

THURSDAY, JUNE 26, 2025

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

FREE

Barnstead officials break ground for elementary school renovation and addition

BARNSTEAD — Rain gave way to a light drizzle, then overcast skies as the Barnstead school board hosted a groundbreaking for its new school construction project Wednesday morning. By the time the ceremonies were complete, the sky had brightened.

The weather conditions were not unlike Barnstead’s experience getting its building project approved. Through many trials and tribulations, and moments of gloom, the community persevered to make it to this day.

School Board Chair Jason Henry opened the day by referencing the long road that led to this day, noting “Barnstead has tried over and over



Members of the Barnstead school board and Commissioner of Education Frank Edelblut break ground on the town's \$25.5 million school renovation and expansion project.

again at different times (to renovate or expand the school), and it hasn’t worked out until now.”

Henry credited the state department of Education for providing a building aid grant, and he pointed out that even the grant award seemed to happen against the odds.

“We were number ten (on the state building aid list). We weren’t supposed to get aid. It was going to go to places like Concord,” he said.

Through a combination of other projects being delayed or failing to be approved by their district legislative bodies, Barnstead was unexpectedly offered a grant more than six months after the school board had resolved to move forward with a smaller

COURTESY
SEE **GROUND BREAKING**,
PAGE **A12**

PMHS seniors presented with scholarships

BY ERIN PLUMMER
mnews@salmonpress.news

ALTON — Prospect Mountain High School seniors received honors for their work and some extra financial help in their next steps during Senior Awards Night.

PMHS graduates were presented with awards and scholarships at Senior Awards Night on June 11.

Individually, Ryan Boles won the PMHS Teachers Scholarship.

Damonica Charles was presented the Lakes Region Scholarship Foundation’s Alton Summer People’s Scholarship and Ruth and Willard Rollins Scholarship.

Olivia Charles received the LRSF’s Chamberlain Scholarship Fund scholarship and Society of St. Vincent De Paul Laconia scholarship.

Loralie Chase won the Alton Police Association Scholarship.

Victoria Cowser received the Alton Garden Club - Doris Barnes Scholarship.

Margaret Dowd was awarded the Joseph R. and Winona V. Houle Scholarship, the Maureen Fitzpatrick Memorial Scholarship, and the Maxfield Real Estate Scholarship.

Alexandria Ducios was presented the Father George Ham Memorial Scholarship.

Whitney Good received the William B. Messer Scholarship.

Kaleb Kennedy was awarded the St. Stephen’s Episcopal Church Scholarship.

Payton King received the Tyler Houghton Scholarship from American Legion Post #72.

Ashley Lyle won the Lakes Region Technical College Faculty Award, the LRTC Marine Tech Award, The Prospect Mountain Trades Partnership Outstanding Student Award, and LRTC Silver Wrench Award.

Olivia Noyes received the Karla A. Merfield Memorial Scholarship.

Trudy Parsons was awarded the Bonnie Simpson Scholarship.

Jordanna Price was given the LRTC’s Lake Shore Grange Scholarship and Vanderheiden Scholarship

Charlie Stevens was awarded the LRTC’s Stillings Award.

Avery Thoroughgood received the Meredith Village Savings Bank James D. Sutherland Memorial Scholarship.

Diondre Thoroughgood was awarded the ApplyNH Scholarship.

Ava Tibbs received the Barton M. Griffin Memorial Scholarship.

Wyatt Varney was presented the Paul Landry Memorial Scholarship, the Tesse Carter Memorial Scholarship.

The Alton Business Association presented scholarships to Katie Healy and Sam McGrath.

The Alton Centennial Rotary Club Scholarship went to Whitney Good and Katie Healy.

The American Legion Post #72 Auxiliary Scholarship was awarded to Ryan Boles, Loralie Chase, Olivia Noyes, and Julie West.

American Legion Post #72 Scholarship

SEE **SCHOLARSHIPS**,
PAGE **A12**

Gilford’s Keenan named US Lacrosse All-American National honor caps career for Merrimack College commit

GILFORD — Gilford High School senior Livi Keenan has been named a 2025 US Lacrosse All-American, one of the highest honors in high school lacrosse. A standout midfielder and four-year varsity player, Keenan caps off her high school career with this national recognition just weeks before heading to Merrimack College to compete at the NCAA Division I level.

Keenan, a dominant force on both ends of the field, led the Gilford Eagles to a 15-2 season. Her leadership and relentless work ethic helped drive the team to one of its most successful seasons in recent memory.

“This honor is a reflection of Livi’s commitment, passion, and dedication to the sport,” said Gilford head coach



COURTESY PHOTO

Olivia Keenan of Gilford High School was named a US Lacrosse All-American following her senior season.

Jennifer Watson. “She’s the kind of player every coach dreams of - fierce in competition, humble in success, and a true leader on and off the field.”

Keenan’s selection as an All-American places her among the top high school lacrosse athletes in the nation, recognized not only for athletic excellence but also for sportsmanship and character.

A committed recruit to Merrimack College, Keenan will join the Warriors this fall, bringing her elite skillset and competitive drive to the collegiate level.

With a career total of 274 goals, 119 assists, 88 ground balls, 580 draw controls and 92 caused turnovers, Keenan leaves behind a legacy of excellence at Gilford High School and sets a high bar for future generations of athletes.

Kingswood graduates 164 under blue skies

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — Kingswood Regional High School’s Class of 2025, comprised of 164 students from Brookfield, Effingham, New Durham, Middleton, Ossipee, Tuftonboro, and Wolfeboro and led by Class Marshalls Richard Piper and Landen Tedesco, processed two by two up the central aisle to the traditional “Pomp and Circumstance” on Friday evening, June 13. Flanked by well wishers, they moved in unison to take their places along the rows of white chairs, stage front, where they would sit together one last time before going their separate ways.

Following the Pledge of Allegiance, the Senior Chorus, joined by music



ELISSA PAQUETTE

Members of the Class of 2025 toss their caps to the sky upon Superintendent Caroline Arakelian’s pronouncement of their official status as graduates of Kingswood Regional High School.

teachers Jennifer Ouellette and Robert Burns, sang a harmonious National Anthem.

Retiring Assistant
SEE **GRADUATION**, PAGE **A10**

Prospect Mountain High School salutes top 10 graduates

ALTON — Prospect Mountain High School is thrilled to announce the top 10 students from the graduating Class of 2025.



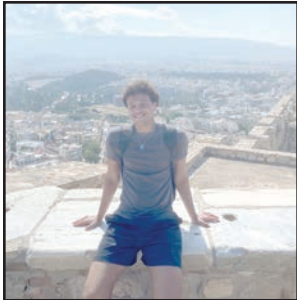
Victoria Cowser, the daughter of Rebecca and Scott Cowser of Barnstead, is graduating as a high honors student with a community service distinction.

Victoria was a varsity athlete on the track and field team for four years and two years on the cross country team, including her leadership as team captain for the girls team her junior and senior year for track. In addition to her commitment in sports she participated in and ran a variety of clubs throughout her high school experience. She was president of the National Art Honors Society junior and senior year, but she became a member sophomore year. Victoria brought the Outing Club from herself freshman year to a very active group of dedicated students by senior year. Victoria has also been a part of the Environmental Club, World Cultures Club, and the Student Council, for the majority of her time at Prospect, taking a variety of roles, from co-president of two years in WWC sophomore and junior year, and treasurer for both Environmental Club and Student Council her senior year. In addition to athletics and extracurriculars Victoria earned several academic achievement and excellence awards, scholastic honorable mention awards for her paintings, and the Timberwolf Art Award her junior year. Fall of her senior year she was selected to be Prospect Mountain's DAR Good Citizen, a recognition from the national organization Daughters of the American Revolution, where she was able to participate in a competitive scholarship program for New Hampshire students. Victoria is excited to receive a higher education at Colorado College in the Environmental Science Program.



Wyatt Varney is the son of Eric and Darina Varney of Center Barnstead. In all four years of his high school career, Wyatt has maintained a consistent high honors status, as well as receiving a variety of academic excellence awards, solidifying his spot as salutatorian. He will also be graduating with a communi-

ty service distinction. Excelling through four years of French, Wyatt earned his New Hampshire Seal of Biliteracy, proving his proficiency in both English and French language. Wyatt also received recognition from the NHIAA as a three-sport Scholar Athlete, participating in four years of varsity bass fishing, with multiple championship appearances including a top 5 finish and 2024 Lunker Smallmouth award, as well as four years of JV and varsity basketball, and two years of varsity tennis. Wyatt is also a member of National Honor Society, where he cultivated an annual ice fishing derby in benefit of Veterans called "Fishing for Freedom," which has raised over \$5,000 to date. Wyatt is the President of Student Council, leading the way in restructuring the organization as well as hosting school wide events. Furthermore, Wyatt is also the Class of 2025 President and Student School Board Representative, acting as a voice of reason and concern for his peers. Wyatt will be studying to attain a Bachelor's degree in Mechanical Engineering, at Clemson University.



Sergio Gabriel Duarte, the son of Mirian Monteiro Duarte and Sergio Eugenio Duarte of Praia, Cape Verde, will graduate with an honors diploma, as a NHIAA Three-Sport Scholar Athlete. Sergio transferred to Prospect Mountain during his Junior year, participating in soccer, basketball, and outdoor track and field, where he excelled, earning multiple medals and awards as a DIII 6th seed 110m hurdler. During his high school career, Sergio was part of the National Honors Society, environmental club, and world culture's club, consistent-ly engaging in school activities. He passed the Student Seal of Biliteracy Application for French, in which he studied since kindergarten. Throughout his two years at Prospect Mountain, he maintained a consistent high honors status, and is now planning on studying Chemical Engineering at the SUNY University at Buffalo.

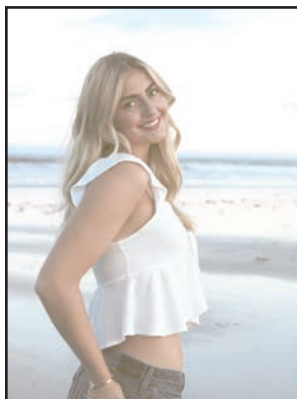


Paige Caruso, daughter of Jason and

Andrea Caruso, will be graduating with an honors diploma. She has been a part of many clubs, including leadership positions in GSA and World Cultures Club. She is an active member of The National Honor Society and Outing Club, and currently leads the Environmental Club as president and National Art Honors Society as parliamentarian. As a rising senior she attended the University College of Dublin's High School Summer Program to learn about Irish history and culture with a vast group of peers from all over North America. She loves to travel and study other cultures and languages, but animals are her true passion— especially insects! Paige will be taking her love of biology and the natural world to SUNY Oswego on Lake Ontario, where she will study Zoology.



Katie Ann Healy is the daughter of Jessica Healy and Eric Gilbert. Though they have lived all over the United States, they have resided in Center Barnstead for the past six years. During all four years of her high school career Katie Ann has maintained a high honors status and achieved honor roll every semester for the past four years. She has also sought after and maintained different leadership positions and is graduating as the Vice President of Environmental club, Vice President of National Art Honors Society, and President of the Future Business Leaders of America Club. Additionally, during her time as a member of the National Honors Society she has successfully run a book drive for local libraries in Alton and Banstead and received more than 7,000 donations. Her senior year she also hosted and ran Trick or Treat Night for kids in the area to safely trick or treat through the haunted halls of PMHS. Her community engagement continues, and she has been a proud part of Prospect Pride for the past three years with FBLA to raise money for cancer patients and families. During her time with FBLA she has competed and won first place in Public Speaking that took her to nationals in Florida, and Second place in Job interview her senior year. With a passion for wildlife and a love for biology and biodiversity she hopes to major in a biology related field and will be moving out to the city to attend Boston University this next year.



Juliette West is the daughter of Jared West and Vanessa Budd of Center Barnstead. Over her high school career, Juliette maintained academic excellence earning honors status all four years of high school, graduating with an honors diploma. Juliette was an active member of both Student Council and Historian for National Honors Society, as well as a class officer, Vice President in her junior year. Most notably, Juliette for her National Honors Society projects worked alongside the American Red Cross to run a total of three blood drives, donating each time and accumulating more than 60 units of blood to donate from the drives. Juliette was also an active member in her community and collected more than 30 hours of community service. She also excelled in a variety of both Running Start and College leveled classes. Most importantly Biology II, as well as an introduction class to Medical Terms and a variety of Anatomy and Physiology classes, as she in college is planning to major in nursing. In addition to academics, Juliette has participated in multiple different sports, including soccer, hockey, basketball, and tennis, while earning the Scholar Athlete award each year as well. Lastly, Juliette is known for her strong leadership skills, intellectual curiosity, and her compassion and empathy for others. She aspires to become an Ultrasound Technician and as previously said will continue her academics at the University of New Hampshire, where she will major in nursing.



Damonica Ann Charles is the daughter of Kristina Button of Center Barnstead and Joshua Button of Pittsfield. She will be graduating with an honors diploma and as a New Hampshire Scholar Student. Throughout her four years of high school she has maintained an honors status and received her Nursing Assistant License. She is an active member of the Lakes Region Technology Program as the 2025 Health Occupation Students of America (HOSA) chap-

ter President. She has participated in World Cultures Club as the President, alongside her twin sister Olivia Charles. She played girls soccer all four years - JV freshman year through junior year, and Varsity sophomore year through senior year; receiving the 2022 JV girls soccer Impact Award. Damonica has participated in multiple community service activities, such as being a donor for the National Honor Society blood drive, as well as assisting with check in and sanitation for the Cardiac Screening Clinic at Prospect Mountain High School. She will graduate with a total of 21 completed college credits, as well as 43.5 hours of community service. Damonica will be continuing her education as a Health Science Major at the University of New Hampshire, with future aspirations of acquiring her Doctorate in Anesthesiology.



Olivia Noyes, the daughter of Wendy and Steven Noyes of Alton, will graduate with an honors diploma and a community service distinction. Throughout her high school career Olivia has been a member of the Student Council and became president of the National Honors Society where she contributed her time to numerous community service activities such as donating and assisting with the blood drive, visiting The Residence at Back Bay, helping with the Halloween Trick or Treat Night and several others. Olivia was a varsity athlete all four years at Prospect Mountain, participating in soccer, basketball, and softball. In addition to the coaches' award and most improved player award for softball, along with receiving the Matt Locke Award for soccer, Olivia was recognized through the NHIAA as an All-State athlete in both soccer and softball. Working hard alongside her softball team, they brought home three DIII champion titles. Olivia was dedicated to her education, receiving the scholar athlete award all four years of high school, along with the multiple Academic Excellence awards in Math, English, Business, and language classes. Musically, Olivia has participated in concert band as well as jazz band, where she played clarinet, tenor saxophone, as well as baritone saxophone. Olivia looks forward to studying and working in the Pharmaceutical Program at Husson University where she has also committed to

play softball at the college level. After her undergraduate years at Husson she will move on to graduate school where she will finish her doctorate degree.



Ava Tibbs is the daughter of Kelly and John Tibbs of Alton, and she will graduate with an honors diploma. Ava maintained a consistent high honors status, and was a very active member in her class all four years of high school. Ava has also been a very active part of sports at prospect, and was captain of the soccer team her senior year, and was a part of the varsity team all four years of high school. Ava was a class officer three out of four years of high school, vice president of the National Honor Society, President of the Student Athlete Leadership Team, and she received her Seal of Biliteracy in Spanish this spring. Ava has participated in numerous community service projects which include blood drives, putting bags together for homeless children, and attending beach clean-ups. Ava is attending St. Anselm College in the fall for nursing, with the end goal of being an oncology nurse in mind.



Margaret Dowd is the daughter of Mary Kate and Stephen Dowd. During her time at Prospect Mountain, Margaret has participated in cross country, track & field, hockey, cheer, and tennis. Throughout her career, Margaret maintained academic excellence earning honors status all four years of high school while maintaining a high GPA. Most notably, Margaret has taken French for all four years, gone above her math requirement with classes such as PreCalculus and Statistics Running Start, excelled in science classes with her highest class being Biology 2 Running Start, and finally shined in her English courses with her final class being English 12 Running Start. Margaret was Vice President of Student Council, an active member of the National Honor Society, and participated in the environmental, art, and history club. Outside of school, Margaret is an active member in her community with an accumulated sixty hours of community service. She is known for her strong work ethic, dedicated leadership, and holds herself to high standards. She aspires to be a pediatric physical therapist and will continue her academic career at the University of New Hampshire in the fall.

Alton Parks and Recreation Community Connection

Line Dancing lessons

Line dancing lessons with Jane Corbett will be held on Thursdays through mid-October from 1:00p.m.-2:00p.m. for beginners, and 2:10-3:10 p.m. for experienced dancers at the Alton Bay Community Center. Adults of all ages and abilities are welcome, \$15/season. Register on site.

Freezer Pops and Chalk

Join Alton Parks and Recreation staff at the Gazebo in Alton Bay on July 1 from 1-2 p.m. for fun in the sun as we enjoy freezer pops, outdoor games, music, and chalk drawings on the sidewalks. All ages are welcome at this free event.

Alton Bay fireworks

The Town of Alton is sponsoring Fireworks in celebration of Independence Day in Alton Bay on Thursday, July 3 at 9:20 p.m.; rain date is Saturday, July 5.

Alton Bay Concerts at the Bandstand 2025

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 9:20p.m.; July 5- Saxx Roxx- Classic Rock with brass; July 12- The Visitors- Oldies, Classic Rock, Country Rock; July 19- Pub Pirates- Classic Rock; July 26- Got It Covered Band- Cover Songs; August 2- The Revolutionists- Classic and Modern Rock and Roll; Aug. 9- Bittersweet- Classic Rock; Aug. 16- Chris Bonoli- Soft Rock, Country and Classic Electric Blues; Aug. 22- “Thursday Afternoon Band” sponsored by Water Bandstand Committee; Aug. 23- Saxx Roxx- back by popular demand and Aug. 30- Cool Beans- ‘60’s and ‘70’s Rock.

Singalong and Campfire at Alton Town Beach

Join friends and community members at the Alton Town Beach, located on Route 28A, on Friday, July 18 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.

Alton Old Home Days 5K Road Race

Co-Sponsored by Meredith Village Savings Bank. Aug. 9 at the Alton Bay Bandstand, 9 a.m. Sign up by July 14 and receive a long sleeve race shirt. USATF Certified Course through Alton. Computerized timing with bib chip; results posted online. Scenic, slightly varied 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/AltonOldHomeWeek-5KRoadRace>, \$20.

Pick Up Pickleball Games

Pick up Pickleball games are being held on Tuesdays and Thursdays from 8 a.m.-noon at the Liberty Tree Park Tennis Courts. Beginners are welcome, bring your own equipment. Sign up online <https://www.signupgenius.com/go/8050D4FA8AF-2CA5F85-54716680-pick-up>. Courts are located behind 65 Frank C. Gilman Highway. Parking is across the street next to Mill Pond and by the Water Department. For more information, contact parksrec@alton.nh.gov.

Slow Flow Yoga with Pamela Mott, 500 YTT certified

Classes are held on Mondays and Wednesdays from 6:30-7:30 a.m. at the Alton Bay Community Center or choose the online option and practice from home. All levels are welcome and encouraged. Class focus is Sun Salutation A and B; Hatha Yoga and the 8 Limbs. Pre-registration is preferred, text 603-393-0595. Cash and Venmo accepted. Pre-registration and virtual attendance is \$10; Drop in \$15. Classes are ongoing. For more information, contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov

alton.nh.gov.

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/ to register, contact Donna at breathepilates1@yahoo.com or parksrec@alton.nh.gov.

Guided Meditation

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursday June 26 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. The program is free, donations accepted to benefit local charities. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Intro to Guitar

Alton Parks and Recreation is sponsoring an intro to guitar meetup on Thursday, July 17 from 10-11:30 a.m. with Sam Twining at the Gilman Library, first floor meet-

ing room. This is a free program to support you in picking up your guitar and trying it again. All are welcome. Session will cover the fundamentals including how to hold the instrument, tune it, strum it and how to play a few cords. Bring your own guitar and join us. Please register by contacting parksrec-asst@alton.nh.gov or 603-875-0109 by July 14.

Little Lake Explorers Playgroup

Join in this new playgroup led by Jennifer Lutz and Melissa Sciuto on Mondays at the Alton Bay Community Center from 9-11 a.m. This free program is open to all children newborn to seven years of age and their parents. Activities include free play, snack time, story time, music and more. Parents must stay and supervise their child during the program and are asked to bring a peanutfree snack for their child. Please pre-register by the Wednesday before each meeting at littlelakeexplorersalton@gmail.com. Drop ins are also welcome. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov.

USTA Summer Tennis Lessons- Youth

The Alton Parks and Recreation Department is sponsoring Tennis in the Parks for Grades 1-6 on Tuesdays and Thursdays at the Liberty Tree Park Tennis Courts. Session 1: July 8-24 and Session 2: Aug. 5-21. Grades are divided by times: 9-10 a.m.- Grades 1-3; 10:15-11:15 a.m.- Grades 4-6. Registration is \$60, including a brand-new

tennis racquet, and instruction with a USTA New England certified instructor. Basic tennis skills will be taught-forehand, backhand, serve, overhand and volley. Register by June 20, class size is limited to seven. Registration forms are available at altonparksandrecreation.com or stop by the Parks and Recreation Kiosk at 328 Main St. 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 in the Parks for adults on Wednesdays at the Liberty Tree Park Tennis Courts from July 9-Aug. 13 from 6-7:30 p.m. Registration is \$70, including instruction with a USTA New England certified instructor. Basic tennis skills will be taught-forehand, backhand, serve, overhand and volley.

Register by June 20, class size is limited to seven. Registration forms are available at altonparksandrecreation.com or stop by the Parks and Recreation Kiosk at 328 Main St. to sign up. Contact parksrec@alton.nh.gov or 603-875-0109 for more information.

Concert Sponsored by Water Bandstand Committee

The Water Bandstand Committee is sponsoring a live concert on Friday, Aug. 22 from 7-9 p.m. featuring “The Thursday Afternoon Band.” The concert will be at the Alton Bay Land Bandstand with classic rock music. Stop by and watch a great performance that will put a smile on your face, and a tap on your feet.

Alton Bay Water Ski Show

Sponsored by the Water Bandstand Committee

Aug. 23 — Water Ski Show at 3 p.m. in Alton Bay.

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TOWN OF NEW DURHAM ZONING BOARD of ADJUSTMENT

PUBLIC HEARING NOTICE

Tuesday, July 8, 2025

7:00 PM @ NEW DURHAM COMMUNITY ROOM & ZOOM

Karen A. Goldthwaite

You are hereby notified that a Hybrid Public Hearing will be held by the New Durham Zoning Board on Tuesday, July 8, 2025, at 7:00 PM for Case #2025-005. The hearing is regarding an application submitted by Thomas W. Varney of Varney Engineering, LLC, on behalf of Karen A. Goldthwaite for property located at 17 Meaders Point Road, Map 111, Lot 039. In addition to previously posted variances requested, the applicant is requesting a variance to **Article V. D.** Setbacks. No new building shall be less than twenty (20) feet from the road frontage property line of any road or fifteen (15) feet from the property line of an abutter.

The full application is on file at the New Durham Town Offices for review by appointment by calling (603) 859-2091 ext. 2007. You can also contact via email: ndlanduse@newdurhamnh.gov

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The power of a local reset: Why time off doesn't always mean getting away

In a world that is go, go, go, taking time off is often seen as a luxury. But it's not; rather, it's a necessity. And it doesn't require a plane ticket or an elaborate itinerary. Sometimes, the best kind of break is the one you take without ever leaving town.

Stepping away from your daily grind, even for a few days, allows your mind to unclench and your shoulders to drop. Whether you're walking a familiar trail with no notifications pinging in your pocket or sipping coffee on your porch without a single obligation, local rest is still rest.

In small towns and rural places, we often think we have to "go somewhere" to recharge. But a reset can happen in your own zip code. Turn off the emails, skip a meeting and leave your to-do list for another day. Give yourself permission to be unavailable. That's not laziness, it's healthy.

We tell each other to check in on neighbors, to care for our communities, but how often do we check in on ourselves? Time off isn't selfish; it's how we stay grounded, how we avoid burnout, and how we keep showing up for others.

So, if you need a break, take one. Walk the back roads. Sit by the river. Read a book you already own. Say no to things that drain you, and yes to stillness. Even ten miles from home, you can still find the space to reset.

You don't owe the world constant productivity. You do, however, owe yourself a little breathing room every once in a while.



COURTESY
A recent raffle at Wolfeboro's Winni Paw Station awarded the lucky winner with a consultation with a Canine Health and Behavior specialist and raised \$600 to benefit End 68 Hours of Hunger's local chapter. Pictured: Christine Japy and Donna Cullen, End 68 Hours of Hunger board members, and Asher, beloved canine companion of Diane Mullen, store owner.

LETTERS FROM EDWIN

So far this year, my yard is a hay field. It being June, I ought to mow my first cutting. Not having haying apparatus, it will just end up as mulch hay, which I could use in the garden when I finally get to planting something. Last year I had an excuse, my hernia operation. This year, no such thing. I'll blame it on rainy Saturdays. Either way, it's no longer a lawn to mow, but a field.

Presently in my field there are these yellow flowers that have persisted for years. They were here when there was nothing much more than sand. When I was in elementary school, my teacher asked us to pick

some wild flowers, so I picked some of these on my way to school. Yes, I used to walk to school, I guess that makes me old.

My teacher called them Indian Paint Brushes, a term that is now probably politically incorrect, but that's what she called them, so that's the name I associate them with. They come in an orange version too. I like that one better as I have a thing for orange. These must be genetically recessive as the orange version seem to be totally dwarfed in numbers by the yellow ones.

As plant life proliferated on my property, there were only yellow IPBs to be found. Driv-

ing around and noting where there were orange ones, I would go and take their seeds and threw them out into the yard. Eventually there came a small patch that I would resist mowing, hoping for them to spread. They kept pretty much to themselves and didn't spread much.

As time went by, I would likewise not mow patches of Daisies and Brown Eyed Susans growing in the middle of the yard. I got a reputation with my son's friends as being the guy who only partially mowed his yard. There were patches of wildflowers everywhere. Except maybe the playing area around the volleyball net.

Years ago, we had a housemate who worked at a greenhouse. Every day, he'd take home trays

of flowers and leave them on the rocks in front of the house and on weekends take them away to wherever he went. Now, years later, there are all kinds of different flower type things growing between the rocks. That's the type of flower garden I like. It comes up every year and I don't have to plant it.

Every year I get calls to do various jobs during the summer. I do many various things and occasionally get asked to cut grass. I used to throw my old corded electric mower into the truck and mow this old woman's grass at her little cabin on the lake. She made sure to tell me not to cut her flowers. What she meant was her Day Lilies. I took it one step further and left her patches of Daisies, Brown Eyed Susans, and

some blue things I can't name. She never complained.

So this year, I got a call from a long time customer and he asked me if I would consider mowing his yard as well as maintaining his equipment. His yard is two acres and he does have a nice lawn tractor, so I said sure. My job description continues to evolve.

There are patches of ferns that aren't to be cut and various vegetation needing to be gone around. It all makes for a more tedious mowing experience. I know that with my push mowers, that I'd more easily complete my task if I didn't want to mow around all those wildflower patches. But then I'd have a run of the mill, boring, "Better Homes and Gardens" all American green lawn.

How mundane.

I had already mowed his yard a couple of times when I showed up yesterday for another session of getting jostled about sitting on this roaring orange rotary plant shredder. We talked a bit before I got started and he requested that I not cut the beautiful flowers that were growing out by the road. I walked out to where he said, and there I found a large distribution of yellow IPBs. Then I looked around and these patches were everywhere! And not only yellow ones, but in other areas, orange patches too. Oh, my Lord. You certainly have a way of aligning my life's path-way.

E.Twaste
Correspondence welcome at edwintwaste@gmail.com

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.

NOTES FROM WINDY HOLLOW

Letting go of family things

BY VIVIAN LEE DION
Contributing Writer

I have a difficult time getting rid of items and the man helping at his family yard sale seemed to be having the same problem too. The weather wasn't too cooperative with the constant wind and rain, but I had to get out of the house for a while. The yard sale was just down the road apiece, and it was the second day of a family size one with only a half hour to go before closing time. So, I thought I would give it a try. The first thing I noticed was the organization and cleanliness of things. Most of all the prices were extremely low and I knew the family was serious about selling their items. As I walked around I noticed a Mr. Coffee brand coffee maker for only a few dollars. I picked it up and was glad to buy it for my adult son Eric. He would appreciate a second coffee maker just in case the one he is using now breaks down.

Eric loves drinking a good hot cup of coffee in the morning and then one later in the afternoon. The Mr. Coffee would be put down cellar and kept as a replacement when his current one breaks down. As I walked around the yard sale I noticed four dark blue fluted dessert bowls. They were the cutest and were only one quarter each! I just had to have them and will be perfect for the fourth of July when my other son visits from Milford. I envisioned my place settings. First, I'll have red dinner place mats then white dinner plates. To top it off the dessert/salad plates will be placed in the center of the Corelle dinner plates. In the center of the table red, white and blue flowers with two American flags will finish the patriotic theme.

The last item that I purchased was from a collection of tools. The gentleman mentioned with sadness in his eyes

that the tools were from his father's estate. All the clean items were clearly marked, and I could feel they were prepped for the yard sale with tender loving care. The ball peen hammer priced at only two dollars caught my attention. After mentioning that I knew what he was going through the man looked sorrowful to be parting with his father's tools. I said, "I know what you are going through because I had to break up my parent's estate also." I explained that I would use the hammer to tap down identification markers in my flower garden. In researching ball peen hammers I learned "They have become quite valuable and popular in workshops and industries, as well as households. It has steel heads that can absorb high-powered impacts easily and don't chip away easily, which makes them useful for a

wide range of functions. Mostly, you can find ball peen hammers with car mechanics, metalworking yards, locksmiths, scrap yards, and many other places. The main reason for using a ball peen hammer is its versatility. Rather than having to carry or use different hammers for riveting, shaping, strengthening, and other tasks, you can perform each and every task with just one multipurpose tool. Moreover, the ball peen hammer also has a powerful performance that you normally don't find in ordinary hammers or claw hammers." I wish I could have given the man a hug but that wouldn't have been proper. I gave him an understanding smile as I selected the hammer. It was my last item of the day and reminded me of how difficult it was for me to settle my parent's estate.

Vivian Lee Dion of New Durham is a writer and speaker.

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TO THE EDITOR:

E-MAIL:

E-MAIL: brendan@salmonpress.news

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Going out of Town

A healing ankle, a therapeutic Boston trip, and the elusive red bean bun

BY ERIN PLUMMER
mnews@salmonpress.news

Sometimes a day trip isn't just a simple excursion, but a form of therapy, physical and mental. I especially learned this recently while nursing a sprained ankle and how a mall walk in Natick, Mass., and a hike around parts of downtown Boston left me feeling a lot better than I had in weeks.

During Meredith's Memorial Day Parade, I was weaving through the crowd on the sidewalk to get some good pics of the parade coming up Main Street. What I didn't notice was the terrain suddenly changing, resulting in my ankle rolling and my other knee landing on the bricks before I steadied myself.

My initial reaction was to roll over, get up on my feet, and announce to the people who stopped and saw the whole thing that I was actually okay. My ankle was immediately sore, but it wasn't unsurmountable. I hobbled through the rest of the ceremonies, including the walk to Hesky Park and later going to Center Harbor for their Memorial Day commemorations. Later, I got home and I wrote my articles with my ankle propped up.

For me, twisting my foot or ankle isn't an odd occurrence since I am admittedly a world class klutz. Usually, when I twist something, it's completely gone within the week. This time, however, I think I was a little bit more hurt than usual. I was still walking but it didn't feel great and longer walks required some ibuprofen beforehand. Walking downstairs was a nightmare, but walking up them was somehow fine and driving was no problem.

For the next week, I kept pretty sedentary, but noticed quickly my ankle felt better after light walking or stretching. Thankfully, over the course of the next week, my ankle was feeling a lot better and by the next weekend it was a little stiff but a lot more manageable. Today it's about 80 percent healed, one part gets a tiny bit stiff but I'm back to doing most normal activities.

About two weeks after the injury, I was going stir crazy and decided it was time for an outing. Under the circumstances, I was in the mood for a nice, long mall walk. Indoor area, flat terrain, crowds keeping the pace slow, a place with plenty of escalators and elevators. That's when I decided to return to the Natick Mall and do some rehab with a side of retail therapy.

The Natick Mall is a little over 100 miles away, the longest I'd driven since my injury. While



Rowe's Wharf in Boston on a hazy June night.

driving wasn't an issue, I was a little concerned it could result in some ankle aching. Thankfully, aside from a little tightness that was resolved with a walk around the Hooksett Welcome Center, I got down to Natick with no issues. The moment I got into the parking garage and took the elevator up, I knew this was exactly the right destination. Soon, I was in the mall and savoring the slow walk, bustling crowds, and air-conditioned environment.

The great thing about the Natick Mall for something like this is how huge it is. This means I could test how much walking I was comfortable with, though after just a few minutes I found the mall was the perfect size to get moving as much as I wanted. The more I walked, the better my ankle was feeling, and overall, the more exercise I got, the better I was feeling in general.

I was going for walking more than than shopping, but I had to go into Tous les Jours and peruse their selection of Korean pastries. I was soon reminded that bakeries are very "you snooze, you lose" and if you get there too late in the day it will get picked over. I still found some good selections, however one thing I couldn't find was my favorite pastry: the red bean bun. Made with a buttery bread and filled with a savory-sweet paste of adzuki beans, the red bean bun is one of my favorite flavors of East Asian bread buns. Oh well, another day.

I found myself walking around every hallway through the Natick Mall and left about half an hour before close. I got to my car feeling energized and my ankle so much better already. It was around 6 p.m. and I wasn't ready to go home yet. Want to know what's just 20 minutes up the Mass Pike? That would be downtown Boston, and

I was ready for a second phase to this adventure.

Soon, I was passing by the skyscrapers and taking in the signs and sights of my beloved Boston. I realized I hadn't been back since I did the Boston 5K in April, so it was past time to get back to the city. I parked at the Prudential Center with the initial plan to walk around that mall to see how I felt.

I stopped for a pad Thai dinner at Wagamama and did a lap around the Pru. The walk then turned into a walk out the door and onto Boylston Street. I got past Copley Square and so far so good, then it was past the Hancock Tower, then the edge of Bay Village and the Theater District. I was walking with even less pain and this was turning into a full-fledged Boston hike.

As I got further into the Theater District, I figured it was a good time to pop into Chinatown and get some tasty bread, maybe find that elusive red bean bun that I couldn't find at the Natick Mall. I did come into this with realistic expectations that the selections of all the bakeries would be as picked over as in Natick, but I was okay with whatever I found.

After perusing two shops, alas the red bean bun would continue to elude me this day. I did find Taiwan Bakery, one of my favorite stops, still had a big selection of pastries and walked away with black sesame pastries and a pack of wife cakes (flaky pastry with a sweet jelly filling).

In front of me in line was a young woman in full graduation regalia — cap, gown, stoles, and a corsage. She and a companion were loading a pile of huge pork buns on a tray. I guessed she just graduated and was getting the pork bao as a party favor or a gift. I asked her where she graduated, she said Cambridge College. I gave her my con-



Boats on Boston Harbor and part of the Seaport District.

gratulations and went up to the counter.

I walked away with a bag of Chinese sweets and ready to continue this hike. Chinatown is close to the Waterfront, and I just had to see some ocean. I was soon passing under the huge arch of Rowe's Wharf and meandering around the Harborwalk. By now my ankle was getting mildly achy so I knew this would probably be my last stop on this walking tour. I still walked past the apartment buildings and the docks, getting plenty of time to savor the ocean, the passing boats, and the sight of planes taking off and landing at Logan Air-

port across the bay.

My walk ended at Long Wharf and Christopher Columbus Park. By now, the sun was setting and the lights were blinking on around the city. I took in some more sights over the harbor, then decided to turn in the opposite direction and get to the nearest T stop. Aquarium was unfortunately closed, but I had no problems getting over to Quincy Market and State Street. Because several stops on the Green and Blue Lines were closed at the time, I was able to get onto the Orange Line through an open gate without the need to dig out my Charlie Card.

I got off at Back Bay, then walked through the concourse to Copley Place and then back into the Prudential Center. I made a brief stop at Eataly and got a couple scoops of gelato. I sat by the Hynes and enjoyed the combination of chocolate and strawberry amazingness before finally taking off.

I did have to make a quick stop at the Pru's garage office to validate my parking. I usually do it at the concierge desk, but they were closed at the time. I went down a floor and saw the office right of the corner. I waited for them to take care of my ticket while they helped a motorist at a gate that wasn't working properly. It was interesting to see that small wall of security feeds all around the garage at their desk. After a few minutes, they validated my parking and I was on my merry way.

I drove out of the city and onto I-93 feeling so much more energized. My ankle was still doing fine, and I was leaving with a bunch of Asian pastries, a lot of exercise, and a much-needed sense of peace.

Local student named to Dean's List at UW-Madison

MADISON, Wisc. — The University of Wisconsin-Madison has recognized students named to the Dean's List for the spring semester of the 2024-2025 academic year, including Luke Geppert of Alton Bay.

Students who achieve at a high level academically are recognized by the dean at the close of each semester. To be eligible for the Dean's List, students must complete a minimum of 12 graded degree credits in that se-

mester. Each university school or college sets its own GPA requirements for students to be eligible to receive the distinction.

To view an online listing, visit <https://registrar.wisc.edu/deanslist/>.

God took a day off after creating us.



But you can find Him here all summer.

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

This summer your own vacation from work need not be a vacation from your faith. Here are a few of the regular events at our church—*your* church—this summer. You are welcome to join us for any or all of them:

Saturday afternoons:

Confession at church at 3:00. Mass at church at 4:00.

Sunday mornings:

Mass at church at 7:00, 8:30, and 10:30.

Mass online at 10:30 at stkdxel.org.

Monday evenings:

"Discovery Group" discussion at church at 7:00 p.m.

Friday mornings:

Eucharistic Adoration in church from 9:00 a.m. to 1:00 p.m.

Weekday mornings (except Thursday):

Mass at 8:00.

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July events at Oscar Foss Memorial Library

BARNSTEAD — Good to Know Info: We are closed for staff training on the second Thursday of every month until 3 p.m. (July 10). Saturday, July 12, is the Town-Wide Yard Sale. Looking Ahead: Old Home Day is Saturday, Aug. 9 (visit their new Facebook page for more info: Barnstead, NH-Old Home Day).

Our Summer Reading Program (SRP) is here! You can register online or at the library to participate and win some fabulous prizes - just for reading books. (Patrons can start logging books Tuesday, July 1, and logging ends Friday, Aug. 1.) The theme this year is, Level Up at Your Library, and we are planning all sorts of adventurous activities for you!

Calling all adventurers! Join the Oscar Foss Memorial Library at Shirefest on Saturday, Aug. 16, from 10 a.m. to 4 p.m. at T.L. Storer.

Senior Companions presentation at the Gilman Library Thursday, June 26

ALTON — There will be a Senior Companions informational presentation at the Gilman Library, 100 Main St., Alton, from 1:30 to 3:30 p.m. on Thursday, June 26. Donna Brooks, representing this senior service through Community Action, will be stationed on the library's main floor, to answer your questions. This is a free, state-wide, volunteer, government program. The Senior Companions program seeks Seniors age 55 and older, to volunteer 10 hours a week, visiting other Se-

niors. Senior Companions play games in the home, provide transportation to appointments and shopping, and provide respite visits. A stipend is provided and the Visatee pays 37 cents a mile, when in the Senior Companion's car. Maybe you know someone who is interested in volunteering as a Senior Companion or a Senior who needs this service as the Visatee. Come to this free informational presentation. Ask questions and pick up a flyer with a phone number to get started.

Home School Group: Join us Fridays from 10:30 a.m.-noon for a mix of stories, simple science/learning activities, and a creative art/craft activity that all go along with a theme for the week. The activities are geared towards kids ages four and up, and younger siblings are welcome to come along. There will be an event posted ahead of time on our Facebook group for each weekly meet-up, so you'll always know what to expect and if you need to bring anything.

Music and Movement Storytime, aka Littles

Love to Learn! Join us on Tuesdays at 10:30 a.m. for an interactive storytime filled with stories, songs, and loads of sensory play designed specifically for toddlers.

Every Wednesday at 10:30 a.m. is Children's Storytime. Visit us at the library for stories, crafts, and singing. Then experience the cozy ambience in the children's area, which has all sorts of neat things to do. Make new friends. Set up playdates. Check out books, movies, and games, play with the trains, Legos, and puppets. Come for the learning, stay for the fun!

Start your week off with Yoga Monday! Gentle Hatha-Flow runs from 10:15-11:40 a.m., Senior/Beginner/Chair Yoga is noon-1 p.m., and Intermediate Hatha-Flow lasts from 5:30-6:50 p.m. Classes are by donation (suggested \$8). All are welcome and encouraged to attend, regardless of ability to donate.

Are your kids bored already? Have them join our Summer Kids Club! We meet every Wednesday in July at 3 p.m. Designed for grades 1-5, your kids will be encouraged to work together on various projects and discuss their thoughts and ideas about the world. Share your favorite book. Show off your writing projects. Get creative with arts and crafts. Do science projects. Make new friends and have fun!

Our Meet and Read Book Club (ages 18+) takes place on the first Wednesday of the month (July 2), from 6-7:30 p.m., in the library. This month's book will be "The Four Winds" by Kristin Hannah. Next month's book will be "Lessons in Chemistry" by Bonnie Gamus. Books are available at the library. Bring food, bring thoughts, bring a friend!

Think you've got what it takes to be the Mushroom Kingdom's fastest racer? Join us on Friday, July 11, from 6-8 p.m., for an all-ages Mario Kart Tournament on the library's Wii U! Bring your A-game, pick your favorite character, and battle it out for bragging rights and a prize or two. Registration is required so we can build our brackets.

On Wednesday, July 16, at 10:30 a.m., we will be hosting a special Storytime at the Beach. Join us at the town beach for a fun and interactive storytime. Bring a towel to sit on and be prepared for fun. FYI: Summer storytime is for kids of all ages!

Calling all crafters - we're hosting a Crafting Circle! This will be a combination of all the crafting groups for the summer. On the third Thursday of the month (July 17) from 6-7:30 p.m., come together to work on your projects, discuss any technical difficulties you're having, and support one another.

Gilford Public Library Classes & Special Events June 26 - July 3

Thursday, June 26
Geri Fit, 9-10 a.m.
French Club, 4-5 p.m.
Friday, June 27
Senior Sculpt, 9-10 a.m.
JUNE IN BLOOM: A 4-week Chair Yoga Journey, 10-11 a.m.
Bridge, 10 a.m.-noon
Sidequest Craft, 10:30-11:30 a.m.
Make a side quest card holder to collect all the cards during the summer.
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 Danc-

ing, 4-5 p.m.
Saturday, June 28
Beginner Line Dancing, 10-11 a.m.
Monday, June 30
Fun and Fitness With Joyce, 9-10 a.m.
Baby Storytime, 10-11 a.m.
T(w)een Drop-In Craft: Among Us Felt Craft, 10 a.m.-4 p.m.
Make a crewmate (or two) to take home in this easy craft!
Mahjong, noon-3 p.m.
Tuesday, July 1
Geri Fit, 9-10 a.m.
Senior Sculpt, 10-11 a.m.
Bridge, 10 a.m.-noon
T(w)een Drop-In Craft: Among Us Felt Craft, 10

Join us on Friday, July 18, at 5:30 p.m., for a sweet, hands-on cookie decorating workshop with Leah Whitney of Cookie Bear Baking, LLC! As part of our "Level Up at Your Library" summer reading series, Leah will guide participants through fun and creative cookie designs inspired by the theme. Registration is required and spots are limited—these events are always popular and fill up fast!

New to the road? Join us on Sunday, July 20, at 2 p.m., for the first of our Life Skills Series: Beginner Car Maintenance—perfect for high schoolers or anyone just getting their license. Learn the basics, like checking and filling your fluids, reading a tire pressure gauge and filling your tires, checking your oil, changing wiper blades, seeing what's under a car (we'll lift it up!), and more! Bring your own fluids or wipers if you want to try it hands-on—we'll have pros there to help! This event will take place at a local mechanic's private home (not at the library). Registration is required. Sign up to get the address.

Calling all adventurers, royals, and woodland creatures! Join us on Thursday, July 24, from 4-7:30 p.m., for our Shirefest Costume Design Workshop. Whether you're crafting a cloak, assembling armor, or adding some sparkle to your fairy wings, we'll

a.m.-4 p.m.
Summer Storytime, 10:30-11:30 a.m.
Enjoy a variety of amazing themed stories with Miss Linda!
Intermediate Line Dancing, 4-5 p.m.
Wednesday, July 2
Senior Stretch Yogaah!, 9-10 a.m.
Card Games, 10 a.m.-noon
Check out an Expert, 10 a.m.-noon
T(w)een Drop-In Craft: Among Us Felt Craft, 10 a.m.-4 p.m.
Storytime at the Beach, noon-1 p.m.
Come to the beach for an exciting storytime and receive a prize (limited to Gilford residents).
Paint Group, 1-3 p.m.
Living With Grief, 1-2 p.m.
The Living with Grief support group seeks to provide a safe environment of mutual support where individuals experiencing the loss of a loved one can share their experiences and explore ways of finding hope, comfort, and new meaning.
Thursday, July 3
Geri Fit, 9-10 a.m.
T(w)een Drop-In Craft: Among Us Felt Craft, 10 a.m.-4 p.m.
French Club, 4-5 p.m.

have sewing machines, hot glue guns, and experienced helpers on hand to bring your vision to life. Bring your own fabric and materials. Use our pattern books, inspiration guides, and even a magical Pinterest board to spark ideas. Perfect for all skill levels—come create your look for Shirefest!

On Friday, July 25, from 6:30-8 p.m., join us for Books & Banter. This lively book club is open to everyone and invites you to share and explore a wide range of genres. Come ready to discuss up to three books you've recently read, giving a brief synopsis to spark conversation. Don't miss out on the fun—come share your thoughts, learn about new books, and enjoy a cozy evening of discussion.

Let's Write a Novel! Join us in the library's meeting room for a series of structured classes on the how-to's of writing a book. This class runs from 6-7:30 p.m. on the last Friday of the month (July 25). Budding writers, 16 and older, ignite your passion for storytelling, discover how to build your hero's journey, and take your novel from concept to can-do!

Learn Bike Safety with the Barnstead PD on Wednesday, July 30, from 3-5 p.m. Come join us here at the library for a fun, free, and educational event! Learn the rules of the road, how to check your bike for safety, and tips for riding smart. All ages are welcome—but be sure to bring your helmet and questions.

We're having a Shirefest Planning Meeting on Thursday, July 31, at 12:30 p.m. Are you volunteering or partnering with us for Shirefest? Join us for a collaborative planning meeting where we'll share updates, brainstorm ideas, and coordinate our magical efforts. Whether you're a returning volunteer or just jumping in, your input is welcome and appreciated as we work together to bring this enchanted event to life.

Curious about D&D but not sure where to begin? Join us on Thursday, July 31, from 6-8 p.m., for an Introduction to Dungeons & Dragons—designed just for adults. Whether you've never picked up a set of dice or just want to dip a toe into the world of tabletop role-playing, this session will walk you through the basics in a friendly, no-pressure environment. We'll cover everything from character creation to how a game session works—and maybe even roll a few dice! No experience or materials necessary. For events that require registration, please contact us at 269-3900 or ofmlstaff@gmail.com to reserve your spot!

Gilford Public Library Top Ten requests

1. "The President's Shadow" by James Patterson
2. "The First Gentleman" by Bill Clinton & James Patterson
3. "The Correspondent" by Virginia Evans
4. "Nightshade" by Michael Connelly
5. "Hidden Nature" by Nora Roberts
6. "Finders Keepers" by Stuart Woods
7. "The Lions of Winter" by Ty Gagne
8. "The Frozen River" by Ariel Lawhon
9. "Strangers in Time" by David Baldacci
10. "The Tenant" by Freida McFadden

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 abundantharvest.org or e-mail abhf@faith.com.

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

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

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

CHRISTIAN COMMUNITY OF PRAISE C.C.O.P
PRAISE GATHERING
Gathering Saturdays at 5:30pm
The Gilman Community Church
1863 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.ccoalton.com

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC
Sunday School and Worship Services
Rev. Kate Kennedy
603-776-1820
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m.
ccnorthernbarnstead.com

FIRST CONGRESSIONAL CHURCH OF FARMINGTON
Worship Services: 10:00 AM
Sunday School: 10:15 AM Sept. To June
400 Main Street
Farmington, NH 03835
www.farmingtonucc.org

FIRST BAPTIST CHURCH OF NEW DURHAM NH
Sun. School 9:30am, Church 10:30am; Evening Service 6pm;
Wed. Prayer Meeting 7pm. Depot St., New Durham;
Pastor Ryan Blackard

JOY CHURCH
55 Barnstead Road
Pittsfield, NH 02633
Sunday Celebration 9:30 am
Prayer Night - 1st Wed of every month 6:30 pm
Pastors Mike & Kathy Martiny
joychurchnh.com

PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.
on the Parade in Barnstead
Sunday Morning Worship Service for all ages begin at 9:00 a.m.
Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings.
Pastor Sandy Pierson - 483-2846

ST. KATHARINE DREXEL
40 Hidden Springs Rd., Alton, 875-2548
Father Robert F. Cole, Pastor.
Mass Saturday 4pm;
Sunday 8:30 & 10:30am;
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Wright Museum hosting lecture on 6888th Central Postal Director Battalion

WOLFEBORO — On Tuesday, July 1, the Wright Museum will welcome Col. Edna W. Cummings (Retired). This is the sixth program of the Wright Museum's 2025 Education Series.

The U.S. Army's 6888th Central Postal Directory Battalion was the only all-minority, all-female Women's Army Corps (WAC) unit to serve overseas during World War II. The primary mission of the "Six Triple Eight," as the unit was popularly known, was to sort the two- to three-year backlog of undelivered mail for U.S. service members in the European theater of war. The unit, organized on March 4, 1945 in Birmingham, England, contained about 850 officers and enlisted

personnel who formed four companies. Whereas most Black units in the military contained white officers, every position in the 6888th was staffed by Black women.

Colonel Edna W. Cummings, U.S. Army (Retired) Six Triple Eight Advocate, Author, and Congressional Gold Medal Champion

Retired Army Colonel Edna W. Cummings is a true example of a social entrepreneur and change-maker. Her career path can be described with three words: service, leadership, and change. Col. Cummings was the first African American woman to receive a commission as an Army Officer from Appalachian State University in her home

state of North Carolina. Afterwards, she served in key positions in the U.S. Army, and held leadership positions in multi-million-dollar businesses, worked on national initiatives, and was able to bring recognition to the all-Black WWII Women's Army Corps unit, Six Triple Eight. Col. Cummings championed the legislative effort to enact passage of the Six Triple Eight Congressional Gold Medal Act of 2021, signed by the President in March 2022. This is the nation's highest civilian honor. Cummings has been recognized as a national leader by bipartisan elected officials, and diverse social and business organizations.

Doors open at 6 p.m., the program begins at 7 p.m. on Tuesday, July 1 at the Wright Museum's DuQuoin Education Center, 77 Center St. in Wolfeboro. Admission is \$8 for members and \$12 for non-members. Pre-paid 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 20,000 items in its collection that are representative of both the home front and battlefield. For more information about the 2025 Lecture Series, or museum, visit wrightmuseum.org.

KRMS students receive academic awards

WOLFEBORO — Kingswood Regional Middle School students recently received the following awards:

Sportsmanship Award: Erolisa Agramonte, Mason Beaulieu

Music Director's Award: Ellie Fuller

Chorus Award: Logan Thurber

Drama Award: Logan Thurber

World Language Award: Bristol Richards, Olivia Czarnecki, Amelia Czarnecki, Anthony Czarnecki

Mathematics Award: Tadhg Kolodner, Olivia Czarnecki, Ellie Fuller, Finnegan McCourt

Literacy Award: Logan Nicoll, Bri-

anna Cann, Lily Wheeler, Parker Johnson

Writing Award: Charlotte Edwards, Arianna McPherson, Soraya Wheeler, Laythan Thurlow

Social Studies Award: Zachary Dubuc, Lucy Burr, Ethan Johnson, Morgan Goodspeed

Science Award: Liam Burr, Amelia Czarnecki, Abigail Ackerly, Bristol Richards

All School Award: Silas Eldridge, Solara Fowler

Scholar Leader Award: Ellie Fuller, Kinsley Ortisi

Senior Life

Activities for seniors with limited mobility

Physical activity is a valuable tool in the fight against chronic disease and other conditions. In fact, the Cleveland Clinic highlights physical activity among its nine ways to prevent disease in an effort to live a long and rewarding life.

Children, adolescents, young adults, and even men and women in middle age may not face too many physical hurdles when they try to exercise, but seniors are not always so lucky. Aging men and women with mobility issues may wonder if they can reap the rewards of physical activity, and thankfully there are many ways to exercise even if getting up and going isn't as easy as it might have been in years past. Sometimes referred to as "aerobic exercise" or simply "cardio," cardiovascular exercise is an umbrella term that encompasses a wide range of physical activities that raise the heart rate and improve endurance. Seniors with mobility issues can look to various forms of cardio for inspiration as they seek to be more physically active without compromising their overall health.



- Walk your way to a healthier you. Walking is a form of cardiovascular exercise that is ideal for older adults with mobility issues because it need not be physically demanding and it's safe to walk just about anywhere. Walking in a place such as a local park can be particularly good for older adults because they can take periodic breaks on benches if aches, pains or stiffness is affecting their ability to keep moving.
- Take up swimming. Swimming might be tailor-made for seniors with mobility issues because it's a great workout and exercising in

water tends to be less taxing on muscles and joints. The Cleveland Clinic notes that swimming promotes heart health, strengthens the lungs, helps to burn calories, and builds muscle, among other benefits. And many seniors find swimming is just as fun in their golden years as it was in their youth, which means aging adults might not face problems with motivation when the time comes to get in the pool.

- Use an exercise bike or portable pedal exerciser. Cycling is a wonderful exercise but one that seniors with mobility issues may feel

is no longer possible. If doctors advise against riding a traditional bike, an exercise bike or portable pedal exerciser can provide many of the benefits of cycling without as great a risk for accident or injury. A portable pedal exerciser can be carried to a park, where seniors can still spend time in the great outdoors, which is one of the most appealing reasons to get on a bike and go.

- Take beginner yoga or tai chi. HelpGuide.org notes that gentle yoga or tai chi can help to improve flexibility and reduce stress and anxiety. Though yoga and tai chi

can provide as much demanding physical activity as individuals allow, beginner classes in each discipline don't require much movement but do provide enough for seniors hoping to be less sedentary.

Even seniors with

mobility issues can find safe and effective ways to be more physically active. Prior to beginning a new exercise regimen, seniors with mobility issues are urged to discuss activities with their physicians.

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Senior Life



What seniors can do to maintain a healthy weight

Achieving and maintaining a healthy weight is a lifelong process. Children tend to be so physically active and grow at such a consistent pace that it's easier for them to consume a high-calorie diet without becoming overweight. That's generally not the case after adolescence.

and it might be particularly difficult for seniors to avoid gaining weight.

In a 2020 interview with Tufts Medicine, Jillian Reece, a bariatric dietitian at Tufts Medical Center, noted that a person's basal metabolic rate slows down with aging. The basal metabolic rate indicates the

rate at which the body uses energy while at rest. As that rate slows down, body weight can increase. But seniors should know they aren't helpless against nature and Father Time. In fact, there is much aging adults can do to maintain a healthy weight throughout their golden



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years

- Limit portion sizes when eating. Controlling portion sizes is easier said than done, particularly for seniors who dine out with frequency. When dining out, seniors can order off the appetizer menu instead of ordering an entrée, especially when visiting an establishment known for its hefty portions. At home, pay attention to serving size data on product labeling. If necessary, measure portions when eating foods such as cereal so the portion you eat reflects the serving size noted on the box.

- Eat breakfast each

morning. Seniors who skip breakfast, which may be more likely upon retiring, could be doing their waistslines a notable disservice. A 2017 statement from the American Heart Association noted that several large, long-term, prospective, observational studies have found an association between breakfast consumption and lower risk of obesity. The less structured pattern of retirement living may compel some seniors to skip breakfast, but committing to a morning meal can help keep off extra pounds.

- Commit to routine

exercise. Diet can go a long way toward helping seniors maintain a healthy weight. However, diet is not the only area where seniors can help their waistlines. Routine physical activity can help seniors maintain muscle mass and make it easier to be more mobile. Staying mobile can help keep pounds off, as a sedentary lifestyle is one of the more notable risk factors for overweight and obesity. The National Institute on Aging recommends seniors aim for at least 150 minutes of moderate-intensity aerobic activity each week. Moderate-intensity aerobic activities are those that raise the heart rate and help seniors break a sweat, such as walking, jogging, swimming, and cycling.

- Make a concerted effort to remain hydrated throughout the day. The Cleveland Clinic notes that age-related body composition changes make seniors particularly vulnerable to dehydration. An aging body does not demand water like it once did, so it's easy for seniors to forget to hydrate because they don't feel thirsty. But remaining hydrated is important for seniors looking to maintain a healthy weight because dehydration can mimic symptoms of hunger. Seniors may reach for snacks feeling they're hungry when all they might need is a glass of water to hydrate.

A healthy weight can allow seniors to live life to the fullest. Various strategies can help seniors achieve a healthy weight.

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Co-op members elect four incumbents, one new member to Board of Directors

PLYMOUTH — Members of New Hampshire Electric Cooperative (Co-op) voted to return four incumbents and added one new member to the Co-op's board of directors. The winners of the recent board election were announced at the Co-op's Annual Meeting of members on Tuesday, June 17, at Owl's Nest Resort in Thornton.

A total of seven candidates ran to fill five seats on the 11-member board. Five candidates ran for election to three terms of three years each, while two candidates ran for

election to a single one-year term. Re-elected to three-year terms on the board were Alana Albee of Tuftonboro, John Goodrich of Littleton, Peter Laufenberg of Thornton and Thomas Mongeon of Rumney. Elected to a one-year term on the board was Robert MacLeod of Thornton.

The Co-op is a member-owned company that relies on the active participation of its members to govern and sustain the business. The Co-op wishes to thank all members who voted or stood for election. Below are

the full results of the 2025 board of directors election:		
Three-Year Term (*elected)		
*John	Goodrich	4,882
*Peter	Laufenberg	4,723
*Thomas	Mongeon	4,706
*Alana	Albee	4,489
Jonathan	Nelson	2,618
One-Year Term (*elected)		
*Robert	MacLeod	3,137
Thomas	Randell	2,713

At the Co-op board's organizational meeting also on Tuesday, the Board of Directors elected the following officers to serve one-year terms:

Grace Simensen named to College of Charleston Dean's List

CHARLESTON, S.C. — Grace Simensen, of Alton, was named to the College of Charleston Spring 2025 Dean's List. Simensen is majoring in International Business. To qualify for the Dean's List (Distinguished), students must earn a GPA of 3.500 or higher and complete a

William Darcy – Chair of the Board
Alana Albee – Vice Chair of the Board
Jerry Stringham – Treasurer

Thomas Mongeon – Assistant Treasurer
Jeffrey Morrill – Secretary

Senior Life

3 tips to stretch your retirement savings

Cost-of-living has garnered significant attention in recent years and was one of the key issues surrounding the 2024 presidential election in the United States. That extra attention is warranted, as a recent Bankrate analysis of data from the U.S. Bureau of Labor Statistics found that consumer prices were 23 percent more expensive in February 2025 than they were in the same month in 2020.

Rising consumer prices have been a cause for concern among people from all walks of life, but retirees might be among the most vulnerable to such increases. Lacking a desire to return to the workforce or opportunities lucrative enough to make such a transition worthwhile, retirees may be looking for ways to stretch their retirement savings. The following three strategies may help seniors do just that.

1. Seek the help of a financial planner. Some seniors may see working with a financial planner as another expense at a time when they're trying to cut costs, but such professionals can provide a notable return on investment. Financial planners can help seniors currently navigating complex financial waters without a compass direct their resources toward low-risk vehicles that can grow wealth with the goal of ensuring a rising cost-of-living does not drain existing savings and leave seniors destitute. Even incremental growth can help combat inflation, and financial planners can identify options that promote growth while limiting risk.

2. Take up gardening. People from all walks of life have lamented rising grocery bills in recent years, but seniors are not helpless against rising food prices. The Economic Research Service at the U.S. Department of Agriculture estimates food prices will increase by 2.2 percent in 2025. Retirees are uniquely positioned to combat those increases, as many have the time and space to grow their own foods at a fraction of the cost of buying the same items at the store. Though gardening requires an investment of time (to learn the trade) and money (tools and a landscape adjustment, if necessary), it's possible to recoup such initial costs rather quickly. A 2021 report on the website Greenhouse Today



estimated that a single tomato plant, which in 2025 typically can be purchased for less than \$10, can yield 20 to 30 lbs. of tomatoes, producing somewhere between 20 and 90 tomatoes (size of the tomatoes will affect total yield). Grocery shoppers know that one pound of store-bought tomatoes is likely to cost around \$5, give or take a dollar or two. In this example,

seniors can save a substantial amount of money by growing their own food at home. Seniors can even join gardening groups where each member grows a particular food and then yields are shared among the group, leading to even more savings over time.

3. Request generic medications. The cost of medication is not fixed and is often vulnerable to

changes in governmental policies. However, it's fair to note that many seniors spend thousands of dollars per year on medication. Seniors can request generic alternatives to brand-name medications. The health care experts at Humana estimate generic drugs cost 80 to 85 percent less on average than brand-name drugs. That's a considerable cost savings, and that advantage could prove even more significant if policy changes increase out-of-pocket medical costs for seniors in the coming years.

These three strategies can help seniors manage their money and protect their retirement savings in an era marked by a rising cost-of-living and an unpredictable economy.

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A Magical Christmas feat. Longwood Gardens - Nov 20-24, 2025
Christmas on the Rhine Cruise - November 28-December 9, 2025
Maine Holiday featuring the Portland Symphony - Dec 11-12, 2025
Philadelphia Flower Show - March 1-4, 2026
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Area residents named to Dean's List at University of New England

BIDDEFORD, Maine — The following students have been named to the University of New England's Dean's List for the spring semester 2025.

Alton
Abigail Argue
Evelyn Argue
Marin Creteau
Hannah Linsky
Ava Morton

Gilford
Haukur Karlsson
Taryn Wernig

Gilmanton
Marena Beale

Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester. The University of New England is Maine's largest independent university, with two beauti-

ful coastal campuses in Maine, a one-of-a-kind study-abroad campus in Tangier, Morocco, and an array of flexible online offerings. In an uncommonly welcoming and supportive community, we offer hands-on learning, empowering students to make a positive impact in a world full of challenges. We are the state's top provider of health professionals and home to Maine's only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized programs in the marine sciences, the natural and social sciences, business, the humanities, and the arts. Visit www.une.edu.

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Jeanne Dietsch to speak at Peaches and Politics event

NEW DURHAM — “Wake up, New Hampshire!” The keynote speaker at the New Durham Democratic Committee’s annual fundraiser, Peaches and Politics, will be Jeanne Dietsch, a former NH state Senator who arrived at her legislative

role by way of a stint on the ConVal School Board and a host of business experiences.

Peaches and Politics is an annual gathering at the Miller Farm, 51 Miller Rd., that features peach-themed food, music, raffles, a variety of speakers, and an opportunity to relax and catch up with members of other communities and state legislators. This year it will be held on Saturday, July 19 from noon – 3 p.m.

Speakers at the event offer timely and incisive views on public policy and situations; Dietsch is no exception.

After leaving the Harvard Kennedy School of Government with a masters of public administration, her career included founder and CEO of MobileRobots, Inc., cofounder of MAXT Makerspace, a partner at Kinemation, and president of Technology Assisted Learning Market Information Service.

Dietsch was a board member of the Peterborough Economic Development Association and U.S. Chair of the IEEE Robotics and Automation Society. In 2018, she was elected to serve as the Telecom Chair of the NH Commission on Rural Affairs.

“There is no stopping her,” a New Durham Democratic Committee member said with a grin. “She also has quite the background as an investigative journalist.”

It is in that particular role that Dietsch is speaking at the upcoming event.

Since leaving the legislature, Dietsch began researching the Free State Project’s activities and affiliations in New Hampshire and was concerned to see that nearly half of the 235 candidates endorsed across the nation by the Make Liberty Win PAC were in New Hampshire.

“The Free State Project and its political arm, the Liberty Alliance, chose New Hampshire for takeover and to implement a libertarian utopia. They are backed by out-of-state billionaire groups. The Texas-based Young Americans for Liberty claimed to spend \$1 million in New Hampshire’s 2024 state elections. The Koch Brother’s Americans for Prosperity was key in expanding vouchers to the wealthy,” she stated.

In 2021, Dietsch founded the non-profit news blogsite and podcast Granite State Matters, working on raising awareness of the Free State Project’s association with out-of-state billionaires.

She said she would speak on their takeover plans, their backers, and how voters can stop them. “‘Liberty’ want to put a leash on your town.”

Tickets to Peaches and Politics, which include all of the homemade peachy items, are \$15 for a single adult entry or \$25 for two. Tables to display literature are \$50, and include two entry tickets. Purchase tickets ahead of time at <https://secure.actblue.com/donate/peaches-2025> or that day at the door.

Barnstead Elementary School announces honor roll

BARNSTEAD — The following students in Grades 6-8 at Barnstead Elementary School have earned High Honors or Honors for the third trimester.

Students who have received A’s in all of their subjects qualify for High Honors. Those students who have earned A’s and B’s in all of their subjects qualify for Honors. In addition, students qualifying for High Honors

and Honors must have received grades in effort and conduct that are average or above.

Grade 6

High Honors: Jasmine Bousquet, Sophie Chagnon, Anna Doyle, Morgan Enright, Abigail Giunta, Aurora Gramatikas, Ayla Hanley, Makenzi Lord, Ruby Montague, Kaida Nichols, Bailey Prizio, Emilia Ratto, Kable Simpson, Daven Suri, Lana

Trask, Allison Tymula
Honors: Chase Adams, Theysha Cole, Addison, Cote, Vera Devitto, Chloe Digiovanni, Rockaya Ferrenberg, Natalya Mraz, Veronica Rawnsley, Landon Reil, Grayson Savage, Aubrey Schultz, Eli Spencer

Grade 7

High Honors: Olivia Beaton, Zachary Dyrkacz, Cove Hoballah, Gavin Horr, Rylee Horr,

Ulitta Paige, Khloe Picott
Honors: Brent Bemis, Briella Billings, Gavin Drolet, Christina Locke, Corra Mountain, Annah Penfield, Kaylee Poole, Molly Rayno, Autumn Smith, Jessica Troy, Reece Walsh

Grade 8

High Honors: Lacey Abell, Camden Batchelder, Lorilei Black, Nora Brooks, Emma Burris, Gabe Cole, Amelia Gen-

tile, Hope Laflamme, Mabel Marston, Aidyn McGranaghan, Brendan McLaughlin, Emmet Minot, Dylan Pelletier, Stephen Rawnsley, Ashlynn Roberts, Issac Taylor, Delilah Tiede, Olivia Trask, Brynn Woods

Honors: Mason Card, Connor Chadbourne, Cameron Deane, Kayla Fish, Luchiano Leitner, Madison Morris, Dragan Pavnick, Anna Seibert, Grace St. Germain

GRADUATION

(continued from Page A1)

Superintendent Heather Cummings welcomed “School Board members, Superintendent Arakelian, dedicated administrators, tireless teachers and staff, cherished families, friends, and community members here this evening...Your unwavering support and belief in these students have been the foundation upon which they’ve grown, persevered, and flourished. Today is as much your celebration as it is theirs. And to our graduates, congratulations! This is your day. Soak it in. Feel the pride, the joy, and even the butterflies. You have earned every bit of this moment.”

“Carry with you the lessons you’ve learned here—not just from textbooks, but from the relationships you’ve built, the mistakes you’ve overcome, and the passions you’ve discovered,” Cummings said. “Keep seeking joy in the journey, even when the road gets tough. And never forget the power of a community that believes in you. Class of 2025, you are remarkable. You are ready. And the world is lucky to have you.”

Governor Wentworth Regional School District School Board Chairman Brodie Deshaies introduced this year’s Gold Scholar awardees, students who have met requirements of a minimum GPA of 3.4, obtained strong SAT scores and taken on school and community leadership roles. This year, said Deshaies, the top two scholars together have taken an “impressive” total of 49 advanced placement and honor courses. They also collectively have more than 19 leadership, team, and club activities to their credit.

The top two Gold Scholars addressed the audience, led off by Oliver Kolodner, who focused on the idea of change with an introduction to the story of the ship of Theseus. The cherished ship, he said, “run ragged through times of war... was retired, rolled across logs, and moved up onto a dry dock to be maintained... Piece by piece, the ship was, in essence, deconstructed and rebuilt, now no longer containing any of the original pieces... yet it will stay the ship of Theseus.”

So it is, said Kolodner, “As our circle grows, we diverge from the path of our parents, adopting bits and pieces from friends, teachers and even our favorite influencers, until



ELISSA PAQUETTE

2025 class advisors greet graduates with bright yellow sunflowers as they leave the stage.



ELISSA PAQUETTE

A proud Kindergarten graduate wearing the Kingswood school colors, awaits the procession of the Class of 2025 on the Kingswood Regional High School graduation day. we bear no resemblance to that 8-year-old who was a spitting image of his father. Through our lives we become a beautifully patterned mosaic of everyone we’ve ever loved, everyone we’ve held close.

“Each and every one of us, just like the ship of Theseus, is not defined by our past states, nor constrained to the cold, hard bonds of the present. In the context of the ship, the ship of Theseus’s identity is governed by its unique characteristic of being owned by Theseus. We are therefore uniquely ourselves, so long as we dictate who we become.”

This year’s top Gold Scholar, Jiner Zhuang, addressed his classmates, “who not only make high school enjoyable, but life as a whole a riveting ride.

“I hope all of you can hold onto those moments endearing to you from the last four years and use them as strength to carry through life as they did helping you through high school, and remember to thank everyone who has



ELISSA PAQUETTE

Gold Scholar Oliver Kolodner speaks to his classmates on graduation day, Friday, June 13, 2025.



ELISSA PAQUETTE

Top Gold Scholar Jiner Zhuang addresses the Class of 2025.

helped you reach this point.”

Following his own advice, he thanked all his teachers, but in particular, those who wrote recommendation letters as “they prepared me for attending MIT next fall. To my family, you are the unwavering backbone that encourages me to be the best I can.”

“Whether it may be further education, employment, or enlistment, no matter where you end up, I urge you to motivate yourselves as there are only a couple of things guaranteed in life—death and taxes—so unless you win billions from the lottery, you must generate your own gains,” Zhuang said. “But keep in mind that you do not have to tread alone on your path. Although personal behavior and habits are crucial to success, forging connections with



ELISSA PAQUETTE

The Senior Chorus, led by music teachers Jennifer Ouellette and Robert Burns, sing a harmonious rendition of the National Anthem.



ELISSA PAQUETTE

Family and friends applaud students as they stand to form lines to receive diplomas.



ELISSA PAQUETTE

Members of the Class of 2025 walk together to take their seats in front of the stage.

others is also necessary... seek out those who can uplift you and promote your strengths. There are many amazing people on this earth. In fact, I see hundreds in front of me.”

Cassandra Burnham, who has taught chemistry, physical sciences and biology over her 35-year career at Kingswood, received accolades in an introduction for the commencement address from student Avery Gregory for her love of teaching. She, in turn, offered encouragement to the class as they head into the future.

Her advice included, “Be the one who steps up, even when no one asks you to. Be kind. Always. And especially when it is hard. Try not to judge. You never know what someone else is carrying. Think of others. Your em-

pathy will be one of your greatest strengths.”

Principal Paul Famulari referred to the Class of 2025 as “arguably one of the most unique and accomplished senior classes I’ve seen in my time here. There is an awful lot of heart in this graduating class, and generally speaking, the way you look out for one another is noteworthy... Make good decisions and take care of yourselves at all times.”

Students lined up to go up to the stage to receive their diplomas with handshakes from Famulari and Arakelian and one last smile for the camera. Family members of Frankie Tranchita were invited up to receive his diploma posthumously. Thus concluded the final gathering of the Class of 2025.

SPORTS

Kingswood honors student-athletes at annual awards ceremony



Jenny Baldwin received the Warrior Award from girls' hockey coach Aaron House at the Kingswood Athletics Awards.



Kylie Rapoza received the Female Excellence Award from girls' soccer coach Shane Flood at the Kingswood Athletics Awards.



The Male Excellence Award was presented to Grayson Gilpatrick by boys' lacrosse coach Mike Manning at the Kingswood Athletics Awards.



Madison Eaton was presented the Female Courage Award by girls' soccer coach Shane Flood at the Kingswood Athletics Awards.



Baseball coach Asa Stockton presented the Male Courage Award to Ben Libby at the Kingswood Athletics Awards.



Izzy Bush received the Female Honor Award from field hockey coach Kaitlin Reilly at the Kingswood Athletics Awards.



Jacob Brown received the Male Honor Award from assistant football coach John Morin at the Kingswood Athletics Awards.



Madison Eaton received the Female Comeback Award at the Kingswood Athletics Awards from Athletic Trainer Alex Dria.



Athletic Trainer Alex Dria presented the Male Comeback Award to Rylan Bourdeau at the Kingswood Athletics Award.



Girls' soccer coach Shane Flood received the Varsity Coach of the Year Award from softball coach Mike Shaw at the Kingswood Athletics Awards.



Volleyball coach Mikaela Deveau was presented the JV Coach of the Year Award by Athletics Director Vaughn Beckwith at the Kingswood Athletics Awards.



Thomas Jumper was named the Middle School Coach of the Year at the Kingswood Athletics Awards, presented by Assistant Athletics Director Kyle Diamond.



Retiring varsity alpine ski coach Kris Niiler received the Distinguished Service Award from assistant coach Jake Stephan at the Kingswood Athletic Awards.



Athletics Director Vaughn Beckwith presented the Tom Lovett Scholarship to Jenny Baldwin and Jacob Brown at the Kingswood Athletic Awards.



Athletics Director Vaughn Beckwith presented the Paul Doran Scholarship to Jack Larson at the Kingswood Athletic Awards.



Kylie Rapoza received the Paul Harvey Scholarship from Athletics Director Vaughn Beckwith at the Kingswood Athletic Awards.



Avery Gregory was presented the Sally Stewart Scholarship by Athletics Director Vaughn Beckwith at the Kingswood Athletic Awards.



Athletics Director Vaughn Beckwith honored Caelum Forgy for his wrestling championship at the Kingswood Athletic Awards.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — Just days before the Kingswood softball team brought home the program's first championship, Kingswood coaches, athletes, families and fans gathered in the Kingswood Arts Center for the annual Kingswood Athletics Awards Night.

Vaughn Beckwith, in his first year as the school's Athletics Di-

rector, welcomed those assembled and began by noting the success of the school's teams throughout the year, including the girls' soccer team making the Final Four, the football team winning the Carroll County Championship, the girls' alpine ski team finishing as the Division II runners-up with Addy Ingham and Ava Waldron advancing to the Meet of Champions and Eastern High School

Championships, Caelum Forgy winning a wrestling state championship, the boys' hockey team finishing as the Division III runners-up, the baseball team making the Final Four and the softball team (at that point) making the title game. Beckwith also praised those who set school records across the indoor and outdoor track season.

The NHIAA/NHADA Scholar-Athlete Award

winners, presented to seniors by the NHIAA and the NHADA the previous month in Concord, were honored as were athletes who earned the Three Sport Athlete Award, which is given to athletes who play a sport all three seasons for all four years of their careers. Maci Letoile, Kylie Rapoza, Sierra Rose, Mack Carpenter, Evan Harrington, Ben Libby and Rowan Donovan-Laviolette all earned

the award.

Athletic Trainer Alex Dria was first on the docket for the major awards as he presented the Comeback Award, which is given to athletes who battled back and overcame or continually managed a major athletic injury. He noted the female award winner suffered an injury in basketball and came back to continue to be a fearless leader and excellent player in

multiple sports. He presented the Female Comeback Award to Madison Eaton. The male award winner suffered a football injury and is the kind of player who doesn't want to come out of the game and battled his way back. He presented the Female Comeback Award to Rylan Bourdeau.

Next up was the Warrior Award, which is given to an athlete who

SEE AWARDS, PAGE A12

Motorcycle rider deceased after crash in Barnstead

BARNSTEAD — An adult man is deceased after a crash between a

car and a motorcycle on Route 28. At 9:03 p.m. on Thurs-

day, June 19, State Troopers assigned to the Troop E barracks responded to

assist the Barnstead Police Department with a reported crash involving

a motorcycle on Route 28 near Kent Lane. During the preliminary investigation, Troopers determined that the rider of the motorcycle, a black 2022 Kawasaki Z900RS, was headed southbound when, for reasons that remain under investigation, he collided with a blue 2023 Tesla Model Y traveling in the opposite direction.

The motorcycle rider, an adult male, was pronounced deceased at the scene. The rider's name is being withheld pending the ongoing investigation and next of kin notification. The driver, and sole occupant of the Tesla, sustained minor injuries and declined

medical attention. A portion of Route 28 in Alton and Barnstead was closed for approximately three hours while Troopers investigated the collision.

Troopers were assisted at the scene by members of the Barnstead Police Department, Barnstead Fire Rescue, Alton Police Department, and Belknap County Sheriff's Office. All aspects of the crash remain under investigation. Anyone who witnessed the crash or who has information that may assist the investigation is asked to contact Trooper Thomas Seager at Thomas.M.Seager@DOS.NH.GOV.

SPORTS

A busy spring gives way to a restful summer?

SPORTING CHANCE



And with that, the school year has drawn to a close.

Last Sunday morning, June 15, was the final day for the high school season, as the Woodsville baseball team took on Epping in the Division IV finals at Delta Dental Stadium in Manchester. It was a rescheduled game after rain the previous day forced the change.

It also made my life a bit more difficult, as I typically work Sunday mornings at my other job and needed to finagle the schedule a little in order to make it happen. Luckily, I was able to get the work done that I needed to get done at the bakery before 8:30 a.m. and hit the road to Manchester, arriving in the top of the first inning.

When that game ended a few hours later, a very busy spring sports season came to a close. Since the return from the COVID pandemic, the high school seasons have become busier and busier for me, going from covering five schools to covering more than 15 and I hate the fact that there were a few teams that I never got to see this spring. It happened last spring as well and no matter how I slice it, it sucks.

Each of the schools that I cover have baseball and softball team, the majority of the



JOSHUA SPAULDING

Delta Dental Stadium was the site of the final game of the spring season, as the Woodsville baseball team played in the Division IV championship game.

schools have track teams and then many have tennis and lacrosse as well, leaving plenty of teams on the schedule every week and it made for another busy spring, just like the fall and winter seasons before it.

The school year in general is obviously the busiest time of the year for me. During the summer months I tend to take it a bit easier when it comes to this job. I usually cover a little baseball and some road races and generally take a few afternoons off a week. However, the summer is also the busiest time of the year at my other job, as I make enough donuts, pastries and bread throughout the summer to feed a small country (or at least so it seems).

This job can certainly have its moments. Getting to cover state championship teams is a blast, but I also believe that every team deserves coverage, whether they are a contender or not.

This spring, we had a few teams that won championships, including the Woodsville softball team, the Kingswood softball team and the Plymouth boys' lacrosse team along with teams that finished as runners-up, including the Gilford girls' lacrosse team, the Gilford girls' tennis team, the Woodsville baseball team and the Prospect Mountain softball team. We had a couple of track teams in contention for state championships as well.

This winter/spring saw my credential application for the Milan-Cortina Olympics officially approved, which meant filing paperwork for housing and sending money to Italy to cover half the costs of the accommodations (the most expensive accommodations I've had over the course of my five Olympic experiences). That's been an added layer of things to do in the last few months.

I've also applied for

credentials to cover the US Olympic and Paralympic Team Hall of Fame induction, which takes place in Colorado in July, as New Hampshire's own Bode Miller is one of the inductees. Those credentials have not been approved yet, but it could be one trip for the summer. And with two days off in a row from the bakery each week, I'm hoping to at least make another trip somewhere over the course of the summer.

But, soon enough, it will be time for fall sports. And I am certainly not ready for that.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Coos County Democrat and The Bay-sider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

GROUNDBREAKING

(continued from Page A1)

renovation project. This unexpected change required a special school district meeting, and Henry credited everyone involved with great communication to bring the community together for that important vote.

Kate Crary, speaking on behalf of the Barnstead Space Needs Committee, which considered options for renovating, expanding, or building new, spoke of the broad coalition of community representatives who came together to propose the project. She also recalled a school in disrepair when she was an elementary school student, more than thirty years ago.

"It was wonderful to be able to reach across the fabric of our town and have everybody... work together in a really divisive time," Crary said. "We had people (involved) from really different backgrounds and different perspectives, from older adults who are worried about their taxes to parents who are worried about their kids."

With a school that was built and opened in 1956, Barnstead has had a Space Needs Committee, in some form, since the 1990s. Michelle Rosado, a member of the committee, recalled first being appointed to a Space Needs study group in 1998.

SCHOLARSHIPS

(continued from Page A1)

ships went to Damonica Charles, Olivia Charles, Victoria Cowser, and Olivia Noyes.

The Community College System of New Hampshire Early College at your High School scholarships went to Ryan Boles, Loralie Chase, Peyton King, Elise Labbe, and Meryk Libby.

The LRSF's Lakes Region Board of realtors presented scholarships to Paige Caruso and Whitney Good.

The Lillian A. Krasnow Memorial Fund presented scholarships to Damonica Charles and Olivia Charles.

The Ruby M. Todd Memorial Scholarship was given to Damonica Charles and Olivia Charles.

The Sons of the American Legion Post #72 Scholarships went to Ryan Boles and Ava Tibbs.

The Suncook Valley

Frank Edelblut, Commissioner of Education, credited the school board and space needs volunteers for sharing their vision and communicating effectively with the citizens of Barnstead.

"(This doesn't) happen without a lot of people being involved, without a lot of communication," Edelblut said.

Edelblut went on to credit Barnstead with its tenacity in the process of applying for its state building aid grant.

"When I think about this project, the word that describes it is 'tenacity.' I recall a meeting several years ago (when Barnstead was) number ten on the building aid list," he said.

Edelblut liked the achievement to a runner who trails in a one-mile race after three laps, but then, seemingly miraculously, comes from behind to win.

He concluded, "Congratulations to the community, to the families and children of Barnstead."

Construction is scheduled to begin immediately after the close of school Wednesday and will take two years to complete. Barnstead Elementary School will be completely renovated and expanded by about 40 percent, adding a gymnasium, performance space, art and music rooms, and science labs.

AWARDS

(continued from Page A11)

shows great dedication, vigor, concentration and aggressiveness during their Kingswood athletic career. Girls' hockey coach Aaron House took the podium and noted that the winner truly defined what it means to be a warrior, by always putting her team first, leading by example, showing a deep respect for the game and the opponents. He also noted it wasn't about what she did but how she did it and he presented the Warrior Award to Jenny Baldwin.

The Female Excellence Award was up next. The Excellence Award is given to a student-athlete who exemplifies outstanding efforts in the pursuit of excellence and regularly inspires their teammates in the areas of athletic performance and academic achievement. Girls' soccer coach Shane Flood noted she checks all the boxes for the award, fierce, humble and fast and excellence wasn't just a goal, but pretty much her middle name. He presented the award to Kylie Rapoza.

Boys' lacrosse coach Mike Manning was up next to present the Male Excellence Award, noting the winner shows more than just talent, but also brings integrity, shows up early, does his job and lead by example

and is the kind of leader that you don't hear, but you know he's there. He presented the award to Grayson Gilpatrick.

Flood returned to the podium to present the Female Courage Award. The Courage Award is given to athletes who, in addition to possessing notable athletic ability, best possess and best demonstrate special dedication and qualities such as courageousness, leadership, teamwork, good citizenship, perseverance and devotion to team effort. Flood noted the winner stayed positive through a serious injury, came back in a new position and helped her team get to the Final Four, returning like she never left and putting the team on her back. He presented the award to Madison Eaton.

Baseball coach Asa Stockton was next up to present the Male Courage Award. He noted the winner showed leadership, teamwork, citizenship and dedication to the team and possessed a deep understanding of the game that many don't have and also has a fire and hustle that made every moment count. He presented the award to Ben Libby.

Field hockey coach Kaitlin Reilly was up next to present the Female Honor Award. The Honor Award is given to student-athletes who ex-

emplify distinction and respect whereas fellow senior athletes pay heed and honor the recipient in areas of good character, modesty, loyalty, moral integrity, sportsmanship and scholarship. She noted that the winner spent three years in one of the toughest spots, as the backup goalie, but pointed out that she kept on going, doing the work and doing it with distinction and respect without ever asking for the spotlight, though Reilly noted she totally earned it. She presented the award to Izzy Bush.

Assistant football coach John Morin was next to the podium in the stead of head football coach Cory Woodsome to present the Male Honor Award. He noted that Woodsome brought a lot of new ideas, standards and goals to the football team and the award winner, who was seeing his third new coach in four years, accepted the challenge without reservation and they both saw a building block on which to build on and he presented the award to Jacob Brown.

The coaching awards were next, with Assistant Athletics Director Kyle Diamond presenting the Middle School Coach of the Year Award to Tom Jumper while Beckwith presented the JV Coach of the Year award to vol-

leyball coach Mikaela Deveau. Varsity softball coach Mike Shaw, who won Coach of the Year last year, presented the varsity Coach of the Year Award to Flood for his work with the girls' soccer team.

Assistant alpine ski coach Jake Stephan came to the podium next to present the Distinguished Service Award to retiring alpine ski coach Kris Niiler. He noted that for 37 years as head coach (plus two as assistant) she built a well-respected program and has left a lasting mark on the team and the community.

The Booster Club Scholarships were up next. Jenny Baldwin and Jacob Brown received the Tom Lovett Scholarship, Jack Larson received the Paul Doran Scholarship, the Paul Harvey Scholarship was presented to Kylie Rapoza and the Sally Stewart Scholarship was presented to Avery Gregory.

Beckwith ended the evening by presenting the new core values for the athletics department, including Knights Do More, Gratitude, Drive to Improve, Toughness (physical, mental and emotional) and Be a Good Teammate.

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

Gilford man sentenced to five years in federal prison for Possession with Intent to Distribute Methamphetamine and Fentanyl

CONCORD — A Gilford man was sentenced last week in federal court for drug offenses, Acting U.S. Attorney Jay McCormack announces.

Spiros Athanasopoulos, 46, was sentenced by U.S. District Court Paul J. Barbadoro to 60 months in federal prison and 3 years of supervised release. In February

2025, Athanasopoulos pleaded guilty to possession with the intent to distribute a controlled substance.

“This sentence reflects the serious danger posed by those who traffic fentanyl and methamphetamine, especially when they also attempt to flee law enforcement and endanger the pub-

lic,” said Acting U.S. Attorney Jay McCormack. “Our office remains committed to holding drug traffickers accountable and protecting our communities from the devastating impact of these drugs.”

“It doesn’t matter if it’s a large-scale drug trafficking organization, or an individual like

Spiros Athanasopoulos who was distributing fentanyl and methamphetamine out of his home in Gilford, New Hampshire, the FBI and our law enforcement partners will do everything we can to put those who have furthered the scourge of drugs in our neighborhoods out of business,” said Ted E. Docks, Special Agent in Charge of the FBI Boston Division. “Investigations like this prove the essential value of strong law enforcement partnerships as we work together to make our communities safer.”

“Drugs like fentanyl and methamphetamine are causing tremendous damage to our communities,” said Acting Special Agent in Charge,

Stephen Belleau, New England Field Division. “Those who distribute these drugs are endangering the safety of the citizens of the Granite State. DEA’s top priority is combatting the drug epidemic by working with our local, state and federal partners to bring to justice anyone who distributes these poisons.”

According to court documents and statements made in court, in June 2021, Athanasopoulos fled from the New Hampton Police Department on a stolen motorcycle. The chase ended in a crash and law enforcement recovered a jar containing fentanyl and methamphetamine that Athanasopoulos threw from his back-

pack during the chase. Later that evening, law enforcement searched Athanasopoulos’s home and found large quantities of fentanyl and methamphetamine, as well as money, several firearms, and body armor. Laboratory testing confirmed that Athanasopoulos possessed more than 100 grams of fentanyl and more than 200 grams of methamphetamine.

The Federal Bureau of Investigation and Drug Enforcement Administration led the investigation. Valuable assistance was provided by the Gilford Police Department and the New Hampton Police Department. Assistant United States Attorney Matthew T. Hunter prosecuted the case.

Worcester Polytechnic Institute announces Spring 2025 Dean’s List

WORCESTER, Mass. — A total of 2,331 undergraduate students at Worcester Polytechnic Institute (WPI) were named to the university’s spring 2025 Dean’s List. The criteria for the WPI Dean’s List differ from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI students are named to the Dean’s List based on the amount of work completed at the A level in courses and hands-on projects.

“WPI’s academic programs are rigorous and require a level of independence beyond what is required in traditional courses. WPI students work on real-world, open-ended problems on campus and in communities around the globe. Far from being simple academic exercises, the projects students complete have genuine and lasting impacts in our partner communities,” said Provost Andrew Sears. “Some of this nation’s best and brightest students come to WPI

to study engineering, science, business, and the humanities. Those named to the Dean’s List have excelled in all of their work, and we are exceptionally proud of these outstanding students.”

The following students were named to the Dean’s List for Spring 2025:

Evan McCracken from Alton Bay, class of 2027, majoring in Mechanical Engineering

Colby Batchelder from Laconia, class of 2026, majoring in Chemical Engineering

Aidan Eldridge from Laconia, class of 2025, majoring in Industrial Engineering

About Worcester Polytechnic Institute

WPI is a top-tier STEM-focused research university and a recognized pioneer and global leader in project-based learning. Founded in 1865 on the principle that students learn most effectively by applying the theory learned in the classroom to the practice of solving real-world prob-

lems, WPI’s continued mission is to transform lives, turn knowledge into action to confront global challenges, and revolutionize STEM through distinctive and inclusive education, projects, and research. WPI’s project-based curriculum engages undergraduates in solving important scientific, technological, and societal problems throughout their education and at more than 50 project centers around the world. Today WPI offers more than 70 bachelor’s, master’s, and doctoral degree programs across 18 academic departments in science, engineering, technology, business, the social sciences, and the humanities and arts. To help address ongoing challenges, improve lives, and help create a more sustainable world, WPI faculty and students pursue groundbreaking research in such areas as the life sciences, smart technologies, materials and manufacturing, and global initiatives.

VTSU congratulates Erin Dougherty for earning Dean's List honors

RANDOLPH CENTER, Vt. — Vermont State University is proud to congratulate Erin Dougherty, of Gilmanton, for being named to the Dean's List for the spring 2025 semester. Well done!

Dean's List designation is reserved for students who maintain full-time status and a semester grade point average of 3.5 or higher.

Vermont State Uni-

versity serves students on five campuses and multiple learning sites across Vermont and beyond, as well as online. Vermont State provides a high-quality, flexible, and affordable education for students seeking associate, bachelor's, and master's degrees, certificates, and in-demand professional credentials. The university builds upon a history of public higher

education in Vermont dating back to 1787. Learn more at Vermont-State.edu.



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With a gentle purr and a sweet disposition, Lotso is ready to find a loving home where he can finally relax, feel safe, and share all the love he has to give. One hug and you'll know he'll be your best friend.

Apply now OR visit during our open adoption hours from Wednesday through to Saturday from 12-4pm, no appointment needed.



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Amateur radio operators gearing up for Field Day 2025

REGION — Every year, amateur radio operators, also known as ham radio operators, participate in a nationwide event called Field Day on June 28 and June 29.

The purpose of the Field Day event is two-fold. The primary objective of Field Day is for ham operators to prac-

tice transmitting and receiving from remote locations to be ready for emergencies. The Federal Communication Commission regulation that governs amateur radio as well as the required federal licensing of amateur radio operators, states as the first item under purpose “Recognition

and enhancement of the value of the amateur service to the public as a voluntary noncommercial communication service, particularly with respect to providing emergency communications.” Amateur radio has proven itself many times in past emergencies such as hurricanes, tornadoes,

floods and wildfires as an effective means of communication to assist public safety agencies responding to emergencies. New Hampshire ARES (Amateur Radio Emergency Service) now serves as the sole amateur radio backup for the New Hampshire Department of Safety. The ARRL (American Radio Relay League) which sponsors the ARES programs nationwide has a motto, ‘When all else fails amateur radio gets through’. When cellular phone service or the internet are disabled by disasters manmade or natural, ham radio operators routinely assist in communicating in and out of disaster zones.

The second objective of Field Day is to expose the public to what amateur radio has to offer. Ham operators as well as New Hampshire radio clubs will be set up throughout the state for the event. They invite the

public to visit a Field Day location to learn about amateur radio. Most of the clubs have a GOTA or Get On The Air event included which will allow members of the public to try their hand at ham radio. Amateur radio is not just about Morse code. There are numerous capabilities well beyond which include voice communication and digital communication with amateur radios. Ham operators have the ability to send and receive emails utilizing ham radio equipment. The International Space Station has ham radio equipment on board and many of the astronauts are licensed ham operators. They routinely contact school groups by ham radio and also communicate with ham operators when their schedules permit. Amateur radio is a valuable asset for public safety agencies as well as being a fascinating hobby for anyone interested in

communications and the technologies involved in amateur radio.

Following is the current listing of New Hampshire ham radio clubs that will be hosting Field Day events in 2025. Contact for each club is listed or visit their website for further information.

Central New Hampshire Amateur Radio Club
182 Lily Pond Rd.
Gilford, NH
GOTA: YES
Talk-in: 146.985, PL: 123.0
Contact: Dave Merchant
603-890-0401
K1DLM@CNHARC.org
CNHARC.org

Lakes Region Repeater Association
Castle in the Clouds
455 Old Mountain Rd.
Moultonborough, NH 03254
GOTA: Yes
Contact: Tisha Daniels
tishadaniels@pm.me or wlbstclub@gmail.com

“Jeep Show” author Robert B. O'Connor to Speak at Wright Museum July 8

WOLFEBORO — Robert B. O'Connor, author of the compelling new historical fiction novel "Jeep Show - A Trouper at the Battle of the Bulge," will be the featured speaker at the Wright Museum of World War II's Lecture Series on Tuesday, July 8 at 7 p.m.

O'Connor will discuss his critically-acclaimed, meticulously-researched novel, which chronicles the remarkable journey of Jim Tanzer, a 30-year-old dance instructor who enlists in the Army during World War II despite having a draft deferment. The book offers a unique perspective on the war, focusing on enlisted entertainers, including Mickey Rooney, in the little-known Morale Corps and their efforts to boost troop morale through entertainment in combat areas where the USO and the Red Cross could not go.

"Jeep Show" inter-

twines personal narratives with historical events, notably the Battle of the Bulge, providing readers with a fresh perspective on World War II. O'Connor's presentation promises to shed light on the extensive morale-boosting efforts of the U.S. Army during the war and the author's research process and inspiration for the novel.

The Wright Museum of World War II's Lecture Series encourages attendees to explore diverse topics through engaging presentations while enjoying the museum's welcoming atmosphere. This event will appeal to history enthusiasts, WWII buffs, and fiction lovers alike.

Robert B. O'Connor, a Minneapolis-based author, has previously published the nonfiction book “Gumptionade.” His work often focuses on stories of determination triumphing over adver-

sity in history and everyday life.

For more information about the event or to RSVP, please see <https://wrightmuseum.org/calendar/lecture-series-robert-oconnor-the-jeep-show/>. To purchase tickets, please scroll down and hit Lecture Series, then View Dates, then pick July 8 and click the 7pm Lecture Series button to purchase.

About the Wright Museum of World War II

In 1994, the Wright Museum of World War II opened in Wolfeboro, a creation of its visionary founder the late David Wright. For thirty years and counting, this educational institution has fulfilled David's dream of creating a public understanding and appreciation of the exceptional contributions on the homefront and the battlefields made by World War II-era Americans.

Methodist Church plans rummage sale and flea market

GILFORD — Hope Ministries at First United Methodist Church in Gilford continue their tradition of an annual giant Rummage Sale on June 27 and 28 from 9 a.m. to 2 p.m. Shoppers will find large quantities of men's, women's and children's clothing at very low prices as well as housewares, tools, shoes, books and home decor. This is one

of the most extensive Sales of its kind in the region and is located at the church which is just off the Route 3/11 bypass (Route 11A exit) at 18

Wesley Way in Gilford. All proceeds benefit the church and its missions. For information or to donate, call the church at 603-524-3289.

Teen drowns in Winnepesaukee

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — A 17-year-old boy died after being caught in rough waters around the Broads in Lake Winnepesaukee.

At 12:48 p.m. on June 20, a 911 call reported someone had gone into the water on Lake Winnepesaukee and did not resurface. NH Marine Patrol and the Gilford Fire Rescue Department responded to the scene.

According to a statement from NH Marine Patrol, the incident occurred on The Broads near Rattlesnake and Diamond Islands.

“Marine Patrol officers responded and located a boat with three women on board,” read the statement from Marine Patrol. “They reported that a 17-year-old boy entered the water to recover a bag that had fallen overboard and, due to rough

water conditions caused by strong winds, the teen appeared to struggle to swim, eventually submerged, and did not resurface.”

Marine Patrol along with the Gilford and Alton Fire Departments did a search of the area and were unable to find the boy. New Hampshire Fish and Game was called to bring a dive unit, and the boy's body was found at 7:02 p.m.

Marine Patrol said an initial investigation indicated the teen drowned. As of press time an autopsy has been scheduled.

The incident is under investigation. Anyone with any information is asked to contact Sgt. Seth Allie of Marine Patrol at seth.p.alie@dos.nh.gov or call 603-227-2117.

The Gilford Police Department also assisted at the scene.

Laura Ball named to Kennesaw State's President's List

KENNESAW, Ga. — Laura Ball of Laconia has been named to the Kennesaw State University Spring 2025 President's List.

Majoring in Geospatial Sciences, Ball is among more than 6,100 undergraduate students recognized on the Spring

2025 President's List.

To qualify, students must achieve a term grade point average of 4.0 while completing a minimum of nine credit hours.

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

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<p>\$259,000</p> <p>MLS# 5034953</p> <p>Gilmanston: Charming Sawyer Lake cottage on oversized lot with beach access, metal roof, Corian counters, and privacy abutting association land. Great 4-season getaway with tons of potential at an affordable price!</p>	<p>\$1,095,000</p> <p>MLS# 5046759</p> <p>Salem: Immaculate 4BR/3BA colonial on 1.28 acres in a top Salem cul-de-sac! Features custom kitchen, stunning family room, 2 bonus rooms, hardwood floors, 4-car garage, and thoughtful extras. Agent related to Seller.</p>	<p>\$2,600,000</p> <p>MLS# 5046786</p> <p>Laconia: Stunning 2023 lakefront rebuild on Paugus Bay with 86' of shoreline, private slip, chef's kitchen, spa-like primary suite, 2BR walkout apartment, fire pit, generator, and more. Perfect for luxurious living or rental investment.</p>	<p>\$3,250,000</p> <p>MLS# 5046410</p> <p>Laconia: Lake Winnepesaukee 4BR, 3BA waterfront home with sandy bottom frontage, sunrise views, 4-season porch, large deck, and timber frame details. Features open-concept living, gas fireplace, gourmet kitchen, walkout basement, bonus room, and attached 2-car garage.</p>
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Leave a message and play telephone tag.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	7 Roberts Cove Rd.	Mixed Use (Commercial/Other)	\$1,200,000	Robert Gavill	Vacanza LLC
Alton	N/A	N/A	\$3,300,000	David L. Bruhm	Michael A. and Melissa Murray
Barnstead	Dalton Drive	N/A	\$70,000	Albert W., Jr. and Kathi J. Hurst	Fay Enterprises LLC
Barnstead	N/A	N/A	\$800,000	Todd D. and Alice K. Matheson	David and Sarah Robson
Gilford	N/A	N/A	\$950,000	112 Sagamore	Susan Grinnell Trust and Susan E. Grinnell
Gilford	N/A	N/A	\$325,000	Margaret F. Gibbons RET and Kristin Otto	John E. III and Jennifer S. Condon
Gilmanton	1 Pocumtuck Way	N/A	\$45,000	Patriotplots LLC	Hobbs Realty LLC
New Durham	90 Jenkins Rd.	Single-Family Residence	\$575,000	Joseph T. Costello	Rachelle N. and Stuart E. Rainey
New Durham	N/A	N/A	\$30,000	Cynthia MacLeod	Janice Melanson

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column “Type”: land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

Millicent Caldon honored by Hartwick College

ONEONTA, N.Y. — Millicent Caldon ‘28 of Gilmanton was presented with two awards during Honors Convocation held on April 30.

Caldon was awarded the Outstanding First-Year Student in Biology. This award is given to the first-year biology student who has attained the highest cumulative average for the year.

Additionally, Caldon received The General Chemistry Achievement Award. This is presented on the basis of student performance in Chemistry 107 and 108, or in

Chemistry 109.

Hartwick College, recognized as The Life Balance College, is a private liberal arts and sciences institution in Oneonta, N.Y. With its innovative FlightPath approach, Hartwick integrates academic excellence, career readiness and an engaging campus life, fostering a well-rounded and fulfilling college experience. Committed to transparent tuition and a strong emphasis on health and wellness, Hartwick equips students for lifelong success—both personal and professional.

Gilford police log

GILFORD — The Gilford Police Department reported the following arrests during the week of June 17-22.

Wyatt Joseph King, age 18, was arrested on June 19 for DUI-Impairment, Unlawful Possession of Alcohol, and Speeding 16-20 mph over a posted limit of 55 or Less.

Val John White, age

26, was arrested on June 19 for Driving After Revocation or Suspension of license.

Jacob J. Hermans, age 32, and George L. Gonzales, age 28, were arrested on June 19 for Driving After Revocation or Suspension of license and Possession of a Controlled Drug.

A 44-year-old male was taken into protective cus-

tody for intoxication on June 19.

Joel F. Barlow, age 38, was arrested on June 20 on multiple counts of drug possession and in connection with a warrant.

Michael Colin Vestal, Jr., age 49, was arrested on June 21 for possession of an Open Container of Alcohol or Marijuana and Aggravated DUI while transporting a Passenger Under the age of 16.

Tyler Travis Artist, age 21, was arrested on June 21 for DUI-Impairment.

Heather S. Fullerton, age 51, was arrested on June 22 for Driving After Revocation or Suspension of license.

HELP WANTED

SHAKER REGIONAL SCHOOL DISTRICT GIRLS VARSITY LACROSSE COACH

Shaker Regional School District is seeking a coach for the 2025-2026 season for Girls Varsity Lacrosse.

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment physical and criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.



Full-Time Installers Apprentice

Energysavers Inc, a 50 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.

LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening.

Stop in to fill out an application:

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163 Daniel Webster Hwy., Meredith NH

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We are seeking a reliable, detail oriented and highly organized individual with a strong knowledge of accounting principles and practices. The ideal candidate must possess excellent organizational skills, a sharp attention to detail and the ability to work independently, prioritize tasks and meet deadlines. This is an in-office position. Mon – Fri 8-4:30

Principle accountability and essential functions:

The duties and responsibilities described below do not represent a comprehensive list for this position.

- Maintain and update financial records
- Conduct bank reconciliations to ensure accuracy of financial data
- Familiarity with tax regulations and compliance requirements
- AP, AR and Payroll

Key Qualifications:

- Minimum 3 years Bookkeeping experience
- Solid understanding of financial reports, accounting standards and procedures
- Strong organizational and time-management skills
- Ability to manage multiple responsibilities independently
- High level of accuracy and attention to detail

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VTSU congratulates Kathryn Osburn graduation!

RANDOLPH CENTER, Vt. — Vermont State University is pleased to announce that Kathryn Osburn, of Gilford, is part of VTSU's graduating class for spring 2025.

Osburn majored in Music.

This remarkable group of graduates represents a wide range of programs and disciplines. Their hard work, perseverance, and dedication have led them to this exciting milestone, and we couldn't be more thrilled to celebrate their achievements.

Please join us in congratulating Kathryn Osburn and the entire VTSU Class of 2025!

Vermont State University serves students on five campuses and multiple learning sites across Vermont and beyond, as well as online. Vermont State provides a high-quality, flexible, and affordable education for students seeking associate, bachelor's, and master's degrees, certificates, and in-demand professional credentials. The university builds upon a history of public higher education in Vermont dating back to 1787. Learn more at VermontState.edu.

Allie Stockman graduates from College of Charleston

CHARLESTON, S.C. — Allie Stockman, of Alton, graduated with a Bachelor of Arts in Public Health from the College of Charleston.

Stockman was among more than 1,700 Bachelor's degree and Master's degree candidates who participated in the 2025 College of Charleston Spring Commencement ceremony.

Located in the heart of historic Charleston, S.C., 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.

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Lunch is provided for all registered attendees. Registration is required by filling out the form at <https://goldenview.org/events-and-education/lunch-learn> or by calling Becky at 603-677-4194.

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