

The Limrik

A Quarterly Journal

For, by and about the people of Antrim.

Vol. 35 #3
June 2026

Antrim Celebrates America

Stephen Burkhardt

Somebody's having a BIG birthday this year, and we want to celebrate like it's 1776. And of course, you are invited.

An ad hoc group of our folks have formed a committee to organize festivities to celebrate the 250th anniversary of our Declaration of Independence. The Antrim Celebrates America Committee, with a small financial gift from the town, is planning events on the Fourth of July from 12–4 pm at Shea Field. You can participate in games and activities that were popular in the times of our nation's founding. You will see reenactors dressed in period clothing, demonstrating snippets of life from the 18th century. Come sample a taste of a typical meal of ham, beans and cornbread.

Then, on Sunday, July 5th, the celebration shifts to the old Centre from 1–3 pm, where we will focus on honoring the women and men of this town who contributed to the fight for our independence. There will be a walking tour of historical sites to include visits to the original location of the town on Meeting House Hill, as well as the later,

more convenient location of the Centre where the Grange and Old Parsonage are located today. Respectful visits to the old burying yards on the hill and at the Centre Cemetery will honor the names of those patriots buried there. You will learn about them by participating in a scavenger hunt and hearing about their lives. There may even be a visitor from beyond the pale to tell us about it themselves. Please come to this family-friendly event, if not for the history, at least for the spectacular views of the Monadnock hills.

But before that happens, you can kick off the celebration in an exciting way at home. Show us your true colors by decorating your house, chicken coops, doghouses, shed, yard, or even just your front door in a patriotic theme. There will be a townwide contest, with the winner to be chosen on the Fourth of July. An ideal date to have your decorating completed is June 14th, which is Flag Day. Details will be following on social media.

—continued on page 14



Antrim Economic Development Committee

Bob Edwards, Selectboard

As many of you know, the Legislative Body voted to create an Advisory Economic Development Committee to discuss opportunities in the future that could enhance our existing economic and commercial base that is both desired by residents and would help broaden our real estate tax base, which could lessen the tax impact on homeowners.

The Selectboard is seeking names of resident property owners, both residential and business, that would be interested in helping to formulate a future strategy for economic and/ or commercial enhancement in Antrim.

If you are interested in learning more or participating, please provide your name and contact information to Town Administrator Scott Lester at 603–588–6785 or via email at Scott.Lester@antrimnh.gov. 🌸



Jim and Nancy Burnham enjoy an Antrim Recreation trip to Hildene in Manchester Center, Vermont, on the town bus. Photo by Celeste Lunetta.

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The Limrik was founded in November 1991 by Beverly Tenney, Lois Harriman and Nancy Timko.

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— SUBSCRIPTIONS —

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Subscriptions
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— ADVERTISING —

Size	Dimensions	Cost
Half page (back page)	5" H x 7 1/2" W	\$85 per issue
Half page (interior)	5" H x 7 1/2" W	\$75 per issue
Quarter page	5" H x 3 5/8" W	\$50 per issue
Business card	2 3/16" H x 3 5/8" W	\$35 per issue or \$125 for 4 issues

Advertising copy is due February 10, May 10, August 10 and November 10. Ad content is subject to approval by the Managing Editor and the Business Manager. For more information, contact Frank Gorga at 603-588-2569 or by email at business@antrimlimrik.org.

— SUBMISSIONS —

The Limrik welcomes submissions of articles, drawings, photographs, news and calendar items by, for and about the people of Antrim. Submission deadlines are February 10, May 10, August 10 and November 10. Submissions should be no more than 1500 words in length and should be submitted in digital form as a Microsoft Word-compatible document attached to an email. Submissions should be sent by email to Joan Gorga at editor@antrimlimrik.org. Call 603-588-2569 for more information or to discuss ideas.

— LETTERS TO THE EDITOR —

The Limrik accepts letters to the editor of maximum length of 250 words. Publication is subject to the Editor's discretion. Email letters to Joan Gorga at editor@antrimlimrik.org.

— WEBSITE —

www.antrimlimrik.org

Connie Kirwin Steps Down

Joan Gorga

Since September 1995, four years after *The Limrik* was founded, Connie Kirwin has been faithfully doing the layout and design each quarter, through thick and thin, in sickness and in health, solving one crisis after another. She has worked with three editors—Dick Winslow, Lyman Gilmore and myself—and four business managers and treasurers—Fred Roberts, Sophia Milano, Connie's husband, Ral Burgess, and my husband, Frank Gorga—over those thirty-plus years, quietly laboring behind the scenes to ensure that what needed to get done got done and guiding the layout with a professional touch. Connie has regretfully stepped down with this issue, and we are already missing her input immensely. We thank Connie for the lasting impact she's had on the Antrim community through her work on *The Limrik*. Please do the same if you run into her about town. 🌸



Connie Kirwin. Photo by Rick Wood.

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Selectboard Report

John Robertson, Selectman

Town Meeting has come and gone. Winter has come and gone and spring has arrived. We look forward to a warm and fruitful summer with many important celebrations as we celebrate our nation's 250th anniversary.

Town departments are all busy with the many tasks that a new year brings. Highway has been busy repairing all the winter damage. Planning is consumed with new development issues, new class 6 road issues and proposed regulations, and Water and Sewer is moving forward to being a Town of Antrim department.

The High Street Bridge will be complete by the time you receive this issue. There were many challenges from historical to environmental that were considered along with state requirements we had to meet. Our very professional Highway crew and the contractor worked together to solve all the issues. As a result, we have a nice new bridge.

The Gregg Lake Dam repair is complete, and the lake should soon be back to capacity. The dry spring conditions have held back the rising level of the lake. We can all be thankful this project is complete and we have the lake back. Plus, Antrim is a safer place.

The Selectboard is busy reviewing the town's stewardship plan that was completed in 2022. Some of the needs cited have been addressed, but there are numerous others to be dealt with. Priorities include the highway/ARTS complex, Grapevine building and Fire Department buildings.

Selectboard meetings can now be observed on Zoom if you wish to watch. You cannot participate, but constructive comments can be addressed to Town Hall following meetings. We look forward to any input you may have.

Have a great summer. 🌸

Antrim Police Department

John Blake, Chief

As we head into the summer months, the Antrim Police Department would like to remind residents and visitors to help keep our roads safe by slowing down and staying alert, especially in our neighborhoods, around parks and lakes, and other recreation areas where more pedestrians, bicyclists and children will be present. We hope everyone enjoys a safe and enjoyable summer season in Antrim.

Over the coming weeks, residents may notice the department's portable radar speed trailer being moved throughout town. The trailer is being used to help raise awareness of vehicle speeds and encourage safer driving habits in areas where speeding complaints have been received. We appreciate the community's continued cooperation and support as we work together to keep Antrim a safe place to live, work, and visit. 🌸

Town Clerk Hours

Annie Gilbert, Town Clerk

Would changing the Town Clerk's hours be helpful? The Town Clerk's office is currently open Monday, 8 am to noon and 1 to 6 pm; Tuesday, 8 am to noon; Wednesday and Thursday, 8 am to noon and 1 to 4 pm.

Would it be better if we were open one evening a week, say making Monday hours 8–12 and 5–7 (or 6–8)? We could also eliminate the noon–1 closure on Wednesday and Thursday, making those days 8–4. This change would be Antrim hours only, so if your vehicle registration required a call to the DMV, that call could not be made during evening hours.

Please make your preferences known by emailing TownClerk@antrimnh.gov or stopping by in person. Please let me know what you think. 🌸

Conservation Corner

Peter Beblowski

The Antrim Conservation Commission is very happy to report that the Commission ran two very successful hikes to Meadow Marsh for Earth Day on April 22 and Earth Day Saturday, April 25. Twenty-three people attended the hikes. A great time was had by all.

The Commission is planning a hike to Campbell Pond Town Forest for National Trail Day on Saturday, June 6. The hike will encompass a portion of the newly acquired property and include the trail around the pond. It is anticipated that the hike will start at 9:30 am and take approximately 3 hours (3 miles +/-). More details will be posted on the Commission's Trails of Antrim Facebook page. Registration is required and can be done on the Facebook page.

The recent acquisition of 134 acres of forest land at Campbell Pond Forest would not have been possible without receiving funding from the Land and Community Heritage Investment Program (LCHIP), Moose Plate, Fields Pond Foundation and Hurlin Fund grants. Conserved and connected pieces of land such as the Campbell Pond Town Forest are vital for people and local wildlife. 🌸



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Great Brook School

Maryanne Cullinan

Our GBS Writer's Workshop continues to grow. This group of 6th graders meets twice a week and is devoted to learning and practicing our creative writing. Please enjoy these updates from our writers:

The Spring Band Concert—Great Brook's Great Music!

Malakai Cheever and Mathias Cheever

On May 7th the Great Brook Middle School band put on an impressive performance at the spring concert with the GBS choir. The intermediate band performed "Music for a Night Sky" by Jorge L. Vargas, "Sparks" by Brian Balmages, and last, but not least, "Gravity Falls main theme." What's impressive is that this band is all 5th and 6th graders who have been playing their instruments for between 8 months and two years. Great job!

Additionally, the concert band performed "Fortress of Stone" by Tyler Arcari and the song "In This Beautiful Place" by William Owens and finally "Abracadabra" by Lady Gaga. Everyone loves Lady Gaga! They performed the songs with striking melody and harmony. The band is taught and directed by Claire Fifield, who did a great job teaching everyone!

Recycled Smiles

Cheyenne Kiblin and Sage Bullard

Wow, almost the end of the school year and so many activities! But, with this one in particular, we are not only helping the earth, we're making people smile. The Recycled Fashion Show is an assembly celebrating the work of our 8th-grade costume designers where they design outfits that they make out of recycled items—googly eyes, ties, newspaper, possibly even pom poms, etc. We do this because recycling things like plastic or fabric that won't be used can have a purpose other than polluting the earth. These items are not only saving the earth, but they are also recycling smiles.

A Fantasy Game Where You Can Be Anyone You Want!

Rori Baker and Tim Higgins

Dungeons and Dragons is a roleplaying game that anyone can play in; the storyline can be anything you can imagine! We have a big group of players—45—in a weekly afterschool club called Heroes Hall! This is the biggest group we have heard of anywhere! The DnD group is led by children themselves; these are one of the privileges GBS students get. Each game has a pair of dungeon masters that dictate the campaign, which are 6–8th graders. We have had a great year! The DnD club ended in late May. The last DnD club meeting had a party where people played fun games and some people cosplayed as their characters! Have a magical summer.



Members of the GBS National Junior Honor Society teamed up with Antrim Village resident Pat to combat bittersweet and invasive rose in the rock garden by the office building, honoring the hard work of a former resident who has since passed away. NJHS members have completed over a thousand hours of community service this year. Photo by Maryanne Cullinan.

To My Biggest Fan


Bruce McGuffin

My biggest fan, my best friend too,
Supportive without fail,
And when I read my work to you
You always wag your tail.

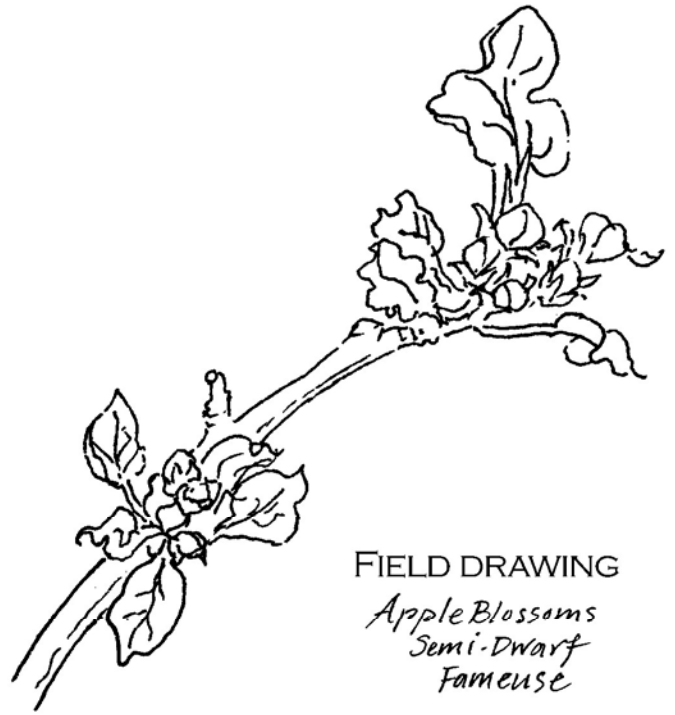
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Antrim Elementary School

Emily Hartshorne, Acting Principal

Antrim Elementary School is buzzing with activity this spring. One of our year-long projects has been to revitalize the Secret Garden, a small courtyard that lies at the heart of the school. Our school counselor, Vanessa Lofstedt, has worked tirelessly to clear overgrown plants and make space for native plants and shrubs. In the process, she has connected with Nick Everhart of Everhart Landscaping, and Nick has provided hours of labor and donated countless plants and bulbs for the project. In addition to all the new growth out there, students worked with Shana Brautigam of Rooted in Clay to create stacked sculptures made of glazed clay. We will be celebrating all the student work, volunteer hours and new beauty at a garden party on June 11 from 4-5:30. RSVP:  AES is so lucky to have such committed volunteers in our community!

Books for Bikes has had another successful season! This past Friday we received four bikes to give to our avid readers at the school. Students have been submitting reading tickets for all the books they read at home and school, and we will draw four winners at one of our June community meetings. Thank you to The Masons of Benevolent Lodge #7 in Milford, NH, for providing more community support to our school and families. We could



FIELD DRAWING

*Apple Blossoms
Semi-Dwarf
Fameuse*

Virginia Dickinson

not do what we do without the help of strong community partners.

The list of school supporters in the Antrim community is very long. From the Lions Club members who eat lunch with students, to Rick and Diane's, which donates proceeds to our PTO, or Edmunds Hardware, which donates supplies when needed for special projects, just to name a few. We are so grateful, and I want to recognize someone who has strengthened our ties to the Antrim community. Beth Gibney has been the AES principal for three years, and she has been instrumental in building and strengthening these relationships. Since January, Beth has been on a medical leave of absence to focus on her health and will continue her leave through the upcoming school year. The ConVal leadership team will be conducting a search for a new principal for Antrim Elementary School. Beth Gibney will be missed but her legacy will live on through the ties that she has built and maintained throughout her time in Antrim. Thank you, Beth, for all you have done for our school and town. 🌸

**Antrim Celebrates
America- 250th**

July 4, 2026

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Sunday & Monday • CLOSED

Tuesday, Wednesday & Thursday • 12–7:00 pm

Friday & Saturday • 10:00 am–3:00 pm

WEEKLY PROGRAMS

Wednesdays • Story Time • 3:30–4:30 pm

Have we got some *seriously exciting* news to share with you all! Cindy, our library director, has been selected to participate in the Institute of Museum and Library Services (IMLS) Library Convening 250: *Telling America's Story*. This initiative is designed to inspire and empower librarians from small and rural libraries to share both national and local stories that shape the American experience. The convening will be held in Washington, D.C., and we are honored and delighted to have been invited to attend.

Summer Reading is Here

This year's theme is "Unearth a Story" so get ready to dig into a season of discovery as we uncover new books, explore different genres and share what we find along the way. From stories about dragons and ancient worlds to modern-day adventures, there's plenty to discover. Join us as we "excavate" great reads, track your progress to win great prizes and see what you can uncover this summer.

June 27th at Our Library

Starting at **11 am**, we're kicking things off with our **Summer Reading Kick-off Party!** Come sign up, grab your reading logs and get ready to **UNEARTH a New Story** with us this summer. We are not just signing you up and sending you on your way... we've also got **ACTIVITIES** ready to go! Think hands-on fun, games, creative crafts and plenty of chances to hang out, laugh and celebrate the start of an awesome reading season together.

At **11:30 am**, we're rolling out a delicious **lunch** right in the middle of all the fun! We've got hot dogs, chips & drinks.

At **1 pm**, we're talking **snakes, tortoises and MORE! Morphs and Milestones is coming to OUR LIBRARY**—Right here, in our space, taking over the afternoon. These folks are famous across New Hampshire for their absolutely *wild* programs, and now it's OUR turn to see what all the hype is about! And in case you were wondering... **YES! You can pet the snakes.**

We Offer More Than Just Books

Our **Library of Things** is a collection of useful and fun items that you can borrow for free with your library card. Some of the items available include: OBD2 scanner for reading car diagnostics, a metal detector, pasta machine, board games and more!

Let's Keep the Momentum Going!

Swing by, join a program, bring a friend or just hang out. Who knows? The next big ripple in the library world might start with *you*. Stay awesome, stay curious, and we'll see you at the library! 🌸

Friends of the JA Tuttle Library

Linda Morehouse

The JA Tuttle library is more than a building full of books—it's the heartbeat of a community. Just take a look at the monthly library newsletter to see all the ways that the library serves our community! We are grateful to the amazing staff and dedicated trustees for their efforts to offer diverse programming and resources for all ages and interests.

The Friends of the Library is a 501(c)3 nonprofit, and our mission is to support the programs and resources of the library. We appreciate your donations at our election day bake sales and Home & Harvest raffles, and now there is another way to donate! Our PayPal account makes it easy. The QR code is posted in the library and on our Facebook page. Reach out to any of the library staff if you need assistance.

Because of your generous donations, our group purchased the NH State Park pass again this year. The park pass offers discounted admission to the parks, and the process is simple. Reserve the pass for the day you wish, and then arrange to pick up the paper pass at the circulation desk. Similarly, passes for the SEE Science Center and the Currier Gallery in Manchester are available, so make these popular attractions part of your

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— continued on page 24

Antrim Recreation

Celeste Lunetta, Recreation Director

Summer 2026 will be a great opportunity for enjoying all the local recreational opportunities available to you here in Antrim! Here at the Recreation Department, with support from committed volunteers and staff, our goal is to maintain and improve your parks and supplemental programs to help you get the best out of your local life.

Please help us support the use of your parks for their intended purposes—healthy and accessible public spaces that are clean, welcoming and safe for all. Antrim's town parks, which include Memorial Park, Goodell Park, Shea Field, Memorial Gymnasium and Gregg Lake Beach Park, have restrictions against any use of smoking or vaping products. Consumption of alcohol in public is prohibited by town ordinance. Be responsible for your own disposable products... The parks are carry in—carry out. Littering and destruction of park property is not just a violation of the law, but a problem behavior taken by a few that impacts many others.

For all updates to programs, please watch our bulletin board at Town Hall, as well as our section of the town website, which will also give you easy navigation to the online registration platform. To navigate directly to the online registration platform, enter this into your browser: <https://secure.rec1.com/NH/antrim-nh/>.

Summer programming this year includes swimming lessons at Gregg Lake Beach, summer camps including a weekly day camp and a one-week British soccer camp, as well as some community bus trips. This year, Antrim in

the Evening will have a bit of a reset, with fewer concerts and events, as we revamp the series and search for new interests in both content and coordinators. Adult programming includes pick-up basketball, yoga, Zumba and a thrice-weekly senior exercise class.

An important deadline that comes mid-July is our travel recreation soccer registration for youth players in 3rd and 4th grades. Registration for soccer for kids ages 4–2nd grade is at the very beginning of September.

With spring in the rear view as this edition of *The Limrik* comes out, we want to send out a big thank you to our numerous volunteers and supporters. The Annual Spring Youth Fishing Derby would not be possible without the support of Joel Schacht and Aaron Hyer. The derby also received generous financial and product support from Ryben Fabrication, Secret Weapon Custom Baits, Edmund's Ace Hardware, Bacon Electric, The Wire Nut, J.M. Cutter Carpentry, New Boston Pizza, CPR Auto Clinic, Dunkin Donuts, and Rick and Diane's Pizzeria.

We also had a successful beach clean-up day with the support of members of the Lions Club and the Parks and Recreation Commission.

Spring Youth Baseball and Softball is only possible thanks to our volunteer coaches and representatives: Erica Snyder, Shawn Durgin, Matt Caputo, Sam Young, Connor Fitzpatrick, Rich Snyder, Ricky Labreque, Kylie Williams, Kathy and Brodie Coughlin, Barry Frosch, Adam Jurewich, Trevor Henion, Phillip Wheel, Elijah Cademartori, Alysha Bourgoine, Alexis Way, Samantha Pillsbury and Matt Gilman. Antrim is hosting and supporting 5 teams, with over 50 young athletes. We are also grateful for financial donations from the Antrim–Bennington Lions Club, Edmunds Ace Hardware, and Fitzpatrick Cooling and Heating to help support the costs of the programs.

Finally, I would like to welcome some new members of the Antrim Parks and Recreation Commission. Joining current commissioners Isaac Lombard, Bernd Foecking and Grace Taylor, are Jess Barto and Alivia Acosta. These residents volunteer to provide stewardship of your public parks, as well as guidance and support for the Recreation Department programs. Thank you all for helping keep our community strong and full of opportunity. 🌸



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Spring Updates from the ConVal School Board

Dr. Sarah Edwards and Dr. Katherine Foecking

As the flowers begin to bloom across our nine towns, the ConVal School District is buzzing with activity. Spring is a season of transition—a time when we celebrate current achievements while meticulously planning for the upcoming academic year. Here is a look at what has been happening behind the scenes at the SAU and in our classrooms.

One of the highlights of our board meetings is the Points of Pride segment. Each week, students and teachers from a different school share their recent successes. Recently, we've been inspired by presentations from Great Brook School, South Meadow School, Pierce School and Peterborough Elementary. Seeing the passion our educators bring to their work and the engagement of our students reminds us all why we serve.

At the SAU level, the focus is on the future. They are currently in the thick of hiring and onboarding new staff to ensure our schools are fully supported for the fall.

Perhaps most exciting is the launch of our new Elementary Reading Program. After a comprehensive pilot program, the District is moving forward with CKLA (Core Knowledge Language Arts). This is an evidence-based program that is highly supported by our staff and, most importantly, endorsed by the students themselves. By aligning this literacy program across all elementary

schools, they are ensuring consistent, high-quality academic enrichment for every K–4 student in the district.

We are pleased to report that the FY 2025 Audit yielded a positive result. The auditors found no significant findings, disagreements or “key audit matters.” While we are in a strong position, we are proactively focusing on a few areas for improvement, including:

- Strengthening Student Activity funds management
- Updating specific district policies
- Reviewing and hardening our cybersecurity policies and procedures

Regarding federal funds, our Single Audit (required for districts exceeding \$1M in federal funding) focused on Child Nutrition and ESSR funds. We are working diligently to mitigate unpaid meal balances through policy reviews, targeted training, and collaboration with our community partners.

Furthermore, the SAU has successfully secured grant funding for the next school year in three vital areas:

- Title IA (~\$477K): Supporting academic achievement for disadvantaged students
- Title IIA (~\$124K): Funding professional development for our educators
- Title IVA (~\$61K): Promoting well-rounded, safe and healthy student activities

The Board has been working closely with the SAU to refine our Career and Technical Education (CTE) proposal. The original plan was determined to be too broad and costly, so we have scaled back the scope to a more sustainable model. This revised plan has been resubmitted to the Department of Education to ensure ConVal remains “in line” for state funding should it be available.

Looking Ahead

Out-of-District Tuition: The rate for the 2026–2027 school year has been set at \$10,751 (calculated at 40% of the average per-pupil cost for the State of NH).

Join Our Team: To remain competitive and attract high-quality support staff, the Board recently voted to increase the rate of pay for substitute teachers, paraprofessionals and administrative assistants. If you are interested in supporting our schools, please visit the SAU website to apply!

Summer Audits: Our auditors will return in the last week of July to begin their review of the FY 2026 cycle.

Thank you for your continued support of our students and our schools. We wish you all a wonderful and productive spring season! 🌸

The Limrik is privately published for, by and about the people of Antrim. It does not receive any town funds and is entirely supported by subscriptions, advertising revenue, donations and volunteers.

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The Walk

Chris Johnson

So many reasons not to go.
Too cold. Too hot. Too wet.
Too tired. Too busy.

Brown eyes like deep dark pools
look to me hopefully.
Ears raised, questioning.
Will she? Will we?
Okay, let's go, I relent.

Jubilance!

Racing, dashing, prancing, leaping.
Joy humming. Pink tongue lolling.
Ears thrown back and skyward
with the rush of airborne racing.

Happiness pulls at the corners of my mouth.
Such joy to give her, really,
with so little effort.

Warmth spreads within, from the toes up,
like a rising tide,
just watching such a spectacle.

On down the gravel road,
an olfactory feast
from the forest on either side.

Damp earth, rotting leaves, life and death
comingled.

But for her, the scents rush in with a power
my nose can never know,
as she pushes snout to smell,
inhaling, then peeing to leave her scent above.

The subtle hues reflected back to my perception;
green feathery fern, papery trunks of white,
rough browns, scattered bits of blue
amid puffy gray sky.

She lifts her head to the flying bird,
too far, too high.

The resonance of my girl's four feet on the gravel
shifting with her pace.

The scattered rush of breeze through trees
and the trickle of the brook
making its way over, through, around.
Trilling birdsong and

the chatter of squirrels and chipmunks
as they call "look out, a dog!"

Then the crunch and crush of leaves as they scamper
from ground to tree as she races,
ever hopeful in the chase.

All the while this dog and I
travelling down this country road,
connected,

not by leash or line,
but by a bond that strengthens
with every day, with every walk.

She runs to me, smiling wide
as if it were the first walk.
Oh Mom, isn't this the best?

So silly to have entertained missing this time,
these fleeting moments of life
for the comfort of a chair,
a warm dry home, tasks completed.
All are there still, awaiting our return. 🌸



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Scavenger Hunt
All ages welcome!
Hosted by the Antrim 250th committee



Fostering Community Conversations on Racial Justice

Linda Bundy

During March and April, we've read and discussed *Homesick: Race and Exclusion in Rural New England* by Emily Walton. In February some of us attended an illuminating book talk she gave in Peterborough. She is an associate professor of sociology at Dartmouth College who studies how people interact in communities across racial differences and how that affects health outcomes. Her research for this book considered three towns in the Upper Valley, a region of forty-six towns along the Connecticut River from Newbury, VT, and Haverhill, NH, south to Charlestown, NH. The Upper Valley is losing population, and its demographic is shifting to have more diversity as the white population is decreasing and the population of people of color is increasing. Many of the newcomers are well-educated and have been recruited for employment in medical, academic and technological fields. Ms. Walton conducted in-depth interviews with people of color from the Upper Valley and surveyed white residents from Claremont and Hanover, NH, and Hartford, VT. The interviews revealed multiple forms of misrecognition, which she defines as the process of making cultural distinctions about certain groups of people as less valuable and worthy than others. It is the opposite of recognition, where people feel that their feelings, opinions and presence matter in the eyes of others. Misrecognition draws boundaries and maintains hierarchies. The culture of New England forms a base for this in several ways. Our tendency to be reserved can be off-putting. Neighbors can be cordial but tend to stay within their small circles of friends when forming deeper relationships. There also is a culture of colorblindness. White residents say they don't see color, and that racism does not exist. And yet, the experiences shared by the interviewees indicate otherwise. When Emma was simply out walking for exercise, local police would repeatedly drive by as if she shouldn't be in the neighborhood. Stephen has been stopped multiple times when driving only to be told, "Okay, everything checks out." Other people described being followed in stores or having their money counterfeit-checked when that did not happen to

other customers. Another aspect of New England culture is assimilation. That is, expecting newcomers to adopt the customs and culture of the Upper Valley. The burden is on them to fit into the dominant culture. Some white residents felt that the culture of the region is a zero-sum game where the recognition of the newcomers' customs would take away from the status quo.

Misrecognition can make people of color feel both visible and invisible simultaneously. They are noticed and categorized by their outward appearance but not seen as complex and valued individuals. Stephen, a black professional who had lived in town for several years, said a lack of close relationships made him feel vulnerable. He was reminded of a quote by James Baldwin: "It isn't only what is happening to you. But it's what's happening all around you and all of the time in the face of the most extraordinary and criminal indifference, indifference of most white people in this country, and their ignorance." In the Upper Valley people of color feel as though they live "among the group," but are not "of the group." This is the homesickness they feel, not a longing for the place they lived before, but "the negative feelings and emotions evoked by the inability to think of the place in which one lives as truly home, as a place in which one can feel safe, accepted, and at ease." Some strategies to cope with homesickness the author describes are creating an alternative community with other people of color, keeping



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one's guard up, ignoring misrecognition, and contemplating leaving the Upper Valley altogether.

New England communities can counteract misrecognition. Local civic leaders can extend welcoming messages to new residents. Rutland, VT, has a campaign to welcome newcomers and promote shared values and similar family histories between longtime residents and transplants. Arts and cultural activities can raise awareness and appreciation. The website Humans of the Upper Valley is where local people tell their stories "one human at a time" to share diversity, get at the heart of the human experience and highlight our common humanity. In our everyday lives we should be aware of our interactions when we meet people outside of our usual world and see them as individuals rather than generalize and label them as part of a group or as having particular qualities.

Some of our members attended a couple of events that were a part of Wilton's 250th Celebration of America. On May 6 Judy Granger presented the story of Pomp Russell, an enslaved black patriot from Wilton who fought in the Battle of Bennington in 1777. The "Words About Wilton" columns by Gail Hoar in the April 7th and April 20th editions of the Monadnock Ledger Transcript relate much of what Judy discovered.

On May 9 Wilton held a War Memorial Ceremony to unveil Pomp Russell's name on the Revolutionary War

Roster. By adding his name to the monument, Wilton brings history out of the shadows and into the light to create a wider circle of remembrance and tell a more complete, complex story. Our country's history holds contradictions along with courage. We must keep searching and learning who belongs in the American story. We must recognize, remember and respect the past.

Our next book is *Somebody Should Do Something: How Anyone Can Help Create Social Change* by Alex Madva, Daniel Kelly and Michael Brownstein. We'll meet June 18th at 6:30 pm via Zoom. For more information contact Linda Bundy at n_bundy@mcttelecom.com or 603-588-2254. 🌸

TriPLICATION is Obfuscation

J. Alfred

Confused when wandering around New England? There's an explanation. The names of 22 municipalities are found in all three states of New Hampshire, Vermont and Massachusetts—no, Antrim isn't one of these but watch out!—two adjoining towns and our capital city are. You can find them on the accompanying handy alphabetized list, which you should keep in your glove compartment for ready reference. This list was generated by intersecting names of New Hampshire's 221 towns + 13 cities, Vermont's 237 towns + 10 cities, and Massachusetts' 292 towns + 59 cities.

Triuplicated municipalities to avoid except in instances of dire necessity:

Andover	Hancock	Sharon
Bridgewater	Milton	Springfield
Chester	Newbury	Sutton
Concord	Orange	Warren
Dover	Plainfield	Washington
Grafton	Plymouth	Windsor
Goshen	Richmond	
Groton	Rochester	



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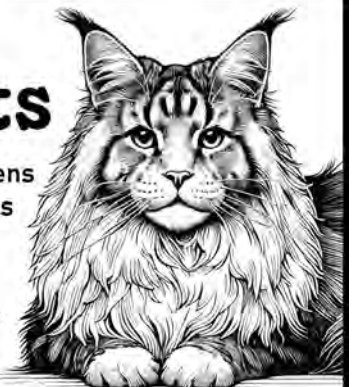
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Mazulio Visits the Audiologist

Susan Ellsworth

As the morning sunlight came into Mazulio's bedroom his eyes noticed the surroundings had changed again. It looked like he was in a doctor's office this time. His puppy, Ariana, jumped up and went over to explore the new additions.

Mazulio got up, dressed and ran out into the kitchen to tell his mother and father, but they weren't there. Dad was in the shower, and Mom was outside putting things into the car for the long ride that would take them to the children's hospital in Boston, Massachusetts. Today would be a special day for Mazulio—a day he would always remember. It was the day he would be getting fitted for hearing aids so he could hear like other people.

When Mazulio was a baby he could hear well, but as time went on, he started to lose that ability little by little. It became noticeable to people not living with him, but for family members around him every day it was less evident. Mazulio was now at Hillsboro-Deering Elementary School, where they did screenings to pick up hearing and vision issues in children. Their tests found a deficiency in hearing and suggested a follow-up with an audiologist. It was a wonderful thing that the school did this test for Mazulio and all the other children.

After further testing, Mazulio was referred to the Boston Children's Hospital Audiology Department. They were going to be taking an MRI of his head and ears to see if there was any genetic reason for his deficits. Then they would take molds of his ears to create something very, very special for Mazulio—hearing aids perfectly sized to fit his, and only his, ears.

After the long ride to Boston, they arrived at the hospital. Everyone in the audiology department was very patient and friendly. They told Mazulio he did a great job with his MRI. Then they made the molds of his ears, took them out carefully, put them in a little box and shipped them off to be used for making his hearing aids out of hypoallergenic medical-grade silicone, chosen for comfort, durability and fit. Mazulio got to pick out the color he would like them to be.

After a long day at the hospital, it was time to go back

home to New Hampshire. The doctor told Mom and Dad that the audiology department would call them for another appointment for the big day—the day the hearing aids would be ready for Mazulio. It would be a great day, too, a day that would change Mazulio's life forever.

When they got back home, it was time for dinner and then a tubby. Mazulio was in his bedroom, which had changed back into his old bedroom. He told Ariana about his day at the hospital. She was a good listener and sat attentively listening to his whole story, then licked his face.

Then it was story time. Dad and Mom suggested a book that the doctors had given them about a little boy who had gotten hearing aids. It was to help children understand what would happen at their next appointment. It described in pictures and words how to put in and take out the hearing aids. It told of things that may change for them in their new lives. Mazulio was so happy and told Dad and Mom he wanted to go get his aids tomorrow. They smiled and told him they would come soon, but they had to be specially made just for him. Then it was time for lights out. Kisses and hugs were given, along with I love you very much and good night.

When Mom and Dad were gone Mazulio kissed Ariana and told her that when his life changed with his new hearing aids, he would still love her and that would never change. She licked him and lay down next to the side of the bed instead of the foot to be closer to her boy! She sensed his excitement and worry about the future. She was his god and would be there for him when he needed her. She was boy's best friend! 🌸

The American Legion

Tamasine Wood-Creighton

Myers-Prescott-Olson Post 50, The American Legion is calling ALL Veterans to join us! With our newly chartered American Legion Riders and the chartering of the Myers-Prescott-Olson Unit 50, The American Legion Auxiliary, we have something for everyone. Interested in joining us? Email alpost50events@gmail.com and follow us on FB at American Legion Myers-Prescott-Olson Post 50 Antrim NH. 🌸

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HILLSBOROUGH COUNTY
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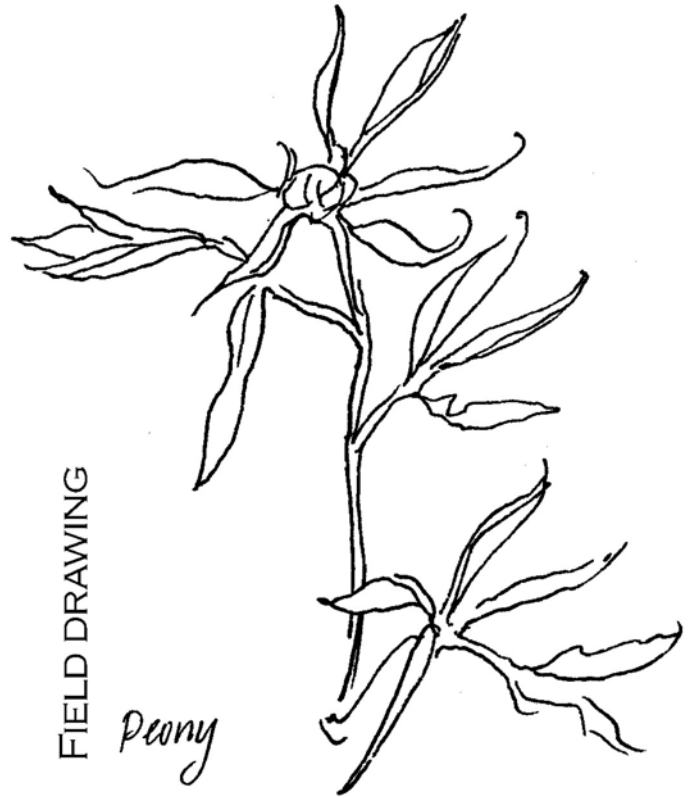
Jan Howe

Revival Shop

Karen Weisswange, who was the manager of the Revival Shop for over 10 years, has officially retired as the manager of the shop. Due to her health the last few years she stepped back a little but was still very much involved in the shop's mission. Karen continued as the treasurer until recently. The last few years, Carol Kaye has been the manager of the day-to-day activities of the shop and will continue as manager. Lois Johnson, a familiar face in the shop, is the new treasurer.

Karen devoted countless hours to running the shop. She was known to have taken totes of clothes home to store between seasons or to wash clothes before putting on the racks. She, like many of the workers, could be found at the church at all hours of the day sorting clothes, putting clothes on the racks and doing whatever needed to be done. Whenever we heard of a need, Karen would make sure the person or family received what was needed. We are thankful for her dedication to the clothing mission and her recruiting new volunteers and creating a work schedule. These tasks have already been assumed by Carol and all the volunteers.

A new volunteer who is helping when the shop is not



Virginia Dickinson

open told me "It is fun. I am enjoying the time with the other volunteers." Imagine enjoying the time spent helping the community to recycle clothes knowing you are making a difference in this community. If you would like to have "fun" we are always in need of volunteers either running the shop or doing the necessary tasks during the week to make it a pleasant experience for the shoppers.

Bible Study

In June we will begin a new Bible Study in person and on Zoom, led by Andi Spear. Andi brings a wealth of Biblical knowledge and teaching experience, so everyone learns together and grows in their faith. The class will run throughout the summer following worship on Sundays. We usually begin about 11:45 (after we have had some refreshments) and run an hour to an hour and a half. Plan to join us in person or on Zoom and see if this study is for you. Do not worry if you are away some Sunday, as all of us miss a week or two but catch up when we return.

Kayaking Outings

When and if the weather cooperates, we will begin our Kayaking Outings. To save transporting our kayaks we will mostly kayak on the North Branch River, as we have a few extra kayaks there to use. It is a relaxing paddle observing the wildlife and flow and depth of the river. Let us know if you want to be added to our notification list.

As always, we are open to visitors and love having people join us for worship on Sunday mornings at 10:30. If you love to sing, come sing with the choir, which rehearses each Sunday at 9:30. 🌸

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Help us celebrate America and please join us then. If you are interested in helping us plan or to volunteer at an event, please reach out to us by contacting Stephen Burkhardt at 603-588-2650 or Renée Mercier-Gerritsen by text at 603-547-5144.



A New Home for Antrim History

Bill Nichols

The Antrim Historical Society is thrilled to announce that it is now the proud steward of one of Antrim’s most beloved landmarks—the historic Church of Christ at 100 Main Street, known to generations of townspeople as the “brown church.” Built in 1904, this beautiful building has graced our Main Street for 121 years, and we are honored to carry its story forward.

A Dream Made Possible by Extraordinary People

None of this would have happened without Gordon Allen, founder of the Antrim Community Board. Gordon championed this project for years—navigating complex negotiations, working tirelessly with the town and never wavering in his vision of preserving this landmark for future generations. The Historical Society owes him an immense debt of gratitude.

We are equally grateful to Lee and Leslie Davis and Trudy Dean, members of the Church of Christ congregation, whose extraordinary generosity—with the blessing of the Church of Christ—made this gift to the community possible. Their spirit of giving is an inspiration to us all.

What Comes Next

We’ve already hit the ground running. The roof has been replaced, and we are nearly finished clearing out the building. Next up is a professional assessment that will guide our planning for restoration and renovation. Our vision is to transform this historic space into a museum and a community gathering place, with room for concerts and events. (Those who have been inside know the acoustics are something special.) We will develop a master plan that aligns our goals with available grant funding.

In the meantime, there has never been a better time to become a member of the Antrim Historical Society—or to renew a lapsed membership. This will be a space for everyone, not just the Society, and your support will help make it a reality.

Come See Your New Community Space

Mark your calendar: on **Sunday, June 14** at **1:30 pm**, we’re throwing open the doors of the Brown Church so you can see our new home for yourself. A second showing will be held at 3:00 pm if needed. This open house will also serve as our June program—all are welcome.

And this **Fourth of July**, as the nation marks its 250th anniversary, our traditional gathering takes on a special

new meaning. We look forward to celebrating with you.

As always, the Society remains here to help with research questions, genealogy inquiries and home history. The work is just beginning—and it’s going to be something Antrim can be proud of for generations to come.

You can renew or become a member or make a donation toward the Brown Church renovation here:



Membership



Donation



ANTRIM CELEBRATES AMERICA-

 **250TH**

DECORATE YOUR HOUSE CONTEST

JUDGING: JUNE 30- JULY 2, 2026

Categories: Circle one or more

1. House Design 2. Front Door Design 3. Yard Design

1st and 2nd place prizes will be awarded in each category.

Guidelines-

a. Submit registration information by June 30, 2026

b. Decision of judges is final and will be announced on July 4, 2026 at the Antrim Celebrates America 250th celebration at Shea Field (Antrim Elementary).

c. Criteria- Reflects patriotism using symbols, colors, and imagery. Eye-catching, well-organized, appeals to all ages. Bonus points for the #250!

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Community Calendar

June 2026

- 2 **Dads' Campfire** · The Grapevine · 7 pm
- 4 **Moms' Campfire** · The Grapevine · 6 pm
- 6 **Campbell Pond Town Forest Hike** · Conservation Commission · 9:30 am (Registration required)
- 8 **Blindfolded Boat Race** · Avenue A Fundraiser · Norway Pond, Hancock · 6:15 pm (rain date June 9)
- 9 **NH Gives 24-Hour Online Campaign to benefit Avenue A** · 5 pm June 9 to 5 pm June 10
- 11 **Secret Garden Party** · AES · 4–5:30 pm (RSVP)
- 13 **Karaoke Night** · Baptist Church · 6 pm
- 14 **Brown Church Open House** · Antrim Historical Society · 1:30 pm
- 14 **Decorate Your House Contest** · Suggested completion date · Antrim Celebrates America Committee
- 15 **Patriotic-themed Display** · Begins & last day to sign up · Tuttle Library
- 17 **Senior Lunch Meals on Wheels** · Presbyterian Church · 12 noon
- 18 **We Digress Book Club** · *Atonement* by Ian McEwan · Tuttle Library · 2:15 pm
- 18 **Free Community Supper** · Barbecue sponsored by Antrim–Bennington VFW · Presbyterian Church · 5:30 pm
- 18 **Fostering Community Conversations on Racial Justice** · Zoom · 6:30 pm
- 27 **Summer Reading Kick-off Party** · Tuttle Library · 11:00 am · **Lunch**, 11:30 am · **Morphs and Milestones**, 1 pm
- 30 **Decorate Your House Contest** · Judging begins · Antrim Celebrates America Committee



July 2026

- 2 **Moms' Campfire** · The Grapevine · 6 pm
- 4 **Declaration of Independence** · Antrim Historical Society · Music & snacks · Bandstand · 8 am
- 4 **Colonial-focused Interactive Activities** · Antrim 250th Committee · Food, games, displays · Shea Field · 12–4 pm
- 5 **Revolutionary War Gravesites, Costumed Interpreters, etc** · Meetinghouse Hill Cemetery · 1–3 pm
- 5 **Grange Hall Open House** · Antrim Grange · View progress on the Grange Hall renovation project · 1–3 pm
- 7 **Dads' Campfire** · The Grapevine · 7 pm
- 8 **Antrim In the Evening · Wildlife Encounters Global Tour** · Town Hall · 6 pm
- 11 **Karaoke Night** · Baptist Church · 6 pm
- 15 **Senior Lunch Meals on Wheels** · Presbyterian Church · 12 noon
- 15 **Antrim In the Evening** · Music TBA · Memorial Park · 6 pm
- 16 **We Digress Book Club** · *A Confederacy of Dunces* by John Kennedy Toole · Tuttle Library · 2:15 pm
- 16 **Free Community Supper** sponsored by Antrim–Bennington Lions Club · Presbyterian Church · 5:30 pm
- 16 **Fostering Community Conversations on Racial Justice** · Zoom · 6:30 pm
- 22 **Antrim In the Evening** · Music TBA · Memorial Park · 6 pm
- 29 **Community Music Festival** · Baptist Church · 12 noon
- 29 **Antrim Grange 120 Club Raffle** · Ticket sales end
- 29 **Antrim In the Evening · Little Red Wagon Theater Stories**—Spiders and Science · Memorial Park · 6 pm



August 2026

- 4 **Dads' Campfire** · The Grapevine · 7 pm
- 6 **Moms' Campfire** · The Grapevine · 6 pm
- 8 **Karaoke Night** · Baptist Church · 6 pm
- 19 **Senior Lunch Meals on Wheels** · Presbyterian Church · 12 noon
- 20 **We Digress Book Club** · *An American Tragedy* by Theodore Dreiser · Tuttle Library · 2:15 pm
- 20 **Free Community Supper** · Presbyterian Church · 5:30 pm
- 20 **Fostering Community Conversations on Racial Justice** · Zoom · 6:30 pm



September 2026

- 11-12 **Home & Harvest**

Ongoing Events

- SAIL exercise** · Town Hall · Mon, Wed, Fri · 11 am
- Zumba** · Town Gym · Mon 5:30 pm; Sat 9 am
- Adult Pickleball** · Town Gym · Mon 6:30 pm through June
- Adult Pickup Basketball** · Town Gym · Tue 6 pm
- Children's Story Time with a Craft** · Tuttle Library · Wed 3:30 pm
- Antrim–Bennington Food Pantry** · Baptist Church · Sat 10 am–noon (closed 5th Saturday)
- Revival Shop** · Presbyterian Church · Sat 10 am–2 pm

Much Ado About Nearly Nothing: The Dark Spot in Queen Anne's Lace

George Caughey

In idle moments, we sometimes ponder things perhaps best left unpondered. In this regard, have you ever wondered, as I have, why many Queen Anne's lace flowers in Antrim fields and roadsides have central dark spots surrounded by dozens of tiny white florets? What's their purpose? And why do some plants have them while others don't? I was surprised to learn that these questions intrigued Charles Darwin, the naturalist, too. He speculated without proof that these dark spots, which he found to be fertile florets that can be pollinated and bear seeds, are vestigial, meaning a structure of no current benefit but a remnant of a trait that served a purpose in a past evolutionary stage (Darwin, CR 1877. *The different forms of flowers on plants of the same species*. London: John Murray). Backtracking a bit, let's consider why Darwin would be thinking about this common New England plant. Well, that's because Queen Anne's lace (*Daucus carota*), a.k.a. European wild carrot, was introduced here and is an escaped invasive plant from across the Pond. Cultivated varieties of garden carrots, which are the same species, were bred from this wild carrot. If you don't believe that Queen Anne's lace is a carrot, I suggest that you yank one out of the ground and sniff the taproot. Pure carrot.

Another theory not considered by Darwin, who had bigger fish to fry, is that the dark purple or red central floret may discourage tasting by grazing animals, who may avoid a plant that may have a stinging insect on it. Alternatively, the dark floret may increase the chance of successful pollination by making the flower more visible to insects, or by fooling them into thinking that the dark spots are other insects enjoying a meal, thereby signaling that the flower is a source of nectar or pollen. The evidence for this comes from a Portuguese study, which found that the dark florets attracted a carpet beetle (*Anthrenus verbasci*) and that a higher number of dark florets corresponded with increased visitation by these pollinating beetles, presumably thereby benefitting the plant's reproductive success (D Goulson et al. *Plant Species Biology* 24: 77-82, 2009). Recently, a study by A-Q Duan and colleagues (*Plant Physiology* 196, 1147-62, 2024) tracked the control of production of purple anthocyanin pigments (similar to those found in purple grocery-store carrots) in dark florets to a gene mutated in carrots lacking dark florets. Thus, the dark spots have a genetic basis but their role in survival of individual plants and Queen Anne's lace as a species is unclear.

Backtracking again, you might ask what does Queen Anne's lace have to do with Queen Anne of early 18th century Scotland and England? Not much, it turns out. The reddish-purple flower in the center of the flat white "umbrel" of *Daucus carota*, which itself resembles lacework, was fantasized to be like a drop of blood from a

pinprick she suffered while tating lace, perhaps acknowledging the sorrow of her many miscarriages and stillborn children. However, her name was not attached to wild carrot until two centuries after her death.

Meanwhile, back in Antrim, I conducted my own informal hayfield survey of Queen Anne's lace. Inspecting 234 *Daucus carota* flowers, I recorded whether they had central dark florets. In my survey, 65 flowers did but 169 did not. So, in my nook of New England, on that day, only 28% of Queen Anne's lace flowers sported a dark spot. Of those with dark spots, some had just one dark floret and others had several. The color of dark florets, if present, ranged from red to purple to nearly black. Dark florets were plainly visible in young flowers just developing, and in older flowers that had been pollinated, had seeds, and were folding into the characteristic bird's nest-like structure. In general, if a single plant had multiple flowers, either all of them had dark spots or none did. The distribution of plants with and without dark florets otherwise seemed random. And I didn't notice an obvious difference in the number or types of insects visiting the two types of flowers. In the end this exercise in citizen-science didn't accomplish much other than to confirm the dual appearance of Queen Anne's lace flowers in our part of the New World, as had been observed by Mr. Darwin and others in Europe. It seems reasonable to conclude that the dark spots in Queen Anne's lace, which was brought over to our exotic locale centuries ago, confers neither much adaptive advantage nor disadvantage here in Antrim. Otherwise, by this time, you'd think that all the flowers would have dark spots, or none would. So, the enigma of the spots will continue to mess with my meditative moments. 🌸



In an Antrim hayfield, 28% of Queen Anne's Lace flowers had one or several dark florets, ranging from red to purple to nearly black. Photo by George Caughey.

Antrim Baptist Church

Pamela Maki-Kallberg

As we move into the summer months, we are pleased to share several updates regarding the activities at Antrim Baptist Church.

Our youth group is thriving, and all high school students are welcome to join us every Monday at 5:30 pm for games, food and Bible study. Additionally, our men's and women's Bible study sessions take place every Tuesday at 6:30 pm. We invite everyone to attend these times of fellowship and study.

We are also excited to announce a community music festival on August 29, 2026, starting at noon. We invite local churches and musicians to participate in this afternoon of music and talent. If you are interested in performing, please contact the church at 603-588-6614 or email abcntrim@gmail.com. You can also find more information on our website.

Additionally, Matt and Cheryl Evans host Karaoke on the second Saturday of each month from 6:00 pm to 9:00 pm. It is always a great time featuring music and light refreshments, and we welcome you to drop by and join us.

Finally, our Food Pantry continues to GROW as we serve the community. We are deeply grateful for your prayers and financial support, and we feel truly blessed by our dedicated team of volunteers. 🌱

Fish Story

Bruce McGuffin

Oh tiny trout in tiny stream,
Please listen to my tiny dream
In which I cast a feathered fly
that lands upstream from where you lie.

You spot it with your tiny eyes
and take it in a gentle rise,
I twitch my rod, the hook is set
You fight but finish in my net.

Some say the trout's a magic fish
that has the power to grant a wish.
If you can make my wish come true
tomorrow I'll have lunch with you.



Our leaders for the Youth Group at Antrim Baptist Church. We are so grateful for both Layne and Brooke.

We Digress Book Club

Jennifer A Adams


The **We Digress Book Club** returns to the James A Tuttle Library on the 3rd Thursday of every month, from 2:15 to 3:15 pm. Come for a lively discussion on books suggested by members of the club. While the list may change because we've digressed into other territories, here is what the lineup looks like for the summer:

June: *Atonement* by Ian McEwan. In 1935 England, a young girl misinterprets a flirtation between her older sister and their housekeeper's son Robbie. Briony falsely accuses Robbie of a crime he didn't commit, tearing the lovers apart and sending him to prison and later to the front lines of World War II. A final twist questions whether true forgiveness can ever be achieved through fiction.

July: *A Confederacy of Dunces*, by John Kennedy Toole, is an American comic masterpiece about the French Quarter, bursting with wholly original characters, denizens of New Orleans' lower depth.

Aug: *An American Tragedy*, by Theodore Dreiser, is a story of a weak-willed young man who is both villain and victim of the materialistic society around him; inspired by a true story of an early 20th-century murder.

For more info, contact me at wedigress.bookclub@yahoo.com. 🌱



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What Science Tells Us About Evolving Conditions in Gregg Lake

A tale of ice ages, old mills and leeches

Rick Spedden

The rebuild of the dam on Gregg Lake over the winter and the corresponding drop of the water level by five feet to pre-dam conditions provides an opportunity to understand how water level management affects the lake.

Every ~50,000–100,000 years the Gregg Lake basin and the surrounding hills get a thorough cleaning by an ice age. Then, like all the other basins in New England, it starts the process from lake to swamp to field as erosion of sediment from the surrounding hills gradually fills it.

The Laurentide Ice Sheet that covered Antrim during the last ice age started to melt just over 20,000 years ago (by “calibrated” or “calendar” years; carbon-14 dating, the old method, gave dates a few thousand years later). But with a mile-thick sheet of ice covering this area, conditions really did not become conducive for swimming and boating on Gregg Lake until 15–16,000 years ago. When the long winter finally ended, the outlet of the lake was at the shallow section between the White Birch Point Association beach and the Rachel Lane point. From there down to Tenney Farm, Great Brook was a raging torrent in the spring and a trickle you could walk across without getting your boots wet in the autumn. With a relatively stable level over thousands of years, the winter’s ice gradually worked on the boulders in shallow water, shifting them out into the lake and burying them. The result was a very distinctive line between shoreline boulders and a relatively boulder-free zone in the shallow waters. This distinct line of “boulders on the shore, few in the water” became quite visible during this winter’s rebuild with the water at the post-ice-age level.

Starting in the late 1700s, mills arising along Great Brook needed a supply of hydro power that didn’t dry up in the late summer and fall. So, a stone and earth dam was built up at the natural outfall of the lake. Raising the lake level a couple of feet gave the mills the ability to store water and release it later, extending the manufacturing season.

Raising the level inundated shoreline that was previously above water. Erosion ensued and over time shoreline rocks that had previously been embedded in the lakeshore soil formed a ring of freestanding boulders extending out from the shore.

Introducing a dam also changed things for the loons nesting on the lake shores. The lake was now a reservoir, and the rising water of the reservoir in the springtime flooded out nesting attempts of loons.

By 1908 more water was required to extend manufacturing to year-round for the growing mills. A new Gregg Lake dam was constructed further downstream, at the current location. This new location provided a narrower gap between the adjoining hills and allowed a

high, concrete-construction dam to be built, raising the lake’s high level to about a foot below the current high level.

The lake settled into a new cycle. After the spring runoff, the lake would be full. As summer wore on, the lake level gradually fell with the continuous water demand of the mills downstream. With the lower lake level, the people with places on the lake had glacial till beaches exposed in front of their cabins in time to enjoy them along with the warm waters of July and August.

Autumn would come and leaves would fall into the lake. With the low water level at that time of year, the resultant organic mat that formed was far from the highpoint shoreline of early summer. With that organic mat submerged at a depth during the spring and summer, underwater plant growth was discouraged.

With the mills requiring power all year, the water level would continue to drop through ice-over. The winter ice would shift and grind against shorelines, but most of that was just against gradually sloping glacial till of the ancient shoreline.

By the early 1980s the mills were long gone, as was the need for drawing down the lake to power them. A new dam replaced the aging one; this dam incorporated two or three boards to increase the level another foot or more. A decision was made to leave the lake at close to the high level year-round, with the exception that the boards on the dam were removed, dropping the level a foot or so—the ice would have played havoc with the boards. This gave more depth at the public beach and kept the boat launch in deeper water (that area was historically a swamp). But the added depth also subjected more of the surrounding land to the erosive effects of water and waves.

Of course, putting the boards in to raise the level of the lake in the spring continued to have the potential of flooding out loon nests if the timing was wrong.

Close to half a century later, we can now assess the effects of the 1982 dam rebuild and the associated water-level management decisions. What can be observed tracks well with what scientific literature predicts. The mill ponds of New England and the reservoirs of the west have been studied extensively for the effects of artificially raising a shoreline as well as the impact of maintaining an

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artificially high shoreline versus regular late-season drawdowns.

The first thing that occurred, and something that longtime residents of the lake noticed, is that old-growth pines at the water's edge started to die. There is always natural attrition, but the number was noteworthy and it fits with what would be expected. Many of the New England pines like to have access to water, but the roots do poorly when they are submerged for long periods of time, and the pines die.

The next thing that occurred is that old stone walls at the water's edge that might have just had their feet wet in the springtime started to fail due to the impact of shifting ice and wave action. Anytime a new, higher shoreline is established there will be shoreline erosion until a new steady state is achieved. This type of erosion is greatly accelerated by waves caused by storms or boats travelling faster than "headway speed."

Keeping the water high throughout the year also allows the ice to shift the boulders of the ancient shoreline that are now free-standing in shallow water. This shifting further destabilizes and erodes the surrounding glacial till. Those who have been around the lake long enough can actually see the changes.

The last effect of a sustained artificially high level is that an organic mat that forms from leaves falling into the shallow waters in the autumn is now occurring close in to the year-round high level, rather than being buried in deep water. Aquatic plants thrive in this new environment. Once the plants are established, they stabilize the mat and collect more leaves. The plants reduce water circulation in those areas, which results in increased water temperatures. This process extends swamp-like ecosystems into new areas of lakeshore, also extending habitat for things like leeches and warm-water bacteria. The new environment does tend to discourage small children, who can be brutally honest in all things. Many studies have shown that they prefer wading on sandy glacial till rather than in the thick organic muck of the mysterious depths.

Decisions were made at the time of the 1982 dam rebuild, and it has taken time for the impact of those decisions to become apparent, though those impacts could have been predicted with a knowledge of the available scientific literature on the subject. With the current rebuilding of the dam, there is an opportunity to reflect on how to proceed. There are three primary options, though even those could be parsed into an infinite number of variations.

1. Stay the course. Keep everything as it has been since 1982, with a relatively high water level year-round, with the boards controlling the last foot or so of depth removed each autumn and replaced each spring. The boat ramp has year-round "deep water" access, the public beach is up at its high point for swimming even in the cold months. The erosion of the shorelines continues to evolve until at some point it achieves a new steady state. The shoreline boulders will continue to shift in each ice season, and the

shoreline zones will continue to evolve towards swamp conditions.

2. Drop the water level year-round. This option can be parsed into a myriad of options from 1-foot to 5-feet. At 1-foot, the boat ramp and the beach are still accessible. The 5-foot option puts it down to where it was pre-dams. Wherever the steady-state shoreline is set, that is where the organic mat will form, driving towards swamp-like conditions near the year-round shoreline. The great advantage is that it does provide the loons with a predictable lake level during the nesting period.

3. Manage the lake as the reservoir that it is, and in August start to let the lake drop to a lower level. The boat ramp and public beach will still have sufficient water coverage through late August when traffic on the lake drops substantially. Continue to drain down to somewhere approaching the pre-dam level, with a target of reaching that level by the start of December. With this scenario, leaves that fall are either blown "somewhere else" or are carried into deeper waters, so the organic mats in the shallows are no longer a problem. Winter ice forms and shifts against a low-level shoreline that has developed over tens of thousands of winters, so little damage is done. The spring runoff is utilized to bring the level back up to its high point for the summer boating and swimming. Capturing the spring runoff also diminishes issues with spring flooding downstream. An added benefit of this scenario is that pines will have the opportunity to reestablish themselves on the water's edge since the roots won't be flooded year-round. The hitch in this scenario is that the level rise needs to be complete by ice-out, or it will negatively impact the loon nesting season. This last option would require active, knowledge-based level management. It would require understanding what level rise can consistently be expected to be achieved by mid-April, and this would set how much the level can be lowered in the autumn.

Gregg Lake is a valuable resource. The needs of all the stakeholders need to be considered. We have the opportunity to base decisions on water levels on the available science.

(Note: The author's firsthand knowledge of the Gregg Lake shoreline is limited to just a little over 70 years, a geological instant.) 🌸



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Type 2 Diabetes Mellitus—Could You Be At Risk?

Dana K. Plank, MS, RN

Have you noticed any changes to your health recently? Do you have to urinate more often? Do you have an increased thirst or hunger? Vision changes? These are just some of the symptoms a person may experience with diabetes.

Background

Type 2 Diabetes Mellitus (T2DM) has become a global problem due to changes in lifestyles, where people have become less active and may eat unhealthy diets that consequently cause increased weight gain (obesity). T2DM is commonly observed in people older than 45 years of age and is responsible for 90% of diabetes mellitus (DM) cases. Type 1 DM usually occurs at a much younger age and has different causative factors compared with T2DM.

Insulin is produced by the beta cells in the pancreas in response to increases in blood sugar (glucose) created by eating food items. In T2DM, cells in the body that are usually sensitive and receptive to insulin become resistant to it. Insulin is a necessary product secreted by the body so that glucose can be used; it is the key that unlocks the cell so that glucose can enter. In insulin resistance, insulin is unable to properly bind with insulin receptors on cells, which results in glucose channels remaining closed. Glucose is unable to enter the cell and becomes elevated outside the cell. This elevated circulating glucose outside

the cell begins to cause damage in the body.

Understanding your risk for T2DM can be empowering, because knowing which risk factors you can change—and which you cannot—helps you to make healthier lifestyle choices that may reduce long-term complications and prevent lasting damage.

What types of factors put some people at a higher risk than others?

Those individuals with a family history of T2DM have a much greater risk of contracting it themselves. If it is a close relative, like a parent on either side, with T2DM, the probability of developing the disease increases even more. A sedentary lifestyle or reduced physical activity can decrease a person's energy requirements and facilitate weight gain. Poor diet and eating habits can further exacerbate the potential for an increase in body weight. Excess body fat can make it harder for the cells to respond to insulin. Compounding the problem, the pancreas may not be able to keep up with making enough insulin. Consequently, blood glucose becomes elevated, at the same time as it is harder for cells to utilize it. Obesity, as well as where the fat is distributed on the body, can also make a difference. Those individuals with central abdominal fat have a higher risk of developing T2DM. In particular, visceral fat, or fat surrounding the organs, can have more of an influence than subcutaneous fat, or fat under the skin. Through a complex mechanism, central abdominal fat induces a release of free fatty acids and

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other inflammatory compounds that, in turn, cause insulin resistance to develop within the body. Therefore, reducing visceral fat can help in limiting this from occurring and help curtail more insulin resistance from developing.

Advancing age plays a role in developing T2DM. As with many bodily changes people experience as they age, there is an increased risk for receptor cells to become more resistant to insulin, causing higher-than-normal blood glucose levels to occur. Screening through blood testing may identify any age-onset changes that may be occurring.

Family history and aging are non-modifiable risk factors, whereas diet and exercise are factors that can be implemented to help control blood glucose levels. Sometimes lifestyle modifications are insufficient, necessitating medications to be prescribed that help improve insulin sensitivity and enhance glucose uptake by the cells. By having better control of high levels of glucose in the body, or better glycemic control, the damage can be limited. Steps toward a healthier lifestyle can be started right away with help from healthcare professionals with expertise in treating diabetic patients.

Thank you...

to Ruth Benedict, Thelma and Wayne Nichols, and Sonnie and Tad Fish for delivering *The Limrik* to sites all around town and beyond.



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Tom Villeneuve RIA

Implementing a diabetic diet isn't easy, nor is starting an exercise regimen that fits into a person's busy schedule.

A diabetic diet is important because it helps keep blood glucose in a healthier range, supports steady energy, and lowers the risk of diabetes-related complications from high levels of circulating blood glucose. The diet should include plenty of non-starchy vegetables, whole grains, lean proteins, beans, nuts and low-fat dairy products, while limiting foods that can spike blood sugar, such as sugary drinks, sweets, refined grains like white bread and white rice, and highly processed or high-fat foods.

A simple exercise routine for someone with T2DM may combine regular aerobic activity like brisk walking, cycling or swimming with strength training a few times a week. Working with your healthcare provider will help to tailor this exercise to be the safest and most effective in helping to lose weight and manage your diabetes. It is often recommended to start gradually, building up to about 150 minutes of moderate activity per week, and include exercises that are realistic, enjoyable and safe enough to sustain over time.

Evidence supports the notion that a low-carbohydrate diet or diabetic diet, in conjunction with regular exercise, helps to not only manage healthy blood glucose levels but also improve cardiorespiratory fitness and circulation.

Keeping blood glucose levels within a healthy range can help reduce the risk of long-term complications.

Taking steps early on is especially important, as some changes in the body may not be fully reversible once they develop. Focusing on prevention and consistent management can support long-term health and well-being.

Over time, high blood glucose can damage blood vessels and nerves, which then affect the heart, eyes, kidneys and feet, as well as other areas of the body. Another factor that can develop is poor healing capability, making it difficult for wounds to resolve should they occur. Glucose that is unable to enter the cells becomes a destructive force, damaging vital areas of the body. Careful management once T2DM has been diagnosed can influence whether any significant effects occur as the person continues to live with the disease.

By recognizing which risk factors can be changed and which cannot, a person may feel more confident managing their health. Working with a healthcare provider to address modifiable risk factors can help create a plan that meets individual needs and lowers the risk of future complications. Having a diabetes care plan in place can also help reduce the disease's long-term effects and support a healthier life.

If you want to read more articles on public health topics, visit my website, www.ruralnursewriter.com. 🌸

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to Monadnock Paper Mills for the generous donation of the paper on which *The Limrik* is printed.

There's a Quiet Place Calling Out to Me

Mike Doyle

For the first 62 years of my life, I never strayed far from Lowell, Massachusetts. I was born and raised there. The city is the fourth largest in Massachusetts, just a bit larger than New Hampshire's largest city, Manchester. Then, in my early 30s in May of 2000, I settled just over the line in Dracut, Mass., an adjoining suburb of Lowell with about 32,000 residents and close enough to Lowell that it felt like "rural Lowell."

In September 2019, I found myself on medical leave, recovering from major surgery at Tufts Medical Center in Boston, a sharp and unexpected pause from my role as a Global Training Manager for a Massachusetts-based software company. Up until that moment, my life was defined by a quickened pace and motion. For 36 years, I had lived in the current of a fast-paced high-tech career that carried me from one major city to the next, across North America and beyond. One week might find me in New York or Los Angeles, the next in Houston, Dallas or San Antonio. I spent time in Phoenix, Philadelphia and San Diego—and just as easily crossed the border into Toronto, Montreal and Vancouver. And then there were the cities that felt almost larger than life—London, Paris, Rome, Munich, even Cairo—each one a waypoint in a career that rarely slowed down long enough to take it all in.

I loved it. The energy, the scale, the constant movement. I was in my element in big cities.

And then, suddenly, it all stopped. For the first time in decades, I had nothing but time... and a growing awareness that I was within arm's length of retirement... and that I wanted something markedly different.

My Cabin in The Woods

When younger and in mid-career, I thought I would buy a home in the Orlando area and retire there, having made a couple dozen trips over the years, some for business, but most for pleasure. But that seemed *forever away* in the future.

While recuperating at Tufts, I started thinking of the old Three Stooges episode, *Idiots Deluxe*, where Moe was whisked away by Larry and Curly to a quiet cabin in the woods to recover from stress, only for things to spiral into complete chaos involving a hungry "capable-of-driving-vehicles" bear. What can I say—it's the Three Stooges, not Ernest Hemingway.

At Tufts Medical I started looking at real estate sites on my iPhone for *my* "cabin in the woods" that I planned to use for the occasional *within-driving-distance-of-Dracut* getaway. I saw an inexpensive waterfront property listed by Hagstrom Realty in Hillsboro and thought "that's my cabin in the woods!"

Because I wasn't yet cleared to drive, looking for properties was difficult. My son drove me for the first month after my release. We went up to Antrim to look at the property on Steels Pond. Although the property itself

was in very rough shape and would need lots of work, both of my must-haves, the *view* and the *vibe*, just felt right—the view across the pond provided daily witness to sunsets over large hills (or are they small mountains?). The entire street was an unpaved dirt road with a hand-made street sign supporting a total of 11 residences, with most, including mine, on the waterfront. The vibe was rural. Very, very rural. Antrim had almost 3 times the land area of Lowell, with about 3% of Lowell's population spread across that area. Unlike Dracut, it was Andy-Griffith-Show-Dirt-Road rural... and I loved it!

It also had something I could not get in Dracut in 2019—high-speed fiber-optic internet connectivity!!! That meant I could productively work and hold video meetings almost entirely remotely. To someone making a living in high-tech, that was a huge plus!

I bought the property and closed the day before Thanksgiving in 2019. I left my permanent job and focused on the immense job of hiring different skilled contractors to tear down and build up the property to my vision. Just getting started on the renovations, I put my Dracut home up for sale in late spring 2020 and decided to permanently move to Antrim in early summer, letting me live and work there *during* the planned renovations. The bulk of the renovations happened that first year, and the space started to become livable.

I Return to Work, Then Finally Retire

Although I could have retired comfortably, I still had a strong desire to work. So, in early 2021, I accepted an education management contract job for a large project with Eversource. The original contract was for 6 months, but it got extended twice and turned into an almost 3-year gig ending in late 2024. My final gig was a 1-year stint as a Training Director for a US Air Force government contractor in Maryland.

I finally retired from full-time employment in November 2024 and began thinking of my longtime desire to retire in Florida; that got thwarted mainly because almost all my family and non-work friends live in Massachusetts or New Hampshire. I also volunteer for the Museum of Printing in Haverhill, Mass., delivering occasional tours, writing newsletter articles and generally explaining how the various printing and digital technologies work; but it is still very part-time because the museum itself is open only one day each week. And I occasionally have fishing buddies up to canoe around the pond. (I canoe but don't fish). But Florida began calling out to me again.

So, I decided to make the leap into buying a vacation home that I could use. However, I wanted to stay in Antrim and just occasionally visit Florida a few times each year. Could I have my cake *and* eat it too? I bought an existing Airbnb vacation home at the Regal Palms Resort in Davenport, Florida, which I've stayed at before and is convenient to everything in and around Orlando.

Retirement is a nice time of life when having to take

care of two tasks in a week's time makes me feel *very busy!!!* 🌸



My Cabin in the Woods renovated as My Quiet Place, before and after:

Above left, Vinyl siding installed directly on studs. Yikes!!! **Right**, Renovated as 50s diner style

Right, top, First floor facing Steels Pond; **Bottom**, Renovated with large windows and log cabin wood siding

Antrim Grange Arthur Merrill

Antrim Grange members have been active this winter and spring with meetings, activities and events. We continue to hold our meetings at the Presbyterian Church. Arthur Merrill attended the annual State Grange bowling tournament and finished in first place in his class. Gloria Davis and Beth Merrill tended the State Grange information table at the Preservation Alliance's Old House and Barn Expo in March. Arthur Merrill travelled to Sparks, Nevada, for the annual National Grange Leaders' Conference. Three days of workshops, speakers and food were enjoyed by over 70 members from around the country.

Work on the Grange Hall has resumed and the "Great Wall of Antrim" has been completed, with the focus now turned to replacing/repairing the foundation. Members have completed the spring roadside cleanup from the Grange Hall to Route 9.

Members of the Grange are working with community members to plan a celebration of the 250th anniversary of the Declaration of Independence on July 4th with activities at Shea Field, and in Antrim Center on July 5th. The Grange hopes to hold an open house in conjunction with the cemetery tours.

The Grange continues to hold weekly \$20 drawings for the 120 Club raffle fundraiser through July 29th. Tickets are available from any member and the proceeds go to the Grange Hall Rehabilitation project.

The annual Community Awards Night was held on May 20, with a number of deserving members of the community being recognized for their outstanding work in Antrim.

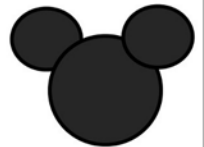
We are planning our annual Penny Sale for Saturday, Sept 5th, on the lawn of the Presbyterian Church. 🌸



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summer vacation planning!

Consider sharing a patriotic-themed, handmade item to our art display in honor of America's 250th celebration. Perhaps you have a handcrafted, small patriotic quilt, photograph, rug hooking, painting, or embroidered handiwork that could be displayed from June 15–Aug 30 at the library. One item per person is welcomed, and items should be no larger than 11x14" because there is limited space. Unfortunately, we cannot display small items such as jewelry. Additionally, the Antrim Historical Society will share some patriotic photos from the past. Sign up at the library by June 15.

Join the Friends of the Library by completing a "Friend" membership form at the circulation desk or attending one of our quarterly meetings. We suggest a \$10 donation to support our projects, and the membership chair will contact you with more information. New members are always welcome, whether you can help once a year or more often. Your level of involvement is entirely up to you, and there are many ways to help keep our library strong and community-focused: baking, landscaping, inventory, maintenance and special projects.

We hope to see you at our next meeting on Saturday, June 6, at 10:30 am in the library. 🌸




A–B Lions Club

Linda Morehouse

Congratulations to the Antrim–Bennington Lions Club on their 45th anniversary of service to our communities! The club was honored by Lions Club International in recognition of its continued commitment to service projects. We extend an invitation to potential new members to attend a meeting on the first and third Tuesday nights of each month at 6:30 pm at the Presbyterian Church. The third Tuesday night meeting offers a potluck meal and is enhanced with interesting guest speakers such as Elizabeth Moore, English Department Chair from ConVal and John Blake, Chief of Antrim Police Dept. Speak to a Lions member for more details.

Recently the A–B Lions Club donated uniform shirts to children who participated in the Antrim Recreation Department spring season. Also, members donated snacks to the 8th grade Washington, DC, trip because, as we all know, teenagers are always hungry! In May the small pantry at the Grapevine Family Resource Center received donations of canned tuna, chicken and mayonnaise as requested by the staff. Continuing our theme of service, Lions Club International challenged clubs to participate in an environmental service project in conjunction with



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Earth Day. Several members of our club assisted Antrim Recreation with clean-up projects at our town parks.

Throughout this school year, members enjoyed engaging conversations with young Antrim Elementary students during the "Lunch with Lions" program. According to parents and staff, the students truly enjoyed these lunch sessions. This activity promoted a sense of belonging and friendship between generations. In partnership with the Antrim Elementary PTO, our "Lunches with Lions" program will culminate with a Field Day barbecue on June 12.

Upcoming events include hosting the Antrim Community Supper on July 16 and the chicken barbecue at Tenney Farm as part of the Home & Harvest Festival. Stay tuned for more details. Our club will continue to conduct eyesight screenings at ConVal elementary schools and Great Brook School this fall. These screenings provide information to parents about whether their child may need to be seen by an eye doctor. This is one of our most important service activities, and last year we screened over 500 students!

Where there's a need, there's a Lion! Please join us and thank you for your support! 🌸

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Where in Antrim?

Only J Alfred and George Davison correctly identified the "old-old dam" at Gregg Lake, as J Alfred described it. George Davison said, after doing a little internet research, "the old dam has surfaced, hence the rock pile formation, etc." George Davison won the gift certificate for Corey's Septic Services.

The names of all who correctly identify the location of this photo by June 15 will be entered into a drawing for a \$25 gift certificate for Tyler's Small Engine Sales & Service. Email your response to editor@antrimlimrik.org or call 603-588-2569. Photo by Frank Gorga. Happy hunting! 🌸



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The Grapevine

Melissa Gallagher

Dear Friends,

We enjoyed a heartwarming turnout for our Annual Spring Walk on May 9. A very special thank you to our major business sponsors this year: Bank of NH, Bellows-Nichols Insurance and Monadnock Community Hospital! We also had support from Badger Balm, Hillsborough Chrysler Dodge, Hillsborough Ford, Wade's Precision Auto, Bennington Congregational Church and Edmunds Ace Hardware. Thank you also to the Frankestown Village Store and Edmunds Ace Hardware for hosting a donation jar for customers to contribute to this event! We are also grateful to all the volunteers who baked, set up equipment and supplies and welcomed walkers! We have exceeded our fundraising goal this year of \$15,000!

A special welcome and shout-out to some extraordinary spring volunteers:

- Welcome to **Peter Moore** of Antrim, who has recently joined our Board of Directors! Peter is a skilled volunteer with previous board experience, organization leadership and an all-around handyman. He has donated countless hours to community causes and we are fortunate to have him!

- **DeeAnn Dubois** for leading our Terracycle collection program

- **Rick Edmunds** for his time with facility needs and for hosting Dads Campfire

- **Bob Edwards** for collecting our trash and recycling each week

- Spring Walk and Black Fly Art event volunteers **Jenine Rubin, James Panico, Dana Brien, Dottie Bauer, Diane Yoe, Kim Fletcher, Addy Cutter, Sarah Yeaton, Bernadette & Mike Monaghan, Brynn Hill, Mike Connolly, Stephen Burkhardt** and **Dennis Young**

- ConVal High School Day of Service student volunteers for their help in May with outdoor and cleanup projects

- ConVal High School "Break the Stigma" student volunteers for organizing their annual 5K fundraiser to benefit our Avenue A Teen Center.

- Thank you for ticket donations from **You're Fired Paint Your Own Pottery & Mosaics** in Concord and family passes from **Eric Carle Museum of Picture Book Art** in Amherst.

UPCOMING EVENTS

Blindfolded Boat Race! June 8, starting at 6:15 pm at Norway Pond in Hancock! A fun kick-off fundraiser for our Avenue A Teen Center. Register your canoe or come to spectate! Visit avenueatec.org for more info!

Coffee and Conversation with New Futures: June 30 from 10–noon, New Futures, a statewide advocacy organization, will join us to talk about current legislation and what to look for as mid-term elections approach. We will end the morning with lunch and conversation. Call to register.

SUMMER PROGRAMS & RESOURCES

Summer Hours: July 6–Aug 19, Mon–Wed, 9–12, and by appointment. For info on all programs, give us a call at 603–588–2620 or email us at info@grapevინeh.org.

Summer Adventures at The Grapevine: Children ages 4–7 come join us for a week of fun in the sun! Miss Paula and Miss Brenda will be offering summer painting, water games, crafts and more. Weeks are July 6–10 and August 3–7 from 9 am–1 pm.

Summer Parent/Child Programs: Caregivers and children will be together for summer fun and connection to other families at The Grapevine for a weekly stay-and-play. There will also be a traveling group that meets in Hillsborough and visits various local places for walks and summer fun!

SAIL! (Stay Active & Independent for Life): The Grapevine and Antrim Recreation offer an exercise program three days per week. Participants improve overall strength, balance and coordination in a fun and relaxed setting. This program is offered at NO COST and is geared toward older adults but open to all. Meets at Antrim Town Hall (wheelchair accessible).

Dads Campfire. Interested in a Dads Group? The group gathers around the campfire with pizza provided on the first Tuesday of the month at 7 pm. Email teresab@grapevინeh.org.

Moms Campfire. Join other moms/caregivers around the campfire at The Grapevine in Antrim to hang out and talk about life. Every first Thursday of the month, 6 pm to 7:30 pm. Bring your chair and a beverage. Pizza provided. Call to register.

Spring Cleaning? Consider gathering some items to donate to our fall yard sale. We are taking household items, toys and small furniture; no clothes please. Call ahead before bringing your treasures to The Grapevine.

Want to get involved? We are always looking for help! Click the volunteer button at our website, grapevინeh.org!

Other Programs and Services Available...

- Avenue A Teen + Community Center

- Information and supported referral for resources to meet basic needs such as housing, home heating and food

- Ben Pratt Community Wood Bank

- Community Tool Shed

- Kinship Navigation Program for grandparents and other relative caregivers who are parenting grandchildren, nieces, nephews, etc.

- Home Visiting and One-to-One Supports: Support for all types of families who need access to community resources, someone to talk to and some extra support.

The Grapevine is a 501(c)(3) nonprofit family and community resource center located at 4 Aiken Street, behind the Tuttle Library. For more information call 603–588–2620. Tax-deductible contributions are gratefully accepted at PO Box 637, Antrim, or drop by the center at 4 Aiken Street (behind the library). Don't forget to visit us

at www.grapevინeh.org and follow us on Facebook: <https://www.facebook.com/grapevინeh.org/> and Instagram: @thegrapevinefr. ☘

Pancake Suppers to Poetry Readings: Spring at Avenue A!

Jacqueline Roland, Director of Teen Programs

From leadership days and arts performances to fishing trips and mentorship, young people from across our community enjoyed a spring filled with joy and growth at Avenue A.

One of the season's biggest highlights was our Volunteer Celebration in April. More than 150 teens and community members gathered at the Antrim Town Hall to honor the 75 volunteers who make our programs possible. Teens prepared desserts, created handmade cards and designed decorations for the event. Throughout the evening, young people shared heartfelt remarks about the volunteers who make a difference in their lives.

Eighth grader Gwendolyn Caffrey spoke about our cooking program volunteers, saying, "They dedicate themselves to guiding teens through the art of cooking... They're always so ready to help when we need it and they're willing to step away and let us be independent too." Ninth grader Michael Melvin expressed gratitude for volunteer Nancy Razza's free piano lessons, sharing, "Without Nancy I wouldn't be where I am right now.

She's the reason I continue playing piano."

Our Coffeehouse & Youth Arts Celebration in late April drew a packed audience! Thirteen teens performed instrumental music, songs, poetry and creative writing, and guests also enjoyed an exhibit of teen artwork. The event highlighted the talent of our teens and the confidence gained through creative expression.

Thanks to support from the Grand Monadnock Rotary, Avenue A teens participated in spring Leadership Days centered on collaboration and service. In March, twenty of our high school students spent the day at Kroka Expeditions in Marlow taking part in leadership challenges, fire building, maple sugaring, sledding and team activities.

In April, sixteen teens participated in our service-themed Leadership Day that began at the Peterborough Players, where teens worked with actor and director Eve Pierce and Avenue A alum Dan Theberge on improvisation games and original skits focused on communication and collaboration. Teens ended the day by preparing a free pancake supper for area seniors at Avenue A and performing their skits for the supper attendees.

Spring brought new growth for our Mentorship program. Three new mentor-mentee pairs began meeting together this season. These relationships are tailored to the individual interests of each teen. For example, one teen who enjoys baking/cooking meets with their mentor at Avenue A to try new recipes together. Mentorship provides a supportive adult presence that helps teens build resilience and confidence.

Other recent highlights include our art program led by Avenue A alum Mikala Mackesy, fishing group outings, disc golf adventures, pick-up basketball and preparations for a summer filled with campfires, outdoor adventures, canoeing, art, music and open hours. We're excited for another season full of opportunities for teens to build friendships, discover new passions and experience a sense of belonging.

Looking toward summer, we are thrilled to be selected as the Peterborough Players "Players Gives" recipient for their 2026 season. Through this partnership, our teens will attend the Players productions of Baskerville and Emma for free this summer!

Excitement is building for our Blindfolded Boat Race at Norway Pond in Hancock on June 8th. This beloved event is a canoe race with a hilarious twist... Two people per boat—the person in the front has a paddle and is blindfolded. The person in the back shouts directions. Costumes are encouraged. Hilarity ensues. Victors are crowned. Fun is had by all! Come to watch, sponsor a team or sign up with a friend and compete in our community division or enter our business/organization division to represent your group. All proceeds support our programs for youth. More information about this fundraiser and our summer schedule is available at avenueatc.org. ☘

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