Route 28 project seeks to improve safety

Critical intersections are a focus in Barnstead work

BY DENISE ROY-PALMER and WEDCO

Stand ready to lend a band

BY POLLY FOYNES

Planting for Pollinators presented in New Durham

BY CARYN ALLAN

Denise Roy-Palmer and WEDCO

It’s all about the bees (and insects and animals)

By Caryn Allan

Planting for Pollinators presented in New Durham

You “have to think like a pollinator,” said Master Gardener Ruth Droescher 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 Droescher 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, bee, bat, butterfly, 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 containers, and you’ve taken the first step.

“Wolves more often in deep, cool, damp weather, and for longer periods than honeybees, that can curl up in their hives,” she said, listing the hive dwellers to teenagers who don’t spend enough time in the early morning. “They can also collect pollen on their abdomen and backs, rather than just in pollen sacks.”

Bee pollen crops that account for 35 percent of the country’s food production.

Native bumblebees inadvertently add 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 for the honeybee that comes along later.

Plants and animals have evolved together, creating the best possible scenarios for both, but pollinators need......
**Milfoil committee meets in New Durham**

At a recent meeting, New Durham's Milfoil and Invasive Aquatic Weeds Committee met with members from the New Durham Town Hall Board of Health and other communities to discuss strategies for managing milfoil and invasive aquatic species in the Merrymeeting River and its tributaries.

The committee discussed the need for a comprehensive management plan and the importance of public education and involvement in controlling these invasive species. They also highlighted the role of communities in monitoring and reporting milfoil sightings to ensure timely response and effective strategies.

The committee plans to continue working on this issue and encourage residents to stay informed and participate in efforts to manage these invasive plants.

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**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.

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**Register for yard sale and summer camps with Alton Rec**

**PIG OF THE WEEK**

by D.A. Hammond

**Spring geranium sale has begun**

WOLFEBORO — The Eastern Lakes Region Housing Coalition’s senior class is having a spaghetti supper on May 4 from 5:30 to 7:30 p.m. Gluten-free options will also be available, as well as hot drinks and a assortment of desserts. Proceeds from the spaghetti supper will be used to help support the senior class for their last event before they graduate.

ALTERO — On June 3, the town of Alton will be hosting a town-wide yard sale event from 8 a.m. to 3 p.m. to raise funds for the troop’s rainy day fund. They are accepting yard sale donation items by check, cash or money order submitted with the completed order forms with your order, but credit or debit cards will be accepted. All proceeds from the yard sale will be used to support the troop’s fundraising activities.

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Some more good news

Once again, citizens have stepped up to help our town. For a long time, there have been many who have said thank you for their service.

In this time, 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. LYnda Adkins, who had previously served on Barnstead board, 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 a term for a year.

We’ve said before how numerous times that serv ing 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, 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 that time that goes into researching and knowing the ropes about how the town and our school board or committee.

We continually offer our thanks to those who serve on our board. This time, New Durham Selectman’s vacancy that the board filled recently has us pleased to see the progress of the construc tion of that position.

On a completely unrelated note, we are pleased to see the progress of the construction of the Hat for that position. We’re also pleased to see the progress of the construction of the school board.

Letters to the Editor

Only a few are benefitting

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 plug to Winter Harbor Veterinary Hospital (located at 11 South Street, in Winter Harbor, Maine) – wonderful care that far exceeds the usual care we have come to expect.

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 traffic moving forward in a timely man ner.

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

CATHY ALLYN

Plants for pollinators

Master Gardner Ruth Dreucher of the UNH Co-operative Extension Speakers’ Bureau, shares Put Web (left) a resource that could identify ways to attract pollinators to your garden. Dreucher 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.

BARNSTEAD — The Oscar Foss Memorial Library plans to host a free event the morning of May 20 to day and for those attending the gift of ham at PMHS that evening. They have a Mary Kay representative who will be volunteering meets on the third Wednesday of each month at the library. There are some numbers that can partic ipate to help the library. Anyone interested in joining the OFML Friends and/or can contact or come by the library anytime for more information. Please call the lib rary at 269-3001 or visit ofmlibrary.org.

Opinion

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Library looking for hairstylists to help with prom prep

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Mark on the Markets

BY JACK MILLER

Mark on the Markets may be in the form of snow. May’s wetness brings in the form of snow. May’s wetness brings flock to your lights in the form of snow. May’s wetness brings flock to your lights in looking for food in the woods. The bugs, no-seeums, black flies, mosquitoes who will be looking for food in the form of snow. May’s wetness brings flock to your lights in looking for food in the form of snow. May’s wetness brings flock to your lights in looking for food in the form of snow. May’s wetness brings flock to your lights in looking for food in the form of snow. May’s wetness brings flock to your lights in looking for food in the form of snow. May’s wetness brings flock to your lights in looking for food in the form of snow. May’s wetness brings flock to your lights in looking for food in the form of snow. May’s wetness brings flock to your lights in looking for food in the form of snow. May’s wetness brings flock to your lights in looking for food in the form of snow. 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Renowned pianist returns to Wolfeboro on May 20

WOLFEBORO — Renowned concert pianist Fred Quimby will return to Wolfeboro for Wolfeboro Friends of Music, with an exciting program featuring the Fred Moyer Duo.

Quimby will be joined by bassist Peter Tillotson and drummer Bob Savage. Audiences have enjoyed his wonderful performances. Friday, May 19 at 8 p.m. at Stage at Anderson Hall.

Saturday, May 20 at 3 p.m. and 8 p.m.

Tickets can be purchased at the Suncook Valley Road Suncook Valley Road Ticket Office, 20 Hurd Hill Rd. Alton, 603-855-2015, greymontearthmaterials.com

Quimby has been a mainstay for Wolfeboro Friends of Music for many years. In 2013, Wolfeboro Friends honored Quimby as their first Lifetime Achievement Award recipient. Quimby has been a kind and warm representative of Wolfeboro Friends. His warm and friendly demeanor always lights up the stage.

Quimby's repertoire includes the music of many different composers, including pieces by Chopin, Beethoven, Schumann, and Debussy. He is known for his extraordinary technical facility and his interpretive insight. Quimby has a deep appreciation for the music of the past and is skilled at interpreting it in a fresh and meaningful way.

He has performed in some of the world's most prestigious venues, including Carnegie Hall, Lincoln Center, the Hollywood Bowl, and the Royal Albert Hall. He has also performed in many countries around the world, including Brazil, Japan, and Australia. Quimby is a masterful pianist and a beloved performer. His music is always a treat to experience. With Quimby as your guide, you will be transported to the world of music and transported to a place of wonder and excitement.
Great Bay offering automotive technology program

PORTSMOUTH — Great Bay Community College is launching a new automotive technology center on its Seacoast campus in Stratham, beginning fall 2017. The program is expected to fill an immediate need in the seacoast for certified automotive technicians in the area, and Debra Mattson, a Great Bay auto administrator, said the 24-credit program will take one year to complete, and classes will be held in the late afternoon/early evening at the Richard W. Cretaceo 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 up to 600 openings for automotive technicians in the Seacoast area through 2020, and the college is working with the New Hampshire Auto Dealers Association to design the curriculum.

George Dekyser, a New Hampshire Automotive Technology Foundation board member, said the state does a good job preparing students to become technicians, but the problem is that since Great Bay moved from Stratham to Portsmouth in 2009, there has been no approach to Great Bay,” Dekyser said. “That is a huge void, because that is one of the fundamental skills necessary to do that 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 ASSET industry exams, and also provide a pathway for an associate degree for those who want to continue their education. Associate’s degrees are currently offered at Lakes Region Community College in Laconia and Manchester Community College.

McNamara, the president of the New Hampshire Automotive Dealers Association, said there are 400 openings for technicians across the state right now, and those are entry-level positions. “Those men and women, they can write their own ticket. They can stay close to home, or they can go to anywhere they want in the country,” he said.

In terms of pay, it depends on how much shine and gross they put in, he added. “Median pay for an auto technician in New Hampshire is $42,000 annually, with a high of $60,000. Students who graduate from the Great Bay certificate program can expect to earn wages on the lower side of the range. An associate’s degree and ASSET 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 $50,000 a year, with a 40-hour workweek 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, using your head and using your computer to figure what’s wrong before you start pulling the car apart,” McNamara said. “Median pay expects most of the students who enroll and complete the program for the certificate. 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 federal funding. For information, call the Great Bay Auto Technology Foundation at 875-2113.

PMHS sponsoring Rock ‘N Race team this spring

ALTON — Prospect Mountain High School with the aid of its new automotive program will launch a Rock ‘N Race team this spring. If you join the PMHS team and register before April 15, your entry fee is $10; it will be $15 after that date. The team registration fee will support a Rock ‘N Race team this spring. The registration fee gets you dinner, good Karma and a spot Rock ‘N Race line up. If you join the PMHS team and register before April 15, your entry fee is $10; it will be $15 after that date. The team registration fee will support a Rock ‘N Race team this spring. The registration fee gets you dinner, good Karma and a spot Rock ‘N Race line up. If you join the PMHS team and register before April 15, your entry fee is $10; it will be $15 after that date. The team registration fee will support a Rock ‘N Race team this spring.
Kingswood High announces Honor Roll for the third marking period ending April 27, 2017.

The following students have received Highest Honors for the quarter of 84 to 92 or higher in all their classes. Highest Honors recognition is one of the school's highest academic honors.

Honor Roll for the third marking period ending April 27, 2017.

Grade 11: Sarah Wilkins of Wolfeboro; seven sisters, Jack Halpin, Jr., Caitlin DiPrizio, Frank Halpin, Jr., Lenny Wilkins, Maria Palladino, Marianna Palladino, Garrett Perkins, Kara Hill, Alan Sam, Aubrey Shaw, Dominick Tavares, Dayna Thompson, Grace Tyrus and Haley Wood.


In lieu of flowers, donations may be made to the Wolfeboro Elementary School Endowment Fund.

A celebration of life will be held at a later date.

The family requests that anyone wishing to send a note or leave a short note and a memory of his hero to his memory to the New Hampshire Cancer Center, 101 Daniel Webster Highway, Concord, NH 03301. Please share your memories of Kevin with us. Kevin was an amazing presence in the lives of his family, friends and community.

84 to 92 or higher in all their classes.


**The Real Report**

**RECENT REAL ESTATE TRANSACTIONS**

<table>
<thead>
<tr>
<th>Town</th>
<th>Address</th>
<th>Type</th>
<th>Price</th>
<th>Seller</th>
<th>Buyer</th>
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<tbody>
<tr>
<td>Alton</td>
<td>Cathy Ln (no)</td>
<td>N/A</td>
<td>$107,000</td>
<td>Mark E. and Karl J. Ingoldsby</td>
<td>Alan F. and Anne M. Doherty</td>
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<tr>
<td>Barnstead</td>
<td>Emerson Dr Lot</td>
<td>1-Bedrm Res</td>
<td>$11,600</td>
<td>Catherine A. baffled</td>
<td>Jennifer A. and Christopher Paris USA VA</td>
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<tr>
<td>Barnstead</td>
<td>12 N Barnstead Rd</td>
<td>1-Bedrm Res</td>
<td>$146,533</td>
<td>Dave Harvey &amp; Josephine Mauk</td>
<td>Stephanie L. Onslow</td>
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<tr>
<td>Barnstead</td>
<td>22 Newport Dr</td>
<td>1-Bedrm Res</td>
<td>$150,482</td>
<td>Leilani L. Walsh and Woke Remback /NA</td>
<td>Richard and Sarah Loekler Ralph E. and Shelly M. Newhouse</td>
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<td>Barnstead</td>
<td>20 Tannery Trl</td>
<td>1-Bedrm Res</td>
<td>$129,933</td>
<td>Evan T. and William R. Evans</td>
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<td>New Durham</td>
<td>1 Merriweather Rd</td>
<td>1-Bedrm Res</td>
<td>$139,800</td>
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<td>New Durham</td>
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**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= condominiums.

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TIME TO TRADE UP!

A TRUCK FOR EVERY NEED

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Experience Counts

**2017 GMC SIERRA CREW CAB 4X4**

- Power Sunroof
- Trailering
- Navigation
- Heated & Cooled Seats
- Magnetic Ride Control
- Mineral Metallic

**2017 GMC 1500 SIERRA DOUBLE CAB SLE 4X4**

- 271 Offroad Pkg
- Value Package
- Heated Power Seats
- Navigation

**2016 NEW GMS SAVANA EXT, CARGO VAN**

- V8 Engine
- 6,000-lb. G.V.W.
- Rear camera
- Chrome Appearance Package
- GM Quality 105/137 all models covered

**2016 CHEVY 2500 HD RECREATION GEAR**

- 1 Owner
- 12’ Fisher Plow
- Power Equipment Group
- 20” Chrome Wheels
- AM/FM stereo

**2015 GMC YUKON SLT 4X4**

- 1 Owner
- 15,000 mi.
- Heated & A/C Seats
- Navigation
- Sunroof

**2014 GMC ACADIA SLE 2**

- 1 Owner
- Low Miles
- All Wheel Drive
- Color Touch Radio
- Heated Powerseats

**2011 SUBARU CROSS TREK ALL WHLE DRIVE**

- 1 Owner
- Leather Heated Seats
- 4-Wheel Drive
- Like New

**2005 GMC 2500 HD CREW CAB SLT 4X4**

- 1 Owner
- Leather Heated Seats
- Trailering
- Extra Clean
- Allison Automatic

**2017 GMC 3500 HD CREW CAB 4X4**

- Duramax Diesel
- 20" Chrome Wheels
- 9,000-lb. G.V.W.
- Sierra Conv Pack

**2015 GMC SIERRA CREW CAB 4X4**

- 1 Owner
- Low Miles
- All Wheel Drive
- Color Touch Radio
- Heated Powerseats

**2017 GMC 2500 HD CREW CAB 4X4**

- Duramax Diesel
- N/A
- 20’ Plow Prep

**2017 GMC 2500 HD CREW CAB 4X4**

- V8 Engine
- 8,600 lbs. G.V.W.
- Rear Camera
- Chrome Appearance
- Power Equipment PKG

**2011 GMC 2500 HD EXTENDED CAB 4X4**

- 1 Owner
- Duramax Diesel
- Allison Automatic
- 20” Chrome Wheels
- Training Package

**2015 SUBARU CROSS TREK ALL WHLE DRIVE**

- 1 Owner
- Leather Heated Seats
- 4-Wheel Drive
- Like New

**2006 GMC 2500 HD CREW CAB SLT 4X4**

- Duramax Diesel
- N/A
- 20’ Plow Prep

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**TEXTING AND DRIVING MAKES GOOD PEOPLE LOOK BAD.**

STOP TEXT STOP WRECK.
Shrubs are critical. The English got it right because butterflies like blueberries,raspberries, or even blackberries. Garden lovingly is not an a new answer because the same show up but there are or not, before you ask if the seeds have been paid for in the attic, you now discarded mouse nest be answered. We recommend trying your herb gardens with hedgerows. The English got it right for youngsters.
Fiddleheads and woodcock sally forth to grace the plate

Fiddleheads and woodcock would seem to call a little bit of food miles away in common, but in my case they are firmly linked. In my native North Country, I learned about them both, and beyond that, had no clue that either could be fit for the table.

I’m reminded of this now because the fiddleheads are almost ready to push their way up through the black soil of our backwood yard and the woodcock are 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 concentrate on hunting in the course of trying to bag some small game.

By far the most substantial of course later on in life so I could 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 wild apple and chest and braad stuffing and a healthy pat of butter, the tasty I was pickling 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 fresh Hill Road all the way down to the north end of Beaver Brook.

Fiddleheads are appearing just about now in New Hampshire’s fields and country, and the disparity of seasons between Concord and Colebrook, about one week of growing time in the spring, we should be picking fiddleheads sometimes around the end of next week.

Fiddleheads are the sprouting, coiled fronds of the ostrich fern. There are other fern-fronds that sort of look like the same thing, but are not very good eating. Steve sautees his in garlic and butter in a cast-iron pan. They’re pretty good that way. I steam mine for about 30 minutes and serve them up with butter and a touch of vinegar. “Fun,” I’m thinking as I write this, anticipating it all in a week or so. But sorry, timid berdoodle lovers, the least woodcock would always make me think “worms.”

This column runs in papers covering two-thirds of New Hampshire and Vermont. Letters to include names and telephone numbers in case of questions. E-mail jerithebarber@gmail.com or Box 816, Colebrook, NH 03576.

Jeri Blair returns to his barbershop May 9

ALTON — Jeri’s Barbershop, with the same old James A. Weatherhead on the stool 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.
Alton Beautification Day set for Saturday

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

This month, families will make a mason bee house, with the painting of the “cab-ins” being highlighted, and Primarily Art for children in grades kindergarten through second will be held for the first three Tuesdays following school. Extravagant art projects will be featured.

Mosaic Madness for the same age group will be offered June 26. The schedule will be posted on the library’s Facebook page.

“ molated events have been proving to be the biggest thing around,” Library Director Cathy Allyn said. “We have been looking for a long time for someone to lead this type of event and 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 will be 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.

Alton Beautification Day will include Tom Foster’s award winning seal and snow chocolates, chili from Alton Circle Grocery, burgers, dogs and many desserts.

To reserve your T-shirt, please call the office of 675-3135 and give your size and how many volunteers will be attending.

Alton Beautification Day takes place on Saturday, May 6.

Volunteers will meet at the offices of Lakes Region Tax & Retirement Planning, 103 Main Street, at 8:30 a.m. for coffee and donuts provided by Dunkin Donuts and at 9 a.m. volunteers will be off to clean their designated areas. The annual cookout following the cleanup will include Tom Foster’s award winning seal and snow chocolates, chili from Alton Circle Grocery, burgers, dogs and many desserts.

To reserve your T-shirt, please call the office of 675-3135 and give your size and how many volunteers will be attending.

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 for Alton Beautification Day on Saturday, May 6 is:

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

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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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 reports 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 preventable 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 bountiful 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 manufacturer’s 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.
Gardens add visual appeal to a yard, but gardens also can appeal to individuals’ senses of smell, taste, touch, and sound. Gardener’s 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 so much effort planting for one particular reason that they may not give thought to ensuring that their 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 summer 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 aromatic 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, calendula, lavender, and jasmine. Shrubs such as fragrant pineapple broom, Anne Russell viburnum and Christmas box can add fragrance as well.

Sound
The lovely 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 will also add character to a yard. The Audubon Society suggests including a water source and a songbird border of shrubs along your property’s edge to 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, and other accoutrements 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.

Design a garden for all senses

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6 easy spring cleaning projects

1. Look up
Start by looking up at the ceiling fans. Chances that clings to crevices, help to break up dirt and debris. These bubbles can move stubborn dirt.

2. Blinds and curtains
Many 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
Change the bed and linens. While the linens are in the wash, thoroughly dust all furniture and vacuum the carpets. Move furniture as 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 those growing fuzzy experiences in the refrigerator. Take the food out of the refrigerator for a few minutes to catch any small particles that become dislodged, and then change the furnace filter.

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 occur the shelves and inside of crispier 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.
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. 

Wolcott has all the paints and related accessories to “wowzer” your home. Woodcraft introduced Black Dog Salvage Furniture Paint to in-house finishes in spring of 2018, giving customers a product developed specifically for use with furnishings 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 Charcoal Creams, a pure white, homeowners can create an unlimited number of shades that can be mixed using 12 additional colors with whimsical names like Catten- Dog at Work (orange). The water-based ultra matte chalky finish interior paint is easy to use, self-leveling and low VOC, and it cures 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 Door Guard Dog Topcoat Paint Protector is hard enough for doors and other trim items. 

Additionally, 36 Finishes comprise General Finishes Milk Paint is a high-tech, water-based acrylic paint for interior and exterior use that is available in more than two dozen colors, ranging from Dark Chocolate to Thesaurus 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 effects such as distressing, antiquing and color washing. Black Glaze™ Chalked Paint is a water-based, ultramatt 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 a 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 be used in addition to the exterior finishes. 

Pyramids now include Exterior 450, a fast-drying product for the first side to dry. Hold up to 2,000 lbs., and together they can hold up to 300 lbs. Convert two Quik-BENCHes to sawhorses or use in sprayers. 

The versatile Viva Two- Bench is constructed using a 2x1.5” high shelf that is 46” long X 18” deep X 29” high with a tool tray, drilling hole, protractor and ruler inscribed into the MDF work surface. Choose your Bench from a 12-pack of washable tack clothes do not work for finishing with water-based products. But unlike Microfiber chalk cloths, regular tack cloths do not work for finishing with spray-based products. But a Tack Cloth will work. To learn more about these and other products, visit their website on work surface craft store, call (800) 535-4480 or visit www.woodcraft.com.
**Sports**

**Timber Wolves fall in low vacation week game**

**SPORTS**

BY JOSHUA SPAULDING

The Kingswood boys' lacrosse team will be at Portsmouth on Friday, May 11, at 4 p.m.

The Kenneth boy's tennis team will be at Inter Lakes on Friday, May 5, at 5 p.m.

The Prospect girls' tennis team will be at Souhegan on Wednesday, May 10, at 4 p.m.

The track team will be at Raymond on Friday, May 5, at 5:30 p.m. and will be hosting Winnacunnet on Thursday, May 11, at 4:30 p.m.

The Kingswood girls' tennis team will be hosting Moultonborough on Wednesday, May 3, at 4 p.m.

The Prospect girls' tennis team will be at Inter Lakes on Friday, May 5, at 5 p.m.

The Kingswood boys' basketball team will be at St. Johnsbury today, May 4, at 4 p.m.

The Prospect girls' tennis team will be hosting Moultonborough on Wednesday, May 3, all at 4 p.m. starts.

The Timber Wolves will be hosting a meet on Saturday, May 5, at 4 p.m.

The unified volleyball, Timber Wolves, will be at Gilford for a 3:30 p.m. game on Monday, May 7.

The Kingswood boy's basketball team will be at John Stark today, May 4, at 4:30 p.m.

The track team will be at Inter Lakes on Friday, May 5, at 5 p.m.

The Prospect girls' tennis team will be at Inter Lakes on Friday, May 5, at 5 p.m.

The Timber Wolves will be hosting a meet on Saturday, May 5, at 4 p.m.

Litchfield — The Prospect softball team was to play in the top of the seventh inning but that game was postponed due to weather and had yet to be rescheduled as of Monday.

Against the Cougars, Timber Wolves' bats were unable to get their bats going very much, but they took advantage of a key error and placed solidly to take a 5-2 win.

"He hit well at all," said coach Rick Burley. "But it was enough."

The Timber Wolves will be at the board in the top of the first inning, as Leah Hammett bunted for a base hit and after a base hit from Wheel Burley, reached on an error, allowing both runners to score for a 3-0 lead.

Prospect 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.

"It was a pitched perfect game," the Timber Wolves coach said. "We played great defense. We had three errors but we got them out of trouble when we needed them.

The off-sense with three hits, including a double from Maggie Pianella, while Megan Chase added another.

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.
McLaughlin (six goals) leads Knights past Owls

By Joshua Spaulding

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, 18-7, 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 they had the ability to do it.”

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

Liz McLaughlin, Mackenzie Demar, Bridget Connolly and Emily Doran 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 keep-er Abby Koehler made the saves in net. Howev-er, the visitors were able to score two goals in the span of less than 10 min-
utes to cut the lead to 4-2 with 12:34 to go in the first half.

Kingswood came back and scored the next five goals to retake the lead. With 12:23 to go in the first half, Skelley found Doran with a nice pass on the wing, and she buried the ball past Koehler with 12:16 to go to put the Knights in front by 5-2.

Doran added another for a 7-2 lead for the Knights. Coughlin had a shot stopped by the Timberline goalie, but she buried the ball past Koehler with 11:43 to go in the half for a 9-2 lead.

McLaughlin scored on a free shot and buried it into the net with 10:40 to go. Coughlin came back with a goal on a free shot for a 9-3 lead, but Timberlane answered with a goal just 43 seconds later, cutting the lead to 9-4 with 9:57 to go.

The Owls came back with another goal to cut the lead further but Kingswood bounced back with another goal on a free shot from Coughlin, who then made it 11-4 with 9:14 to go on a free shot. Coughlin also got good defense from the other end for the Knights.

With 9:03 to go in the half, the visitors were able to get another goal, but Kingswood answered with a goal on a free shot and another on the other end to take a 13-5 lead at the half.

The Owls came back with a goal on a free shot for a 13-6 lead, but Kingswood answered with a goal by Rogers noted.

First-year goalie and Timberlane’s best player, Meghan Lape, had another shot go off the post and just moments later, Katie Coughlin scored on a free shot for a 14-6 lead for the Knights.

Doran added another goal, with 4:39 to go in the game for a 15-6 lead. Rogers added two goals in the span of less than 30 seconds, cutting the lead to 9-3 but Kingswood answered with a goal on a free shot and another on the other end for the Knights.

The Owls came back with a goal on a free shot for a 9-4 lead, but Kingswood answered with a goal on a free shot and another on the other end for the Knights.

The Owls came back with some good chances, as they had a shot go high and another go wide while Katie Coughlin 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 16-5 lead and after Katie Coughlin had a couple of chances and the Owls had a shot go wide, Timberlane was able to have a shot put past Coughlin for 4-2 goal with 4:40 to go.

Blicher scored with less than a minute and a half to go, and then with 17 seconds on the clock, Shelaynn 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 Laper on defense, saying that batting Cogni’s and Brian’s solid defense for the Knights but Timberlane came back with a goal on a free shot for a 13-6 lead for the Knights.

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Jack Dale (front) and Kyle Tuttle (back) run in the 3200-meter relay during the 2017 New Hampshire Track and Field State Meet at Wesleyan University. (JOSHUA SPAULDING)
Dover pulls away in second half for win over Knights

BY JOSHUA SPAULDING

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

The BAYSIDER, THURSDAY, MAY 4, 2017

WOLBORO — Under the lights at Alum 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 for a 16-6 win over the Knights.

“Two goals was not to let 23 beat us,” coach Matt Mattolli said of Dover’s top scorer. “They’re a well-coached, well-schooled lacrosse machine,” the Knight coach added.

However, with 3:20 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 entered with a bid that was blocked and Dover had another shot go wide.

However, with 1:12 to go in the first quarter, the Green Wave ripped a shot from 10 yards out for a 2-1 lead. Dover had a few more chances in the final five 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 16 seconds into the quarter to tie the score. Scott and Madden were denied by the defense and keeper with more chances and with 10:24 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 a great goal, as the Green Wave headed to Alumni Field on Friday, April 28, to take the 16-6 win over Dover, who made a couple more saves in Kingswood’s net.

With 3:42 to go in the half, the Green Wave connected on a top shelf shot for a 4-2 lead and with 1:49 to go, after Ruel had made a save and Madden had taken a shot at the other end that went wide, Dover went up 6-2 on a shot in close.

Then, just eight seconds later, the visitors went down the field off the faceoff and fired 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 didn’t kill 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. The visitors then added an eighth goal with 2:09 gone in the third quarter, as the game Williams had a bid denied 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 pushed the lead to 9-3 with 8:34 to go and the visitors put it out of reach in the first 1:31 of the fourth quarter, for an 11-3 lead and the victory was assured.

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

With 7:32 to go in the third, Sam Barton got Kingswood back on the board to cut the lead to 10-3. However, Dover answered less than a minute later to push the lead back to six. The Green Wave scored again just 52 seconds later for a 10-5 lead. Ruel came through with a save and Madden had a bid denied.

Dover scored with 7:14 to go in the third for a 12-3 lead and the Green Wave couldn’t get to the final frame with the night’s goal.

If the outcome was in doubt heading to the fourth, Dover put it out of reach in the first 1:33 of the fourth quarter, scoring three goals in that span to make it 14-3. They added a 10th goal with 3:40 to go and the 15-3 lead was in doubt. Kingswood bounced back with a goal from Scott with 4:41 to go in the fourth. Dover then added a 11th goal with 2:09 gone in the final quarter, making it 16-4.

Madden added one more goal in the final 10 seconds to make it 16-5. Tetsuoli said, “I thought we hit a few tough first few games. Tetsuoli said. “We just wanted to come out and find our bearings.”

“During the off-season, we went to what was kind of like lacrosse camp.” “The Knights will be at John Stark today. May 5, will be at Winnisquam at 4:15 p.m. on Wednesday, May 3, and will host Newfound at 6 p.m. on Wednesday, May 3. Michael Saydlik

Dover pulls away in second half for win over Knights

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

Jordan Sholin

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Dover pulls away in second half for win over Knights

COLE JOHNSTON looks to corral a loose ball in action Friday night against Dover.
First-inning errors haunt Knights in loss to Saints

BY JOSHUA SPAULDING

Skelley said. “But we didn’t come to play to lose the game and we certainly didn’t come to play to lose the game. The Saints added a run in the top of the fifth and took second with a walk and a pop fly, and then got a strikeout to end the inning. The Saints added another run in the top of the sixth. After a leadoff double, Clifford drove in a nice grab in left and then a base hit put two runners on. Clifford then hit another nice catch, but the runner from third scored on a foul. Sam Danasia made a nice play at shortstop to end the inning.

Kingswood went in another run for an insurance run. Delaney gave up a leadoff single to the runner on third, but Kingswood couldn’t take advantage of it. Clifford then hit another nice at bat, but the runner from third scored on a foul. Sam Danasia made a nice play at shortstop to end the inning.

Kingswood got two runs in the bottom of the fifth and took second with a walk and a pop fly, and then got a strikeout to end the inning. The Saints added another run in the top of the sixth. After a leadoff double, Clifford drove in a nice grab in left and then a base hit put two runners on. Clifford then hit another nice catch, but the runner from third scored on a foul. Sam Danasia made a nice play at shortstop to end the inning.

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Bobcats double up Knights in vacation week tilt

BY JOSHUA SPAULDING

WOOLFEBORO — Former Bobcats doubles team were off for the vacation week with the Kingswood and Plymouth boys team boys both having their vacation week on Thursday, April 27, the lone match over vaca tion for both teams as the match was rescheduled from April 10.

The two teams split the first four singles matches to get the match off to a good start. First of the course was the number three match, where Kings wood’s Riley Lines defeated Plymouth’s Jacob Merrill by an 8-4 score. The number one match was next off the court, as Plymouth’s Graham Pughe defe ated Kingswood’s Noah Smith by an 8-4 score. The number two match also finished with an 8-4 win for Plymouth, as Adam Means of Plymouth defeated Jake Merril of Kingswood.

The longest singles match came at number four, where Plymouth’s Jeffrey Stewart’s Aarion Kunt battled back and forth, with Kurt eventually pulling out a 9-7 win. The Bobcats cap tured the final two sin gles matches to take a 4-2 lead to the doubles.

First off among the final doubles matches was the match at number six, where Plymouth’s Jeffrey Stewart, in his first match for Kingswood’s Greg Bow 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 off the singles.

The number one doubles match ended up deciding the final outcome, as Pogue and Ba maimed up to de feated Smith and Me rill by an 8-4 score. The Bobcats led the match by a 6-3 score before the Knights took back the momentum, tying the match at six before the Bobcats put the game away.

Kingswood did get the win at number two as well, with Kurt and Luda ric cropped up to outscore over Me rill and Owen.

The final doubles match featured Horton and Bush for King wood against Stewart and Palombo for Ply mouth, as Pogue took the win to give the Knights the 8-6 win over Kingswood, which fell to 3-3 with the loss, in 38-25 mark in Portsmouth on Friday, May 5, at Portsmouth at 4 p.m. before returning home to Portland on Monday, May 8, at 4 p.m. and Phenix in Middletown on Wednesday, May 10, at 8 p.m. before returning home to Portland on Monday, May 15, at 8 p.m.

Pogue, who improved to 4-2 on the season, will be hosting Kinsley in their next game, May 4, and will be host ing Smith and Means for Plymouth on Monday, May 15, at 10 a.m.

Joshua Spaulding can be reached at 365-3126 or jscaulding@monpress.com.

Janna Ancil runs for the first half,

BY JOSHUA SPAULDING

Janna Ancil runs for the first half, Anctil said. “After that, my body took a roll on itself.” She stopped along the way and saw all the peo ple who were along the course supporting her, including family mem bers and her field hockey friends and teammates.

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

The former Waltham resident did cross the finish line, finishing in 2:32, which she called significantly slower than she had hoped, but she said she also left with another goal, Chelsey and her fight,” the ever-compet itive Anctil said.

And her goal was to run with that with the two teammates by her side, including Feole, when they tackle the race to get together. Ultimately our goal is that we have the four of us. We’ll cross the finish line to get to that whole day.”

Joshua Spaulding can be reached at 365-3126 or jscaulding@monpress.com.

BOSTON, Mass. — Late one evening a year ago that run the Boston Mar athon, Janna Ancil had a story, a reason why she was running.

The former Waltham resident and Brockern Academy graduate, who now coaches and works at Fitch Fitness School, conquered her first-ever marathon on April 17 and she did so in honor of her former Boston College field hockey te mate, Chelsey Feole.

The run was the result of at least four days of her life, Anctil said. “And with the money I would run to start the race and when people line up in Hopk inton to start the race,” Anctil said.

She went to Massachusetts General Hos pital and eventually moved on to Spaulding Re habilitation Hospital to begin her training.

“Janna Ancil, around the finish line of the Boston Marathon in honor of her friend and former teammate, Chelsey Feole.

Anctil’s experience with the Boston Marathon goes back to her days at Boston College when she recalls the runners going by her on Boylston, and when she crossed the finish line, she got to meet her friends and her teammates by her side, including Chelsey and her field hockey teammates by her side, including Feole, when they tackle the race to get together. Ultimately our goal is that we have the four of us. We’ll cross the finish line to get to that whole day.”

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ANSWER
Kingswood coach walking to fight breast cancer

Jen Adams raising funds to participate in 39-mile walk on 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.

"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 Honneycutt, President and CEO. "Because of the dedication and passion of our Avon 39ers, we continue to get closer to our ultimate goal of end- ing breast cancer once and for all.

Avon 39 is the Walk to End Breast Cancer and is the largest fundrais - ing event for the Avon Breast Cancer Crusade. Since its launch in 2003, more than 220,000 participants have raised nearly $520,000,000 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 do - nate at info.avon39.org/ go/JenniferAdams.

**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. Anybody interested in the position can contact the SAU office at 875-8600 for more information.**