

Route 28 project seeks to improve safety

Critical intersections are a focus in Barnstead work

BY MARK FOYNES
Contributing Writer

BARNSTEAD — Locals and commuters from Alton, New Durham, Barnstead and other area towns have likely noticed that a large number of trees have been felled along Route 28 where it connects with Peacham, White Oak, and North Barnstead roads.

The recent logging activity is part of a project that seeks to widen this section of Route 28. Downed trees will allow leeway for a wider route that will expand shoulders and accommodate turning lanes. Potentially-improved sightlines for all motorists is another goal. Critical intersections with tertiary roadways are also a key focus, according to state sources.

The origins of this activity date back nearly a decade ago when a comprehensive study of this section of Route 28 was

conducted. The addition of traffic lights in Pittsfield and a reconfiguration of the Stockbridge Corner intersection were also part of this integrated, phased-in plan to overhaul the corridor that connects the Alton and Epsom traffic circles.

As to the current project, which officials predict will be complete by the fall of 2018, it addresses a one-mile stretch of highway that includes intersections with White Oak and Peacham roads.

Much of Route 28 between the Alton and Epsom circles is a broad highway with ample shoulders and breakdown lanes. But it narrows considerably in Barnstead. While the speed limit correspondingly decreases from 55 mph to 50 mph, there are concerns that the highway is unsuitable to carry traffic at even this reduced speed. There are also sight-line issues,

which are of special concern to those looking to turn off from North Barnstead Road to Route 28.

DOT spokesman Bill Boynton said that “carrying capacity” and “sightlines” have been on “DOT’s radar screen for some time, and that we’ve been working with engineers to see what improvements can be made.” The Baysider spoke with Boynton the Friday after a meeting during which details were to be discussed.

He said that the tree felling operation is just the first phase of a multi-year, \$3.3M project that will address longstanding concerns that his department identified in partnership with local residents. Originally, this phase of the project was expected to cost some \$4M.

Boynton said the DOT has contracted with F.L. Merrill Construction, SEE BARNSTEAD, PAGE A10



COURTESY PHOTO

Floating Baysider

Jeff and Kendra Kantar of West Alton traveled to Willemstad, Curacao and took this picture with The Baysider on the famous “floating bridge.” Curacao is 22 miles north of Venezuela. If you have a photo of you and The Baysider in a unique location, send the photo and pertinent information to baysider@salmonpress.news.

Denise Roy-Palmer and WEDCO stand ready to lend a hand

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — The Wentworth Economic Development Corporation (WEDCO), located in Wolfboro, one of 10 such non-profit corporations in the state, represents a wide swath of New Hampshire towns: Brookfield, Effingham, Farmington, Middleton, Milton, Moultonborough, New Durham, Sandwich, Tuftonboro, Wakefield and Wolfboro.

“Most have a significant tourist and second home population base, which always presents a challenge,” says Executive Director Denise Roy-Palmer. “Our goal is to support existing businesses as much as possible and help them strengthen and grow.”

To that end, she's become a familiar figure over the last 20 years as she's taken a seat at

the table representing WEDCO on Economic Development Committees in Wolfboro, Farmington, and Milton, the Business Retention and Expansion Program in Wolfboro, the Sandwich Business Group, and met with numerous business owners and budding entrepreneurs.

As the phone rings and volunteers with the Eastern Lakes Region Housing Coalition (ELRHC) come in and out of the office to pick up files in a near-

by cabinet, Roy-Palmer greets each person warmly. She explains that WEDCO lets the non-profit ELRHC use office space in its headquarters located in the lower section of the Citizens Bank building on Center Street.

The housing coalition has established work force housing in Harriman Hill off of Route 109A on Beck Drive to provide affordable housing for people employed in the area.

WEDCO has lent a SEE WEDCO, PAGE A10

BY CATHY ALLYN
Contributing Writer

NEW DURHAM — “You have to think like a pollinator,” said Master Gardener Ruth Droscher at Monday evening’s presentation at the New Durham Public Library, “in order to plan your garden” and create the space that protects pollinators and their essential habitats.

“Planting for Pollinators” was the name of the program, but Droscher imparted much more than just the kinds of plants our pollen-switching friends have evolved to like.

As we know, pollination occurs when

pollen is moved within flowers or carried from flower to flower. This pollen then fertilizes the plant. Only fertilized plants can make fruit and/or seeds, and without them, the plants cannot reproduce.

Wind and rain do their bit when it comes to pollination, but the vast majority of it is carried out by insects and animals: birds, bees, bats, butterflies, moths, flies and beetles.

Want a successful garden? Don’t have a garden, but want a healthy world? Attract these critters to any space around your home, even a few con-

tainers, and you’ve taken the first step.

We’re all aware that honeybees, the focal point of a grassroots effort against pesticides, have been in serious decline for years. Droscher, a member of the University of New Hampshire’s Cooperative Extension’s Speakers’ Bureau, said breeders are becoming “cautiously optimistic,” despite devastating losses.

She spoke at length on native bees, of which there are an estimated 200 species in New Hampshire, and which are actually more effective pollinators on a per bee basis than honeybees.

“They forage more often, in cool, damp weather, and for longer periods than honeybees that stay curled up in their hives,” she said, likening the hive dwellers to teenagers who dislike getting up early in the morning. “They can also collect pollen on their abdomens and backs, rather than just in pollen sacks.”

Bees pollinate crops that account for 35 percent of the country’s food production.

Native bumblebees inadvertently aid the honeybees with what is called buzz pollination; they vibrate the flower to loosen pollen. Once they move on, the pollen is out in the open on the petals for the honeybee that comes along afterward.

Plants and animals have evolved together, creating the best possible scenario for both, but pollinators need SEE POLLINATORS, PAGE A10



COURTESY PHOTO

Cleaning up

Earth Day Trail Clean-up on Mt. Major on Saturday, April 22, included participants from Prospect Mountain High School, the Society for the Protection of New Hampshire Forests and Belknap Range Conservation Coalition.

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Milfoil committee meets in New Durham

NEW DURHAM — The New Durham Milfoil and Invasive Aquatic Weeds Committee met on April 19 at the New Durham Town Hall. Amy Smagula (NHDES) will re-survey Jones Pond in early June. Aqualogic has a contract to cover the costs for using the DASH method to pull milfoil for up to five days. They will begin working after receiving Smagula's report. Bill Meyer made a motion to have Fred Quimby ask the BOS to release residual funds from the Milfoil CRF if Aqualogic needs to work beyond the allotted five days. The vote for approval was unanimous.

A cyanobacteria mitigation steering committee is in the process of being

formed. This committee will be a separate entity from the Milfoil and Invasive Aquatic Weeds Committee and will address the cyanobacteria problems in the Merrymeeting River and lakes watershed area. This watershed area is entirely contained in the towns of New Durham and Alton. The committee will have members from the New Durham and Alton BOS and milfoil committees, NHDES and NH Fish and Game. Several working committees would be formed to gather data, research best practices and investigate sources of funding.

State Rep. Raymond Howard said he wants to introduce a bill to address the towns concerns with the nutrient load being released

from the Powder Mill Hatchery. Rep. Howard

sits on the House F&G Committee and has

spoken to Jason Smith about this proposal. (NH Fish and Game)



COURTESY PHOTO

Tales to tell

Storyteller Simon Brooks recently told stories to students at New Durham School, and then performed in the evening for the public. Speaking to parents, he emphasized the importance of reading and telling stories to children, and provided a hand-out, "Tips on Telling," that included information on where to find a story and how to perform it.

PMHS senior class spaghetti supper tonight

ALTON — The Prospect Mountain High School senior class is having a spaghetti supper on May 4 from 5 to 7:30 p.m. Gluten free options will also

be available, as well as drinks and an assortment of food. Please join in to help support the senior class for their last event before they graduate.

Scouts accepting yard sale donation items

ALTON — On June 3, the town of Alton will be hosting a town-wide yard sale. Every year, Scouts and adult leaders from Boy Scouts of America Troop 53 participate in this event to help raise money for troop activ-

ities. Troop 53 is looking for donations for the yard sale. Proceeds will go towards funding scouting activities such as summer camp and youth leadership training. If you have anything that you

would like to donate to the troop for this fundraising activity, please contact Jamey Balint at jbalint_troop53@yahoo.com. They will make arrangements to pick up your donations if necessary or you may drop them off at

the Alton Senior Center parking lot, located on Pearson Road, at 8 a.m. on June 3.

They cannot accept upholstered furniture items and electronics will be accepted after examination.

PIG OF THE WEEK by D.A. Hammond

WWW.PIGSINAPOKE.COM



Hog bless America

Register for yard sale and summer camps with Alton Rec

ALTON — The Alton Parks and Recreation Department is sponsoring its 20th annual town wide yard sale on Saturday, June 3, rain or shine from 8 a.m. to 2 p.m.

If you would like to participate by having a yard sale at your house, call the Parks and Recreation Department at 875-0109 before May 8 with your yard sale location. When calling please include your name, phone number and complete physical address.

Free maps will be available after May 26. Sign up today by calling 875-0109 or e-mail parksrec@alton.nh.gov.

Camp Winnepesaukee

Three weeks of Summer Camp at the Alton Bay Community Center and Railroad Square Park for ages 7-11, 9 a.m.-4 p.m., sponsored by Alton Parks and Recreation. June 26-30 is Movie Theme Week featuring Harry Potter Potions, trip to Fun Spot, swimming, games, crafts and more. July 10-14 is Wet and Wild Water Week with a trip to El-lacoya State Park, color wars, bubble wars and cupcake wars, sandcastles, water

games, swimming and more. July 31-Aug. 4 is Exploration Week with a trip to Gunstock and the explorer course, climbing walls, mountain coaster, Levey Park hike, fairy house and boat building, crafts, swimming and more. Register early for discounts before May 31. Registration forms available online at www.alton.nh.gov (Town Government/Parks and Recreation).

TimberNook Camp

Sponsored by Alton Parks and Recreation.

Get your "inside" kid outside Aug. 7-11 from 9 a.m. to 3 p.m. Learn new skills and test your strength as knights and outlaws. Build castles and camps behind boulders, on hills and in trees. Create a medieval village and defend your territory during duels and battles. See TimberNook.com for additional information. Register early for discount by June 23. Registration forms available online at www.alton.nh.gov (Town Government/Parks and Recreation).

Spring geranium sale has begun

WOLFEBORO — The Eastern Lakes Region Housing Coalition's Spring 2017 geranium sale is under way.

This season, New Hampshire-grown geraniums are available in three colors – red, pink and white. Grown locally at Spider Web Gardens in Tuftonboro, the plants come in 4.5-inch pots. For an additional fee per household, coalition volunteers will deliver plants to any residence or business in Wolfeboro or Tuftonboro.

Advance orders with a cash or check payment are required – download an order form from the www.elrh.org web site or their Facebook page, pick one up at the WEDCO office at 7 Center St., Wolfeboro, downstairs from Citizens Bank, or at a number of local businesses. The order deadline has been extended to May 17; the plants will be ready for pickup on Saturday, May 20, from the parking lot at the First Congregational Church, 115 S. Main St., Wolfeboro, from 10 a.m. to 12 p.m.

by check, cash or money order submitted with your order, but credit or debit cards will be accepted at the pick-up location on May 20. Completed order forms with payment can be mailed to ELRHC, c/o WEDCO, P.O. Box 641, Wolfeboro, NH 03894-0641.

All proceeds from the geranium sales benefit the free, community education programs on affordable housing topics. The Eastern Lakes Region Housing Coalition serves the towns of Alton, Brookfield, Effingham, Farmington, Freedom, Middleton, Milton, Moultonborough, New Durham, Ossipee, Sandwich, Tamworth, Tuftonboro, Wakefield and Wolfeboro.

For more information, contact ELRHC board member and flow-

er fund raiser coordinator Karen Lancaster at 707-1491 or by e-mail at sharpenuptoday@gmail.com.

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Opinion

SECTION A, PAGE 4

THE BAYSIDER, THURSDAY, MAY 4, 2017

Some more good news

Once again, citizens have stepped up to help fill a vacancy on a local board and we thank them for their service.

This time, it was in Barnstead, where newly-elected school board member Michele Brown was unable to serve due to her position as a long-term sub at the elementary school. Lyla Adkins, who had previously served on the board, was one of three people who stepped up and offered their services and she was selected from among the three candidates to serve until March.

One of our contributing writers, David Allen, also submitted his name, as did former candidate Kevin Genest, who finished third in the election for two seats in March's election. We thank them for being willing to serve and offering up their time to fill out the term for a year.

We've said here numerous times that serving on local boards and committees is usually a thankless job and one that almost always requires going above and beyond on a regular basis. Selectmen, school board members, planning board members, zoning board members, conservation committee members and more, get paid very little, if anything, for their work and in some cases, these jobs require multiple meetings a month, if not multiple meetings every week. Plus there is time that goes into research and learning the ropes about how the town and/or school runs.

We continually offer our thanks to those who step up, run for office and serve their terms. While we don't always agree with everyone that runs and wins, we respect that they have the fortitude to offer up their services and face the criticism that often comes when serving on a town or school board or committee.

The Barnstead School Board is the second board having to fill a vacancy in the last few months, following the New Durham Board of Selectmen's vacancy that the board filled recently after Selectman Greg Anthes had to step down with a year left in his term. Rod Doherty was appointed to that position and two other residents also threw their names in the hat for that position.

On a completely unrelated note, we are pleased to see the progress of the construction on Route 28 in Barnstead, as highlighted on our front page this week. The intersection under construction, where White Oak Road and Peacham Road intersect with Route 28, is a pretty dangerous intersection and we are happy the state is doing something about this intersection. We also reported last year that the next phase of the project will involve the other tough intersection in that area, where North Barnstead Road and North Road intersect with Route 28 just north of the intersection that is being worked on now.

As we head into summer, we know that the traffic picks up and we ask that all drivers on Route 28 slow down in the construction zone in order to keep the workers safe and keep the project moving forward in a timely manner.

There's good things happening in our communities and we are happy to report on them when they do happen.



CATHY ALLYN

Planting for pollinators

Master Gardener Ruth Droscher of the UNH Co-operative Extension Speakers' Bureau, shows Pat Weigle (left) a resource that could identify ways to attract pollinators to her garden. Droscher presented a talk at the New Durham Public Library that outlined "how to think like a pollinator" in order to help the animals and insects that make our crops thrive.

Letters to the Editor

Only a few are benefitting

To the Editor:

Let's connect a few dots herein.

A few years back, Red Oak Realty bought a significant parcel of land along the ridge of Merrymeeting Lake. Its investors were bent on developing the 2,000 acres into residential housing with views – and access to the 1,100-acre water treasure below, one of the pristine pieces of real estate in New Hampshire and the life blood of New Durham's tax base.

When the investors were denied their overall goal by appropriately constructed zoning requirements, they began clear-cutting to recoup some profit.

Not too long after, the proprietor of the Merrymeeting Lake Marina successfully acquired from the New Durham ZBA a zoning change in the Merry Cove Cottages from a "family campground" to a "water sports park."

Last year, Red Oak Realty put the 2,000-acre-plus parcel on the market for some two-million plus. The for-sale signs dot the boundary of the lake and town.

While for sale, we also have an attempt by Red Oak Realty using Varney Design LLC as its front agency to acquire permission from the New Durham ZBA to use a part of the acreage for a gravel pit from which

millions of cubic yards of gravel will be removed in the newest profit scheme to exploit the parcel, the town – and the lake.

I have been on Merrymeeting since 1971; since 2000 as a taxpayer. I've seen a lot of changes on the lake – most not conducive to its long-term health. I hope the ZBA will soundly defeat this application. And any others associated with infringement on the lake. Surely, none of these ongoing ruses are beneficial to the long-term health of the area's ecosystem.

Speaking of which, add another dot connected to the aforementioned – how contaminants are affecting water bodies such as Downings Pond, Merrymeeting and Winnepesaukee in the Merrymeeting watershed. All of this now on the EPS's radar screen.

I'm neither a biologist nor an environmentalist. But common sense and a bit of political know-how says none of these intrusions on or around the lake in just the last decade are remotely healthy to anything associated with the long-term health of the town and the lake.

Only the few profiteering individuals benefit.

Bob Snow
New Durham

Vet provided great care

To the Editor:

My letters to local papers typically involve political issues, but today my husband and I would like to take the time to give a public thank you to Winter Harbor Veterinary Hospital (located in Wolfeboro) for providing such wonderful care over the years to our Jack Russell Terrier, Stuart Little, who died at age 17 on April 24. Dr. Wing and Dr. Keyser have treated Stuart for a variety of ailments, all the way from porcupine quills (twice in two weeks one fateful summer) to a near-fatal bout with an auto-immune disease 4.5 years ago, and then, finally, for inoperable cancer.

The care provided to Stuart was consistently professional and sensible. As he aged, the doctors tended to recommend more conservative, less invasive treatment. Their advice always took into account Stuart's comfort and the like-

lihood of success of any particular treatment. At the end, they showed particular compassion for our little friend, allowing him at last (after years of healthier diets) to eat whatever he wanted (including ice cream, his favorite) and to receive pain medication to relieve any suffering.

Dr. Wing and her staff, including not only Dr. Keyser but also technicians Mary Ellen and Becky, and assistant Sheri, showed consistent kindness not only to Stuart, but also to the two of us, his human companions (formerly known as owners). If and when we decide to bring home another pet, we will look forward, with total confidence, to having them take care of our new friend also.

Ruth Larson
Hunter Taylor
Alton

Library looking for hairstylists to help with prom prep

BARNSTEAD — The Oscar Foss Memorial Library plans to host a free event the morning of May 20 to do hair and makeup for those attending the prom at PMHS that evening. They have a Mary Kay representative who will be volunteering her time to do makeup but are still in need of local hairstylists. If you are interested in

volunteering for this event, please contact the library at ofml@metrocast.net or call 269-3900.

Friends of the Library

The Friends of the OFML Library group meets on the third Wednesday of each month at 7 p.m. at the library. There are a number of ways that

members can participate to help the library. Anyone interested in joining the OFML Friends and/or volunteering can contact or come by the library anytime for more information.

Please call the library at 269-3900 or visit oscarfoss.org for more information about any of the library's 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 noon to 8 p.m. and Saturdays from 10 a.m. to 1 p.m. The library is closed on Sundays and Mondays.



The
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BY JACK MILLER
Contributing Writer

April showers brings May flowers, although quite a bit of "April's showers" were in the form of snow. May's wetness brings out the bugs, no-see-ems, black flies and mosquitos who will be looking for food in the form of "you." No-see-ems can even go right through the little holes in your screens and flock to your lights inside the house. Luckily their life span is very short. Be sure to wear your bug repellent and/or head netting while outdoors. DEET is very effective, but also very strong. Read the labels carefully, especially if using on children. There are many natural type repellants that are pretty effective, too.

Ticks also appear this time of year. You should check your body carefully every time you come back inside. Wear clothing that is tucked into

socks, gloves, etc. to eliminate spaces for the ticks to make contact with your body.

For the hunter, turkey season opened May 3 and runs until May 31. We have been lucky enough this spring to observe a bearded hen and a tom with a double beard. I wonder what their poults (babies) will look like if they get together? The turkey have already been quite active and visible throughout our area.

The salmon and rainbows in Winnie are fairly large this year. There appear to be a lot of two year olds and bigger that are being caught now. It is quite nice to see the growth in the fish.

The Fish and Game Dept. in Concord is offering a Fly-Fishing A-Z, free of charge, on May 6 and 7. You must register at www.fish-nh.com/fishing/lets-go-fishing.html.

NH Fish and Game is doing a moose pho-

to survey from May 1-15. If you would like to join this program, check www.wildnh.com/surveys/moose.html for the details. May 26 is the deadline for turning in your moose hunting application.

You may purchase a Hike Safe card from the Fish and Game Dept. for \$25 or \$35 for the whole family. The money goes towards the Search and Rescue Fund, and if you need them. This card will help you avoid being responsible for search and rescue costs for yourself and/or family if you should ever need their services.

June 3 is NH's free fishing day for residents and non-residents. You don't need a license, but you must follow all the rules for the water body you fish in. This is a great way to try fishing or to introduce a child to the sport.

Good luck, see you out there.

Congressional candidate to address Republicans

BELMONT — The Belknap County Republican Committee (BCRC) will hold their next monthly meeting on Wednesday, May 10, at 6:30 p.m. at the Top of the Town Restaurant, 88 Ladd Hill Road in Belmont.

This month's guest speaker will be the first declared candidate for Congress in District One, Eddie Edwards, who is challenging recently elected Democrat Carol Shea-Porter. Edwards is a Navy veteran, a graduate of the FBI National Academy, and a former law enforcement officer. He's traveling throughout the district "to discuss ways to bring new jobs to the state, reduce the size of government,

strengthen national security, address student loan debt burden, and combat the opioid epidemic." This is the public's opportunity to meet Edwards and to ask him questions about all the issues that are important to you.

With the Friday, June 2, annual Belknap County Cruise on the M/S Mount Washington on Lake Winnepesaukee less than a month from now, the cruise committee will provide an update regarding guest speakers and entertainment. And, as is the custom, the Belknap County house delegation, state senators and county commissioners will be asked to provide updates about the status of many bills and

issues that are being addressed this term.

Belknap County GOP meetings are open to all Republicans and like-minded Independents. Per their usual meeting format, if you're interested in having dinner (at your option) and/or wish to socialize before the meeting, plan to arrive as early as 5 p.m.

The committee thanks its members for their past food pantry donations and wishes to remind them to continue to bring non-perishable food items to the meeting.

For more information, please check the committee's web site at www.BelknapCountyGOP.org or send an e-mail to alan.glassman@gmail.com.

Clearlakes Chorale spring performances this weekend

WOLFEBORO — The Clearlakes Chorale will present two performances of its 2017 spring program, Dance On! Sing Praise! this upcoming weekend, Saturday, May 6, at 7:30 p.m., and Sunday, May 7, at 2 p.m. Both concerts will be held at First Congregational Church Wolfeboro, UCC.

In keeping with the theme of this concert, the program will open with the energetic Dance, Dance My Heart, by American composer Emma Lou Diemer, and conclude with Benjamin Britten's Rejoice in the Lamb, based on a poem of Praise by 18th-century English poet Christopher Smart. These two works will book-end an eclectic variety of works that convey either the energy and excitement of dancing, or the more serious solemnity of religious praise. Or both. Director Andy Campbell has composed a new work in which the music sounds and feels very much like a joyous and spirited waltz, while the text, based on Psalm 150, describes the myriad ways in which one can sing praise to God.

The 45-voice Chorale is directed by Campbell, Director of Music in the Art Department, Brewster Academy. The

accompanist is Nancy Farris, a former conductor of the Mount Washington Valley Choral Society, and currently the organist/choir director at Christ Church Episcopal, North Conway.

Tickets are available

in Wolfeboro at Black's, online at clearlakeschorale.org/tickets.html, and at the door. Directions to the concert venue can be found online at www.wolfeboroucc.org/directions.

Mark on the Markets



BY MARK PATTERSON
Contributing Writer

Whenever we invest our money in any kind of investment vehicle such as, stocks, bonds, real estate or commodities, we typically have an expected return plugged into our brains based typically on past performance. I can relate to you about my early years as a stockbroker in the middle 90s. If I had municipal bonds to offer, the yield to maturity was often times between four and six percent tax-free to the client. Depending on the client's tax bracket, that could equate to a tax equivalent yield of eight or 10 percent. As a new broker I would call the fixed income desk at my firm and try to get new issue municipal bonds held aside for me to garner new clients. The municipal bond buyers were typically wealthier or mature clients compared to the typical equity or stock investors. When I did open an account with that equity or stock client, I would discuss expectations for returns in the market. Often times clients would tell me that the expected return was somewhere between 10 and 20 percent. Certainly the 20 percent expectation was high but the 10 percent return expectation was a minimum expectation for those equity clients.

Typically, the investor is using a benchmark of returns from the past to form their expectations of returns in the future. This is often times unrealistic given interest rates and market returns over the last 15 years. Instead of benchmarks based on past

Expectations

market returns maybe we should think about the necessary return needed, that is reasonable in today's interest rate environment that we require for our future income.

Between 1984 and 1999 the S&P 500 returned nearly 18 percent per year including dividends. So my client back in 1995 who expected up to 20 percent was really just conditioned by what the markets were actually returning. The next 15 years, 2000 through 2015 the S&P 500 returned a little over four percent including dividends. Today, the yield on the 10-year note is about 2.3 percent. In 1995, the yield on the 10-year note was about 6.5 percent.

If you are investing money today, just think about real returns in this interest rate environment and understand that the dividend paying stocks are vulnerable to market volatility based on the fact that many investors and their advisors have chased yield and have taken, in my opinion, too much risk for that reward.

An investment grade corporate bond portfolio

may offer a yield of between four and five percent. If structured properly your advisor should be able to immunize the portfolio against interest rate risk compared to a bond fund, that is perpetual (no maturity date). I am not anti-common stock or equities, my intentions are to maximize returns and minimize risk. The bond market is nearly twice the size of the stock market however, many new clients that I consult with are primarily in stocks or equity. I get it, stocks are much more exciting than bonds, however our brains chemically react three times greater when we are getting hurt in the markets as opposed to positive reactions in good times, so let's at least balance our portfolio by investing in low to non-correlated asset classes, known as modern portfolio theory.

Sharpe sell-offs or elongated bear markets deplete our monetary and emotional capital.

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

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Renowned pianist returns to Wolfeboro on May 20

WOLFEBORO — Renowned concert pianist Frederik Moyer returns to Wolfeboro for Wolfeboro Friends of Music, with an exciting program by the Fred Moyer Jazz Trio. Moyer will be joined by bassist Peter Tillotson and drummer Bob Savine. Audiences have enjoyed their stellar performances in the past and are thrilled to see them return to the stage at Anderson Hall at Brewster Academy on Saturday, May 20, at 7:30 p.m. The audience has immensely enjoyed Moyer's invention, the Moyer Cam, which enables the entire audience at once to see the keyboard action on the inner piano lid.

They perform their own arrangements of standards from the great American Songbook, but what sets them apart from all other; they will perform note-for-note transcriptions of great recorded jazz performances from the past. Each member painstakingly transcribes every note of these recordings, and then brings the resulting scores to life as would a chamber music

ensemble playing Bach or Beethoven, infusing the music with their own vitality and interpretations. A concert with the Fred Moyer Jazz Trio is a swinging celebration of the best in jazz, delighting both classical music lovers and long-time jazz enthusiasts.

Individual selections will be announced from the stage, but will include transcriptions of Oscar Peterson, Ahmad Jamal, Dave Brubeck and Alexander, as well as Moyer's own arrangements of Autumn Leaves, On the Street Where You Live, Trolley Song and others.

Moyer has established a vital musical career that has taken him to more than 40 countries and to such distant venues as Suntory Hall in Tokyo, Sydney Opera House, Windsor Castle, Carnegie Recital Hall, Tanglewood, and the Kennedy Center. He has appeared as piano soloist with world renowned orchestras including the Cleveland, Philadelphia and Minnesota Orchestras, the St. Louis, Dallas, Indianapolis, Milwaukee,

Baltimore, Pittsburgh, Houston, Boston Singapore, Netherlands Radio, Latvian, Iceland and London Symphony Orchestras, the Buffalo, Hong Kong and Japan Philharmonic Symphony Orchestras, the National Symphony Orchestra of Brazil, the major orchestras of Australia. In recital, his delightful commentary from informs and entertains audiences. Moyer's wide ranging interests have led him to undertake many unique and ground-breaking projects, often involving software that he writes himself.

Tillotson has been blessed/cursed with an insatiable musical thirst. His journey has taken him everywhere from garage bands to Lincoln Center and from be-bop to bluegrass. As an in-demand bassist in the New England area, Tillotson has performed with members of the Boston Symphony, Jim Hurst (International Bluegrass Music Association's Guitar Player of the Year), entertainers Don Rickles, Steve Allen, Scott Bakula, Mau-

reen McGovern and Suzanne Somers. His expertise in acoustic amplification has kept him busy as a technical consultant to Who's Who of artists including Acoustic Alchemy, Barenaked Ladies, Daughtry, Sheryl Crow, Count Basie Orchestra, Doc Watson, Jerry Douglas, Dixie Chicks, Lisa Loeb, Lyle Lovett, Avril Lavigne, Dave Matthews, John Mayer, Joe Perry, Bonnie Raitt, Paul Simon and Pete Townshend.

Savine began his formal musical training at Penn State University, from where he received a BS in Music Education. Further studies at Berklee Col-

lege of Music in Boston led him to his current position as a freelance musician in the Boston area. He has performed with a diverse group of singers and instrumentalists including The Artie Shaw Orchestra, Keely Sith, Sheila Jordan, Mike Metheny, David Kikoski, Herb Pomeroy, Jerry Bergonzi and many other fine musicians.

This is the eighth program presented by Wolfeboro Friends of Music to the greater Lakes Region during its season, which runs from September through May. Tickets are available at the door; at Black's Paper Store and Avery Insur-

ance in Wolfeboro; at Innisfree Bookshop in Meredith; by calling 569-2151; or by visiting www.wfriendsofmusic.org. In WFOM's continued effort to make music accessible to youth, all high school students with ID and all children accompany by an adult ticket purchaser will be admitted free of charge.

This concert is sponsored by Green Mountain Communications, Sugar Hill Retirement Community, and the Law Offices of V. Richard Ward, PLLC. Wolfeboro Friends of Music also thanks season sponsors, Benefit Strategies LLC and Paul and Debbie Zimmerman.

Perform It! bringing Shakespeare to Wolfeboro next week

WOLFEBORO — Perform It! Young People's Stage Company will perform Shakespeare's comedy Twelfth Night at Wolfeboro's Village Player's Theater May 10-14.

In Twelfth Night, a shipwreck lands fraternal twins Sebastian and Viola in the faraway land of Illyria. Each of thinks the other is dead and they must find their way home alone. Mistaken identities, misplaced love and madcap scheming ensues making this one of Shakespeare's most enjoyable comedies.

Perform It! is a local theater troop known for their dazzling sets, costumes and music. The young actors participate in a year-long



COURTESY PHOTO ASSISTANT DIRECTOR Abbie Powell (left) and Director Diana Evans (right) enjoy the comedy on stage in rehearsals.

program, which is capped off by brilliant performances.

This year among the actors are many seniors for whom it is their last production. The entire group consist of enormous talent. Their ability to bring Shakespeare alive in the local community year after year is magical.

For tickets or more

information, call (207) 200-4595, visit www.performitstagecompany.org or drop by Black's Paper and Gift shop in Wolfeboro for tickets.

Shows are Wednesday, May 10, at 12:30 p.m.; Thursday, May 11, at 10 a.m., Friday, May 12, at 7:30 p.m., Saturday, May 13, at 7:30 p.m. and Sunday, May 14, at 2 p.m.

NOTES FROM WINDY HOLLOW

It's good to laugh at yourself

BY VIVIAN LEE DION
Contributing Writer

Have you ever walked around the house looking for your reading glasses, only to discover they're perched on top of your head? It happened to me.

I finally remembered pushing them high on my head to get a better look at a red cardinal on the deck railing. I felt silly discovering them up there, and laughed out loud. A good hearty laugh, which acknowledged my slip up, or as my husband calls it, "having a brain cramp." Laughing at myself enabled me to release tension, breathe a sigh of relief (no need to buy new glasses) and once again focus on my daily routine.

Last summer Ray and I went to our friend's house for an afternoon of lunch, playing cards and catching up on things. I wore a blazer, and white turtle neck shirt. You can imagine my surprise when the host, Paul, said, "Viv, why do you have your shirt on inside out?" Yes, it was true. I had dressed in the early morning light, and

didn't even notice it, but my shirt tag hanging out in all its glory. In the midst of laughter, several other embarrassing stories were told. Now, anytime Paul sees me he says, "How's that shirt, Viv? Is it inside out?"

A 2013 Huffington Post article states, "Most of us know from experience that having a sense of humor about things can make life a little easier. And there's science to back that up: Being able to laugh at yourself may be a sign of an optimistic personality and a sense of humor, according to a small 2011 study, and it might even improve your mood. Humor has also been identified as a possible fact in the development of personal resilience."

The following scenario helps us laugh at ourselves. This recently happened to my husband, Ray.

We were sitting in our recliners, and he said, "I need to call someone about playing bridge next week."

"Ok", I respond. Everything is quiet for a few minutes.

Then Ray says, "Viv look."

He's holding the remote control in one hand, ready to dial the telephone numbers.

I smile, and he laughs a good belly laugh. It is a real bonding moment.

Now I say, "Ray how's that remote working for you?"

We snicker, and laugh knowing that this could happen again to either one of us. Ahh, the delight of growing old, but at least we are doing it together. Every day is an adventure especially when I go into another room to get something, and turn around empty handed, saying, "Why did I go in here?" Oh, yes, to get a cup of coffee. Hopefully, it will keep me awake, and help me remember to keep my reading glasses where they belong.

Author, Jill Brown, notes, "I believe that the ability to laugh at oneself is fundamental to the resiliency of the human spirit." Keep a positive outlook, and laugh at yourself because it refreshes your soul, and feels so good.

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



ALTON POLICE LOG



ALTON — The Alton Police Department responded to 180 calls for service during the week of April 23-29, including eight arrests.

One female subject was arrested for driving after revocation or suspension.

One male subject was arrested for possession of controlled/narcotic drugs and unlawful possession of alcohol.

One female subject was arrested for default or breach of bail conditions, transporting alcoholic beverage by a

minor and possession of drugs in motor vehicle.

One male subject was arrested for possession of drugs in motor vehicle.

One male subject was arrested for driving while intoxicated.

There were three motor vehicle summons arrests.

There were four motor vehicle accidents.

There were four suspicious person/activity reports on Mount Major Highway, Dudley Road, Suncook Valley Road and Highpoint Drive.

Police made 50 motor vehicle stops and handled one motor vehicle complaint-incident.

There were 121 other calls for services that consisted of the following: Two neighborhood disputes, three assist fire department, three fraudulent actions, one employment fingerprinting, one assist other agency, four animal complaints, one juvenile incident, one domestic complaint, three general assistance, one miscellaneous, one protective custody, six alarm activations, four lost/found properties, one highway/roadway hazard report, three general information, two vehicle ID checks, one detail, one stalking complaint, one civil matter, six wellness checks, three drug destructions, one disabled motor vehicle, 38 directed patrols, two 911 hang-ups, one K-9 unit call/response, two motor vehicle lockouts, eight medical assists, 12 property checks, seven paperwork services and one unwanted person.



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Merrymeeting River Cyanobacteria Mitigation Steering Committee Meeting Announced

The newly formed Cyanobacteria Mitigation Steering Committee (CMSC), composed of members from Alton and New Durham as well as the NH Department of Environmental Services and the NH Fish and Game Department, will meet at 7 p.m. on May 11, 2017 at the New Durham Community Room. The Community Room is located behind the New Durham fire station at 4 Main Street and parking is available there. The public is invited to attend. For further information contact Fred Quimby at fwq1@cornell.edu.

Great Bay offering automotive technology program

PORTSMOUTH — Great Bay Community College will offer an automotive technology certificate program beginning fall 2017. The program responds to an immediate need in the seacoast for certified auto mechanics, said Debra Mattson, a Great Bay administrator.

The 24-credit program will take one year to complete, and classes will be held in the late afternoon/evening at the Richard W. Creteau Regional Technology Center in Rochester.

“The goal is to train students as entry-level technicians to perform inspections, diagnostics, maintenance and repairs on cars and light trucks,” she said. “Employers have told us they cannot find qualified technicians in the Seacoast area.”

The New Hampshire Department of Labor projects there will be more than 1,200 openings for automotive technicians in the Seacoast area through 2022. Great Bay is working with the New Hampshire Auto Dealers Association to design the curriculum.

George Dykstra, a New Hampshire Automotive Education Foundation board

member, said the state does a good job preparing students to become technicians, but there’s been a hole, since Great Bay moved from its previous home in Stratham to Portsmouth in 2009.

“We approached Great Bay,” Dykstra said. “Our primary focus is job readiness, to develop the fundamental skills necessary to go to work. Within one year, we’re going to get them job-ready.”

Students will develop investigative skills to diagnose problems, learn to use power tools, hand tools and diagnostic tools, and become familiar with manuals and reference materials. The courses will prepare them for ASE industry exams, and also provide a pathway for an associate’s degree if students want to continue their education. Associate’s degrees are currently offered at Lakes Region Community College in Laconia and Manchester Community College.

Peter McNamara, president of the New Hampshire Automobile Dealers Association, said there are 400 openings for mechanics across the state right now, and 200 of those are entry-level

positions. “These men and women, they can write their own ticket. They can stay close to home or they can go anywhere they want in the country,” he said.

In terms of pay, it depends on how much elbow grease they put in, he added.

Median pay for an auto technician in New Hampshire is \$42,000 annually, with a high of \$64,000. Students in the Great Bay certificate program can expect to earn wages on the lower side of the range. An associate’s degree and ASE certifications increase earning capacity.

They’re good careers, McNamara said, and the Great Bay program offers a fast and efficient means of earning a good wage quickly. “The average wage around here is about \$58,000 a year, with a 401(k) and healthcare and a 40-hour week,” he said.

Automotive technology today is all about diagnostics, he said, and the industry changes with each new model year of vehicles. “You go into a shop

nowadays, what you will see are technicians with laptops plugged into a car. Seventy-percent of the job is diagnostic, using your head and using your computer to figure what’s wrong before you start pulling the car apart,” McNamara said.

Mattson expects most of the students who enroll will be recent high school graduates. The program will accommodate 15 students each semester, and those slots will likely fill quickly.

McNamara praised Great Bay for working with the auto dealers to fill the void. “There was no formal automotive training in that area,” he said. “The recommendation came from our board of directors: ‘Let’s close that gap.’ Great Bay was quick to jump on it.”

The program is pending approval for financial aid. For information, visit <http://greatbay.edu/courses/certificate-programs/automotive-technology-certificate/outcomes>.

Committee members sought to look into recreational facility

ALTON — The town of Alton is seeking volunteers to be part of a subcommittee of the board of selectmen to study the feasibility of a recreational type facility in the town of Alton. Various things to be looked into would be a location, structures, internal and external uses, cost and whether the project is feasible. The members of this subcommittee

would be appointed by the board of selectmen and would report to the board of selectmen as an ad hoc subcommittee, please drop off or mail a letter of interest to Town Administrator Elizabeth Dionne, PO Box 659, Alton, NH 03809 or via e-mail to administrator@alton.nh.gov. General questions may be directed to the town administrator at 875-2113.

PMHS sponsoring Rock ‘N Race team this spring

ALTON — Prospect Mountain High is once again fielding a team to run or walk the 2017 Rock ‘N Race in Concord at 6 p.m. on Thursday, May 18. All faculty, staff, students, family and friends of Prospect Mountain High are welcome to join the team. Proceeds from this fun, fast (mostly flat) 5K benefit cancer patients and their families at the Payson Center for Cancer Care. The race begins and ends at the State House on Main Street in Concord and bands play music all along the route. The registration fee gets

you dinner, good karma and a 2017 Rock ‘N Race t-shirt. If you join the PMHS team and register before April 15, your t-shirt will have Prospect Mountain High School printed on the back. People can register themselves by going to www.rocknrace.org, go to the Join a Team link to join the Prospect Mountain High team. Or folks can contact Marie Daniels, school counselor at PMHS (mdaniels@pmschool.com 875-3800 ex 3164) who is coordinating the team, to get registered and/or get more information.

Kids’ fishing derby is May 21 in New Durham

NEW DURHAM — The Farmington Fish and Game Club will be hosting its kids’ fishing day for ages four through 12 on Sunday, May 21, from 8 to 11 a.m. Registration opens at 7:30 a.m.

Farmington Fish and Game is a non-profit organization and there will be games, prizes and raffles for

adults and kids. Free lunch will be provided to participating kids and lunch can be purchased for a minimal fee for all others.

The fishing derby will be held rain or shine and bait is not supplied.

Farmington Fish and Game Club is located on Old Bay Road in New Durham.

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OBITUARY

Kevin Lee Wilkins

Vietnam veteran

BROOKFIELD — Brookfield. Kevin Lee Wilkins, 66 of 33 Moose Mountain Road, Brookfield died April 25 at his home surrounded by his family.

Born in Wolfeboro June 20, 1950 son of Philip and Jeanette Wilkins and was a lifelong resident of Wolfeboro and

Brookfield.

Kevin served his country during Vietnam with the United States Marines. He worked as a mechanic for Davidson Rubber in Farmington and Albany Engineering in Rochester.

He enjoyed hunting, fishing, gardening and

farming on his property.

Pre-deceased by a brother, Lenny Wilkins, he is survived by his son, Timothy Wilkins of Wolfeboro; three daughters, Kim Ordway of Gonic, Christine Ames of Portage, Maine and Sarah Wilkins of Wolfeboro; seven sisters, Jack-

ie Murray, Sherry Perry, Penny Warren, Cindy Stockton, Jewel Perkins, Glory Young and Melody Pitman; eight grandchildren, Danielle Wilkins, Dustin Wilkins, Meghan Ordway, Cheyenne Ames, Austin Fifield, Caitlin DiPrizio, Frankie Tranchita and Max

Kendall.

Visitation was Saturday, April 29, at the Baker-Gagne Funeral Home and Cremation Service 85 Mill St., Wolfeboro.

A celebration of life followed at his home.

In lieu of flowers, donations may be made in his memory to the Nor-

ris Cotton Cancer Center, D-H/Geisel Office of Development, One Medical Center Drive HB 7070, Lebanon, NH 03756.

Please share your messages, stories, or leave a short note and sign an online guest book at www.baker-gagnefuneralhomes.com.

Kingswood High announces quarter three Honor Roll

WOLFEBORO — Kingswood Regional High School is pleased to announce the following students have met the criteria for honor roll for the third marking period ending April 14. All students who earn a numerical quarter grade of 93 to 100 in all classes receive Highest Honors recognition. All students who earn a numerical quarter grade of 84 to 92 or higher in all classes receive Honors recognition.

Highest Honors

Grade 12: Samuel Allard, Avery Anderson, Bradley Barbarisi, David Bartee, Emma Bellefleur, Isabelle Berry, Danielle Cartier, Alyssa Cheney, Autumn Daggett, Ashley Ginter, Casey Glidden, Christopher Hempel, Rebecca Holland, Matthew Horton, Allison House, Mary Kretzmer, Amanda Leonard, Daniel Prescott, Tyler Roberts, Nicholas Robischeau, Sheldon Rogers, Brooke Seigars, Jasper Shapiro, Katherine Sislane, Kacie Snyder and Haley Stevens.

Grade 11: Sarah

Bean, Kasey Birth, Nathaniel Bolles, Alyson Brannan, Nicole Cayon, Nicholas Chapman, Bryton Clifford, Rebecca Coache, Abigail Coulter, Zachary Cray, Olivia Dempsey, Cassidy Downs, Michaela Eldridge, Sarah Hotchkiss, Jacob Jensen, Abigail Koehler, Meghan Lapar, Chad Leigh, Erik Madden, Sofia Marshall, Mikayla Matos, Eileen McKenna, Julia Merullo, Liam Morrissey, Marianna Palladino, Garrett Perkins, Kara Phu, Alan Sam, Aubry Shaw, Dominick Tavares, Dayna Thompson, Grace Trites and Hailley Wood.

Grade 10: Charles Arinello, Brett Conley, Rebecca Connolly, Bridget Coughlin, Mackenzie Doran, Joshua Duntley, Emily Hall, Sydney Hanthson, Kelly Holland, Kayla Hooper, Kaylee Hooper, Samantha Hotchkiss, Amanda Lapar, Cameron Mann, Kaitlin Miller, Hunter Montgomery, Sean Perkins, Danielle Schillereff, Madison Shatzer, Virginia Skelley, Emily Sutherland and June Zavas.

Grade nine: Grace Abraham, Trevor Arnold, Preston Bechard, Sarah Bellefleur, Jill Blocher, Meghan Bonneau, Rachel Bonneau, Lillian Bouwens, Nicholas Catalano, Alicia Champagne, Hannah Crane, Warren Dahl, Isaac Garry, Cyrus Gauthier, Scott Gordon, Nathan Hallam, Charlotte Hardy, Olivia Hart, Daniel Hartley, Alicia James-Alldus, Zachary Jesus, Tyler Mahler, Molly Mansfield, Mary McCarthy, Elizabeth Morrison, Caitlyn Murray, Charlotte Noble, Cheyenne Perkins, Cora Peterson, Lyan Sam, Grace Saunders, Emily Shaw, Anna Smith, Aaron Stanard, Abigail Stetson, Jillian Stetson, Makayla Swidrak, Caroline Thomas, Janis Walker, Madeline Ward, Joseph Wasson, Ella Weiss, and Kayla Yates.

Honors

Grade 12: Emma Adjutant, Pamela Aguilar Bonilla, Ben Anderson, Soren Babcock, Danyelle Baker, Angelina Balliro, Alexa Barnard, Nicholas Baston, Jacob Beaudet, Jesse Bergeron, Jillian Berry, Sheldon Billings, Spenser Bolduc, Haley Bridgeman, Jeffrey Bruce, Gregory Bush, Christopher Cheney, Andrew Connelly, Autumn Couture, Michael Crew, Jacob Dearborn,

Courtney Drew, Nicole Farrington, Michelle Frady, Alexandria Garland, Christa Hebert, Kaylen Hebert, Isabelle Holden, Benjamin Howard, Cole Johnston, Kaitlyn Kelliher, William Lawrence, Kennah Leavitt, Amethyst Lee, Athena MacDonald, Jeremiah Malo, Jasmine Martin, Alex Matarozzo, Kayla McEvoy, Francis McGee, Elizabeth McLaughlin, Michael McLean, Colton Mercier, Jake Merrill, Patrick Meyers, Adria Miller, Hannah Moody, Alexa Normandie, Lucas O'Brien, Christopher Pappas, Lauren Pomerleau, Daniel Provencal, Maddison Rabideau, Tyler Runnals, Dylan Sandoval, Jack Saunders, Kathryn Shaw, Isaac Sheahan, Emily Skelley, Noah Smith, Eli Stevens, Jay Warthen, Edward Wims, Madison Winn, Hannah Wixson, Allison Wyers, Sophia Yari and Lianne Zhuang.

Grade 11: Alexys Austin, Andrew Bacon, Alissa Baldwin, Garrison Barron, Samuel Barton, Ashtyn Cameron, Madison Cotreau, Julieanne Curran, Amanda Davis, Bryan Delaney, Sarah Delaney, Evan Deveau, Samantha Dodier, Patrick Doherty, Nicholas Duntley, Kyra Eastman, Kelsey Fuller, Peter Fuller, Leanna Furber, Alexander Gehl, Ariel

Guldbrandsen, Justin Hartford, Chloe-Mae Hastings, Katelyn Hazeltine, Jillian Heald, Curtis Heath, Devin Holt, Daniel Humer, Summer Huppe, Tyler Kenney, Shawna Knowles, Rachel Lambertson, Breanne Leblanc, Brian Lindsay, Amy Lizotte, Isabella Lombardi, Madison MacDonald, Dylan McCann, Declan McMahon, Elizabeth McNamara, Christopher Nelson, Connor Nelson, Molly Newbury, Rachael Perrow, Aiden Pipkin, Wyatt Pooler, Andrew Prescott, Riley Quinlan, Annemarie Russo, William Saunders, Samantha Schwarz, Sarah Anne Shaw, Madeline Souza, Cameron Taatjes, Jenni Talbot, Nicolas Therriault, Timothy Thompson, George Tremblay, Taylor Tufts, Jessica Wachsmuth, Kate-lynn Yazinka and Jack Zarse.

Grade 10: Logan Anderson, Geri Andrea, Ashlyn Aucoin, Kayla Blaisdell, William Brooks, Mackenzie Chamberlain, Olivia Chasse, Kyle Clark, Calvin Compagna, Kiera Conrad, Maria Correa, Richard Curran, Jack Dales, Samuel Danais, Nicholas DeWitt, Kyle Diamond, Caitlin DiPrizio, Cole Robert Emerson, Jordynne Fortier, Michael Foy, Nickolas Gagnon, Devon Goulet, Joshua Haines, Matthew Jimino, Kasey Kelliher, Jonathan Kemper, Abigail Larkin, Hallie LaRoche, Jillian Luby, Preston MacLean, Jeffrey Manson, Kristy Meyer, Schylar Mohan, Michael Mowry, Connor Murray, Madeline Nicolay, Camden Patten, Raena Perkins,

Ashley Retter, Justin Rickman, Megan Roche, Rian Russo, Mercedes Sheehan, Abigail Sislane, Erick Skelley, Connor Sloat, John Spaulding, Kaldence Swift, Felicity Tarr, Samantha Tavares, Dylan Thompson, Megan Twitchell, Kristy Verrill, Haley White and Kobe Zimmer.

Grade nine: Cheryl Lynn Arion, Cailey Aucoin, Allison Bean, Allison Bellemore, Cartwright Blanchet, Nicole Bolles, Alyssa Bolstridge, Abigail Bonenfant, Raelyn Booth, Nathan Compagna, Abby Corneau, Ariana Daoust, Stephen Darling, Connor DeMasi, Trevor Desrochers, Chloe Dore, Austin Douglas, Tori Downey, Hope Drenning, Matthew Drew, Autumn Faris, Samantha Fitzpatrick, Richard Goodrich, Emma Hammond, Hannah Hillsgrove, Jeremy Hood, Maxwell Jensen, Katherine Lessard, Ryan Lucia, Edward Malone, Zoe McClain, David McCormack, William McNamara, Michael Millington, Spencer Moody, Jordyn Moore, Giorgos Morfopoulos, Caleb Morrill, Patrick Murphy, Mariena Murray, Caleb Newman, Bradley Peluso, Austynne Fortier, Michael Place, Elizabeth Purington, Joseph Russo, Talin Sargent, Shane Secinaro, Jade Seery, Madeline Seigars, Luke Shapiro, Noah Shatzer, Alexander Tessier, Samuel Thurston, Brandon Todd, Zoe Twombly, Kristen Vachon, Cynthia Verrill, Samuel Wolden, Hunter Wrigley and Emma Ziegler.

Church Service SCHEDULE

Sundays: July 3, 2016 – September 4, 2016

Sam Outdoor Summer Worship Service- Alton Bay Bandstand
10am Worship Service Community Church of Alton-101 Main Street, Alton

<p>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-harvest.org or e-mail ahf@faith.com.</p> <p>ADVENT CHRISTIAN CHURCH Sunday Worship Service 11:00am. All are Welcome. Rev. Charles Wilson 998-4112 96 Maple Street & Route 28, Barnstead</p> <p>ALTON BAY CHRISTIAN CONFERENCE CENTER Sundays throughout the summer 10am & 7pm; Tues-Thurs 8am. 875-6161.</p> <p>BEFREE COMMUNITY CHURCH, ALTON Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, www.befreechurch.net.</p> <p>CENTER BARNSTEAD CHRISTIAN CHURCH Morning Service 10:00 am. Adult Sunday School 9:00 am. Sunday School for all ages 9:00 am. Rte. 126 next to Youth Hall. Pastor Brian Gower. 269-8831.</p> <p>COMMUNITY CHURCH OF ALTON Prayer Meeting 8:30 am; Christian Education for all ages, nursery-adults, 9:00 am; Worship Service 10:00 a.m. - 20 Church Street Rev. Dr. Samuel J. Hollis. 875-5561.</p> <p>CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC Sun. School and Worship Services, 10:00AM, 504 N. Barnstead Rd., Pastor Nancy Talbott, 776-1820, cccnorthbarnstead.com</p> <p>FIRST CONGREGATIONAL CHURCH UCC FARMINGTON</p>	<p>Worship Services 10:00 AM Sunday School 10:15 AM 400 Main Street Farmington, NH 03835 Pastor Kent Schneider 755-4816 www.farmingtonuucc.org</p> <p>FIRST FREE WILL BAPTIST CHURCH Sun. School 9-9:45am; Church 11am; Evening Service 6pm; Wed. Prayer Meeting 7pm. Depot St., New Durham; Pastor James Nason.</p> <p>PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H. on the Parade in Barnstead Sunday Morning Worship Service for all ages begin at 9:00 a.m. Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings. Pastor Sandy Pierson - 483-2846</p> <p>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.</p> <p>ST. STEPHEN'S EPISCOPAL CHURCH Sunday 9:30, 50 Main St., Pittsfield Rev. Curtis Metzger, 435-7908 www.ststephenspittsfield.com</p> <p>UNITARIAN UNIVERSALIST SOCIETY OF LACONIA Sunday services and religious education 10:00 a.m. All are welcome. 172 Pleasant St. Laconia • 524 6488 • uus.org</p> <p>MAPLE STREET CHURCH Sunday Service 11am 96 Maple Street Center Barnstead NH 03225</p>
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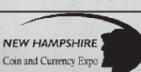
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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Cathy Ln (es)	N/A	\$157,000	Mark E. and Karl J. Ingoldsby	Alan F. and Anne M. Doherty
Barnstead	Emerson Dr Lot	Res Open Lnd	\$11,000	Catherine A. Pallotta	James Griffin
Barnstead	12 N Barnstead Rd	1-Fam Res	\$146,533	Diane Hurney & Monique Lemay-Halvorsen	Jennifer A. and Christopher Paris
Barnstead	22 Newport Dr	1-Fam Res	\$155,492	Leilani G. Welch and Wells Fargo Bank NA	USA VA
Barnstead	20 Tamworth Trl	1-Fam Res	\$129,933	Evans T and William R. Evans	Stephanie L. Oneal
New Durham	Merrymeeting Rd	Res Dev Land	\$19,000	Van E. Hertel	Richard and Sarah Leclair
New Durham	1 Owls Head Rd	1-Fam Res	\$452,533	Fenske RT and James F. Fenske	Ralph E. and Shelly M. Newhouse

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.

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POLLINATORS

(continued from Page A1)

our help. "They are suffering from lack of quality habitat," Droscher explained, "due to development and contamination from pesticide drift."

Pesticide overuse is rampant. She stressed that consumers should always ask if the seeds or plants they buy have been exposed to pesticides at some point. "You won't always get an answer because the nursery may not even know, but the more we ask, the more the nurseries will become aware and they will start checking. Just because you don't use pesticides doesn't mean your plants weren't exposed."

Also be aware that seed packets that proclaim they are "bee friendly" often include invasive plants. Sticking to local and native plants is your best bet.

Bring pollinators to your garden by providing a varied diet from spring through fall. "Food and forage needs to be available for all stages of life," Droscher said, "from larvae to adults."

Water sources need to be safe; place stones in birdbaths so bees can land and drink without drowning, provide mud puddles for butterflies or fill a pot saucer with sand and some Epsom salts, and tip it slightly in the ground so water sits at the bottom and moist sand provides a landing strip.

Our little friends need shelter and nesting sites. Droscher said butterflies are not known to live in commercially available butterfly houses. Save the money that might have been spent on those, and set up small piles of branches, instead.

Concrete blocks, twigs, hollow reeds, and drilled wooden mason bee blocks can serve as a bee hotel.

Trees such as willow, crabapple, basswood, and lilac serve as food and shelter.

"Shrubs are critical. The English got it right with hedgerows." Sumac, blueberry, pussy-willow and brambles are best.

Garden mainstays such as asters, lupine, sedum, phlox, zinnia, hyssop, columbine and hollyhock get high points, too.

Your herb gardens should include chives, oregano, dill, comfrey, borage, and lavender. Grow tomatoes, squashes, strawberries, and peppers.

Leave those dandelions undisturbed. The same goes for thistle and especially clover.

Milkweed, milkweed, milkweed. Droscher said due to planting efforts along the East Coast, the Monarch butterflies are doing better for the first time in years. The Xerces Society launched Project Milkweed, to provide milkweed seeds, and is raising public awareness about milkweeds' value to monarchs and native pollinators as well as promoting the inclusion of milkweeds in habitat restoration efforts.

Native grasses attract bumblebees. "So does mouse urine, for some reason," Droscher added. The next time you find a discarded mouse nest in the attic, you now know what to do with it.

Ground dwelling bees create their burrows in bare patches, so you will need some of those, also.

"Don't kill caterpillars," Droscher stressed, "if you want butterflies and moths."

She suggested calling the UNH Information Line if you have any questions regarding plants or animal life you find and are unsure of. Master Gardeners are available Monday through Friday from 9 a.m. to 2 p.m. at 1-877-EXT-GROW (398-4769) to answer questions and provide practical solutions.

Think about the shape of flowers to at-

tract what you want. Large, flat heads are better landing sites for butterflies. Hummingbirds feed from tubular flowers, bees like blossoms that are close together, and bell shaped blooms such as foxglove and comfrey are best for bumblebees.

Droscher said the showiest plants aren't usually the best for pollinators. This is due to breeding by humans, rather than nature.

"Look for heirloom plants," she said. "They provide better nutrition."

Open petals make for easy feeding. She pointed out that ruffled flowers make it nearly impossible for insects to get food.

Color matters. Butterflies like orange, yellow and pink, hummingbirds go for red, moths favor white, and bees see purples and yellow.

And, of course, avoid pesticides. "Homeowners are out there with poison in greater numbers than industrial applications," Droscher said.

Once the pollinators have found your garden, you'll want to help them conserve energy.

She said the lifespan of bees can be related to their wing beats.

"Plant large blocks of one plant for high flower density, and use vertical space to create layers of blooms," Droscher advised, "so bees don't have to fly all around."

Resources abound for anyone interested in providing havens for pollinators. Droscher mentioned visiting MillionPollinatorGardens.org.

The Million Pollinator Garden Challenge is a nationwide call to action to preserve and create gardens and landscapes that help revive the health of pollinators across America. You can join the campaign to register a million public and private gardens that support pollinators.

"It's a tough life being a pollinator," Droscher said, "so any little thing we can do to help is important."

How important? The last slide of her presentation said it all; a bee looking straight at the audience, saying, "If we die, we're taking you with us."

National Honor Society hosting science night for youngsters

ALTON — On Tuesday, May 9, Prospect Mountain's National Honor Society chapter will be hosting a science

open house at the high school for any families with children in third to sixth grade. Running from 6 to 8 p.m., this will

be a night full of hands-on labs, fun demonstrations, and educational activities.

WEDCO

(continued from Page A1)

hand too serving as a fiscal agent for a number of projects that have become part of the community fabric. The Cotton Valley Trail Committee's 12.5-mile well-traveled rail trail anticipates completion of a final stretch between late May and late July thanks in part to a grant from the N.H. Department of Resources and Economic Development's Parks and Recreation Trail Bureau.

The Sewall Woods trail project led by Jim Eisenhauer and George Vanderheiden's Friends of the Wolfeboro Trails Committee were also able to use WEDCO as its fiscal agent as have the pickle ball courts along Back Bay that have drawn not only local activity but more than 200 visitors from far and wide for last summer's tournament.

The Small Business Administration's Development Center and SCORE are available at WEDCO for help in reassessing business plans and developing ideas for meeting the latest market challenges. Not everyone is aware of their strengths and weaknesses, but an objective person with experience in business can analyze whether an owner is the best person to be handling bookkeeping, advertising, and designing graphics and logos for example, if those tasks would take too much time from what an individual might do best, such as selling. The reverse holds true as well.

There are questions to think about in setting goals, understanding the competition, analyzing the market for one's particular product, setting prices that will sustain a prof-



ELISSA PAQUETTE

DENISE ROY-PALMER is the Executive Director of WEDCO, which serves local communities, including New Durham, serving The local Wakefield and Wolfeboro Wakefield and Wolfeboro.

it margin, and projecting cash flow. Even a well-established business may need help changing its business model as it adapts to the changing market place.

The Small Business Administration and SCORE also will meet with owners to figure out a business plan. That can also include planning for succession when the owner retires. "You need to prepare five years beforehand," advises Palmer-Roy.

WEDCO's loans are intended to complement a bank's financing and can sometimes increase a business's chance of getting a loan. "Often we're sitting alongside at a loan closing with a bank," says Roy-Palmer, "but other times, we finance a business ourselves." That might include a line of credit or a construction loan project gap financing to help a business prevent threatened job loss or hire new employees.

Roy Palmer points to

photographs of thriving businesses helped by WEDCO throughout the area and tells their stories with pleasure, among them Ossipee's Sap House Meadery and Mountain View Station restaurant. This summer the Mill Street Meat Market on Mill Street, another client, will celebrate its 10th anniversary. She couldn't be more pleased.

And in June, a new idea is hatching for a Women's Business Roundtable in Wolfeboro, time and date to be determined.

Roy-Palmer shows a Lending Activity Impact Report updated this past September that reveals the retention of 283 jobs and creation of 295 for a total of 578 jobs. WEDCO invested \$5,285,251 and leveraged \$32,754,190 for a total of \$32,039,441. She stands ready to lend a hand on behalf of WEDCO into the future.

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BARNSTEAD

(continued from Page A1)

Inc. of Loudon to manage the project. According to the company's web site, their current projects include Concord Municipal Airport's taxiway, modifications to Horse Corner Road in Chichester and improvements to the NH Motor Speedway.

The Route 28 project involves a length just north of J.J. Goodwins and Pineo Road, where the highway transitions from a broad thoroughfare to a much narrower highway. Since this section is prone to frost heaves and cracking as well, locals refer to it as "the place where the tar changes."

According to state sources, the future phase of the Route 28 project affects its intersections with North and North Barnstead Roads; it will begin about two-thirds of a mile south of

North Road and North Barnstead Road and proceed northward a little over a mile thenceforth. North Barnstead Road alterations will extend about 200 feet east of Route 28; North Road construction will extend perhaps one-tenth of a mile to the west of the Route 28 intersection, according to a state PDF.

Current plans include widening travel lanes to a width of 12 feet, buffered by four-foot shoulders. DOT also said that "flattening" at critical junctures will improve sightlines for on-turning traffic from tertiary roads. Overall, project planners hope to improve safety and maintain the current 50 mph speed limit, according to Boynton.

The DOT spokesman did note that commuters should expect minor

delays, recommending that motorists ought to budget an extra couple of minutes daily while crews execute the project.

"We're committed to making the upgrade at a minimal of disruption, but we want drivers to be aware so they can plan accordingly," he said.

As to potential local impacts, The Baysider caught up with Barnstead Police Chief Paul Poirier.

"My understanding is that they are straightening a hazardous curve and widening... so this should alleviate some potential accidents in this area.

"As for how it will affect how we patrol the road, we will continue to monitor the traffic closely and run both stationary and moving radar," Poirier contin-

ued. "Particularly, once it is complete as we often see when roads are resurfaced individuals like to test their cars on the new roadways often at excess speeds. I will be assigning directed patrols in the area at different times of the day and night to deter these activities."

To protect project workers and flagging crews, Poirier added, "As for staffing the state has been using flaggers on 28, as well as Barnstead officers and we have been augmenting details with outside agencies."

Poirier concluded, "As chief I would just like to thank the public for their patience traveling daily on this road while this project is going on, and we will do everything we can to expedite things as we move forward."

Fiddleheads and woodcock sally forth to grace the plate

Fiddleheads and woodcock would seem to have little or nothing in common, but in my case they are firmly linked: In my younger years, I knew absolutely nothing about them, and beyond that had no clue that either one was fit for the table.

I'm reminded of this about now because the fiddleheads are almost ready to push their way up through the black soil of alder swamps; and after spending our mandatory seven months of winter far to the south, the woodcock are back.

Looking back, knowing what I know now, I can't figure out why such delectable elements of Mother Nature were absent from my childhood experience. Not knowing about fiddleheads is perhaps understandable, because they were not part of the culture, just as for some strange reason hunting with dogs has never been a big deal in my part of the North Country, and ditto for duck hunting. Just over that ridge, or just over into that other watershed, all these and more were part of the fabric of life; around here, not so very much.

My bird-hunting days began at age 12 or so, when my parents more or less handed me over to best friends Rudy and Joan Shatney, to go live with them at Clarksville Pond. "You mean they just gave you away?" someone often will say at this story and others as I go over the hump of age 70, and the answer is yes. Rudy and Joan's two girls were already busy, and they needed a boy to help them with their hunting and fishing and vacation cabins on Clarksville Pond, about 10 miles and 500 feet higher up in elevation from my home in downtown Colebrook. And both sets of parents had long since concluded that I belonged in the woods, not on the village sidewalks.

So off I went, to just about the most idyllic, hard-working, rustic and backwoods life a boy could imagine. And one of the first things I learned from Rudy, one of the best-known guides in the state, was how to handle a shotgun.

He handed me out a single-barrel 20, which I have thought ever since is the best way to start a kid out, and subsequently all of my kids began the same way. Along with the gun came lessons on the finer points of hunting partridges (grouse), and thus on fall afternoons, after whatever chores at hand were done, I was off into the

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

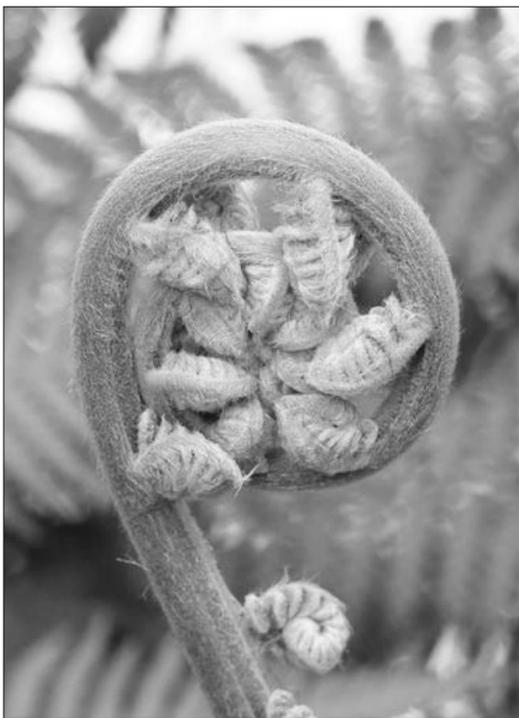


woods.

The edges of alder swamps were good places to find birds, but every now and then I was distracted from being ready for grouse by this little bundle of feathers bursting forth close by my feet, emitting a frenzied peeping noise as it hit apogee a dozen feet overhead and zoomed off for parts unknown.

"Hey Rudy," I said one night when I got back for supper. "What are those little birds that get in the way of my bird-hunting?" and after hearing my description he replied "Woodcock," and I thought nothing more of it. They remained, to me, just something I more or less kicked out of the way so I could concentrate on hunting the real thing.

Of course later on in life, and not much later either, I was informed that these things were good to eat, and so when one of the more veteran hunting parties came up from Manchester one weekend and dressed out several woodcock for the table, I was invited to have some. "Ugh," I thought upon tasting a bite, but of course did not say. "Mud, with an after-taste of worms." And I've never gradu-



PIXABAY.COM - COURTESY PHOTO

A FIDDLEHEAD bursting forth among other spring delights.

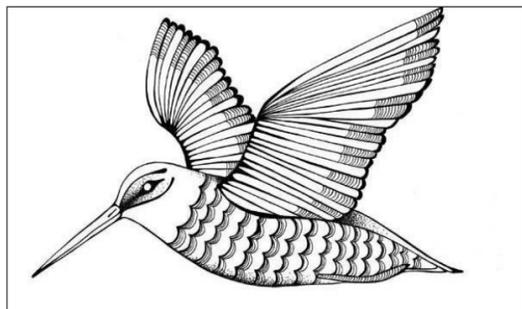
ated from that initial impression. You might as well eat a robin. Ardent woodcock-hunters are not very fond of this story.

So I continue to just sort of shoo woodcock out of my way so I can be ready for a partridge, which the rest of the world calls ruffed grouse, and there is no finer treat for me than to bring home a couple of birds and dress them out and cook them up for supper, packing the breast cavity them with a wild apple and chive and bread stuffing and a healthy pat of butter, wrapping them in foil to bake at 350 for 30 minutes while I get everything else ready.

Who gets to do this kind of thing, from right out the back door?

Fiddleheads are another matter. I don't know why they are not and never were part of the local legacy and lexicon, like dandelion greens. It's a cultural thing, I guess. Whatever the case, I never found out until relatively late in life that fiddleheads not only can be eaten, but very well should be. In the fall I am an ardent picker of blueberries and raspberries and any other edible berry I can find, and now, in the spring, I pick fiddleheads.

This does not require much of an expedition, because fiddleheads pop up right behind my wood-burning furnace, in the little alder swamp that runs from South Hill Road all the



POETRY BOOK, SAROJ OATEL - COURTESY PHOTO

A RENDITION of a woodcock, difficult to capture on film because it flies so fast.

way down to the north branch of Beaver Brook. Fiddleheads are appearing just about now in New Hampshire's southern climes. Given the disparity of seasons between Concord and Colebrook, about one week of growing time in the spring, we should be picking fiddleheads sometime around the end of next week.

Fiddleheads are the sprouting, coiled fronds of the ostrich fern. There are other fernfronds that sort of look like the same thing, but are not very good to eat, and in some cases can make you sick. The ostrich fern fronds can be identified by the U-shaped groove on the underside of the stem.

These coiled sprouts do indeed look like the curved top end of a fiddle, just above the tuning pegs, and can be found in seasonal wetlands all over the state. Good manners dictate that you seek landowner permission before picking a bunch for supper.

Fiddleheads are a pain in the butt to clean, but Steve Roeder of Gilford, who haunts camps and roams the landscape up in my ter-

ritory and is involved in the care and feeding of a camp on Boundary Pond, clued me in on a pretty simple trick. If you've got a crayfish or other fine-mesh wire trap, throw your fiddleheads in there and submerge the trap in running water, which in a few minutes of tumbling will wash the small brown membranes right off, a necessary step for good cooking.

Steve sautes his in garlic and butter in a cast-iron pan. They're pretty good that way. I steam mine for about 10 minutes and serve them up with butter and a touch of vinegar.

"Yum," I'm thinking as I write this, anticipating it all in a week or so. But sorry, timberdoodle lovers, the taste of woodcock will always make me think "worms."

This column runs in papers covering two-thirds of New Hampshire and parts of Maine and Vermont. Letters should include town and telephone numbers in case of questions. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.

Jeri Blair returns to his barbershop May 9

ALTON — Jeri's Barbershop, with the same old Jeri in the same old spot on Main Street in Alton, will reopen on Tuesday, May 9. New hours are Tuesday through Friday from 6 a.m. to noon. Call 520-6497 or e-mail jerithebarber@gmail.com for more information.

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Alton Beautification Day set for Saturday

ALTON — Volunteers needed to clean up Alton and Alton Bay at the annual Beautification Day on Saturday, May 6.

For 11 years, volunteers and local businesses have gotten together to make Alton beautiful again. They have gone through every color in the rainbow on the T-shirts, and have chosen this year to go with every color in the rainbow.

The schedule starts at 8:30 a.m. arrival at the offices of Lakes Region Tax and Retirement Planning at 103 Main St. for coffee and donuts provided by Dunkin Donuts and at 9 a.m., volunteers are off to clean their designated areas. The annual cookout following the cleanup

will include Tom Foster's award winning seafood chowder, chili from Alton Circle Grocery, burgers, dogs and many desserts.

To reserve your T-shirt, please call the office at 875-3355 and give your size and how many volunteers will be attending.

Arts abound at New Durham Public Library

NEW DURHAM — New Durham Public Library sponsors a wide variety of programs, but the most popular seem to be arts oriented.

This month, families will make a mason bee house, with the painting of the "cabins" being highlighted, and Primarily Art for children in grades kindergarten through second is slated for the first three Tuesdays after school. Extravagant art projects with a base in literacy will be featured.

the same age group will be offered in June.

Artist Trading Cards meets the second Friday of each month at 6 p.m. and employs a different background technique for each of its themes. Any adult interested is invited to attend.

"Our paint parties are proving to be the biggest thing around," Library Director Cathy Allyn said. "We'd been looking for a long time for someone to lead events like this, and then Felicitas Tucker came along. She is exactly what we needed."

The library has been alternating parent/child and adult paint nights every month.

"We were going to take a break for the summer," Allyn said, "but the biggest group we've had yet said they wanted another session."

Adult Paint Night is scheduled for Friday, May 19, at 6 p.m. All materials are supplied and registration is required. A donation is suggested to cover the cost of the canvas.

Call the library at 859-2201 for more information or to register.



COURTESY PHOTO

Booth ~ True

Amy Booth, daughter of Diane Auclair Booth and Frederick Booth and Charles True, son of Robert and Susan True will exchange wedding vows on Oct. 7. The future bride grew up in New Durham and graduated from Kingswood High School. The future groom is a native of Byfield, Mass., graduated from Triton High School in Newbury, Mass. Both graduated from UNH with masters degrees and are employed in Dover.

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Spring HOME IMPROVEMENT

Stay Safe When Landscaping

Landscaping is typically viewed as a chore by homeowners, many of who enjoy doing some work on their lawns and gardens. But only few homeowners may recognize the potential dangers of lawn maintenance. The Consumer Product Safety Commission re-

ports that more than 230,000 people per year are treated for various injuries resulting from lawn and garden tools. Common injuries include loss of fingers, lacerations, broken and dislocated bones, eye injuries, and burns. Many of these injuries are entirely prevent-

able if homeowners prioritize safety when tending to their lawns and gardens.

Understand the equipment

Homeowners should not assume they know how to use all of the tools necessary to maintain lush lawns and bounti-



ful gardens. Familiarize yourself with the proper operation of manual and motorized equipment by reading the owner's manual thoroughly, making special note of recommended safety guidelines. Take some time to locate the power buttons and other parts by comparing them to illustrations in the guide. Once you feel comfortable handling the equipment, then you can begin to use it.

Wear appropriate protective gear

Failure to wear protective gear can lead to injury. Personal protective equipment includes gloves, eye protection, ear protection, boots, and a hard hat if necessary. When working during visibility conditions or at night, wear a reflective vest. Other protective items include a hat to shade your eyes from the sun's rays. Sunscreen will protect the skin from UVA and UVB radiation. Long pants and sleeves can guard against flying debris.

Watch your surroundings

Thousands of injuries occur to children and pets who get hurt around mowers. It's best if children and pets remain indoors when homeowners are mowing or using other power equipment that may kick up debris. Children under the age of 12 may not have the strength or ability to operate lawn tools. Also, never make a game of riding a child on a riding mower. Nobody under the age of 16 should operate riding lawn mowers.

Get approval before digging

It's difficult to know

what is beneath the ground without having a property surveyed and marked. Digging without approval can result in damage to gas lines or water/sewer pipes. Always check with the utility company before digging trenches or holes.

Unplug or turn off all equipment

When not in use, keep lawn equipment off. Do not try to repair or fix a snag or obstruction in equipment while it is on. Don't modify the equipment in any way, such as removing protective guards.

Exercise caution with chemicals

Follow manufacturers' safety instructions when using pesticides or fertilizers. Avoid application on windy days or right before a rainstorm, as this can spread the product and damage the ecosystem. Keep people and pets away from treated areas. Maintaining the yard is both a necessity and a hobby. Homeowners who prioritize safety can greatly reduce their risk of injury.



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Spring HOME IMPROVEMENT

Design a garden for all senses

Gardens add visual appeal to a yard, but gardens also can appeal to individuals' senses of smell, taste, touch, and sound. Gardeners who want to create gardens that appeal to various senses can do so in the following ways.

Sight
Aesthetic appeal is one of the most sought-after benefits of gardening. However, many homeowners put in so much effort planting for one particular season that they may not give thought to ensuring the garden looks vibrant no



matter the time of year. Gardeners can research planting zones to find plants that will blossom at different times of the year so they can enjoy impressive, aesthetically appealing gardens year-round. Spring bulbs can bloom early on, while annual and perennial sum-

mer favorites will thrive under the summer sun. Beautyberry and caryopteris will fill out in the autumn, while holly or mahonia can look lovely in the winter.

Smell
Gardeners can dot their landscapes with aromat-

ic trees, shrubs and flowers that will make stepping out into the garden that much more special. Some of the more fragrant plants include gardenia, dianthus, callendula, lavender, and jasmine. Shrubs such as fragrant pineapple broom, Anne Russell viburnum and Christmas box can add fragrance as well.

Sound
The lively sounds of the garden are created by the wildlife that come to pollinate and enjoy the environment gardeners have created. By choosing indigenous plants, gardeners can be sure that insects and small critters will seek refuge within the foliage. Songbirds also will add character to a yard. The Audubon Society suggests including a water source and a songbird border of shrubs along your property's edge. Provide food sources and make sure they are located a fair distance from the main action of the yard so as not to scare off birds. Wait for musical

chickadees, goldfinches, orioles, and cardinals to arrive and enjoy the accommodations.

Taste
Gardeners can expand their gardens to include fruit-bearing trees and rows of vegetables. Produce can be harvested from early spring through late fall depending on the crops planted.

Touch
Apart from including trees and shrubs of various textures in the garden, look for other ways to stimulate a tactile response. Water features add relaxing sound and beauty. Stones, moss, mulch, and other accents have varied textures that can stimulate the sense of touch in various ways. Don't forget to include a sitting area so that you can immerse yourself fully in the garden. Go beyond visual appeal when designing a garden. When gardeners tap into all five senses, they can enjoy their landscapes even more than they already do.

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Spring HOME IMPROVEMENT

6 easy spring cleaning projects

Warmer days are here and what better way to spend them than ... cleaning? Although enjoying the great outdoors is probably high on many a to-do list come spring, by the end of winter, homes can probably do with a much-needed overhaul. Owners and renters can rely on temperate days to throw open the windows and engage in some easy spring-cleaning projects. The earlier one begins spring cleaning, the more quickly he or she will be able to head outside and bask in the warm spring sun.

Spring cleaning tasks can be stretched out across several days to make the jobs more manageable. While certain spring cleaning tasks can be time-consuming, many projects can be started and completed in 30 minutes or less.

1. Look up

Start by looking up at ceilings, molding and ceiling fans. Chances are strong that some cobwebs and dust have formed in these areas. Always begin cleaning by working from the top downward so you don't have to clean any tables, countertops or floors twice. Static-charged dusting cloths work well to catch and contain dust. Use a pillowcase on ceiling fan blades to clear the dust and keep it from cascading to the floor.

2. Blinds and curtains

Heavy window treatments can be removed and replaced with more gauzy fabrics. This lets in more light and warmth from the sun. Many curtains

can be freshened up right in the laundry, but blinds may require a bit more effort. If the blinds can be snapped out of the brackets, place them in a tub full of vinegar, dish soap and water. Allow them to soak and then rinse with the shower nozzle. Stationary blinds can be cleaned with using an old sock over your hand dipped in a vinegar-and-water solution.

3. Change linens

Remove and launder bed linens. While the linens are in the wash, thoroughly dust all furniture and vacuum the carpets. Move furniture so you can reach areas where dust gathers, such as under the bed or dresser.

4. Grout cleaner

Grade school science lessons can be put to use as you look to remove stubborn dirt. Combining baking soda and vinegar produces a reaction that causes the formation of gassy bubbles. These bubbles can help to break up dirt that clings to crevices,

such as grout between tiles. Some light scrubbing and then subsequent rinsing can rid surfaces of hard-to-remove dirt.

5. Vacuum vent intakes

Many houses are heated by forced-air systems. The air intake vents can become clogged with dust and other debris. Vacuum these vents so that air flow is not impeded. Let the heat run for a few minutes to catch any small particles that become dislodged, and then change the furnace filter.

6. Clean out the refrigerator

Now is a great time to remove any of those mystery containers growing fuzzy experiments in the back of the refrigerator. Take the food out of the refrigerator and use a food-safe cleaner to scour the shelves and inside of crisper drawers.

Spring cleaning is a necessary task, but it doesn't have to be a headache. Break up the work into manageable chunks of time, and projects won't feel like such a hassle.

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Spring HOME IMPROVEMENT

Color a new home décor with a fresh coat of paint

Today's paint products offer homeowners the flexibility to easily change the look and "feel" of a room — or a houseful of

rooms, including walls, cabinets, furniture, accessories and trim items — by changing the color of a painted surface or adding

paint to achieve a decorative effect.

Woodcraft has all the paints and related accessories and supplies to "re-color" your home. Woodcraft introduced Black Dog Salvage Furniture Paint to its line of fine finishes in spring of 2016, giving customers a product developed specifically for use with furniture that is custom-built in the Black Dog Salvage shop, as well as accessories that might once have been part of an historic structure. Using Black Dog, a pure black, and Clean Canvas, a pure white, homeowners can create an unlimited number of shades that can be mixed using 13 additional colors with whimsical names like Caution: Dogs at Work (orange). The water-based ultra matte chalky finish interior paint is easy to use, self-leveling and low-VOC, and it covers in one coat. It can be used on finished and unfinished surfaces like furniture, woodwork, metal, glass and more and does not require priming. The companion Black Dog Salvage Guard Dog Topcoat Paint Protector is tough enough for floors and can be used for all types of indoor projects, such as cabinets, countertops, furniture, and decorative items.

Additional paint options General Finishes Milk Paint is a high-tech, wa-

ter-based acrylic paint for interior and exterior use that is available in more than two dozen colors, ranging from Dark Chocolate to Tuscan Red. It is easy to apply, durable and simple to repair and can be mixed to create new colors or combined with General Finishes water-based glazes and stains to create custom paints and decorative effects such as distressing, antiquing and color washing.

Rust-Oleum® Chalked Paint is a water-based, ultra-matte finish for interior applications that can be used alone as a simple covering paint or to achieve decorative effects such as distressing or dry brushing to give any project a one-of-a-kind look with a vintage feel. It applies easily with brush or roller; spraying is not recommended.

If using an interior paint for exterior projects such as doors, shutters, or porches, an exterior topcoat will need to be added for protection from the elements.

General Finishes Exterior 450 is fortified with UV absorbers to minimize fading and built-in mil-

dewcides to help retard the growth of mold and fungus. Plus, Exterior 450 is fast, as it's ready to sand in just one hour in ideal conditions.

CrystaLac Exterior Finish is a water-based, flexible, UV-stabilized, waterproof, clear topcoat for exterior furniture, doors and crafts. For best results, apply when temperature is between 60°F and 80°F. This paint dries to the touch in about 15 minutes, but wait two to four hours to recoat.

Handy helpers for painting

- Wagner Home Décor Paint Sprayer: This is a great first-step product for those new to HVLP spraying. It is easy to use and sprays milk paint, stains, sealers and lacquers. Check your paint manufacturer's directions for use in sprayers.

- The versatile Vika Two-fold™ is configured for use as a 21.7"-high scaffold or a workbench that is 47.6" long X 18.7" deep X 31.8" high with a tool tray, drilling hole, protractor and ruler inscribed into the MDF work surface.

- QuikBENCH™ Portable Workbench is a light-

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- Painter's Pyramids, New and Improved 10-pack allows homeowners to paint, flip and paint without having to wait for the first side to dry. Pyramids now include tabs and slots on the bases so they can be screwed down to make permanent finishing platforms or joined together to create more stable temporary applications.

- Redtree Finishing Brushes feature beaver tail-style hardwood handles and hand-trimmed chisel edge bristles.

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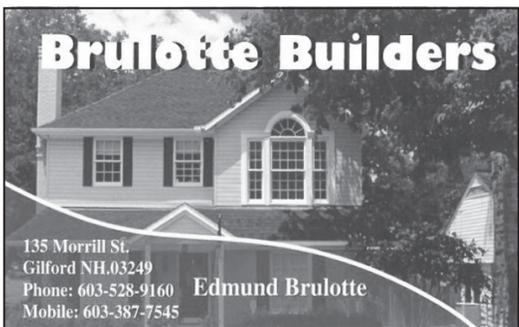
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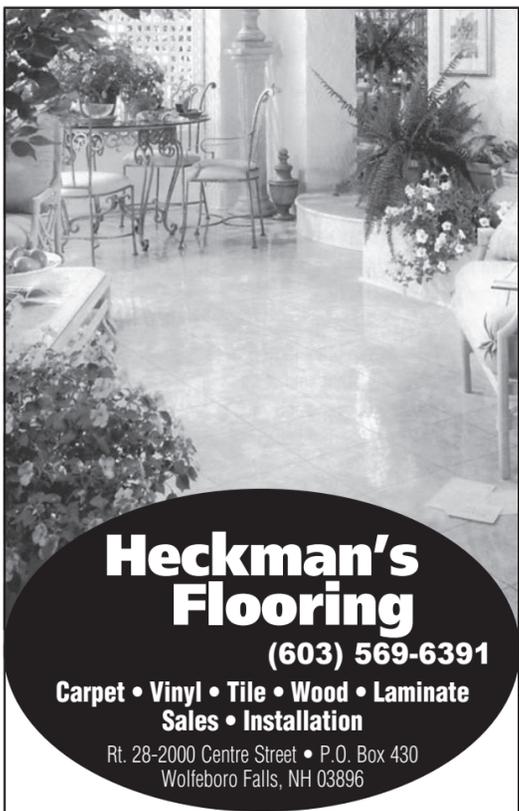
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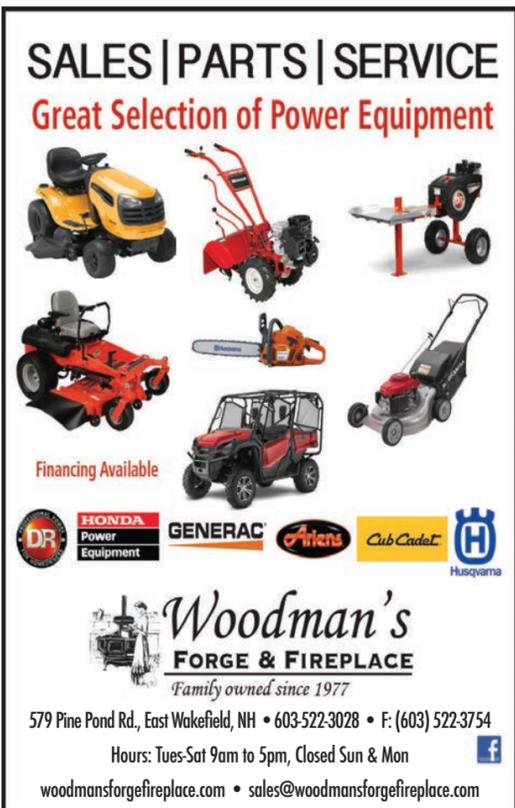


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WHAT'S ON TAP

The local high school teams will see plenty of action in the coming week as the new month gets into full swing.

At Prospect Mountain, the baseball and softball teams will be at Raymond on Friday, May 5, will be at Mascenic on Monday, May 8, will be hosting Campbell on Wednesday, May 10, and will be hosting Somersworth on Thursday, May 11, all at 4 p.m.

The Timber Wolf tennis boys will be hosting Inter-Lakes on Friday, May 5, will be hosting Profile on Monday, May 8, and will visit Moultonborough on Wednesday, May 10, all at 4 p.m.

The Prospect girls' tennis team will be at Inter-Lakes on Friday, May 5, will be at Profile on Monday, May 8, and will be hosting Moultonborough on Wednesday, May 10, all set for 4 p.m. starts.

The track Timber Wolves will be hosting a meet on Saturday, May 6, at 10 a.m.

The unified volleyball Timber Wolves will be at Gilford for a 3:30 p.m. game on Monday, May 8.

The Kingswood boys' lacrosse team will be at John Stark today, May 4, at 4:15 p.m., will be at St. Thomas on Monday, May 8, at 4 p.m., will be hosting Kennett on Wednesday, May 10, at 5:30 p.m. and will be at Oyster River at 4:30 p.m. on Thursday, May 11.

The Knight lacrosse girls will be hosting Winnacunnet at 5:30 p.m. on Monday, May 8.

The Kingswood track team will be at Portsmouth at 3:30 p.m. today, May 4, and will be at Kennett on Tuesday, May 9, at 4 p.m.

The Knight baseball and softball team will be at Portsmouth on Friday, May 5, then hosts Portsmouth on Monday, May 8, and will be at Souhegan on Wednesday, May 10, all at 4 p.m.

The Kingswood tennis boys will be at Portsmouth on Friday, May 4, will be hosting Trinity on SEE **ON TAP**, PAGE B8

Pitching, defense lead Timber Wolves to win

BY JOSHUA SPAULDING
Sports Editor

LITCHFIELD — In what turned out to be a light vacation week schedule, the Prospect Mountain softball team earned a win on Monday, April 24.

The Timber Wolves were set to play Winnisquam during vacation week but that game was postponed due to weather and had yet to be rescheduled as of Monday morning.

Against the Cougars, the Timber Wolves were unable to get their bats going very much, but they took advantage of a key error and played solid defense to take a 3-2 win.

"We didn't hit well at all," said coach Rick Burley. "But it was enough."

The Timber Wolves



JOSHUA SPAULDING

LEAH DUNNE had a key hit for the Prospect softball team last week at Campbell.

got on the board in the top of the first inning, as Bekah Wheeler worked a walk and scored on an RBI double by Brianna Burley.

Prospect added two

runs in the top of the third inning, as Leah Dunne started things with a base hit and after a base hit from Wheeler, Burley reached on an error, allowing both

runners to score for a 3-0 lead.

Campbell was able to come up with both of their runs in the bottom of the second inning to cut the lead to

3-2 but nobody scored for the rest of the game.

"Bri pitched a good game," the Timber Wolf coach said. "We played great defense. We had three errors but we got key plays when we needed them."

Wheeler led the offense with three hits, including a double, while Megan Chase also had a base hit for the Timber Wolves.

Prospect will be back in action on Friday, May 5, at Raymond, will be at Mascenic on Monday, May 8, and will be hosting Campbell on Wednesday, May 10 and Somersworth on Thursday, May 11, all at 4 p.m.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

Timber Wolves fall in lone vacation week game

BY JOSHUA SPAULDING
Sports Editor

LITCHFIELD — The Prospect Mountain baseball team ended up having just one game over the vacation week and it was a close one.

Campbell was able to put a run across with two outs in the bottom of the seventh inning to knock off the Timber Wolves by a 3-2 score on Monday, April 24.

Caleb Piwnicki got the start on the hill and pitched the entire game, giving up just five hits and striking out six along the way.

Piwnicki, Ryan Dube and Hunter Sanborn led the offense, as all three had two hits apiece, while Sanborn drove in two runs.

The Cougars scored first, plating a run in the bottom of the second inning, but Prospect came back and scored their own run in the top of the fourth inning to tie the game. Campbell came back and took the lead in the bottom of the fifth inning but Prospect answered with a run in the top of the sixth inning to tie the score at two.

However, the Cougars were able to score a run



JOSHUA SPAULDING

HUNTER SANBORN had two hits and drove in two runs at Campbell last week.

in the bottom of the seventh to walk off with the win.

The Timber Wolves

will be in action on Friday, April 5, at Raymond, will be at Mascenic on Monday, April

8, and will be hosting a rematch with Campbell on Wednesday, May 10, all at 4 p.m.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

A retirement and other random notes

SPORTING CHANCE

By JOSHUA SPAULDING



The news that dominated the sports world last week was the announcement that Dale Earnhardt Jr. was retiring from NASCAR's top series at the end of this year.

When I was in high school, I began working at Riverside Speedway in Groveton and thus got into racing. My favorite driver at the time was Dale Earnhardt Sr. and when he passed away in 2001, I became a fan of his son. While my NASCAR fandom has not been as strong in recent years, I still listen to the races on the radio when I'm working in the office on Sunday and Dale Jr. is the person I'm always cheering on.

It was a pretty tough season last year for Junior and while I will miss having him in races next year, I was glad he was able to make the choice

on his own accord and will be able to go out on his own terms. NASCAR is a dangerous sport and the death of Dale Sr. is a pretty good indication of that. Junior's concussion last season seemed to put him on the track toward retirement and while the announcement came as a surprise, I don't think everyone was totally taken back by the idea that he's retiring.

Of course, my hope is that he goes out with a championship but I would be happy if he has a few wins under his belt and has a solid performance in his final year.

A few other random notes from the back of the junk drawer in my

mind.

The Red Sox offense has been tough to listen to or watch at times this season. There's been a few good moments, but it has not been pretty. There are still some good hitters in that lineup (Mookie Betts, Xander Bogaerts, Dustin Pedroia) and some young guys who can be dynamic (Andrew Benintendi and Christian Vasquez). But to this point, it's been a slow start. Chris Sale has certainly come as advertised and while I was not a huge fan of that trade, he has staked his claim as the top of the rotation guy that David Price was not last year. But here's hoping his presence boosts Price's performance when he returns.

It was great to see playoff NHL hockey in Boston again. The Bruins-Senators series

was pretty intense from start to finish. Overtime playoff hockey is about as nerve-racking as anything can get and to have so many overtime games in one series was incredible. Yes, it stinks that the Bruins were eliminated, but losing so many defenders was bound to catch up with a team. I'm excited to see what Bruce Cassidy can do with a full season.

This season of Survivor has been quite a lot of fun so far. Some of the best players in the history of the game (Tony, Sandra, JT, Malcolm, Ozzy) have all gone by the wayside so far and most in pretty impressive blindsides. The players who weren't such big threats coming in have also been playing pretty good games (Brad, Sierra, Sarah) and that has made for plenty of drama SEE **CHANCE** PAGE B16

Knights, Eagles teaming up to end hunger Wednesday

WOLFEBORO — The Kingswood boys' lacrosse team will be hosting a couple of events in the coming week.

During the team's game on Wednesday, May 10, against Kennett, the two teams are teaming up to make donations to End 68 Hours of Hunger. Anyone coming to the game is asked to bring food to donate to the program, which helps feeds kids during the weekend between their school lunch on Friday and breakfast on Monday. All proceeds from the snack shack will be donated to End 68 Hours of Hunger and there will also be a 50/50 raffle.

The Knights will also be hosting a fundraiser at Johnson's Seafood and Steak in New Durham. On May 18, from 4 to 8 p.m. a portion of the proceeds from sales at the restaurant, located on Route 11, will be donated to the Kingswood boys' lacrosse team.

McLaughlin (six goals) leads Knights past Owls

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — After a couple of losses, the Kingswood girls' lacrosse team entered school vacation week looking to get back on track.

After a few days of practice, the Knights came through in their lone game of the week, knocking off Timberlane by an 18-7 score on Thursday, April 27.

Even more impressive was that the Knights did it with just two players on the bench and two of their best players nursing injuries on the sidelines.

"They've done that, they've stepped up," said coach Katie Rogers. "They showed that to-night."

The Knights scored four goals in the first 10 minutes of the game, getting out to a quick lead and they never looked back.

Liz McLaughlin, Mackenzie Doran, Bridget Coughlin and Emily



KATHY SUTHERLAND
LIZ MCLAUGHLIN leaps to haul in a pass during her team's win over Timberlane last week.



KATHY SUTHERLAND
GIANA CUBBEDU races the ball up the field in second half action against Timberlane.

Skellely all scored goals in the first 10 minutes, sparking Kingswood to a 4-0 lead out of the gate.

The Owls came back with chances, but keeper Abby Koehler made the save in net. However, the visitors were able to score two goals in the span of less than 30 seconds to cut the lead to 4-2 with 13:24 to go in the first half.

Kingswood came back and scored the next five goals to retake the lead. With 12:33 to go in the half, Skellely found Doran with a nice pass and she buried the ball for a 5-2 lead. McLaughlin came back with a chance that was blocked but with 11:36 to go, Skellely made a nice feed from behind the net to McLaughlin, who buried the pass in the net for a 6-2 lead less than a minute after Doran's tally.

With 9:26 to go, Skellely and McLaughlin teamed up again for another goal and a 7-2 lead. McLaughlin kept the pressure on with a chance that went wide of the net, but she buried one with 8:08 to go, making it 8-2 for the Knights.

McLaughlin had a bid go wide and the Owls came back with a chance at the other end, but Amanda Lapar was strong on defense to keep the ball away from the net.

With 4:26 left on the clock in the first half, McLaughlin scored on a free shot for a 9-2 lead. Doran and Skellely continued the Kingswood pressure but they were denied by the Timberlane keeper.

The Owls scored with just less than three minutes to go in the half, cutting the lead to 9-3 but Doran came back just 19 seconds later, as she got a free shot and buried it for a 10-3 lead. Coughlin had a shot go off the post in the final minutes and Meghan Lapar turned in good defense to send the game to the halftime break with Kingswood up 10-3.

Meghan Lapar scored just 1:15 into the second half for an 11-3 lead for the Knights. Coughlin had another shot go off the post and just moments later, Jill Blocher scored on a set shot for a 12-3 lead for the Knights.

Koehler made a save for the Knights but Timberlane came back with two goals in the span of about 30 seconds, cutting the lead to 12-5.

Doran added another tally with 20:12 to go in the game for a 13-5 lead but Timberlane answered right back with a goal a minute and a half later. Just 30 seconds after the Owls scored their goal, McLaughlin netted another goal for a 14-6 lead for the Knights.

Koehler came through with a save for the Knights and she also got good defense in front of her. Coughlin came through with Kingswood's 15th goal with 17:03 to go, getting in close to put the ball in the net.

The Owls came back with some good chances, as they had a shot go high and another go wide while Koehler also made a couple of saves on set shots. McLaughlin had a shot stopped at the other end for the Knights.

With 9:14 to go in the game, Coughlin scored her third goal for a 16-6 lead and after Skellely had a couple of chances and the Owls had a shot go wide, Timberlane was able to bounce a shot past Koehler with 4:20 to go.

Blocher scored with less than a minute and a half to go and then with 17 seconds on the clock, Skellely finished off a feed from Coughlin to close out the 18-7 win.

"I saw some good things all around," Rogers said.

She went on to praise the work of McLaughlin and Lapar on draw controls, while freshmen Giana Cubbedu and Blocher earned her praise for their strong play.

"And we got good defense from Ginny (Skellely) and Amanda (Lapar) and Hannah (Demain)," Rogers noted.

She was also pleased how the Knights had bounced back from losses in the previous two games by executing things they had worked on in practice during the previous few days.

The Knights will be back in action on Monday, May 8, at 5:30 p.m. at home against Winnacunnet.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

Smith River race coming May 20

WOLFEBORO — The 43rd running of the Great Smith River Canoe and Kayak Race will be held Saturday, May 20. It is a four-mile race which includes a quarter-mile of class two whitewater and two short portages. There are 19 classes, from novice to expert for both canoes and kayaks.

The race starts at 1:15 p.m. at Albee Beach on Lake Wentworth and finishes at the town docks on Lake Winnepesaukee. There will be prizes for the first three finishers in each class. There will be free t-shirts for the first 50 entrants who register. Entry forms are available in Wolfeboro at the Chamber of Commerce

or by calling 569-5454.

Racers can also register the day of the race at Albee Beach between 10 a.m. and 12.45 p.m.

Proceeds from the race go to the Wolfeboro Lions Club and are used to support the club's scholarship fund. In conjunction with the race there will be a raffle with a grand prize of \$1,000 cash.

Stacey Burns 5K scheduled for May 13

WOLFEBORO — The Stacey Burns Memorial Scholarship 5K will take place on Saturday, May 13.

The race is open to runners and walkers and the course will run from the Carpenter School along South

Main Street to Crescent Lake School and back.

Those interested in registering early can visit www.fundraise.com/staceyburnsmemorial5k and there will be a discount for anyone who registers by April 30.

Registration will also be taking place on the day of the race starting at 8:30 a.m. Walkers will begin the race at 9 a.m. and runners will start at 9:15 a.m.

Registration can be mailed to SBMS, PO Box 2251, Wolfeboro, NH 03894.

More information can be found by calling Peggy Hart at 557-6321, Sonya Lapar at 832-3331 or Jackie Grasso at 986-1254.

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Dales, Carpenter have top performances for Knights

BY JOSHUA SPAULDING
Sports Editor

NORTHWOOD — The Kingswood track team got scoring performances from boys and girls at the elite Black Bear Invitational on Saturday, April 29.

The top individual performance from the girls came from freshman Caitlin Carpenter, who leaped to fourth place in the triple jump with a best jump of 32 feet, 7.75 inches.

Eileen McKenna finished in fifth place in the 300-meter hurdles with a time of 50.77 seconds, with teammate Hannah Chatigny in seventh place in 52.44 seconds and Lianne Zhuang was 26th in 58.37 seconds.

The Knights also got a couple of points in the 4X400-meter relay, as the team of Carpenter, Chatigny, McKenna and Elizabeth Morrison finished in fifth place in 4:24.7.

In the 100 meters, Mariah Craigue ran to 14th place in a time of 13.64 seconds, while in the unseeded race, Ali House was seventh in 14.15 seconds and Hope Roiter placed 23rd in 14.54 to win her heat.

Morrison won her heat of the 200 meters in 29.51 seconds for 22nd place overall while in the 400 meters, Sarah Huckman finished in 27th place in 1:07.64.

In the 100-meter hurdles, McKenna finished in seventh place in a time of 17.89 seconds, with Chatigny in ninth place in 18.03 seconds. Zhuang was fourth in the unseeded event in a time of 19.67 seconds.

Carpenter finished 12th in the long jump with a leap of 13 feet, 8.75 inches while in the shot put, Nikki Cayon finished 21st at 25 feet, four inches and Samantha Schwarz was 28th at 23 feet, five inches.

Jess Distler threw the discus 62 feet, 11 inches for 33rd place and then threw the javelin 72 feet for 24th place overall.

The Knight 4X100-me-



CAITLIN CARPENTER leaped to fourth place overall in the triple jump on Saturday.

ter team of Carpenter, Craigue, Huckman and House finished in 10th place in 54.76 seconds.

For the Kingswood boys, Jack Dales had the top performance of the day, as he cleared five feet, six inches in the high jump to finish in fourth place.

Owen Gwizdala had a fifth place finish in the 800 meters with a time of 2:04.3, winning his heat. Brodie Deshaies finished in ninth place in 2:07.59, with Brent Coope in 22nd place in 2:13.28.

Jacob Dearborn picked up a point in the discus with a toss of 111 feet, nine inches for sixth place with Eddie Wims in 24th place at 89 feet, six inches.

The Knight team of Sheldon Billings, Coope, Deshaies and Jim Huckman finished in fifth place in the 4X800-meter relay in 9:13.58.

In the 100 meters, Denver Bourgault finished sixth in the unseeded event in 12.1 seconds, with Nick Baston in 13th place in 12.42.

Gwizdala just missed picking up a point in

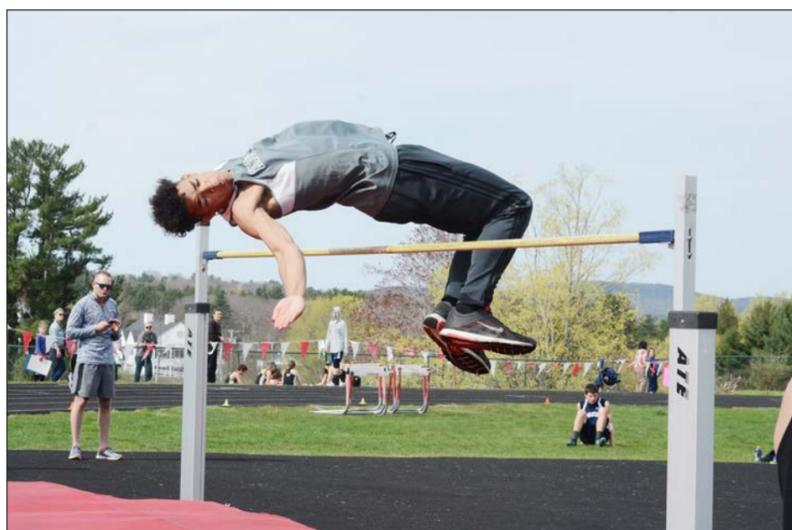
the 1,600 meters, as he finished in seventh place in 4:39.45. In the 100-meter hurdles, Isaac Sheahan finished 10th

in 17.47 seconds and in the 300-meter hurdles, he took seventh place in 45.47 seconds to win his heat.

Tucker Gosselin leaped to 18th place in the long jump with a distance of 17 feet, 4.5 inches, while in the triple jump, Ryan Willette was eighth at 37 feet, 6.5 inches, Hunter Montgomery was 18th at 33 feet, 2.5 inches, Devan

Wade leaped 33 feet, half an inch for 19th place. Dearborn finished ninth in the shot put with a toss of 40 feet, nine inches and Wims was 26th at 33 feet, two inches. In the javelin, Randy Willette threw to 14th place at 127 feet, nine inches, Ryan Willette was 16th at 122 feet and Dearborn was 38th at 100 feet, nine inches.

In the 4X100-meter re-



JACK DALES clears the high jump bar in action Saturday in Northwood.

lay, the team of Baston, Bourgault, Gosselin and Wade finished ninth in 47.62 seconds.

The Knights will be back in action today, May 4, at Portsmouth at 3:30 p.m. and at Kennett on Tuesday, May 9, at 4 p.m.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

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MALLORY MCCULLOUGH and the Kingswood softball game will be at home on Monday to host Portsmouth.

Knights bring out the bats, knock off Lebanon

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood softball team had just one game over the vacation week but made the most of it, rolling to an 18-3 win over Lebanon on Friday, April 28.

“We had a little slow start,” said coach Dick Arthur. “We left some runners on base, but we finally broke through in the third.

“And Maddie (Ra-

bideau) and Courtney (Drew) called another good game and we didn’t give up many runs,” Arthur said.

The Knights had runners on in the first and second innings but they couldn’t get the big hit to drive anybody in.

However, in the third inning, the Knights were able to get a couple of runs and that seemed to wake the Knights up a bit and they added on from there.

“We scored in the third and kept tacking them on as the game went on,” Arthur said. “The whole team pretty much hit or was drawing walks and getting on base.”

With the hits and the runs, the Knights started getting some confidence and that confi-

dence moved up and down the lineup as the Knights kept hitting the ball and scoring runs.

“They went out and took care of business,” Arthur said. “We played a clean game in the field too.

“They played well from the first inning to the seventh inning,” the Knight coach continued. “We hit the ball and made a lot of plays.”

Arthur pointed out that Lauren Pomerleau and Mallory McCullough were among the leaders on offense for the Knights.

The Knights were taking on Sanborn and John Stark after deadline earlier this week, with Arthur noting Sanborn is one of the teams at the top of the

Division II heap, with Merrimack Valley, Plymouth, Pembroke and Coe-Brown also up there.

“There’s four to six teams really decent teams at the top of the standings,” Arthur said.

The Knights will be at Oyster River on Friday, May 5, at 4 p.m., will be hosting Portsmouth on Monday, May 8, at 4 p.m. and will be at Souhegan at 4 p.m. on Wednesday, May 10.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

ON TAP

CONTINUED FROM PAGE B6

Monday, May 8, and will be hosting Pembroke on Wednesday, May 10, all for 4 p.m. games.

The Knight girls’ tennis team will be hosting Portsmouth on Friday, May 5, will be at Trinity on Monday, May 8, is hosting St. Thomas on Tuesday, May 9, visits Pembroke on Wednesday, May 10, all at 4 p.m. and will be at Oyster River at 4:30 p.m. on Thursday, May 11.

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JOSHUA SPAULDING

NICONA WILLIAMS keeps the ball away from a Dover defender in action on Friday night.



JOSHUA SPAULDING

COLE JOHNSTON looks to corral a loose ball in action Friday night against Dover.

Dover pulls away in second half for win over Knights

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — Under the lights of Alumni Field on Friday, April 28, the Kingswood boys' lacrosse team hung tough with Dover for the entire first half.

However, the Green Wave pulled away in the second half and went on to take the 16-6 win over the Knights.

"Our goal was to not let 23 beat us," coach Matt Tetreault said of Dover's top scorer. "But some of their other kids stepped up.

"They've had two years of Division I, so they're a well-coached, well oiled lacrosse machine," the Knight coach added.

Out of the gate, Kingswood had some good chances, with Nikona Williams and Erik Madden getting bids but they could not connect with the back of the net.

However, with 8:20 to go in the first quarter, Williams rifled a low shot from 20 yards out that beat the Dover keeper for the 1-0 lead for the Knights.

The Green Wave bounced back less than two minutes later, as they came from behind the net and beat keeper Burke Ruel for the tying goal. Cole Johnston answered with a bid that was blocked and Dover had another shot go wide.

However, with 2:52 to

go in the first quarter, the Green Wave ripped a shot from 10 yards out for the 2-1 lead. Dover had a few more chances in the final few minutes, but Ruel held his ground and the score was 2-1 after one.

The Dover lead didn't last long in the second quarter, as Garrett Scott fired a shot in just 52 seconds into the quarter to tie the score. Scott and Madden were denied by the defense and keeper with more chances and with 10:34 to go, Dover was able to take the 3-2 lead, a lead they would not relinquish.

Williams sent a shot off the post, while Madden had a shot denied and Cam Taatjes got

in close for a bid. Liam Morrissey played solid defense in front of Ruel, who made a couple more saves in Kingswood's net.

With 4:32 to go in the half, the Green Wave connected on a top shelf shot for a 4-2 lead and with 1:14 to go, after Ruel had made a save and Madden had taken a shot at the other end that went wide, Dover went up 5-2 on a shot in close.

Then, just eight seconds later, the visitors went down the field off the faceoff and fired home the sixth goal of the game. Williams had a bid denied at the other end and Kingswood trailed 6-2 at the half.

The Knights did a nice job killing off a penalty early in the third quarter but just less than two minutes in, Dover got a great goal, as the attacker fired from his knees for a 7-2 lead. They then added an eighth goal with 2:09 gone in the period for the 8-2 advantage.

Madden was strong at both ends of the field, getting a couple of bids and holding Dover off on defense. Williams also had a shot denied.

With 7:22 to go in the third, Sam Barton got Kingswood back on the board to cut the lead to 8-3. However, Dover answered less than a minute later to push the lead back to six. The Green Wave scored again just 32 seconds later for a 10-3 lead. Ruel came through with a save and Madden had a bid denied.

Dover scored with 2:14 to go in the third for an 11-3 lead and the Green Wave headed to the final frame with the eight-goal lead.

If the outcome was in doubt heading to the fourth, Dover put it out of reach in the first 1:31 of the fourth quarter, scoring three goals in that span to make it 14-3. They added a 15th goal with 8:34 to go and the 16th with 6:20 to go.

Kingswood bounced back with a goal from Scott with 4:41 to go in the game and then Madden scored with nice moves on the defense with 3:25 to go to make it 16-5.

Madden added one more goal in the final 10 seconds to make the final 16-6.

Tetreault, who still is without a couple of play-

ers expected to contribute big minutes, knew that the first games of the season would be a bit rough, but he is excited to see what happens once the roster is full.

"We knew we had a tough first few games," Tetreault said. "We just wanted to come out and find our bearings.

"We wanted to figure out who was going to be a playmaker, who was going to make team-oriented decisions," Tetreault said. "We figured a lot of those things out."

Tetreault noted that the Knights will get a couple of their players back after Monday's game at Kennett and others back after Tuesday's game against Pembroke.

"We had a good week of practice," the Knight coach said. "It was kind of like lacrosse camp."

The Knights will be at John Stark today, May 4, at 4:15 p.m., will be at St. Thomas at 4 p.m. on Monday, May 8, and will be hosting Kennett at 5:30 p.m. on Wednesday, May 10.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

Wolfeboro Rotary Golf Tournament is May 22

WOLFEBORO — Golfers throughout the Lakes Region are invited to join the fun at the Rotary Club of Wolfeboro's annual golf tournament to be held on Monday, May 22, at the Kingswood Golf Club in Wolfeboro. This Rotary fundraiser will be a great outing for golfers wishing to support the club's scholarship and charitable donation programs.

Registration is from 7 a.m. followed by a continental breakfast. There will be an 8 a.m. shotgun start. This four-person best ball scramble is open to golfers of all ability levels. If you do not have four players, enter as many as you know will play and Rotary will fill you group. Included in the \$100 price to participate is the continental breakfast, 18 holes with

cart, an awards luncheon and the chance to win great prizes.

The deadline to sign up is May 15. To reserve your spot, call or e-mail George Pacheco at 490-7181 or pacheco@metrocast.net. You may also download an application from www.wolfebororotary.org and mail with payment to Rotary Club of Wolfeboro, PO Box 781, Wolfeboro, NH 03894.

Rotary is also looking for tee sign sponsorships. Businesses wishing to advertise at the golf tournament can purchase a tee sign for \$75. Business sponsorships are also available for \$250, \$500 and \$1,000. For further information, call Pacheco at 490-7181.

"We know that golfers in the area will want to come out to tournament to support the

charitable programs of Wolfeboro Rotary. It's a fun outing with lots of prizes to win," says Pacheco.

All proceeds raised from the golf tournament will be donated back into the community for high school scholarships and to non-profit organizations throughout the year.

The Rotary Club of Wolfeboro meets each Monday at 5:30 p.m. in the 1812 Room of the Wolfeboro Inn. Following a light dinner, members hear a guest speaker on various topics of interest. Interested men and women are always welcome to come and learn more about the benefits of joining Rotary.

To learn more about the Wolfeboro Rotary Club, visit www.wolfebororotary.org.

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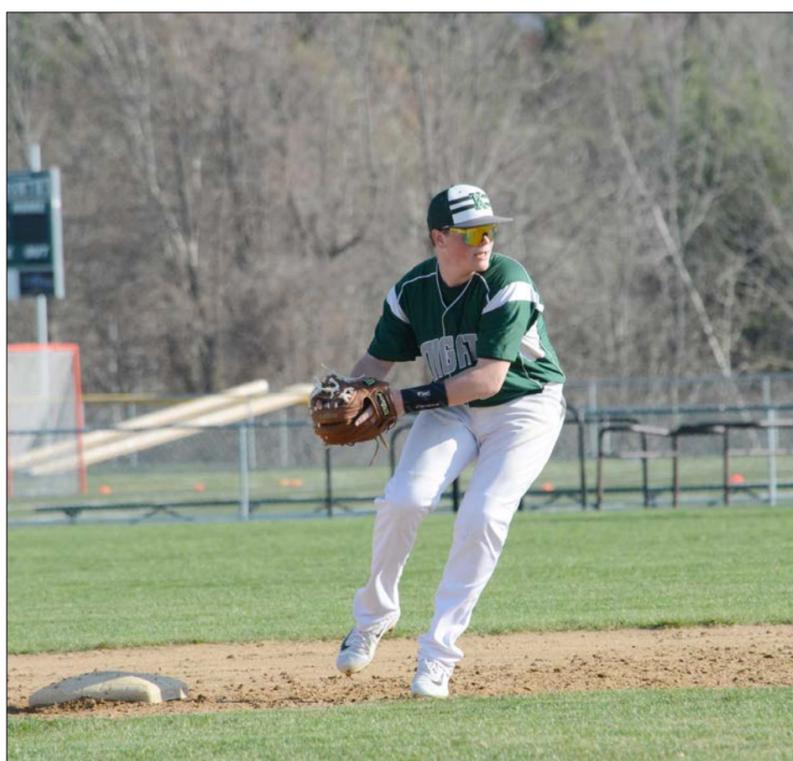


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JOSHUA SPAULDING

MATT RIDINGS turns a double play during action against St. Thomas last week.



JOSHUA SPAULDING

BRYAN DELANEY was solid on the mound for Kingswood against St. Thomas last week.

First-inning errors haunt Knights in loss to Saints

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — A good pitching performance and some solid hits usually leads to a positive outcome for most baseball teams.

However, six unearned runs in the first inning usually leads to a negative outcome for most baseball teams.

The Kingswood baseball team was unable to overcome the six unearned first-inning runs by St. Thomas on Monday, April 24, and dropped a 9-1 decision to the Saints.

“We have to make sure we come to play ball and we certainly didn’t come to play today,” veteran coach Chip Skelley said. “We might have learned a few things today.”

The Knight coach noted that pitcher Bryan Delaney threw 41 pitches in the first inning and after that, had two innings where he threw fewer than 10 pitches and another where he had 10.

“He was pretty economical after that,” Skelley said. “But we

have to be ready to play.”

Delaney gave up a base hit and a walk to start the game but the third batter grounded to Cam Place at third, forcing the lead runner. Delaney then got a line drive to Andy Contrada in center and after a walk, appeared to be out of trouble when he got the next batter to swing at a pitch in the dirt. However, the pitch got away, the batter reached and the first run scored, opening the floodgates.

A base hit drove in two more runs and then successive Knight errors allowed two more runs to score for a 5-0 lead. The Saints got another base hit for a 6-0 lead before Bryton Clifford made a nice running catch in foul ground down the left field line to end the inning.

Evan Lavoie reached on a St. Thomas error with one out in the bottom of the inning and took second on a wild pitch, but he was stranded there.

St. Thomas was able to add two more runs in the top of the second inning. After Jack Saunders made a leaping grab of a throw to first and slapped a tag on the runner for the first out, a double and base hit plated one run. Saunders duplicated his play again for the second out but a base hit drove in another run for an

8-1 lead. A grounder to short ended the inning.

Kingswood went in order in the bottom of the second and an error and base hit put two runners on for St. Thomas with two outs in the top of the third, but Delaney threw to first to catch a runner and the runner broke for second. Saunders took the throw and the runner on third broke for home. Saunders fired home to Jay Warthen and he put the tag on to get out of the inning.

Saunders had Kingswood’s first hit to lead off the bottom of the third inning, lacing a double. One out later, Clifford moved him up with a groundout, but he was stranded on third base.

Delaney set St. Thomas down in order in the top of the fourth with two strikeouts and Kingswood got two runners on in the bottom of the inning, with Warthen working a walk and Place reaching on an error, but they were stranded.

St. Thomas got a lead-off hit in the top of the fifth but Delaney started a 1-4-3 double play and then got a strikeout to end the inning. Clifford had a base hit with two outs in the bottom of the fifth and took second on a passed ball but he didn’t get any further than that.

The Saints added another run in the top

of the sixth. After a leadoff double, Clifford made a nice grab in left and then a base hit put two runners on. Clifford then made another nice catch in left, but the runner from third scored for a 9-0 lead. Sam Danais made a nice play at shortstop to end the inning.

Contrada led off the bottom of the sixth inning with a base hit and then moved up on a pickoff error. Warthen worked a walk and Dylan McCann took over on the bases. Place worked a walk to load the bases and a Delaney had a sacrifice fly to drive in Kingswood’s first run. Matt Ridings grounded out to move both runners up, but they were left on base.

Saunders made another nice play at first in the top of the seventh and Kingswood threatened a little in the bottom of the inning. Alec Hayford led off with a walk and Clifford’s pop fly dropped in shallow right, but Hayford was cut down at second. Danais followed with a base hit and one out later, Warthen walked, but Kingswood couldn’t push another run across and the Saints got the 9-1 win.

“Two and two at this point, we’re in that second tier,” said Skelley of his team’s start to the season. “St. Thomas was not as strong a team as I’ve seen from them.”

He noted that the early deficit seemed to make his team want to do too much at once.

“You’re trying to do more than what the situation allows you to do,” Skelley said.

The Knights are scheduled to be at Oyster River on Friday, May 5, will be hosting Portsmouth on Mon-

day, May 8, and will be at Souhegan on Wednesday, May 10, all with 4 p.m. starts.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

High School Slate

Thursday, May 4

KENNETT

Boys’ Lacrosse at

Pembroke; 4

Boys’ Tennis at Plym-

outh; 4

Girls’ Tennis vs.

Portsmouth; 4

KINGSWOOD

Boys’ Lacrosse at

John Stark; 4:15

Track at

Portsmouth; 3:30

Friday, May 5

KENNETT

Baseball vs.

Plymouth; 4:30

Boys’ Lacrosse at

Derryfield; 4

Girls’ Tennis vs.

Plymouth; 4:30

Softball vs.

Plymouth; 4:30

KINGSWOOD

Baseball at Oyster

River; 4

Boys’ Tennis at

Portsmouth; 4

Girls’ Tennis vs.

Portsmouth; 4

Softball at

Oyster River; 4

PROSPECT MOUNTAIN

Baseball at

Raymond; 4

Boys’ Tennis vs.

Inter-Lakes; 4

Girls’ Tennis at

Inter-Lakes; 4

Softball at Raymond; 4

Saturday, May 6

KENNETT

Softball vs. Sanborn; 11

PROSPECT MOUNTAIN

Track Home Meet; 10

Monday, May 8

KENNETT

Baseball at Pembroke; 4

Boys’ Tennis vs.

Coe-Brown; 4

Girls’ Tennis at

Coe-Brown; 4

Softball at Pembroke; 4

KINGSWOOD

Baseball vs.

Portsmouth; 4

Boys’ Lacrosse at St.

Thomas; 4

Boys’ Tennis vs.

Trinity; 4

Girls’ Lacrosse vs.

Winnacunnet; 5:30

Girls’ Tennis at

Trinity; 4

Softball vs.

Thursday, May 11

KENNETT

Baseball at

St. Thomas; 4

Girls’ Tennis vs.

Kingswood; 4

Softball at

St. Thomas; 4

KINGSWOOD

Boys’ Lacrosse at

Oyster River; 4:30

Girls’ Tennis at

Kennett; 4

PROSPECT MOUNTAIN

Baseball vs.

Somersworth; 4

Softball vs.

Somersworth; 4

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JOSHUA SPAULDING

JAKE MERRILL tracks down a shot during action against Plymouth last week.



JOSHUA SPAULDING

NOAH SMITH charges in on a shot during his team's match with Plymouth on April 27.

Bobcats double up Knights in vacation week tilt

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — While most tennis teams were off for the vacation week, the Kingswood and Plymouth tennis boys did battle in Wolfeboro on Thursday, April 27, the

lone match over vacation for both teams. The match was rescheduled from April 19.

The two teams split the first four singles matches to get the match off to a good start.

First off the course was the number three

match, where Kingswood's Russell Lucia defeated Plymouth's Jackson Morrill by an 8-4 score.

The match at number one was next off the court, as Plymouth's Graham Pogue defeated Kingswood's Noah

Smith by an 8-6 score.

The number two match also finished with an 8-6 win for Plymouth, as Adam Means of Plymouth defeated Jake Merrill of Kingswood.

The longest singles match came at number

four, where Plymouth's Roger Babin and Kingswood's Aaron Kust battled back and forth, with Kust eventually pulling out a 9-7 win.

The Bobcats captured the final two singles matches to take a 4-2 lead to the doubles.

First off among the final two singles matches was the match at number six, where Plymouth's Jeffrey Stewart, in his first match, defeated Kingswood's Greg Bush by an 8-4 score. Jackson Palombo rounded out the singles with an 8-4 win over Matt Horton of Kingswood at number five to close out the singles.

The number one doubles match ended up deciding the final outcome, as Pogue and Babin teamed up to defeated Smith and Merrill by an 8-6 score. The Bobcats led the match by a 6-3 score before the Knight duo came back and tied the match at six before the Bobcats put the match away.

Kingswood did get the win at number two doubles, as Kust and Lucia picked up an 8-6 win over Means and Morrill.

The final doubles match featured Horton and Bush for Kingswood against Stewart and Palombo for Plymouth, with the Bobcats pulling out the win to close out the 6-3 victory.

Kingswood, which fell to 3-3 with the loss, will be in action again on Friday, May 5, at Portsmouth at 4 p.m. before returning home to host Trinity on Monday, May 8, at 4 p.m. and Pembroke on Wednesday, May 10, at 4 p.m.

Plymouth, which improved to 4-2 on the season, will be hosting Kennett today, May 4, at 4 p.m. and will be hosting Trinity at 4 p.m. on Thursday, May 11.

Janna Anctil runs for a reason

Former Wolfeboro resident tackles Boston Marathon in honor of stricken teammate

BY JOSHUA SPAULDING
Sports Editor

BOSTON, Mass. — Like many people that run the Boston Marathon, Janna Anctil had a story, a reason why she was running.

The former Wolfeboro resident and Brewster Academy graduate, who now coaches and works at the Rivers School, conquered her first-ever marathon on April 17 and she did so in honor of her former Boston College field hockey teammate, Chelsey Feole.

"It was one of the best days of my life," Anctil said. "And I would never have previously considered myself a runner."

"I'd run for a ball or to defend," Anctil continued. "It's an activity I got into in order to stay in shape."

Anctil's experience with the Boston Marathon goes back to her days at Boston College when she recalls the runners going by the campus and Marathon Monday always being a one of the best days on campus, mostly for reasons that had nothing to do with running. However, the marathon had always intrigued her and she always thought it would be a challenge to actually run it.

Then her friend and teammate, Feole, suffered a spinal stroke in the fall of 2015. Feole had a blood vessel clogged in her neck and when she cracked her neck, her arms went numb and she started losing feeling in the lower half of her body.

She went to Massachusetts General Hospital and eventually moved on to Spaulding Rehabilitation Hospital to begin her rehab.

"She had to learn how to walk and just move her arms," Anctil said.

As her teammate and friend, Anctil was there by Feole's side and other Boston College teammates were also there for their friend and they eventually made a pact that when Chelsey was better, they would all run the marathon together.

"She's still struggling with full mobility," Anctil said. Though the group had set a goal of doing the marathon this year, Feole wasn't up for the challenge, but Anctil still wanted to do something to honor her team-



MARATHONFOTO - COURTESY PHOTO

JANNA ANCTIL crossed the finish line of the Boston Marathon in honor of her friend and former teammate, Chelsey Feole.

mate. "Spaulding has a marathon team and we made a pact that when she was better, we'd run and raise money," Anctil said. "But I had this itch, so I applied for the Spaulding team."

Anctil told her friend's story and she was accepted to the team for this year and set out to do two things, raise money for Spaulding and train for the marathon.

The fundraising part actually came fairly easy for the Brewster graduate.

"I fundraise for Rivers as part of my job, so that was not a daunting

task," Anctil said. "And it helped to have such a story that was well-known in the field hockey world."

"With such a story, it wasn't hard to get people behind you," she continued.

Anctil set out with a goal to raise \$6,000 for Spaulding and when all was said and done, she almost doubled that.

"It shows you that when people believe in something, they'll open up their wallets and donate," Anctil said.

And with the money part taken care of, the training part started to fall into place and they

were intertwined from the beginning.

"On those days when you don't want to go and run, you think about Chelsey and her fight," Anctil said.

While she trained with her fallen teammate on her mind, Anctil noted that all the training in the world can't prepare you for what you face on Marathon Monday, when the thousands of people line up in Hopkinton to start the race and the thousands more line the course to cheer on the runners.

"I think I let the adrenaline and excitement of the day fly me through

the first half," Anctil said. "After that, my body took a toll on itself."

She stopped along the way and saw all the people who were along the course supporting her, including family members and her field hockey friends and teammate.

"My family and friends said to make sure to not get so weighed down on the time, but rather take in the day," Anctil said. "It's pretty surreal when I think back to that whole day."

The former Wolfeboro resident did cross the finish line, finishing in 4:23, which she said was significantly slower than what she had hoped, but she said it also left her with another goal.

"I feel like I can beat that," the ever-competitive Anctil said.

And her goal would be to beat that with her teammates by her side, including Feole, when they tackle the race together.

"Ultimately our goal is that we have the four or five of us that will cross the finish line together on Boylston," Anctil said.

Joshua Spaulding can be reached at 569-3126 or sportsgsn@salmonpress.com.

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Misc. For Sale

2016 SEA DOO GTI SE 155
Brand new condition, only 11 hours!
Warranty. Winterized and garaged all
winter. Lots of GREAT features. Sea Doo
and Sea Doo cover \$8,985.
2016 Yacht Club trailer \$550
603-875-5656

OLD NH FISH and Game, ca. 1890,
bearing laws, penalties and seasons on
moose, caribou, furbearers, fish, etc.
measures 12"x18". May be seen at the
Coos County Democrat, 79 Main St.,
Lancaster, NH. Price, \$4; if mailed, \$8.
Call 603-788-4939 or email
liz@salmonpress.news

Events/ Entertainment

FIREARMS TRAINING
Shoot a large variety of handguns
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decision to buy in our Intro to
Handgun class.
Learn self defense with rifle, pistol or
shotgun.
Women-only courses available.
Courses start in April, call now to sign
up.
www.GoRFT.com
603-636-2167

Barn/Garage/Yard Sale

Moving Sale - Furniture
(Couch/Loveseat, Qn Bed, Dining room
table & chairs, more) and Garage
(workbench, 6' steel shelves(4),
snowblower, more). Sat. 5/6 7am-noon. 8
Cricket Hill Rd., Wolfeboro

Moving Sale: Furniture, quilts, lamps,
rugs, accessories, and more. Saturday,
May 6, 9-3; Friday-Saturday, May 12-13,
9-3. 419 North Line Road, Wolfeboro
(Turn onto North Line at Route 28 by
7-11, 1 mile up on right).

Lost & Found

Did you know?
Thank you
and
Lost & found ads are
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Call us today
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Are Charged at our regular classified
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Mon-Fri 8:00-4:00
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or go to
www.nhfrontpage.com
24/7

FOUND, Wristwatch, vicinity 125 Pine Hill
Rd., (Rte 109A), Owner may claim at
Wolfeboro Police Dept. 569-1444.

Boat/Dock Rental

Boat slip, 2017 season, Back Bay,
Wolfeboro. \$1,000. 617-480-5029.

Seasonal/ Recreational

Studio Event - Saturday, May 13, 11am
to 3pm. See the beautiful new
watercolors, prints, etc., and stained
glass art (door prizes too) at McCarthy
Studio, 86 Concord Lane, East Wakefield,
603-522-8301 FMI.

Thank-You

Our line ad classifieds
are on our website!

www.nhfrontpage.com

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classifieds online!
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and information from the

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Classifieds!

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Granite State News
Carroll County Independent
Baysider

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\$12 - 1 Week
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\$27 - 3 Weeks
\$36 - 4 Weeks

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Mon-Fri 8:00-4:00

or place online 24/7 at
www.nhfrontpage.com

Deadline:
Monday 10:30 am

Auctions/Antique:

MAY AUCTIONS ON SATURDAYS at
4PM Public Invited to bid on Estate items,
Furniture, Cars, Tools, Coins, Art and
more- Every Saturday in May- viewing
opens after 1PM
Gary Wallace Auction Gallery RT 16
Ossipee NH. see
www.wallaceauctions.com for details-lc
#2735 call 539-5276
email -nhauction@roadrunner.com

Fuel/Wood

Reduced Heating Oil
I filled my tank and the furnace broke
down. There are 225 gallons for sale at
\$1.50/gallon. You need a transfer pump
with hose attached and containers.
Call Nadine 539-6767

Pets/Breeders



**Clifford's Best Friend's
Pet Grooming**
Dog and Cat Salon
Tick treatments,
Nail trims, Teeth brushing.
We Do All Breeds!
Satisfaction Guaranteed!!

Clifford's Adventure Walks
Boarding, Daycare and Daily
exercise and adventure hikes like no
one else; acres of trails; 2 playgrounds
and large indoor playroom; weight loss
program. No Leash training.

"A Tired Dog is a Happy Dog!"
Stop by for a visit or call!
603-569-6362

LOW COST SPAY/NEUTER
Mobile Feline Fix It Wagon, Cats
\$70-\$85. Dogs at Conway clinic, starting
at \$100. NH and Maine income qualified
plans. Military discounts. Rozzie May
Animal Alliance, a dedicated spay/neuter
nonprofit. Sign up on line
www.RozzieMay.org or call 603-447-1373

Lost & Found Pet:

STILL MISSING!!
SHANE- Shetland Sheep Dog
Lost in Laconia NH on August 27,
2016. 9 year old male, very shy.
Prefers women. **Please do not**
chase! Old or new leads
welcome! If sited in the area call
1-855-639-5678. Not from the
area- he slipped his collar upon
arriving.

General Help Wanted

ADMINISTRATIVE ASSISTANT -
Part-time 25 hours/week. Duties include
clerical and administrative support, and
bookkeeping. Must be computer literate
and detail oriented with excellent
customer service skills. Business or
Secretarial Science certification and
experience preferred. Starting wage:
\$17.33/hour.
Apply to: Wolfeboro Public Library, 259
S. Main St., Wolfeboro, NH 03894 by May
17, 2017.

Anthony's Old Style Pizzeria, hiring all
positions, good pay for right person,
apply in person only at 35 Center Street,
Wolfeboro.

General Help Wanted

Castle in the Clouds is hiring:

-Bartenders
-Servers
-Hostess
-Dishwashers

We are looking for applicants that can
work through the end of October.

Call 603-476-5900 or email
operations@castleinthecLOUDS.org.

Experienced Painters Wanted
Come join our team of experienced
painters. Tired of subcontracting? We are
100% on the books. Please call Sean at
603-455-8370.
Pay is based on Experience.

Finance Manager
The American Youth Foundation, a
non-profit youth development
organization, seeks an organized
team player to join our finance team.
Candidates should have experience
with budgeting, payroll, A/P, A/R
management, knowledge of financial
statements and reconciling to general
ledger; 3-5 years of experience in
general accounting or finance related
field. A minimum Associated Degree
in related field is preferred. This is a
Full time, benefited position.

Please email resume and cover letter
to:
ayfhumanresources@ayf.com
or mail to AYF-Merrowista
147 Canaan Road
Ctr. Tuftonboro, NH 03816
By May 5th. More info at
www.ayf.com

Full and part time positions available for
a motivated individual with good customer
service skills. Must be 18 years of age.
Please call 603-569-6555

Handyman, landscaping, general
yard work, retaining walls and etc.
Hard worker, 2-3 days a week. Mostly
weekends. \$13-\$16 per hour
depending on experience. Please
email detailed previous experience
and hours available to elrlyt@aol.com

Immediate opening in a fast paced
company with good benefits. Looking for
a Machine Operator able to run Proto
Trak milling machines using AGE3 or
MX3 software. The position will provide
the successful candidate with the
opportunity to apply their knowledge,
learn new skills, and work with a team of
craftsmen in a high tech industry.
603-569-3100/ info@technicoil.com

LAKES REGION PAVING seeks help for
2017 paving season, CDL drivers,
experienced help, laborers.
Please call Ben at 834-3778.

Looking for experienced painter and
helpers, only serious applicants should
apply. Competitive wages. Call 832-8092.

Now Hiring Servers, Bartenders and Line
Cooks. No experience required, full and
part time positions with flexible hours.
Please apply at Jo Greens, Wolfeboro
Town Docks or call (603)986-3130.

Painter needed, experience and
transportation required. 603-569-9201.

Part-time Rural Transportation (RTS)
Bus Driver for Belmont Area and
Substitute RTS Bus Drivers for
Franklin, Pittsfield and Laconia Areas -
Drivers needed to transport older adults
to various locations throughout the area
for shopping, medical appointments,
errands, etc. Current NH Commercial
Driver's license with passenger
endorsement preferred. Will consider
non-CDL drivers with excellent driving
record for smaller buses. DOT medical
card and reliable transportation to bus
pick-up location required. Part-time
position for Belmont Area is Tuesday-
Thursday, Substitute positions are
Monday-Friday, up to 7.5 hours a day, as
needed. For Franklin and Belmont routes
contact Nancy Marceau at the TRIP
Center, 934-4151; for Pittsfield route
contact Carol Schiferle, 435-8482; for
Laconia route contact Tom Menard,
524-4772. EOE.

Position available for maintenance,
mowing, fall cleans, plowing and sanding.
Call 603-455-2921.



General Help Wanted

Remick Museum & Farm in
Tamworth seeks Weekend Farm
Assistant. This position oversees
animal care for a variety of livestock,
milking duties for a small dairy
operation, and some grounds
keeping and maintenance duties.
Visit www.remickmuseum.org for
complete job description &
qualification requirements.
Applications should be directed to:
Weekend Farm Assistant Search,
Remick Country Doctor Museum &
Farm, 58 Cleveland Hill Road,
Tamworth, NH 03886.
Fax 603-323-8382. No phone calls
please. Review of applications will
begin immediately and continue until
the position is filled. Remick is an
EOE.

SUMMER CASHIERS!
The Old Country Store, Moultonboro
Full and Part time available. Must
be able to add, count back change,
personable, reliable and trustworthy.
Call 603-476-5750 M-F or stop in.
Ask for Jo Hayden

Sunday School teacher wanted,
Sanbornville Methodist Church, 9-10 a.m.
Sunday mornings, call 522-8503.

TOWN OF NORTHFIELD SEASONAL LABORER

The Town of Northfield is looking for
team player for a summer seasonal
laborer position in the Highway
Department. Responsibilities include
routine unskilled manual labor
involving repair and maintenance of
roads, parks and other facilities
utilizing hand tools, power tools,
mowers and other equipment.

A position description with a list of job
requirements and application
instructions is available at Northfield
Town Hall and at
http://www.northfieldnh.org.
Position open until filled.

The Town of Northfield is an equal
opportunity employer.

Triple Clean is looking for a professional
cleaner. Must be able to do all aspects of
cleaning. Great pay for, skilled person.
Must have a drivers license and own
transportation. Email
fredandmelaniepeabody@gmail.com or
call Fred at 603-730-2463.

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Experienced CNALNA for home
care clients

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care agency serving Wolfeboro, NH
and surrounding communities. Full
time, Part time, Per Diem hours
available, all shifts. Starting pay up to
\$14.00 based on experience, with
shift differentials, mileage and paid
time between visits. Interested
applicants can apply on-line at
https://curtisqualitycareonline.com/
apply/

Professional/ Technical

Remick Museum & Farm in
Tamworth seeks part-time
Bookkeeper.
Visit www.remickmuseum.org for
complete job description &
qualification requirements.
Applications should be directed to:
Bookkeeper Search, Remick Country
Doctor Museum & Farm, 58
Cleveland Hill Road, Tamworth, NH
03886. Fax 603-323-8382. No phone
calls please. Review of applications
will begin immediately and continue
until the position is filled. Remick is
an EOE.

Remick Museum & Farm in
Tamworth seeks part-time Operations
Manager.
Visit www.remickmuseum.org for
complete job description &
qualification requirements.
Applications should be directed to:
Operations Manager Search, Remick
Country Doctor Museum & Farm, 58
Cleveland Hill Road, Tamworth, NH
03886. Fax 603-323-8382. No phone
calls please. Review of applications
will begin immediately and continue
until the position is filled. Remick is
an EOE.

General Services

Turkey Opportunity
Northern New Hampshire
Coos County

Refuse, Garbage,
Recycling Collection

Family Operation Well Established
3 to 4 Trucks Running Daily

Town Contracts,
Private Commercial
Also debris, demo, roll-off hauling
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CONTACT: Lawrence B. Felix
Waste Svc. Business Broker
LFB@FELIXBUSINESSSALES.COM
(518) 944-7082

Real Estate



Equal Housing Opportunity
All real estate advertising in this
newspaper is subject to
The Federal Fair Housing Law
which makes it illegal

"to make, print, or published any notice,
statement, or advertisement, with respect
to the sale, or rental of a dwelling that in-
dicates any preference, limitation, or dis-
crimination based on race, color, religion,
sex, handicap, familial status or national
origin, r an intention to make any such
preference, limitation or discrimination."
(The Fair Housing Act of 1968 at 42
U.S.C. 3604(c))

This paper will not knowingly accept
any advertising which is in violation of the
law. Our readers are hereby
informed, that all dwellings advertised
in this newspaper are available on an
equal opportunity basis.

To complain of discrimination call
HUD toll free at
1-800-669-9777

For The Washington DC area, please call
HUD at 275-9200.

The toll free telephone number for the
hearing impaired is
1-800-927-9275.
You may also call

The New Hampshire
Commission for Human Rights
at 603-271-2767
or write

The Commission at
163 Loudon Road,
Concord, NH 03301

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advertiser will be liable for misinformation,
typographical errors, etc. herein
contained. The Publisher reserves
the right to refuse any advertising.

Comm. Space For Rent

Commercial real estate for rent, junction
of Route 16 and 28, excellent visibility,
high traffic count. Call Ben at 834-3778.

Houses For Rent

Summer-Fall Rental
Water Village, Ossipee house- perfect for
one or a couple. Bedroom, kitchen, living
room, dining room, garden space. \$800
plus utilities for 2
Call Nadine: 539-6767

Vacation Rentals

Lake Wentworth Condo ~
Summer Rental
Two Pristine and private sandy beaches
w/boat dock on crystal clear class A Lake
Wentworth. Raft and tennis courts. Bright
contemporary, private, 2-br, 2 full-baths.
Sunny Deck, skylights, whirlpool tub,
screened porch, overlooking brook
surrounded by ferns & pines.
3 week rental (min), starting 6/25 or
07/01. \$1,200/wk.
No smoking, pets neg.
Off-season rate available
Call 978-546-2850.

Automobiles

2010 CADILLAC CTS4 Silver, Pristine
Condition, 1 owner, Dealer Maintained,
No Mechanical Issues-Maintenance
Records Available, 84K Miles, \$9699-
Below Book Value, 603 823-7711,
great family car

Automobiles

GIGUERE AUTO 2
315 Laconia Road,
Tilton, NH
603-286-4800

2011 Jeep Wrangler
Unlimited, 6-Speed, Hard Top &
Soft Top
\$22,995

2011 Nissan Juke S
Loaded, Leather, Moonroof
\$9,995

2012 Jeep Patriot
Latitude, Alloy Wheels, Loaded
\$7,995

2009 Toyota Tacoma
Access Cab, 4-Door, 4x4, 5-Speed
\$13,995

2011 Ford Expedition
4x4, V-8, Leather, Loaded
\$17,995

2006 nissan Frontier
LE, Crew Cab, 4.0L, Automatic,
V-6, Loaded
\$9,995

2012 Mazada 3
Touring, 4-Door, 4-Cyl., Loaded,
Low Miles
\$8,995

2005 Nissan Frontier LT
Crew Cab, 4-Door, 4x4,
6 Cylinder
\$11,995

2009 Ford Ranger
Super Cab, 4x4, Automatic
\$12,995

2001 Dodge Dakota
Ex-Cab, 4x4, Automatic
\$5,995

2008 Ford F-150
Reg. Cab, 4.2L, V-6, Automatic,
A/C
\$8,995

2013 GMC 1500 SLT
Cab, 4x4, 4-Door, Leather, Z-71
\$28,995

2014 Chevy 1500
Double Cab, 4-Door, 4x4, Loaded
\$25,995

2010 Ford F-150
Super Cab, 4-Door, 4x4
\$14,995

2012 Toyota Tundra
Double Cab, 4-Door, 4x4,
Loaded, 5.7L
\$18,995

2012 Ford F-150
Super Crew, 4-Door, 4x4, Loaded
\$19,995

2005 Toyota Tundra
SR5, Access Cab, 4.7L, Loaded
\$13,995

2007 GMC 1500
4-Door, 4x4, Loaded
\$13,995

2014 Dodge Ram 2500
Heavy Duty, Reg. Cab, Loaded,
8-Ft Bed
\$15,995

2014 Ford F-350
Super Crew, 4-Door, 4x4, Lariat,
Leather
\$38,995

2013 Chevy 2500 HD
Ex-Cab, 4-Door, 4x4, 6.0L,
Loaded
\$28,995

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Camelot HomeCenter
Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall

Hurry Down & See Our Homes!

NEW 14 WIDES \$28,995 56' 2 bed	\$34,995 60' 3 bed, 2 bath	\$34,995 52' 2 bed	\$44,995 78' 3 bed, 2 bath
DOUBLE WIDES \$47,995 44' 3 bed, 2 bath	\$58,995 44' 3 bed, 2 bath	\$61,995 48' 3 bed, 2 bath	\$87,995 48' 3 bed, 2 bath

SEE OUR AD AT WWW.CM-H.COM • HOMES FROM COLONY, NEW ERA & TITAN

BEST SELLING CAPE IN NH!

\$73,995 36x28, Sunny Cape!	\$109,995 56x28 Ranch, Roman Spa Bathroom, Irresistible Kitchen!	\$111,995 2000 Sq. Ft. 2 Story
--------------------------------	---	-----------------------------------

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?
ALWAYS OPEN DAILY, 10 TO 6 SATURDAYS & SUNDAYS 10 TO 5 • Rt. 3, Tilton NH • WWW.CM-H.COM

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SUNDAY: NOON – 2 P.M.

\$129,995 or \$755.00 per month*

55+

18x24 Garage
Full Appliance Package
*Based on 10% down payment
6% interest for 25 years

Mansfield Woods
88 North, Rt. 132, New Hampton, N.H.
Directions: I-93 Exit #23. Right for 1/2 mile, left at post office for 800'

Call Kevin
603-387-7463

Call our toll-free number 1-877-766-6891
and have your help wanted ad
in 11 papers next week!

wolfeboro bay Real Estate
27 South Main Street • Wolfeboro, NH
603-569-0101
www.wolfeborobayrealestate.com

Two Houses!
Walk to downtown
\$549,000

Two houses on Crescent Lake with a dock! Contemporary lake house features modern, open concept main level with updated kitchen and granite counter tops, wrap around decks on both levels, updated bathrooms, great storage, private landscaped lot w/dock and water side patio on Crescent Lake. Also includes year round 2 bedroom, 1 bath guest house and 2 bay garage w/storage above. Canoe or boat to Lake Wentworth from Crescent Lake! Walk to the Bridge Falls Path to town, the Nick and Lake Wentworth Beach!

Check out Wolfeboro Bay at: WWW.WOLFECAM.COM

ROCHE REALTY GROUP

MEREDITH OFFICE
97 Daniel Webster Hwy
(603) 279-7046

LACONIA OFFICE
1921 Parade Road
(603) 528-0088

Gilford: Two bedroom condo at Samoset on Lake Winnepesaukee. Beautiful lake and mountain views are enjoyed from this property. Wonderfully appointed kitchen with newer cabinets, granite counter tops, updated appliances, newer flooring and ample space. Oversized living room with gorgeous hardwood floors and a large master bedroom.
\$399,000 MLS# 4628449

Laconia: The ultimate Lake Winnepesaukee vacation home! Beautiful, long Lake Winnepesaukee views can be enjoyed from every room in the house. Recent improvements include, brand new waterside stone walls, new beach area, no grass to mow, new A/C system, a year-round permanent dock was just replaced and just recently stained.
\$639,000 MLS# 4629005

Moultonborough: Well-crafted home with 330' of shorefront on Ledgy Pond. The home was built in 2005 and boasts the highest quality standards throughout, as well as a design that fuses both rustic and contemporary elements. Open concept kitchen/living area, wide pine floors, wood stove with granite hearth, radiant heat, shaker-style maple cabinets, and curly maple staircase. \$299,000 MLS# 4628417

Laconia: Great views from all three floors of this town house located in Paugus View. The home includes a 3-bedrooms and 3-baths, a living room with a gas fireplace, central A/C and FHA heat. Nicely appointed with stainless steel appliances in the kitchen, granite counter tops and hardwood, carpet and tile flooring. Relax and soak in the views on either of the two decks or at the cozy patio area. \$179,900 MLS# 4627997

VISIT US ONLINE! WWW.ROCHEREALTY.COM

Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call → Where to Meet → What to Pack

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Wolfeboro: 15 Railroad Avenue • 569-3128
Center Harbor: Junction Rtes. 25 & 25B • 253-9360
Alton: 108 Main Street • 875-3128

Luxury REAL ESTATE

ELEGANT East Alton Winnepesaukee property! Charming 5 bedroom Cape with far-reaching sunset views, beautifully landscaped with decks, beach, gazebo and dock, elegant and gracious interior, outstanding in every way.
\$1,499,000 (4620595) Call 569-3128

OUTSTANDING 1795 Colonial estate in Tuftonboro in pristine condition, masterfully restored interior and exterior, finest quality throughout, wide plank floors, fireplaces, 10 private acres, in-ground pool and barn.
\$1,295,000 (4427885) Call 569-3128

SPECIAL PROPERTY!! Unique opportunity to finish an executive log home in Tamworth with multiple outbuildings that could be a magnificent estate. Set up for solar power to live off the grid all on 165 acres with mountain views.
\$949,900 (4623478) Call 253-9360

STUNNING views of Lake Winnepesaukee in Laconia from this highly desirable 4 bedroom Meredith Bay home! This contemporary style home offers views from every room. Close to all Lakes Region activities.
\$799,900 (4628189) Call 253-9360

NEW DURHAM // Executive Ranch Style 2,160 SF waterfront home totally remodeled on 52 acres. Private concrete bridge crossing Jones Pond. Large living room with south facing views. 38'x16' front deck.
\$650,000 (4610658) Call 875-3128

ALTON // CUSTOM POST & BEAM WATERFRONT w/ stone fireplace, gourmet kitchen, wet bar, fully finished walk out basement, fabulous master suite, 2 large decks & awesome 4 season porch.
\$575,000 (4600275) Call 875-3128

NEW HAMPTON // Sweeping mountain VIEWS from this 3 bedroom, 4 bath custom home. 3.55 acres with private pond. Great location: close to 193, Winnepesaukee, Waukegan, and Squam Lakes.
\$479,000 (4625301) Call 253-9360

ALTON // Welcome home to a most unusual property. Spacious and bright, 3+ levels of open concept living, stone fireplace with cathedral ceiling. Outside waterfall and a fire pit for entertaining.
\$334,900 (4515442) Call 875-3128

MOULTONBOROUGH // Turnkey professionally designed and constructed seasonal 18-hole Mini-Golf course, 9 holes handicap accessible. 1.91 acres, FF&E included. Day/evening operation.
\$299,000 (4613981) Call 253-9360

SLEEPER ISL. - ALTON // Building lot w/2BR septic installed, 100' frontage, sandy bottom, sun, sunsets, views. Slope up from water. Great hiking & exploring on island interior. Swim, paddleboard, relax at shore.
\$117,500 (4627159) Call 569-3128

RENTALS
Bringing People and Vacations Together in the Lakes Region for over 60 years...

VACATION & LONG TERM RENTALS
QUALITY HOMES IN DEMAND FOR BUSY RENTAL MARKET

Contact us for a FREE rental analysis
Halle McAdam @ 253-9360 (CH Office)
Jennifer Azzara @ 875-3128 (ALTON Office)

LAND and ACREAGE

MOULTONBOROUGH // Unsurpassed views from this rare building lot located on one of the most desirable points on Big Squam. Recently sub-divided and ready to build your dream house.
\$1,350,900 (4619585) Call 253-9360

MOULTONBOROUGH // VIEWS, streams, stone walls! All on peaceful 14 acres in the low tax town of Moultonborough. Land is in Current Use. Broker has interest in the property.
\$114,900 (4433900) Call 253-9360

BARNSTEAD // Private rural setting, 7.51 acres with cleared house site and on-site power. Level with mixed forest. Wildlife abounds. Expired septic plan.
\$49,900 (4627461) Call 875-3128

NEW DURHAM // Nice 2.1 acre building lot just minutes from Route 11 and Merrymeeting Lake town beach and boat launch. Lot was perked and has an expired septic design. Broker is owner.
\$35,000 (4497574) Call 875-3128

www.MaxfieldRealEstate.com • www.IslandRE.com

If your kids are a size...



small



medium



large

then they need flu vaccines.

Flu protection is recommended in sizes 6 months through 18 years.
The flu can be a serious disease for children of all ages, causing them to miss school, activities, or even be hospitalized. CDC, doctors, and other health care professionals recommend flu vaccinations for everyone 6 months and older.

For more information, visit <http://www.cdc.gov/flu>

 U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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AD TODAY!**



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32 Whittier Hwy
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CenterHarbor.NH@NEMoves.com

LACONIA
348 Court Street
603-524-2255

LakesRegionInfo@NEMoves.com



Gifford \$3,495,000 #4601523
This home is beautifully designed and built by Skiffington Homes. Enjoy picturesque sunsets from the spacious deck & enjoy the signature Post & Beam screen porch with fireplace.
Susan Bradley 603-493-2873



Sandwich \$2,695,000 #4612441
Perched above Squam Lake is this beautiful custom-built home with total privacy plus a lakeside parcel below w/ 313' of frontage, 2 docks and cottage on Squam Lake.
Dean Eastman 603-419-9159 & Kellie Eastman 603-630-5773



Meredith, \$850,000 #4628983
Lake and Mountain views from this Cape style waterfront home with 100' of waterfront with crystal clear water and your own beach and dock.
Shelly Brewer 603-677-2535



Moultonboro \$649,900 #4492978
VIEW, VIEW, VIEW! Sunny, open and very cute home on an amazing Black Cat Island lot. Sit on your deck enjoy lake breezes & sunsets yr round with your westerly exposure. Large dock w/breakwater.
Ellen Mulligan 603-387-0369



Moultonboro, \$699,000 #4623844
This 1995 real log home sits on a very private lot with 145 feet of sandy frontage and views up and down the lake and a broad view of Red Hill. Four large bedrooms, 2 baths, 2 car garage.
Bill Richards 603-253-4345



Meredith, \$599,900 #4507277
Welcome to Waldron Bay on Lake Winnisquam. Custom built contemporary home with a country flair, wide pine floors throughout, exposed beams, brick fireplace, office in loft over LR, 3 finished levels.
Ellen Mulligan 603-387-0369



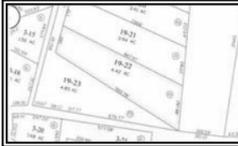
Laconia, \$448,000 #4626315
Spectacular custom built 10 room home within walking distance to Wildwood Beach on Lake Winnisquam.
Judy McShane 603-387-4509



Gifford \$249,000 #4625497
Well maintained contemporary home in popular Gifford neighborhood, perched pretty on a corner lot, and easy to care for. Gunstock beach rights and Gifford town beach are a bonus!
Linda Fields 603-244-6889



Belmont \$219,000 #4628362
Great Value in Belmont! 3 bedroom, 2 full bath Garrison. Gorgeous oak flooring throughout the 1st floor. Ceramic tile in both full baths. Granite counter tops and nice appliances.
Kathy Davis 603-387-4562



Meredith \$130,000 #4628579
4.42 Acre wooded lot with potential views of the Ossipee Range at the end of a cul-de-sac. Approximately 1.5 miles from downtown Meredith, yet offers the utmost privacy in an established neighborhood called The Maples.
Bruno Coppola 603-244-9544



Tamworth \$99,900 #4627138
Affordable home on just over a half acre with three bedrooms, two bathrooms, large kitchen, open floor plan, fireplace, two car garage. Within walking distance to downtown Tamworth.
Kay Huston 603-387-3483



Alton, \$99,000 #4629103
Lovely get away with 5 shared beaches on Hills Pond and Sunset Lake. Completely renovated down to the studs.
Jim McShane 603-387-3809



Bristol, \$89,900 #4629541
3 bedroom, 2 bath mobile home on its own land in a great location. New roof, newly painted, upgraded bathrooms and flooring.
Sean Wallin 603-455-5087 & Reed Heath 603-608-6169



Gilmanston, \$45,500 #4628263
Build your dream home and experience small town living. Convenient location with short commutes to Concord and Laconia. Building, driveway and septic permits have expired.
Scott Mooney 603-455-8554

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Encouraging news:

Central to this media campaign to eliminate underage drinking is the encouraging news that studies show parent disapproval is the **No. 1** reason children choose not to drink alcohol. Parents empowered can trump peer pressure.

The most effective parenting techniques are among the most simple, including:

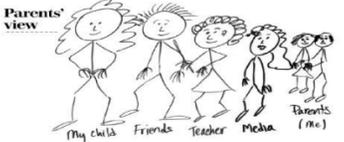
- Set clear rules about no underage drinking
- Know where your children are and whom they are with
- Know your children's friends
- Ensure your children's social environments are alcohol-free
- Have daily, positive communication and interaction with your children
- Eat dinner together

Research shows teens who regularly eat as a family (5-7 times per week) are **33 percent** less likely to use alcohol.



Most parents don't realize they are the No. 1 influence in their children's lives.

When parents were asked to draw the greatest influences on their teens, they placed themselves last.



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FREE TO BE... YOU AND ME

Junior Legion baseball tryouts are May 7 and 21

ALTON — Alton Post 72 Junior American Legion baseball tryouts will be held on May 7 and May 21 at Prospect Mountain High School, 242 Suncook Valley Highway, Alton. Registration will begin at 8:30 a.m. and tryouts will begin at 9 a.m. Players ages 13 - 17 who attend Prospect Mountain, Kingswood, Farmington, Pittsfield, Inter-Lakes, Moultonborough, Belmont, Gilford, Laconia and Newfound are eligible to tryout.

For more information, contact coach Gary L. Noyes, Sr. at coachnoyes@metrocast.net or at 393-8349.

Kingswood coach walking to fight breast cancer

Jen Adams raising funds to participate in 39-mile walk

WOLFEBORO — Kingswood field hockey assistant coach Jen Adams will be joining thousands of men and women in the upcoming Avon 39 The Walk to End Breast Cancer on June 24 in Boston, Mass.

By walking, Adams will be raising funds to enable access to screenings, medicine, fuel research and to save lives. This will be Adams' first time participating in the event and she has been busy training and raising funds for participation.

Adams has set a goal of raising \$1,800 to help end breast cancer and is seeking donations to reach that goal.

"I was inspired to take part in the Avon 39 because, like many others,

my life was touched by breast cancer through family and friends," Adams said.

In July of 2007, Adams' aunt was diagnosed with stage four breast cancer and at age 49, just seven months later, her family lost her aunt.

"In memory of my aunt and her fun-loving spirit, I will be walking in her name," Adams said.

"The funds raised by the Avon 39ers support organizations across the US that help women and men, regardless of their ability to pay, get the breast cancer care they need," said Kevin Honeycutt, President and CEO. "Because of the dedication and passion of our Avon 39ers, we continue to get closer to

our ultimate goal of ending breast cancer once and for all."

Avon 39 the Walk to End Breast Cancer is the largest fundraising event for the Avon Breast Cancer Crusade. Since its launch in 2003, more than 235,000 participants have raised nearly \$620,000,000 in the

fight to end breast cancer. Funds raised at each event provide direct impact in the area where the event takes place. More information is available at avon39.org.

Those wishing to donate to Adams in her bid to walk 39.3 miles can donate at info.avon39.org/goto/JenniferAdams.

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PMHS searching for hoops coach

ALTON — Prospect Mountain High School in Alton is accepting applications for a varsity boys' basketball coach for the 2017-2018 season. Anyone interested in the position can contact the SAU office at 875-8600 for more information.

CHANCE

CONTINUED FROM PAGE B6

every Wednesday night.

And speaking of Wednesday night, the other "Survivor" on that night, Designated Survivor, has been an enjoyable ride in its first season. I've enjoyed the premise of a career bureaucrat becoming president during a national crisis and the roadblocks that have to be navigated.

A huge thanks to those who have supported my trip to the 2018 Olympics. I'm truly honored that people have been helping out. If you'd like, feel free to go to TD Bank and they have an

account named Joshua Spaulding 2018 Olympic account, or send to the address below.

Finally, have a great day Bobby Burns.

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 sportsgsn@salmonpress.com, at 569-3126, or PO Box 250, Wolfboro Falls, NH 03896.

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Huge Truck SALE ALL WEEKEND

2011 Jeep Wrangler Unlimited, 6-Speed, Hard Top & Soft Top Sahara \$22,995	2011 Nissan Juke S Loaded, Leather, Moonroof AWD \$9,995	2010 Jeep Wrangler Unlimited, 4-Door, 4x4, Automatic, Hard Top Go Topless \$19,995	2012 Jeep Patriot Latitude, Alloy Wheels, Loaded 4-Cylinder \$7,995	2008 Jeep Wrangler Unlimited, 4-Door, Loaded, Hard Top, 4x4 Automatic \$16,995
2007 Hyundai Accent 4-Door, A/C, 4-Cylinder Automatic \$3,995	2009 Toyota Tacoma Access Cab, 4-Door, 4x4, 5-Speed 4-Cylinder \$13,995	2011 Ford Expedition 4x4, V-8, Leather, Loaded 3rd Row Seating \$17,995	2006 Nissan Frontier LE, Crew Cab, 4.0L, Automatic, V-6, Loaded 4-Door \$9,995	2012 Mazda 3 Touring, 4-Door, 4-Cyl., Loaded, Low Miles 6-Speed \$8,995
2005 Nissan Frontier LT Crew Cab, 4-Door, 4x4, 6-Cylinder Automatic \$11,995	2007 Dodge Dakota Crew Cab, 4-Door, 4x4, V-6, Leather Interior Moonroof \$11,995	2009 Ford Ranger Super Cab, 4x4, Automatic FX-4 \$12,995	2011 Dodge Dakota Quad Cab, 4-Door, 4x4 V-8 Magnum \$15,995	2001 Dodge Dakota Ex-Cab, 4x4, Automatic V-8 \$5,995
2008 Ford F-150 Reg. Cab, 4.2L, V-6, Automatic, A/C 8-Ft. Bed \$8,995	2013 GMC 1500 SLT Cab, 4x4, 4-Door, Leather, Z-71 Only 48k \$28,995	2008 Ford F-150 Super Crew, 4-Door, 4x4, V-8, Loaded Leather \$15,995	2014 Chevy 1500 Double Cab, 4-Door, 4x4, Loaded Black Beauty \$25,995	2010 Ford F-150 Super Cab, 4-Door, 4x4 Short Bed \$14,995
2012 Toyota Tundra Double Cab, 4-Door, 4x4, Loaded, 5.7L TRD Offroad Package \$18,995	2012 Ford F-150 Super Crew, 4-Door, 4x4, Loaded Chrome Wheels \$19,995	2007 Ford F-150 Super Crew, 4-Door, 4x4, Loaded, Leather FX-4 \$16,995	2012 Ford F-150 Super Cab, 4-Door, 4x4, Loaded, Leather 5.0L V-8 \$20,995	2005 Toyota Tundra SR5, Access Cab, 4.7L, 4x4, Loaded 4-Door \$12,995
2010 Toyota Tundra 4x4, Automatic, V-8 Regular Cab \$14,995	2007 GMC 1500 4-Door, 4x4, Loaded 7-T1 \$13,995	2014 Dodge Ram 2500 Heavy Duty, Reg. Cab, Loaded, 8-Ft. Bed 6.4L HEMI \$15,995	2012 Ford F-150 Super Crew, Lariat, 4-Door, 4x4, Leather EcoBoost Turbo \$27,995	2010 Ford F-150 Super Cab, 4-Door, 4x4, 5.4L, V-8, Leather Only 73k \$20,995
2008 Dodge Ram 2500 Heavy Duty, Crew Cab, 4x4 It's Got a HEMI! \$15,995	2010 GMC 2500 HD Regular Cab, 4x4, Automatic, Loaded Only 45k \$21,995	2014 Ford F-350 Super Crew, 4-Door, 4x4, Lariat, Leather Powerstroke Diesel \$38,995	2007 Chevy 2500 HD LT Reg. Cab, 8-Ft. Bed, Auto, 4x4, Loaded Moto Wheels \$19,995	1999 Ford F-350 Super Duty, Super Cab, 4-Door, 4x4, Leather, V-10 8-Ft. Bed \$9,995
2006 Ford F-350 Super Cab, 4-Door, 4x4, Dually, Knapheide Utility Body, Stainless Steel Blade Powerstroke Diesel \$12,995	2009 Ford F-350 Reg. Cab, 8-Ft. Bed, 4x4, Loaded, Fisher Plow Powerstroke Diesel \$21,995	2006 Ford F-250 Utility Body, 4x4, Automatic, Fisher Plow Only 64k \$15,995	2013 Chevy 2500 HD Ex-Cab, 4-Door, 4x4, 6.0L, Loaded Only 68k \$28,995	2004 Ford F-250 Super Crew, 4-Door, 4x4, Lariat, Leather, Curtis Plow Powerstroke Diesel \$15,995

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Not responsible for typographical errors.