harm only pleasant banter.

Other times things can seem daunting with unexpected frustrations and unnecessary barriers.

Sometimes it feels futile, despite all efforts. Those times are the times when the locals shine. Never missing an opportunity to help another out. Collectively we pull each other through this thing called

life. What are we but a part of a bigger thing.

It's that beautiful time of year when the pollen is thick on everything. Bird songs fill the air. Check out the local trail and share a story or two with a local.

LETTERS FROM EDWIN

Woes

I turned on my tablet thing this morning to stream the latest bit of truth for life. In doing so, I had to fire up my browser. So in front of me, they display a small quantity of pictures with some text that were put there to entice me to check them out. Click bait, I think they call it.

There are usually some pictures of pretty women with big smiles, etc., holding onto credit cards or some other product to hawk. Today wasn't unusual; there was even a new one who I thought had way too much eye makeup. The credit cards are always such an insignificant feature of these photos.

I don't even remember what the picture was for the one I did click on. Oh, yes, it was a guy taking a shower. The title was: "There's no need to shower every day - here's why." I had to read that one. It came from the BBC. There's my source, check it out for yourself.

I found it somewhat vindicating, as I've been claiming for years that there is no physical reason for why we need to be so obsessed with shower-

ing at least once a day. It's just a social think. It's become the accepted "normal thing to do." But for most folks, unnecessarily excessive.

I do somewhat miss my old Saturday night bath. Getting to lie back in a nice hot tub of water to relax for however long it was had to be somewhat therapeutic. I'd come out all wrinkled up like a prune. Warm and clean. I don't get that from showers.

Showers were made to save time. Since time equates to money, swapping a quick shower for a casual bath, where you first had to take time to fill the tub, was deemed an improvement. Plus there was a savings in the form of using less hot water too.

Then those capitalist business folk, using the power of advertising, promoted their products and also promoted taking more showers until we have what we have now. A society that can no longer stand being just normally clean, but feel they need to be antiseptically clean.

Every time that happens, our bodies freak

out and go into self corrective mode. Since the epidermis is too dry, our bodies start secreting oils to counteract this unnatural condition. Just see for yourself how long it takes for your forehead to get shiny after your shower. Unless of course you have already added the oily creamy stuff, that the ones who sold you the soap sold you to put things back to normal.

It's good for business. Real good. They now get to sell you twice as much stuff, times seven. All kinds of stuff. More deodorant too as that gets washed off, even though it still probably remains effective. And how about that hot water? Do seven showers fill up a bathtub? But isn't it nice to just stand there with the hot water spraying on you for a few added moments after you've finished cleaning? I'm lucky to have a water heater that only gives me a rationed amount of hot water before the temperature starts dropping.

One of the things I try to avoid is plumbing. A couple years ago, I pulled more toilets than I ever would have desired. But I

get calls to fix things and I try to comply, within reason. What I wonder is, with all the stuff that flows down and out of our pipes, that somehow, the lack of a good whoosh of water once and a while to flush things along, that there may be a tendency for these things to pile up?

I know people that wash their dishes with a trickle to save on hot water, who's pipes hardly drain at all when confronted with a sink full of water. I've checked all the under sink plumbing and it's fine. It's somewhere down the line. I wonder if a nice tub full of hot water up stairs might help such a situation. The full sink of hot water certainly didn't have much effect. It may be time for them to call a real plumber, someone who chose that occupation.

Good Lord, it's that time again. Enough of these hot women water woes. I've got to get off my butt and be off to another job. I certainly ain't no "Maytag repair man." He doesn't exist.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

Make people feel important

Alright, gentlemen, bear with me for a moment—this one starts with a nod to makeup, but I promise there's something here for everyone. Let's talk about Mary Kay Ash, the cosmetics queen herself.

You know Mary Kay, right? I'm sure you've seen those iconic pink Cadillacs cruising through town, driven by an Independent Sales Director who made it big in Mary Kay cosmetics sales.

Mary Kay Ash faced many hardships in her life, from gender discrimination to financial struggles, and through it all, she managed to build an

empire worth half a billion at the time of her death in 2001. What was the secret to her success?

I'm sure many factors contributed to her success, and while researching her life story, I discovered something I'd heard before but didn't know was attributed to her—a simple yet profound philosophy that seems to be one of the primary keys to her success.

Mary Kay Ash often spoke about how her mother played a crucial role in shaping her outlook on life. As a young

POSITIVELY
SPEAKING
TOBY MOORE

girl, Mary Kay's mother was a constant source of encouragement, often saying, "You can do it, Mary Kay!"

This unwavering support instilled a deep sense of self-worth and confidence that motivated her to pursue her dreams. She discovered that part of achieving success in life was putting people first and instilling in them a sense of encouragement and self-worth. This foundational lesson became a cornerstone of her business philosophy and personal interac-

tions.

She once said, "Pretend that every single person you meet has a sign around his or her neck that says, 'Make me feel important.' Not only will you succeed in sales, but you will succeed in life."

Let's explore that for a moment. It is generally true that when people feel important, they thrive. They tend to become more motivated, engaged, and willing to contribute positively to their surroundings.

Have you ever had one of those bosses who made you feel bad about

SEE MOORE, PAGE A5

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obituaries@salmonpress.news
CALL: 603-677-9084

TO SUBMIT A LETTER

TO THE EDITOR:

E-MAIL:
E-MAIL: brendan@salmonpress.news

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Lions to hold 3-in-1 collection event

LACONIA — Weather permitting, the next soft plastics recycling collection will be held Saturday June 22 from 11 a.m.-1 p.m. Volunteers from the Green Sanctuary Committee of the Unitarian-Universalist congregation & the Laconia/Gilford Lions Club will be curbside in front of the little white church at 172 Pleasant St. in Laconia to collect donated clean, soft, dry plastics.

Additionally, for the first time, a Styrofoam collection will also be held. Only Styrofoam products with a '#6' symbol can be accepted. Acceptable items include: all size #6 coolers, clean meat & produce trays, egg cartons (any color), packing blocks, clean #6 plates & cups, food clam shells or trays, coffee cups. We cannot accept pipe insulation, bubble wrap or thin foam wrap, packing peanuts, soft or



Kim Reeve and Matt Soza delivering plastics.

squishy foam, eggcrate foam layer, craft foam, foam board insulation, any dirty foam products. All foam must be clean & dry.

"This effort is to use and promote the Styrofoam recycling machine at the Gilford Solid Waste Center," explained Green Sanctuary Co-Chair Inez Andrews. "There is a lack of awareness and some misunderstand-

ing about that facility, which we want to address."

There is no charge or fee to drop off unwanted plastics or Styrofoam. And this effort is not limited to

residents of Laconia & Gilford. All are welcome to participate.

Since the Styrofoam & plastics will be delivered to different locations, all Styrofoam & plastics must be kept separate from each other.

At the same location & time, the Lions & the UU Social Justice Committee will also be holding a pet food drive benefitting the Community Action Program (CAP) pantry. "The CAP pantry includes a pet food section for people struggling to support their animals," explained Lion Carol Dow: "For instance, disabled folks who have service animals or seniors with pet companions. We are glad to help them during a period when donations are particularly needed."

FBLA takes the reins of Rotary Home & Garden Show

BY SAM MCGRATH
Prospect Mountain High School FBLA

ALTON — Effective April 2024, the Alton Centennial Rotary Club officially handed leadership of the Home & Garden Show over to Prospect Mountain's Future Business Leaders of America (FBLA) and Robotics (BOB319) clubs. The Rotarians spent years working closely with both clubs and mentoring them to take this responsibility, and so I reached out and asked them a few questions so they could explain to our communities just how much work they have done with the Home Show and with our community, and what, exactly, led them to make the decision to pass the reigns.

The Alton Centennial Rotary Club was founded in 2004 by members Jim Fountaine and Duane Hammond, 100 years after Rotary International was founded. Rotary clubs can be found all over the world, and they all work towards the same goals: making their community's lives better by improving health, education, the environment, and alleviating poverty. The Alton Centennial Rotary their own rule which they pledge, to ensure they're working for the betterment of the public and not for themselves, Service Above Self.

I asked the Rotarians how they came to work with FBLA and BOB319. It was explained to me that the Alton Rotary meets with both clubs multiple times throughout the year, helping them to prepare for various competitions, shows, and over the years has awarded members of each group scholarships. They told me that one of their fundamental goals is to ensure that public schools succeed, so they started off by donating money to the groups, and then adding the scholarships. Ever since then the clubs have had a close working relationship with Alton Rotary and each other.

I learned that the first Alton Home & Garden Show took place in 2007,

with a relatively small attendance, yet it still made enough money for them to double the amount they had previously donated to charities. Every year, more businesses were attracted to the show, which made the Rotary more money, which they, in turn, donated to different charities including organizations supporting homeless women and children, substance abuse recovery, children with disabilities, eradicating polio, building homes and wells in Africa, and local causes such as building parks like the Little Fenway park in Alton. As of 2023, the Home & Garden Show had grown to include a large amount of the community, allowing their reach to extend even farther.

Since they've decided to pass ownership of the show to FBLA and BOB319, I wanted to ask how they prepared the groups to take responsibility for the show, and they shared a few reasons for why they decided to pass the show on. Many of their members have grown older and less physically able to host the show, and, sadly, their membership numbers have decreased as people retire. After brainstorming, they decided the show would be better in the hands of the PMHS Future Business Leaders of America (FBLA) & the PMHS Robotics Club (BOB 319) because it's a good way to learn practical business and technology skills, which are the necessary skills for both FBLA and BOB 319. The students participating in the show will have a better understanding of how the business world works and a head start for understanding business interactions in the future. Though the Rotary isn't hosting the show anymore, they're still going to mentor the school's clubs and assist in organizing it by sharing their knowledge, and they'll still continue raising money for the charities.

I asked what the best way for them to help their community is, and they shared that, quite simply,

the most important thing is just to make money that helps them make an impact. Planning and running events, donations, fundraisers, any way they can make money that can be donated to charity. Although some of the club's members are no longer capable of heavy physical labor, they're all skilled business people who know how to make money, and better yet, put it to good use.

One of the final sentiments shared by Rotarians is that the Rotary is a great opportunity for community members to give back and show the world that they care. They're seeking members from the community to join them and support our community. The Alton Centennial Rotary meets every Thursday evening at 5 p.m. at the Alton Community Center, and the meetings are open to the public to join in for the dinners. If you're interested in joining, or just want to know more, you can contact the Membership Chair, Duane Hammond, at 603-569-3745.

Now that the home show is under ownership of Prospect Mountain High School's FBLA and BOB 319, the clubs are going to spend the next year planning and preparing. FBLA is writing the business plan for the show, and reservations from vendors for next year's show are now being accepted. Make sure you Save the Date, Saturday, May 31, 2025, so you can participate and support the community at the Alton Home & Garden Show at PMHS! For more information or to reserve a space for your business contact Jennifer Cove at jcove@pmhschool.com.

Hazardous waste collection this weekend

WOLFEBORO – Last chance to prepare for the safety of grandkids and company over the July 4th holiday. Saturday, June 15, the Lakes Region Household Hazardous Product Facility (LRHHPF) will have its monthly collection from 8:30 a.m.-noon at 404 Beach Pond Rd.

Member towns of Alton and Wolfeboro, please obtain passes before collection day at your Solid Waste Facil-

ity. All other communities may attend by cash or check: \$50 for each increment up to five gallons, counting the size of the cans (not the ounces within).

Oil-based paint, automotive fluids, pesticides, cleaners, and pool chemicals, are common items accepted. Get the new brochure with your pass for an extensive hazardous products list. Call 651-7530 for the most accurate informa-

tion. Latex paint as it is not a hazardous waste (mix 50:50 with kitty litter for non-liquid solid waste disposal). Placing containers in a cardboard box will speed up removal and keep your vehicle tidy.

Please note that medication disposal has been discontinued, as both member towns, and many others, offer drop boxes for pills in police department lobbies.

Treat dad to breakfast with the Masons

ALTON — It's Father's Day, and you know what that means. Time to treat Dad to a full breakfast.

On June 16, the Masons of Winnipisaukee Lodge in Alton will be hosting their monthly Breakfast Buffet, open to the public, at the Lodge on Route 28, a

quarter mile south of the Alton Circle. With fresh fruit, biscuits and gravy, scrambled eggs, omelets, bacon and sausage, home fries, beans, pancakes, French toast, coffee and juice being served, it is a perfect time for family and friends to sit down and enjoy an all you can

eat breakfast buffet. So join them for breakfast between 7:30 and 11 a.m. Cost is \$12. They hope to see you there, always on the third Sunday of the month. For more information about the breakfast or the Masons, contact David Cumming at 603-767-2057.

MOORE
(continued from Page A4)

yourself? Maybe you deserved it; maybe you did a horrible job and screwed things up. But when you were yelled at, demeaned, and condescended, it made you feel less than important.

Or maybe you've experienced another time when you didn't do as well as you could have, yet your boss took the time to give you another chance, encouraging you and letting you know they believed in you, making you feel and understand like an essential member of the team.

Putting people first and making them feel special isn't about being fake or manipulative; it's about creating environments where everyone can flourish.

My mom and dad always told me, "Everything in life is sales." I thought about that a lot through the years. Is everything indeed

sales?

Well, when you're trying to get that new job or promotion you've been wanting, you're selling yourself and your abilities. If you're trying to win over a significant other, you're selling them on why you're the one. When convincing your kids to eat their vegetables, you're selling them on the benefits of healthy eating.

When selling a new product or service for your business, creating a bond with your clients and making them feel special can be life-changing.

Mary Kay Ash also said, "When you take the time to make someone feel important, you create a bond that goes beyond just selling a product. You build a relationship based on trust and respect. This is the key to selling makeup and creating lifelong customers."

When selling makeup, you may think it's

easier to make someone feel important because you're enhancing their look, empowering them, and making them feel more beautiful. However, this principle of success applies to all products, services, and organizations.

What are some ways to make people feel important? Active listening, personalized compliments, expressing gratitude, remembering important details, quality time, encouragement, thoughtful gifts, empathy, and understanding, and celebrating achievements, to name a few.

When doing these things, let them come from the heart. Be yourself. When you do this, you'll be on your way to embodying the spirit of Mary Kay's philosophy. You'll succeed in your goals while building lasting relationships that enrich your life and the lives of others.

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Max Barrett joins New Hampshire Boat Museum Board

WOLFEBORO — Having grown up coming to Lake Winnepesaukee, Charlestown, MA resident Max Barret has joined the Board of Trustees at the New Hampshire Boat Museum (NHBM).

“I got to experience living ‘lake life’ and ‘boat life’ firsthand,” he said. “Kayaking, sailing, and motor boating are all just some of the things I was able to do as a kid, and they are all things I still love today.”

According to Barrett, his appreciation for the



COURTESY

Max Barrett experiences he has had on the water his entire life drove his desire to serve NHBM as a trustee.

“Helping others experience the thrill of being in the water while providing a history of how boats have evolved throughout the Lakes Region is a goal I can easily get behind,” he said. “These are two of the main goals of NHBM, so naturally it is easy to be attracted to that.”

An Enterprise Sales Director for a cyber security company headquartered in Virginia, Barrett said he works remotely full-time, which enables him to be in the Lakes Region often.

“I will be at Lake Win-

nepesaukee for much of the summer,” he said. “I also come up in the winter because it is just as beautiful.”

Expressing appreciation for Barrett’s enthusiasm for NHBM’s mission, Executive Director Martha Cummings said this summer will be particularly exciting for the nonprofit museum.

“Our Moultonborough campus opens on July 5, which will enable us to significantly expand programming and exhibits while also maintaining a presence in Wolfeboro,”

she said. “This is an exciting time to have Max join us as we deepen our commitment to the local communities and the state.”

“What I love about NHBM is how we not only educate people about boats and New Hampshire’s diverse boating culture but also help people experience the water,” added Barrett. “I’m glad to literally be on board.”

Founded in 1992 by antique and classic boat-

ing enthusiasts, NHBM offers dynamic exhibits and engaging programs and events tailored to the diverse boating lifestyles and values of people of all ages. NHBM is sponsored in part by Goodhue Boat Company, Eastern Propane and Oil, Stark Creative, KW Lakes and Mountains, Taylor Community, Belletetes, and North Water Marine. To learn more about NHBM, visit nhbm.org.

Bryna Wilson graduates from Grove City College

GROVE CITY, Pa. — Bryna Wilson recently earned a degree from Grove City College on May 18. Wilson earned a Bachelor of Science degree in Biology and is from Laconia.

Grove City College (www.gcc.edu) is a highly ranked, national Christian liberal arts and sciences college that equips students to pursue their unique callings through an academically excellent and Christ-centered learning and living experience distinguished by a commitment to affordability and promotion of the Christian worldview,

the foundations of a free society and the love of neighbor. Established in 1876, the College is a pioneer in independent private education and accepts no federal funds. It offers students degrees in more than 60 majors on a picturesque 180-acre campus north of Pittsburgh, Pa. Accredited by the Middle States Commission on Higher Education, Grove City College is routinely ranked as one of the country’s top colleges by U.S. News & World Report, The Princeton Review and others based on academic quality and superior outcomes.

Lindsey McCullough of Alton Bay named to University of Rhode Island Dean's List

KINGSTON, R.I. — The University of Rhode Island is pleased to announce that Lindsey McCullough of Alton Bay has been named to the Spring 2024 Dean's List. Students named to the Dean's List represent nearly all of Rhode Island's cities and towns, all six New England states, New York and New Jersey, and many other states and countries.

To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.30 quality point average.

About the University

of Rhode Island

The University of Rhode Island is a diverse and dynamic community whose members are connected by a common quest for knowledge. As a global education leader and the state of Rhode Island's flagship public research institution, URI offers distinctive opportunities designed to meet the global challenges of today's world and the rapidly evolving needs of tomorrow. Founded in 1892, URI now enrolls more than 18,000 students and offers more than 200 degree programs across nine schools and colleges. As a land- and sea-grant institution, URI is a key driver of economic development in Rhode Island and contributes significantly to the health and vitality of the state, the New England region, and the nation. To learn more, visit: uri.edu.



BODY FACT:

THIS INGREDIENT IN MILK HELPS TO BUILD STRONG BONES.

ANSWER: CALCIUM

Creative Coloring

Color in this picture to create your own masterpiece.

Double Word Puzzle

Unscramble the words to reveal the sentence.

DYIRA 10 6 1

LKIM 7

CEEHSE 2 5 11 8 3

TGOURY 9 4

1 2 3 2 4 5 6 7 8 9 10 6 11

Answers: Dairy, Milk, Cheese, Yogurt, Ice cream sundae

THIS DAY IN... HISTORY

JUN 12

- 1665: THOMAS WILLETT IS APPOINTED THE FIRST MAYOR OF NEW YORK CITY.
- 1817: THE EARLIEST FORM OF BICYCLE, THE DANDY HORSE, IS DRIVEN.
- 1942: ANNE FRANK RECEIVES A DIARY FOR HER THIRTEENTH BIRTHDAY.

New Word

CHURN

to agitate or turn milk or cream in a machine to produce butter

How they SAY that in...

ENGLISH: Dairy

SPANISH: Lácteos

ITALIAN: Latticini

FRENCH: Produits laitiers

GERMAN: Molkereiprodukte

Did You Know?

PEOPLE WHO DO NOT WANT TO CONSUME PRODUCTS FROM COWS CAN CHOOSE ALTERNATIVE DAIRY PRODUCTS.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: ICE CREAM CONE

Church Service SCHEDULE

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

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10am & 7pm, 875-6161.

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

CENTER BARNSTEAD CHRISTIAN CHURCH
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Bible Study 11:15am
Rte 126 next to Town Hall
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centerbarnsteadcc.org

CHRISTIAN COMMUNITY OF PRAISE C.O.P. PRAISE GATHERING
Gathering Saturday evenings at 5:30 p.m.
The Gilmanton Community Church
1803 NH Route 140, Gilmanton Ironworks, NH
ccoppraisegathering@gmail.com

COMMUNITY CHURCH OF ALTON
Pastor Jared Cassidy
10am Worship service Sunday
20 Church St Alton
(603) 875-5561
www.ccaalton.com

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC
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Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m., ccnorthbarnstead.com

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www.farmingtonucc.org

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PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.
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ST. STEPHEN'S EPISCOPAL CHURCH
Sunday 9:30, 50 Main St., Pittsfield
Rev. Miriam Acevedo with Rev. Stephen Ekerberg
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UNITED METHODIST CHURCH
Rt. 171 at Tuffinboro Corner.
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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	104 Echo Point Rd.	Single-Family Residence	\$1,020,000	Edward K. Lincoln Trust	Virginia Lincoln Trust
Alton	Echo Point Road	N/A	\$622,933	Virginia Lincoln Trust	Edward K. Lincoln Trust
Alton	6 Pond Rd.	Single-Family Residence	\$215,000	Virginia M. Motte RET and Virginia K. Putnam	Weston & Wilderstrom RET and Joyce C. Weston
Alton	74 Roger St.	Single-Family Residence	\$800,000	Bernard A. and Elizabeth A. Lucontoni	Israel R. Cruz, Jr. and Deanna L. Broadley
Alton	N/A	N/A	\$980,000	Edward K. Lincoln Trust	Virginia Lincoln Trust
Barnstead	15 Indian Ledge Dr.	Single-Family Residence	\$417,000	Eric C. and Sarah-Beth Booker	Joshua Lessard
Barnstead	10 Ripple Rd.	Single-Family Residence	\$284,200	John R. Yadisernia	Nicole J. Monty
Barnstead	Suncook Valley Road	Residential Open Land	\$13,000	Maria P. Gray	James Marlund LLC
Barnstead	N/A (Lot 33)	N/A	\$769,933	Michelle L. and Robert D. Sliger	Michelle M. and Kevin C. Soucy
Gilford	127 Chestnut Dr.	Single-Family Residence	\$521,000	Daniel F. and Brittany M. Brien	Karl Lennon
Gilford	28 Forest Ave.	Single-Family Residence	\$465,000	Deborah A. Clifford	Ethan and Nicole Goldstein
Gilford	9 Glendale Pl.	Single-Family Residence	\$290,000	Michael T. Wallace Estate and Reed T. Machaffie	Locher Fiscal Trust and Seth R. Locher
Gilford	31 Henderson Rd., Unit 11	Condominium	\$530,000	John Saint	Christian P. Moore
Gilford	36 Hoyt Rd.	Single-Family Residence	\$378,000	Charles M. Keeler	Petrillo Trust and Jennifer L. Petrillo
Gilford	Maple Heights	N/A	\$485,000	Daniel J. Smock	Susan C. Brunvand
Gilford	Route 11B, Unit D1	Condominium	\$460,000	Anthony and Susan Pollak	Michael L. and Brenda J. Filiere
Gilford	N/A	N/A	\$405,333	Maryann and Paul E. Richardson	Jpmb Realty LLC

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 informa-

tion on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 689-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

Alton Parks and Recreation Community Connection

USTA Summer Tennis Lessons- Youth

The Alton Parks and Recreation Department is sponsoring Tennis Lessons for Grades 1-8 on Tuesdays and Thursdays at the PMHS Tennis Courts from July 9-25. Grades are divided by times: Grades 1&2- 9-10 a.m.; Grades 3-5-10-11 a.m; Grades 6-8- 11:00a.m.-12:00p.m. Registration is \$60 for Alton and Barnstead residents and includes a brand new tennis racquet, and instruction with a USTA New England certified instructor. Non-resident fee is \$70. Basic tennis skills will be taught: forehand, backhand, serve, overhand and volley. Register by July 2, class size is limited to seven. Registration forms are available at altonparksandrecreation.com or stop by the Parks and Recreation Kiosk at 328 Main Street to sign up. Contact parksrec@alton.nh.gov or 603-875-0109 for more information.

USTA Summer Tennis Lessons- Adults

The Alton Parks and Recreation Department is sponsoring Tennis Lessons for adults on Wednesdays at the PMHS Tennis Courts from July 10-Aug. 14

from 6-7:30 p.m. Registration is \$70 for Alton and Barnstead residents and includes a brand new tennis racquet, and instruction with a USTA New England certified instructor. Non-resident fee is \$80. Basic tennis skills will be taught: forehand, backhand, serve, overhand and volley. Register by July 2, class size is limited to seven. Registration forms are available at altonparksandrecreation.com or stop by the Parks and Recreation Kiosk at 328 Main Street to sign up. Contact parksrec@alton.nh.gov or 603-875-0109 for more information.

Alton Old Home Week 5K Road Race

Co-Sponsored by Meredith Village Savings Bank. Aug. 10 at the Alton Bay Bandstand, 9 a.m. Sign up by July 15 and receive a long sleeve race shirt. USATF Certified Course through Alton. Computerized timing with bib chip; results posted online. Scenic, slight varying course, flat/downhill with one moderate incline, paved. Prizes, refreshments, water stops, traffic control and raffle for racers. Forms and map available at www.alton.nh.gov or register

online at <https://runsignup.com/Race/NH/Alton/AltonOldHomeWeek5KRoadRace>, \$20.

Line Dancing Lessons

Line Dancing with Jane Corbett is scheduled on Thursdays from 1:30-3 p.m. now until Oct. 31 at the Alton Bay Community Center. Adults of all ages and abilities are welcome, \$10/season. Register on site.

Pilates Classes in Alton Bay- Tuesdays and Thursdays

The Alton Parks and Recreation Department is sponsoring Pilates classes at the Alton Bay Community Center on Tuesdays and Thursdays, 9:30-10:30 a.m. with certified instructor Donna Lee. All level adults are welcome for a full body, low impact class that will improve muscle tone, flexibility, balance and strength. Pre-registration is \$10 per class or \$15 drop in. Bring a mat and water. For more information/register contact Donna at breathepilates1@yahoo.com or parksrec@alton.nh.gov.

Weight Training Classes- Mondays and Wednesdays

The Alton Parks and Recreation Department

is sponsoring Weight Training Classes in June on Mondays and Wednesdays from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. Learn new exercises and build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information, contact parksrec@alton.nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in. Class will be held June 19.

Guided Meditation with Instructor Karen Kharitonov

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring a Guided Meditation Class on Thursdays: June 13 and June 27 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. Stop in and experience the positive state of meditation. Chairs will be available; bring a pillow/cushion/mat if desired. The program is free, donations are greatly appreciated to support local charities. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov.

alton.nh.gov or 603-875-0109.

Alton Bay Concerts at the Bandstand 2024

Summer Concert Schedule: 7-9 p.m. at the Alton Bay Bandstand, Alton Bay

July 3- "Thursday Afternoon Band"- Classic and Modern Rock- Fireworks to follow at 9:20 p.m.; July 6- Saxx Roxx- Classic Rock with brass; July 13- The Visitors- Oldies, Classic Rock, Country Rock; July 20- Green Heron- Old Time, Folk, Bluegrass; July 27- Chris Bonoli- Soft Rock, Country and Classic Electric Blues; Aug. 3- Echo Tones- Rock and Roll; Aug. 10- Bittersweet- Classic Rock-Fireworks to follow at 9 p.m.; Aug. 17- EZ Band- Classic and those destined to be; Aug. 24- Saxx Roxx is back by popular demand; Aug. 31- Got It Covered Band- Cover Songs.

Alton Bay Scavenger Hunt- Pre-Fireworks Activity

July 3 starting at 5:30 p.m. pick up your free Alton Bay Scavenger Hunt list at the Alton Bay Bandstand, lists need to be returned no later than 6:30 p.m. Join family and friends and use your creative skills to search for clues around Alton Bay. Prizes will be awarded to top finishers. Last call to get a list is 6 p.m. Don't miss out- fun activity before the Fireworks and Concert.

Alton Bay Fireworks

The Town of Alton is

sponsoring Fireworks in celebration of Independence Day in Alton Bay on Wednesday, July 3 at 9:20 p.m., rain date is Friday, July 5. The Town of Alton is sponsoring Fireworks in celebration of Old Home Week on Saturday, Aug. 10 at 9 p.m., rain date is Sunday, Aug. 11.

Singalong and Campfire at Alton Town Beach

Join friends and community members at the Alton Town Beach, located on Route 28A, on Friday, July 5 from 7-8:30 p.m. for a beach campfire and acoustic guitar sing along with John Irish. Bring a chair and toast s'mores with the cozy crowd. This program is free. Fun for the whole family.

Kayak Paddle Trip on the Merrymeeting River

Alton Parks and Recreation is sponsoring a kayak trip on Friday, June 28 starting at 10 a.m. meet at the New Durham Boat Launch on Rte. 11 by Johnson's Dairy Bar. Participants need to provide their own equipment, including paddle, kayak and life jacket. Check out the wildlife habitats, animals, and beautiful scenery of the Merrymeeting River. Paddle trip is approximately 90 minutes. Pre-register by June 25 by contacting Alton Parks and Recreation- 875-0109 or parksrec@alton.nh.gov.

Macayla Dutile of Laconia named to Harding University dean's list

SEARCY, Ark. — Macayla Dutile, a Junior studying Bible and missions, is among more than 1,300 Harding University students recognized for their academic excellence from grades achieved during the Spring 2024 semester.

The dean's list is published each semester by Dr.

Marty Spears, University provost, honoring those who have achieved high scholarship. To be eligible, a student must be carrying 12 or more hours with a 3.65 or higher grade-point average and no incompletes.

About Harding University

Harding University

is a private Christian, liberal arts university located in Searcy, Arkansas. Accredited by the Higher Learning Commission and celebrating its centennial year, it is the largest private university in the state. Harding's student body represents students from across the U.S. and more than 50 nations and territories. The

University offers more than 110 undergraduate majors; 14 preprofessional programs; more than 40 graduate and professional programs; as well as numerous study abroad opportunities including locations in Australasia, Peru, Europe, Greece, Italy and Zambia. For more information, visit Harding.edu.



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Boat Museum to host Lake Discovery Drop In Days

MOULTONBOROUGH — On Fridays, July 19 and Aug. 16, New Hampshire Boat Museum (NHBM) will host Lake Discovery Drop In Days, a free program in which kids can engage in a variety of interactive, boat-related activities. Focusing on the ways in which the state's waterways connect the past to the future, families will participate in hands-on projects such as arts and



crafts, games, and science experiments that highlight lake ecology. This year, the program is sponsored by Lakefront Living Realty - The Smith Group. Owners/REALTORS Glenn and Angela Smith expressed excitement regarding their support of "a local program that gets kids involved with the lake." "We love boating and Lake Winnepesaukee," said Glenn, explaining that their family spends significant time on the water. "We also offer tours that highlight lake culture and so much more than just boats." In addition to Lake Discovery Drop In Days, NHBM programs and activities of interest for kids (and families) include Boat Building, Boat Cruises in the 'Millie B' and 'Miss Lauren,' and more. "At the boat museum, we educate kids and families about our freshwater boating heritage, safety, and awareness of ecology to preserve our lakes and rivers," added Cummings.

rector, "We also offer tours that highlight lake culture and so much more than just boats." In addition to Lake Discovery Drop In Days, NHBM programs and activities of interest for kids (and families) include Boat Building, Boat Cruises in the 'Millie B' and 'Miss Lauren,' and more. "At the boat museum, we educate kids and families about our freshwater boating heritage, safety, and awareness of ecology to preserve our lakes and rivers," added Cummings.

This year, the program is sponsored by Lakefront Living Realty - The Smith Group. Owners/REALTORS Glenn and Angela Smith expressed excitement regarding their support of "a local program that gets kids involved with the lake."

"We love boating and Lake Winnepesaukee," said Glenn, explaining that their family spends significant time on the water.

"We love going to Wolfeboro by boat for breakfast or dinner," he added. "We enjoy the beauty of the lake and the surrounding mountains."

Families with children in kindergarten through fifth grade are invited to take part in the program. "The hope behind this program is that it can serve as a gateway to all we offer at the museum," said Martha Cummings, NHBM executive di-

rector, "We also offer tours that highlight lake culture and so much more than just boats." In addition to Lake Discovery Drop In Days, NHBM programs and activities of interest for kids (and families) include Boat Building, Boat Cruises in the 'Millie B' and 'Miss Lauren,' and more. "At the boat museum, we educate kids and families about our freshwater boating heritage, safety, and awareness of ecology to preserve our lakes and rivers," added Cummings.

Founded in 1992 by antique and classic boating enthusiasts, NHBM offers dynamic exhibits and engaging programs and events tailored to the diverse boating lifestyles and values of people of all ages. NHBM is sponsored in part by Goodhue Boat Company, Eastern Propane and Oil, Stark Creative, KW Lakes and Mountains, Taylor Community, Belletetes, and North Water Marine. To learn more about NHBM, visit nhbm.org.



ELISSA PAQUETTE

Governor Wentworth district honors retirees

Skelley
Deb Skelley, physical education teacher with the Governor Wentworth Regional School District, receives a handshake from School Board member Mary Pray Schillereff as she moves down the receiving line upon her retirement after serving for a total of 30 years combined at Crescent Lake and Carpenter Elementary Schools.

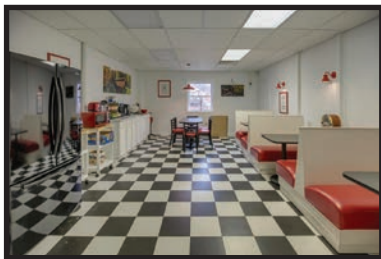
Luke
Kingswood Regional Middle School teacher Elaine Luke shakes hands with at large School Board member Tom Bickford of New Durham at the close of the retirement ceremony on Monday, June 3, held at the Kingswood Regional High School cafeteria.

Porter
Effingham School Board member Jim Pittman congratulates Marlean Porter upon her retirement. Over the last fifteen years working at Effingham Elementary School, Porter has held the positions of Title I Assistant, One-on-One Special Education Paraeducator and General Education Assistant. She is also known for her involvement with the Transmogrifies Robotics Club and the school Talent Show.

Board
Governor Wentworth Regional School District (GWRSD) retirees were honored at a reception held in the Kingswood Regional High School cafeteria on Monday, June 3. L-R Front Row: retirees

present, Marlean Porter of Effingham Elementary School for 15 years, Deb Skelley of Carpenter and Crescent Lake Elementary schools over 28 years, and two additional years at Crescent Lake, Elaine Luke, with the district for 31 years, most recently Kingswood Regional Middle School. School Board representatives present L – R Back Row: Tom Bickford (at large); Charlene Seibel (Wolfeboro); Dr. James Manning (Brookfield) Vice-Chair; Mary Pray Schillereff (at large); Jim Pittman (Effingham); Brodie Deshaies (at large); and Superintendent Caroline Arakelian. Retirees not in attendance: Karen Michalski (25 years), Kathleen Hayford (27 years) and Dave Cash (10 years).

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Gilford High School seniors revisit elementary alma mater in heartwarming walkthrough

GILFORD — Last week, Gilford High School seniors were welcomed back to their elementary school. They took a trip down memory lane as they walked through the halls of Gilford Elementary School. This cherished tradition was made even more special by the efforts of the elementary students, particularly the 4th graders, who created posters featuring the seniors' kindergarten photos. The hallways of Gilford Elementary were adorned with colorful posters and heartfelt messages, celebrating the journey of these soon-to-be graduates. The seniors, many of whom hadn't walked these halls in years, were visibly moved by the warm welcome and the memories evoked by their young selves' images. This event not only bridged the gap between the different educational stages



but also inspired the elementary students, showing them the possibilities that lie ahead. The seniors' visit served as a powerful reminder of the community's supportive spirit and the enduring bonds formed within these school walls. As the seniors pre-

pare to graduate, this walk through their past provided a meaningful moment of reflection and connection, marking the end of one chapter and the beginning of another. Many commented that the halls seemed much smaller than they remembered.

Bike Week press conference kicks off a week of events

BY ERIN PLUMMER
mnews@salmonpress.news

LACONIA — Organizers, along with officials from local communities, the State House, and Congress, started Laconia Motorcycle Week with an annual press conference ahead of the main event that Saturday.

The annual Bike Week press conference at the Colonial Theater on Thursday, June 6, two days before the 101st annual rally officially kicked off

“After celebrating 100 years of legendary motorcycling, we are now riding into the next century,” said Motorcycle Week Association board member and Naswa Resort president Cynthia Makris. “It is a reflection of a long and rich history not just of riding beautiful New Hampshire roads, but the friendships made along the way and the wonderful memories etched in our hearts and souls that last forever.”

Makris said she has heard from some people that Bike Week isn’t the same as it used to be. She said in its history it has changed with the times, especially from the wilder events of the ‘60s and ‘70s.

“It has matured into a world class event showcasing our majestic state and passion for warm and welcome hospitality,” she said. “When riders come to Laconia rally, they get to experience our homegrown, genuine locally owned businesses all over the state.”

Her own mother Hope Makris will be turning 100 this December and has seen many different Bike Week’s in her life.

Gov. Chris Sununu said Bike Week is a “world class event” that is made possible thanks to a lot of work behind the scenes that brings people to Laconia from across the globe. He recognized all those involved with the event, including the city of Laconia for all they go through to put the event on.

“It’s not just individuals coming, we want them to bring their teenagers and their families and get the next generation really interested,” Sununu said. “Not just have a good time, but get them interested in this entire industry all the different opportu-



Tom Crompton of the United States Classic Racing Association presented vintage motorcycles on the stage at the Colonial Theater during the Bike Week press conference.

nities.”

Sununu said Bike Week has an economic impact of more than \$100 million to businesses across the state.

“We just want to kind of keep driving that forward and make sure the success we have today is success that we keep for the long time,” he said.

Laconia Mayor Andrew Hosmer recognized the city employees that have put so much work into managing this event and the residents who give a lot of hospitality to all of the visitors. He said this event is so essential to all the local businesses.

“The influx of visitors provides a significant boost to our local economy supporting jobs, fostering growth,” Hosmer said. “It’s a testament to the vibrance and resiliency of our community.”

Laconia City Manager Kirk Beattie thanked all the city’s department heads for their work and said all of them are managing Bike Week in addition to all their daily duties.

“Year after year they handle their day-to-day responsibilities as well as their additional Motorcycle Week related tasks in a professional manner that we all should be proud of,” Beattie said.

US Rep. Chris Pappas said the event has evolved from its beginnings.

“The event might have taken a different flavor through the years, but clearly motorcycling is a long and proud tradition in the Granite State and Laconia Motorcycle Week reflects that and shows off the best of what New Hampshire has to offer in terms of the way our community can come together and work together our great natural scenery and environment and great attractions all around the region that are part of this event,” Pappas said.

US Senators Jeanne Shaheen and Maggie



Laconia Motorcycle Week Executive Director Charlie St. Clair and Deputy Director Jennifer Anderson at the Bike Week press conference.

Hassan were in Normandy at an event honoring the 80th anniversary of D-Day, but sent written messages read by representatives.

“For New Hampshire citizens, Motorcycle Week marks the true beginning of summer and reunites friends and families who have attended this event for decades,” Shaheen wrote in a statement read by Chris Scott.

Both Shaheen and Hassan wrote that this gives visitors an opportunity to see New Hampshire’s natural beauty and support state businesses.

“United by the thrill of riding or watching others ride, Granite Staters and visitors have come together to make new memories that they will continue to pass for generations to come,” Hassan wrote in a statement read by Robert Graham.

Laconia Police Chief Matt Canfield and Fire Chief Tim Joubert urged people to use caution on the roads. Joubert said last year saw four serious motorcycle crashes.

“That’s four too many, so please be aware, be safe, take your time, and enjoy the week,” Joubert said.

Chief Mark Armanian of the NH Liquor Commission said the department has been working with establishments across the area to educate bartenders and servers about the state’s liquor laws. Enforcement officers have distributed

information packets to 338 liquor license holders in the Lakes Region and officers have done direct education sessions with the staff of different businesses. Makris said the Liquor Commission did a session at the Naswa which was greatly appreciated.

Shannon Stevens of New Hampshire Motor Speedway shared a list of different events going on throughout the week including the 101st annual Loudon Classic as well as the vendors, demo rides, and more fun at the speedway.

Tom Day of Gunstock talked about the coming Gunstock Hill Climb on June 12. Last year’s attendance of more than 7,600 people set a record.



Gov. Chris Sununu speaks to the audience at the Bike Week Press Conference.



US. Rep. Chris Pappas speaks at Bike Week’s kickoff press conference.

Tom Crompton of the United States Classic Racing Association presented vintage motorcycles on the stage, including a cycle used in the military during World War II. Over time these cycles could be found cheap through army surplus and were reoutfitted as racing bikes similar to what will be raced throughout the week.

Motorcycle Week Association Deputy Director Jennifer Anderson and Executive Director Charlie St. Clair thanked everyone involved in making this event possible including local officials, volunteers, businesses, and others.

“These are people that work very hard spreading the word of Motorcycle Week in

Laconia and they do a very good job of that,” St. Clair said. “They’re volunteers and they’re really slugging it out.”

Anderson said she heard about someone from New York who was coming to Laconia Harley Davidson in Meredith to get a service from a vendor coming from South Dakota.

“That’s the cool thing about Motorcycle Week: all of these businesses form all across the US and beyond come together in order to support the sport of motorcycling all in one spot in our beautiful state of New Hampshire,” Anderson said. “It really is a proud moment all week long to be able to share that with people.”

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Bryna Wilson of Laconia named to Dean's List at Grove City College

GROVE CITY, Pa. — Bryna Wilson, a Biology major at Grove City College from Laconia, has been named to the Dean's List with High Distinction for the spring 2024 semester. Bryna is a 2020 graduate of Homeschool and is the daughter of Rev. and

Mrs. Andrew Wilson (Jonelle) from Laconia. Students eligible for the Dean's List have a GPA of 3.40 to 3.59; for the Dean's List with Distinction a GPA of 3.60 to 3.84 and for the Dean's List with High Distinction a GPA of 3.85 to 4.0. Grove City College

(gcc.edu) is a highly distinctive, nationally ranked comprehensive Christian liberal arts college that equips students to pursue their unique callings through a Christ-centered, academically excellent, and affordable learning and living experience.

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a pioneer in independent private education and accepts no federal funds. It offers students degrees in more than 60 majors on a picturesque 180-acre campus north of Pittsburgh, Pa. Accredited by the Middle States Commission on Higher Education,

Grove City College is routinely ranked as one of the country's top colleges by U.S. News & World Report, The Princeton Review, and others based on academic quality and superior outcomes.

GRADS

(continued from Page A1)

“In these memories we made a community,” McKenna said.

She also talked about the importance of the little moments they had in school.

“Little moments like these often get lost in our day-to-day life,” McKenna said. “As you look towards the future, look towards the past and the connections you made.

Valedictorian Mill-cent Caldon talked about the idea that “success is subjective.”

“I think most of us experienced high school in very different ways,” she said.

She said many people had many different experiences in high school and there was no right way to experience high school.

“As we celebrate graduation, let’s celebrate the victories that won’t be in our transcripts,” Caldon said.



Members of the Gilford High School Class of 2024 perform “Rivers and Roads” by The Head and the Heart during graduation.



Teacher Steve O’Riordan was this year’s guest speaker.

She said many students saw success in many different ways during their time at GHS and asked her fellow students to celebrate

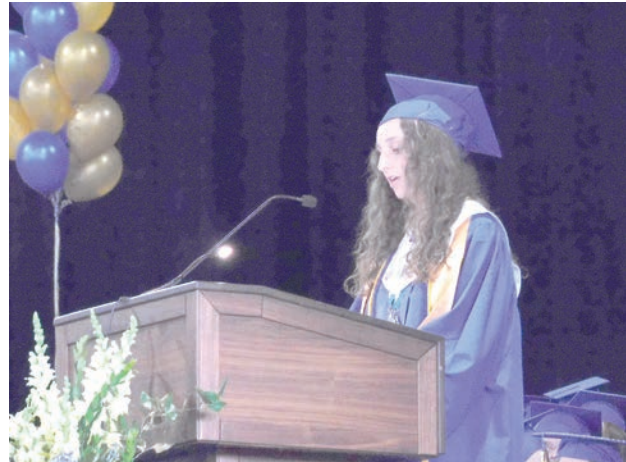
the many different victories.

“As we move forward, let’s redefine success on our own terms,” Caldon said.

She said victories can be helping others, hard work and passion, and many other forms.

This year’s guest speaker was business teacher Steve O’Riordan, who is retiring at the end of the school year. He gave the graduates three main pieces of advice for a successful life.

The first is to “figure



Class salutatorian Maddie McKenna.

our who you are.”

“Please challenge yourself to figure out who you are and what you stand for,” O’Riordan said.

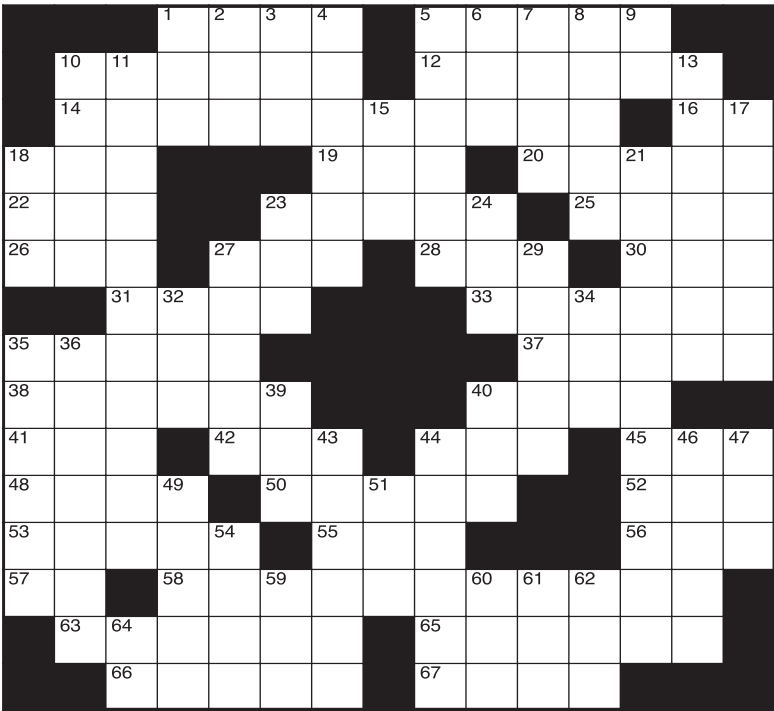
The second was “plan for tomorrow” and he told them to not get so caught up on planning for the future that they don’t have fun today. The third was “develop some grit,” saying developing strength and resolve is vital and be ready to deal with unexpected things.

He gave his own story of how he and his wife were high school sweet-

hearts who found themselves expecting a baby right before graduation. O’Riordan said he found himself asking a lot of questions about his future. Eventually he went to school and worked while his family grew, leading to him eventually going into business and later becoming a teacher.

“My point is this — be tough, take the curveballs that life throws at you and hit them out of the ballpark,” O’Riordan said.

TAKE A BREAK



- ACROSS**
- 1. Native American people
 - 5. Very long periods of time (Brit.)
 - 10. Schoolboard accessory
 - 12. Rods
 - 14. One who renews
 - 16. Sculpted body part
 - 18. Chatter incessantly
 - 19. ___ King Cole, musician
 - 20. Plates on a turtle’s shell
 - 22. University of Utah athlete
 - 23. The world of the dead
 - 25. Singer Redding
 - 26. Former Yankee great Mattingly
 - 27. Prefix indicating wrongly
 - 28. Unhappy
 - 30. Anger
 - 31. Dark brown or black
 - 33. Restaurants have a lot of them
 - 35. Made a mistake
 - 37. Damp

- 38. Type of gasoline
- 40. Actor LeBlanc
- 41. Perform in a play
- 42. One’s mother
- 44. Prohibit
- 45. Swiss river
- 48. Part of a banana
- 50. Indian hand clash cymbals
- 52. Relative biological effectiveness (abbr.)
- 53. Agave
- 55. Noted journalist Tarbell
- 56. Computer firm
- 57. Type of record
- 58. Bacterium that can cause infection
- 63. Sheaths enclosing the spinal cord
- 65. A narrow opening (as in a rock wall)
- 66. Pattern
- 67. Very eager to see something

- DOWN**
- 1. Witch
 - 2. Utilize
 - 3. Writing utensil
 - 4. Places to perform
 - 5. Subsidies
 - 6. Consume
 - 7. Athleisure clothing brand
 - 8. California town
 - 9. Atomic #50
 - 10. The Muse of lyric and love poetry
 - 11. Creates anew
 - 13. Humorous commentaries
 - 15. Cool!
 - 17. Most ignoble
 - 18. Soggy dirt
 - 21. Designed to be useful
 - 23. Hebrew unit of liquid capacity
 - 24. High schoolers’ test
 - 27. One-time internet accessory
 - 29. City in India
 - 32. Furniture
 - 34. You have likely chatted with one
 - 35. Pass or go by
 - 36. Proof of purchase
 - 39. A digital tape recording of sound
 - 40. More (Spanish)
 - 43. Disfigured
 - 44. White (Spanish)
 - 46. Building occupied by monks
 - 47. Georgia rock band
 - 49. Device that generates intense beam of light
 - 51. State of agitation
 - 54. Make by braiding
 - 59. Local area network
 - 60. Unit of work or energy
 - 61. Indigenous person of Thailand
 - 62. Liquefied natural gas
 - 64. Distance to top

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Find the words hidden vertically, horizontally, diagonally, and backwards.

SPARKLE & POP WORD SEARCH

BARGE, BARRAGE, BATTERY, BROCADE, CAKE, CHRYSANTHEMUM, COMET, CROSSETTE, DAHLIA, FLASH POWDER, FUSE, MINE, PEONY, PISTIL, ROMAN CANDLE, SALUTE, SET PIECE, SHELL, SPARKS, SPHERE, SPIDER, STARS, STROBE, WATERFALL

This Week’s Answers

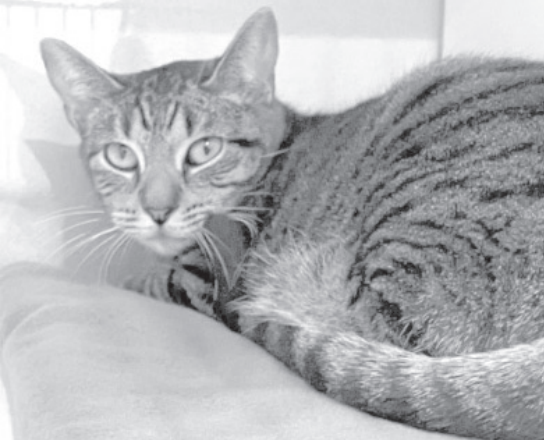
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41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80

PETS OF THE WEEK



Belle

Belle is truly the Belle of the ball! She’s a beautiful, loving, and kind lady who loves to sit in the sun, play ball, and go on long walks. She’s a cuddle master, and is always in the best of moods. You’ll fall for her immediately!



Jezebel

Originally from Mississippi, Jezebel is eager to meet her forever family in New Hampshire! She is a mellow kitty that enjoys the quieter days and lots of yummy treats. Jezebel would make a great solo companion and enjoy days spent curled up in bed or lounging by the window to watch the birds.

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SPORTS

Strong start can't push Gilford lacrosse girls past Saints in finals



The Gilford coaches pose with captains Maddie Guest, Caroline Guest, Olivia Keenan and Lilly Winward after the Division III finals last week in Laconia.

BY JOSHUA SPAULDING
Sports Editor

LACONIA — In the Division III semifinals, the Gilford lacrosse girls got a measure of revenge on a team that handed them a loss in the regular season. When last Thursday afternoon's Division III finals rolled around at Laconia High School, the Golden Eagles had a chance to get a little revenge on another team that beat them in the regular season, as they faced off with St. Thomas.

The Golden Eagles came charging out of the gate with the game's first four goals, but it was the Saints who scored the final seven goals, turning an 8-6 deficit into a 13-8 win.

"We had them going for a while, but then the wheels fell off," said Gilford coach Jen Watson. "We prepared for their charges coming in, our defense played solid and shut them down as well as we could.

"We definitely came into this game more prepared than the last time," Watson added. "Things happen and you have to adjust."

The Saints had the first few chances of the game, with a couple bids going wide and the Gilford defense handling another chance. Goalie Lilly Winward made a save on a Saint free position shot and Leah Davignon came back with a chance that went wide of the net. Addy Normandin and Camryn Coutts combined on a chance as well.

Gilford got on the board first with 7:15 to go in the first quarter, as Olivia Keenan scored on an assist from Normandin for the 1-0 lead. Keenan then turned in a solid defensive play at the other end of the field and the Golden Eagles doubled their lead just more than a minute later.

With 6:07 to go, Coutts finished off a feed from Keenan for the 2-0 lead and then with 4:35 to go, Abby Watson upped the lead to 3-0 as the Golden Eagles seized control. Callia Blackey and Watson teamed up on a chance that the defense stopped.

With 3:50 to go in the quarter, Watson scored her second of the game, this time on a free position shot and the lead was 4-0. Addi Harris and Caroline Guest teamed up on a chance that was turned away and the Gilford defense made a solid defensive stop on a free position shot from the Saints.

St. Thomas scored their first goal of their game with 2:03 to go then scored again 20 seconds later and then added a free position shot with



Lilly Winward makes a save during action in the Division III finals in Laconia last week.

one second to go in the quarter and Gilford's lead was cut to 4-3 heading to the second quarter.

Winward made another save on a free position shot early in the second quarter and Keenan took a feed from Watson with 8:58 to go in the half. Keenan made another solid defensive play as well and with 8:20 to go, Normandin picked up Gilford's third goal on an assist from Keenan to up the lead to 6-3.

Winward came up with another save on a St. Thomas free position shot, though the Saints scored with 6:16 to go to cut the lead to two and cut the lead to one on a free position shot with 4:50 to go in the first half.

Watson came back with a shot that was denied by the St. Thomas goalie and then just missed a shot wide on the rebound. The Saints tied the game with 1:07 to go and the Gilford defense held tight in the final minute to send the game to the second half with the score tied at six.

Keenan and Blackey had chances early in the second half but they were denied before Blackey gave the Golden Eagles the lead on a free position shot with 8:19 to go in the third quarter. Less than a minute later, the Golden Eagles doubled the lead with a free position shot from Watson to make it 8-6. Normandin and Liana Keenan teamed up on a chance, as did Blackey and Olivia Keenan before Winward made a huge save.

St. Thomas cut the lead to 8-7 with 4:29 to go and then tied the game with 3:49 to go in the third quarter. The Saints sent another shot over the net and Winward made another save in the Gilford net. Watson and Blackey teamed upon a bid and Watson sent another shot wide. Olivia Keenan had a bid denied by the St. Thomas goalie and the Saints upped the lead to 11-8 before the end of the third quarter, with goals with 1:10 to go, 36 seconds to go and nine

seconds to go. Winward had another big save and Olivia Keenan had a shot denied as the period drew to a close with the Saints up by three.

Winward made an early save in the fourth quarter and Maddie Guest had a chance that was stopped by the defense, as did Blackey. Olivia Keenan and Watson teamed up on another chance that was denied



Olivia Keenan moves the ball past a St. Thomas defender in tournament championship action last Thursday.

and Winward made another save.

St. Thomas scored with 5:49 to go to up the lead to 12-8 and after Watson and Olivia Keenan teamed up on another chance, Coutts and Avery Hennig teamed up for a bid that was stopped. Olivia Keenan had a chance denied and Winward made another save before the Saints scored the game's final



Addi Harris maneuvers around St. Thomas defenders in action last week in the Division III championship game.

goal with 1:38 to go in the game to seal the title win.

"Saturday (semifinal game) was one of the biggest games of our lives and I've never had doubts with these girls," said Watson. "They've been to championships before, they are one of the most composed teams I've ever coached.

"They impressed all of us so much with their work ethic, tenac-

ity and perseverance," she continued. "We've got an experienced team and going into next year we'll enter with lots of momentum.

"It was a fun season, but we look forward to repeating this next year, just with a different outcome," Watson added.

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

Timber Wolves rally past Saints in semifinal battle

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — When the Prospect Mountain and St. Thomas softball teams met in the regular season, the two teams were both undefeated and the two-time defending champion Timber Wolves dominated the game with a 9-0 win.

Flash forward to Wednesday, June 5, and the two teams were paired up in the Division III semifinals at Plymouth State University.

The Saints came out and scored twice in the top of the second to take an early lead and held on to the lead until the bottom of the sixth inning, when the Timber Wolves punched their ticket to a third-straight Division III title game with three runs and an eventual 4-2 win.

Prospect pitcher Elle Bernier worked around a walk in the top of the first inning and Bernier singled in the bottom of the first with two outs, but Prospect was unable to get the runner across the plate.

A walk and an error put two runners on base in the top of the second inning and a base hit to left plated both runners to give the Saints the 2-0 lead. Prospect went in order in the bottom of the second inning and Bernier retired the side in the top of the third inning. Olivia Noyes worked a walk to open the bottom of the third, but she was stranded on the bases.

Bernier worked around a one-out single in the top of the fourth



Olivia Noyes lines an RBI double in the bottom of the sixth inning of the Division III semifinals last week in Plymouth.

inning and then singled with one out in the bottom of the inning. Bernier was eliminated on a fielder's choice by Mariah Gates and Gwen Christie worked a walk before Paige Harding singled to plate Gates with Prospect's first run of the game. Christie stole third and Harding took second, but the Timber Wolves couldn't plate the tying run.

After an error put the

leadoff runner on base in the top of the fifth inning, but Bernier worked her way around it, retiring the next three batters to close the frame, but the Timber Wolves went in order in the bottom of the fifth inning. Bernier worked around a two-out base hit in the top of the sixth before the Timber Wolves rallied in the bottom of the inning.

Alexis Wilson worked a walk to open the bottom

of the sixth inning and one out later, Gates singled to put two runners on. Christie worked a walk to load the bases and a Harding single drove in a pair of runs to give the Timber Wolves the 3-2 lead, though Christie was gunned down trying to score. Noyes followed with a double to drive in Harding with an insurance run, but she was cut down trying to get to third, sending the game to the seventh with Prospect in front for the first time.

After the leadoff batter singled in the top of the seventh, Bernier struck out the next batter and a pair of groundouts ended the game, sending Prospect back to the Division III finals for the third year in a row.

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

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SPORTS

Golden Eagles knock off undefeated Newport to earn finals berth

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — The Gilford softball team wasted little time getting on the board in the Division III semifinal and then held on tight as top-ranked and undefeated Newport fought back. In the end, a huge catch by rightfielder Mia Macaione helped to seal the 6-4 win for the Golden Eagles, sending them back to the Division III finals for the second year in a row.

Gilford scored three times in the top of the first inning in the Thursday, June 6, contest at Plymouth State University. Kendal Heyman started the rally with a one-out double and Maddie McKenna sin-



JOHN-SCOTT SHERBURNE – COURTESY PHOTO
Mia Macaione is mobbed by her teammates after making a huge catch and turning it into a double play during semifinal action against undefeated Newport.

Gandini making Mount Washington Road Race debut

PINKHAM NOTCH — Excitement is swelling as the 63rd running of the Delta Dental Mt. Washington Road Race is fast approaching on June 15. In the history of the Mt. Washington Road Race, there have been three people who have won seven times: Joe Gray, 40 of Colorado Springs, Colo. who won his seventh last year, Kim Dobson also of Eagle, Colo. who won her seventh in 2022, and reaching back in history, Bob Hodge, who held the wins record alone for 35 years after his seventh win in 1987.

Gray, already considered the “GOAT” (greatest of all time) of American mountain running, is hoping to make history with a win in June. This would move Gray into the position of “all time wins” record holder alone, putting yet another feather in his overflowing cap, and cement his stellar legacy in mountain running lore.

Gray won the World Mountain Running Championship in 2016 and 2019 and finished fifth in 2023. At 40 years old, Gray is still the cream of the American mountain running crop, and the overwhelming favorite to repeat and make history in June.

Hoping to derail Gray’s attempt at history is an unusually long list of elite men who are all capable of winning. Leading the list of the returning elite runners is the ever present and legendary Eric Blake, 45 of West Hartford, Conn. Blake, a four-time winner, is perpetually in the top three or four, is always consistent, and can not be overlooked. Another past winner, Sage Canaday, 38 of Poncha Springs, Colo., won in 58:27 in 2012 in his debut and finished third in 2018. Canaday finished 12th overall at the Los Angeles Marathon and 16th overall at the Boston Marathon in 2016. Depending on how Canaday runs, he is more than capable of winning. Finishing in second place in 2022 and sixth in 2023 is Everett Hackett, 34 of Hartford, Conn. Hackett is coming off a second-place finish at the Loon Mountain Race in 2023 and is a two time Olympic Marathon Trials Qualifier.

Also returning after an eighth-place finish in the weather shortened 2022 version of the race is Adrian McDonald, 35 of Fort Collins, Colo. McDonald has won the Leadville 100 and the Mount Evans Ascent twice. He has yet to race all the way to the summit where he can put his endurance to the test.

Heading the list for the first time Mt. Washington runners is a top runner from the Canadian World Mountain Running Team, Remi Leroux, 27 of Waterloo, Quebec. Leroux won the Loon Mountain Race in 2023, was fourth overall in the Valsir World Mountain Running Cup Series, finished fifth at the Sunapee Scramble Mountain Champions, and finished 25th at the World Mountain Running Championship. Another debut runner from Quebec is 25 year old Samuël Poher. Poher has run a 14:34 5K and has won the Quebec Mega Trail 25K race. Also making his debut is Phillip Royer, 33 of Boston, Mass. Royer won the 50K USATF Trail Championship in 2023 and has run a 2:19:12 marathon. Ryan Jara, 37 of Gorham, Maine, ran at the 2024 US Olympic Marathon Trials and has a personal best of 2:17:19 in the marathon. Rounding out the debut runners are a couple of young runners. Elias Field, 24 of Woodbury, Conn., is a former Central Connecticut University cross country and track runner who was coached by Blake. Field has run a 14:57 5K and 67:04 half marathon in 2023. Finally, the youngest elite runner in the field is 19-year-old Patrick Gandini of Gilford. Gandini has a running and nordic skiing background. He has three New Hampshire state cross country skiing championships and four cross country and track state championships. Gandini has run a 4:06 1,600 meter and 15:05 5K.

In the women’s race, the 2023 champion, Amber Ferreira, 42 of Concord, is back to defend her title. With her 2023 win, Ferreira was the first person from New Hampshire to win at Mt. Washington since 1997. Unlike most human be-

ings, Ferreira seems to be getting faster with age. In 2018, Ferreira ran a 1:21:43 and finished ninth. At the age of 41, five years later, Ferreira ran a 1:15:16 to win. If she can equal or better that time, she will have a good chance to repeat.

Challenging Ferreira will be last year’s third place finisher, Meghan Davis, 23 of Plainfield, Mass. Davis is a cross country and track runner at Tufts University with a personal best of 36:45 for 10K. Also returning after finishing in fifth place last year is Tammy Hsieh, 33 of Belmont, Mass. Hsieh participated in the US Olympic Marathon Trials in February of this year finishing with a time of 2:40:36. Haley Heinrich, 31 of Newbury, won the 2023 Vulcan’s Fury Trail Race, finished seventh at the US Trail Championships and eighth at the US Mountain Championships in 2023. The final returning elite runner is Katie O’Regan, 39 of Lititz, Penn. Like Ferreira, O’Regan seems to get better each time she runs Mt. Washington, going from ninth in her first attempt to seventh in her next attempt. She hopes to jump again this year.

There are many debut elite runners who will be striving for a win on the women’s side this year. Heading the list is the USATF 50K Trail Champion from 2023, Hannah Rowe, 31 of Boston, Mass. Rowe ran collegiately at Dartmouth and George Washington University. She concentrated on mostly road racing until recently taking up mountain and trail running. Colleen Sands, 28 of Amherst, Mass. who finished third at the 2023 USATF 50K Trail Championship will also be making her debut. Sands won the Seven Sisters Trail race in 2023, which is a grueling 12 miles of extremely technical ups and downs and won the Bandera 100K in Texas in January of this year. Sands ran for the University of Massachusetts in cross country and track. Also new to the rockpile is 31 year old Kayla Lampe of Shelburne Falls, Mass. Lampe is a two time Olympic Marathon Trials Qualifier and has

a personal best marathon of 2:36:58 that she just ran in November in Philadelphia. Tara Geraghty-Moats, 31 of West Fairlee, Vt., is a member of the US Biathlon Team and has competed at both the World Cup and IBU Cup Level. Before her transition to biathlon, she competed in Nordic Combined where she won the inaugural Women’s World Cup in 2020. Nordic skiers often perform well at Mt. Washington. Geraghty-Moats is certainly an elite athlete, but no one can predict how that will translate into getting up the auto road. Quinn McConnell, 23 of Fort Collins, Colo., is a two-time US Junior World Mountain Team member. She finished eleventh overall in the 2017 Junior World Championship to help her team to a silver medal. She ran a 20:53 6K and ran track and cross country for Colorado College. Finally, rounding out the elites is 21 year old Lila Gaudreault of Cape Elizabeth, Maine. Gaudreault is primarily a long distance runner but has a top 10 finish at Loon Mountain, she took fourth place at the USATF 50K Trail Championship and has won the Big Brad Ultra Marathon and the Vermont 50 Miler. She is no stranger to the Auto Road as she took first place in this past winter’s Ski, Shoe, and Fatbike to the Clouds event in the snowshoe running division.

Sponsored by Delta Dental, the race ascends the Mt. Washington Auto Road from Pinkham Notch to the 6,288-foot summit of Mt. Washington. Runners can expect to be challenged by the unrelenting grade (averaging 12 percent), Mt. Washington’s famously high winds, precipitation, and unpredictable temperatures, which makes this race truly one of a kind. Prizes include \$1,000 apiece for the first male and female finishers, smaller cash prizes for the next five men and women and the top three male and female masters (over 40), prizes for the first male and female finishers from New Hampshire, and a \$5,000 bonus for setting a new course record.

gled, putting a pair of runners in scoring position. Both runners came charging around on a double by Belle Dow and the Golden Eagles had the 2-0 lead. Dow moved up on a passed ball and came home to score on a fielder’s choice by Sadie Lydick, giving Gilford the 3-0 lead.

A single and three walks got Newport on the board in the bottom of the first inning, though Dow was able to strike out the side around the walks. Both teams went in order in the second inning, with Dow striking out another three batters. Dow doubled with two outs in the top of the third inning, but courtesy runner Kylie Kelly was stranded on the bases. Dow walked two more in the bottom of the third, but Heyman was able to cut down picking off a runner at first to end the inning. Rainey Hinds worked a one-out walk in the top of the fourth and went to second on an error. Elise Bartley was hit by a pitch to keep the

inning going, but they were both stranded.

A leadoff walk and a one-out single opened the bottom of the fourth and a fielder’s choice loaded the bases. The next batter lifted a fly ball to right field, where Macaione made a stellar catch. The runner on third tagged and scored, but Macaione was able to throw the ball to Millie Caldon at second base to double off the runner there and the inning ended with the Golden Eagles still in the lead by a 3-2 score.

McKenna led off the top of the fifth with a single and a Dow fielder’s choice put runners on the corners. Kelly took over on the bases and took second before both runners scored on a double to right by Lydick for the 5-2 lead. A triple and a sacrifice fly brought home another run for the Tigers in the bottom of the inning before Dow got a couple of groundouts to end the frame.

Grace Kelly walked to start the top of the sixth and Bartley reached on a bunt. Both runners moved up on a sacrifice bunt by Caldon and a Heyman bunt pushed across the sixth run of the game. A walk and two singles helped to push across Newport’s fourth run in the bottom of the sixth and after Gilford went in order the Tigers had one last chance. A walk and a sacrifice bunt put a runner in scoring position, but Dow got a pop up to Caldon and a strikeout to end the game and send the Golden Eagles back to the Division III finals.

Dow finished with 11 strikeouts in the win for the Golden Eagles, who moved on to face Prospect Mountain in a rematch of last year’s Division III championship game.

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

athletically and must maintain at least a 3.50 cumulative grade point average. Eligible nominees must compete in 90 percent of the institution’s games played or start in at least 66 percent of games. Pitchers must have 17 appearances or 25 innings pitched. A maximum of five qualifying student-athletes can be nominated per institution.

Under the guidance of second-year head coach Ryan McIntosh, the Panthers posted a 9-20 record (4-12 LEC) while battling for a postseason spot all the way to the final day of the season, despite not playing a single game on their home field. Plymouth State won five-of-six to open the month of April, pouring in 71 runs during the stretch, which included a 13-run, four-homer outburst to beat UMass Boston.

Rives honored for exceptional academic achievement

PLYMOUTH — The starting centerfielder from the Plymouth State University baseball program was honored by College Sports Communicators for his academic excellence last Tuesday, as the CSC Academic All-District Teams were announced.

Graduate student Alex Rives (Gilford) picked up the impressive honor to cap off an outstanding career on the diamond and in the classroom.

Academic All-District honorees are considered for advancement to the CSC Academic All-America ballot, where first, second- and third-team Academic All-America honorees will be announced in early July.

To be eligible for Academic All-District recognition, a student-athlete must be at least a sophomore academically and

SOFTBALL

(continued from Page A1)

day in practice. It was nice to see. It validates the things we work on in practice. Mariah (Gates) got the throw of Ella and she just threw a bullet over to Eve. That was senior to senior to senior.”

The Timber Wolves ended the game with a double play. Mia Macai-one reached on an error to start the seventh but was retired at second when Rainey Hinds grounded into a field-er’s choice. Grace Kelly followed with a liner to shortstop Alexis Wilson, who fired over to Gates at first to catch Hinds off the bag for the final out.

“This is a special group of seniors who have played in a lot of big games over the years,” coach Christie pointed out. “They have been battle tested from rec ball on up. They have been in a lot of high-pressure games and those experi-ences help. And the nice part is now our juniors, sophomores and some freshmen have that experi-ence.”

There was little ac-tion on the base paths early on as both Bernier and Dow came out fir-ing despite rain falling through the first couple of innings that featured a couple short delays. Ber-nier went the distance for the win, striking out six while walking none and allowing three hits. Dow, just a sophomore, nearly matched Bernier’s performance but took the loss. She struck out eight while allowing five hits and walking two.

Gilford broke the scoreless pitching duel in the fourth. Heyman, who went 2 for 3 with two runs scored on the day, opened the frame with a single. Dow followed a strikeout for the first out with a single that moved Heck-man to third base. Dow moved up a base on the throw to third, giving the Golden Eagles runners on second and third with one out. Bernier looked to get out of the jam, getting the next out via strikeout. An infield error though allowed Heyman to race home with the first run of the game. Gilford looked for more with runners on second and third, but Bernier got the next hit-ter to groundout to end the rally.

It remained 1-0 Gilford until the bottom of the fifth when Prospect’s Eve Roberge ignited the ral-ly with a one-out single. Tori Christie followed with a single, putting two runners on with one out. Dow looked to get out of the inning though, inducing the next hitter to popout for the second out. Bernier though kept the inning alive with an infield single to load the bases. All three runners would race home when Gates reached on an out-field error, giving the Timber Wolves a 3-1 edge. Gates took second when the throw to the plate got away from the catcher, and then third on a wild pitch moments later. Gwen Christie would fol-low with her 100th career hit, knocking in Gates with an insurance run.

“Talk about waiting for the last minute,” coach Christie said about his daughter’s accom-plishment.

After that, the poised Timber Wolves made the defensive plays needed to deny Gilford.

The Golden Eagles, who lost a tough 5-1 deci-



The 2024 Gilford High School softball team poses with the NHIAA Division III runner up plaque for the second straight year, falling to three-time champion Prospect Mountain 4-2.



Prospect Mountain senior Ella Bernier fires a pitch during Saturday's NHIAA Division III softball state championship contest against area rival Gilford at Plymouth State University.

sion to Prospect Moun-tain in last year’s final, battled throughout. Dow pitched well enough to win and Heyman led the offensive attack with two hits and two runs scored. Dow had the other hit for Gilford.

“It came down to one inning and that’s it,” Gilford coach Lisa Brace said. “I hope our girls never hang their heads because we had them. All nine of my girls were hitting. From top to the bottom of the order, we were hitting and I don’t think they can say the same thing.

“We approached the game like we did against (number one seed) New-port,” added Brace. “The pressure is on them. Just go out and have fun. We came out and did that.”

Bernier was solid in the circle for the Timber-wolves in allowing just three hits. Roberge, Pros-pect’s number nine hit-ter, had a big game at the plate as the senior went 2 for 2 with a run scored. Roberge started the rally in the fifth with a single and scored the tying run, while coming up big de-fensively at third base as well.

“Eve had a great game for us,” praised coach Christie.

While not as fine-tuned as they like, the Timber Wolves made the key plays when needed to make it another per-fect run to a title.

“We have practice shirts that say, ‘THE

STANDARD’ on the back,” coach Christie said. “From the outside looking in, some people think we are saying that we are the standard. It’s not. It’s the standard we hold ourselves to. That’s showing up to practice



Gilford sophomore pitcher Belle Dow rears back to fire a pitch against Prospect Mountain in the NHIAA Division III softball state championship game hosted by Plymouth State University on Saturday.



Prospect Mountain senior Gwen Christie celebrates as her dad and Timber Wolves head coach James Christie joins the celebra-tion in the middle of the diamond after the top seeds claimed a third straight NHIAA Division III softball title with a 4-2 win over Gilford. Also in the celebration is ace pitcher Ella Bernier.

(Left) Prospect Mountain senior Eve Roberge slides into third base as Gilford junior Grace Kelly awaits the late throw during the sixth inning of the NHIAA Division III soft-ball state championship game in Plymouth Saturday.

every day and working hard every day. We know our standard. We come to practice every day and work hard on the things we need to work on every day.”

That attention to de-tails in practice paid off when it mattered most as the Timber Wolves cap another unbeaten season with a NHIAA Division III state championship plaque.



Holiday action

The Revolution United soccer teams took part in the Memorial Day Tournament in Amherst this year. The Revs United 2011 boys’ team, coached by James Bemis, won the trophy after playing to an 8-1 win in the final, and the 2005 girls’ Knights team made it to the final and was defeated during the penalty shootout.

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Wright Museum to host “Breakout from Normandy” lecture

WOLFEBORO — On Tuesday, June 18, the Wright Museum will welcome Lt. Col. Ron Janowski. This is the third program of the Wright Museum’s 2024 Education Series.

Madison Capen graduates from College of Charleston

CHARLESTON, S.C. — Madison Capen of Panama City graduated Cum Laude with a Bachelor of Science in Economics from the College of Charleston. Capen was among the more than 1,450 students who received degrees.

Located in the heart of historic Charleston, South Carolina, the College of Charleston is a nationally recognized public liberal arts and sciences university. Founded in 1770, the College is among the nation’s top universities for quality education, student life and affordability. Its beautiful and historic campus, combined with contemporary facilities, cutting-edge programs and accessible faculty attracts students from across the U.S. and around the world.

After the Allied landings in Normandy, commanders began to formulate a plan to push out from the beachhead. Initial efforts were hampered by the need to take the city of Caen in the east and the dense hedgerow country in the west. Seeking to launch a major breakout, General Omar Bradley sought to focus the Allies’ efforts on a narrow front west of St. Lô.

Doors open at 6 p.m., the program begins at 7 p.m. on Tuesday, June 18th at the Wright Museum’s DuQuoin Education Center, 77 Center St. in Wolfeboro. Admission is \$5 for members and \$10 for non-members. Reservations are strongly encouraged and can be made online at <https://wrightmuseum.org/lecture-series> or by calling 603-569-1212.

The region’s leading resource for educators and learners of all ages on World War II, the Wright Museum features more than 14,000 items in its collection that are representative of both the home front and battlefield. For more information about the 2023 Lecture Series, or museum, visit wrightmuseum.org.

D-DAY

(continued from Page A1)

dier randomly to each student through email and had them research their subjects for a project.

The project was done at the end of the school day in PACK, which is district program where students take part in different activities. Students didn’t receive any class credit for the project and everything was done on a volunteer basis.

Folan said he was impressed with the work he saw from the students.

“It’s been an excellent effort on their parts and they’re doing it on their own time, they’re just doing it for the sake of doing it,” he said.

Lani Demers was part of the trip to France last year; seeing the cemetery and Normandy Beach.

“It was crazy, it wasn’t really set in until you see how many graves there truly are,” Demers said. “We traveled to Normandy beaches and stuff and got to see where all the battles happened.”



ERIN PLUMMER

Prospect Mountain High School social studies teacher Mike Folan meets with student Lani Demers her project on New Hampshire soldiers who died during the Normandy Invasion.

She said they walked along a field with craters from the bombs dropped during the invasion.

Demers said doing a project on soldiers from nearby communities was even more impactful because it drove home that they were regular people. “It was interesting to see the intricacies of their lives, what their interests were, what they looked like,” Demers said.

Demers did her project on Frederick Bennett and Alan Hall.

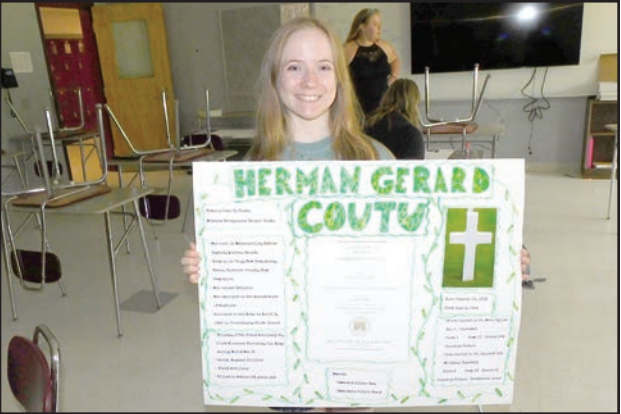
She said it was hard to find information on Bennett. Documents showed he was from the

Wentworth area, but she couldn’t find any information about his earlier school years. She did find his yearbook from Pinkerton Academy, a photo of his parents, and his sister’s yearbook information.

She said it was important to learn all of this about soldiers.

“You learn about all these wars in school, you know the dates, you learn all the specific details and you learn to appreciate all our country’s done and appreciate what people in our past did,” Demers said.

Teagan McCausland



ERIN PLUMMER

Teagan McCausland did her project on Herman Gerard Coutu.

said she knew people who went to Normandy last year and signed up for the project as a PACK activity.

“I wanted to participate and conduct my own research and take a stab at researching history things,” she said.

McCausland did her project on Herman Gerard Coutu who was from what is now Troy. Through her research, she found out Coutu served in the Army and died in a parachuting accident on D-Day at the age of 24.

She said it was challenging finding information on him. She couldn’t

find any photos of him and his hometown was incorporated into another community. McCausland said what information she did find was interesting and it was fun putting it all together in one project.

“It was really strange knowing someone doing something so important is so local to me,” McCausland said, “and thinking about what life was like back then and sort of we can really find a lot of information about.”

McCausland said people can find out so much more about that era and

its culture thanks to technology.

Shannon Kelley did her project on Guy W. Gowen, even finding information on him from a Concord High School yearbook.

“The coolest thing was finding his yearbook photos, I got to find out his fav song when he was in his senior year,” Kelley said. “I was able to look it up to find it and play it.”

Kelley said she knew a little about the war going into this project, but it was really interesting learning more.

She spoke with other students who went on the France trip and how it was a great experience it was seeing all those soldiers’ graves.

“It was super cool to see someone so close from so long ago,” Kelley said. “I had not really known a lot about any of these soldiers before coming into this class. It was super cool learning how many people from New Hampshire went into World War II.”



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Gilford Public Library Classes & Special Events

June 13 - June 20

Thursday, June 13
Geri Fit, 9-10 a.m.
French Club, 4-5 p.m.
Learn How to Fish, 5:30-7:30 p.m.
This class covers the skills and equipment you need to become an angler. Topics include basic rods and reels, safety, knot tying, fish identification, ethics, rules and regulations, and aquatic ecology. After the classroom session, you'll head out to a local pond to fish! Age Restrictions: 8 and over; individuals 14 and under must be accompanied by an adult. Classroom Time: 2 hours. Fieldtrip: 2 hours on June 15th. Location will be announced at the class. You must sign up with the NH Fish and Game.

Friday, June 14
Senior Sculpt, 9-10 a.m.
Chair Yoga, 10-11 a.m.
Bridge, 10 a.m.-noon
Hand & Foot, 12:30-2:30 p.m.
Happy Crafters, 1:30-2:30 p.m.
Advanced Conversational German, 2:30-3:30 p.m.
Beginner Line Dancing, 4-5 p.m.

Saturday, June 15
Learn to Fish: Field Experience, 9 a.m.-1 p.m.
The program provides all of the gear, tackle and bait for participants. The location of the fishing experience will be covered in the first session on June 13 and is usually a short distance away at a local pond or lake. While

taking part in this educational program, all registered participants are exempt from holding a fishing license while taking part in the program. You must take the class on June 13 in order to participate in the field experience.
Beginner Line Dancing, 10:30-11:30 a.m.
Drop In Craft: Tasty Ties, 10:30 a.m.-noon
Celebrate Father's day by making a candy tie craft!

Monday, June 17
Geri Fit, 9-10 a.m.
Mahjong, 12:30-1:30 p.m.
Understanding Alzheimers and Dementia, 5:30-6:30 p.m.
Join us to learn about the impact of Alzheimer's and

Tuesday, June 18
Senior Sculpt, 9-10 a.m.
Geri Fit, 10-11 a.m.
Bridge, 10 a.m.-noon
Intermediate Line Dancing, 4-5 p.m.
New England Hiking, 5:30-6:30 p.m.
Join author Jeff Romano for a slideshow presentation highlighting hiking opportunities throughout New England. The program will cover destinations in all six states with a focus on itineraries featured in his latest guidebook, an updated

edition to "100 Classic Hikes New England" (June2023). Jeff will share advice, provide insights, and answer questions on how and where to plan your next hiking adventure. The presentation will also include information on New England wildflowers, birds, wildlife, history, and conservation success stories.

Wednesday, June 19
Senior Stretch Yoga, 9-10 a.m.
Check out an Expert, 10 a.m.-noon
Card Games 10 a.m.-noon
Chess Group, 1-3 p.m.
Paint Group, 1-3 p.m.
T(w)een After School Club, 3-4 p.m.

Thursday, June 20
Geri Fit, 9-10 a.m.

June Exercise Social, 10-11 a.m.
Come on by and socialize with your exercise buddies from Fun and Fit, Geri-Fit, Senior Sculpt, Yoga and Line Dancing. Meet new people, laugh and enjoy light refreshments.
Summer Reading Program Kick Off, 4-5 p.m.
Join in on the adventure celebrating our S.R.P. Kick-off! There will be an obstacle course, ice-cream, games, and more!
French, 4-5 p.m.
Book Discussion: Kim Ji-Young, Born 1982, 5:30-6:30 p.m.
This month's book is "Kim Ji-young, Born 1982" by Cho Nam-joo. Led by Rhetta; books are available at the front desk.

Thank you for being a friend of the Gilman Library

ALTON — The Gilman Library at 100 Main would like to extend a huge thank you to the Friends of the Gilman Library and all the community members and patrons who participated in the Alton Community Wide Yard Sale on Saturday, June 1. The members of the Friends worked diligently in advance, to plan and prepare for the books and items available for the yard sale and to provide a fabulous Warm Up to Books Spring Raffle. A winner has been drawn

and notified to come and pick up the great prize.
Look for several more Friends of the Gilman Library Raffles throughout the summer and fall season. The baskets are outstanding and well worth a chance at \$1 a ticket or six tickets for \$5. All proceeds go to the Friends Group to use in support and benefit of the library. Consider this an easy way to make a small donation to benefit the Gilman Library, and if you win a lovely prize, that is a bonus!
The next raffle will be

the Barbecue Basket Raffle, followed by a Gardening Basket Raffle. Read The Baysider for updated details, check our Web site at gilmanlibrary.org, or pop into the Gilman Library to see for yourself.
The July meeting of the Friends of the Gilman Library will be at 3:15 p.m. on the second Thursday, July 11, due to Independence Day. Unless otherwise posted, the Friends of the Gilman Library organization meets on the first Thursday of each month at 3:15 p.m., in the Friends Corner of

the John D. and Anna L. Williams Room (the adult wing) of the Gilman Library.
Founded in 1980, the Friends of Gilman Library members have conducted countless fundraisers to benefit the library. Please consider joining this wonderful organization as a great way to be together with old friends, meet new people, support the library, and give back to the community. Come meet the Friends, be a Friend, and bring a friend, too.

Gilford Public Library Top Ten requests

1. "The Women" by Kristin Hannah
2. "The 24th Hour" by James Patterson
3. "Camino Ghosts" by John Grisham
4. "The Murder Inn" by James Patterson
5. "Think Twice" by Harlan Coben
6. "Mind Games" by Nora Roberts
7. "Stuart Woods' Smolder" by Brett Battles
8. "The Heaven and Earth Grocery Store" By James McBride
9. "The Situation Room" by George Stephanopolous
10. "How to Read a Book" by Monica Wood

Barnstead Historical Society meeting cancelled

BARNSTEAD — Due to the conflicting scheduling of the Special School District Meeting, the Barnstead Historical Society is announcing the cancellation of its next regular meeting on June 27.
We apologize for the inconvenience this has caused to the special guests invited to this meeting, the Cowasuck Band of the Pennacook - Abenaki People. It is our intention to invite them back in the future.

Alton Historical Society hosts program on one-room schools

ALTON – Farmer, writer and historian, Stephen Taylor, will present his NH Humanities program, "New Hampshire's One-Room Schools: The Romance and the Reality."
New Hampshire had hundreds of one-room school houses provid-

ing education for generations of children right up into the first third of the 20th century. Schools then, had many of the same problems we face today; financing, teacher qualifications, curriculum and discipline. Mr. Taylor highlights the legacies of

these schools and how they relate to today.
The presentation begins at 7 p.m. on Tuesday, June 18 in the Gilman Library, 100 Main St., Alton. The Alton Historical Society will be hosting the speaker from the New Hampshire Humanities

program, a non-profit, non-political organization devoted to connecting people with ideas, funding and supporting statewide programs. This program is free to the public. For more information, contact Sandy at sandy2@metrocast.net.

HELP WANTED



Full-Time Installers Apprentice

Energysavers Inc., a 48 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

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Alton Garden Club greets faces new and old during Town Wide Yard Sale

ALTON — For anyone growing up in a small town and watching movies made in the '50s and beyond, the impression of a garden club was of women wearing lovely dresses, complete with gloves and heels and occasionally a sunbonnet, sitting at a tea and enjoying the gossip offered. However, that was Hollywood.

For the Alton Garden Club, that couldn't be farther from the truth. Our group, some of us up there in years, have a strong work ethic that is visible throughout town. It is never brought home more than on the day of the Alton Town Wide Yard Sale. For months, we have been in our gardens, digging up perennials, potting them and identi-

fying them for future sale. We nurture and care for these plants for weeks on end, putting them out in the morning for the sun and then away at night so temps don't destroy them. On the Friday night before the annual sale, we deliver the potted plants to the lawn of the Gilman Library. Volunteers are on hand to unload and gather all the plants around the tables they will set on the following morning. More volunteers are on hand from 8 a.m. to 2 p.m. to help with the sales and give advice to novice buyers who are preparing their own gardens for the summer. The last few years we have also had yard sale items for sale as well and a raffle.

Throughout the years,



we find lots of the same customers who come by our tables with the knowledge that we have quality plants to sell. They may or may not realize that the proceeds of these sales go to the Prospect Mountain High School scholarship fund as well as for our continuing beautification projects around town. We try

to answer the questions we receive with our best information to help buyers in their choices.

This year, we had a wonderful sunny day to enjoy all the people who stopped by and helped to

support us in our efforts. Some stopped to let us know how their own gardens have been growing, others thanked us for the work done around town with the flowers in the barrels and the gardens. Some gave their email addresses and phone numbers to us to learn more about this organization.

We would like to thank Bruce Holmes, owner of Sunflower Gardens, for his donations. Bruce not only donates annuals for our sale, but also provides all the petunias that we use for Alton's barrels. We would also like to thank all the people who stopped by and

purchased plants, asked questions and in general made a day of hard work worth all the effort. Your encouragement and kind words are appreciated. To say "It takes a village" is certainly true.

For those who missed this year's sale, we will have a table at Market on Main to sell plants while the supply lasts.

Thank you one and all from the Alton Garden Club members who wear jeans, sweatshirts, sneakers and dirty gloves. If you want more information about our club, see our Web site: Altongardencub.com.



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