





# ABA announces 2020 Board of Directors

ALTON — The Alton Business Association is pleased to introduce to its 2020 Board of Directors!

Chairperson - Christy Painchaud

Painchaud's company, Christy Painchaud, LLC, has been a member of the Alton Business Association for several years. She has volunteered with the ABA since 2019's Winter Carnival. She became an interim director in 2019 and worked diligently to reshape the organization through the course of the year. She won both the

membership director for 2020.

Vice Chair - Kelly Sullivan

Sullivan has been a vocal supporter of the ABA over the years, serving as a board member, working as a volunteer and lending her voice as a member through her company PDK Cottages, LLC and Alton Excavation. She's excited to lend her community organizing expertise to the role of vice chair in 2020.

Secretary - Donna Russell

Russell has been active with the ABA for several years, represent-

ing TD Bank. She served as interim secretary in 2019 and is excited to continue serving in that role to support the association in the year to come.

Treasurer - Tamara Blier

Blier has worked with the ABA for several years, representing TD Bank. She brings her banking expertise to the association. She's dedicated to balancing the association's budget and working strategically to meet its 2020 financial goals.

Media director - Aimee Terravechia

Terravechia served as

interim Media Director in 2019 and helped promote events and marketing initiatives throughout the summer and fall. She joined as a member in spring of 2019, representing her company Catchpenny. She brings her marketing and journalism background to the role of media director and is excited to share the work that the association has done and will continue to do throughout 2020.

Membership director - Christy Painchaud

Painchaud also won chairperson for the 2020 board. Throughout 2019,

she's increased membership significantly and hopes to further improve the association's membership in the year to come.

Fundraising director - Joyce Murphy

Murphy has helped the ABA since 2019's Winter Carnival. She's been an active volunteer and supporter of the association and has lent her energy and expertise to several events and initiatives while representing her business with her husband, George Murphy, LLC. She brings her background in fundraising to the Alton Business

Association as the 2020 fundraising director.

The ABA offers a special thanks to the 2019 Board of Directors. Although many of the directors chose to run for reelection, others have opted to retire from the organization after years of dedication and commitment. The association is especially thankful for their service to the community throughout the many years of work with the association. They include Roger Sample, Chris Racine and Carolyn Schaeffner

## Blood drive this afternoon in Alton

ALTON — The American Red Cross currently has a critical need for blood donors of all blood types – especially type O – and platelet donors to make an appointment now to give and help replenish the blood supply

after the holiday weeks. Right now, the Red Cross has less than a three-day supply of type O blood. To help tackle the critical need, the Red Cross and NFL are working together to offer one lucky winner a trip to Super

Bowl LIV in Miami.

During the weeks of Christmas and New Year's, about 500 fewer blood drives were hosted by volunteer sponsor groups than required to meet patient needs. Many groups postpone

blood drives during the winter holidays when travel and holiday activities may make it challenging for many donors to give. In fact, AAA estimated that a record 115.6 million Americans traveled during the holiday period of Dec. 21 through Jan. 1.

"Lifesaving medical treatments and emergencies never take a holiday," said Paul Sullivan, senior vice president, Red Cross Biomedical Services. "Declines in donations can affect patient care. That's why the Red Cross is encouraging eligible donors to make an appointment to give now and help those sidelined by illness and trauma."

Donors are urged to make an appointment to give now using the Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

As a special thank-you, those who come to give blood or platelets Jan. 1-19, will automatically be entered for a chance to experience the Super Bowl live. The Red Cross and NFL have teamed up to offer one winner two tickets to Super Bowl LIV, entry to the official NFL Tailgate, tickets to Super Bowl Experience at the Miami Beach Convention Center, round-trip airfare to Miami, three-night hotel accommodations at The Alexander® - All Suite

Oceanfront Resort (Jan. 31 to Feb. 3), and a \$500 gift card for expenses. Additional details are available at RedCrossBlood.org/SuperBowl.

"The Red Cross appreciates the NFL's support during this crucial time of year when every donor – and every donor – matters. We hope this may inspire some to make regular blood and platelet donation one of their New Year's resolutions," said Sullivan.

This fall, 13-year-old Josh Roy and his family learned the importance of blood donations firsthand. In October, Josh contracted a severe case of influenza B and necrotizing staph pneumonia. He was transported to the hospital, was put on an extracorporeal membrane oxygenation (ECMO) machine that circulates blood through an artificial lung and eventually needed a tracheostomy tube. Josh has received multiple blood transfusions during his treatment.

"You never know when someone you love might end up needing a blood transfusion," said Jaqueline Bakehorn, Josh's aunt. "We are so thankful for those who have given blood and would love to see more people donate."

Josh is still hospitalized but is making slow, gradual progress. He faces a long road to recovery and may need additional blood transfusions along the way.

Donors living in New Hampshire have the opportunity to give blood or platelets at the Manchester Red Cross Blood Donation Center. For hours of operation and to make an appointment, view the Manchester Red Cross Blood Donation Center information on RedCrossBlood.org

Additionally, there will be a blood drive at St. Katharine Drexel Church today, Jan. 9, from 1 to 6 p.m.

All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

## Gilman Library named Hannaford reusable bag program beneficiary

ALTON — Gilman Library has been selected as a beneficiary of the Hannaford Helps Reusable Bag Program for the month of January. The Hannaford Helps Reusable Bag Program, which launched in April 2014, is a reusable bag program that facilitates community support with the goal to make a difference in the communities where shoppers live and work.

Gilman Library was selected as the January 2020 beneficiary of the program by store leadership at the Hannaford located at 80 Wolfeboro Highway in Alton. Gilman Library will receive a \$1 donation every time the \$2.50 reusable community bag is purchased at this location during January.

Established in 1892, as Alton Free Public Library, at a location above a drugstore in Monument Square, it was moved in 1951 to a brand new brick building at 100 Main St. and dedicated as the Gilman Library. Expanded in 1997, this library is continually evolving to meet the ever-changing needs of the community. The library's mission: "The purpose of the Gilman Library is to enrich the quality of life through nurturing the joy of reading and lifelong learning by addressing the informational, educational and recreational needs of the community."

Learn more about Gilman Library by visiting [gilmanlibrary.org](http://gilmanlibrary.org). For more information on the Hannaford Helps Reusable Bag Program, visit [hannaford.bags-4mycause.com](http://hannaford.bags-4mycause.com).

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# Nominations sought for Gordon Preston Outstanding Community Service Award

BARNSTEAD — Mahatma Gandhi said, “The best way to find yourself is to lose yourself in the service of others.”

Gordon Preston’s life epitomized this quote. He was devoted to serving the community for the benefit of all. When Gordon arrived in Barnstead many years ago, he immediately immersed himself into volunteering within the community. He continued to generously serve this town for the rest of his life. Preston was welcoming of all newcomers to this town. He was truly inspiring about the impor-

tance of getting involved in the community. In the spirit of his unwavering service to the community, The Gordon Preston Outstanding Community Service Award, which was established in 2019, is presented to a person who embodies the same type of dedication to the town of Barnstead. This award recognizes the unsung hero or heroine that continually gives their precious time to benefit the community as a whole. It is a small way to say thank you for all they do.

The Gordon Preston Outstanding Community Service Award cere-

mony debuted last year at The Gordon Preston celebration of life gathering. The initial award was presented to Nancy Carr of Barnstead for her unwavering commitment to the town. Organizers are committed to continuing this award each year in Preston’s name.

Criteria for nominees:

- Any volunteer who serves the community without compensation to benefit the town and the residents.
- This person consistently demonstrates the quality of outstanding

service to the town of Barnstead.

- Their actions have made a meaningful contribution to the community.
- Someone who is not normally recognized for their unyielding efforts that benefit the town, the unsung hero/heroine
- Included along with the nominee’s name and contact information should be your specific reason why this person deserves to be recognized.
- Any anecdotal infor-

mation or quotes from those who were touched by the nominee would be greatly appreciated.

- All nominations must be submitted online no later than March 20 of each year. The award will be presented later on in the spring at a BOS meeting.

Organizers encourage residents to nominate someone, whose commitment to and service in the town of Barnstead has made a positive impact on the lives of the residents and the

local community. They will be accepting nominees through the month of February.

For more information or to nominate someone, please contact Margaret Cipriano at [cipzillacipriano@yahoo.com](mailto:cipzillacipriano@yahoo.com).

The advisory committee for the Gordon Preston Outstanding Community Service Award will review the nominations and select one recipient that exemplifies the spirit of the award.

## Vendors sought for Winter Carnival

ALTON — The Alton Business Association is finalizing plans for the 2020 Alton Bay Winter Carnival, which is set to take place on Sunday, Feb. 16, from 10 a.m. to 3 p.m. The ABA is seeking vendors to participate in this year’s Winter Carnival.

Due to limited space, the association will be capping vendor participants at 25 on the ice and allowing only a few food

vendors to participate. There is a registration fee for all vendors and food vendors are asked to donate a portion of their proceeds to the Alton Business Association.

The event is set to include many of the most popular events from year’s past, with new events being added to the schedule to draw more residents from Alton and surrounding

communities. A weekly event committee meeting will be taking place every Wednesday from 5:30 to 6:30 p.m. at the Gilman Museum at 123 Main St. in Alton.

Interested parties should e-mail the ABA at [info@altonbusinessassociation.com](mailto:info@altonbusinessassociation.com) for a vendor form, or visit [www.altonbusinessassociation.com](http://www.altonbusinessassociation.com) for more details.

ALTON — On Sunday, Jan. 19, the Masons of Winnipisaukee Lodge in Alton will be hosting their monthly breakfast buffet, open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle. With

fresh fruit, biscuits and gravy, scrambled eggs, omelets, bacon and sausage, home fries, beans, pancakes, French toast, coffee and juice being served, it is a perfect time for family and friends to sit down and enjoy an

all you can eat breakfast buffet. So, join them for breakfast between 7:30 and 11 a.m. They hope to see you there, always on the third Sunday of the month. For more information, contact Dave Collier at 875-0816.



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## A true honor

On page three of this edition is a press release announcing nominations for the Gordon Preston Outstanding Community Service Award.

We feel that it's always great to honor people who help their community through their volunteer efforts, be it working on different boards in service to the town or helping out at various events throughout the community.

And we believe that Barnstead has found the perfect person to honor by naming an award after him.

When Preston passed away, the town of Barnstead lost one of its staunchest advocates. Over the years this paper has been in existence, Preston held seemingly every position we could imagine in the town of Barnstead and he and his wife, Kathy, were truly some of the nicest people we had the pleasure of meeting.

When we received the press release announcing that nominations were being accepted for an award in his honor, we were excited to see him honored. While we don't know Nancy Carr, who was the first winner of the award announced at last year's celebration of life, we have seen her work on different boards and committees around town.

So, we ask residents of Barnstead to turn to page three of this paper and read some of the criteria for the award and think of some of the people in town that you know who might qualify for this award.

The award is presented to a person, an unsung hero or heroine if you will, that gives of their time to benefit the community as a whole. Criteria for nominees include people who serve the community without compensation to benefit the town and its residents and consistently demonstrates the quality of outstanding service to the town. The nominees action should have made a meaningful contribution to the community. The nominee should be someone who is not normally recognized for their efforts in the benefit of the town.

The nominating committee will be accepting nominations for the award through the month of February and the award will be presented at a board of selectmen meeting later in the year.

For more information about the Gordon Preston Outstanding Community Service Award or to nominate someone for the award, contact Margaret Cipriano at [cipzillacipriano@yahoo.com](mailto:cipzillacipriano@yahoo.com).

We are pleased to see the memory of one of Barnstead's finest citizens being honored on an annual basis. There are plenty of good people doing good things throughout the region and we always like to see those people honored for their hard work and dedication to their communities. This award is just one small way for residents of Barnstead to be honored while at the same time honoring Gordon Preston.

So, think about that person who you know that serves the community of Barnstead and nominate them for their work. While it may be a small award in the grand scheme of things, it is a big deal in a small community because small communities would struggle without the volunteer work done by countless numbers of residents over the course of the year.



COURTESY PHOTO

### Active Older Adults

After 17 years as treasurer for Active Older Adults and leading many group hikes and cross-country ski trips along with her husband Gary (second from right), Bonnie Chehames (second from left) has passed the torch to Steve Brinser (right). She spoke fondly of the wonderful friends she made over the years and received a few heartfelt creative gifts as well. Paul Matlock (left) remains as the event coordinator for the group. Wolfeboro's Active Outdoor Adults offers weekly hikes and cross-country skiing each Wednesday with the option of carpooling. The schedule has been set for the next three months of 2020 and all are welcome to join in at any time. For weekly e-mails, access to Facebook page and schedule and the annual holiday party please send your check of \$5 made out to Steve Brinser/AOA and mail to PO Box 253, Melvin Village, NH 03850.

## Letters to the Editor

### Warrant articles bundled again

To the Editor:  
The New Durham Board of Selectmen (BoS) has scoffed at the voters' call to control their taxes. They have decided to continue bundling special warrant articles on the ballot despite the March 2019 town vote that requested an end to the unusual practice. Article 13 stated, "That in the future Capital Reserve Funds and Expendable Trust Funds be listed and voted on individually on the Town Warrant." It passed 234 to 151. Over 60 percent in favor.  
An example of the problem is a bundle of Capital Reserve Funds such as the Smith Ballfield, the public safety facilities and the 1772 Meetinghouse shows the coerciveness of bundling. Because the funds are bundled together, the voter must vote either in favor of all three projects or against all

three. Some voters may not feel they can afford to fund all three projects and would choose only the projects most important to them, but by bundling all three articles together, the BOS take away the voters' ability to choose which projects to fund.  
Despite the voters asking for the change, the BoS produced without explanation, on Dec. 9, 2019 a draft warrant with the special warrant articles again bundled together instead of listed individually. Besides ignoring the will of the voters, the BOS violated state law by reaching its decision to keep bundling articles outside of a public meeting. They further refused to answer questions on how they came to their decision. Conducting town business in secret like this is a violation of our right to know how the BoS reaches its deci-

sions when conducting town business. This right is protected by the Right-To-Know Law NH RSA 91-A:2. The selectmen presently have a lawsuit pending in Superior Court for not following another state law. This could add to that.  
Unlike the cable TV industry, bundling is unusual. Eighteen towns surrounding New Durham list their special warrant articles separately: Wolfeboro, Alton, Strafford, Barnstead, Farmington, Middleton, Milton, Brookfield, Effingham, Epsom, Barrington, Wakefield, Gilmanton, Gilford, Lee, Madbury, Rollinsford and Tuftonboro.  
The Baysider newspaper recognized the value of listing special warrant articles individually last year and wrote in its Jan. 10, 2019 editorial: "\*\*\*\*(T)axpayers would also be having more of a say in how

their tax dollars are being spent, and in our mind, that's never a bad thing. New Durham's town tax rate has increased a lot over the last few years and nobody wants to see it continue to go up. This might be a way to help save a little money here and there.  
More importantly, as mentioned, this change would give New Durham voters more control over their money."  
It's an arrogant move by our BoS that shows they want to limit the voters' power to control their tax bill. The fact that New Durham stands alone among all the other towns surrounding it and its selectmen defying the voters demonstrates just how out of control our selectmen David Swenson, Dot Viesel, and Cecile Chase are.  
DAVID BICKFORD  
NEW DURHAM

### The bench

To the Editor:  
Where did it go? My friends, Bill and Maggie DeLong gave the bench to the town at Harmony Park. The plaque on the bench says "Enjoy." If you ever sat there, you get it right away. Enjoy the view, the breeze

and relax. Now we have Fort Alton Bay, with a three-foot wall, no view and no breeze. A sad day for Harmony Park visitors, when we take away this freedom and replace it with a concrete wall. The people in charge might say, it's

for safety. I say B.S. It's more dangerous now for people to sit on top of the wall to fish, enjoy fireworks, hide behind for mischievous ideas. Whoever said ok to this project never sat on the DeLongs' bench and enjoyed the surroundings.

I say take down the wall and put up a solid rail fence and give us back the view, the breeze and relax.  
RUTH ARSENAULT  
ALTON

### With heartfelt thanks

To the Editor:  
The Barnstead Historical Society would like to thank everyone who made our annual Christmas Sale a resounding success. To our vendors and crafters, Mary Locke, Judy Stowell, Savannah Fifield, Judy Forsyth and Miranda Schlup, your products received enthusiastic reviews. Donations from Ne-

vaDunn Farm, Joanie Foss, Millican Nurseries, Clark's Grain Store, Bill Carpenter, Jeannie Terry, and Ken Pitman contributed to the success of the raffle. Grace Merrill's donation of the publication of Stuart Merrill's "History and Genealogy the Barnstead Early Families from 1727 to 1970" and the "History of the Barnstead Fire

Departments 1909-1995" allow us to continue to raise funds for a lasting memorial to her late husband, Twink. If you missed out, copies are still available for sale. To our volunteers, to whom we are indebted, your hard work made this event go off seamlessly. The continued support of the board of selectmen is also much appreciated. Allowing

us the use of the space above the hall to store and work on our collection is invaluable. Finally, we would also like to show our gratitude to "The Baysider" for continuing to provide a media outlet for our events.  
BARNSTEAD HISTORICAL SOCIETY  
BARNSTEAD

### Church Service SCHEDULE

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

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

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

**BEFREE COMMUNITY CHURCH, ALTON**  
Alton-9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, [www.befreechurch.net](http://www.befreechurch.net).

**CENTER BARNSTEAD CHRISTIAN CHURCH**  
Morning Service 10:00 am.  
Adult and Teen Bible Study 11:15 am.  
Sunday School for all ages 10:00 am.  
Rte. 126 next to Town Hall.  
Pastor Brian Gower. 269-8831.

**COMMUNITY CHURCH OF ALTON**  
Prayer Meeting 9:00 am Christian Education for all ages, nursery-adults, 9:00 am.  
Rev. Dr. Samuel J. Hall, 875-5561.  
Sunday Worship Service 10:00am  
Alton Bay Bandstand July 1-Sept 2  
10:00am 20 Church Street

**CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC**  
Sun. School and Worship Services, 10:00AM, 504 N. Barnstead Rd.  
Pastor Nancy Talbot, 776-1820, [ccnorthbarnstead.com](http://ccnorthbarnstead.com)

**FIRST CONGREGATIONAL CHURCH UCC FARMINGTON**

Worship Services 10:00 A.M.  
Sunday School 10:15 AM  
400 Main Street  
Farmington, NH 03835  
Pastor Kent Schneider 755-4816  
[www.farmingtonucc.org](http://www.farmingtonucc.org)

**FIRST FREE WILL BAPTIST CHURCH**  
Sun. School 9-9:55am; Church 11am; Evening Service 6pm;  
Wed. Prayer Meeting 7pm. Depot St., New Durham;  
Pastor James Nason.

**PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.**  
on the Parade in Barnstead  
Sunday Morning Worship Service for all ages begin at 10:00 a.m.  
Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings.  
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**ST. STEPHEN'S EPISCOPAL CHURCH**  
Sunday 9:30-10:30 Main St., Pittsfield  
Rev. Miriam Acevedo, 435-7908  
[www.ststephenspittsfield.com](http://www.ststephenspittsfield.com)

**UNITARIAN UNIVERSALIST SOCIETY OF LACONIA**  
Sunday services and religious education 10:00 a.m.  
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172 Pleasant St. Laconia • 524-6488 • [uusd.org](http://uusd.org)

**MAPLE STREET CHURCH**  
Sunday Service 11am  
96 Maple Street  
Center Barnstead NH 03225



# Alton School Board thanks Hikel for service

ALTON — The Alton School Board would like to thank Kristi Hikel for her two years of service on the board. Hikel has a deep respect for the students, staff and families of Alton and brought a solid understanding of educational practices to discussions. During her tenure, she served as representative to the town budget committee, chaired the mascot com-

mittee, was a member of the board negotiating team, and represented the board on the professional development committee. The board wants to wish Hikel all the best at her new residence in an adjacent town and welcomes her continued involvement as a parent while her children continue at ACS.

If you are interested in becoming a mem-

ber of the Alton School Board, the filing period is from Wednesday, Jan. 22 through Friday, Jan. 31. If you'd like more information about the responsibilities of board members, please contact Pamela Stiles, Superintendent, at pstiles@sau72.org (875-7890) or Karen Kharitonov, chair of the board at kkharonov@sau72.org.

# Yoga, cookie decorating offered at New Durham Public Library

NEW DURHAM — Yoga classes usually fit right in with New Year's resolutions, and the New Durham Public Library has you covered. Beginning yoga is scheduled for Wednesdays, Jan. 15, 22, and 29 at 8:40 a.m.

Bring a mat or beach towel and all of your best intentions. It's fun, relaxing, and super good for you. The time allows for parents dropping off children at school to swing by the library and

take in a class.

More classes will follow, depending on the instructor's availability, so stay tuned for upcoming classes. Registration is not necessary.

Since you're losing weight doing yoga, feel free to register for Valentine's Day cookie decorating on Wednesday, Jan. 29, from 6 to 7 p.m. Cookie decorating has proven to be one of the most popular library programs, so call soon

to register for this free class. Spaces are limited.

All supplies are provided, as well as two cookies each. Participants are encouraged to bring some additional cookies of their own for more practice.

The class is open to adults and a parent with up to two school-aged children. Call the library at 859-2201 for more information or to register.

# Support group meets today at Oscar Foss Memorial Library

BARNSTEAD — Hope for NH Families, family support group meeting is on Thursday, Jan. 9, at the Oscar Foss Memorial Library, 111 S. Barnstead Road, Center Barnstead, 6:30 to 8 p.m. and is on the second Thursday of every month.

This group offers support for family members that have a loved one living with a substance

abuse disorder. Participants find strength in sharing their experiences and knowing that they are not alone. Learn to reject stigma in yourself and others and to never give up hope. Help in aiming for better coping skills.

Granite Pathways offers family support groups with facilitators trained by NAMI throughout the state of

New Hampshire to provide support to adult family members with a loved one affected by substance abuse disorder. If you have any questions or would like more information about this group, please contact Charlene at 715-0509 or e-mail hopenhfamilies@gmail.com. This meeting is free and confidential.

# Water quality committee seeking new members

NEW DURHAM — If you are a resident of New Durham and interested in issues affecting the quality of water in local lakes, ponds, rivers and streams the New Durham Water Quality Committee (NDWQC) has a vacant membership position for you. The NDWQC monitors the quality of water throughout the year in the Merrymeeting River and during the summer months in town lakes and ponds. The NDWQC, working within the scope of the Merrymeeting Watershed Management Plan, is initiating corrective measures to reduce stormwater runoff and erosion into waterbodies and, together with other town committees, they are preparing a series of public education sessions regarding water quality issues. The NDWQC also manages the 10-year variable mill-foil treatment plan with the State Department of Environmental Services. And the NDWQC is working with the NH Fish and Game Department and the Environmental Protection Agency to bring a waste water treatment facility to the

Powder Mill Fish Hatchery. Meetings are held the third Wednesday evening of each month. The NDWQC is especially interested in individuals who have a desire to participate in water testing (sampling is done from land and from a row boat) and survey-

ing waterbodies for the presence of exotic aquatic plant and animal species. Training for these activities is available. For further information or to show your interest in membership, contact Fred Quimby at FWQ1@cornell.edu or call 859-4280.



## ALTON POLICE LOG



ALTON — The Alton Police Department responded to 145 calls for service during the week of Dec. 29-Jan. 4, including six arrests.

One female subject was arrested for domestic violence assault.

One female subject was arrested for unlawful possession of alcohol and protective custody for alcoholism.

Two male subjects were taken into protective custody for alcoholism.

One male subject was arrested for transporting alcoholic beverage by a minor and unlawful possession of alcohol.

One female subject was arrested for unlawful possession of alcohol.

There were two motor vehicle accidents.

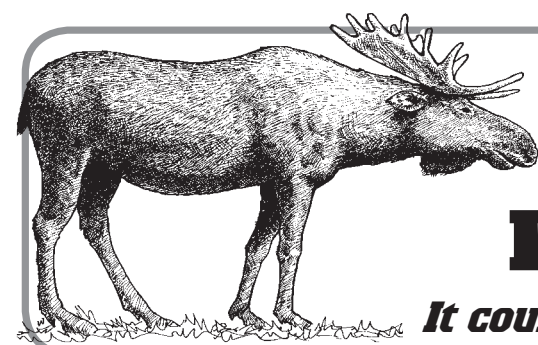
There was one theft at Alton Village Store.

There were three suspicious person/activity reports on Mount Major Highway, Wolfeboro Highway and Butler Drive.

Police made 58 motor vehicle stops and handled three motor vehicle complaint-incidents.

There were 78 other calls for services that consisted of the following: Three assist fire department, two fraudulent actions, three em-

ployment fingerprinting, four assist other agencies, three animal complaints, two juvenile incidents, two domestic complaints, four general assistance, one miscellaneous, one noise complaint, one lost/found property, 10 highway/roadway hazard reports, one general information, one untimely, one trespass, two criminal mischiefs, one disabled motor vehicle, 21 directed patrols, one medical assist, 12 property checks, one paperwork service and one unwanted person.



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# Cougars: Good news, or bad? And tales of an Austin-Healey



By JOHN HARRIGAN  
COLUMNIST

There are consequences to cougars, I remind myself whenever I'm writing about the fact that (a) cougars are part of New Hampshire's original flora and fauna, and (b) solid, reliable sightings by solid, reliable people with no reason to fabricate such things are seeing what undeniably are mountain lions, year in and year out.

But of course, there's a downside, and one thing is that if you even think you might be in the presence of big cats, you'd better be thinking about them. And we're not talking bobcats or lynx here, not even close.

I well remember the case of a slightly built female jogger who was picked off by a mountain lion as she ran along a hillside on the outskirts of Los Angeles. And there was the pathetic story of the little boy whose horrified parents saw him disappear into the woods in the jaws of a cougar.

More recently, a woman in the state of Washington made headlines when she tried to rescue her small dog from a snack-attack by a cougar. And in Arizona last week, wildlife officers killed three mountain lions after they were discovered feeding on still-unidentified human remains.

During my growing-up years, when I was being taught not only how to navigate in the woods but also how to feel comfortable there, the mantra was "The only thing that can hurt you in the woods is your own stupidity." But if and when mountain lions return, this no longer will be true.

When I lay out this scenario, sometimes someone challenges me,

usually on bears. But our bear is the black bear, not the fabled brown bear or grizzly.

The main thing our bears want to do is run away. The exception is when you inadvertently put yourself between mother and cubs. But that is a rare happenstance, usually occurring during the slight window of opportunity (for both species) known as berrying.

+++++

"Be careful what you wish for," wrote a reader who'd noticed the inclusion of an Austin-Healey Mark III on what was my sort of Christmas/Bucket Wish list.

Up until three years ago, he owned, of course, an Austin-Healey Mark Three Thousand, a beautiful car built in 1967. "I bought mine in 1980 for \$3,200 and spent seven years restoring it," he wrote. With a car like that, he wryly noted, there is no such thing as being "done."

Among other things to ponder, he said the car rides like a piece of railroad iron (and 120 lb. at that) and is not very good on a bumpy road. In fact, it's best on pavement. This has dire implications for me.

Okay, so you'd put this under "high maintenance." It's like the unrestored yet ready to use Model A Ford pickup truck I know I'll never get, I still want one.

++++

Once a coydog, always a coydog?

Despite coyote researchers and wildlife experts who've long had evidence that "coydogs" is a misnomer, a good many people remain convinced that every wolfish-looking animal in woods and field is a cross between coyotes and domestic dogs, hence "coydogs."

In an article widely reprinted in wildlife and academic publications in the past couple of months, author Roland Kays took a look at genetic analysis of what's generally known as the Eastern coyote. The very name implies that our coyote is different



US FOREST SERVICE – COURTESY PHOTO

ADULT cougars are big animals. An adult male can top out at more than 200 lbs., Arizona officials point out.

from its Western cousin, which it certainly is.

The Eastern coyote is bigger than the Western version, and is getting bigger with each generation. This makes sense if it has to be able to take small deer or young moose to survive in such a cold climate, which it does. And to survive, particularly in northern regions, the coyote has to take large prey at every and any opportunity, to supplement its standard fare of rabbits, mice, and chipmunks and the like (coyotes also eat fruit and berries, and, like bears and other hungry creatures, your carelessly placed garbage).

Eastern coyotes, particularly in northern New England, have also learned to hunt in packs, something coyotes out West don't do. Again, this helps them take larger prey.

+++++

When I began writing an outdoor column in the New Hampshire Sunday News in the early '70s, one of my favorite contacts was wildlife biologist Walter Silver. The first reports of coyotes began coming in during the early '40s, and accelerated after the World War II vets began coming home, and returning to the woods they sorely missed.

Walter had a way of talking very slowly, to put it mildly. You could go somewhere far away and pack your pipe in the time it took him to say "coyote." Right or wrong, to me anyone smoking a pipe is a sig-

nal: "This guy has lots and lots of time." Walter always had a pipe.

Walter put out the word that he was looking for coyote pups and a co-operative woods jobber rescued some after their mother was killed and turned them over to Fish and Game. Walter bred these supposed pure coyotes with animals of verified coyote-dog ancestry. Within a couple of generations, he said, they bred back to pure coyote, proving that the dominant genes were coyote and the coyote was a species of its own. (Maybe. Parentheses mine.)

+++++

"Coydog" is a misnomer at any rate, because any visible coyote-dog crossbreeds last only for a generation or two. Yet the name "coydog" has stuck, and remains in wide use.



JIM GAFFEY – COURTESY PHOTO

"BE CAREFUL what you wish for," a reader wryly wrote, citing the tons of fun he had with this '67 Austin Healey III. He ran it (but mostly worked on it) for two decades, and now a lucky new owner is doing the same.

## WATER

(continued from Page A1)

time, and they have a lot of passion," she said, citing them as additional reasons that convinced her to take the leap and take over as Alton's Water Superintendent full-time less than a year ago.

Alton's challenges aren't unique. Many municipalities across the country are facing similar issues with aging infrastructure and a retiring workforce.

"The older people in

the industry are leaving. Back 20 years ago, the information wasn't always put on paper. In a lot of towns and cities, the people who are retiring are taking this information with them," Mitchell said.

One of Mitchell's main projects has been to bring Alton's water system into the next century, utilizing technology to track improvements, replacement cycles, maps, and resources for her team.

"We follow an asset

management system, which helps us to plan replacement cycle and identify growth in the system," Mitchell said.

One of the biggest benefits to this is empowering her team on the ground to respond to situations quickly, reducing the resources needed to fix issues.

"With asset management program, we can start giving the guys on the ground tools on their phones to respond quickly. Now they know where the shutoffs are,

what size pipes are there. It puts them in the driver's seat so they can respond more quickly," Mitchell said.

With the budget approved and plans in place to tackle Alton's aging water system, Mitchell is excited to continue serving her home community. "It's nice to be able to give back to the community you live in. I use the water. My son uses the water" Mitchell said.

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Barnstead	19 Belmont Dr.	Single-Family Residence	\$308,333	Michael J. and Carol A. Balzotti	Donald and Leanne Woodland
Barnstead	10 Holly Lane	N/A	\$225,000	James N. Locke	Dawn M. Abbott and Marilyn C. Fillicicchia
Barnstead	490 Province Rd.	Single-Family Residence	\$135,000	Michael J. Nich	Maplewood Homes LLC
Barnstead	N/A (Lot 114)	N/A	\$223,000	Jeffrey S. Long	Robert E. and Stephanie L. Laflamme
Barnstead	N/A (Lot 141)	N/A	\$252,400	John S. Biscoe	S. Chamberlin-Connifey

## ABOUT THE REAL REPORT

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

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

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

# Hospice volunteer training starts Jan. 22

ROCHESTER — Cornerstone VNA, a non-profit home health and hospice care organization, is offering a free training for individuals interested in becoming a hospice volunteer. For as little as four hours per week, volunteers can offer companionship, respite care and their own unique skills to patients and family members in their community. This comprehensive eight-

week hospice volunteer training program focuses on how to provide comfort, support and a reassuring presence to hospice patients and their families. No medical or volunteer experience is necessary to make a positive difference. The next training will begin on Wednesday, Jan. 22, from 10 a.m. to 12 p.m. and will take place every week until March 11 at the Corner-

stone VNA office on 178 Farmington Road in Rochester.

Current Cornerstone VNA hospice volunteers recently shared, “Hospice volunteering has been the most rewarding and humbling experience of my life” and “Hospice visiting has shown me how to be present.” Cornerstone VNA invites individuals to be a part of this enriching and meaningful

volunteer experience. To register for this training or for more information about the hospice volunteer program, please contact Nancy Nicolazzo, Hospice Volunteer Coordinator at 332-1133 x1239 or [NNicolazzo@cornerstonevna.org](mailto:NNicolazzo@cornerstonevna.org).

Cornerstone VNA is a non-profit home, health and hospice agency currently serving Rockingham, Strafford, Belknap and Carroll Counties

in New Hampshire and York County in Maine. The team at Cornerstone VNA provides skilled nursing, rehabilitative therapies, social work as well as volunteer and support services through five distinct programs: Home care, hospice care, palliative care, life care-private duty and community care. For 107 years, Cornerstone VNA has been committed to bringing

services to people of all ages so that families can stay together at home, even when facing the challenges of aging, surgical recovery, chronic or life-threatening illnesses or end of life care. To learn more about Cornerstone VNA, visit [www.cornerstonevna.org](http://www.cornerstonevna.org) or call 800-691-1133.

## MARK ON THE MARKETS

### Moving parts



BY MARK PATTERSON  
Contributing Writer

There are certain times that I will invoke the use of a fixed index annuity or indexed universal life policy that have a certain crediting strategy that appears to be almost too good to be true. The indexed annuity or the indexed universal life may be

beneficial in certain portfolios for a portion of an overall strategy. If a client is looking for income or wants to place an amount of their money in a vehicle that can grow without equity market risk, a fixed indexed annuity may be a good fit. An indexed universal life policy may be a great addition to a portfolio if you want a death benefit, with potential cash accumulation and maybe some chronic illness benefits. What most fixed indexed annuities and indexed universal life policies have in common is a crediting strategy that allows for growth that is in relation to an equity index, i.e. the S+P 500 that is capped on the upside but usual-

ly has a floor of zero for losses. The client has no market risk regarding losses. When I explain this to clients, the next question is, “How can they do that?” The answer sounds very technical but is quite simple. First off, all this is done in the insurance companies “hedging” office or whatever firm they use to hedge for them. Typically, not always, the insurance company takes your premium dollars, let’s use \$100 as an example. Using approximate dollars, the first \$95 is invested in investment grade corporate bonds for the insurance companies’ benefit. Another \$2 is paid in expense for the policy, like administrative, commission to

agent, para-med exams if it was a life policy. The last three dollars goes toward an option contract that will go towards the index cap and crediting strategy that you chose. You must understand that a variable contract, whether it is annuity or life, is a totally different structure that I do not advise for my clients because I do not believe it is the best option available. Variable contracts typically do not protect the principal, have market risk and high fees. The “guaranteed benefit base “addition is mostly misunderstood by the client and not explained by the agent or broker.

Having been a manager and trader of a fund that uses options and

futures hedging strategies, I can guess that they are using a spread strategy and buying a call option at the strike price of where the index is trading when you fund the policy, and selling a call at the upper limit of your index cap. The sale of this call option funds a portion of the purchase of the more expensive “near the money” call. It sounds confusing, but when you do that on a regular basis, it is one of the simpler option strategies that portfolio managers employ while managing money.

The insurance company is invested very conservatively; the client gets the capped upside to the index that they have chosen with no market

risk. But there are many moving parts that must be evaluated that makes a policy good for the policy owner vs. the agent.

This part seems simple, and it is. An annuity that has “income” features or a life policy with its death benefit is the part of the insurance company’s strength and expertise that involves actuarial science and the law of large numbers along with proper assets in reserve to pay these death benefits.

*Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or [mark@mhp-asset.com](mailto:mark@mhp-asset.com)*

## Three nutrition programs offered in Wolfeboro

WOLFEBORO — The New Year has come and gone and so have many of the good intentions and resolutions. Changing behaviors and creating new healthier habits is not unattainable, but it does require positive intention, commitment and support. Patty Walker, local registered dietitian would like to help. She is offering three different five-week programs to help make 2020 your healthiest year yet.

Walker recommends her sugar detox pro-

gram to anyone ready to crush their sugar addictions while also learning the foundations of a healthy diet. This program eliminates all sugars, processed flours and artificial sugars. More than 300 people have taken this program. Results include weight loss (if desired), less bloating and body aches, improved sleep and energy and better control of cravings. This class is offered on Thursday nights, Jan. 23 – Feb. 20th, 5:15-6:30 p.m.

The second program offered is entitled Reclaim Your Health. This class is for those that want to learn and adopt the habits of the healthiest populations as you gradually reduce animal products while adopting a more whole food plant-based diet. The goal is trying to reach 80 percent or higher plant-based intake by the end of the five weeks. Other topics including activity, sleep, stress reduction and the importance of purpose and human

connection are all topics discussed.

Walker states, “This program helps participants learn the most important habits to create a healthy, long life. It is possible to halt or in some cases reverse chronic diseases with the tools from this course.” This class is offered Wednesday nights Jan. 22-Feb. 19, 5:15-6:30 p.m.

The third program is a pre-diabetes fast track program where participants will identi-

fy their personal risks for pre-diabetes and/or diabetes and learn what action steps are best to prevent or reverse this condition. Walker has a pre-diabetes risk screening test on her web site, [www.ccdnwc.com](http://www.ccdnwc.com) and encourages all persons with family history who are inactive or overweight and/or over the age of 45 to take the test and find out their risk. This class is offered on Tuesdays afternoons, Jan. 28-Feb. 26, 3-4:15 p.m.

All programs meet weekly at Still Waters Health and Wellness Center at 6 Grove St. in Wolfeboro. Additional spring dates and testimonials are posted at [www.ccdnwc.com](http://www.ccdnwc.com).

Pre-registration is requiredParticipants can save money with the early bird rate if payment is received one week before chosen course begins. Additional information can be found at [www.ccdnwc.com](http://www.ccdnwc.com). Please call Walker at 520-3176 to register.

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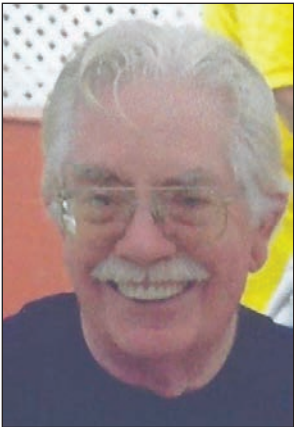


OBITUARIES

John Stokes Yetton  
Led local Masons and American Legion

ALTON — John Stokes Yetton, 84, of Alton, passed away on Tuesday, Dec. 24, from cancer.

John was born in Concord, Mass. After graduating from Wayland High School, John attended Norwich University in Vermont. He spent 10 years as a captain in the U.S. Army. He was a proud member of Masonic Lodge 75 in Alton, where he served as Master of the Lodge for two years. At that time as a member of the American Legion Post 72, he also served as their commander. John worked for 30 years in security at the Roland Institute at Harvard University. He earned



his third degree Black Belt in karate.

John is survived by his wife of 35 years, Joan; his son, Curtis and wife Donna, his son, Steven and wife Kyong Sun, his son, Scott and wife Rhonda; his daughter, Tina and her husband Paulo; and his sons, Eric, Ethan and Christo-

pher. He is also survived by his grandchildren, Nathan, Amanda, Justin, Jonathan, Lauren, Evan, Desmond, Tyler and Tiana; one great grandchild, Riley.

A memorial service was held Friday, Jan. 3, in the chapel at the NH Veterans Cemetery, Boscawen, with military honors.

A celebration of life followed Friday, Jan. 3, at the Claude R. Batchelder American Legion Post 72, Route 28, Alton.

Arrangements are under the care if the R.M. Edgerly and Son Funeral Home, 86 South Main St., Rochester.

To sign the online guestbook, please visit [www.edgerlyfh.com](http://www.edgerlyfh.com).

Ruth Ernestine Belding  
Loved golf and square dancing

OSSIPEE — Ruth Ernestine (Flint) Belding, 97, passed away with her children by her side at Mt. View Community, Ossipee, Monday, Dec. 30.

Ruth was born Dec. 13, 1922 in Braintree, Mass., where she lived most of her childhood and graduated from Braintree High School. She was the daughter of the late Ralph and Fredricka (Parker) Flint.

Ruth was pre-deceased in November 2003 by her loving husband of 61 years, Raymond Leslie Belding, Jr. She is survived by her three children, Raymond Belding, III and wife Toni of Boxford, Mass., Janet McDonald of Rochester and Shirley Alessandrone and husband David of Wolfeboro; five grandchildren, Devon Champlain, Cord Belding, Staci Smith, Blake Alessandrone and Shelby Alessandrone and several nephews and great niece and nephews. She was also pre-de-



ceased by her sister, Evelyn (Flint) Ross. Ruth and Ray's families were good friends and spent their summers together camping in Popponesset, Mass.

In later years, Ray and Ruth married and raised their family in South Weymouth, Mass. and eventually Plaistow. The family spent their summers on Lake Winnepesaukee at Lanes End in Melvin Village and later in Moultonborough. After retirement, they lived in Tuftonboro and Wolfeboro and in Winter Haven, Fla. during the winter months.

Ruth loved playing golf year round, square dancing, spending time with her family and socializing with friends. She was a loving, devoted and nurturing wife, mother, grandmother, aunt and friend. Her presence and beautiful smile will be missed.

There will be a memorial service on Saturday, Jan. 25, at 11 a.m. at The First Christian Church of Wolfeboro. A private graveside service will be held at the Town House Cemetery, Tuftonboro, later in the spring. In lieu of flowers, the family is asking for a donation to Mt. View Community, c/o Friends of Mountain View, P.O. Box 264, Ossipee, NH 03864. E-mail [fomvc10@gmail.com](mailto:fomvc10@gmail.com).

The Baker-Gagne Funeral Home of Wolfeboro is assisting the family with the arrangements. Please share your condolences, messages, stories and sign an online guest book at [www.baker-gagnefuneralhomes.com](http://www.baker-gagnefuneralhomes.com).

Brenda A. Rott  
Former EMT in Barnstead



WORCESTER, Mass. — Brenda A. (Kubiatowski) Rott, 79, of 340 May St., died Monday, Dec. 23, at St. Vincent Hospital in Worcester, Mass.

She leaves her four children, Nicholas Rott and his wife Barbara, Daniel Rott and his wife Wendy, Candice Ross and her husband Michael and Thomas Rott and his wife Kelly; four grandchildren, Zachary, Rebecca, Nicole and Jeremy. Brenda cherished her children and grandchildren and spending time together always made her happy. Brenda was a large part of the Barnstead Fire Department as an EMT in her early years and then a

legal secretary for many years. She was very active at her residence at Tatnuck Park in Worcester. Her favorite hobbies were traveling, sewing and needlepoint.

Born in Paramus, N.J., she was the daughter of Stephen J. and Maryanna (Kwiatkows-

ki) Kubiatoski.

A celebration of her life will be held at Tatnuck Park, 340 May St., Worcester on Sunday, Jan. 12, from 12 to 2 p.m. and the Barnstead Parade Fire Department, Barnstead Parade on Saturday, Jan. 18, from 12 to 2 p.m. In lieu of flowers, memorial contributions may be made to Second Chance Animal Services, P.O. Box 136, E. Brookfield, MA 01515.

J. Henri Morin and Son Funeral Home, 23 Maple Terrace, Spencer is directing arrangements for the family. Visit [www.morinfuneralhomes.com](http://www.morinfuneralhomes.com).

STRATEGIES FOR LIVING

A divine commitment

BY LARRY SCOTT  
Contributing Writer

No matter who you are, no matter what you believe, no matter what you have or haven't done, this I believe to be true: God wants you to be the very best that you can be.

Each of us is who we are as determined by a wide array of factors. Our age, our gender, our intellect, our personality, our up-bringing, our mistakes and our accomplishments ... all have contributed to who and what we are. We may have made mistakes we regret but whatever the case, and within the context of our personality and disposition, God wants you and me to be the very best that we can be.

Now I will grant that many are not certain there even is a God ... or that He is properly depicted in the Bible ... but even in light of their

non-belief, the Bible portrays a God so loving, so committed to our well-being, a God who is "with us" even though we may have little interest to be "with Him," that He is committed to help us be the very best we can be.

The Apostle Paul once wrote, "God demonstrated His own love for us in this: while we were still sinners, Christ died for us." With no strings attached, without any assurance that you and I would even care, God gave His very best that you and I might become our very best.

It is here that we begin to understand some of the limitations God puts on our freedom. God wants only what is best for us and knows, because this is the way He made us, that we are quite capable of pushing our freedom to extremes. He made us with a powerful drive to survive, otherwise life's pressures would have driven many of us to suicide ... He made us with a profound dissatisfaction with the status quo, otherwise we would never fight toward a better tomorrow for our children ... and we could go

on. All of these character traits are admirable and, indeed, necessary to our survival. God's limitations, you see, are not because he has no sensitivity to our drives and desires; His limitations are because He doesn't want us to self-destruct.

Rick Warren, writing in The Purpose Driven Life (page 25) says, "There is a God who made us for a reason, and your life has profound meaning. We discover that meaning and purpose only when we make God the reference point in our lives."

Now we can see the profound reason God invites us, through Jesus Christ, into a personal relationship with Himself. The more complete our union with Him the more successful we will be in becoming the best that we can be. Life's very best, in short, begins right here.

But how to discover and know this God, well now, that is the question isn't it? We will explore this concept together over the next few weeks.

For more thoughts like these, follow me at [indefenseoftruth.net](http://indefenseoftruth.net).

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# Game night at Sticks and Stones Farm Friday

BARNSTEAD — With the holidays over, it's time to get back to hanging out with friends up in the tree house. If you're fearful of heights and concerned with it being a Robinson Caruso-type high up in the air tree house, be assured that it's a down to earth structure that has a tree inside it. It's certainly distinctive and pretty cool.

Seeing as it will be a full moon on Friday, Jan. 10, organizers are sure that everyone will be all energized and want to sneak out from your caves to come to the tree house for some old time music, games and socializing. If you play a musical instrument, bring it and share your talents. The wood stove will be roaring.

The venue is Sticks and Stones Farm, located at 107 White Oak Road in Center Barnstead, which is on the right, not too far from the top of the hill when coming from Route 28. There will be some snacks there and feel free to bring something to share. Bring a friend, bring your family and bring any beverages you'd like to drink. If you will need one, don't forget to bring a designated driver. It'll be this Friday, Jan. 10, from 7 to 10 p.m. Mark your calendar.

This event is brought to you by the Barnstead Agricultural Association. For more information, call 776-8989 or e-mail [info@sticksandstonesfarm.net](mailto:info@sticksandstonesfarm.net).

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## ROBOTICS

(continued from Page A1)

of times in order to get the points – and energy – necessary to be able to move on to the final stage of the game. There, each droid must grab onto the “generator switch” – a hanging, swinging bar – and balance it to complete the game.

To build the robot, each FRC team is given an identical set of materials called the kit of parts. Game and robot regulations are featured in the game manual, which the teams will review before constructing their droids. Teams are also given access to FIRST Choice, a web site where teams can use credits for additional parts, and a virtual kit of software.

PMHS sophomore Simon Paris, a member of the programming sub-group of Team 319, and junior Adam Ross agreed after the presentation that the biggest challenge of the game will be the climb onto the generator switch.

Seeing the challenges that they face this season, students were already brainstorming potential ways to tackle the game, adjusting past techniques to the current game.

Haley Pimley, an Inter-Lakes High School freshman and a member of that school's robotics team, discussed the plans Team 8046 has for the 2020 season.

“We strive to better ourselves and our community... we strive to better our communication skills and get better with our engineering skills, with the support and caring environment

that FRC has given us show what we do. We've school to strategize and



KATHERINE LESNYK

**ROBOTICS TEAMS** gathered at Prospect Mountain High School on Saturday to kick off the new season.

and our school has given us,” she said of the rookie team.

PMHS team mentor Brian Hikel said that there won't be any major changes to the team this year, but he noted that several students on the team graduated last year, so there is an influx of new members, but there are also alumni who are returning to help as “junior mentors.”

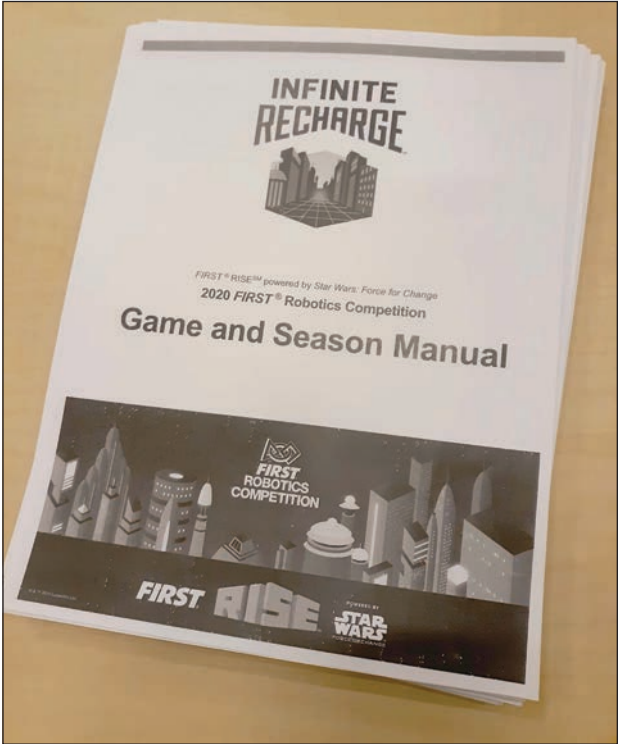
Dominic Soucy, a PMHS junior, discussed past goals for the PMHS team, particularly being able to show community members what the team does.

“The team has definitely had a lot of goals that we've wanted to set and we've not only met them, but surpassed them,” Soucy said. “One being... the amount of involvement and exposure that we've gained ...we've been able to go to communities and

gained a lot of members just by showing off the robot.”

The next six weeks will be busy for the PMHS FRC team, meeting every day after

build the robot. PMHS will be competing in two competitions – one in Salem and one in Bedford – before moving onto the district competition in Connecticut.



KATHERINE LESNYK

**THE NEW MANUAL** for the robotics teams as the new season begins.

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# SPORTS

THURSDAY, JANUARY 9, 2020

THE BAYSIDER

SECTION B, PAGE 1



JOSHUA SPAULDING  
HANNAH CAPSALIS puts up a jumper from the lane in action against Laconia on Dec. 28.



JOSHUA SPAULDING  
JIANA KENERSON drives to the basket in tournament action against Laconia.

## Timber Wolves rally but fall in semifinals

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — After picking up a win over Belmont to kick off the

Lakes Region Holiday Hoop Tournament, the Prospect Mountain hoop girls took on Laconia in the semifinals on Saturday, Dec. 28.

While the Sachems

eventually prevailed, coach Rick Burley was pleased his girls fought back from an early deficit to make things interesting in the fourth quarter.

“That’s a good team we played against,” the Timber Wolf coach said. “I’m happy with the way we came back.”

The Sachems scored the first four points of

the game before Ava Misiasek hit two free throws to get the Timber Wolves on the board. Laconia then went on an 11-0 run, sparked mostly by their pressure

defense, which created turnovers and quick hoops.

Jiana Kenerson had a basket to end the Laconia run and then Han-

SEE **HOOPS**, PAGE B8

### WHAT’S ON TAP

The new year rolls along with a full slate of local high school games.

The Prospect Mountain hoop boys will be hosting St. Thomas today, Jan. 9, at 6 p.m. while the Timber Wolf hoop girls will be at St. Thomas today at 6:30 p.m.

The Timber Wolf indoor track team is at UNH on Sunday, Jan. 12, at 10 a.m.

The Prospect Mountain unified basketball team will be hosting Spaulding on Monday, Jan. 13, at 4 p.m.

The Kingswood alpine ski team is at Gunstock on Friday, Jan. 10, at 9:30 a.m.

The Knight hoop teams are at ConVal on Friday, Jan. 10, with the girls playing at 5 p.m. and the boys at 6:30 p.m. The Knight boys will host Plymouth on Tuesday, Jan. 14, at 6 p.m. and the girls will be at Plymouth at the same time.

The Kingswood swim team will be at Kearsarge for a 6:30 p.m. meet on Friday, Jan. 10, and will be at Oyster River at 9 a.m. on Sunday, Jan. 12.

The Knight hockey boys will be at Keene for a 5:30 p.m. game on Saturday, Jan. 11, and will be hosting Spaulding

SEE **ON TAP**, PAGE B2

## Lawrence, Swenson pace PMHS skiers

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Prospect Mountain ski team kicked off 2020 with a trip to Gunstock on Friday, Jan. 3.

In addition to the Timber Wolves and host Kearsarge, the race also included Gilford, Belmont, Oyster River, St. Thomas, Newfound and Laconia.

Dalton Lawrence led the way for the Prospect boys in the giant slalom, finishing in a combined time of 1:12.78 for 32nd place.

Logan Neathery was 37th in 1:15.6 and Matt Bonner skied to 42nd place in 1:20.01.

Ian West rounded out the scoring for the Timber Wolves with a 44th place finish in a time of 1:21.73.

Ryan Nolin was 45th in a time of 1:22.01, Alex Gagne skied to 46th place in a time of 1:22.88 and Spencer Hogan finished



BOB MARTIN – GILFORD STEAMER  
LOGAN NEATHERY skis for Prospect Mountain at Gunstock last Friday.

in 1:30.71 for 50th place.

In the slalom, Lawrence again paced the Timber Wolves, finishing in 29th place in a time of 2:01.81.

Bonner was next, clocking in at 2:21.8 for 42nd place and West was

43rd in a time of 2:23.79.

Nolin rounded out the scoring with his time of 2:24.39 for 44th place.

Gagne was 4th in a time of 2:24.41, Neathery finished in 46th place in 2:45.45 and Hogan rounded out the field of Timber Wolves in a time of 2:46.16 for 47th place.

In the giant slalom for the girls, Abby Swenson finished in a time of 1:12.08 to place 27th overall.

Grace Simenson finished in 30th place with a time of 1:17.83 and Amber Fernald placed 33rd in 1:19.81.

SEE **SKIING**, PAGE B8

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SOPHIA BEAN works hard against the Belmont defense on Jan. 2.

JOSHUA SPAULDING



JULIA LEAVITT goes hard to the hoop in action against Belmont last week.

JOSHUA SPAULDING

# Timber Wolves fall in return to regular season action

BY JOSHUA SPAULDING  
Sports Editor

ALTON — A week after the Prospect Mountain hoop girls took care of Belmont in the opening round of the Lakes Region Holiday Hoop Tournament, the two teams met up again in the return to regular season action.

The Red Raiders traveled to Alton on Thursday, Jan. 2, and reversed their fortunes, coming away with a 44-36 win over the Timber Wolves.

“We had breakdowns on defense all night and we didn’t shoot well,” said coach Rick Burley. “That’s a bad combination.”

Hannah Capsalis hit the first basket of the game but Belmont came back with a free throw. Ella Misiaszek hit a hoop and then Capsalis drained a three-pointer to give the Timber Wolves the 7-1 lead. Belmont converted a three-point play, hit a basket and then drained a three-pointer to take the 9-7 lead.

Misiaszek and Hannah Racine followed with consecutive bas-

kets and Prosepect took the 11-9 lead to the start of the second quarter.

After Belmont hit the first basket of the second quarter to tie the game at 11, Julia Leavitt hit a hoop for the Timber Wolves to put them back in the lead. Belmont got a three-pointer to go up by one but a free throw from Cassidy Kelley and hoops from Leavitt and Sophia Bean pushed the Prospect lead to 18-14.

The Raiders hit two free throws to cut into the lead but Leavitt answered with a basket for the Timber Wolves. Belmont got the final basket of the first half, cutting the Prospect lead to 20-18 at the mid-way point.

Capsalis hit a bucket and a three-pointer to start the third quarter scoring and then Leavitt hit a free throw, pushing Prospect’s lead to 26-18. After Belmont hit their first basket of the third, Bean put back a rebound to give the Timber Wolves a 28-20 lead.

Belmont drained a

three-pointer but Bean responded with another putback of a rebound to make it 30-23. However, the Raiders hit a hoop, a free throw and a three-pointer to cut the lead to 30-29 heading to the fourth quarter.

Leavitt hit two free throws to start the fourth quarter but Belmont scored the next nine points, using four baskets and a free throw to take a 38-32 lead.

A Kelley three-point-er cut the lead to three and then a Leavitt free throw made it a two-point game. However, Belmont hit two hoops and two free throws down the stretch to pick up the 44-36 win.

“It’s a game we should’ve won,” Burley said. “They tried pressing us and they had to pull it out. They couldn’t press us, but we missed half a dozen layups in the second half.

“Defensively we had a lot of breakdowns,” he continued. “They got to the hoop way too easily. One practice in seven days doesn’t help.”

Capsalis and Leavitt

each finished with 10 points to lead the way for Prospect Mountain.

The Timber Wolves will be back in action today, Jan. 9, at St. Thomas at 6:30 p.m.

PMHS 11-9-10-6-36  
BHS 9-9-11-15-44

**Prospect Mountain 36**  
Capsalis 4-0-10, Misiaszek 2-0-4, Racine 1-0-2, Leavitt 3-4-10, Kelley 1-1-4, Bean, 3-0-6, Totals 14-5-36

**Belmont 44**  
Fleming 3-5-12, Hall

4-1-9, Sottak 2-1-7, Donovan 6-1-14, Burke 1-0-2, Totals 16-8-44

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

## Busy pre-Christmas weekend for Back Bay Peewees

WOLFEBORO — For the Back Bay Peewees, the weekend before Christmas was full of hockey hustle and bustle with three hard-hitting, physical games.

Saturday, the Pee-wees hosted the Rochester Blackhawks. Back Bay was the first on the scoreboard with a goal netted by Ali Fleming and assisted by Kempes Corbally, three minutes into the first period. Rochester responded with a goal in the second period and again in the third, leaving Back Bay trailing 2-1. With just 50 seconds on the clock, Fleming fired the game-tying goal, assisted by Nate Cloos, with a final score of 2-2.

Sunday morning, the Peewees hosted the Cyclones 2. At the end of the first period, the Peewees were down 2-0 but just 48

seconds into the second period, James Rogers had a breakaway from mid-ice taking it to the net and putting the Pee-wees on the board, 2-1. The Cyclones answered back with two more goals in the second period making it 4-1. But less than a minute into the third period, Cloos, assisted by Fleming, took the winds out of the Cyclones’ sails, cutting their lead in half. The Peewees didn’t stop there. Parker Aucoin, assisted by Cam Morrill, made it 4-3 with six minutes on the board. A minute later, the Cyclones whipped back with another goal. But down by two, the Peewees rallied from behind. With two minutes and 39 seconds left in the period, Rogers closed the gap with a second goal of the game, making it 5-4. Finally, with just 20 sec-

onds to go on the clock, Corbally fired the tying goal, ending the game in a hard-fought 5-5 tie.

The Peewees took to the road Sunday afternoon for a game against Mount Washington Valley (MWV) at Ham Arena. The first period was almost scoreless until MWV got on the board with just more than a minute left to go, followed by three more goals in the second period. In the third period, Aucoin, assisted by Corbally, put Back Bay on the board with a power play goal, making it 4-1. After MWV widened the gap with another goal, Back Bay put on the pressure, firing on the net with a few attempts and keeping it in the zone until Aucoin, assisted by Cam Morrill, scored the last goal of the game, ending the game 5-2.



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**ON TAP**  
CONTINUED FROM PAGE B1

at 7 p.m. on Wednesday, Jan. 15.

The Knight indoor track team is at Phillips Exeter at 1 p.m. on Saturday, Jan. 11.

The Nordic skiing Knights will be at Great Glen on Wednesday, Jan. 15, at 2:30 p.m.

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BOB MARTIN

Holiday split

Brandon Stellan plays defense against Belmont in the opening round of the Lakes Region Holiday Hoop Tournament. The Timber Wolves fell to the Red Raiders in the opening round but bounced back with a 58-54 win over Newfound in the consolation round. Prospect will be in action today, Jan. 9, at home against St. Thomas at 6 p.m.

Timber Wolves wrap up 2019 at Plymouth State

BY JOSHUA SPAULDING

Sports Editor

PLYMOUTH — The Prospect Mountain indoor track team wrapped up the 2019 portion of its season with a meet at Plymouth State University on Saturday, Dec. 28. Michael Mott ran to seventh place in the 600 meters with a time of 1:35.71. Dennis Simpson finished in 10th place in the 1,500 meters in a time of 5:06.6 and Frank Dowd was right behind in 11th place in 5:11. For the girls, Ashlyn Dalrymple finished in 19th place in the 55 meters in 8.67 seconds and

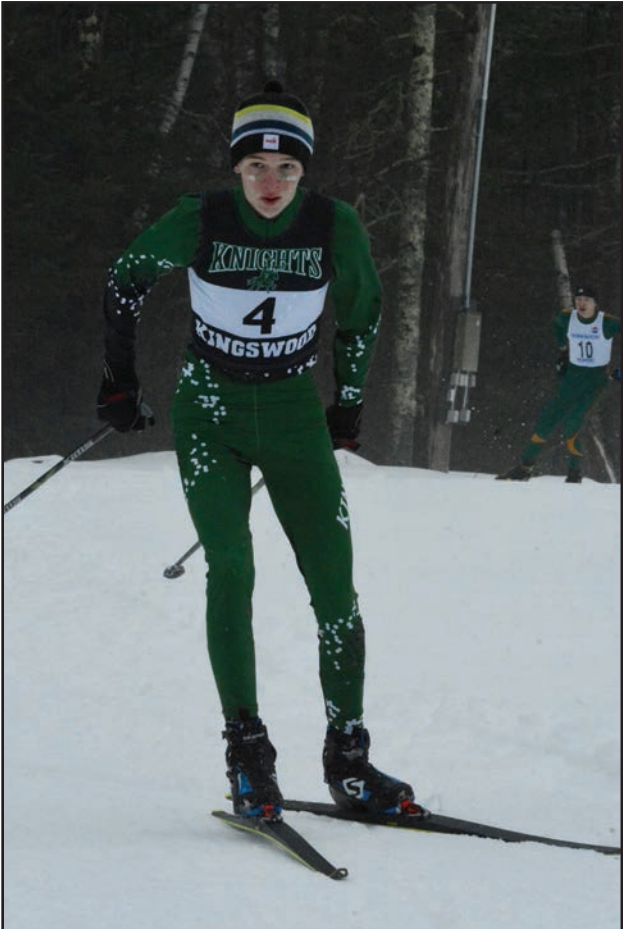
Chloe Kane finished in 23rd place in 8.86 seconds. In the 300 meters, Dalrymple finished in 16th place in 52.9 seconds and Kane was 27th in 59.26 seconds. Dalrymple also finished in ninth place in the long jump at 13 feet. The Timber Wolf squad will be back in action on Sunday, Jan. 12, at the University of New Hampshire at 10 a.m.

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



JOSHUA SPAULDING

ROSEMARY CARPENTER races at the Sandwich Fairgrounds on Saturday.



JOSHUA SPAULDING

AXEL PLACHE led the way for the Kingswood boys in Saturday's opening race.



JOSHUA SPAULDING

JACKSON BOUDMAN races during Kingswood's race in Sandwich on Saturday.

Knight Nordic girls second in opening meet

BY JOSHUA SPAULDING

Sports Editor

SANDWICH — The Kingswood Nordic ski team kicked off the new season on Saturday, Jan. 4, at the Sandwich Fairgrounds for a meet hosted by Inter-Lakes. Moultonborough, Hopkinton, Derryfield, Profile, White Mountains and Plymouth also joined in for the race, which took place amidst a constant drizzle. Inter-Lakes coach Steve Olafsen noted that the snow held up well despite the wet weather. In the high school girls' race, the Kingswood girls finished in second place with 362.5 points, trailing only Hopkinton. Allison Bean led the way, finishing in a time of 15:17 for fourth place overall on the 5K course. Sarah Bellefleur was in next for Kingswood, finishing in 16:48 for

14th place while Sarah Carpenter was right behind, crossing in a time of 17:02 for 15th place. Carolyn Day rounded out the scoring for the Knights, finishing in 17:33 for 18th place overall. In her first high school race, Marcela DeNitto finished in 21st place in 17:48 while Rosemary Carpenter raced to 30th place in a time of 18:39 and Tayghen Gelinas finished in 31st place in 18:40 in her first high school Nordic race. Elizabeth Morrison was 37th overall in 20:10 to round out the field of Knight girls. The Kingswood boys finished in sixth place overall with Inter-Lakes and Hopkinton taking the top two spots. Axel Plache led the way for the Knights, finishing in 16th place in a time of 15:34. Tim Huckman was next in for Kingswood,



JOSHUA SPAULDING

SARAH CARPENTER finished third for the Kingswood girls on Saturday in Sandwich.

finishing in 16:34 for 23rd place and Jackson Boudman finished in 17:51 for 29th place. Robbie Hotchkiss rounded out the scoring for the Knight boys with a time of 18:05 for 31st place overall. Aiden Thompson finished in 51st place overall with a time of 22:32. In the junior high race, which was a short-

er course, Sam Frazier led the Kingswood boys in 33rd place in 17:54 and Mack Carpenter finished in 35th place in 18:39. Alivia Blaney was the lone Kingswood girl, finishing in 58th place in 41:47. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.



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JOSHUA SPAULDING  
CARTER MORRISSEY puts up a shot during his team’s game against Winnisquam on Dec. 27.



JOSHUA SPAULDING  
ETHAN ARNOLD drives to the basket in action in the Gilford holiday tournament.

# Knight boys split pair of close holiday contests

BY JOSHUA SPAULDING  
Sports Editor

GILFORD — The Kingswood boys’ hoop team had two back and forth battles in the Lakes Region Holiday Hoop Tournament, earning a first-round win but falling short in the semifinals.

The Knights kicked off the tournament with a game against Winnisquam on Dec. 27, leaving the court with a 72-71 win.

“Those guys play hard, the hit open shots, they run plays and they set screens,” coach Dan Place said of the Bears. “I told the boys before that we weren’t running in her and rolling 20 points on them.

“But early in the season there are mistakes that you know will happen,” he added. “A win is a win.”

Kingswood was well in control in the first quarter, outscoring the Bears by a 23-8 advantage in the opening eight minutes. After Winnisquam scored first, Josh Finneron got the Knights on the board with a hoop. The Bears hit a foul shot but then the Knights went on an 11-0 run to stretch the lead to 13-3. Carter Morrissey kicked off the run with a three-point play and then Ethan Arnold tipped in a rebound. Matt Place drained a three and then Morrissey closed the run with a hoop and a foul shot.

Winnisquam got a three-pointer to stay in the game but the Knights answered with the next six points on hoops from Morrissey, Arnold and Ashton St. Pierre, pushing the lead to 19-6. After two Winnisquam free throws, Patrick Runnals hit a free throw and Brogan Shannon drained a three, giving the Knights the 23-8 lead after one quarter.

The Winnisquam offense came to life to start the second quarter. The Bears opened the frame on a 10-0 run that included two three-point plays and a three-pointer. Morrissey got Kingswood’s first hoop of the quarter with 4:25 to go but Winnisquam responded with a pair of free throws.

Morrissey and Shannon had back-to-back buckets to put Kingswood’s lead at 29-20 but Winnisquam got three free throws and a three-pointer to cut the lead to six. After Morrissey finished off a steal, the Bears got one from the line and then Shannon drained a basket, giving Kingswood the 33-27 lead. However, Winnisquam scored the final four points of the quarter and cut the lead to 33-31 heading to the halftime break.

Arnold and the Bears exchanged hoops three times opening the second half, with the final Bear hoop coming from beyond the arc, cutting the lead to 39-38. Winnisquam then hit two from the line and took the 40-39 lead with 5:42 to go in the quarter.

Morrissey responded with a basket for the Knights but again Winnisquam answered. Shannon had two hoops sandwiched around a Bear hoop and then Finneron stepped back and delivered a three-pointer for the 48-44 lead.

The Bears answered right back with their own three-pointer but St. Pierre converted a three-point play at the other end and Ben Cochrane hit two from the line. A St. Pierre hoop gave Kingswood a 55-47 lead but Winnisquam got a three, a field goal and a foul shot to close the quarter and Kingswood’s lead was 55-53 heading to the fourth.

After the Bears tied

the game with the first basket of the fourth quarter, Morrissey got Kingswood on the board. Two hoops in a row by the Bears gave them the two-point lead but two Shannon free throws tied the game again. After two Winnisquam free throws put them back in front, Kingswood went on a 6-0 run to take a four-point lead. Morrissey started the run with a hoop and then Shannon sank a three-pointer and Arnold had a free throw, putting Kingswood up 65-61.

Winnisquam responded with two free throws but Arnold answered with a basket. A Bear three-pointer cut the lead to one with 2:50 to go and another three gave them a two-point lead with 2:21 to go in the game.

Arnold tied the game at 69 with a hoop and after a Winnisquam basket, added two from the free throw line with 1:24 to go, pulling Kingswood even at 71. Arnold then hit a free throw with 41 seconds to go to give the Knights a one-point lead.

Morrissey came down with a big defensive rebound for the Knights but Kingswood missed free throws at the other end, giving Winnisquam a final chance. The Bears got a good look in close but the ball bounced off the rim and out, allowing the Knights to hold on for the 72-71 win.

Morrissey finished with 20 points to lead the Knights while Arnold added 18 and Shannon had 16.

“When we ran what we wanted to run, we looked pretty good,” said Place. “We go away from it and then...”

He noted that St. Pierre had a solid game off the bench and he was pleased for the most part, but also noted there were things to work on.

“Those mental lapses will happen,” he said.

The Knights were back at it the next day, taking on host Gilford in the semifinals. Arnold had the first hoop for Kingswood but Gilford was out to a 5-2 lead. Kingswood closed the quarter on an 8-1 run, with Arnold, Morrissey, Shannon and St. Pierre all with hoops for a 10-6 Kingswood lead after one.

Shannon scored the first hoop of the second quarter only to see Gilford answer. After St. Pierre finished off a nice Shannon feed, Gilford responded with a three-pointer. Shannon hit his own three for a 17-11 lead for the Knights.

Gilford followed with six points in a row, tying the game at 17 with 2:30 to go in the first half. Arnold ended the Gilford run with a hoop but the hosts then hit back-to-back baskets to take a 21-19 lead. A Shannon hoop in the final minute pulled the Knights even at 21 heading to the halftime break.

Kingswood came out of the half with eight points in a row, as Arnold hit a hoop and then Finneron and Place each had three-pointers. That lead disappeared quickly, as Gilford ran off 12 points in a row and took a 33-29 lead.

An Arnold free throw got the Knights back on the board and the sophomore forward followed with a hoop to cut the lead to one. Gilford hit consecutive baskets to go up by a 37-32 score before Shannon drained a hoop. The Golden Eagles got the final basket of the quarter and led 39-34 heading to the fourth.

After Gilford scored the first basket of the fourth quarter, Shannon responded with a hoop. Following another Gilford bucket, Shannon hit a three-pointer and then finished off his own teal

with a hoop. Two Morrissey free throws tied the game at 43 less than two minutes into the quarter and then buckets from Runnals and Henry Saunders gave Kingswood a 47-43 lead.

Gilford ended the 11-0 Knight run with a hoop but St. Pierre added a basket for the Knights to keep them up by a 49-45 score. The Golden Eagles then had their own run, scoring 10 points in a row, six of them coming from the foul line, giving them a 55-49 lead.

A Runnals hoop with 21 seconds left cut the lead to four and after a Gilford free throw two seconds later, Arnold drained two free throws with 12 seconds to go. The hosts hit a free throw with nine seconds left and then Shannon drilled a three-pointer with two seconds on the clock, cutting the lead to just one. Gilford hit a free throw with less than a second to go and Arnold got the rebound on the next miss but his three-quarter court shot came up short and Gilford had the win by the 58-56 score.

Shannon finished with 21 points and Arnold added 13 to pace the Knights.

Kingswood will be back in action on Friday, Jan. 10, at ConVal at 6:30 p.m. and will host Plymouth at 6:30 p.m. on Tuesday, Jan. 14.

**KRHS 23-10-22-16-72**  
**WRHS 8-25-21-18-71**

**Kingswood 72**  
Arnold 7-4-18, Runnals 1-1-3, Place 1-0-3, Shannon 6-2-16, Finneron 2-0-5, Morrissey 9-2-20, St. Pierre 2-1-5, Cochrane 0-2-2, Totals 28-12-72

**Winnisquam 71**  
Nichols 4-6-16, Horman 5-2-12, Seavey 5-3-17, Robbins 1-0-2, Mango 1-1-4, Bushway 4-5-14, Boom-

er 2-0-4, Totals 22-17-71

**KRHS 10-11-13-22-56**  
**GHS 6-15-19-19-58**

**Kingswood 56**  
Arnold 5-3-13, Runnals 2-0-4, Place 1-0-3, Saunders 1-0-2, Shannon 9-0-21, Finneron 1-0-3, Morrissey 1-2-4, St. Pierre 3-0-6, Totals 23-5-56

**Gilford 58**  
Nelson 1-0-2, Hughes 2-0-4, Sullivan 2-2-8, Cheek 1-0-2, A. Siravo 9-6-24, G. Siravo 1-0-2, M. Reese 2-1-5, J. Reese 4-4-12, Totals 22-13-58

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

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HANNAH CRANE races in the giant slalom at Cranmore on Jan. 3.

JOSHUA SPAULDING



ROBBIE HOTCHKISS races through a gate in action Jan. 3 in North Conway.

JOSHUA SPAULDING



JOSH SHAPIRO carves through the giant slalom course at Cranmore.

JOSHUA SPAULDING



RACHAEL PARASKOS skis for Kingswood during a meet at Cranmore on Jan. 3.

JOSHUA SPAULDING

# Knights kick off 2020 at Cranmore

BY JOSHUA SPAULDING  
Sports Editor

NORTH CONWAY — The Kingswood alpine ski team kicked off 2020 with a meet at Cranmore Mountain Resort on Jan. 3.

In addition to host Kennett, fellow Division II powers Plymouth and Hanover were also in attendance. The skiers did two runs of giant slalom in the morning and two runs of slalom in the afternoon.

In the morning giant slalom, Josh Shapiro led the way for the Kingswood boys, finishing in a time of 1:03.89 for 16th place.

Calvin Kinville placed 20th overall in a time of 1:04.54 and Luke Shapiro was right behind in 21st place in 1:04.56.

Cameron Yates rounded out the scoring for the Knights, placing 23rd overall in 1:05.46.

Lou Arinello was 36th overall in a time of 1:07.9, Robbie Hotchkiss was 38th in 1:08.9, Camden Colson finished in 39th place in 1:10.89, Nick Lamie was 40th

in 1:12.81, Matt Burch was 41st in 1:13.75, Noah Shatzer finished in 45th in 1:20.12 and Jackson Walsh finished in 46th place in 1:46.57.

Walsh bounced back nicely in the afternoon slalom after a fall in the giant slalom, finishing in 11th place overall in a time of 1:12.74.

Josh Shapiro was 20th in a time of 1:16.63 and Luke Shapiro finished with a time of 1:17.7 for 23rd place overall.

Kinville finished out the scoring, placing 24th in a time of 1:19.13.

Lamie had a solid slalom, finishing in 26th place in a time of 1:20.45, Yates finished in 29th in 1:23.74, Arinello was 32nd in 1:25.28, Colson finished in 34th place in 1:27.36, Hotchkiss was 39th in 1:38.49, Shatzer finished in 46th place in 1:54.84 and Burch was 47th in a time of 2:16.85.

For the girls in the morning giant slalom, Allison Bean led the way with a time of 1:03.54 for 13th place.

Tayghen Gelinis fin-

ished in 22nd place in 1:04.9 and Hannah Crane was 29th in a time of 1:07.39.

Rachael Paraskos rounded out the scoring with a time of 1:09.05 for 33rd place.

Abby Fournier finished in 34th place in 1:10.21, Natalie Marcoullier was 37th in 1:11.47, Alyssa Dow finished in 40th place

in 1:12.08, Kylie Lewis finished 44th in a time of 1:16.15, Logan Jedrey finished in 1:17.29 for 45th place, Abbie Heald was 46th overall in 1:18.16 and Hadley Larson finished in 47th place in 1:19.2.

In the afternoon slalom, Bean finished in 11th place overall in a time of 1:15.32.

Gelinis finished in

25th place with a time of 1:25.77 and Fournier was the third scorer with a time of 1:27.23 for 28th place.

Marcoullier rounded out the scoring in 33rd place in 1:30.39.

Crane skied to 35th place in 1:30.94, Larson was 37th in 1:37.77, Heald was 41st in 1:40.53, Dow was 43rd in 1:44.18, Paraskos finished in

44th in 1:47.9 and Lewis was 45th overall in 1:55.99.

Next up, Kingswood will be skiing at Gunstock on Friday, Jan. 10, for a 9:30 a.m. meet.

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

## Carpenter shines at PSU meet

BY JOSHUA SPAULDING  
Sports Editor

PLYMOUTH — The Kingswood track team closed out 2019 with a meet at Plymouth State on Saturday, Dec. 28.

The Knight girls finished in eighth place overall with Milford and Merrimack Valley taking the top two spots.

Caitlin Carpenter had a nice day for the Knights. In the 55-meter preliminaries, she finished in second place in 8.07 seconds and then ran to the win in the finals in a time of 7.94 seconds. Irena Pettit finished in 39th place in 9.57 seconds.

Carpenter was also third in the long jump with a leap of 15

feet, 5.75 inches.

Elizabeth Morrison finished fourth in the 300 meters in a time of 47.63 seconds.

Carolyn Day just missed out on scoring points, finishing seventh overall in the 1,000 meters in a time of 3:35.25.

Kathryn Mann finished in 18th place in the shot put with a toss of 20 feet, one inch.

Kingswood finished in 12th place overall among the boys' teams with Salem and Bow taking the top spots.

Devan Wade earned all of the points for the Knights, as he finished in second place in the long jump with a leap of 18 feet, 4.25 inches.

In the 55 meters, Owen Lehner finished in 17th place in 7.75 seconds and Michael Wainwright was 25th in 8.25 seconds. Wainwright finished just out of the scoring in the 55-meter hurdles with a seventh place finish in 12.31 seconds.

Tyler Houle added a 13th place finish in the shot put with a toss of 26 feet, 10 inches.

The Knights are scheduled to compete at Phillips Exeter Academy on Saturday, Jan. 11, at 1 p.m.

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



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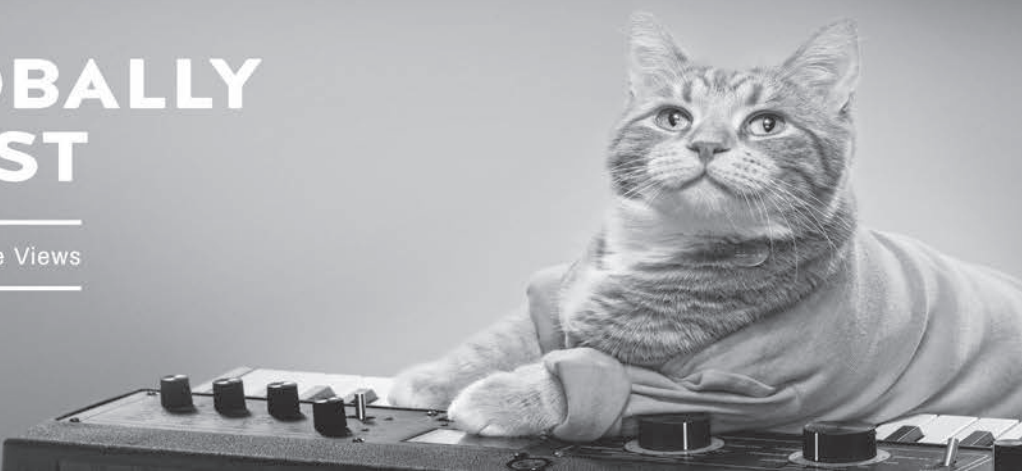
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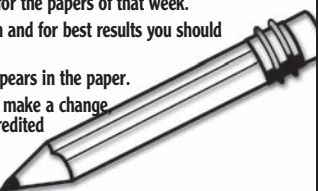
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The Gilford Parks and Recreation Department is looking for a year round, part-time (averaging 18 h/p/w) Recreation Program Assistant. Position requires some evening and weekend work. Position will assist with the creation, implementation and supervision of recreation programs as well as supervise department facilities and volunteers. Qualified applicant should be energetic, have a positive attitude and a good working knowledge of athletics, recreational activities and facilities. The successful candidate will be required to pass a criminal background check. Starting pay rate of \$12.26-\$13.65 per hour.

Please send resume and cover letter to Gilford Parks and Recreation, 47 Cherry Valley Road, Gilford, NH 03249, or call 527-4722 for an application. Deadline to apply is January 6, 2020. EOE.

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# Abenaki hosting ski-a-thon on Jan. 25

WOLFEBORO — Friends of Abenaki will host a ski-a-thon at Abenaki Ski Area on Saturday, Jan. 25. Come ride the rope to raise funds for snowmaking and lights on the newest trail, Twister.

This year's ski-a-thon features separate events for individuals, young and non-competitive skiers, and a team relay. Skiers are welcome to participate in both individual and team events. There will be prizes for all participants.

Registration is available at the Wolfeboro Parks and Recreation web site at [www.wolfeboronh.us/parks-recreation](http://www.wolfeboronh.us/parks-recreation).

The ski-a-thon will kick off Friends of Abenaki's fundraising campaign for extensive snowmaking and lighting improvements. Funds will be used to help pay for new pipes, a larger compressor, tower guns, and lights. Presently there is a lot of on-



COURTESY PHOTO  
**IN THIS DRONE PHOTO taken by Sam deBeer, the new Abenaki trail, Twister, is on the left and the main slope and rope tow are at the right.**

hill hard labor to move snow guns and hoses all over the terrain, and improved snowmaking equipment across all trails will help lower town-funded labor costs.

"This campaign could take several years," said Bill Swaffield, president of Friends of Abenaki. "We are hoping the ski-a-thon will surpass \$20,000, which is what we raised the first year."

Abenaki Ski Area is thriving in a time when

many small local ski hills are closing. Abenaki opened for the season last week with skiers and riders enjoying expanded terrain thanks

This is the first column that I've written in the new year. While it's not the first column that was published in the new year, it is the first time in the new year that I've sat down to write a column.

It got me thinking about what I am hoping for in the new year. Last week, I wrote about a number of the trips that are planned in the coming year but this week I thought I'd take a look at what I hope will happen.

I'm hopeful that the rest of the high school winter season goes by without too many more postponements or cancellations. The December portion of the schedule brought a couple of postponements and the Mike Lee Holiday Basketball Bash finals were postponed by two days. I really dislike when games are changed, mainly because I have a schedule planned out for a week or two in advance and when things change, it throws off the entire schedule. I anticipate there will be more postponements, but here's hoping there won't be



COURTESY PHOTO  
**THE FRIENDS OF ABENAKI ski-a-thon will benefit snowmaking equipment and lights for Abenaki's new trail, Twister, which is seen here on opening day, Saturday, Dec. 28.**

to town approval, dis-counted work by Integrity Earthworks, and funding from Friends of Abenaki.

Abenaki's ski teams

have also been growing, with nearly 50 skiers on the alpine team this season. "The ski-a-thon is really important to Abenaki Ski Team,"

added ski team founder Andre de Beer.

"The expanded Twister trail allows ski traffic to spread out across the mountain, which is safer for all skiers," Swaffield said. "It's a new and exciting trail that upgrades the enjoyment factor for everyone at Abenaki."

The ski-a-thon will start with 8 a.m. registration followed by the individual event at 9 a.m., the young skiers and non-competitive event at 10:15 a.m. and the team relay at 11 a.m. with awards and prizes at 12:15 p.m.

Pre-register online at [www.wolfeboronh.us/parks-recreation](http://www.wolfeboronh.us/parks-recreation).

## HOOPS

CONTINUED FROM PAGE B1

nah Capsalis had a hoop as well. After another Laconia hoop, Julia Leavitt put back a rebound and Kenerson had another hoop. A basket from Misiaszek closed out a 6-0 run for the Timber Wolves, getting them to within five at 17-12.

The Sachems got another hoop but Hannah Racine closed out the quarter with a basket and the Timber Wolves trailed 19-14 after one.

Laconia scored the first two hoops of the second quarter but a Capsalis three got Prospect on the board. The Sachems responded with their own three and then hit two field goals, stretching the lead to 30-17.

Leavitt got a hoop for the Prospect girls but Laconia came back with a pair of free throws, a hoop and a three-pointer, opening up the lead to 37-19. A hoop from Sophia Bean got the Timber Wolves back on the board but again the Sachems responded, this time ripping off three hoops in a row to take the 43-21 lead.

Capsalis had a pair from the line and a three-pointer and Bean added the final hoop of the quarter as Prospect closed the half on a 7-0 run to make it 43-28 at the halftime break.

The Sachems got the first two baskets of the third quarter before Leavitt got Prospect on the board. Laconia's pressure then helped them to score the next eight points and push the lead to 55-30.

Prospect was again able to close the quarter strong, outscoring the Sachems 7-2 to finish the frame. Capsalis had a three-pointer, Ella Misiaszek had a hoop and Bean put back a rebound, making it 57-37 heading to the fourth quarter.

The Timber Wolves held Laconia scoreless for the first 2:15 of the final frame and went to work on the offensive side of things as well. Michaela Vernazzaro had the first two hoops of the quarter, the second coming on a nice feed from Capsalis and then Capsalis went end to end for

her own hoop. Ella Misiaszek and Leavitt each hit baskets and a free throw from Vernazzaro cut the Laconia lead to 57-48 before the Sachems got a three for their first points of the quarter.

Leavitt responded by putting back a rebound and then Capsalis hit a free throw, making it a nine-point game at 60-51 with 3:46 to go. After a Laconia hoop, Leavitt put back another rebound and then hit two free throws, cutting the lead to seven with 1:14 to go.

The Sachems had two free throws to push the lead back to nine but an Ella Misiaszek three-pointer with 20 seconds to go pulled the Timber Wolves within six. However, they couldn't get another hoop and the Sachems had the 64-58 win.

Capsalis finished with 16 points and Leavitt added 14 for the Timber Wolves.

"We turned the ball over a lot in the first half," Burley said. "But we made some adjustments and we got better."

"One thing about this team is they don't quit," he added. "We haven't quit all season. Their attitudes are great and they really play together as a team."

"That's a good Division II team over there," he said, referencing the Sachems, who would go on to win the tournament with a victory over Newfound in the finals.

The Timber Wolves will be on the road at St. Thomas today, Jan. 9, at 6:30 p.m.

**PMHS 14-14-9-21-58  
LHS 19-24-14-7-64**

### Prospect 58

Capsalis 5-3-16, E. Misiaszek 3-0-7, Racine 1-0-2, Leavitt 6-2-14, A. Misiaszek 1-2-4, Bean 3-0-6, Vernazzaro 2-1-5, Kenerson 2-0-4, Totals 23-8-58

### Laconia 64

Daly 7-2-17, Allen 1-0-2, Gunning-Lavoie 2-1-5, Gaspa 11-2-26, DeLuca 2-2-6, Dunleavy 4-0-8, Totals 27-7-64

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).*

## Some hopes for the year ahead

### SPORTING CHANCE



By JOSHUA SPAULDING

too many.

I'm hopeful that the snow sticks around for a while. I like winter and I like snow. Yes, the snow can create problems but it is what helps to make New England special. Plus, it's a little tough to ski when there's not a lot of snow. Of course, the first two things on the list don't really go well together, but here's hoping.

I am hopeful for a new season of Survivor that helps to wipe away the bad taste that the most recent season left. The harassment issues that came to the forefront on last season turned what had been a good season with a great cast into one of the toughest seasons to watch ever produced in the last 18+ years. The good news is that the show seems to have learned from them and we have a season of all winners scheduled to begin in February. The

only bad thing is that it premieres during state ski meet week, which means I won't be able to make it out to Los Angeles for the premiere party.

I'm hopeful that the community continues to show its support for its local newspapers. The industry I work in isn't exactly the most stable one in the world right now, but we've found that we have solid support in the community with coverage of local sports that aren't always covered anywhere else. Here's hoping the community continues to purchase the paper and our advertising sales continue to stay steady so we can continue to do the job we've been doing.

I'm hopeful that there's a good deal on a flight to Tokyo in the next few weeks. Booking a flight is the next thing to do on my list to prepare for the Summer Olympics and in the next few weeks I expect to be looking for a good deal on flights. In 2018, I got a fairly good deal on my flight to Seoul and I am hoping to do much the

same this time around.

Speaking of Tokyo, I am hopeful that the Tokyo summer isn't quite as hot as normal. I am probably pressing my luck on that one, but I've heard that it's hot and humid during July and August and I am not a fan of hot or humid. However, no matter the weather, I expect that Tokyo will be a blast.

Finally, I am hopeful that all my readers will have a safe and happy 2020. I appreciate you taking the time to read each week and wish you continued success and happiness.

Finally, have a great day, Jim Savage.

*Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfoundland, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at [josh@salmonpress.news](mailto:josh@salmonpress.news) at 279-4516, or PO Box 729, Meredith, NH 03253.*

## SKIING

CONTINUED FROM PAGE B1

Gabby Greeley finished out the scoring for Prospect with a time of 1:35.93 for 49th place.

Madilyn Neathery finished in 50th place in 1:36.24.

Swenson also led the way for the Timber Wolf girls in the slalom, finishing in a time of 2:02.96 for 23rd place.

Simenson was 27th overall with a time of 2:12.47 and Fernald finished in 32nd place with a time of 2:15.87.

Neathery finished out the scoring with her time of 2:33.87 for 45th place.

Greeley finished with



BOB MARTIN - GILFORD STEAMER

**GRACE SIMENSON** skis during the meet at Gunstock on Jan. 3.

a time of 2:47.81 for 47th place overall.

Prospect Mountain will be back in action on

Friday, Jan. 17, at Gunstock at 10 a.m.

*Sports Editor Josh-*

*ua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).*

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