



Alton's

Main Street

Alton, New Hampshire - Summer 2006

MAIN STREET 3RD ANNUAL PROJECT BACK PACK By Purr Whalley

Are you the kind of person who believes that one of the best gifts in life is the gift of giving? If so, the staff of Alton's *Main Street* is once again looking for your help! Starting on July 5th, we will be sponsoring our 3rd Annual Project Back Pack. We will be asking folks in town to adopt a selected Alton Central School student to buy a backpack or school supplies for, or you can contribute to the project by sending a financial donation. Any amount would be appreciated!

How do you adopt a student? Our Learning Tree will be located at Gilman Library, with apples ripe for the picking! Each apple lists all the information you need to be a sponsor. Once you have shopped, you may deliver your items to the lobby at Profile Bank on Main Street in Alton by Friday August 11th.

We at *Main Street* hope you will help us make our 3rd Project Backpack a success. Last year we provided over

25 backpacks and collected a wonderful assortment of school supplies!

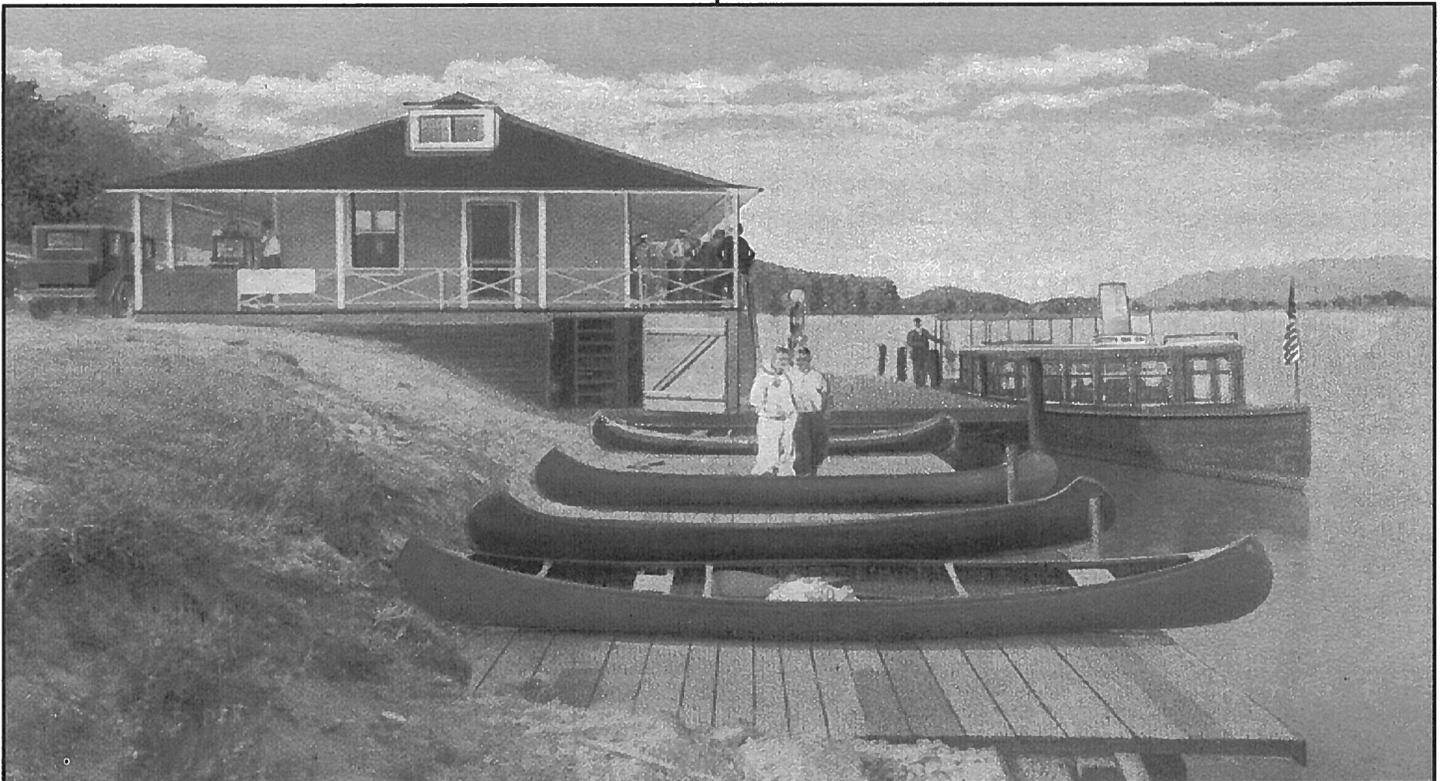
Back to school shopping can be a burden to many families, and our goal, therefore, is to make sure our young students have fresh new backpacks and supplies with them as they start their new year back at Alton Central!

Donations can be sent to *Main Street* Project Backpack c/o Purr Whalley, Alton Bay, NH 03810. Questions? Please ask a *Main Street* staff person or call Purr Whalley at 875-7266.

Thank you, in advance, for your community spirit!

Main Street
wishes you a
Fun and Safe
Summer!!

Summer in Alton Bay, an undated postcard from the collection of Purr Whalley..





Main Street

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Main Street Disclaimer

Views expressed in Main Street reflect the opinion of the individual writer and are not necessarily the opinions of the Main Street Board. While we make every effort to publish information that is correct and accurate, we cannot verify all materials submitted.

LAKES REGION CHRISTIAN WOMEN'S CLUB By Karen Poor

The Lakes Region Christian Women's Club would like to thank the volunteers of "Main Street" for going to all the effort of printing a summer paper for our year round residents and summer residents who help to make Alton a wonderful vacation spot, especially in the summer. Our group is a non-denominational group with no formal membership or dues required. All are welcome. We meet the second Wednesday of each month at Gilligan's Restaurant (formerly Maurice's) on Route 25, Moultonborough, from 11am to 1pm.

We have wonderful luncheons complete with beverage, salad and dessert for \$13.00 including tax and tip. The fellowship shared with other women from all over the Lakes Region adds to a nice event. We have an inspirational speaker to uplift our spirits and a special feature that can range from felting hats, decorative painting, stamping, needlepoint, antiques to lecturers from the Red Hill Fire Tower in Moultonborough.

It's summer and mid week is a lovely time to take a drive from the southern end of the Big Lake to the northern end. Stop along the way and make a full day of it. Our intent is to lift your spirits and your interests and introduce you to some wonderful friends. Reservations are required by calling Faith in Gilford @293-8073 or Dotty in Meredith @279-5430. Child care is available by reservation. Please bring a brown bag lunch for your child. They are cared for at Moultonborough United Methodist Church next door to the restaurant.

On June 14th our Special Speaker will be Nancy Rictor, July 16th, August 9th and September 13th Speakers and Features are not confirmed as this goes to press.

The Lakes Region Christian Women's Club sponsors a project each month to help support a group of dedicated men and women who are called "Village Missionaries". These men and women live in rural outposts throughout the United States and Canada where there are no churches available for the community. Can you imagine what it must be like to need the support of a clergyman in a time of death, turmoil or despair or to conduct the joy of a wedding or Baptism of a child, and have no one you can count on? Neither can we, so this becomes a project we can help with and feel good about. Any questions regarding LRCW, call Karen Poor, Chairperson @ 364-9670.

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DOWNTOWN REVITALIZATION COMMITTEE UPDATE

By Judy Fry

The Downtown Revitalization Committee (DRC) members have had a busy and productive winter, from finalizing the Wetlands Boardwalk plans to the actual start of the walkway using grant funds from the Meredith Village Savings Bank.

Next, plans were begun for several fund raising projects in keeping with the railroad theme of the Park. Hampshire Pewter used an old photo of the Alton Village Railroad Station and designed a beautiful pewter medallion. These medallions will be available in early June. Committee member Nancy Merrill is the contact person and she may be reached at 875-5604. The price of the medallion is \$15.

Several committee members began gathering old Alton railroad photographs for a calendar. They will be for sale in early June for \$10.

A beautiful teal green Afghan, designed and knitted by Mrs. Nancy Thomas was generously donated by her to the DRC to raise funds for the park project. Tickets are available at Alton Video for \$1 each or 6 for \$5. The raffle drawing will be at 4PM on August 26th near the bandstand in Alton Bay.

Mrs. Linda Monasky and 15 other quilters put together a beautiful red, white and blue quilt. Bonnie Barsanti was the liaison between the DRC and the quilters. The pattern Linda chose is called, "Road to California" and was originally designed when the railroads were being built across the country. Raffle tickets may be purchased at Bear Paw Furniture and Quilt Gallery or during the upcoming town wide yard sale Jun 3rd. The tickets are \$1 each or 6 for \$5. The drawing will be at 4PM on August 26th near the bandstand in Alton Bay.

As funds are raised and volunteers are available, work will continue to finish the Freight Building, walking path and Wetlands Boardwalk. Raising funds for the toddler playground continues through the efforts of Carol Le Tourneau and plans are moving ahead regarding the Mt. Major pavillion.

The DRC will be participating in the following town wide activities:

June 3rd-Town Wide Yard Sale, behind Town Hall. 9AM – 2PM (Raffle tickets, medallions, calendars, coffee, donuts, hotdogs and drinks available) Free table space available, bring your own table.

July 3rd-Raffle tickets, medallions and caledars will be available before fireworks near Bandstand. 10AM – 4PM

August 12th -Old Home Day - Raffle tickets, medallions and calendars will be available, near Bandstand. 10AM – 4PM

August 26th - Raffle tickets, medallions and calendars will be available near Bandstand. 10AM – 4PM, drawing @ 4PM

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NEW RESIDENT MV REGISTRATIONS

Lisa Waterman, Alton Town Clerk

New residents to Alton from another state have 60 days to register their vehicle(s) and obtain a NH driver's license. The registration process is done at the Town Clerk's Office in the Town Hall. The following documents are required: current driver's license; current registration; vehicles 1992 and newer need an original title, not a photocopy, with the current odometer reading. If there are two owners listed on the title, both people must be present to sign the title application. Two pieces of mail with an Alton street address such as an electric bill, oil delivery receipt, renters receipt, lease agreement.... cash or two checks, we do not accept debit or credit cards.

A New Hampshire driver's license can be acquired at any licensing office. You will need to bring your current driver's license, birth certificate and proof of residency (car registration).

Vehicle registrations for new residents from another town in New Hampshire are due in your renewal month. You need to bring: current driver's license; current registration; two pieces of mail with an Alton street address such as an electric bill, oil delivery receipt, renters receipt, lease agreement... cash or two checks, we do not accept debit or credit cards.

If you have any questions please do not hesitate to call the Town Clerk's Office at 875- 2101. The hours are 8:30 – 4:30, Monday through Friday.

DOG LICENSES
Lisa Waterman, Alton Town Clerk

To all dog owners who have not yet licensed your dogs, you will be fined \$1.00 per month after May 31st. Also, you will be in violation of RSA 466:1 and a civil forfeiture will be issued carrying a fine of \$25.00. Don't add to the cost of a dog registration, come in soon. License fees are: Male/Female-\$10.00, Neutered/Spayed -\$7.50, 1st Animal of Citizen over 65-\$2.00

You may renew your dog license by mail. We **require a self-addressed, stamped envelope**, updated rabies certificate, neutering/spayed certificate, if applicable, and a check made payable to "Town of Alton" for the appropriate fee. The certificates will be returned to you with the new license.

Please call us at 875-2101 if you have any questions or no longer have your dog. Our office hours are 8:30 to 4:30 Monday through Friday. Thank you.

HIGHWAY HAPPENINGS
By Fran Bonfanti



Hi everyone, and welcome back Main Street!

First of all the highway department would like to extend the most deepest sympathy to the Bassett family. Dick will be missed.

The winter was quite a mild one, meanwhile the highway department has been working continuously on the roads, we have swept the roads, raked the roads, and have cleaned the catch basins for this year.

We have received our excavator, its' first project is being used on Avery Hill Road where the Highway Department will be widening the road, removing nuisance tress, replacing culverts and repaving the road. We ask for your patience and apologize for any inconvenience.

Pond Road has also been widened and trees removed and culverts replaced. Old Wolfeboro Road has been widened and paved.

Note: the Highway Department is closed on Fridays during the summer months.

We are looking to fill a back hoe operator position, contact the highway department for more information. We are also now putting out the sand and gravel bids for the next three years.

We are looking forward to a safe and productive summer. We wish all of you a safe and happy summer.

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CAN YOU JUDGE 150 FEET? DEPARTMENT OF SAFETY TO EMBARK ON SAFE PASSAGE AWARENESS PROGRAM

In response to the increase in safe passage violations the Marine Patrol has witnessed in recent years, the Director of Safety Services, David T. Barrett, will introduce a program to place buoys at the 150' point from shore at all of Lake Winnepesaukee's public docks. They will be marked clearly to identify the 150' distance from shore. The Department of Safety's goal is to assist boaters in learning, through visualization, how far 150' looks when you are on the water.

New Hampshire law requires vessels to proceed at headway (safe passage) speed when traveling at or closer than 150' from shore, other boats, docks or other structures on our State's public waters. As the number of boats on our lakes, ponds and rivers increases, the need for a clear understanding of this navigational regulation becomes more acute. Observance of the safe passage law will not only prevent accidents and injuries, but if everyone who boats practices this rule, the boating experience will be less stressful and more pleasurable for all.

Throughout the Spring, the Marine Patrol will provide additional media notification as we begin installation of these new buoys and implementation of this new program proceeds. Contact the Marine Patrol for more information.

ALTON HISTORICAL SOCIETY – SUMMER SCHEDULE

The Society meets monthly April through October in the Agnes Thompson room of the Gilman Library. We offer a variety of programs which are free and open to the public. Programs begin at 7pm, and refreshments are served.

The schedule of programs for summer 2006 are:

Tuesday, June 13 – Surviving World War II, by author Titia Bozuwa (a joint meeting w/ Friends of the Gilman Library)

Tuesday, July 18 – Barns and Stonewalls in NH, Steve Taylor, NH Commissioner of Agriculture

Tuesday, Aug. 15 – Lake Winnepesaukee Shipwrecks, Dave McKenney of Dive Winnepesaukee

Tuesday, Sept. 19 – NH Fire Towers, Sumner Dole, NH Cooperative Extension

Tuesday, Oct. 17 – Annual Business Meeting & Pot Luck Supper (this event begins at 6:30)

The Historical Society will also be holding our annual Appraisal Day on Sunday Sept. 24th. This event will take place from 1-4pm at the Alton Bay Community Center. We will have a number of experts available to evaluate your antiques & collectibles and offer you an estimate of their market value. Watch for further information on this event.

Our museum will be open to the public Wednesday afternoons in July & August from 2-4pm. The museum is located in the lower level of the Gilman Library.

We are conducting a raffle of a kayak donated by Gillan Marine. Tickets will be available at our programs, the Town-wide Yard Sale, and July 3rd at the Bay with the drawing to take place at our July meeting.

If you would like further information about the Alton Historical Society programs, or are interested in becoming a member, call Philip Laurion at 875-5488. We hope to see you at one or more of our events.

ALTON BAY CHRISTIAN CONFERENCE CENTER

Missions Possible! is our theme this summer at Alton Bay Christian Conference Center. We are a non-profit Christian organization providing fascinating speakers on Sundays and mid-week and great Saturday night concerts from July 1 through Labor Day weekend. Check out our website at www.abccc.org.

Our summer programs are always open to the public and we would invite you to come up the hill to visit us!

Camp Advenchur is our youth camp for children 7-17 years of age. We offer 5 1-week sessions starting July 2. Day and resident camp sessions are available. Call the Office for more information and ask for Rich.

We are located in the heart of Alton Bay with our entrance across the street from Shibley's on the Pier and we are looking forward to seeing you sometime this summer.

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SUMMER BLOOD DRIVE By Ann Norman Burke

The Red Cross will be holding a blood drive in Alton on Monday July 17th from 2-7pm. It is likely that it will be held at Prospect Mountain High School. Details to follow. Additional information can be obtained from the Red Cross at 1-800-262-2660 or Ann Norman-Burke, 875-5492.

ALTON CENTRAL SCHOOL VOLUNTEER PROGRAM

By Karen Petelle, Volunteer Coordinator

The Alton Central School Volunteer program was honored by a luncheon on May 4th.

We are grateful for the dedication of our many volunteers from the community. This year we had 40 active volunteers which gave more than 2063 hours to many different projects at the school.

To those invaluable people who gave their time and effort to help our children - thank you. It is your spirit of giving that makes a difference everyday.

Our program would appreciate additional volunteers for the coming year. We need your time and talents - age and having children in the school is not a requirement. Your efforts to support the school as a volunteer lending a helping hand will inspire our children to follow suit in the future.

So please join our team next year. Thank you.

BUDS AND BLOSSOMS ALL OVER TOWN! By Karen Poor

Just drive or walk through the Village or the Bay and you'll see that the members of the Alton Garden Club have been busy gearing up for another lovely summer. The Garden Club was founded in 1933 and is still going (growing) strong. We meet the fourth Tuesday of the month usually at 1:30pm at either the Gilman Library or the Congregational Meeting House, depending on the agenda. Our dues are \$10 for the year and we'd love to invite you to join with us. Our Objective shall be: to stimulate interest in home gardening and horticulture; to encourage the protection of our native trees, plants and wildlife; and to aid in community planting. Our Projects for Community Beautification are: Ginny Douglas Park and Gazebo, Railroad Square Park, Shirley Ferry Memorial Park, the Gilman Library, Alton Town Hall, Alton Police Station, Flower Barrels at the Bay, Flower Barrels in the Village, Holiday Decorations-Town Buildings, Memorial Books for the Gilman Library and Horticultural and Environmental Reports. If you'd like more information, please call President Viola Russell @776-4454 or Treasurer Myra Meier @875-8339.

Besides caring for all of the above mentioned projects our summer schedule is as follows: June 27 at 7pm in the Gilman Library lower level meeting room. The Speakers will be Carolyn and John Dickey of Parsonage Daylilies, We will have Plants for Sale. July 20 finds us Poolside at The Birdseye Home, 19 Church Street, Alton for our fund raiser of the year, a Fashion Show with Fashions from Peebles of Belmont. Tickets will be \$10 and are available by contacting Doris Barnes @524-3966 or Myra Meier @ 875-8339. July meeting is the 25th at 1:30pm at the Gilman Library. Our program will be Wireflowers Demonstration by Mary Batchelder. August 22 at 1:30pm at the Gilman Library. Our program will be constructing a Dried Flower Photo Album with Ann Hoagland. This will be a take home craft and the charge will be \$2.00 for the small album and \$3.00 for the large. Be sure to press between the telephone pages, any of those pansies or other flowers during the summer for this project. If you're still with us in September, we will be meeting at the Congregational Meeting House on Church Street on Sept. 26th at 1:30pm. We will be having a Round Tables Discussions on our Garden Successes or Failures. We will also be holding a Silent Auction so please bring one small item to auction.

October finds us again at the Congregational Meeting House on the 24th at 1:30. The program will be a Fall Pumpkin Arrangements, with Diane Norton and Viola Russell. This will be another Take Home Craft and the fee will be \$3. If any or all of these programs peak your interest, please join us, we welcome everyone, especially if you like to get your hands soiled in the soil!

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**ALTON'S BOOKCHAT
SUMMER READING LIST
By Debra Laurion**

The Alton Bookchat meets the second monday of each month at 6:30pm in the Agnes Thompson room of the Gilman Library. During the Summer season we will be reading the following books

- June- Sticks And Scones By Diane Mott Davidson
- July- A Painted House By John Grisham
- August- To be determined Check at front desk

New members are always welcome just stop by the library to pick up the book and come join us for the gathering

**AN INVITATION FROM
THE ALTON KNITTING CIRCLE
By Linda Howard Hess**

The Alton Knitting Circle meets on Tuesdays from 11 to 1 at the Gilman Library. This is an open group, and we welcome knitters of all ages and all abilities.

We try to help, encourage, challenge, and inspire each other as we work on a variety of projects. We all knit for ourselves, our families and our friends, but we also often adopt a particular project, making items to contribute to those in need. Last fall, the group made over 100 mittens, scarves, and hats for Russian children. We've also made chemo hats, hats for premies, shawls for terminally ill, and layettes for orphaned babies.

While some people come every week, there are those who just drop in from time to time. We have knitters who only come in the winter, and we have knitters who only come in the summer. Whoever shows up is welcomed warmly....and usually comes back. There are no rules, no responsibilities, and no refreshments.

New people or visitors find this a good way to make friends and learn about the community. It's also, of course, a nice way to improve rusty or novice knitting skills. If you'd like more information about this group, please ask at the Library or call Linda at 875-8103.

**THE TOWN CLERK'S OFFICE WILL
BE CLOSED ON FRIDAY, JUNE 09
THE STAFF WILL BE ATTENDING THE
LAKES REGION/WHITE MOUNTAIN
REGIONAL MEETING**

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FOR THE FUN OF IT
By Kellie Troendle, CPRP
Parks and Recreation Director

LITTLE PESAUKEES GROUP

Join in this drop-in program co-sponsored with the Giggles and Grins Resource Center. This free program is open to all children newborn to five years of age and is held at the Alton Bay Community Center on Tuesdays and Thursdays from 9:30-11:30am. Come and meet new parents and children. This program is a drop-in playgroup and is not an organized pre-school program; parents must stay and supervise their children during the program. Parents are also asked to please bring a snack for their own child. Activities include: reading books, snack-time, and free play (Giggles and Grins provides the books, puzzles, toys and games and you provide the interaction). This is a great program to introduce you and your child to other members of the community. Please contact us if you would like more information.

ADULTS OF ALL AGES
COUNTRY LINE DANCING LESSONS

Call 875-0109 for dates and times.

SENIOR ACTIVITIES
SENIOR BINGO

Co-Sponsored with Profile Bank. Alton seniors will enjoy playing novelty BINGO games and winning prizes. Refreshments will be served. June 16, July 21, August 18, September 15 1pm-3pm Pearson Road Community Center, Free **WALKING/BE FIT CLUB**

Enjoy walking in the fresh air and looking at the birds and wildlife. The program begins with a light warm up followed by strengthening exercises and a "go at your own pace walk". Mondays. Please register at least two weeks in advance to secure your spot. July 10, 17, 24, 31 August 7, 14, 21, 28 9-9:45am, Min. 4, Max. 8 A.V.A.S. Public Park, Free

CO-ED ADULT SOFTBALL LEAGUE

Games are held as scheduled at the Alton Central School and New Durham Fields. Games begin at 6pm. Check out our web site to view the league schedule.

CANOE and KAYAK RACE

Co-Sponsored by Parker Marine Canoe the scenic Merrymeeting River into Alton Bay, two portages. Register before June 9 and receive a race shirt, limit two per boat. Categories include: recreational, racing and kayak. Prizes awarded to category winners. Register race day at 8:30am. Sunday, June 25 10am, Masonic Temple Parking Lot Launch across from Alton Auto Center \$15 per boat, \$10/single

TOWN WIDE YARD SALE

Looking for that special treasure or for a unique item? Try the Town Wide Yard Sale. Community members will be sponsoring a giant Yard Sale in Alton. All locations are marked on the "Yard Sale Locator Map" with a star. Saturday, June 3 Rain date is Sunday, June 4 9am-3pm Free maps with over 70 Yard Sale locations are available at A.V.A.S. Public Park, Town Hall, Gilman Library, and Bank of NH.

RED CROSS SWIMMING LESSONS

Please indicate session and level on registration form. Each session will run two weeks, weather permitting. Classes will be held at Merrymeeting Lake in New Durham with a Red Cross "Certified Water Safety Instructor". Red Cross cards will be issued 6-8 weeks following program completion to level passing participants. Registration deadline is June 19. Min. 5, Max. 15 Session A: July 3-July 14 (no class 7/4/06) Session B: July 17-July 28 Ages 4-16, Merrymeeting Lake, New Durham Town Beach, \$30 per session Level 6- 8-8:30am-Advanced Swimming- Continuous swim 500 yards, front crawl 200 yards, back crawl 100 yards, basic breast-stroke and side stroke 50 yards, butterfly 25 yards, competi-

....continued next page

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tive swim turns and more. Level 5- 8:30-9am- Developing Strokes and Dives- Front and back crawl, backstroke, breaststroke, sidestroke, scissor kick, dolphin kick, underwater swimming, butterfly and dives. Level 4- 9-9:30am- Stroke Improvement- Develops confidence in the strokes learned and improves other aquatic skills; Level 3- 9:30-10am- Stroke Development- Builds on the skills of Level 2 by providing additional guided practice; Level 2- 10-10:30am-Fundamental Aquatic Skills- Gives students success with fundamental skills; Level 1- 10:30-11am- Introduction to Water Skills- Helps students feel comfortable in the water.

OUTDOOR CONCERT

39th Army Band July 2 7pm Alton Bay Bandstand

FIREWORKS (Off the Barge)

INDEPENDENCE DAY CELEBRATION

Monday, July 3 at 9:20pm, Alton Bay. Rain Date: Saturday, July 8. Freese Brothers Big Band Concert sponsored by the Oliver J. Gilman Lyceum Fund will be held at the Bandstand at 7:30pm.

CONCERT SERIES

7-9pm, Alton Bay Bandstand, Free.

Bring a blanket, chair and picnic supper. All ages are invited. The Concert Schedule includes: July 1- East Bay Jazz Ensemble- Swing and Jazz favorites July 2- 39th Army Band- Jazz and Rock, sponsored by Bay Church July 3- Freese Brothers Big Band- (7:30pm-9:00pm)- sponsored by Oliver J. Gilman Lyceum Fund July 8- Bittersweet-Oldies Rock Band July 15- The Soda Pop Band- Oldies Dance Band July 22- The Echo Tones- Classic Rock and Roll through the ages July 29- Pony Express- Country and Western August 5- Decades-50's, 60's, 70's, 80's, 90's Rock and Roll and Country August 12- The Echo Tones- Classic Rock and Roll through the ages August 19- Chicago Line- Classic Rock August 26- Pony Express- Country and Western

ALTON BIKING CLUB

Join us as we bike one of the best kept secret trails in the area. Enjoy the beauty of lakes, mountains, streams and wildlife. Bring a water bottle, snack and appropriate gear including your own bike. Bikes should have the ability to go off road; mountain bikes and hybrid bikes are best. Transportation for bikes to the trailhead is available. Times and distances shown are for round trips: however actual times will depend on your level of fitness and how long you stop to enjoy the beautiful views. Meet at the Parks and Rec. Office and drive over in caravan fashion or join us at the trailhead. Please register at least two weeks in advance to secure your spot. Participants under 16 must be accompanied by an adult. Min. 4, Max. 12. BIKE: Thursdays, July 6, 13, 20, 27 August 3, 17, 24- Wolfeboro Rail Trail, Wolfeboro:

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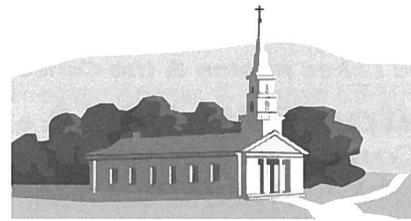
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The Land of Make Believe
July 17th through July 21st
ages 6 - 9
9AM to 12:30PM

students will enjoy creative dance, crafts, class & more. please bring a water bottle & a snack

\$35.00 per day
\$150.00 for the week
*10% discount applied for siblings attending the full week

Two Week Summer Intensive
SESSION 1 - July 10th through 14th & 17th through 21st
SESSION 2 - July 31st through August 4th & 7th through 11th
ages 10+
1PM to 4PM

\$325.00 per session

Session will include: repertoire, history, and classes in the following disciplines - ballet, modern, hip-hop, jazz, and pointe
please bring a water bottle

contact: Ashley Dowling
e-mail - ashley@altondanceacademy.com phone - (413)446-9822



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5pm- P&R Office, 5:30pm-Trail Head Scenic, lakeside trail includes pavement, stone dust and dirt trail, 2-3 moderate hills through the woods. Trail is part of the rails to trails railroad system. 6 miles, 60 minutes. Bring a picnic supper to enjoy in the park following the ride.

PRE-SCHOOL ACTIVITIES

These programs are held at the Alton Bay Community Center for ages 3-5 from 9-11am. Participants must be toilet trained. For a list of programs and information, including costs, see the parks and recreation department calendar on the Town of Alton web site. Go to www.alton.nh.gov, and click on 'Calendar', then 'Parks & Rec Calendar'.

YOUTH ACTIVITIES

These programs are held at the Alton Bay Community Center for ages 6-12 (ages vary according to the program). For a list of programs and information, including costs, see the parks and recreation department calendar on the Town of Alton web site. Go to www.alton.nh.gov, and click on 'Calendar', then 'Parks & Rec Calendar'.

PLAY SOCCER CAMP

For all ages and abilities. An outstanding, educationally based soccer curriculum that is instructional and fun. Participants will practice drills, play games and enjoy learning new techniques. Bring shin guards, soccer ball and water bottle. Min. 15, Ages 6-12. July 31-August-4, Jones Field, 9-11:30am \$86, includes camp shirt, family discount- \$6 off additional siblings.

MIKE BURKE VOLLEYBALL TOURNAMENT

Adult Co-Ed teams of four (one woman min.required) will play for the tournament title. Prizes awarded. All proceeds benefit the Mike Burke Memorial Fund. Registration deadline is July 10. Max. 5 teams. Sunday, July 30- A Team Sunday, August 6- B Team 9am, Mike Burke Memorial Volleyball Court \$15pp, includes tournament shirt and refreshments

OLD HOME DAYS

Celebrate the Town of Alton with community members August 12- 5K Road Race- 9am; Craft Fair- 10am-5pm; BINGO for all ages-5pm- Bandstand; Concert- Echo Tones- 7-9pm- Bandstand August 13- Craft Fair- 9am-3pm

OLD HOME DAY CRAFT FAIR

Railroad Square Park and Alton Bay Community Center August 12- 10am-5pm August 13- 9am-3pm Free Admission Handmade New England craft items including: fine wood crafts, candles, fleece, Stoneware pottery, Native American, jewelry, fabrics, quilts, floral, doll furniture, scroll saw fretwork, handmade soaps and much more.

5K ROAD RACE

...continued next page

August 12 9am, \$12 per runner, Alton Bay Bandstand Computerized timing provided by Granite State Race Service, results posted online. USATF Certified Course through Alton. Every mile marked. Spring water stops at start, finish and 1.5 miles. Scenic, slight varying course, flat/downhill with one moderate incline, paved. Traffic control and ambulance personnel stationed along the route. Refreshments available at the finish line. Awards to overall male and female, first Alton male and female, top male/female finisher in each category and walking. Cool, colorful t-shirts to all runners who pre-register before August 1. Please specify size. A limited number of t-shirts will be available for post-registered runners on a first come, first served basis. Special raffle during the awards ceremony, open to all registered runners.

RECREATION SOCCER LEAGUE Sign up now~
DEADLINE TO REGISTER IS AUGUST 1. Please note: Late registrations will not be accepted, no exceptions. If you fail to register on time all we can do is put you on a waiting list and if a spot opens up you will be required to pay an additional late fee. Please register early. General Information: Practices will be 1-2 evenings per week in Alton. Games will be held on Saturdays and players may have to travel to New Durham, Gilmanton and Barnstead. Volunteer coaches are needed, background checks and coaches training are provided. Please volunteer to be a coach or an assistant if you are interested. The volunteers make the program possible. Our focus is fun, positive sportsmanship and learning new skills. Equipment needed: All players must have their own soccer ball, shin pads- worn at all times, water bottle, black shorts and black/red socks. Please purchase the correct size ball for your soccer player to aid in their management and control of the ball. The size number is printed on the ball. Boys and Girls Co-Ed Soccer Grades 1-2, size 3 ball Boys Soccer Grades 3-4; Girls Grades 3-4, size 4 ball Boys Soccer Grades 5-6; Girls Grades 5-6, size 4 or 5 ball \$30 registration fee. The first practice starts August 26. Please arrive at Jones Field on August 26 at the following times: Grades 1&2-8am; Grades 3&4-9am; Grades 5&6- 10am (if you are not able to make the first practice call 875-0109- a spot will be saved). Games will begin September 9. Deadline to register is August 1. \$30 registration fee before/on August 1, \$50 after August 1 and placed on wait list.

THE CHECKOUT DESK
 By Holly Brown
 Librarian

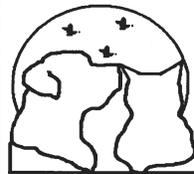
GILMAN LIBRARY SUMMER 2006 PROGRAM

Tuesday, June 13 Gilman Library 7pm Joint Meeting with the Alton Historical Society. Program : "Surviving World War II" presented by Titia Bozuwa. Refreshments Provided by The Friends of the Gilman Library and the Alton Historical Society. Book Signing. Admission is Free. All are Welcome.

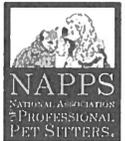
Tuesday, July 11 Gilman Library 7pm Program: "New Hampshire Gravestones Past and Present" presented by David H. Watters. Sponsored in part by a grant from the New Hampshire Humanities Council. Refreshments provided by the Friends of the Gilman Library. Admission is free. All are welcome.

Tuesday, August, 8 Gilman Library 7pm Program: "A Visit with Abraham Lincoln" presented by Steve Wood. Sponsored in part by a grant from the New Hampshire Humanities Council and the Oliver J.M. Gilman Lyceum Fund. Refreshments provided by the Friends of the Gilman Library. Admission is Free. All Are Welcome.

Gilman Library, PO Box 960, 100 Main Street, Alton, NH 03809. Open Tues, Thurs. 11-7pm Wed, Fri. 9-5pm Sat. 9-1pm



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Clubs and Services

Newborn/Maternal Home Visits: Community Health & Hospice Young Family Program nurses provide free home visits for pregnant women who are Medicaid-eligible and also offer a free visit by a Registered Nurse to any parent of a newborn in the greater Lakes Region. The program teaches infant care, what to expect in their child's growth and development, and parenting skills. For more information, contact the Young Family Program at Community Health & Hospice at (603) 524-8444.

Shots For Tots, Teens, and In-Betweens: provides immunizations for children to age 19. For dates and location, contact the Young Family Program at Community Health & Hospice at (603) 524-8444.

"Caring Caregivers" Support Group: a support group for caregivers of the memory-impaired and others in long term caregiving situations. The day group generally meets on the first and third Monday of the month from 10:00 to 11:30am. The evening group meets on the first Tuesday of each month from 6:30 to 8pm. Regular meetings are held at Community Health & Hospice, 780 North Main Street, Laconia. Please contact Pat Marceau at CH&H (524-8444, ext. 343) for additional information.

Community Health & Hospice welcomes volunteers and provides training in all programs. For more information on volunteer opportunities please contact Bev Nelson, Volunteer Coordinator, at Community Health & Hospice, 780 N. Main Street, Laconia, NH 03246 or call (603) 524-4339, ext. 348 or (toll-free) (800) 244-8549 in New Hampshire.

Alton Senior Citizens Association Whist Club Mon. & Thurs. 1-3pm, Bingo Tues., Weds., & Fri. 1-2pm. Pearson Road Community Center. All are welcome.

GILMAN LIBRARY SUMMER READING PROGRAM By Holly Brown, Librarian

The theme for the summer reading program is 'Treasure Reading'. The program runs July 5 through August 9. On August 9 at 2pm the summer wraps up with a program entitled 'Magic Ahoy', presented by Mr. Phil & Co. Supported in part by a grant from the New Hampshire State Library and donations from the Byrne Foundation, CHILIS, and the Cogswell Benevolent Trust. Refreshments will be provided by the Friends of the Gilman Library. Admission is free. All are welcome.

For more information regarding the summer reading program please call 875-2550 or stop at the circulation desk.

Gilman Library
PO Box 960
100 Main Street
Alton, NH 03809
Tues, Thurs. 11-7pm
Wed, Fri. 9-5pm
Sat. 9-1pm

Bereavement Support Group: Community Health & Hospice offers a Bereavement Support Group at Community Health & Hospice, 780 North Main Street, Laconia. Call Carolyn Stevenson, 524-8444, ext. 321 for more information.

Overeaters Anonymous: Overeaters Anonymous (OA) meets weekly on Mondays at the Bay Church from 5:30-6:30 pm, and on Thurs. at the Alton Bay Community Center from 5:30-6:30pm Contact persons for further information are: Nancy @ 941-0412 or Sherry @ 859-8479.

Young Family Program: the Community Health & Hospice is offering a free Ages and Stages Questionnaire (ASQ) to parents of children ages four months through five years. The ASQ is a parent-completed screening system to help identify children who should be referred for a comprehensive assessment for medical, special education, early childhood education, mental health, and social services. For more information or to request a questionnaire, call Carol at 524-4339, ext. 346.

Blood Pressure Clinics: Blood Pressure Clinics are held on the Second Thursday of the month from 10:30-noon, Alton Senior Center, Pearson Road.

American Red Cross Blood Services: Red blood cells have a shelf life of only forty-two days, so new reserves must be added to hospital inventories every day. If you would like information about becoming a regular blood donor, contact the American Red Cross Blood Services - New England Region at 1-800-843-3500, or go to www.newenglandblood.org/nh for a list of blood drives.

ORGANIZATIONS

Alcoholics Anonymous- Tue., 8pm Alton Bay Comm. Ctr.
Alton Centennial Rotary Club- Thursdays, 7am, American Legion Hall, for more info see www.altonrotary.org
Alton Community Services Prog., Sat., 10am-noon, 875-2273
Alton Masonic Lodge #75-2nd Thur. except July & Aug., 875-7448
American Legion- 2nd Mon., 8:30pm, Legion Hall, Rte28
American Legion Auxiliary- 2nd Mon., 6:30pm., Legion Hall
American Legion Jr. Auxiliary- Wed., 6:30pm, Legion Hall
American Legion Family-2nd Monday., 7:30pm Legion Hall
Sons of the American Legion, 2nd Monday, 6:30pm, Legion Hall
Boy Scout Troop 53- Wed., 7pm Central Fire Station
Cub Scout Pack 53-Last Wed., 7pm, Legion Hall
Downtown Revitalization Committee, 1st Tues, 4pm, Town Hall
4-H Club, see website www.alton4H.org > for info
Flying Club 2nd Wed 6:30pm, 859-7900 for info
Friends of the Gilman Library-7:30pm 2nd Tues in Season.
Garden Club-4th Tue. (in season), Congregational Mtg. House
Happy Hobby Doll Club- 4th Fri., 7pm, 364-7413 for locations.
Historical Society- Various Programs and Locations. Call 569-2629.
Knights of Columbus-1st Wed., 7:30pm, PRCC
Lions Club-1st and 3rd Thu, 6:30pm, Masonic Temple, 875-5468
Moms in Touch-Wednesday 7pm 875-2866
OES, Warren-Alpha #10, Wolfboro-3rd Tue., 7:30 at Wolfboro Masonic Temple, call 539-7898 for info.
Overeaters Anonymous(OA), Mondays 5:30pm, Bay Church and Thursdays 5:30pm, Comm. Ctr call 859-8479 or 941-0412
PTSA.-3rd Wed., Alton Central School HS Library, 7pm
Senior Citizens- 2nd Wed., 1:00pm, Pearson Road Community Center
VFW-3rd Mon., 7:30pm, Person Road Community Center

Information Center

SCHEDULES

CHURCHES:

- Baha'i Fireside -- Thu., 7:30 p.m., Holway Residence, Old New Durham Road
- Bay Church -- 11am Worship Service (10:30 July, Aug), ABCCC; Weds. supper 6:30, Prayer meeting 7:30pm, Church on Rand Hill Rd. Rev. Charles Willson. 875-6765
- Community Church -- Sun. Service, 9am, Main Street Church Rev. Peter Bolster, Pastor; 875-5561
- First Free Will Baptist Church -- Sun. School, 9:45 am; Church, 11 am; Evening Service, 6 pm; Wed. Prayer Meeting, 7 pm; Depot St., New Durham; Pastor James Nason
- North Barnstead Congregational Church -- Sun. School and Worship Services, 10:30 am, 504 N. Barnstead Rd, Rev. Gray Fitzgerald
- St. Katharine Drexel -- Weekend Masses Sat. 4pm, Sun., 8:30am and 10:30am; weekday Masses, Mon. through Fri., 8am; Rev. George Ham; 569-2548
- Wolfeboro Bible Fellowship -- Sunday School, 9:30am; Worship Service, 10:30 am; Evening Service, 6pm; Wed. Prayer Meeting, 7 pm; Route 28; Pastor Scott Button
- GILMAN LIBRARY:** 875-2550
Tue. and Thu., 11 am - 7 pm; Wed. and Fri., 9 am - 5 pm; Sat., 9 am - 1 pm; closed Sun. and Mon.
- SENIOR MEAL SITE:** 875-7102
Mon-Fri., 10am-2pm; Pearson Rd. Community Center
- SOLID WASTE CENTER:** 875-5801
Sun., Mon., Fri., and Sat., 7am - 4:45pm. Haz Waste 3rd Sat. May-Oct, 404 Beach Pond Road Wolfeboro, 569-5826. Rines Road Pit -- As of April 19, Sat. and Sun., 8am-2:45pm.
- TOWN HALL:** 875-2161, website alton.nh.gov
Selectmen's Office, Tax Collector, Town Administrator, Town Clerk, and Welfare Officer, 8:30 am - 4:30 pm. Building Inspector -- 875-5095 for hours and appts. Parks and Recreation -- 875-0109 for info and appts. Planning Director -- 875-2162 for hours and appts.

BOARDS AND COMMITTEES

- BELKNAP COUNTY COUNCIL FOR CHILDREN AND FAMILIES**--Contact Dick Wallace, Alton Appointee, phone 875-8221
- BOARD OF SELECTMEN** -- 1st & 3rd Mondays, 6pm. (re-plays on Channel 26 later in the week), Chairman Alan Sherwood, call 875-2161 for appointment.
- BUDGET COMMITTEE** -- 3rd Thursday (twice a week in "budget season"), 7 pm, Chairman Gregory Fuller, 875-7448.
- CEMETERY TRUSTEES** -- Meetings posted at Town Hall and Post Office, Chairman Shirley Lane, 875-5864.
- CONSERVATION COMMISSION** -- 2nd & 4th Thurs., 7 pm, Town Hall, Co-Chairs, Earl Bagley and Justine Gengras, 875-2164.
- FIRE WARDS** -- 2nd Wednesday, 7 pm, Central Fire Station, Chairman Ken Roberts, 875-6808

- GILMAN MUSEUM COMMITTEE** -- Meets 2nd Mon., 5pm at museum, add'l on call, Chairman Kathy Carrier, 875-5095.
- LEVEY PARK TRUSTEES** -- Meets on call, Chairman Dick Jones, 875-3855.
- PARKS AND RECREATION COMMISSION** -- Meets on call, Chairman Dave Cumming, 875-0109.
- PLANNING BOARD** -- 3rd Tues, 7 p.m., Chairman Thomas Hoopes, call 875-2162 for appointment.
- SCHOOL BOARD** -- 2nd & 4th Mondays, 6 pm, ACS Chairman Wayne Fraser, PMHS Chairman Cydney Johnson, call 875-7890 for appointment.
- SUPERVISORS OF THE CHECKLIST** -- Meets on call, Chairman MaryBee Longabaugh, 875-5067.
- TRUSTEES OF THE GILMAN LIBRARY** -- 3rd Tuesday, 4 pm, Chairman Nancy Jordan, 875-2550.
- TRUSTEES OF TRUST FUNDS** -- Meets on call, Chairman Joseph R. Houle, 875-7321.
- WATER COMMISSION** -- 4th Wednesday, 9:30am, Water Works Office, Chairman Buddy Peterson, Vice-Chair John Conboy, Commissioner Mal Simonds 875-4200.
- ZONING BOARD OF ADJUSTMENT** -- 1st Thursday, 7pm, Chairman Richard Quindley, 875-2162.

CALL 875-2151 TO UPDATE THE ABOVE LISTINGS OUR ELECTED OFFICIALS

U.S. SENATE

- Judd Gregg, 393 Russell Senate Office Building, Washington DC 20510-2904; Phones: (202) 224-3324, (603) 225-7115, Fax: (202) 224-4952; e-mail: mailbox@gregg.senate.gov
- John E. Sununu, 111 Russell Senate Office Building Washington DC 20510; Phones: (202) 224-2841, (603) 647-7500, Fax: (202) 228-4131; e-mail: mailbox@sununu.senate.gov

U.S. HOUSE OF REPRESENTATIVES

- Jeb Bradley, 1218 Longworth House Office Building, Washington DC 20515; Phones: (202) 225-5456, (603) 641-9536, Fax: (202) 225-5822; web site: www.house.gov/Bradley

N.H. EXECUTIVE COUNCIL

- Ray Burton, 271-3632 (Concord), 747-3662 (Woodsville)

N.H. SENATE

- Robert Boyce, 875-7371, e-mail: SenatorBoyce@metrocast.net

N.H. HOUSE OF REPRESENTATIVES

- Janet Allen, 269-6313 James Pilliod, 524-3047
Gordon Bartlett, 524-6536 David Russell, 364-7449
Laurie Boyce, 875-7371 John Thomas, 528-5112
Charles Clark, 293-9194 Mike Whalley, 875-7266
Alida Millham 524-4278

BELKNAP COUNTY COMMISSIONER

- Christopher D. Boothby, 527-5400

BOARD OF SELECTMEN

- Pat Fuller, 875-5546 Stephan McMahon, 875-6322
A. Pete Shibley
Alan Sherwood 293-7041 Cris Blackstone 875-0275

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OVEREATERS ANONYMOUS MEETINGS

By Nancy Pritchard

Overeaters anonymous meetings are ongoing. Overeaters Anonymous welcomes those who have a desire to stop eating compulsively. Two meetings are held during each week in Alton Bay. Monday night meetings are a study of the 12 Steps from 5:30-6:30pm and are held at The Bay Church, 43 Rand Hill Road. Thursday night meetings are held at the Alton Bay Community Center from 5:30-6:30pm and vary in format. Contact persons for further information are: Nancy @ 941-0412 or Sherry @ 859-8479. There is a solution for compulsive overeaters in the Twelve Steps and the Fellowship of Overeaters Anonymous.

ALTON RAILROAD STATION

PEWTER MEDALLION

By Nancy Merrill

The Alton Downtown Revitalization Committee is pleased to announce the sale of a pewter medallion designed and crafted by Hampshire Pewter of Wolfeboro. The medallion features the Alton B&M Railroad Station circa 1859. Medallions will go on sale in early June and can be purchased, for \$15.00, at the Alton Public Library, the Alton Town Clerk's Office and by calling Nancy Merrill at 875-5604. Proceeds from the medallion will benefit the B&M Railroad Park.

CHECK CABLE TV FOR WHAT'S GOING ON IN ALTON

By Bob Longabaugh

Alton residents and visitors who have access to cable television have a ready source of information on what is slated to happen in town in the weeks ahead. The Bulletin Board, shown on cable channel 24, carries the schedule for the town's Parks and Recreation Department and the Gilman Library, as well as various other organizations putting on events in Alton.

Additionally Channel 24, at the top of every hour, lists the program times for the upcoming shows on Channels 25 and 26. Channel 26 carries the meetings of the Alton Selectmen, the Alton School Board, the Alton-Barnstead joint (Prospect Mountain High School) school board, and other local governmental/school events. Channel 25 carries the presentations of the Alton Historical Society and the Friends of the Gilman Library in addition to the other happenings in Alton which draw a LRPA-TV videographer to record the proceedings.

Alton residents do not have to have cable TV to see most of the above local television shows inasmuch as they are subsequently available in VHS cassette format for checkout at the Gilman Library.

**WATER (Makes you Smarter)
by Krista Diamond**

Drinking enough water to stay hydrated maintains optimal brain and body functioning. Water facilitates the movement of electrical energy throughout the body, made up of seventy percent water (and the brain ninety percent). All body and brain functions are dependent on the electrical currents between the brain and the body

Dehydration is caused by many factors including stress, caffeine, chocolate, alcohol, sugar, salt, watching or working with electrical equipment, running, playing and exercising. Many of us walk around partially dehydrated most of the time. By the time our body senses thirst we're already dehydrated. Our bodies absorb water best when provided in frequent, small amounts.

How does water make us smarter?

- Enhances memory by activating the brain for efficient storage and retrieval of information.
- Increases concentration by alleviating mental fatigue.
- Facilitates our ability to move and participate.
- Improves communication and social skills by reducing stress.
- Helps test-taking ability by reducing stress.
- Improves mental and physical coordination.
- Facilitates conductivity of electrical currents throughout the body, increasing brain-body communication and communication between the different parts of the brain.

References: Smart Moves: Why Learning is not all in your Head, by Carla Hannaford, Ph.D., and Brain Gym Teacher's Edition, by G. Dennison and P. Dennison Ph.D.

**VNA - HOSPICE HOMECARE VOLUNTEERS
By Debbie Denby**

VNA-Hospice Homecare volunteers play a very important role in Wolfeboro and the surrounding communities. A typical Homecare patient is elderly, frail and usually confined to the home. Unlike a Hospice patient, the Homecare patient is not necessarily in the final stage of life. Often the biggest problems a Homecare patient faces are isolation and loneliness. Our Homecare volunteers help ease these problems by dropping in on a weekly basis to have a friendly visit, chat, play a game...the list is endless. A Homecare volunteer does not provide any physical care. The job skills required are a smiling face, a warm handshake and a listening ear. If your resume fits this job description, please give me (Debbie Denby) a call at 569-2729. I'd love to put you to work

**COMMUNITY CHURCH OF ALTON
PROGRAMS**

The Community Church of Alton will be having it's annual Vacation Bible School from June 26th - the 30th from 9am - 11:30am. All children are welcome to attend. The Community Church of Alton's Womens Fellowship Group will be having a Yard sale at their Main Street church on June 3rd. Donations are needed. The Community Church of Alton's Womens Fellowship Summer Church Fair will be held on July 8th from 9:00am-1:00pm.

DID YOU KNOW....

...no person less than 16 years of age may operate or ride upon a bicycle on a public way unless he or she wears protective headgear of a type approved by the commissioner of health and human services.

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THANKS, TOM!

The staff of Main Street wishes to thank Tom Auger of Methuen, MA for all his help in the preparation of Main Street. "Many hands" make the work a bit easier and without his talents, things would not have run so smoothly! So, thanks Tom, and hope you'll be on board with us next year!

ALTON RAILROAD CALENDAR – 2007

By Judy Fry

The Downtown Revitalization Committee (DRC) members have compiled a selection of Alton railroad photos for a 2007 fund raising calendar. This calendar provides a glimpse into Alton's colorful railroad history. The calendars will be ready for the Alton Town wide Yard Sale June 3rd and may be purchased for a donation of \$10. The DRC will have a table set up at the Alton B&M Railroad Park behind Town Hall next to the Police Station, from 9AM to 2PM. For further information on purchasing calendars following the Yard Sale, please call 569-3742 or 875-5456.

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CURRY STATISTICS:

- Alton's #1 Real Estate Office in 2005*
 *Based on information from Northern New England Real Estate Network for period 1/1/05-12/31/05 total dollar volume, number of listings and sales for the town of Alton.
- For the past 25 year period, no other Alton office has listed and sold more properties.**
 **Based on information from Northern New England Real Estate Network for period 1/1/80—12/31/05, number of units listed and sold, total dollar volume, for the town of Alton and all towns throughout NH.
- Alton's top rental management firm 21 years in a row.
- Professional well-seasoned staff consisting of 6 broker associates & 7 agents.

HAPPY HOBBY DOLL CLUB 21st ANNUAL DOLL SHOW

By Sandy Hammond

The 21st annual Summertime Doll and Teddy Bear Show, presented by the Happy Hobby Doll Club of Alton, NH will be on Sunday, June 25. The show will be at the Alton Central School on School Street in Alton Center from 9:30 AM to 2:00 PM, with plenty of free parking. Adult admission is \$3.00 and children under 12 are admitted for \$1.00. There will be free verbal appraisals, doorprizes, raffle and vendors of all types. Lunch will be available at a reasonable cost.

The show will feature vendors who specialize in teddy bears as well as antique to modern dolls and doll accessories. Special guest, Cate Avery of Dover, will be exhibiting her fantastic handmade whimsical dolls. Cate uses polymer clay, fibers, cloth, wire, feathers and beads to make her one-of-a-kind creations.

For more information, contact Ruth Messier at 603-875-6750.

Wonderful Sanda and Child, a one-of-a-kind creation by Cate Avery, who will be exhibiting at the Happy Hobby Doll Club and Teddy Bear Show.



SOCIAL SKILLS FOR SUMMER By Krista Diamond, Alton Central School

Summer is a great time to learn new skills, but don't forget to reinforce the old. If your child attended grades K through 8 in Alton, he or she participated in the comprehensive guidance program and as a result, has the following "Tools" in his "Tool-belt". As a parent, you can be an important part or reinforcing and expanding these tools by asking a few simple questions:

Kindergarteners and First Graders learned about the "I Care Rules". If you catch your child using inappropriate language, interrupting, or not caring about another's feelings, ask her if she's following the "I Care Rules".

We listen to each other.

Hands are for helping, not hurting.

We use I-Care language.

We care about each other's feelings.

We are responsible for what we do and say.

First graders also learned the 4-Step Plan for resolving conflicts with peers. The next time your child comes to you with a problem with a friend, remind him to try the 4-Step Plan.

Step 1: Say what you don't like.

Step 2: Say how it makes you feel.

Step 3: Say what you would like them to do.

Step 4: Say what you'll do next if the situation doesn't change.

Second graders learned how to use positive thinking: The next time you notice your child sulking or feeling sorry for himself, ask if he's in his "Mud Mind", and how he can use "Clear Mind" thinking to feel better.

Third graders also learned about positive thinking. If your child is learning something new and becomes frustrated, remind him to use "Clear-Bright" thinking to have courage and keep trying.

Fourth graders learned the value of setting goals: The next time your child wants something, ask her to set a goal about it, break it down into baby-steps and persevere. Fifth graders learned about stress management. If your child seems stressed or anxious, remind them to try some relaxation techniques including the "It Could Be Worse" game, listening to music, or taking deep breaths.

Sixth graders learned about problem solving. The next time they present you with a problem, remind them to brainstorm ALL possible outcomes, both positive and negative.

Seventh and Eighth graders spent time learning friendship skills. The next time your child hears a rumor, remind her not to be part of the problem, and to "go to the source".

You can make a big difference by reinforcing the skills your child has learned and practiced over the past school year!

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COURSE	WEEKS	FIRST CLASS	TIME	ROOM	TUITION	INSTRUCTOR
Boater Education	2 days	Mon, Wed. 7/10 & 12 or 8/14 & 16	6-9pm	110	\$20.00	Marine Patrol
					<i>Pre-register by calling 888-254-2125</i>	
Computer Basics	1 day	Th. July 6 or Aug 10	6-8:30pm	C.lab	\$45.00	J. Fontaine
Getting the Most out of Microsoft Outlook	1 day	Th. July 13 or Aug 17	6-8:30pm	C.lab	\$45.00	J. Fontaine
Useful Techniques For Internet Users	1 day	Th. July 20 or Th. Aug.24	6-8:30pm	C.lab	\$45.00	J. Fontaine
Techniques for Writing Your Own Family History	5	Mon. 7/10, 7/17, 8/7, 8/14, 8/21	6-8pm	C.lab	\$50.00	A. Eason
Wheel Thrown Pottery	2 X week for 4 weeks	Mon and Tues 7/10, 7/11, 7/17, 7/18, 7/24, 7/25, 8/7, 8/8	6-8pm	78	\$110.00	T. Corriveau
Meditation-Learn How, When, Where, and Why	2	Wed. 7/12, 7/19	6:30-8:30pm	108	\$30.00	C. and D. Wallace
Yoga	6	Sat. July 8	9-10:15am	Chorus Room	\$72.00	B. Wrigley

For further information and course descriptions call: Paula Holden, ACVT Adult Education, 875-3800 ext. 3142

Mail registration form to address below. **DO NOT INCLUDE PAYMENT.** Payment will be made directly to instructor. Registration forms may also be dropped off at Prospect Mountain High School during the hours of 7:45-3:00, Monday-Friday. Registration must be completed before first class. Any classes may be cancelled if minimum enrollment is not reached. Tuition covers cost of instruction only. Books and supplies may be extra. Prospect Mountain High School assumes no responsibility for accidents or injuries or for any personal property left in the building.

RETURN TO:

**Paula Holden, ACVT Adult Education
242 Suncook Valley Road Alton, NH 03809**

REGISTRATION FORM

Name _____ Telephone Number _____

Mailing Address _____

Course name _____

Do not mail tuition payment. Tuition is paid directly to instructor.

COURSE DESCRIPTIONS ACVT ADULT EDUCATION PROGRAM

Boater Education

Call 888-254-2125 for more information.

Computer Basics- A beginner's introduction to using your computer

Using your computer to perform daily tasks should be as easy as making toast. Unfortunately, it's not quite that easy. This introductory course will help to familiarize you with the most common, day-to-day tasks such as sending and receiving e-mail (with pictures), browsing the web, and organizing your computer so that you can do these tasks while making your morning cup of coffee (and/or toast!)

Getting the Most out of Microsoft Outlook

This course is a comprehensive overview of the most-used features of Microsoft's e-mail and personal information management software. Setting up and managing E-Mail accounts, managing your Contacts and Calendar, daily Task management, to more advanced topics such as how to deal with SPAM and unwanted e-mail. Both new and experienced users will be able to get more out of Outlook.

Useful Techniques for Internet Users

The Internet is a vast place – and, it's easy to get lost! This course will help you to navigate the Internet more efficiently and to find what you need or want. From obtaining an ISP to configuring your browser and safely surfing the web, this course should help you to learn how the Internet can become a daily resource for everything from news, to shopping, to online banking and more.

Techniques for Writing Your Own Family History

Almost everyone has photo albums and family mementos, but how many of the stories of your family are handed down? Even a "non-writer" can become the family historian and get the story behind the photo! Learn ways to dig into your family's memories and stories; record for the future the stories of those generations gone by. Group members will be provided with a guiding text, a binder for their writing, as well as a notebook/journal to use for various writing.

Wheel Thrown Pottery

This course is designed for anyone interested in creating pottery on a pottery wheel. Class includes beginners and intermediate level students. Students will create their own functional and decorative wheel thrown pottery vessels. A syllabus for beginners and another for those with more experience will be utilized.

Meditation - Learn How, When, Where and Why

In this fast paced society of today our minds and bodies are going faster than the speed of light. In this class we will learn how to slow down for a few minutes each day. You will learn how slowing down allows us to achieve better health, better focus and overall well-being. You will leave

class with the tools you need to begin your own meditation practice.

Yoga

All students, from beginner up, will be comfortable and find what they want in this multiple level, quiet class that combines the teaching practices of Kripalu Yoga and Integral Yoga. This is not a strenuous program, but plenty of challenge will be available for anyone who needs or wants it. All students will receive caring guidance toward progression from their current level. Yoga will tone your body, strengthen you physically and emotionally, bring you quietness and stress relief, improve your outlook, and help you feel happier. For more information or to pre-register, please call Bruce at (603) 776-3525.

ABOUT THE ALTON COMMUNITY VISION TEAM ADULT EDUCATION PROGRAM

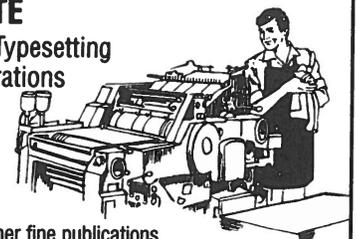
The Alton Community Vision Team Adult Education program was established two years ago for the adults of Alton and it's surrounding communities to have available to them opportunities to engage in a range of diverse classes that appeal to a wide range of interests. We offer two semesters of courses; both Spring (April-May) and Summer (July-August). Classes are anywhere from 1 night to 8 weeks in length and typically meet on a weekly basis at PMHS in Alton. The price of classes range from Free to \$130.00 per course. Further information about the ACVT Adult Education program can be provided by calling Paula Holden at 875-3800 ext. 3142, on the web at www.pmhschool.com under the Community link, Adult Education, or at the Town Hall, Library, and Post Office in the communities of Alton and Barnstead. The ACVT Adult Education program is always looking for new instructors. Instructors can be anyone interested in sharing knowledge or a hobby with the adult community. If interested in teaching an adult education course, contact Paula Holden at 875-3800 ext. 3142.

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ALTON BAY BOAT SHOW

The New Hampshire Boat Museum, 397 Center Street in Wolfeboro, will be sponsoring their annual Alton Bay Boat Show on August 12th from 9am to noon. You will see some of the most beautiful antique wooden boats right here at the Alton Town Docks. Spectators are invited to vote for their favorite boat to determine winners of the People's Choice Awards. No registration fee is necessary to enter. Boat owners are encouraged to arrive before 9am, as dock space is limited.

Please mark the date on your calendar and come down to see these beautiful boats, many of which are part of Winnepesaukee's history.

Other coming events at the Museum include: July 15th Boat Auction at the Museum; August 12th Alton Boat Show at Alton Town Docks; August 19th No Octane Rendezvous held at the Museum and Lake Wentworth; Lecture Series July and August.

The New Hampshire Boat Museum is open from Memorial Day through Columbus Day.

OLD ALTON LANDMARKS THE FIFIELD HOUSE

On the corner of Main and Depot Streets once stood an inn called the Fifield House which was constructed in 1875. Owners were George and Lillian Fifield. Overnight accommodations and fine dining available at a modest price. (\$2.50 for a room overnight) There was a Saloon, livery stable and blacksmith shop right there. This "tourist home" was just a minute from the Alton Railroad Station. S.B. Munroe purchased the establishment from the Fifields, enlarged it and called it "The Munroe House". Later owners called it "The Alton Hotel, still later the "Village Inn". John Forst of Loudon was the last proprietor in the 60's. It burned down in 1970. The Maxfield Real Estate office is presently on the site. Interestingly, long time residents of Alton still refer to the inn as the "Fifield House".

Postcard, below, reads on back: "The Munroe House is situated in the beautiful town of Alton, NH. One minute from the RR Station and 15 minutes walk from Lake Winnepesaukee. Ideal for vacationists and week-end parties. Tourists accomodated. Reasonable Rates". The front reads "The Munroe House, Alton, N.H., S.B. Munroe, Prop." Courtesy Robert Witham

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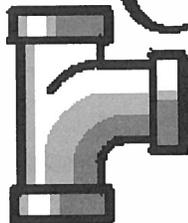
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THERE MAY BE A CANDIDATES' NIGHT IN AUGUST By Bob Longabaugh

As *Main Street* goes to press in May it is not certain whether there will be a competitive field that would warrant having a Candidates' Night before the voters go to the polls for the New Hampshire State Primary elections to be held on September 12. The primary election will determine who would be on the November ballot to represent Alton in the New Hampshire House of Delegates and State Senate.

If there are sufficient candidates with interesting and debateable topics from which the voters will have to choose, there will be a Candidates' night in late August. The mostly likely date is August 29 at the Alton Central School. Check the bulletin boards at the Town Hall, Central School, and the two Alton post offices for the final word on time and place. Notices for publication will also be sent to *The Baysider*, *The Citizen*, and *Laconia Daily Sun*.

If Candidates' Night occurs in late August, it will be moderated by Mark Northridge, who did it for the many years when *Main Street* sponsored the event. It will also be videotaped for multiple showings on cable Channel 26 prior to election day.

2006 ELECTION INFORMATION By Lisa Waterman, Alton Town Clerk

There are two state elections this fall. Tuesday, September 12 is the State Primary and the General Election is Tuesday, November 7. Both will be held at the Prospect Mountain High School in the auditorium from 7am-7pm. Absentee ballots will be available to voters who will be out of town on election day or have a physical disability. An application must be completed by a registered voter prior to handing or mailing a ballot to the applicant. To register to vote you must present a photo ID and 2 pieces of mail with an Alton physical address, not a PO Box, such as a utility bill or car registration.

The following is a list of dates to remember for the upcoming elections:

Sept 5 Last day for Town Clerk/Supervisors of the Checklist to accept new voter registration applications for the Primary. No additions or corrections shall be made to the checklist after this session until election day.

Sept 11 Last day for Town Clerk to accept absentee ballots filed in person until 5:00

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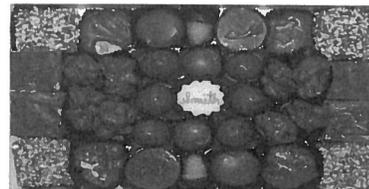
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ALTON FIRE DEPARTMENT NEWS

The Alton Fire Department has been very busy this past year. Our call volume continues to grow steadily. Training requirements by the State and Federal Government have also increased dramatically.

We'll be having a spaghetti dinner on May 27 at Central Station. We are trying to raise money to purchase a six wheeler Ranger ATV by Polaris. This vehicle would be extremely useful for brush fires and off road rescues where we can not use regular vehicles and we need to get manpower and equipment to the scene. Please watch for our upcoming fundraisers and we hope to see you at the spaghetti dinner on May 27 at Central Station.

We have started the interview process for the next group of freshman interns. We have four senior interns graduating from the New Hampshire Technical College in Laconia on May 20. They will be receiving an Associates Degree in Fire Science. Three of the interns have already been hired as full time permanent firefighters at area fire departments. The fourth intern is continuing his education at Okalahoma State University. He is working on getting his B.S. in Fire Safety Technology. These interns are going to be greatly missed, but we are happy to see them successfully move into their career choices.

To celebrate EMS week, the first, second and third grade students from Alton Central School toured the fire dept. on May 11. On this field trip, we set up "stations" for the students. For each grade, we break them into 5 groups, each group visits a station and has "hands-on" training in different EMS aspects. We have a backboarding station, where we actually backboard students. At the airway station, they have the opportunity to use a nonrebreather mask with oxygen. The splinting station consists of various size splints. The students get to splint each other's "broken" limbs. They get to go in the back of the ambulance. We turn the siren on for them so they can hear how it sounds from the inside. At our last station, we put the cardiac monitor on them and listen to their lungs and take their blood pressure. We like to do these stations for the students so that if there ever comes a time when one of them needs our services, they will be familiar with us and the ambulance. Our goal is to reduce their anxiety level.

ALTON GRADUATE TEACHING IN MEXICO

Anna Varney, who graduated from Alton High School in 1999, is currently serving an Environmental Education Graduate Fellowship at the Prescott College Kino Bay Center for Ecological and Cultural Studies, which is located in Kino Bay, Sonora, Mexico. She has been teaching marine island ecology to local 4th and 7th grade students. Anna graduated from Prescott College in Prescott, Arizona, in December of 2003 with a BA in Human Ecology. She did a one year internship at the Center for the Education of Deserts and Oceans in Puerto Penasco, Mexico. Anna is planning to get a masters in Marine Conservation.

Anna Varney, rear, with some of her students.



VNA-HOSPICE GRIEF SUPPORT GROUP By Betty John

VNA-Hospice of Southern Carroll County & Vic., Inc. offers year round grief support groups for any person in the community who has lost a loved one. Groups meet weekly for eight weeks and provide support and education during the grief process. There is no fee to attend. For further information, please contact Betty John, Bereavement Coordinator, at 569-2729 x 263.

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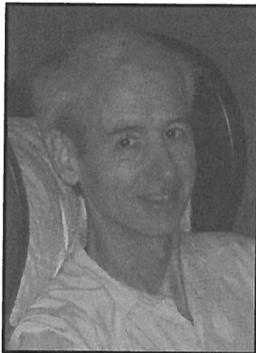
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In Memoriam

Keith King, Jr. and his family came to Alton when he retired from the United States Air Force in November, 2000. Lt. Col. King, his wife Betty, sons Ben and Tyler and daughters Katie and Sarah bought land and built a home to be near his parents. He has been coming to Alton from Keene during the summer since early childhood. As they worked on their new home, they joined community groups in Alton and Wolfeboro.

Keith and Ben were active in Scouting. The whole family worked for Great Waters Music and Village Players. When Main Street needed help in the Circulation Department and on Assembly night, the whole family pitched in. Keith simplified and streamlined the distribution of Main Street - a huge improvement. He saved us time, effort and money.

Keith left us early last winter and is missed by all who knew him. His interment will be held at 2 PM on July 7 at New Hampshire's Veterans Cemetery in Boscawen. A Memorial Service will be held on July 8. This Celebration of his Life will be held at 11 am at his family's home, which he so lovingly built. It is located at 76 Chestnut Cove Road in Alton.



BARN THEME CALENDAR PLANNED

By Judy Fry

The Downtown Revitalization Committee (DRC) is planning to do a calendar for 2008 with the theme "Alton's Barns." If you have a photo or wish to nominate a barn for the calendar, please call 875-5456 or 569-3742 or mail your photo(s) to the DRC c/o PO Box 659 Alton, NH 03809.

A committee member can assist you in taking photos if help is requested. Along with your photo, please include your name, address, telephone number and the location of the Barn.

All photos will be returned, but for your protection do not send your original, only copies please. For any further questions, call one of the above telephone numbers.



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ANNOUNCING THE ALTON COMMUNITY BULLETIN BOARD By Dick Wallace

The Alton Community Visions Team (ACVT) has released the Alton Community Bulletin Board for the public to start using. This new web based bulletin board is dedicated to keeping the public informed of upcoming events, group meetings and other important community information. ACVT created this system in response to the community need to improve communications in the community that was identified at a Community Forum.

The Community Bulletin Board can be viewed and events submitted using the web site www.pmhschool.com/community or by a link from the Alton Town web site. Alton organizations wishing to enter an event on the Bulletin Board can send the information by e-mail to: acvtbulletin@yahoo.com

Meeting times for many Alton organizations are already listed on the Bulletin Board. We invite the Alton Schools, Town committees/departments, Organizations and Businesses that need to communicate public events to the community to use the Bulletin Board. We also invite the public to use the Bulletin Board.

For additional information or suggestions please call 87503800 X 3142.

ALTON GARDEN CLUB By Vi Russell

Alton Garden Club meets the 4th Tuesday of the month. Anyone interested in coming to a meeting can contact the President, Viola Russell at 776-4454.

Everyone is welcome to attend we have some interesting programs planned for this season, including a Fashion Show in July.



Main Street

PO Box 210, Alton Bay, New Hampshire 03810

TOWN HALL NOTES By Patricia Rockwood

The Selectmen encourage public input at their meetings which are held twice a month. Cris Blackstone is the current chairman of the Board and Stephan McMahon is Vice Chairman. Selectmen's meetings may also be viewed on Channel 26.

Although Boards and Committees generally conduct their meetings at the Town Hall, the Gilman Museum in being considered as a meeting place during the summer months. More on this possibility will be posted for public notice.

The 2nd Annual Town Hall open house is being planned for August, look for announcements posted at various locations within the town.

2005 Town Reports are still available at the Town Hall for those citizens who wish to have one.

A reminder that Household Hazardous Waste collections will take place every 3rd Saturday - May - October. more information is available at the Solid Waste Center 875-5801, open Friday through Monday, or at the Town Clerk's Office 875-0101.

Please visit the new B&M Railroad park in downtown Alton adjacent to the Police Station, the Downtown Revitalization Committee's is currently working on the wetlands Boardwalk and walking path.

The Selectmen, Beach Committee and Parks & Recreation Department are moving forward with the Town Beach Restoration Plans, work is in progress to improve the area.

The Fireworks displays are scheduled for July 3rd and on Old Home Day, August 12th. more on these and other summer events may be found in the Alton Parks & Recreation Brochure for their 2006 summer programs.

A reminder about the Wm. Heidke Trust Fund - If you know of an elderly resident in need, please notify the Town Secretary at 875-2161. All information received is confidential.

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