



New salon opens in Alton: See page A3

THURSDAY, FEBRUARY 28, 2019

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FREE

Barnstead debates merits of SB2

BY GAIL OBER
Contributing Writer

BARNSTEAD — For at least one man, the memories of being one of five people who called for a ballot voter for a new police station warrant article in 2018 led to his support of SB2, or the Official Ballot Act.

Dennis Boucher was one of about 10 people who spoke in favor of shifting to a new way of handling annual Town Meeting and the School District Meeting at a public hearing Feb. 19 at the Barnstead Elementary School.

“The last (annual town) meeting was a plane crash,” said Boucher, who recalled being asked to stand and identify himself last year as one of five people who called for a secret ballot for the \$1-million bond for a new police station, the bond eventually failed.

“There is an easier way to do town meeting,” he said.

“We all need to be able to vote without being ridiculed,” said Wayne Whitney who is one of the more vocal supporters of the Official Budget Act.

SB2 or the Official Ballot Act, creates a two-step process that replaces traditional annual town meeting. The first step is the Deliberative Session, whereby registered voters gather in a public meeting place to discuss and decide the final warrant that will be on the official ballot. On Election Day, voters will choose their leadership positions as well as vote up or down on the questions on the warrant articles. No changes can be made after the deliberative session closes.

The measure needs 3/5th of those who vote to pass.

Whitney and Patricia Morris said that SB2 allows voters to review the ballot questions and gives them enough time to research and understand them before voting by secret ballot.

While Whitney bemoaned the lack of public participation in the entire process, especially during the budget committee public hearings, Morris emphasized that knowing what the articles are means voters can be better educated when

they cast their ballots.

Both, along with the others who spoke in favor of SB2, said that allowing voters to have an entire day to go to the polling place will increase participation, regardless of an anticipated lack of participation at the actual deliberative session.

But those who want to keep the traditional Town Meeting format and who spoke at the public hearing said the system works.

“I like it the way it is, said Doug Darrell. “If I didn’t go to Town Meet-

ing, I wouldn’t know what I was voting on.”

Michael Ranaldi works for the school district and said the information gleaned from the discussions at a traditional Town Meeting help him and others decide the issues. He said

the information is up to date and is not hearsay or rumors. He added that a deliberate session can get hijacked by a few people, just like a Town Meeting can.

He said that at least if a warrant article is amended SEE BARNSTEAD, PAGE A9



JOSHUA SPAULDING

Playoff hoops

Maddie Chase reaches to grab a loose ball during her team’s preliminary round game in the Division III tournament on Wednesday, Feb. 20. The Timber Wolf girls fell to third-ranked Newfound to close out the season. See the story on page B1.

Banking on the youth

Profile Bank supports efforts to curb youth hunger

BY MARK FOYNES
Contributing Writer

ALTON — Community banks are institutions that local folks trust to keep their funds safe. Often this bond is reinforced by their commitment to local charitable causes. Profile Bank fits this profile.

The local Alton branch is advancing its charitable efforts through an ongoing partnership with End 68 Hours of Hunger. The mutual endeavor, which includes a food drive that’s spearheaded by Profile staffers, involves the donation of hundreds of pounds of food each year to needy students at Alton Central School and Barnstead Elementary.

According to the End 68 web site, it is “a private, not-for-profit, effort to confront the approximately 68 hours of hunger that some school children experience between the free lunch they



MARK FOYNES

THE TEAM at Alton’s Profile Bank branch has partnered with the non-profit End 68 Hours of Hunger to benefit food insecure students at Alton Central School and Barnstead Elementary School. Bank patrons and staffers have made gifts of food and financial contributions to advance the cause. Last year, Profile’s efforts yielded two SUVs full of nutrition that were delivered to schools. Pictured here are Profile team members Scott Littlefield, Tiffany White, Donna Goulden, Kaitlyn Cappes (kneeling) and Tonia Cardinal.

receive in school Friday and the free breakfast they receive in school Monday.” Children in need can qualify for free meals at school through government-funded pro-

grams. These efforts keep children nourished during the week; but these supports are not available over the weekend or during school vacations.

For families that are “food insecure,” this presents a challenge.

According to End 68’s web site, “Childhood food insecurity is a national problem [that] occurs when children receive insufficient food on a regular basis; in many cases missing meals entirely. Effects include learning impediments, emotional stressors, and behavioral challenges.” The site estimates that there are more than 16 million food-insecure children in America today. Founded in N.H., the organization is also active in Illinois, California, and several

KRHS completes self-evaluation study for accreditation

NEASC evaluators to visit for three days in March

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — Kingswood Regional High School (KRHS) has wrapped up its self-study process with a report for the New England Association of Schools and Colleges in preparation for a three-day visit from evaluators from outside the district. Every teacher has been on at least one of the standards committees.

The seven standards evaluated by committee members include: Core Values, Beliefs, and Learning Expectations; Assessment; Curriculum; Instruction; School Culture and Leadership; School Resources for Learning; and Community Resources for Learning.

“We grade ourselves on each of the seven standards,” says KRHS Principal Guy Donnelly.

Members look to see if written curriculum standards, as an example, match with what is taught in class. The same applies to core values. Does the school practice what it preaches?

Donnelly says by the end of the study,

teachers and administrators have had the opportunity to see their work in a larger context, sometimes finding strengths the school has and sometimes coming upon areas of weakness that need improvement.

In the final analysis, they find the areas upon which they agree and develop a plan to follow for the next five years. Donnelly points to the Kingswood Complex renovation and expansion project as an outgrowth of just such a process. Infrastructure reflected a number of weaknesses.

This time around, the current infrastructure is a strength. The school Web site shows a digital clock counting down the days, hours, minutes, and seconds until the New England Association of Schools and Colleges team touches down in Wolfboro on Sunday, March 17, to prepare to examine and verify all the elements and statements within the self-study.

Library Director Karen Libby, a member of the steering committee, says she SEE KINGSWOOD, PAGE A10

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Fishing derby Saturday in Barnstead

BARNSTEAD — Catch a fish through the ice. Barnstead Parks and Recreation is sponsoring an ice fishing derby this Saturday, March 2, from 9 a.m. to noon at Varney Beach on Varney Road in Locke Lake.

The derby is open to all children and young people up to and including age 15. Bait, tipplers and all supplies will be provided along with snacks. Prizes for the biggest fish.

Barnstead Parks and Recreation wants to thank Dan Chase and his family and friends for organizing this event.

SEE PROFILE, PAGE A9

GWRSD board votes not to recommend tax cap article

BY ELISSA PAQUETTE

Contributing Writer

WOLFEBORO — The Governor Wentworth Regional School District's board held a hearing at Crescent Lake Elementary School, Monday evening, Feb. 11, on the petitioned warrant article for a tax cap that would appear on the school ballot in all the towns throughout the district on Election Day, March 15.

An additional petitioned warrant article in regard to formation of a budget committee was discussed as well.

Chairman of the Board Jack Widmer began the hearing with a statement from the board that it does not recommend either of the two articles. Voters will see a statement to that effect on the ballot and are asked by the board to vote against them. A three-fifths majority is required for passage of the tax cap proposal.

A suggested tax cap of two percent, originally recommended in the petitioned warrant article presented by Dianne Smith, of Brookfield, was amended to 25 percent at the Deliberative Session on Feb. 2 in the Kingswood Arts Center.

Widmer said the call for a tax cap is a "misguided effort" and continued, explaining that the budget represents the total cost of operations and to cut it would have a "devastating effect on our schools." He cited resulting expansion of class sizes, reduction of extracurricular offerings and non-mandated academic offerings, and an effect on sports programs.

Smith stood to speak at the hearing and said she wasn't supportive of the amended tax cap article either at this point, for "it's become meaningless."

Her concern she

said, sharing a graph showing the percent increase of Wolfboro's local GWRSD tax burden compared to the trajectory of the Consumer Price Index (CPI) is that there are spikes above and below the line. That variability, she declared, is "a hardship for some communities, especially smaller communities."

For Brookfield, she added, the school portion represents 60 – 75 percent of the tax burden on residents. Smith suggested that the school build an undesignated fund balance in order to "create a larger buffer to absorb the variations."

Widmer has stated

in previous presentations when that idea has come up that any money that is left over ends up going back to the taxpayers. The first \$60,000 left over goes to support the capital reserve account for replacement of the turf field, if that warrant passes. The board, said Widmer, has always felt taxpayers should get the money back. It is applied to the next budget. To do otherwise would produce a budget increase.

In the budget presentation that evening, he explained that around \$1.4 million is in the budget for special education funding. Less may actually be needed, but the board has to have some leeway

to meet the needs that may come up during the year, such as out of district placements that the board is required to pay for by federal law.

Asked in a follow-up interview about establishment of an undesignated fund balance and the comparison of school tax increases to the CPI, Widmer noted that the biggest difference in what towns pay each year is connected to variables of equalized property values and the number of students.

As he has stressed before, the towns have made contributions to the state retirement fund in excess of \$5.3 million over the years, with the promise that

the state would contribute a percentage each year. That percentage is now zero. Widmer says that from 2010 to the present the school board budget percent contribution to staff retirement has gone up steadily from 11 percent to 17.8 percent in tandem with state reductions.

"The 3.36 percent increase in the budget would be down to \$1.83 million if the state paid the \$780,000 it has reneged on," Widmer stated.

The proposed article for establishment of a budget committee, which would supersede the board's finance committee, was amended to be advisory only.

Learn about ACEs at PMHS Wednesday

ALTON — Join Barnstead Elementary School, Alton Central School and Prospect Mountain High School as Emily Daniels of herethisnow.org presents about the impact of Adverse Childhood Experiences (ACEs) on development and

learning, behavior and overall physical and mental health.

This community event will look at the findings of compelling science and the efforts to cultivate resilience in schools and communities across the country.

ACEs impact all community members in some ways. Learn how you are impacted and what you can do to help build resiliency in yourself, your family and your community.

The presentation will take place on Wednesday, March 6,

at Prospect Mountain High School from 5:30 to 7 p.m. Pizza and childcare will be provided.

For more information, contact Allyson Vignola at avignola@mybes.org or 269-5161, ext. 308.



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Gehl studying in New Zealand

CANTON, N.Y. — Kirsten Gehl of New Durham is participating in a St. Lawrence University off-campus study abroad program during the Spring 2019 semester.

Gehl is a member of the Class of 2020 and is majoring in geology. Gehl attended Kingswood Regional High School and is participating in St. Lawrence University's spring off-campus program in at University of Otago in New Zealand.

Nearly three-quarters of St. Lawrence University undergraduates study abroad, with nearly two-thirds

of students studying abroad for a semester or longer. According to the 2018 Open Doors Report on International Educational Exchange, St. Lawrence ranked 18th in the "Leading Institutions by Duration-Baccalaureate" category.

The Princeton Review ranked St. Lawrence 15th for Most Popular Study Abroad Programs in its Best 381 Colleges: 2017 Edition, while Best Choice Schools named St. Lawrence University one of the top-20 colleges in the nation for study abroad opportunities.

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and understanding for the benefit of themselves, humanity and the planet. Through its focus on active engagement with ideas in and beyond the classroom, a St. Lawrence education leads students to make connections that transform lives and communities, from the local to the global. Visit www.stlawu.edu.

Tickets available online for PMHS musical

ALTON — For the first time ever, theater patrons can purchase tickets online for this year's musical, Willy Wonka, at Prospect Mountain High School.

Show dates and times are March 28-30 at 7 p.m. and March 31 at 2 p.m.

Tickets are discounted for students and children, and senior citizens get in for free.

To buy tickets online, go to www.pmhschool.com and follow the link to My School Bucks.

More details to follow. Stay tuned.

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Salon with western feel opens in Alton

BY CATHY ALLYN
Contributing Writer

ALTON — Nancy Bartram is equally at home styling locks in a high-end Boston hair salon or prying a horseshoe off of a horse. You wouldn't think she'd be able to combine her passions, but she found a way to do that, right in a town she thinks of as home.

When living in Alton, she once looked around and thought her town lacked a place where the whole family could get a haircut. But she had a lot more of her life to live and more things to learn before she returned and made that thought a reality.

The reality opened on Tuesday when Alton \$20 Hair, a new haircut establishment in the Village Centre, opened its doors.

"Usually women will go to a salon and men will go to a barber shop," the Massachusetts-raised Bartram said. "I like doing them both, so I've created an environment that's welcoming to everyone. It's a family shop."

Situated next to Subway, the shop sports a Western theme, surrounding her and her customers with a country feel. "I've always loved working with cattle and horses," Bartram said, explaining her choice of motif, "so all of the things I love are combined here."

The kids will find saddles to sit on and their moms will have access to high-end color. Dads can stop in for a quick trim before work.

"It's a place for everyone in the family."

Although Bartram has worked jobs over a 30-year period not necessarily associated with styling and cutting hair, she has always returned to what she initially considered her fall-back job.

"After college, I knew I didn't want to work in an office," she said, "so I went to hairdressing school; it was my back-up plan."

She attended the vocational school at night, and then launched into her career as a young stylist in Boston at a Newbury Street salon.

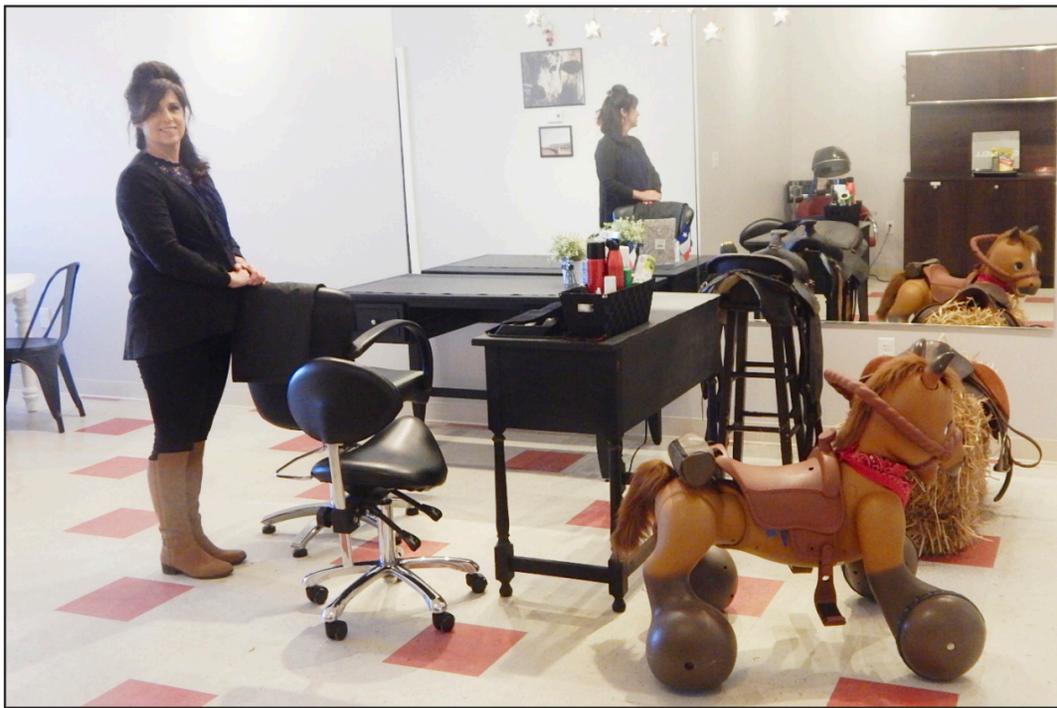
"I worked there a long time."

Not one to be content with the status quo, though, Bartram then went to barber school, and added barbershops to her resume.

She is someone who is willing to go out of her way "to learn everything I can." Another educational foray of hers might sound extreme — horse-shoeing school — but she can offer an explanation. "I knew I would always work with horses."

Horses aren't her only four-legged friends. Her affection for cattle led her at one point to a position as a dairy herdsman on a cattle farm, where she milked, and managed and trained calves. In fact, during her time there, she adopted an orphan named Wyatt, now an 11-year-old steer that she boards in Massachusetts.

Bartram also worked for hair color companies as an educator. "When a salon owner buys a



CATHY ALLYN

THERE'S A new salon in town, pardner, for the whole family. Mosey on down to Alton \$20 Hair, where Nancy Bartram is fixin' to cut, style, and color your hair, and give you a complimentary shampoo and beard trim, iffin you need it. Set yourself down for coffee and muffins while the young'uns play in their very own room, complete with rockin' horses, horse books, toys, and dolls. Yippee-dye-li-yay

color line, the company sends out an educator to teach the stylists how to use it," she said.

She was even a color educator for a toupee company. "I have a strong background in color. I look at my license and say, 'What else can I do with this?'" Of all the trades she has educated herself in, though, she prefers cutting hair. "I've always done it and it's always been fun."

After returning to New Hampshire from living in Dallas, she decided to open her own business, and by doing so, put together her favorite vocation with all the rest of her varied backgrounds.

"It was time to create a better environment for myself. I've worked in hair salons or barber shops. They are distinct, and never a hybrid; but that's what I wanted."

Although she lives in Rochester now, she had owned a home in Alton for four years, and she missed it.

"It's a beautiful family-oriented town and that's the same kind of business I wanted. When I lived there, I felt like it needed a family shop."

Bartram looked for spaces in Alton where she could cater to everyone, and in November found what she wanted at the Village Centre.

She needed crowning touches for the atmosphere, though. "I went

back to Dallas to get saddles to enhance the salon," she said.

Setting up shop was easier than she had anticipated. "There was a lot of running around because I got much of the stuff I needed on Craigslist, and repainting to be done, but I thought it would be harder than it was."

She discovered Alton is a friendly town for new businesses. "The licensing was easy, the town was helpful, and the building inspector was great."

The idea for her own place wasn't new to her. "Alton 20 had been in my head for a long time," she said, "and now it's here. It will be fun, because it's something for moms, dads, and kids."

Pricing for haircuts and styling is \$20; color is \$45. Bartram's shop will provide color balancing, root color, partial highlights, conditioning glazes, and men's gray blending.

"The small menu makes it so people won't have to wait," she said, "because all of the color I'll do is only 30 minutes; it's not anything that will tie me up."

Although customers who want to make an appointment will be able to, Bartram is assuming most of the traffic will be walk-ins. "Normally you have to book for color, but here you can pop in for a foil or color. It won't take long, due to

the limited menu." Coffee and cookies are available. Rather than sugary treats, pint-sized customers will receive little cowboy hats and bandanas.

To make it convenient for people, Bartram is open 7 a.m. — 7 p.m. Tuesdays, Thursdays and Fridays. On Wednesdays and Saturdays, she'll be there from 7 a.m. to 4 p.m. The phone number is 469-400-3339.

She has set up her shop to be as efficient as possible. She said that all salons she has worked at put the tools in front of the chair, while the stylists work behind it.

"When I shod horses, I'd bring the cart with all of my stuff right next to me, and I thought, 'Why not work this way when cutting hair?'"

So that's what she has done at her shop. "Now I can work more hours and not be tired because I won't be walking back and forth."

Another innovation to be found at Alton \$20 Hair is a stool for Bartram to perch on. "I was trained by a person from Italy," she said, "and sitting on a stool ensures you don't get tired."

The perspective it offers is a plus, too. "You can see the edging on a man's haircut better on a stool."

Bartram is excited about being on her own for the first time. "It's

going to be a great asset to the community and for me. I'll be excited to go to work every day. I'll be in my own environment and happy, because this puts everything together."

She said the state is "country-oriented,"

so her country-oriented business should fit right in. "I hope people like it. There's a Texas flag outside and a lot of fun inside. This is my way of bringing Texas here."

Bartram won't be selling a lot of retail products. "With all of my research and training, I've chosen only two lines I want to work with."

That means she has some open shelf space that others in town can use. "I'm offering free advertising on my extra shelving," she said. "People can put their business cards up there."

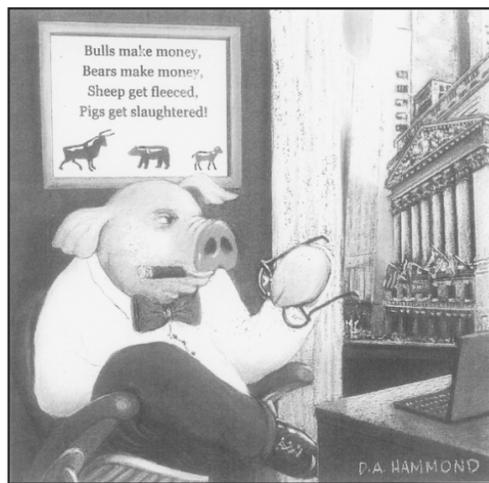
She is a firm proponent of buying locally. "I like small towns, and being a farmer, I like to support small businesses."

Alton \$20 Hair is giving Bartram a chance to have her own business and work behind her own chair, doing what she loves and surrounded by what she loves.

"I want to support my community," she said, "and I hope people will support me."

PIG OF THE WEEK by D.A. Hammond

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Winter fun

The winter months tend to bring a bit more quiet to our little corner of the world. The Lakes Region is obviously a huge draw for tourists during the summer months, but things slow down a bit in the winter months.

That's not to say there's not things to do in the local area in the winter, with skiing (cross-country and downhill), snowmobiling and ice fishing among the winter activities that people can find in the towns around Lake Winnepesaukee.

However, being outside in the winter time takes a bit more than being outside in the summer time.

Last week, our front page was able to highlight a couple of outdoor activities taking place in the community.

The Alton Winter Carnival is an annual tradition that has brought years of fun to the ice of Alton Bay. Kudos to the Alton Business Association for picking up the mantel and carrying on this fun yearly event. With tons of food and fun available on the ice, there was something for everyone, whether it was a horse-drawn sleigh ride, helicopter rides or races. Local businesses and groups helped out across the board and made the event a success and we thank all of them for helping to make this fun annual event go. And thanks to everyone who took time out of their fun to speak with our writer while he was there.

The other event on last week's front page was the Powder Mill Snowmobile Club's get together at Johnson's in New Durham. Lots of snowmobilers make their way through the area every year and the Powder Mill Snowmobile Club does a fantastic job of maintaining the trails through the region and they should be commended for the hard work that they put in.

Groomer driver and club member Mike Gelinas even allowed our writer to climb up into the groomer with him and take a ride out on to the trail as he took care of the trails. It was nice to get a look behind the scenes at the work that the club does.

It should be noted that at both of these events, volunteers were the key to the entire thing. Powder Mill Snowmobile Club is completely volunteer-driven and the Alton Business Association is a volunteer group of people from the numerous businesses around town.

Any good town is only as good as the people who live in it and when the people who live in town care about the town, that contributes to making the town a better place. The local communities are lucky to have such dedicated residents who care and take the time to make their communities a better place.

And as we've mentioned before, we love to have stories on events like these. Stories of positive events throughout the community are what makes a local newspaper different from some of the larger newspapers and we want everyone to keep us updated if something good is going on.



MATTHEW FASSETT - COURTESY PHOTO

New Rotarians

The Alton, Barnstead, New Durham Centennial Rotary inducted two new members at the club's Thursday morning meeting on Feb. 14. Rotarian Gino Michelicza (left) standing next to Rhys Strucker, who he sponsored, and Rotary Club President Rick Fogg (middle) stands next to Ron Cook, sponsored by Rotarian Richard Leonard. Rotary meets every Thursday at 7 a.m. at the Alton Senior and Community Center for breakfast. Rotary is a non-profit, non-religious and non-political service organization dedicated to saving and improving lives both locally and globally. For information on membership, call 569-3745.

Letters to the Editor

Supporting LaRoche for selectman

To the Editor:

Paul LaRoche, an Alton resident for over 20 years, is running for the position of selectman for the town of Alton.

Paul is an excellent candidate for this position for numerous reasons. He is the owner of his own business, LaRoche Building and Remodeling LLC. He has dealt with town and state rules and regulations along with building codes. He has been involved with the town, volunteering for many projects and committees, such as The Alton Business Association and the Alton Zoning Board.

Paul just recently volunteered with others renovating the Alton Bay water bandstand. He is the D.O.T. aviation manager of the Alton Bay Ice Run-

way, B-18.

Paul's educational background includes 12 years high school, including trade school, classes in state and federal building codes. Paul LaRoche is also a licensed boater and certified SSI opened water diver.

Paul LaRoche is very committed with Alton town affairs and policies and he is very active in the community. Paul is fair, honest, a good listener and always willing to help.

A vote for Paul LaRoche is a great choice for the position of Alton town selectman.

With Paul's qualifications, he would be a good candidate for the position of town selectman.

Donna Marie Comeau
Alton

No to re-election

To the Editor:

Serving in public office, be it at the local state or national level, requires those that serve to do so with honesty, integrity, and strict adherence to laws. Unfortunately, and despite swearing an oath of office, there are some who serve who lack these requisite qualities. Inconceivably, these same unethical and unprincipled officials often have the audacity to seek re-election. I blame this situation on the voters who, for whatever reason, tolerate these public officials' transgressions with a blind eye; I do not.

Peter Leavitt is seeking re-election to the Alton School Board, and John Markland is seeking re-election to the Alton Board of Selectmen. In my opin-

ion, neither of these two individuals deserves to be re-elected. I find their service to the Alton community during these past years to have been fraught with unethical and unprincipled behavior.

I would never want to tell anyone how to vote. However, voters should review the records of those seeking re-election and determine if those seeking re-election have represented the Alton community in a manner in which the voter would approve. If Alton's voters were to do this, I am confident many voters would arrive at the same conclusions I have: Leavitt and Markland do not deserve re-election.

Jeffrey Clay
Alton

March 1 is National Pig Day

To the Editor:

It's true. March 1st is 'National Pig Day' and a date well worth celebrating.

Consider taking a pig to lunch, or give one a nicely gift wrapped bucket of swill. Perhaps have a 'pig beauty contest' to select the most beautiful sow, the most handsome boar. Both winners get to go to the White House, meet the President and receive The 'Medal of Meatdom.' Just think about it, if it wasn't for pigs

there'd never be ham and bean suppers, Italian sausages, or pigtails, and when it comes to ham and eggs, the chicken is involved, but the pig is committed. So unfair. So, on March 1, show your appreciation and acknowledge the sacrifices pigs make for most of us. Kiss one, rub its belly or pat its butt. All pigs deserve to be recognized and thanked. Vive le Cochon.

Duane Hammond
Alton

Write-in candidate for welfare director

To the Editor:

My name is Heather Marie Brown and I am a mother of three beautiful children. I have always considered Barnstead to be an important part of my life. I remember spending my summers as a child hanging with my friends here in town and swimming at the bridge; those experiences gave me a lifetime of memories that I will always hold precious in my heart. I now reside permanently in Barnstead and have been here for the last seven years. After a lot of serious thought and consideration, I have decided to present myself to you as a write-in candidate for the position of Welfare Director within our community.

I have spent the last 10 to 15 years working behind the scenes for the state of New Hampshire residents supporting our low-income families and at-risk children. These experiences have taken me across the United States as a parent and child advocate. My participation has included Chairman of the NH Parents Advisory Committee, Chairman of the HeadStart Policy Council for Belknap/Merrimack County, Member of the New England HeadStart Board of Directors. Important notable roles, I was the first parent

from New Hampshire to hold a seat on the National HeadStart Association Board of Directors and was hand-picked by the former United States President to work on a special committee that focused on revamping educational systems for low income and under-privileged children. Currently, I am a member of the Belknap/Merrimack Community Action Program Board of Directors as a community representative for Pittsfield and Barnstead. Since representing Belknap County, I was honored twice by the Governor's office as an Unsung Hero and a Community Action representative/success story. I have worked on projects with NAEYC (National Association for the Education of Young Children) and worked in conjunction with national advocates, state representatives and several other early childhood stakeholders on the creation and implementation of the original bullying and cyberbullying laws created in New Hampshire. I was also one of the original founders of the very first Early Childhood Advisory Council in New Hampshire now titled Spark New Hampshire. Locally, I participate with the Barnstead Community Helpers and I spend many hours, days at

SEE LETTER, PAGE A5

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Planning board ballot questions



BY NANCY CARR
Chair, Barnstead Planning Board

This year the Barnstead Planning Board has worked hard to review our Zoning Ordinance and bring to you five questions we feel will improve the quality of life in town. We urge all residents to vote "yes" on these warrants at Town Hall on March 12. The polls will be open from 7 a.m. to 7 p.m.

The planning board

feels the Growth Management Regulation should be adopted for one more five-year period in order for the town to make progress on updating and upgrading our infrastructure. Our roads, town offices, fire rescue and educational services have not kept pace with the population growth in town.

Question one

Are you in favor of

the adoption of question one, amending the Zoning Ordinance, town of Barnstead as proposed by the planning board, as follows:

To revise Article 12, section 12-16 of the Zoning Ordinance - Growth Management Regulation, to change the Sunset date from April 1, 2019 to April 1, 2024

The planning board has to upgrade our definitions to coincide with

our new zoning ordinances and these will help the building inspector to do their job.

Question two

Are you in favor of the adoption of question two, amending the Zoning Ordinance, town of Barnstead, as proposed by the planning board, as follows:

To revise Article 2, "a" section 2-1 - Definitions, to add "Steep Slope - Land area where slope is equal to or greater than 15 percent." And to add "fire cisterns - fire cisterns are an underground water storage tank with a capacity determined by and built to the specifications of the town of Barnstead using NFPA 1142 as a guide. Fire cisterns are designed to be a reliable year-round water source for firefighting."

The planning board decided to update this definition to coincide with the FEMA maps.

Question three

Are you in favor of the adoption of question three, amending the Zoning Ordinance, town of Barnstead as proposed by the planning board, as follows:

To revise Article 2, "a" section 2-1 - Definitions to revise Flood

COMMUNITY CORNER

Question five

Are you in favor of the adoption of question five, amending the Zoning Ordinance, Town of Barnstead as proposed by the planning board, as follows:

To add Article 15, Barnstead Floodplain Management based on the Model Flood Plain Management Ordinance promulgated by the New Hampshire Office of Strategic Initiatives, Flood Plain Management Program.

The full version of both proposed ordinances will be available on the town's web site, town hall, the planning board office and the library. Both of these ordinances will have a major impact on building in town with the emphasis on safety to our residents.

Again, we urge all residents to vote "yes" on these warrants at Town Hall on March 12. The polls will be open from 7 a.m. to 7 p.m. Town Meeting will continue on March 16 at the Barnstead Elementary School at 9 a.m. School District Meeting will be held at the Barnstead Elementary School on March 23 at 9 a.m. to vote on the school's budget for the coming year.

Thank you for your support.

Hazard Area to read "Flood Hazard Area: That portion of land as designated on the most current FEMA Flood Insurance Rate Maps."

The planning board has worked with several citizens in town to review the challenge of steep slopes and their impact on infrastructure and natural resources. This ordinance will provide guidelines for smart building in these areas.

Question four

Are you in favor of the adoption of question four, amending the Zoning Ordinance, town of Barnstead as proposed by the planning board, as follows:

To add Article 4-4, steep slope protection to insure protection of the town's infrastructure and natural resources.

The planning board has worked with several citizens in town and with NH Office of Strategic Initiatives to update the town's Floodplain Management Ordinance. With the increase of large storm events over the past decade it is time to look at smart building in these areas with the safety of our residents and infrastructure as the main purpose of this update.

Pickleball in Alton Wednesday and Friday nights

ALTON — Pickleball is the fastest growing sport in America, and it is being played at the Alton Central School gym on Wednesdays and Fridays for adults of all ages from 7 to 10 p.m. The program is sponsored by Alton Parks and Recreation with pickleball leaders Dave and Marlee Quann. Instruction is available on Fridays; a limited amount of equipment is provided for game use. Pickleball is a paddle sport that combines tennis, ping pong and badminton. Games are played to 11 points. Pickleball paddles are smaller than a tennis racquet and bigger than a ping pong paddle. Paddles can be made of wood or a lightweight composite material like aluminum or graphite. The ball that is used is comparable to a whiffle ball. Pickleball nets are set up in the gym for simultaneous games. Players find pickleball easier on the body than tennis, with the modified court size and slower ball speed. Benefits of playing include improved coordination, balance, muscle strength and endurance, cardio vascular exercise, socialization and having fun. Singles, doubles and mixed doubles. All abili-

ties are welcome. To reserve your space, please contact parksrec@alton.nh.gov or 875-0109.

Alton co-ed adult spikeball league

The Alton Parks and Recreation Department is looking for teams that would like to play adult spikeball July-mid-August, non-residents are welcome to participate. Spikeball is a new sport that is sweeping the nation and is a combination of volleyball and four square. Teams of two play with a taut hula hoop sized spikeball net placed between teams. It's fun and active, and a great way to meet new people and play outside. Players must be 18 years or older. If you have a team, and would like to sign up, please contact the Alton Parks and Recreation Department at parksrec@alton.nh.gov or 875-0109.

Little Pesaukees Playgroup

The Alton Parks and Recreation Department is sponsoring a drop-in playgroup for kids up to five years old at the Alton Bay Community Center on Thursdays from 9 to 11 a.m. The program is free. Organizers

provide the books, puzzles, toys and games and you provide the interaction. Please bring a peanut-free snack for your child. This is a great program to introduce you and your child to other members of the community. Playgroup will not be held school vacation week. For more information, contact LittlePesaukees@gmail.com.

Commission members needed

The Alton Parks and Recreation Commission is looking for one member and two alternates to make a full board. The parks and recreation commission is made up of five members from the community appointed by the board of selectmen. The purpose of the commission is to set policies; advise on needed parks and recreation programs; and to plan, acquire and develop recreation facilities, parks and open space areas to meet future needs as the town grows. The commission meets monthly. Contact the Alton Parks and Recreation Department at 875-0109, parksrec@alton.nh.gov for more information on how to become a volunteer member.

McCann on Dean's List at RIT

ROCHESTER, N.Y. — Dylan McCann of New Durham was named to the Dean's List at Rochester Institute of Technology for the 2018 Fall Semester. McCann is in the computer engineering program.

Degree-seeking undergraduate students are eligible for Dean's List if their term GPA is

greater than or equal to 3.400; they do not have any grades of "incomplete," "D" or "F" and they have registered for and completed at least 12 credit hours.

Rochester Institute of Technology is home to leading creators, entrepreneurs, innovators and researchers. Founded in 1829, RIT

enrolls about 19,000 students in more than 200 career-oriented and professional programs, making it among the largest private universities in the U.S.

The university is internationally recognized and ranked for academic leadership in business, computing, engineering, imaging science, liberal

arts, sustainability, and fine and applied arts. RIT also offers unparalleled support services for deaf and hard-of-hearing students. The cooperative education program is one of the oldest and largest in the nation. Global partnerships include campuses in China, Croatia, Dubai and Kosovo.

One male subject was arrested for violation of protective order.

One female subject was arrested for sale of controlled/narcotic drugs.

There were five motor vehicle accidents.

There were five suspicious person/activity reports on Hazlett Road, Suncook Valley Road, Pearson Road, School Street and at Hanaford's.

There was one theft reported on Mount Major Highway.

Police made 39 motor vehicle stops and handled seven motor vehicle complaint-incidents.

There were 146 other calls for services that consisted of the following: Two fraudulent actions, one stolen prop-

erty, one employment fingerprinting, three assist other agencies, two animal complaints, six juvenile incidents, three domestic complaints, four general assistance, one miscellaneous, four alarm activations, one noise complaint, three highway/roadway hazards, one sexual assault, three general information, one vehicle ID check, one harassment, two sex offender registrations, one stalking complaint, one destruction of property, one civil matter, one wellness check, two abandoned motor vehicles, three community programs, 82 directed patrols, two medical assists, 11 property checks, two paperwork services and one unwanted person.



ALTON POLICE LOG



ALTON — The Alton Police Department responded to 203 calls for service during the week of Feb. 17-23, including four arrests.

One male subject was arrested for conduct after an accident and open container of alcohol.

One male subject was arrested for possession of controlled/narcotic drugs, sale of controlled/narcotic drugs.

LETTER

(continued from Page A4)
the Statehouse advocating and testifying on behalf of programs and laws that directly impact our community as a whole. Everything I have done has been to help others in need get a hand up versus a hand out

It has always been

my goal to leave people in a better position than what they came to me in, by showing them options on how to better themselves now and in the future. As with everything in life there are no guarantees but I always do my best with every challenge I have been

faced with. This position has been held by the same person for a long time and I realize change can be difficult. But I believe, that sometimes, change can be good for a community. I promise, I will work hard and care for our town and its residents; that

will not change. I hope you will consider voting for me as a write in candidate for Welfare Director this March and regardless of your choice. I thank each and every one of you for the opportunity

Heather Marie Brown
Barnstead

Public Notice
Town of New Durham
The Town of New Durham
Election will be held
on Tuesday, March 12,
2019 from 8 a.m.
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Alton blood drive is March 11

REGION — The American Red Cross has a severe shortage of type O blood and urges type O donors — as well as eligible blood and platelet donors of all blood types — to give now to ensure life-saving patient care isn't impacted this winter.

Type O blood is the most in-demand blood type, helping patients facing life-threatening conditions and emergencies every day. Type O negative blood can be transfused to patients with any blood type and is what emergency room personnel reach for when there's no time to determine a patient's blood type. Type O positive blood is also especially needed because it is the most transfused blood type and can be given to Rh-positive patients of any blood type.

Having a readily

available blood supply is critical for patients like Luna Giles, who at the age of one and a half, has already underwent two heart surgeries and required more than a dozen transfusions.

"Each time, the nurse would bring in a bag of blood for her transfusion, I noticed a small label on each one that said 'Donation Type: Volunteer,'" said Luna's mom, Jessie Giles. "It made me think about each individual who donated blood for my daughter. I would never know who those individuals were, and they would never see the effect their donation had. But each of those individuals, strangers to us, absolutely saved my daughter's life. They may never know it, but to me, they are heroes."

Right now, the Red Cross has less than a

three-day supply of most blood types, and blood products are being distributed to hospitals faster than donations are coming in. Recent snowstorms and severe weather in many parts of the country have forced hundreds of blood drive cancellations, causing more than 20,000 blood and platelet donations to go uncollected.

Individuals of all blood types — especially type O — are asked to make an appointment to donate blood or platelets by downloading the free American Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

To celebrate the final season of Game of Thrones, HBO and the Red Cross have partnered to ask fans and blood donors to Bleed

#ForTheThrone this March. This is the largest blood donation promotional effort by an entertainment company in Red Cross history — with six days of coordinated giving March 7-12 from fans and blood donors at blood drives in 43 states across the U.S., including an immersive blood drive experience at South by Southwest in Austin, Texas.

As part of the partnership, fans who come to donate blood or platelets with the Red Cross through March 17 will automatically be entered for a chance to win one of five trips to the season eight world premiere of Game of Thrones. The trip includes travel for two, up to two nights' hotel accommodations and a \$250 gift card for expenses. Terms and conditions

apply and are available at RedCrossBlood.org/HBOGameofThrones.

Additionally, those who come to donate March 7-12 will also receive exclusive Game of Thrones swag including a T-shirt, stickers to unlock a unique Snapchat filter and other items, while supplies last.

Locally, there will be a blood drive at St. Katharine Drexel Church in Alton on Monday, March 11, from 9 a.m. to 2 p.m.

To donate blood, simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. 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.

Get moving with Move It Family Fun Days in New Durham

NEW DURHAM — A new winter program at New Durham Public Library has proven to be so popular and successful that it has spawned two family events coming up in March.

"Move It! Move It! is a pre-school program on Fridays that gives children an opportunity to climb, slide, build, run, you name it," Library Director Cathy Allyn said. "It's just the thing for the kind of weather we've been having. Everyone is happy to have a big, safe place for the kids to play inside."

The high turnout for the program led the library to extend it through March 22.

Watching the children playing and trying a variety of things gave rise to a new idea. "Everyone was having so much fun, we wanted the whole family to participate," Allyn said.

With the help of a

grant from the Children's Literacy Foundation, the library is sponsoring Move It! Family Fun Day on Saturday, March 16, and again on Saturday, March 30, from 10:30 to 11:30 a.m. Following the program, everyone is invited to stay for a free-play session and a kid friendly lunch until noon.

"We're focusing on movement and interactions that help with reading readiness skills, and also giving parents an opportunity to spend some quality time with their little ones just playing and enjoying being together," Allyn said.

Parents and children aged two years through kindergarten can participate in physical challenges such as tossing bean bags through openings, balancing, and clapping rhythmically; complete art projects; play dress-up; learn songs; and even make a short stop mo-

tion animation film with library equipment.

"We'll be providing a lot of different experiences," Allyn said. "You can visit all of the centers or just a few; whatever you as a family decide."

If older siblings need to attend, they are welcome to read or build with LEGOs or K'nex in the historical section.

Registration is not required, but since food will be served, it is a good idea to let the library know you plan on attending. The events are free and families can come to one or both. Call 859-2201 for more information.

Library hosting escape room for teens

BARNSTEAD — Join the Oscar Foss Memorial Library on Friday, March 8, at 6 p.m. for the exciting Teen Escape Room. Teens in grades 6-12 can stop by or call the library to register. This event is limited to eight participants, so sign up now.

Adult Book Club

The Adult Book Club meets the first Wednesday of each month at 7 p.m. at the library. Join in for some great literature and stimulating conversation. Copies of the current book are available at the library. The next meeting is scheduled for March 6.

Teen Writers Group

The Teen Writers Group will be meeting on Thursday, March 7, at 6:30 p.m. This group meets at the library on the first Thursday of each month. Teens 12-18 years are welcome to attend for sharing, discussing and improving their writing.

Yoga

Mary Ellen Shannon, RYT offers two yoga classes at the library every Tuesday afternoon, Simply Yoga at 4:15 p.m. for beginners and an all levels class at 5:30 p.m. Please wear comfortable clothing and bring a yoga mat. If you have blocks and straps, please bring those also. Classes are by donation and all

are welcome and encouraged to attend, regardless of ability to donate. Shannon is a resident of Barnstead and has been a yoga practitioner for many years. If you have further questions, please contact her at 269-5030.

Please call the library at 269-3900 or visit oscarfoss.org for more information about the library programs or events. There is always something happening at the Oscar Foss Memorial Library. Library hours are Tuesdays and Wednesdays from 10 a.m. to 6 p.m., Thursdays and Fridays from 12 to 8 p.m. and Saturdays from 10 a.m. to 1 p.m. The library is closed on Sundays and Mondays.

Local Democrats to discuss clean energy solutions

ALTON — Energy solutions are the topic of discussion for the March 4 meeting of the Tri-Town Democrats of Barnstead, Gilmanton and Alton. Henry Herndon, the director of Local Energy Solutions for Clean Energy NH, will discuss ongoing legislative energy issues relating to net metering, municipal and community energy opportunities and any other pertinent energy issues. Herndon is committed to working with New Hampshire's cities, towns, and local energy committees to advance 21st century energy solutions across the Granite State.

All local Democrats and Independents are invited to attend March's meeting of the Tri-Town Democrats of Barnstead, Gilmanton,

and Alton.

The guest speaker will be followed by action items and community organizing. These monthly meetings (typically the first Monday) give you the opportunity to learn about local and state political issues and how you can participate in making a difference. You will share the evening with like-minded individuals and have the chance to express your opinions and experiences. This is a great way to take an active role in the committee work and strengthen the group's efforts in the coming two years leading up to the 2020 presidential election.

The March 4 meeting will be held at the Alton Senior Community Center, 7 Pearson Road, Alton at 6:30 p.m. Come for

socializing and potluck any time between 6:15 and 6:30 p.m.

This meeting is open to all residents of Alton, Barnstead and Gilmanton who consider themselves moderate,

liberal or progressive Democrats or like-minded Independents. Potluck items to share are encouraged but not required. E-mail stary-heather@hotmail.com for more information.

Boat Museum planning ice-out celebration

WOLFEBORO — he New Hampshire Boat Museum (NHBM) in Wolfboro is thinking spring, as staff prepare for the annual ice-out celebration on Friday, April 12.

Tickets to this year's event, sponsored by Maxfield and Island Real Estate, include an hors d'oeuvres cocktail hour, buffet dinner and cash bar.

"The ice-out event is always a great spring kick-off," said Executive Director Martha Cummings. "There is always great energy, tons of food and lots of fun."

This year's theme is "Start your Engines" with a focus on vintage race boats to celebrate the 2019 exhibition, "Racing on the Waterways of New Hampshire."

The event also features a live and silent auction in which participants can bid on items that range from themed gift baskets to hotel stays and gift certificates.

"The auctions are always a hit," she added. "Every year, we have an array of unique and ex-

citing items."

Some of last year's larger auction items included a private airplane ride over Lake Winnepesaukee, an evening sailboat cruise, a beach cottage getaway and two handcrafted wooden cribbage boards.

"Come April, everyone is itching to get out and go do something social," Cummings said. "This is a fun event that celebrates the museum and looks forward to summer when we can all get out on the lake in our boats again."

The event, hosted by the The Barn at Inn on Main in Wolfboro, begins at 6 p.m.

All proceeds from ticket and auction sales support NHBM, which is "committed to inspire people of all ages with an understanding of, and appreciation for, the boating heritage of New Hampshire's fresh waterways."

For more information on the Ice Out, other NHBM events and programs, or its Capital Campaign, visit nhbm.org or e-mail Cummings at martha@nhbm.org.

SCHOOL ADMINISTRATIVE UNIT #49 CHILD FIND NOTICE

It is the responsibility of the Governor Wentworth Regional School District (Brookfield, Effingham, New Durham, Tuftonboro, Ossipee and Wolfeboro) to seek and identify children who may have an educational disability. If you suspect that a child has a disability, please call the school in the town in which the child resides and ask to make a referral. For youngsters of middle or high school age the referral should be made to Kingswood Regional Middle School or Kingswood Regional High School. If you have questions, please call the Special Education Director at 569-5167.

Kingswood Regional High School is seeking to contact students with educational disabilities who have left school prior to graduation or turning twenty-one years of age. The school would like to invite these students to return to school. For additional information, please contact the Diagnostic Prescriptive Teacher's Office at 569-2055.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	14 E. Side Dr.	Single-Family Residence	\$550,000	Richard P. and Donna I. Livesey	Louis C. and Karen Perriello
Alton	68 Little Barndoor Island	Single-Family Residence	\$815,000	Rochelle A. Perry	Marvin 2012 Fiscal Trust
Barnstead	160 Bow Lake Rd.	N/A	\$309,600	RF Downing Homes LLC	Brandy J. Pelletier
Barnstead	624 S. Barnstead Rd.	Single-Family Residence	\$235,000	John K. and Jennifer A. Hart	William Eaton
Barnstead	N/A (Lot 91)	N/A	\$25,000	Paul J. Dudley	Paul J. Dudley IRT
New Durham	5 Franconia Dr.	Single-Family Residence	\$176,000	John and Kimberly O'Keefe	David M. Noyes and Deborah DiCarlo

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are

usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and

data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

Kingswood Theater festival show on stage March 8 and 9

WOLFEBORO — Kingswood Theater is proud to present not one, but two shows this spring. Kingswood High School Theater will be presenting their annual festival show: The Curious Incident of the Dog in the Night-Time. Kingswood Middle School Theater will be presenting their annual spring one-act, The Nine Worst Breakups of All Time.

Audiences may be familiar with Curious Incident... from the original book with the same title, written by Mark Haddon. A critically acclaimed novel, released in 2003, the book was later on adapted to a stage production by Simon Stephens and was the recipient of the Drama Desk and Tony award for best play in 2015.

The play has since been released for production, and Kingswood has secured the rights to perform a condensed, one-act version of the show for this year's NHETG Theatre Festival. Kingswood has participated in the theatre festival since 1999, and has repeatedly won accolades for its productions. Just last year, Kingswood's production of Silent Movie received the highest honor of Best Production and Qualifier to the New England Drama Festival, as well as the Sarah P. Bunkley Award for Best Technical Design.

Set outside of London, Curious Incident... is the story of the 15-year-old autistic Christopher Boone

(Right) CHRISTOPHER (Lizzy Fogg) dreams of being an astronaut in The Curious Incident of the Dog in the Night Time. Performed with the middle school play on March 8 and 9.

(Elizabeth Fogg). At the beginning of the story, he discovers a dog who has been murdered in his neighborhood. Christopher immediately sets out to solve the murder, but in the process, unravels a whole different mystery. Curious Incident will be presented first at a public performance on March 8 and 9 in the Kingswood Arts Center, and then again at the NHETG Regional Festival at Salem High School on March 23.

Kingswood Middle School will also be presenting their production of The Nine Worst Breakups of All Time, written by Ian McWethy, on the same evenings of March 8 and 9. This string of comedic vignettes is guaranteed to delight audiences. Take a trip through time and space to bear witness to the most, horrific and terrible breakups that have ever plagued humanity. This production features the brightest in upcoming acting talent in KRMS.

Nine Worst Breakups... will take the stage first at 7 p.m., followed by a 15-minute intermission. Then Curious Incident... will follow up with its performance at approximately 7:45 p.m. Tickets are on sale at the door.

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OBITUARY

Marie Thivierge

Enjoyed fishing and campfires

ALTON — Marie Thivierge, 63, of Alton, lost her battle with cancer and passed peacefully surrounded by family and friends at Frisbie Memorial Hospital in Rochester, Feb. 12.

Survived by her husband, Roger Thivierge of Alton; and sister, Helen Littlefield and Leonard Charles of Wolfeboro and cousin Annamaria Hibbard of Rochester along with many cherished nephews and nieces and their families.

She was born in Dover on June 19, 1955 to Alice (Robbins) and Fred Angell.



Marie loved people and socializing and eating out, she enjoyed fishing and campfires. She will be dearly missed. There will be no calling hours but a celebration of life in June.

C.E. Peaslee and Son Funeral Home will be handling cremation.

MARK ON THE MARKETS

Have enough?



BY MARK PATTERSON

Almost 100 percent of new clients that walk into my office to discuss their retirement plan have two beliefs that are consistent. First, they believe that they do not have enough money to retire and second is that they believe the amount of money that would allow for a comfortable retirement is predetermined by the “experts” on the radio, TV or magazines, and that number is more than have accumulated. Another common perception is that the tax rate will be lower once the client reaches retirement age. This may be true, or it may

not be true. There is no way to know tax policy and rates in the future.

Some clients want to work well beyond traditional retirement years however some clients want to retire early by today’s standards.

Instead of focusing on total assets needed to retire let’s back in to what income you will need to sustain the lifestyle that you want. We must also account for the fact that the money that you are saving for retirement now will not be included in your retirement budget. The key is to convert your retirement assets into income producing vehicles that are sustainable, steady but have the potential to grow.

It sounds like a tall order and it is. This plan depends on the amount of income that we must derive from the client’s assets. We must also look at Social Security benefits that typically play a big part in the client’s retire-

ment income. Congress has done away with some previous filing strategies, but it still makes sense to look at varying scenarios regarding when you the client starts receiving benefits.

The content of many 401(k), 403B, IRA or really any other qualified plans typically consist of mutual funds that have been used for accumulation of assets. These funds, in my opinion are not efficient means of deriving income once retired.

A common yet dated strategy has been to take 4 percent of your assets for income. Many years ago, when you could get a CD with a 5 percent return, that might have been viable. In today’s world CD rates are substantially lower, so to get your 4 percent you must place your assets at market or credit risk.

There are ways to mitigate these risks using investment-grade

quality corporate bonds and possibly an “A” rated fixed indexed annuity with good income riders to provide a sustainable, steady income. Once you have met your income goals, we are able to invest the rest of the assets for growth. Because we have the income portion set, we are not overly concerned with market or sequence of returns risk that would put your income in danger.

It can be very beneficial to plan sooner than later. The first step in this process is to figure out a realistic budget and income needs come retirement. A good financial planner that has expertise in planning for retirement income and asset management is a great place to start.

Mark Patterson is an advisor with MHP asset management and can be reached at 447-1979 or Mark@MHP-asset.com.



How to Submit Obituaries & Announcements To Salmon Press Publications

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published FREE OF CHARGE in any/all Salmon Press newspapers.

Obituaries can be sent to: obituaries@salmonpress.com

Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 111 with any questions regarding the submission process.

Barnstead church to host Teen Challenge

BARNSTEAD — Teen Challenge, an addiction rehab center located in Manchester, will be at the Center Barnstead Christian Church on Sunday, March 3. Teen Challenge is a Christian-based organization that first started in New York City in the 1960s and has expanded not only in the United States but around the world.

Teen Challenge’s vision is “Freeing all people from life-controlling issues through the power of Jesus Christ.”

According to the CDC, the overall drug overdose death rates in the United States, increased by 21.5 percent in 2018. Teen Challenge’s program, using their purpose driven goals and

Christ-centered principles have seen their recovery rate consistently exceed government and other private recovery programs. Many of their recovering clients have continued working with the organization as counselors and mentors.

Come join in on March 3, at 10 a.m. to hear testimonies of men

that were struggling with addictions of many kinds, but are now set free, on a path that has given them a new life of hope and purpose.

Center Barnstead Christian Church is located next to the Town Hall. For more information, please go to centerbarnsteadcc.org or call the church at 269-8831.

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Now as then, such a cure is needed. To return to or join those who “come together in common in one faith” just call 875-2548 or visit us at the following times and place:

Mass Schedule:
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 Weekdays (except Thursday) at 8:00 a.m.



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Ash Wednesday service in Pittsfield

PITTSFIELD — The First Congregational Church, 24 Main St., Pittsfield, will observe the beginning of Lent with an Ash Wednesday service, March 6, 7 p.m. As part of the service, there will be a time of prayer and reflection, the imposition of ashes

and Holy Communion. The Rev. David Stasiak will lead the service with the addition of special music by the Chancel Choir and the Jubelation Handbell Choir. Everyone is welcome to attend.

Lent is the beginning of the 40-day season of

repentance and preparation for the remembrance of the passion, death and resurrection of Jesus Christ. It culminates on Easter Sunday, April 21. Parking and wheelchair accessible entry are available at the rear of the church building at Chestnut Street. For more information, call the church office at 435-7471.

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Church Service SCHEDULE

8 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 or e-mail 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.

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. Hello, 875-5561. Sunday Worship Service 8:00am Alton Bay Barnstead July 1-Sept 2 10:00am 20 Church Street

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC
 Sun. School and Worship Services, 10:00AM, 594 N. Barnstead Rd., Pastor Nancy Talbot, 776-1820, 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

FIRST FREE WILL BAPTIST CHURCH CENTER
 Sun. School 9:45am; 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. Pastor Sandy Pierson - 483-2846

ST. KATHARINE DREXEL
 40 Hidden Springs Rd., Alton, 875-2548. Father Robert F. Cole, Pastor. Mass Saturday 4pm; Sunday 8:30 & 10:30am; Daily Mass Mon., Tues., Wed., Fri. 8:00am.

ST. STEPHEN'S EPISCOPAL CHURCH
 Sunday 9:30, 50 Main St., Pittsfield. Rev. Miriam Acevedo, 435-7908 www.ststephenspittsfield.com

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Lots of afterschool opportunities at Kingswood Youth Center

WOLFEBORO — In addition to the Kingswood Youth Center's (KYC) long-standing after-school program, the KYC also offers BTAS (beyond the afterschool) programs in the evening, during school vacations and school closures, and on weekends. BTAS programs give the KYC important opportunities to deliver upon its mission to serve local youth through offering safe and positive programs, which teach important life skills.

BTAS programs during the school year have ranged from a Magic School Bus marathon, to enchanting visits to snowy mountaintops, to local community service opportunities. Out-

of-school learning opportunities are offered through programs such as 'Science Café' and Trivia Night. Students have gotten involved in the community by hosting a community Halloween party and a family movie night, handing out cake and hot chocolate to trick-or-treaters and participating in other community service opportunities. Students exercise and further their appreciation for the outdoors by taking hikes to local mountains, group bike rides and evening snowshoe treks. The KYC's version of an escape room challenged participants to use teamwork, math and critical thinking skills to obtain the

combination to unlock a prize. KYC members learned cooking skills in a program called Soup's On, in which the group worked as a team to make a large batch of homemade butternut squash bisque to con-

tribute to the Knights Against Hunger Empty Bowls fundraiser. These are just a handful of the many opportunities offered to local youth through the KYC's BTAS programs. Other programs of-

ferred by the KYC include a daily afterschool program, a full schedule of summer programs, and a pilot program offering one-to-one mentoring services to middle school students. All programs are free to students in

the Governor Wentworth Regional School District. To learn more about enrolling a local student or about giving or volunteering opportunities, please contact associatedirector@kyc@gmail.com or 569-5949.

PROFILE

(continued from Page A1)

other states. But Profile's efforts are hyper-local in its focus on the pair of area schools.

The site continues, "[C]hildren arrive in school on Monday ready to learn, and the disruptive behaviors of Friday due to food insecurity vanish.

Teachers report that children are more responsible, and their performance improves. Actual documented increases in reading and math scores have been reported as well. "[End 68 Hours] make[s] a difference in the potential success of each child we feed."

Scott Littlefield is the market manager of Profile's Alton branch. He explained, "It just fits into our philosophy - we're a community bank and we're committed to helping the community, starting with those most in need."

Littlefield expanded, "A great thing about Profile is each branch is given the latitude to identify local causes where we can have the greatest impact." In addition to End 68 Hours of Hunger, the bank also supports the Alton Food Pantry, Alton Community Services, and other causes.

"It feels like we're always doing something," he said, noting that just as one charitable campaign winds down, another one is just about to kick off. Littlefield cited a recent Giving Tree toy drive and last fall's partnership with the Rotary to raise funds for local causes.

"It's inherent in how we operate," Littlefield explained. He recalled a recent bake sale Profile hosted. Employees donated baked goodies and homemade chocolate lollipops. He said the endeavor raised about \$300 for End 68 Hours, which the bank matched dollar for dollar to benefit local school children.

"It's part of the culture here - I help out when I can but it's really a group effort with a great team that comes together to do good," Littlefield explained. He noted that tellers do "a remarkable job" of bringing customers' attention to a prominently displayed table of donated food in the bank's lobby, adding that donations to benefit End

68 are graciously welcomed.

The donations can be foodstuffs themselves or financial contributions that will be restricted to the purchase of nutritious, non-perishable items that kids can tote home in their backpacks come week's end. Littlefield said that items like peanut butter, jelly, granola bars and boxed cereals are especially welcomed.

He explained that foods and snacks that kids can prepare themselves easily, transported in non-breakable packaging, are in the greatest demand. Littlefield added that several beneficiaries are in single-parent homes where kids might need to prepare their own simple meals and snacks. He noted that this strategy is a result of conversations with local school officials in frequent contact with students and their families.

Last year, Littlefield personally delivered food to both ACS and BES. He noted that his staff loaded up his Honda Pilot with donated food, which he brought to each location where the donations could be parceled out to needy children.

While Littlefield, a Barnstead resident, is definitely personally involved, he said the prime mover of the ongoing project is his colleague Tonia Cardinal, who's an assistant manager of the Alton branch. She's been involved with Profile's ef-

BARNSTEAD

(continued from Page A1)

ed, those attending annual Town Meeting know why it was amended, unlike a voting booth where that information is not necessarily available.

Speaking in favor of keeping traditional Town Meeting was Karen Montgomery, who said that it could cost the taxpayers as much as \$5,000 more so that the longer ballots can be printed. She also noted that the

fort to support End 68 for over a decade.

Cardinal is the person who does the actual shopping, utilizing financial donations made by bank customers and Community Reinvestment funds provided by the bank itself. She maximizes the impact of these contributions any way she can.

"You could say I'm the Queen of Coupons," she joked. Cardinal said she clips coupons year round and that some bank patrons bring in theirs to assist the effort.

"This bank is so family-oriented - I feel like we are really part of the community," said Cardinal, who's been a member of the Profile team since 2006 - just after the bank opened its Alton branch.

Sometimes Cardinal does the End 68 food shopping - a three-day process - on her own time. But if staffing at the bank permits, she's given the latitude to fetch groceries on company time. To be sure, the bank contributes financially, but allowing a staffer to advance a charitable goal while on the clock amounts to an often unrecognized in-kind gift to a cause.

"This is a community bank, and community is like family - and the people I work with here are really like family with a strong sense of giving back," Cardinal explained.

She expanded to note that she gets her own family involved. Armed with

voting machines cannot accommodate the SB2 ballot so would have to be reprogrammed, adding additional expenses.

Selectman Ed Tasker said he fears SB2 because of the low turnout in neighboring communities at the deliberative sessions. He said phone calls to Alton and Belmont revealed the fewer than 60 people attended the most recent deliberative sessions and many

a ream of coupons, Cardinal sifts through them at her cart and dispatches her husband and kids to grab items that are the best deal. She times her shopping trips to coincide with days when the grocery store doubles coupon values, allowing her to get the longest dollar out of every donation.

"We're a bank; we protect money - and that carries over into how we shop, wanting to make the most of what we have," Cardinal said. She added that her own family's involvement in what she describes as the "fulfillment" process is emblematic of Profile's values.

"It's all hands on deck," Cardinal said.

Gifts of food can be dropped off at the Alton Profile branch prior to March 7. Financial donations can be maximized if they are made ASAP, although tax-deductible contributions are accepted year round. Checks can be made out to End 68 Hours of Hunger. Online contributions can also be made directly through the non-profit's web site, <https://www.end68hoursof hunger.org/donate>.



GAIL OBER

OVERSEER OF PUBLIC WELFARE Elaine Swinford listens as Belknap County Republican Chairman Alan Glassman makes a point at the Feb. 19 SB2 public hearing in Barnstead.

of those who did, were department heads or elected officials who needed to be there.

"We will be spending (additional) money on something that has worked well for so long," he said in defense of traditional Town Meeting.

Montgomery also said that the wait outside of the polling places will be long as town hall doesn't have enough space for voters.

According to Deputy Director Secretary of State David Scanlon, who held a question-and-answer session during the beginning of the meeting, voters at a deliberative session can change the proposed warrant and budget articles, however no new subject matter can be introduced. Budget lines and total budget amounts can be adjusted as well as dollar amounts for individual or petitioned warrant articles.

The warrant articles, as amended by the deliberative session, go to voters as part of the ballot on Election Day.

Should the budget, as created by the selectmen or the school board and put before voters by means of a secret ballot, fail there is a default budget in place, which

consists of the previous year's budget, minus one-time expenditures and plus any contract agreements in place for the previous year such as collective bargaining agreements.

The default budget is created by the governing boards unless the voters adopt a provision of the law that allows for the budget committee to create it. Barnstead already has an elected budget committee.

This is the first time in at least 10 years that Barnstead voters have attempted to enact the provisions of the Official Ballot Act said town officials. The measure will go before voters on Election Day, March 12. Official Town Meeting is Saturday, March 16.

Last year, between 150 and 200 voters of the nearly 3,500 of those who are registered attended Town Meeting, said Town Clerk Tax Collector Mary Clarke. She said that a bond for a new police station drew substantial crowds in 2018.

There are no bond articles on the Barnstead warrant this year. Clarke said the final warrant will be made public on Friday with a goal of posting it on the town's website by the end of the day.



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PUBLIC NOTICE TOWN OF NEW DURHAM

New Durham Supervisors of the Checklist will be in session to accept voter registrations and corrections of the checklist Saturday March 2, 2019 11:00 to 11:30 New Durham Town Hall.

Supervisors of the Checklist for New Durham
 Sherry Cullimore
 Pat Grant
 Tatiana Cicuto

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LRTC and KRHS Career Fair highly attended

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — The 36th annual Career Fair, hosted by the Lakes Region Technology Center and Kingswood Regional High School on Feb. 12 was a success by any measure. Students and teachers from the middle and high schools streamed down the indoor stairway and into the Lakes Region Technology Center lobby where they began a journey through the center aisle lined on either side with around 30 participating businesses, colleges and non-profits.

KRHS Guidance Counselor Sheila Foley looked on with pleasure at the number of attendees making their way through the crowd to examine the exhibits and talk to vendors. Kathy Tetreault, the staff member in charge of Career Technical Education Student Services, also marveled at what she said appeared to be the best attended career fair yet. She credited Foley for setting up “the entire event” by reaching out to each person and following up with them to ensure their participation.

Employers were there to talk to students and teachers about the skills necessary for employment in their respective fields, from engineering and health care to precision manufacturing and other trades. Financial and business related professionals were represented, too, offering students the opportunity to ask questions, as were local and state law enforcement agencies and representatives of the armed services.

Tetreault called attention to the students who played host and demonstrated skills. The Agricultural Science students offered boutonnières they made for the occasion, the Hospitality



THE WOLFEBORO Police Department's K9 Riggs receives all the admiration a dog could want during the Career Fair at the Lakes Region Technology Center. His handler, Sgt. Michael Strauch, looks on.



KRHS wood working teacher Glenn Wilson listens attentively to Tyler Reed of Tyler Reed Construction during the Career Fair on Feb. 12.

Program students set the area up, greeted vendors and set aside a “Green Room” to address any needs. And the Culinary Arts students demonstrated their ice carving skills as they put the finishing touches on an ice sculpture they created for the annual Valentine's Day dinner in the Skylight Dining Room.

Attendees could have their blood pressure checked by Health Science students – happy to share

and practice their skills, and further down the hallway, Construction Trades students demonstrated equipment they have learned to use, such as metal cutting, and in the auto repair shop, visitors could spin lugs under student supervision.

In addition, Brian Laing, Financial Advisor from Edward Jones, spoke as part of the center's My Career, My Future Series, hosted by Carrie Duran, who comment-

ed that his lecture was the best attended lecture in the series by far.

Participants included Circle K - Irving (Ossipee), Citizens Bank, Department Of Corrections, FedEx, From Scratch Baking Company, Great Bay Community College, Hanaford Supermarket (Ossipee), HEB Engineers (Civil, Structural, Surveying), Hope House, Huggins Hospital, In Good Hands, PLLC, IT Department at Kingswood, Lakes



KINGSWOOD'S robotics team, The Resistance, showed off the robot it made for this year's robotics competition during Career Fair at the LRTC.

Region Community College, Lakeview Inn / Inn on Main, Lucas Roasting Company, Mary Kay (independent consultant), MEP: Manufacturing Extension Partnership, Meredith Village Savings Bank, Michael's School of Hair Design and Esthetics, and Mittee-Bite.

The list continues: Mount Washington Valley Regional Collaboration, NH Works, Norway Plains Survey Associates Inc. (engineering), Ossipee Police Department, Portsmouth Naval Shipyard, Pratt and Whitney, PSI Molded

Plastics (formerly Gi Plastek), Safran Aerospace Composites, Seven Suns, Stay Work and Play in NH, The Laker, The Wolfboro Inn, Thursty Water Systems, Tractor Supply, Turbocam, Tyler Reed Construction, US Army, US Marine Corp., White Mountain Community College, Windrifter Resort, Wolfboro Area Children's Center, Wolfboro Community TV, Wolfboro Bay Rehabilitation Center, Wolfboro Parks and Recreation, the Wolfboro Police Department, and the Wolfboro Trolley Company.

Local students on Dean's List at UNH

DURHAM — The following students have been named to the Dean's List at the University of New Hampshire for the fall 2018 semester.

Julian Brown of Barnstead with Highest Honors;

Angelique Georges of Center Barnstead with Honors;

Hope Carazzo of Center Barnstead with Highest Honors;

Connor Lacourse of Center Barnstead with Honors;

Katherine Lesnyk of Center Barnstead with Highest Honors;

Tabitha Kelley of Center Barnstead with Highest Honors;

Ethan Crossman of Center Barnstead with High Honors;

Kaci Gilbert of Center Barnstead with High Honors;

Kayley Hoyt of Center Barnstead with Honors;

Gordon Unzen of Center Barnstead with Highest Honors;

Matthew Hooker of Alton with Honors;

Victoria Rice of Alton with High Honors;

Daniel Krivitsky of Alton with High Honors;

Daniel Dixon of Al-

ton with Honors; Madison McKenzie of Alton with High Honors;

Erika Schofield of Alton with Highest Honors;

Jesse DeJager of Alton with High Honors;

Ralph Connors of Alton Bay with Honors;

Timothy Clocksin of Alton Bay with Honors;

Angela Brophy of Alton Bay with High Honors;

Alexander Amann of Alton Bay with High Honors;

Haley Mellon of Alton Bay with High Honors;

Christopher Craycraft of New Durham with High Honors;

Megan Cully of New Durham with Honors;

Jacob Woodard of New Durham with High Honors;

Kyle Deegan of New Durham with High Honors;

Rebecca Holland of New Durham with High Honors;

Molly Erickson of New Durham with Highest Honors;

Jill Young of New Durham with Honors;

Victoria Baxter of New Durham with Highest Honors.



KINGSWOOD REGIONAL High School has wrapped up its self-study process with a report for the New England Association of Schools and Colleges in preparation for a three-day visit from evaluators from outside the district. Members of the steering and standards committees seen here: Front row (l to r), Amanda Logan, Jennifer French, Karen Godfrey, Michael Abraham, Ken Joy, Jennifer Murray do Carmo. Back row (l to r), Maria Dechiaro, Jill Daley-Gibson, Donna Lehman, Glenn Wilson, Bruce Farr, Lara Crane, Guy Donnelly, Karen Libby, James Meyers, Kara Jacobs, Jeremy Fuller and Aaron Gauthier. Not available for photo were Kristine Niiler, Kristen Shea and William Douglass.

KINGSWOOD

(continued from Page A1)

has served as an evaluator for the NEASC. When educators, who serve voluntarily, sign on, they are fully committing themselves to three days of a 7 a.m. to 10 p.m. schedule. It's exhausting, she says, and intense, but “it is so exciting to go to other schools. Every school is measured by the same standards.”

The self-study has involved numerous tasks and meetings, but Social Studies Department Head Jamie Meyers says it's given teachers a chance to work together. “It builds community,” adds Libby.

Not all high schools achieve accreditation, says Donnelly. There are benefits for those who do. The reputation of the district's communities benefit from accomplishing that dis-

tion, for according to the NEASC, retention or loss of accreditation has a demonstrable effect on local property values.

Most importantly, the process assures students that their needs are being met through a quality educational program, that a means exists to correct deficiencies, that their transfer credits are more likely to be accepted should they

move, and that college recruiters have a level of assurance that their education reflects the school's values and standards.

GWRSD Superintendent Kathy Cuddy-Egbert said she has seen the final report and complimented the staff during the school board meeting on Monday evening, Feb. 18. On March 17, the clock will stop ticking and the on-site evaluation begins.

From the Trail

BY JEFF ALLARD

Contributing Writer

In January of last year, I sent an article to the Baysider to announce that I planned to thru-hike the Appalachian Trail beginning in March. Well, it didn't work out as planned and I was not able to do it last year. I can't tell you how depressing that was but it was the right thing to do. I own a small start-up company with my son and we were just not in a position for me to be gone for six months. So, Plan B is for me to do my hike this year. It is still not a good time for me to be gone for six months, but we have accepted that there is no good time. I want to do this. And its time.

So, I developed a modified itinerary. I will start a little early – on March 10. My plan is to hike for about two weeks at a time, then take a few

days off to work. With a computer and cell phone I can work from anywhere. I can "bounce" my computer from place to place by shipping it. I just calculate how far I think I can go in the next two weeks, find a nearby town, ship my "bounce box" and I'm good. One of many plans with huge possibilities of going wrong, of course.

I have been asked a lot of questions about the trip, besides the obvious "Are you crazy?" question. I talked about why I want to do this in the Baysider post last January. Here, I will give a flavor of where, when and how I plan to do this.

I will hike for about 15 days at a stretch, and hunker down in a motel for a few days to work. Then back on the trail. Less than ideal, and not what I want to do. Not the six months of immersion

in the wilderness that I dreamed of. It will extend the trip by a month or so, which is why I am leaving early. A collateral benefit of the frequent breaks is that they may minimize injuries - shin splints, blisters and such that often send hikers packing for home.

I will start at Harper's Ferry in West Virginia and hike across the Potomac into Maryland, then through Pennsylvania. I plan to hike into early May, with one break for a business trip. That should take me into Massachusetts somewhere, possibly even Vermont. Then I will make my way to an airport, fly to Atlanta and hike from Springer Mountain to Harper's Ferry, skip around the section already hiked, then north to Katahdin. I am taking this rather odd approach to avoid two things: the crowds at

Springer early in the season, and possible snow in the Smokies.

I plan to keep the miles to a minimum for the first week or so. In fact, I scripted my first week with 7-10 miles per day only. I have read many trail journals from hikers that felt so good at the start of their hike that they covered long miles right out of the gate. It seemed easy and they were "crushing the miles." They realized when it was too late that their adrenaline fueled optimism led to serious injuries that forced them to give up early. I am told it takes about three to four weeks to get your trail legs. Once acclimated, I hope to average around 15 miles a day for most of the trail, maybe 12 a day in New Hampshire and Maine. New Hampshire is the hardest part of the trail,

and Maine is demanding with difficult terrain and frequent river crossings. A few years ago, I met a young woman working as a caretaker at the Kinsman Pond shelter and campsites near Easton. She had hiked about 1,000 miles of the AT the year before. She told me that "in New Hampshire, the trail doesn't care about you; but in Maine, the trail hates you."

I plan to spend roughly an equal number of nights in my tent and three-sided log huts or "shelters." Shelters are spaced every eight - 15 miles along the trail, but while they seem ideal, sometimes they are and sometimes not. They may be full or spaced too close or too far apart. And while they provide protection from rain and wind, they have several drawbacks. They are often infested with mice because hikers tend to cook inside the shelters and leave food particles behind. There can be heavy snoring to contend with (thus, earplugs are a must), hikers may arrive late or leave early, and there is the constant traffic of folks getting up to "go to the woods." So, I plan to camp as often as possible in the tent when the weather allows, and take refuge in shelters when I need to.

I will carry about 4-5 days' worth of food with

me at a time. The trail crosses roads virtually every day and grocery stores are within walking or hitchhiking distance every 2-4 days or so. I plan to carry the ingredients I need - dried vegetables and fruit, noodles, freeze-dried beef and chicken, spices, rice, dried beans and such - and I will mix and match. I do not cook meals. A few years ago someone found that quart freezer bags are resistant to boiling water and a new era was born in backpacking: freezer bag cooking. Add ingredients to a bag, add hot water, place the bag in an insulated "coozie," wait 10-15 minutes, and eat. No cooking and no clean up.

Another interesting aspect of hiking the trail is that there are detailed guidebooks that list every feature, access to water, shelters, campsites and services at each road crossing. This is what allows thru-hikers to pack only four to five days' worth of food, because the locations of grocery stores, restaurants, hostels and motels are known and listed in the guidebooks.

So, that's the overall game plan. Next week I will describe the gear I will carry in my bag o' junk. And then, I will be off.

Jeffrey Allard is a resident of New Durham.

Legion hosting fundraiser for End 68 Hours of Hunger

ALTON — The Alton American Legion family Post 72, on Route 28 in Alton, cordially invites the public to a special fundraiser for End 68 Hours of Hunger of Alton and Barnstead. The event is open to the public and The Caddy Shack will offer a reasonably priced dinner menu option from 5 to 8 p.m., The Aches and Pains classic rock band will be hosting music from 6 to 10 p.m., and the

Legion will be hosting the raffles, 50/50 and lots of fun.

Volunteers, sponsors, donors, school efforts are all helping to sustain the program. Each year, End 68 Hours of Hunger continues to advance its mission to end childhood food insecurity. This problem impacts a child's health and education as children. Through the food donation program, they have affected the

lives of many children in both communities and teachers report that children are more responsible and their performance improves. Actual documented increases in reading and math scores have been reported as well. They make a difference in the potential success of every child they feed. It is with the help of donations from supporters that they will continue to make im-

provements in the lives of these children. For more information about this program or to donate, please visit www.end68hoursofhunger.org, please indicate the town you are supporting. Local contact info for Alton is Pam Forbes and Kerry Clark at Alton@end68hoursofhunger.org and for Barnstead, Britni Lamontagne at BarnsteadNH@end68hoursofhunger.org.

Profile Bank hosting food drive

ALTON — Profile Bank in Alton is holding its annual food drive for the Alton and Barnstead End 68 Hour programs. During the month of February, residents can drop off food at their location during operating

hours.

End 68 Hours of Hunger is a private, not-for-profit, effort to confront the approximately 68 hours of hunger that some school children experience between the free lunch they receive

in school Friday and the free breakfast they receive in school Monday. One hundred percent of all money and food goes to feeding the children.

They are looking for the following items: Cereal, crackers, jelly in

plastic only, mayo in plastic only, snacks, mac and cheese, granola bars, fruit cups and pop tarts.

Residents can also donate money at Profile Bank and they will do the shopping.

Wright, Robitaille on Dean's List at NVU

JOHNSON, Vt. — The following students at Northern Vermont University has been named to the Dean's List for the fall 2018 semester:

Nathan Wright of Alton and Lillian Robitaille of Barnstead.

To be named to the Dean's List, students must achieve between a 3.50 and 3.99 semester grade point average.

Northern Vermont University is a two-campus institution of higher education with locations

in Johnson and Lyndonville, Vt., and an online division, that combines the best of our campuses' nationally recognized liberal arts and professional programs. At NVU, our goal is to guide curious, motivated, and engaged students on their paths to success and their places in the world. NVU Online offers flexible, affordable, high-quality options for learners pursuing their bachelor's degree. Learn more at NorthernVermont.edu.

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U.S. Department of Health and Human Services
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Cougar and man, to the death, in the mountains of Colorado

People who keep track of news about all things cougar--mountain lion, catamount, panther, wildcat, puma, and so on--are likely to know about an incident in Colorado on Feb. 4, in which a runner survived a cougar attack by fighting back. These things, like an accident during hunting season, have a quick way of getting around.

Travis Kauffman, 31, said he knew something about a cat's behavior from watching his cat at home, and knew that the greatest risks were being bitten on the neck or disemboweled by the cougar's powerful hind legs.

Investigators who went to the scene, along a popular 15-mile loop around Horsetooth Mountain, said that under the circumstances it was the best faceoff anyone could hope for: a cool-headed teacher who knew a bit about cougars, versus an immature mountain lion that might have been making its first attack on larger prey.

The mountain lion is native to New England, and the federal government has declared its sub-species, puma color cougar, extinct. Many people who live in the vast woodlands of

NORTH COUNTRY NOTEBOOK



By JOHN HARRIGAN

northern New England and the Maritimes are not so sure.

In reporting the incident, Colorado Parks and Wildlife noted that mountain lion attacks are rare, with "fewer than 20 documented fatalities in North America in more than 100 years."

+++++

After he removed his mangled arm from the dead animal's jaws, Kauffman ran three miles out of the park, where a passerby picked him up and took him to the hospital.

The operative phrase here is "ran three miles." Here's a guy who's just been mauled by a mountain lion, with chunks of skin and muscle missing and fang-punctures all over his head, and he runs three miles for help.

This put me in mind of Hugh Glass, the mountain man who in 1823 on the upper Missouri was mauled by a grizzly, left for dead by a fellow trapper assigned to care for him, and returned to the trappings of "civilization" to exact his revenge.



COURTESY COLORADO PARKS & WILDLIFE

Not a "Here Kitty" situation: Male mountain lions (cougar, catamount, et al) can easily top 200 pounds.

It also made me think of John Colter, captured in Yellowstone by the Blackfeet, released stark naked, and given a head start; and who then outran his pursuers even though there were several, and they could take turns running at top speed.

Colter made it, too.

+++++

Mountain lions, like other big cats, often kill by a bite to the neck, severing the spinal cord. The Yellowstone cougar never got a chance to do that. Instead, it found sharp sticks forced down its throat, and then Kauffman's hand and arm thrust straight down its gullet.

The experts advise people in cougar situations to back off slowly; to never, ever run; and if engaged at close quar-

ters, to yell like hell and fight back.

Kauffman said he was "a little bummed out" to meet up with a cougar under such circumstances. "We had a little wrestling match," he said, before both rolled down an embankment and resumed the struggle.

Kauffman found a rock but couldn't wield it with the right angle and force to have much effect. But he knew, from playing with his own cat, how felines disembowel their prey--by grasping with their front legs, and using their powerful rear legs

to tear into the abdomen.

Ultimately, Kauffman was able to use knees and feet to crush the cat's windpipe. It took him a while to stop shaking. The incident won't shape his life, he said, and he'll be out there running again as soon as he's healed up.

Colorado Fish and Wildlife went to the scene, took measurements and pictures,

and corroborated Kauffman's account. Adult male cougars can reach 200 pounds and more. Kauffman's attacker was a juvenile male of about 40 pounds. Kauffman said it was probably as scared as he was.

(This column runs in newspapers from Concord to Quebec and parts of Maine and Vermont. See us on Facebook. Letters must include phone numbers in case of questions and are welcome at campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

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PMHS National Honor Society hosting walk to fight cancer

ALTON — On Saturday, April 6, members of Prospect Mountain High School's National Honor Society are hosting their first Go Gold cancer walk. The walk is dedicated to helping raise money for the American Childhood Cancer Organization, and will be held at Prospect Mountain High School's track from 11 a.m. to 3 p.m., and is open to everybody. Interested in walking, or simply donating to the cause? Register to walk, or donate at <https://give.acco.org/event/childhood-cancer-walk-2019/e224635>.
E-mail childhoodcancerwalk2019@gmail.com for more information.

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THE BAYSIDER

SECTION B, PAGE 1

WHAT'S ON TAP

As February draws to a close and the calendar turns to March, postseason tournaments are on the bracket.

The Division II girls' hoop tournament continues on Friday, March 1, at 7 p.m. at the home of the higher seed. The semifinals are Tuesday, March 5, at Southern New Hampshire University at 6 and 8 p.m.

The Division III girls' hoop tournament finals are Saturday, March 2, at Southern New Hampshire University at 4 p.m.

The Division II boys' hoop tournament kicks off on Wednesday, March 6, and continues on Saturday, March 9, both at the home of the higher seed at 7 p.m. The semifinals are Monday, March 11, at 5:30 and 7:30 p.m. at the University of New Hampshire.

The Division III boys' hoop tournament continues today, Feb. 28, at the home of the higher seed and the semifinals are Monday, March 4, at 5:30 and 7 p.m. at Plymouth State University.

The unified hoop tournament begins on Wednesday, March 6, at the home of the higher seed at 5 p.m.

The Division II ice hockey tournament

SEE ON TAP, PAGE B1

Bears charge past TimberWolves in playoff opener

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — A breakneck first quarter saw the 14th-seeded Prospect Mountain hoop girls jump out to a quick lead over the third-seeded Newfound Bears.

However, the Bears were able to keep up their pace in the second quarter while allowing the Timber Wolves just two points and pulled away on the way to a 62-26 win in the first round of the Division III tournament on Wednesday, Feb. 20.

"They started quick, but we didn't panic," said Newfound coach Kammi Williams. "It's happened before, but we settled down pretty quickly."

"We didn't hit shots after the first quarter," said Prospect Mountain coach Rick Burley. "We came out and hit shots. We knew we'd have to come up here and hit shots in order to win."

Newfound's Ashlee Dukette and Prospect's Ava Misiaszek hit shots to start their respective teams and then Mackenzie Burke hit a pair of shots for the Timber Wolves, sandwiched around a hoop by team-



JOSHUA SPAULDING
NEWFOUND'S Tiffany Doan puts the defensive pressure on Prospect Mountain's Ava Misiaszek during playoff action last week.

mate Hannah Racine, giving Prospect Mountain an 8-2 lead.

Bailey Fairbank answered with a hoop for Newfound but Burke answered for the Timber Wolves. Madi Dalphonse drained a three-pointer for Newfound but Bekah

Wheeler answered for the Timber Wolves, giving the visitors a 13-7 lead.

The Bears got the final two hoops of the first quarter, both from Dukette, as she drained a three-pointer and a field goal, cutting Pros-



JOSHUA SPAULDING
MACKENZIE BURKE blocks a Newfound shot during her team's playoff game in Bristol last week.

pect's lead to 13-12 after eight minutes of play.

The Newfound girls kept Prospect Mountain off the scoreboard for almost the entire second quarter. Dukette got the run started with a three-pointer, giving the Bears their first lead since they lead 2-0. Pau-

lina Huckins then hit a pair of hoops and a free throw then added another hoop off a rebound, pushing Newfound's lead to 22-13.

Fairbank put back a rebound and Tiffany Doan sank a three-pointer for a 27-13 lead. Mi-

SEE HOOPS, PAGE B5

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"As the head of player development with the Los Angeles Kings of the National Hockey League, skill development is paramount when competing at the highest level. Former Los Angeles Jr Kings coach, and my friend, John Sikich, has been developing players for the Jr Kings for the past 15 years. His experience, dedication and training style are why I wholeheartedly recommend him for your development as a player."
- Nelson Emerson - NHL, LA Kings

"John's hockey experience, dedication and passion for the game is undeniable and will benefit greatly all players."
- James Gasseau - Director Of Hockey Operations, Toyota Sports Center

"Speed is a skill that can be developed with proper technique and practice. John Sikich has instructed for me at many of my camps in the California area. As part of my team for the past 18 years I am confident that he has the knowledge and ability to teach at all levels of player ability. Good luck and train hard speed and quickness are taking over the game."
- Robby Glantz - Power Skating Coach / Consultant for the National Hockey League

Mountaineers edge Timber Wolves in barn burner finale

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain and Berlin hoop boys met up in the Class M finals a few years ago in a packed Southern New Hampshire University field house in what was an intense, back and forth title game.

On Thursday, Feb. 21, the Mountaineers traveled to Alton for the final game of the regular season and the two teams took part in what was a playoff-type atmosphere inside the walls of Prospect Mountain High School.

In the end, like in the finals of years past, Berlin came out on top, finishing with a 44-41 victory over the Timber Wolves.

“Wish we had a few more of those,” said coach Joe Faragher after the exciting battle. “They’re a good team and that was a fun atmosphere.”

Keegan Unzen and Randy Dyer hit consecutive hoops to get the Timber Wolves on the board first but Berlin’s Seth Balderamma answered with a three-pointer.

Prospect got a hoop from Cutlas Greeley, a free throw from Unzen and a hoop from Aaron Haynes to open the lead up to 9-1. Jalen Lacasse got a three for the Mountaineers but Unzen hit the final basket of the quarter for Prospect and the hosts led 11-6 after one frame.

Balderamma and Lacasse had consecutive hoops to start the second quarter, cutting the lead to just one before a Greeley hoop got the Timber Wolves on the board with a 13-10 lead.

Balderamma then hit a three-pointer, a free throw and a field goal to put the Mountaineers into the lead with a 16-13 score. Brett Pinard then hit a hoop for Berlin before Brandon Stellon finished off a nice feed from Greeley to pull the Timber Wolves to within three at 18-15.

Sinciere Davis hit a hoop and Balderamma drained a free throw to stretch the lead to 21-15 before Stellon sank a three-pointer to cut the lead to three. Balderamma closed out the first



SENIORS (l to r), Randy Dyer, Johnathan Joy, Cutlas Greeley and Sam Reynolds pose for a photo prior to their final home game.

half with a long three at the buzzer to give Berlin a 24-18 lead.

Prospect pulled within one early in the third quarter, as Unzen hit a hoop and then Greeley drained a three-pointer to make it 24-23. Balderamma answered with a hoop for Berlin but Ryker Burke struck right back with a basket for the hosts. Balderamma hit a free throw, Lacasse delivered a three-pointer and Balderamma sank a field goal, pushing Berlin’s lead to 32-25.

The Timber Wolves closed the quarter with consecutive hoops from Stellon and Greeley, cutting the lead to 32-29 heading to the fourth quarter.

An Unzen hoop got the Timber Wolves to within one to start the

fourth quarter but Balderamma hit a field goal and a three-pointer and Lacasse drained a basket, pushing Berlin’s lead to 40-31.

A three-pointer from Dyer got the Timber Wolves back on the board before Davis hit a hoop for the Mountaineers, making it 42-34 in favor of the visitors.

Prospect went on a seven-point run, with Burke starting the run with a hoop. An Unzen hoop with 2:08 to go got Prospect within five and then a three-pointer from Burke just less than a minute later, cutting the lead to 42-41.

Michael Moore hit a free throw with 39 seconds to go and Balderamma hit one with 14 seconds to go, making it a three-point game. Prospect was unable to sink

the tying hoop and Berlin took the 44-41 win to close out the season.

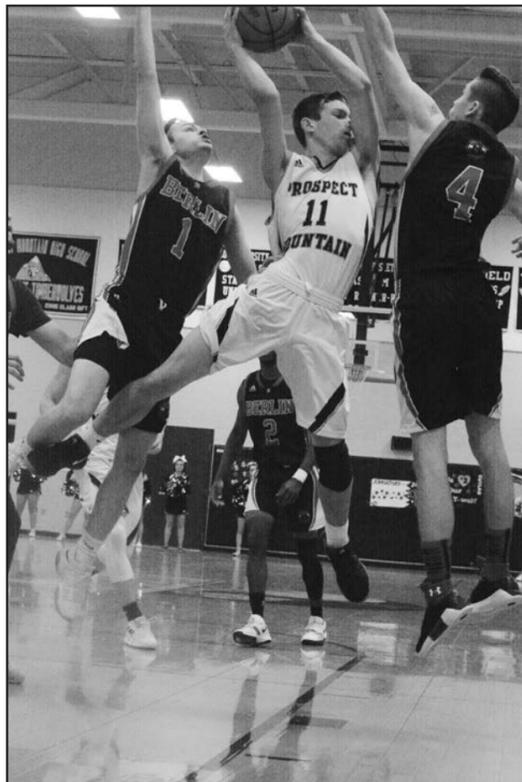
“The story of our season, we had five losses where we missed double digit free throws and lost by single digits,” Faragher said of his team’s one-for-11 performance from the line. “We shoot a lot of free throws, that’s something we have to work on.”

And after a solid first quarter, the Timber Wolf coach noted it was good to start strong.

“Games aren’t won in the first quarter, it’s a game of runs,” he stated. “They’re a good team.”

Looking back on the season, the Timber Wolf coach said it’s important to build on the good things.

“They showed up every practice, every game ready to learn,” the Tim-



BRANDON STELLON looks for a passing lane amidst Berlin’s defensive pressure.

ber Wolf coach said. “It’s a good group of guys.

“Winning cures a lot of things, but competing is what’s fun,” Faragher continued. “Eventually the wins will come.”

Balderamma finished with 26 points to lead the Mountaineers while Lacasse added 11. Unzen finished with 11 for the Timber Wolves.

JV action

The Prospect JV boys picked up the 56-30 win over Berlin in their game. David Fossett led the way with 12 points and Ethan Howe added 11 points.

**PMHS 11-7-11-12-41
BHS 6-18-8-12-44**

Prospect 41

Greeley 4-0-9, Dyer 2-0-5, Stellon 3-0-7, Burke 3-0-7, Haynes 1-0-2, Unzen 5-1-11, Totals 18-1-41

Berlin 44

Moore 0-1-1, Davis 2-0-4, Lacasse 4-0-11, Pinard 1-0-2, Balderamma 9-4-26, Totals 15-5-44

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



COURTESY PHOTO

Tourney champs

The Kingswood JV hoop girls took top honors at the Farmington JV tournament, held Saturday, Feb. 16. The Knights defeated St. Thomas, Franklin and Prospect Mountain to advance to the finals and then beat Inter-Lakes to take the title. Alexis Copp, Megan Davey and tournament MVP Ashley Reilly all earned All-Tournament team honors. Front row (l to r), Emma Noble and Allison Drew. Back row (l to r), Megan Davey, Ana Ekstrom, Ashley Reilly, Alexis Copp, Kyleigh Bonneau and coach Mike Garabedian. Not in picture are Brooke Eldridge and Cathryn Shannon.

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Kingswood football hosting golf outing

OSSIPEE — Kingswood football is sponsoring the first Kingswood football golf outing, scheduled for

June 22 at Indian Mound Golf Club in Ossipee.

The five-man best ball scramble will be \$100 per person and will

have prizes for first and second places as well as longest drive, closest to the pin and longest putt. Registration will start

at 7 a.m. and the shotgun start will be at 8 a.m. with lunch at 12:30 p.m. and awards, raffles and social time to follow.

Anyone interested in more information on the golf outing can contact Mary DeMasi at mdemasi@sau49.org.

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PMHS sports awards March 13

ALTON — Prospect Mountain will be celebrating the winter

sports season with the annual winter sports awards on Wednesday,

March 13, from 6 to 8 p.m. in the school auditorium.

PMHS seeking volleyball coach

ALTON — Prospect Mountain High School in Alton is in search of a

varsity volleyball coach. Anyone looking for more information can

contact Athletic Director Corey Roux at 875-3800.



JOSHUA SPAULDING

KINGSWOOD'S COLE EMERSON and Kennett's Miles Woodbury go to the boards together while chasing a puck in action last week.



JOSHUA SPAULDING

LOGAN MCEVOY skates the puck into the zone during his team's game with Kennett last week.

Big second period sends Knights past Eagles

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The final week of the regular started with a bang for the Kingswood hockey boys.

Not so much for the Kennett hockey team.

The Knights used a three-goal second period to pull away from their Carroll County rivals and skated off the Pop Whalen Arena ice with a 6-1 win on Monday, Feb. 18.

"They outworked us all night, they deserved to win," said Kennett coach Mike Lane. "You've got to move your feet, that's the number one rule in hockey. We got what we deserved."

"When the top line (Nick Potenza, Sam Danais, Colby Clegg) are running, they're hard to keep up with," said Kingswood coach Mike Potenza. "I challenged Nick to play better and he did, probably the best game he's played all year."

Out of the gate, neither team was able to get on the board for the first five minutes, though both teams had chances. Trevor Oliver and Reilly Murphy had shots for the Eagles that Knight keeper Oleg Sheahan turned away while Clegg, Cody Emerson and Kolbe Maganzini had shots for the Knights that Eagle keeper Bryson Wroblewski turned aside. Connor Tofflemoyer also made a run into the offensive zone for Kennett but was turned away by the Knight defense.

The Knights got on the board first, as Clegg found Potenza in the faceoff circle and he fired it home for the 1-0 lead with 9:49 to go in the first. Danais also had an assist on the goal.

Logan McEvoy got in close with another bid that Wroblewski stopped while Dom Jones had a bid go wide for Kennett.

The Knights doubled their lead with 8:44 to go in the period, as McEvoy got in behind the Kennett defense and poked the puck past Wroblewski for the 2-0 lead.

Kennett came back with some pressure, with Olivier firing a couple of bids and Jones and Trevor LaRusso also getting chances for the Eagles. Danais had a centering pass at the other end that missed connections.

The Eagles cut into the lead with three minutes to play in the period, as Murphy fired a shot from the point that Cody Bryan tipped past Sheahan to cut the lead

to 3-1. Colby Hall had a nice defensive stop on Emerson and Clegg and Danais each had bids denied as the first period drew to a close with Kingswood up 2-1.

Potenza had a shot ring off the post to start the second, Danais had a shot go wide and Clegg had a bid stopped by Wroblewski.

The pressure paid off just less than two minutes in, as a scramble in front of the net resulted in Emerson putting the puck in the net on an assist from Drew Swinerton, upping Kingswood's lead to 3-1.

It didn't take long for the Knights to add to that lead, as just 26 seconds later, Danais skated the puck into the circle and dropped it for a charging Potenza, who rifled it home for the 4-1 lead.

Miles Woodbury and Murphy came back with bids in close and John Trapela had a shot stopped by Sheahan. At

the other end, Clegg just missed Danais on a centering pass and McEvoy had a shot stopped by Wroblewski. Tofflemoyer, Murphy and LaRusso all had chances for the Eagles but Sheahan stood strong in the net. Danais found Cole Emerson with a nice pass ahead but the shot was turned away by the Eagle keeper. Potenza had a couple of chances just miss. Woodbury and LaRusso teamed up on another chance that Sheahan stopped.

With 3:41 to go in the period, the Knights got their fifth goal. After taking a great pass up the ice rom Potenza, Danais again skated into the zone with Cole Emerson streaking down the other side of the ice. Danais slid the puck across and Emerson waited out Wroblewski and tucked the puck into the net for the 5-1 lead.

Cody and Cole Emerson both had chances

late, as did Bailey Savage, but Wroblewski held tight, including an impressive glove save while lying on his back in the goal mouth and the period came to a close with the Knights up 5-1.

Danais and Clegg teamed up on another bid early in the third but Wroblewski made another nice glove save.

However, with 13:09 to go in the game, Danais got a turnover in his offensive zone and snuck the puck past Wroblewski for the 6-1 lead.

Oliver, Jones and LaRusso had chances for the Eagles but could not convert. Kennett took the game's first (and only) penalty with 8:22 to go but did a nice job killing it off, though Clegg, Potenza and Cole Emerson all had chances in the offensive zone.

The Eagles were unable to get anything else by and Kingswood took the 6-1 win to start the

final week of the season on a good note.

"He's (Lane) a little light on his bench, but I won't downplay it, it's still nice to beat Kennett," Potenza said. "It's a great rivalry."

He noted that Lane also came over to him after the game to check on Cody Emerson, who was hurt late in the third period.

"That's just a testament to the way Mike coaches," Potenza said. "He came over and asked how he was."

The Knight coach also noted that solid goaltending makes a difference in a game like this too.

"Oleg was solid in the net," Potenza said. "That helps a lot."

"It was not a good night," said Lane. "The bottom line, right from the start we were flat.

"They played with a lot more energy than we did," he continued. "We knew what was at stake (playoff position-

ing) coming in and that makes it all the more disappointing.

"They (Kingswood) came through tonight, give them credit," the Eagle coach added. "Now we really need to win on Wednesday."

The Division II tournament began after deadline on Wednesday.

Both the Division II tournament and the Division III tournament play on Saturday, March 2, at the home of the higher seed.

The Division II semifinals are Wednesday, March 6, at Everett Arena in Concord at 5:30 and 7:30 p.m.

The Division III semifinals are Wednesday, March 6, at Plymouth State University at 5:30 and 7:30 p.m.

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

Smith earns 500th victory

WOLFEBORO — Brewster Academy's prep basketball team defeated the Lakes Region League rival the Tilton School last Monday, Feb. 18, allowing head coach Jason Smith to capture his 500th win at Brewster. Currently in his 19th season at the helm for Bobcats, Smith has

accumulated a record of 500-122. During this incredible run, he has led Brewster to five national prep school championships, six NEPSAC AAA titles, his teams have won the AAA regular season eight times, and prep basketball has hung seven Lakes Region League banners in the

Smith Center. Over the course of his time, coach Smith has coached 16 future NBA players and is known throughout New England and the country as one of the best high school coaches.

"Jason is impressive in all facets of running the program and what he has done in just 19

seasons is just incredible," noted Director of Athletics Matt Lawlor. "However, to fully appreciate what Jason has done you must look beyond the wins and to see what he does on a daily basis with his players. He holds all of his players to an extremely high standard on the floor,

in the classroom and throughout our community. We have been fortunate to have him for all these years.

"Congratulations Coach Smith on 500. We are all proud and wishing you and the team well as you head down the stretch in the coming weeks," Lawlor added.

Pair of volleyball camps offered this summer

REGION — Are you looking for a unique volleyball summer camp experience? If so, Pass Set Crush Overnight Volleyball Camp is for you. Pass Set Crush is available for girls entering the seventh through ninth grade in the fall of 2019. This is an overnight adventure camp with a concentration in volleyball. The camp is located at Geneva Point Center on Lake Winnepesaukee in Moultonborough.

The two sessions are July 7 to 11 and July 14 to 18. Plymouth State University head women's volleyball coach Joan Forge directs the camp and the staff features several New Hampshire volleyball coaches and outstanding high school and college players from around the country.

In addition to two daily sessions of volleyball, Pass Set Crush offers swimming, boating, yoga, water carn-

ival, campfires, beach barbecue and more. Campers are housed in cabins with supervision, three nutritious meals are served daily, a nurse is on staff 24 hours a day, and the three beaches are staffed with lifeguards.

Please contact Forge for further information at 387-1202 or visit www.passsetcrush.com.

Forge will also be hosting Panther Volleyball Day Camp July 22 to 25. This camp will

feature two sessions. Panther Camp One is 9 a.m.-noon for girls entering the fifth through eighth grade and is designed for beginner to intermediate players. Players will have fun while learning the basic fundamental skills, rules and strategies to be successful playing the sport of volleyball.

Panther Camp Two is 1 to 5 p.m. for girls entering the ninth through 12th grade and is designed for begin-

ner, intermediate and advance players who want to play and excel at the high school level. The players will be challenged with improving their basic fundamental skills and will be given the opportunity to learn more advanced strategies, position specific skills, transition and concepts of team play.

For information, please contact Forge at jcforge@plymouth.edu or call 387-1202.

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Knights wrap up regular season with a win

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood hockey boys wrapped up the regular season with a game against Portsmouth-Newmarket on Saturday at the Pop Whalen Arena.

While it wasn't the prettiest game of the season, the Knights were able to secure a 2-1 win to wrap up the regular season.

Prior to the game, the Knights honored seniors Luke Cassidy, Joey Vetanze, Erick Skelley, Cole Emerson, Kolbe Maganzini, Sam Danais and Andy McMullen.

The two teams battled through a scoreless first period and more than half of the second period went on without a score as well.

However, Nick Potenza was able to open the scoring with 6:54 to go in the period, as he took a perfect feed from Emerson and one-timed a shot from the faceoff circle into the goal for the 1-0 lead. Austin Perkins picked up the secondary assist on the goal and the period came to a close with a 1-0 lead for the Knights.

The Clipper Mules were able to tie the score with 2:54 to go in the game, beating keeper Joey Vetanze with a top shelf goal.

With 29 seconds to go, however, Potenza was able to light the lamp again, this time taking a forward pass from Danais, skating into the zone and firing the shot to the top of the net for the 2-1 lead and the Knights held on to take the win.

Kingswood finished the season at 11-7 and earned a bye in the first round of the Division II playoffs. The tournament is scheduled to continue on Saturday, March 2. Coach Mike Potenza's figuring had the Knights playing Keene on the road, though official brackets were due to be released after deadline Monday.



KATHY SUTHERLAND

WITH THEIR FAMILIES behind them, the Kingswood boys' hockey seniors pose for a photo prior to their final home game. Left to right, Joey Vetanze, Luke Cassidy, Erick Skelley, Kolbe Maganzini, Andy McMullen, Cole Emerson and Sam Danais.

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

Unified Knights come up just short in season finale

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood unified hoop team welcomed Somersworth to town on Thursday, Feb. 21, for the final game of the season.

Maria Correa got the scoring started with a hoop for Kingswood and after a hoop from the "Toppers, Joshua Peterson hit a hoop to put Kingswood in the lead again. However, the "Toppers scored the next 12 points, including a pair of three-pointers and took the 14-4 lead after one quarter of play.

The visitors hit the first basket of the second quarter to open the lead to 16-4 but Talin Sargent answered with a basket for the Knights. After another "Topper hoop, Sargent hit another basket to start a 10-0 run for the Knights.

The run continued with a hoop from Andrew Cray, consecutive hoops from Correa and another from Peterson, cutting the lead to 18-16. The visitors hit another hoop but Correa drained another hoop to close out the quarter and the Knights took the 20-18 lead to the halftime

break.

The visitors started the third quarter with the first eight points, including two more three-pointers, stretching the lead to 28-18. Correa hit a hoop to get Kingswood on the board but the "Toppers answered with their own basket. Correa hit another hoop and after a Somersworth basket, Peterson got the final hoop of the quarter, making it 32-24 heading to the fourth quarter.

Peterson hit the first two baskets of the fourth quarter to cut the lead to four but Somersworth came back and hit the next three hoops, stretching the lead to 10 again a 38-28.

Cray hit another hoop and after another "Topper hoop, Correa drained a basket. Somersworth got a three-point-er to make it 43-32 but Kingswood got the final six points of the game, all from Correa, making it a 43-38 final.

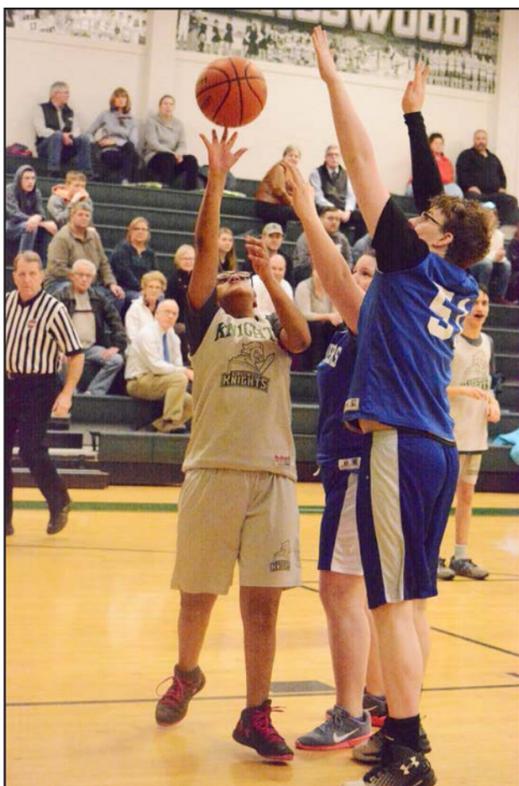
Correa finished with 20 points and Peterson finished with 10 to lead the Knights.

KRHS 4-14-6-14-38

SHS 14-6-12-11-43

Kingswood 38

Cray 2-0-4, Correa 10-



JOSHUA SPAULDING

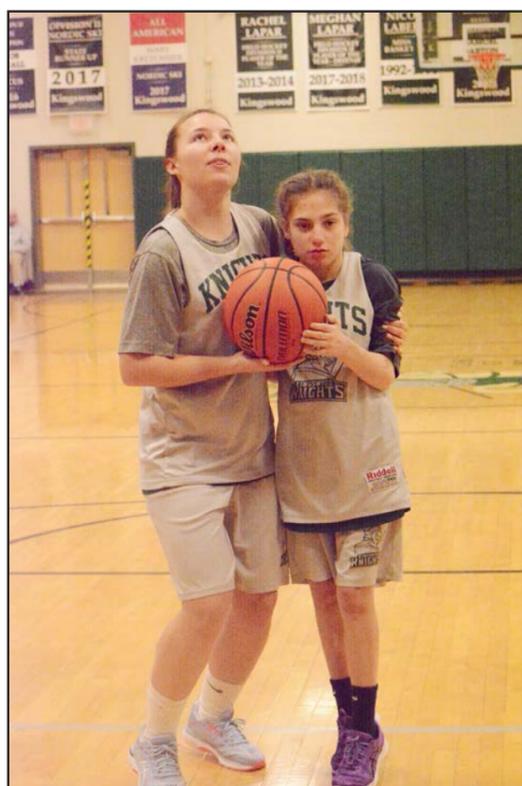
MARIA CORREA puts up a shot against tough Somersworth defense last week.

0-20, Sargent 2-0-4, Peterson 5-0-10, 19-0-38

Somersworth 43

Nichols 6-0-13, Peare 3-0-7, South 5-0-10, Smith 5-0-13, Totals 19-0-43

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



JOSHUA SPAULDING

MACKENZIE DORAN helps Cynthia Verrill with a shot attempt in action last week.



JOSHUA SPAULDING

THE KINGSWOOD UNIFIED seniors pose for a photo before their final game. Left to right, Michael Foy, Mackenzie Doran, Charlie Arinello, Bridget Coughlin, Maria Correa and Brett Conley.

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Kids' ice fishing derby is Sunday

GILFORD — Belknap County Sportsmen's Association will be holding its annual free kids' ice fishing derby on March 3 at Lily Pond, Gilford 9 a.m. to noon. Bait, tip-ups, hot chocolate and hot coffee are available at the pond. Lessons provided for the first timers. No registration required, just show up and have fun. At noon in the club house on Lily Pond Road they will have awards and trophies for the largest fish caught as well as having hot dogs, chips and milk for all the participants.

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Bobcats edge Knightswith late free throws

Y JOSHUA SPAULDING
Sports Editor

WOLFEBORO — In the penultimate week of the regular season, the Kingswood and Plymouth hoop boys went toe-to-toe in a see-saw battle in Wolfeboro on Feb. 19.

In the end, Plymouth senior Jackson Palombo sank two free throws with three seconds on the clock and the Bobcats survived a last-second shot from Kingswood's Brogan Shannon to escape with the 57-55 win.

"We absolutely knew this was going to be a grind of a game," said Plymouth coach Mike Sullivan. "They play really well at home.

"The team we saw the first time (a big Plymouth win) is not what they're capable of and we knew that," Sullivan continued. "We spent a lot of time preparing for these guys."

"Plymouth is a much better team than early in the season," said Kingswood coach Dan Place. "Give them credit, they hit those two key free throws after Richard (Curran) hit his two key free throws."

Palombo got the scoring started with a hoop and then Nick Qualey drained a three-pointer to give the Bobcats a 5-0 lead out of the gate. After Ethan Arnold hit two free throws for the Knights, Palombo drained his second basket of the game for a 7-2 lead.

A free throw from Arnold and a hoop from Curran got the Knights within in two but Qualey responded with a hoop to push the lead back to four.

Arnold erased that lead all on his own, as he drilled a hoop and a three-pointer, pushing Kingswood in front by a 10-9 score. Qualey didn't let that last terribly long, as he hit a hoop and then a three-pointer, putting the Bobcats back in front by a 14-10 score.

Curran and Shannon hit consecutive hoops for the Knights to tie the game at 14 but Brickley answered with a basket for the Knights. Curran hit a hoop and Arnold drained a three as time ticked away and the Knights finished the



JOSHUA SPAULDING
PLYMOUTH'S NICK QUALEY rises toward the hoop as Kingswood's Brogan Shannon goes up for the block in action last week in Wolfeboro.

first quarter with a 19-16 lead.

After a breakneck first quarter, things slowed down a bit in the second quarter. It was the Bobcats who jumped out to the lead with the first eight points of the frame. Palombo put back a rebound to start things and then Brickley converted on a three-point play to vault the Bobcats back to the lead. Qualey then sank a three-pointer and Plymouth was up 24-19.

Curran came back with back-to-back baskets to cut the lead to one but Brickley hit two free throws and a basket to stretch the Bobcat lead to five at 28-23.

A Curran three-pointer got the Knights within two but Brickley got the final basket of the half and Plymouth took the 30-26 lead to the halftime break.

Shiv Patel drained a three-pointer to get the Bobcats started in the third quarter but Arnold came back and hit consecutive baskets for the Knights, cutting the lead to three. Qualey hit a hoop and a free throw to give the Bobcats a 36-30 lead before Curran

hit another hoop for the Knights.

Qualey sank another hoop but Curran answered for the Knights. After a Qualey free throw made it 39-34, Shannon drilled a three-pointer to cut the lead to just two.

However, Qualey drained a three-pointer with just 30 seconds left on the clock and the Bobcats had the 42-37 lead heading to the final eight minutes.

The Knights tied the game out of the gate in the fourth quarter, as Arnold drilled a three-pointer and Carter Morrissey hit a hoop in the paint. A basket from Kobe Zimmer then gave the Knights the 44-42 lead with 4:50 to go in the game.

A Brickley basket tied the game at 44 but Shannon answered with a three-pointer for the Knights with just more than four minutes to go. Qualey responded with a three-pointer for the visitors and then Palombo, coming off the bench after sitting for much of the second half in foul trouble, converted a three-point play off his own steal to give Plymouth a 50-47 lead with



JOSHUA SPAULDING
MATT PLACE fires a shot during the first quarter against Plymouth last week.

3:30 to go.

Arnold cut the lead to just one with a basket for Kingswood and then Davis Ekstrom finished off his own steal with a layup for a 51-50 lead for the Knights with 2:35 to go.

A Palombo hoop put Plymouth back on top but Curran hit a hoop with 1:05 to go for the 53-52 lead.

Ten seconds later, Patel sank a three for the Bobcats, putting Plymouth up by a 57-55 score. Curran was fouled with 24 seconds to go and calmly drained both free throws to tie the game at 55.

Then, with a tick under four seconds to go in the game, Palombo was fouled driving toward the hoop and stepped to the line and delivered, hitting both ends of the free throw for the two-point lead for the Bobcats.

The Knights were able to get the ball in the hands of Shannon, who hit a game-winner

against Kennett two weeks earlier, but his shot was off the mark and the Bobcats had the two-point win.

"I said at the half, we really should be up 10, we missed some layups," said Sullivan. "In the first quarter, they came out and really spread us out and hit shots.

"But in the second half we forced them more to the perimeter," the Bobcat coach continued. "It was a much better effort in the second quarter."

Sullivan noted that it was key for Palombo to come off the bench after finding himself in foul trouble.

"He was a little frustrated at being in foul trouble and having to sit," Sullivan said. "We're trying to teach them to play smart, he stayed in and made some big plays down the stretch and then gets to the line for the free throws for the win."

Sullivan acknowledged the solid play of

the Knights.

"Dan has got his guys playing well," Sullivan said of Place. "It was a great game, nice to be on the winning end."

Place noted that Arnold and Curran were key in his team's attack.

"Ethan is a good player and Rich has really come alive the last few games," Place said. "We're getting him the ball in the plate and he's doing good things with it.

"And Brogan does a lot of hard work," the Knight coach continued.

He also noted that in a game like this, there's no blame to place on anyone on the court.

"I'd rather that than lose by 20," Place said. "In the locker room, I told them at two points, that's the coach's fault. If we lose by 20 points, it's more on you guys."

Qualey led the way for all scorers with 25 points on the night, while Palombo and Brickley each put in 13 points. Curran led the way for the Knights with 21 points and Arnold added 20 points.

The Knights wrapped up their regular season after deadline Wednesday against Kennett.

The Bobcats finish up the regular season today, Feb. 28, at Laconia at 6 p.m.

PRHS 16-14-12-15-57
KRHS 19-7-11-18-55

Plymouth 57
Qualey 9-2-25, Patel 2-0-6, Brickley 5-3-13, Palombo 5-3-13, Totals 21-8-57

Kingswood 55
Arnold 7-3-20, Ekstrom 1-0-2, Shannon 3-0-8, Morrissey 1-0-2, Zimmer 1-0-2, Curran 9-2-21, Totals 22-5-55

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

Abenaki Attack will feature day of racing

HOOPS

CONTINUED FROM PAGE B1

siaszek hit Prospect's first basket of the quarter with 16 seconds to go to stop the Newfound run. Dukette hit a three-pointer as time expired to give the Bears the 30-15 lead at the half-time break.

Fairbank, Dukette and Huckins all hit hoops to open the third quarter and then Huckins hit a free throw and another hoop for a 39-15 lead for the Bears.

A Dukette steal led to another hoop for Fairbank before Wheeler sank a three-pointer to get the Timber Wolves on the board with one minute to go in the third quarter. Sam Weir sunk a free throw and then Hannah Capsalis sunk a shot at the buzzer to cut the lead to 41-21 after three quarters of play.

Dukette hit a three-pointer and a hoop

to get the fourth quarter started before Capsalis hit two free throws at the other end. Dukette hit another hoop but then in an unusual sequence, the Bears accidentally put the ball in the hoop at the wrong end to give Prospect two more points.

Fairbank hit another hoop for Newfound and Dalphonse added a three-pointer before Dukette hit a free throw. After another hoop from Fairbank, Doan and Huckins each hit free throws. Mackenzie Bohlmann hit a hoop for the Bears and Huckins put back a rebound for a 62-25 lead. Burke hit a free throw for the final point of the game, making it 62-26 for a final.

"We figured out what they were doing," Williams noted. "Sometimes it takes half a quarter to do that," she said. "They didn't get rattled, they stayed calm."

July 6 at Abenaki Ski Area in Wolfeboro.

Abenaki Attack is a day of racing to benefit Lakes Region Humane Society, Masons Morn-

ing Star Lodge 17 and the Wolfeboro XC Ski Association.

The day will feature a trail race, a 5K, a 10K, a 5K canicross (bring the

dogs) and a one-mile fun run/walk. There will also be a post-race picnic with plenty of food and water for humans and dogs.

This day of family-friendly, ca-

nine-friendly, competitive events will be taking place on Saturday, July 6 with a 9 a.m. start time at Abenaki Ski Area.

Visit rockhopperraces.com for more information.

night, every day," said Burley. "They gave me everything they had and that's all I could ask for."

Dukette finished with 23 points to lead all scorers, while Huckins added 15 and Fairbank added 12. Wheeler led the way for Prospect with eight points.

NRHS 12-18-11-21-62
PMHS 13-2-6-5-26

Newfound 62
Dalphonse 2-0-6, Fairbank 6-0-12, Doan 1-1-4, Bohlmann 1-0-2, Huckins 6-3-15, Dukette 9-1-23, Totals 24-5-62

Prospect 26
Capsalis 1-2-4, Weir 0-1-1, Wheeler 3-0-8, Racine 1-0-2, Miasiaszek 2-0-4, Burke 3-1-7, Totals 10-4-26

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

continues on Saturday, March 2, at the home of the higher seed at 4 p.m. and the semifinals are Wednesday, March 6, at Everett Arena in Concord at 5:30 and 7:30 p.m.

The Division III hockey tournament opens on Saturday, March 2, at the home of the higher seed at 4 p.m. and the semifinals are Wednesday, March 6, at Ply-

ONTAP

CONTINUED FROM PAGE B1

outh State University at 5:30 and 7:30 p.m.

The Division II Nordic State Meet will take place at Gunstock on Tuesday, March 5, at 10 a.m.

The alpine Meet of Champions will take place today, Feb. 28, at 10 a.m. at Mittersill Ski Area at Cannon Mountain.





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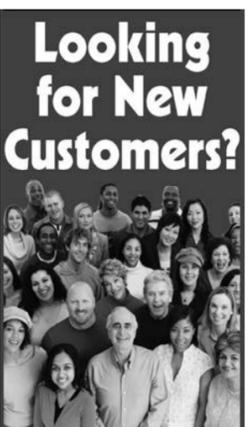
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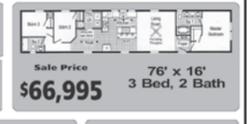
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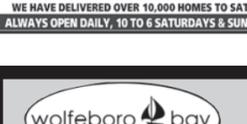
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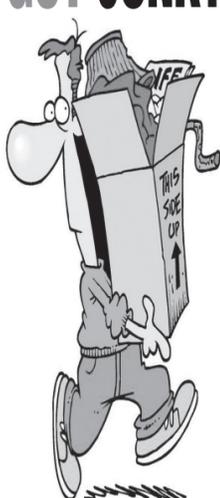
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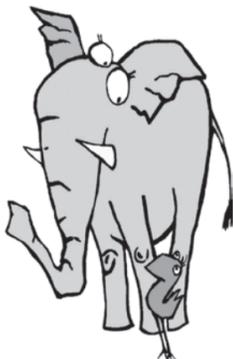
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RESPONSE



Playoff season has certainly arrived

As I am writing this, I am just a few short hours away from the first playoff game of the season, as the Newfound and Prospect Mountain girls are set to face off in Bristol in the opening round of the tournament.

This kicks off what should be another busy stretch of games as a number of local teams make runs into the tournaments.

In addition to the Newfound and Prospect hoop girls, the Kingswood hockey boys, the Kennett hockey team, the Kennett hoop boys and girls and the Plym-

SPORTING CHANCE

By JOSHUA SPAULDING



outh hoop girls are all looking to make noise in the playoffs.

Traditionally, the NHIAA tournament brackets make life difficult on the media, particularly on the media that covers multiple sports and multiple teams with minimal staff.

Wednesday (the day before this comes out) had the first round of the Division II hockey tour-

namment and the semifinals for the Division III hoop girls in addition to a big regular season finale boys' hoop game between Kennett and Kingswood in Wolfeboro.

Looking ahead to Saturday, March 2, there is the finals for the Division III hoop girls at Southern New Hampshire University and the semifinals for both Division II hockey (Everett Arena) and Division III hockey (Plymouth State). There's obviously a chance to have three different teams competing at the same time, which makes things in-

credibly difficult on my end.

Luckily, the girls' basketball brackets for Division II take place on Tuesdays and Fridays, which is different than the other brackets. And with the Kennett hoop girls near the top of Division II, there's a good chance they will be playing for a few more weeks.

Of course, technically speaking, postseason action has already taken place. The alpine state championships took place in mid-February and the ski jumping state championships, gymnastics state championships, swimming championships, indoor track championships and the wrestling division championships and Meet of Champions have already all taken

place. The alpine Meet of Champions takes place today at Cannon Mountain. Additionally, the Nordic Division II State Meet will take place this coming week in Gilford.

That being said, as soon as the playoffs start, things do tend to slow down, simply because there are teams that don't qualify and as the weeks go along, teams are eliminated, finally opening up the schedule a little bit.

I must say I've enjoyed covering the gymnastics state championships for the first time. With Plymouth having a team for the first time, they were competing and I made the trek to Pinkerton Academy for the meet. Since it was my first meet, I am grateful to coach Carrie Kiley, who was able to explain

some of the finer points of what goes on. I also spent some time talking with her husband, Ed, who helped clear up even more things for me as we sat in the bleachers.

Next year I am looking forward to getting to one of the team's home meets as well.

Finally, have a great day Paul Landry.

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, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.



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Senior Night

Prospect Mountain's senior cheerleaders were honored prior to the final hoop game of the season on Thursday, Feb. 21. Left to right, Haley Gagnon, Tovah Stonner, Kayla Locke, Gabrielle Fossett and Lena Reichmann.

JOSHUA SPAULDING



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