



Coming to you live

MIKE AND THE HOSS BRING LIVE SPORTS TALK TO WASR TWICE A WEEK

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — Mike Danais and Charlie Hossack have spent many years on the sidelines for the local sports teams, both coaching and watching their children compete in a wide variety of sports.

So, it's safe to say they have plenty of opinions about sports. And a few years ago, while Danais was broadcasting football games for Wolfeboro Community Television, he would interview Hossack (who was then a coach) at halftime and they found a good rhythm.

Eventually, Hossack moved up to the television booth with Danais and WCTV manager Tim Goodwin approached them about doing a sports talk show for the network.

"We had no idea what we were getting ourselves into," said Danais.

They recorded that show once a week in the



MIKE DANAIS (left) and Charlie Hossack host Mike and The Hoss on WASR on Tuesdays and Fridays from 4:30 to 5:30 p.m.

JOSHUA SPAULDING

WCTV studios at the high school and last August, they met with new WASR station manager Eric Scott, who talked

them into doing a live sports call-in show on the local radio station.

However, when the opportunity recently

came up for Mike and The Hoss to air a second day live on the radio, the duo jumped at the chance and now offer up their opinions and wel-

come your phone calls every Tuesday and Friday from 4:30 to 5:30 p.m. live on WASR, 1420 AM and 97.1 FM.

With the two shows

a week on the radio, the duo found they didn't have time to also record the television version, so instead, they are putting the show live on Facebook and Goodwin has been able to take that feed and adjust it to work on WCTV.

Additionally, the show is available in podcast form at WASR.net.

The show essentially talks all things local sports but also has plenty of talk of New England sports and of issues on the national level as well. With Kingswood yet to get the approval to play any winter sports, much of the discussion recently has been focusing on the Patriots, Bruins and Celtics as they either wrap up their seasons or kick off their seasons.

"For the first show, we prepped for hours because we didn't know what to do," Hossack said. "We wanted to make sure that Kingswood sports were get-

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New coach takes helm for PMHS boys

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain boys' basketball team will be looking to come together under a new coach as this very unusual season gets under way in the coming week.

Kiernan Gordon takes over from coach Joe Faragher, who returned to Kingswood to take over the program there from coach Dan Place.

"Frankly, our goal is to improve through the course of the season on an individual and team basis," Gordon said. "The season could end at any time, so our focus is on playing in the moment, competing every minute on the court and being grateful for the opportunity to do so."

Gordon notes that the team has followed all of the guidelines from the SAU and the school board, wearing masks, completing the COVID-19 questionnaires daily and bringing their own water bottles, among other precautions. The first-year coach expressed his gratitude to the administration and school board for their guidance in this unusual season.

The Timber Wolves will be leaning heavily on three returning players, including a couple of seniors. Alex Ludwig is back for his senior season and though he is an undersized post player, he has incredible strength and has shown his coach great

leadership and a fantastic work ethic. Michael Perry is also back for this senior year after earning First Team All-State as a soccer player in the fall. He can play multiple positions and will guard multiple positions as well as bring his strong leadership to the court.

Ethan Howe is back for his junior season and is an excellent shooter who Gordon notes is very coachable with an excellent work ethic.

The Timber Wolves will also be relying on a couple of freshmen to chip in as well. Ethan Capsalis is a skilled guard with a high basketball IQ and a great work ethic and Dillon Miller is a hard-working, skilled and coachable post player who may be thrust into the lineup a lot because of his size and matchups with other teams.

The Timber Wolves will be playing a regionalized schedule that includes two games each with traditional Division III rivals Belmont and Gilford, as well as two each with Laconia for the first time in a few years and then two each with local Division IV squads Moultonborough, Pittsfield and Farmington. The team was scheduled to open against Division II neighbor Kingswood, but as of deadline, the Governor Wentworth Regional School Board had yet to approve win-

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ning at Kingswood.

With the first week of games against Kingswood currently off the schedule, the Timber Wolves open the season on the road at Gilford today, Jan. 14. That game was moved from Jan. 19. The boys will be hosting Gilford on Thursday, Jan. 21.

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

Barnstead Elementary School releases honor roll

BARNSTEAD — The following students in Grades 4-8 at Barnstead Elementary School have earned High Honors or Honors for the First Trimester of the 2020-2021 school year.

Students who have received A's in all of their subjects qualify for High Honors. Those students who have earned A's and B's in all of their subjects qualify for Honors. In addition, students qualifying for High Honors

and Honors must have received grades in effort and conduct that are average or above.

Grade 4

High Honors: Camden Paul Batchelder, Lorilei Black, Nora K Brooks, Camdon Drolet, Amelia Gentile, Evelyn Grace Holmes, Hayden Danger Holmes, Luchiano John Leitner, Aidyn M McGranaghan, Brendan McLaughlin, Dylan T Pelletier, Matthew Perry, Ashlynn Grace Roberts, Delilah Valerie

Tiede, Asher Edward Whitmore, Brynn Jordan Woods

Honors: Lacey Mae-Lee Abell, Nicholas A Boudreau, Emma Burris, Makailah Carson, Ariana Clements, Gabriel Cole, Cameron Deane, Annika DeRocher, Skyler Miner, Emmet A Minot, Corbin J Morton, Orion Landon Neathery, Stephen Joseph Rawnsley, Anna C Seibert, Kumar Sookdeo, Grace St. Germain, Ciprian L Sus-

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PHOTO BY ERIN PLUMMER

Winter in Gilford

Snow covers the Benjamin Rowe House, a common sight in Gilford for the past 183 years since the house was built in 1838.

Libby Museum appears at the Wolfeboro Public Library



WOLFEBORO — During the month of January, a selection of birds and animals from the Bruce Lauber Collection of the Libby Museum as well as a series of photographs of Dr. Libby's collection is on display at the Wolfeboro Library.

The exhibit features a bit of history about Dr. Henry Forrest Libby and his philosophy, and a large photo of the hopes for the future of the museum's expansion. Since the museum is in dire need of renovations, the show demonstrates the importance of keeping



our connection to nature alive and ongoing. Most impressively, on a stack of books sits, an adult mountain lion gazes at the passersby below. This animal sparks many a conversation about when the last of its kind was seen in the area. While some say

they are no longer here, others are sure they have been seen crossing the road or in their backyard. Nevertheless, it is an impressive animal not to be missed.

In the glass display case, sit some photos from a distant time of Dr. Libby and his fami-



ly on an outing, as well as other small creatures from the collection. As the state's only natural history museum located on the shores of beautiful Winter Harbor, the Museum is a place where anyone can stop by to explore the wonders of nature and so

much more. Be sure to visit the Wolfeboro Public Library during the month of January to get a book and take in the exhibit. Hours of operation are Monday through Thursday 9 a.m.-7 p.m., Friday 9 a.m.-5 p.m. and Saturday 9 a.m.-4 p.m., phone 569-2428.

Registration open for Prescott Farm WildQuest Camps

LACONIA — Families looking for outdoor and nature-based activities that kids will love and that grownups can feel good about can look no further than WildQuest Camps at Prescott Farm. Registration opens Jan. 11.

These nature-based day camps coincide with local school April vacation week and run nine weeks in the summer. With a focus on the natural world – and plenty of outdoor fun – WildQuest Camps are the perfect match for inquisitive

young explorers.

All camps are weekdays from 9 am to 4 pm with extended care hours available (8 a.m. – 5:30 p.m.). Spring Camp (Monday, April 26 – Friday, April 30) is open to children age six to 12, while Summer Camp ages are four to 14.

WildQuest Summer Camp features nine weeks of unique nature-based themes. Campers age 13 and 14 participate in the Leader in Training program which emphasizes

hands-on team building and explores various leadership styles. An Early Bird discount is available for campers registered by March 1.

Camp Director Jake Newcomb and the WildQuest staff are eager to create a memorable experience for campers.

“With so many children learning online, the importance of outdoor, nature-based experiences has never been greater,” Newcomb said. “We are confident that our COVID-19 guide-

lines and experience running other in-person programs prepares us to lead campers in dynamic, informative and fun adventures that they can carry with them for a long time to come!”

For details about WildQuest pricing, Early Bird and Prescott Farm member discounts, and scholarship opportunities, visit prescottfarm.org or call 366-5695.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preser-

vation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland,

pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

Prescott Farm – exploring and preserving the natural world, one adventure at a time.

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Virtual groundbreaking held for new senior living facility

FRANKLIN — The team at the Peabody Home in downtown Franklin put shovels in the ground at a recent virtual groundbreaking ceremony to formally kick of the construction process that will result in a significant expansion of facilities and services. The ceremony, captured on video, includes remarks from staff, board members and the mayor, all highlighting the long history of the Peabody Home and the strong interest in creating a “new Peabody.” The larger, brand-new facility will provide more capacity for assisted living and memory care and add in new high quality independent living options for a full continuum of care.

“Peabody Home has given back to this community for almost 100 years. This Board of Directors felt that we needed something to push the Peabody Home forward into the next century. The best option the board found is to put in a brand-new facility that will serve this community for another 100 years,” said Chris Seufert, chair of the Peabody Home Board of Trustees, during the virtual groundbreaking.

Funding totaling \$26 million was approved through the United States Department of Agriculture’s (USDA) Rural Development’s Community Facilities Direct Loan & Grant Program in November. On Dec. 22, all loan paperwork was finalized, allowing construction to start.

“Three years ago, we (the board) thought about expanding and meeting the expectations

of what we know is coming in this industry. We looked at our 80-year-old building and thought, ‘it’s time to think of something different.’ What we have come up with is a set of plans that will accommodate two times the census and three times the square footage,” said John Benham, who also serves on the board and chairs the Building Committee.

Construction of the new 63,632 square foot facility will be done in two primary phases. The first phase will be the construction of the assisted living and memory care facility. Upon completion, residents and staff from the current facility, which dates back to 1942, will be moved to the new building. Phase one is expected to be completed in late 2021.

Franklin Mayor Tony Guinta participated in the virtual groundbreaking and read a proclamation.

“The Peabody Home is now poised to begin an incredible expansion that will not only compliment Franklin’s downtown rebirth, but most importantly will provide a special place for more than 70 seniors to enjoy their golden years in a warm, safe and well-appointed environment,” he said.

After phase one is completed, the original building will then be torn down and phase two will include constructing the new independent living facility on that location. Both phases will be integrated into a single three-story building that features a granite and brick façade and large



COURTESY

Peabody Home Executive Director Meg Miller at the groundbreaking for the comprehensive new senior living facility.

manor windows and will include a 24-hour emergency response system, personal transportation services, a beauty and barber shop, an exercise and wellness room and easy access to downtown Franklin. Phase two is expected to be completed in late 2022.

Once completed, the “new Peabody Home” will more than double capacity from the current 37 residents and will include 13 memory care apartments, 45 assisted living apartments and 16 independent living apartments. It will feature more common space and take advantage of its unique views of the Winnepesaukee River, which bends around a point where the facility is located.

“The Peabody Home has been an integral and beloved part of Franklin’s downtown since the early 1940’s. Residents near and far have come to trust the facility for its high quality of care. The

expanded capacity will be critical as the Peabody Home continues to serve the growing senior population of this great community,” US Sen. Jeanne Shaheen said in a letter submitted as part of the ceremony.

U.S. Sen. Maggie Hassan and U.S. Representative Annie Kuster provided video commentary for the ceremony.

“This modernization and expansion of the Peabody Home will serve more seniors in our state, keeping them safe and healthy, and improving their lives,” Sen. Hassan said in her video.

“I’m just thrilled that the Peabody Home has received this significant funding from the U.S. Department of Agriculture. This direct loan represents an important investment in the City of Franklin, its residents and surrounding communities,” Rep. Kuster added in her video.

Meg Miller, who has

been at the Peabody Home for 22 years and currently serves as director, thanked her volunteer board for all of their work and support and Rural Development for providing the funding to make this project a reality. She encouraged those interested in learning more about the expansion to visit a new Web site that has information on the project.

Peabody Home, which is an independent non-profit organization, will continue its unique benefits that help make it an affordable, high-quality option for senior living. While many facilities that offer independent living often require a significant down payment, Peabody plans on requiring a small, fully refundable deposit. The facility will also continue to offer its Yankee Plan, where residents pay for basic services and can

then add in additional services a la carte, so they are not charged for services they don’t use.

Schematics and additional information on the building can be found online. Space in the new facility can be reserved now. Anyone who moves into the Peabody Home prior to the opening of the expanded facility will have a space held for them in the “new Peabody.” The building was designed by EG&P.C. Engelberth Construction is building the facility and the engineering work is being conducted by Nobis Engineering. Advisory work is being provided by RS Consulting and North Country and the Northern Community Investment Corporation. For more information, contact Marylee Gorham at 934-3718 or ormgorham@peabodyhome.org.

Farmington church serving chicken pot pie to go Feb. 13

FARMINGTON — Enjoy the taste of homestyle cooking when you eat a delicious Chicken Pot Pie Meal-to-Go prepared by the Women’s Fellowship of the First Congregational Church in Farmington on Saturday, Feb. 13 between noon and 2 p.m. The cost is only \$10 per meal. Pre-paid orders must be received by 5:00 pm on Wednesday, Feb. 10.

Each Meal-to-Go consists of a 12 ounce pot pie with slow simmered all white chicken, with cut potatoes, tender

peas and carrots, celery and onions, in a savory gravy with a tender pie crust. With a side order of cranberry sauce and an assortment of homemade cookies you have a delightful dinner to enjoy in the comfort of your home. Pickup your pre-paid order on Saturday, Feb. 13 between noon and 2 p.m. at the Community Access Ramp entrance to the First Congregational Church located at 400 Main St., Farmington, New Hampshire.

For further information, email womensfellowship@yahoo.com.

There are three convenient ways to order a pre-paid Chicken Pot Pie Meal-to-Go:

By phone: Call the church at 839-1007 and provide your name, phone number and the number of meals you would like. Your call will be returned.

By mail: Provide your name, phone number and the number of meals you would like.

Make your check payable to FCC Women’s Fellowship and mail it to

FCC Women’s Fellowship First Congregational Church 400 Main St. Farmington, NH 03835

Online: Go to the church’s website at www.farmingtonnhucc.org and click Chicken Pot Pie Meal and pay online using PayPal.

This event benefits the ministries of the First Congregational Church, which provides people with clothing and household items through Blessed Bargains Thrift Shop and food from the Interfaith Food Pantry.

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STRATEGIES FOR LIVING

The musings of a troubled man

By Larry Scott

The new year has arrived ... but few of us are celebrating. A pandemic that doesn't want to quit, a riot and tragic death in Washington, D.C., a Congress set to change the way we live, and a disturbing moral breakdown across American society, leave me troubled and disoriented. Travel is on hold, Church is online, eating out a thing of the past. And there is no end in sight!

The year promises to be a productive one for me, only because I have the chance of writing to people like you. "The Model of a Model," my first book, will be on the market, I hope by mid-year, and I will continue to share my thoughts each week in this forum. But that, frankly, is what troubles me.

Strategies for Living has been in production for a little over three years. I have been open about my struggles with life, I have challenged the social issues that are destroying our society, and I have often pointed to Jesus Christ as the only One Who can bring a song in the night, or perhaps I should say, peace of mind to our Pandemic.

But many of the people I care about have concluded my faith is bogus, or at least, of no interest. The Bible is a book they never read, Jesus Christ a historical figure they know little about, and my faith confusing and unwelcome. They are good people, friends that have earned my respect. But I agonize over their eternal future ... and there seems to be no way I can reach them.

And that is my dilemma. What do I do? I can attempt to get their attention with pious platitudes and real-life stories, but to what end? Eternity looms; none of us will be here by 2060. And although this discussion will be remembered, it will by then be purely academic.

For those who haven't welcomed Jesus as the Lord of their lives, eternity will be a nightmare. Contrary to the Bible's picture of hell as a lake of fire, which I take to be a metaphor, I think of hell as a cold, dark, and silent room. There is nothing to see or do, no one to talk to, you're just there. Alone with your thoughts, you exist day after day, year after year, into the ages, with nothing but the memory of what could have been. And as it goes on ... and on ... and on ... it will, indeed, constitute suffering beyond anything one can imagine.

And that is my dilemma. How do I remain silent? I am excited about life, and I would like to write about positive thinking, careful planning, overcoming a troubled past, achieving your dreams, and making these the best days of your life. But to what end? "If in this life only we have hope," wrote the Apostle Paul, "we are of all men most miserable." Wow! He had that right!

But it need not be. You can join me as we reframe our past, energize our activities, and achieve our potential. That is a dream that excites and I believe possible because, to quote the Apostle Paul again, "I can do all things through him who gives me strength." For a great 2021, I invite you to begin it with Jesus Christ.

For more thoughts like these, follow me at indefenseoftruth.net.



Elissa Paquette

ELISSA PAQUETTE

The Mill St. Meat Market at 67 Mill St. in Wolfeboro offers curbside shopping. Owner Ryan Crowther talks to Victoria Cote, standing at the order window. The market offers meat, seafood and a variety of vegetables and grocery items. Save 15 percent on all meats, excluding seafood, now through Jan. 24.

LETTERS FROM EDWIN

Forever

Today is a sad day. An old friend passed away today. I thought of calling this morning but once again I got sidetracked. It never happened. That kind of thing has happened to me a number of times. While I was in Europe, I had this feeling that my father was saying goodbye to me. Then something urged me call a dear old friend the night before he took his life.

I'm sitting here

on this side of life's great divide and thinking that when I go, everyone should throw a party and celebrate that I had successfully completed my journey through this existence, and have graduated to better things. Moved on. I've heard of cultures that do just that. But I don't feel like celebrating. I feel a hollow emptiness. A friend is gone. And is with us no more.

There are just

no words to say. Oh, I'll blurt out something like I'm so sorry, because I am, but no words will ever be sufficient. We'll all sit around this nice room consumed in our thoughts and not say much of anything. Sharing our sadness.

I've never liked funerals. The whole atmosphere around them was dreary. I've gotten better at them with practice. The last one I went to I even spoke of a mem-

ory. I wanted to.

Since then, I've actually harbored some thoughts as to making some plans of my own. For anyone who knows me, they know that I'm not one to make plans. Most of my customers come to understand that about me pretty quickly.

But when my time comes, what would I like to be done. A hole in the ground? A fiery furnace? How about

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Letters to the Editor

Beauregard's last stand

To the Editor:

When Fort Sumter near Charleston South Carolina was fired upon by General P.G.T. Beauregard, the southerners thought for sure they would be done with Abraham Lincoln's Win of the White House, as well as his Presidency in short fashion. What sparked the civil war is no different than what happen at the Capital building this past week, on Jan. 6. Trump has fired the first shot in America's second civil war, the reaction to which has shocked the public, as well as disturbing politicians who care about the democrat-

ic republic we call our government. The bringing of mobs to assault the Capital Building is charged to #45 with his seditious remarks to a crowd of his supporters who seem to honor him more than they honor American values. Traitors one and all, whether they entered the Capital Building or stood outside and chanted, rants of hate for the due process of following the constitution when an election has come to its conclusion.

I truly hope each and every one of them as well as #45 are brought to full justice which removes them from the rest of

decent society — what was the expression, "Lock Her Up?" Well, lock them all up! They have proven what I've said about them right along they are traitors. The Congressman, Congresswomen and Senators who voted to not honor the states electoral college results need to be censored, or removed from office since, they also seem to think honoring one man was more important than the truth of a duly fair election result.

Lastly, thank you, Twitter, for shutting up

the loser. I support his second impeachment whenever it happens. I await the court's decision on his self-Pardon, only an action a true loser would do. If any of you do not see this the way I do, God bless you, I hope you're not caught up in #45's scandals, for surely his supporter's politics are being called into question by the Americans who do love this country more than a little man who is not great and now never will be.

JOHN HENDERSON
BARNSTEAD

A letter to the good citizens of the world

To the Editor:

Shame on you that are not upset by the attempted takeover of our freedom. I watched the activities of the assault on our Capital, that signature of Democracy.

I watched our President egg the mob on. I watched his son and daughter follow his message. I watched his lawyer call for "combat."

I was heart struck by the mob's activities.

The next night, I watched the movie "Twelve Years a Slave"; my heart went out for those human beings and what they were forced to endure. Lincoln and my abolitionist ancestors would turn in their graves seeing the battle flag of the Confederacy carried by a member of that gang of thugs into our hall of freedom and Democracy.

The Republican party must rid themselves of these rotten apples and return to the party of compassion and conservatism.

PEER AND BRANDEE KRAFT-LUND
BARNSTEAD

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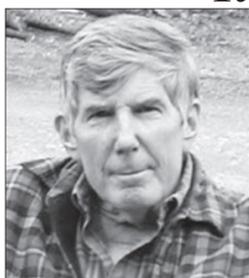
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It wasn't called "sledding," but down the hill we went



By JOHN HARRIGAN
COLUMNIST



The passengers seem ready for a good ride, and judging from the slopes in the distance, they'll get one. (Courtesy shutterstock)

Adults were always talking about four seasons, which to us sounded a lot like salad dressing. To a kid, the seasons seemed interchangeable. The only thing that changed was the substance you were dealing with. If we weren't trying to wear out the dirt, we were trying to wear out the snow, and not just by sliding on it. We swept it, pushed it, shoveled it, dug holes in it, rode on it, and for sure, played in it.

Exactly the same as with dirt.

And maybe this is one of those cultural things, but we never used the term "sledding." We went sliding. There was a song, popular in its day, "Let's Go A-Sledding Tonight," which made me picture a couple, out on the town in a one-horse sleigh. This somehow did not fit in

with the reality of a day's sliding on Hill Sixty, our favorite hill to trudge up and slide down.

Given the wind blowing a steady gale and the boot-pounding that Hill Sixty got, I was always amazed at how much snow still stuck there. This was in spite of our best efforts to wear it out and call for a fresh batch, which upon receipt we proceeded to pulverize and hurry on its way to Long Island Sound.

Hill Sixty, I learned the moment I could swing a golf club, meant "Sixth Tee," which is precisely what our sliding hill was, and still is. "Colebrook Country Club" is the old name for the course and the current one too, but of course the course is open to all.

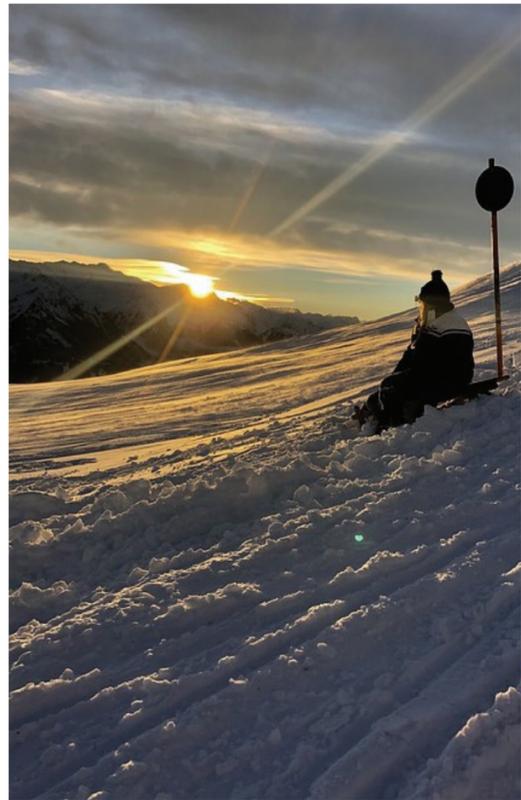
It is an amazing

course, geologically and in other ways, all (to me) positive. The sixth tee is perched on a peninsula formed by the stupendous water thundering along under-the-ice outwash that formed Colebrook, at least the lower parts of town. Like many if not most golf courses in northern New England, it once was a dairy farm.

I have mentioned several unusual things about the course before, but to me the most fascinating is the three connected glacial pot-holes dominating portions of the seventh and ninth fairways. One pot-hole is so deep that if your ball happens to land in the middle, your entire view is grass and sky, unless you are particularly tall.

This of course prompts the persnickety question, "Okay, mister smarty-pants amateur geologist trying to ruin someone's golf game, if you duff your drive, a real stinkaroo, and your ball happens to land in the bottom of the deepest pot-hole, how do you know where to hit your next shot if you can't see anywhere?"

I have a ready answer to that one, from experience, which is, "You run up to the lip (or ask someone already up there to do it for you), and you place a small but discernable object--a piece of scaffolding, a pink lawn flamingo, a can of beer--on a line of sight between you (or your stand-in), the flag, and your ball, way down there in the hole. On second thought, if you go up there onto the lip for a good survey of the scene, you might want to bring binoculars, so you can see your ball. From back down there where



COURTESY

The information for this photograph said simply "toboggan ride," and left everything else to guess-work, which would indicate at its most basic, "Fell off." (Courtesy Pixabay)

your ball is, where you can't see anything, a 5-wood with plenty of loft is just about right, unless there's a lot of tail-wind or you've been hitting the ball right on the sweet-spot, in which case you might want to drop to, oh, a 5-iron."

When I was taught the rudiments of golf by some of the old-timers, like Trenholme Dickson and Hap Colby, particularly how to grasp the club, you could take a "preferred lie" anywhere on the course,

which meant you could move your ball half a foot. I think that originally this rule was on account of cow-flaps, and areas previously ploughed for corn.

Also, your ball was always in play, which meant that if it went into the church parking lot or somebody's backyard, you could hit it. Of course, you would go and ask. In this vein, I remember hitting a drive off the heel of my club, which sent the ball into Steve and Thelma

Daley's back yard. This was on the fifth hole, 612 yards, a par 6, one of only two or three in the state, I think. Steve was out there puttering around, and I asked him if I could hit my ball and he said "Sure," and came over to watch, and I caught that one pretty well, over the brook, even, which is a pretty good golf shot.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)



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**PUBLIC NOTICE TO ALTON RESIDENTS
PURSUANT TO RSA 669:19; 652:20 THE FILING PERIOD FOR
FILING DECLARATIONS OF CANDIDACY
JANUARY 20, 2021 THROUGH JANUARY 29, 2021**

The following Town and School District positions are open for filing:

TOWN OF ALTON POSITIONS:

One (1) Selectman	3 Year Term
One (1) Town Clerk/Tax Collector	3 Year Term
One (1) Treasurer	3 Year Term
One (1) Trustee of Trust Funds	3 Year Term
One (1) Trustee of Trust Funds	1 Year Term
One (1) Library Trustees	3 Year Term
One (1) Library Trustees	1 Year Term
Two (2) Budget Committee Members	3 Year Terms
One (1) Budget Committee Member	2 Year Term
One (1) Budget Committee Member	1 Year Term
Two (2) Planning Board Members	3 Year Terms
One (1) Supervisor of the Checklist	3 Year Term
One (1) Supervisor of the Checklist	1 Year Term
One (1) Zoning Board Member	3 Year Term

ALTON SCHOOL DISTRICT POSITIONS:

One (1) Moderator	1 Year Term
One (1) School Clerk	1 Year Term
Two (2) School Board Members	3 Year Terms
Two (2) School Board Members	1 Year Terms

Filing papers are available at the Alton Town Hall, Town Clerk's Office.
Office hours: Daily 8:00 A.M. - 4:30 P.M.; January 29, 2021 - 8:00 A.M. - 5:00 P.M.

Lisa Noyes
Alton Town Clerk

Town of New Durham, NH Openings for Town Election March 9, 2021

The Town of New Durham has the following openings for the positions shown in the list below. Candidacy can be declared starting Wednesday, January 20, 2021 through Friday, January 29, 2021 at 5 pm. In addition to our normal hours, the clerk's office will be open from 3-5 pm on Friday January 29th to accept candidacy declarations. You must bring photo identification with you and be a registered voter in the town. The town clerk's office is open Monday through Thursday from 9 am until 4 pm through a walk up window from the town hall parking lot.

Vacant Positions		
Number of Positions	Office	Term of Office
1	Selectman	3 Years
2	Budget Committee	3 Years
1	Cemetery Trustee	3 Years
2	Library Trustee	3 Years
1	Moderator	2 Years
1	Planning Board	3 Years
1	Supervisor of the Checklist	5 Years
1	Trustee of the Trust Funds	3 Years
1	Zoning Board of Adjustment	3 Years
1	Town Clerk	3 Years

Per: Donna Young,
New Durham Town Clerk

TOWN OF BARNSTEAD FILING NOTICE

The filing period for candidates for Town Office will be from Wednesday, January 20, 2021 until 5:00 pm Friday, January 29, 2021.

You MUST be a registered voter.

SELECTMAN	1 – 3 year term
TREASURER	1 – 3 year term
TOWN CLERK/TAX COLLECTOR	1 - 1 year term
BUDGET COMMITTEE	2 – 3 year terms
PLANNING BOARD	2 – 3 year terms
OVERSEER OF PUBLIC WELFARE	1 – 1 year term
TRUSTEE OF TRUST FUNDS	1 – 3 year term
LIBRARY TRUSTEE	1 - 3 year term
SUPERVISOR OF THE CHECKLIST	1 – 4 year term

MARK ON THE MARKETS

Risky investments



BY MARK PATTERSON

investments or whatever you want to call them are typically used for speculation or as it used to be called “taking a flier” or chance, knowing your odds of success are not great. Futures and options are not risky per say, just leveraged so that they move faster in or away from profit. They can be used for risk mitigation in some circumstances.

The risk that I wanted to address though was the risk in owning things in your investment portfolio that you may believe are safe income producing vehicles like dividend paying stocks, preferred stocks,

MLP’s or bond funds. When a stock or bond is purchased for income or the dividend it becomes that much more sensitive to interest rate fluctuations. As an example, because yields on CD, s, bonds, and fixed income in general are so low, investment money has sought out any vehicle that pays a good dividend or yield. That in turn drives the price up and yield down, so when you have a lot of money chasing this yield you get inflated prices of the stock or bond.

Now I am not convinced that rates will go up significantly all that soon, in fact I believe that we have a lot of issues to get through before we worry about real inflation. Just real-

ize that abrupt currency value change or a host of external global factors can change the interest rate picture very quickly creating a real jolt to those interest rate sensitive vehicles.

Know that I am not against bonds, just bond funds. Bond funds are typically perpetual in nature, in other words, the bonds are bought and sold by the fund manager with no maturity date as far as you are concerned. Inflows and outflows make holding a bond till maturity a challenge for funds. Typically, if rates go up you lose value if they go down you gain value. If you want exposure to bonds you might consider individual treasuries, corporate or municipal

bonds with varied maturity dates, referred to as laddering. Laddering is just a method of staggering maturity dates from short term to long, with a strategy that the near-term maturities may be reinvested into a potential rising rate market. This is referred to as “immunizing” the portfolio. If you buy individual bonds you will at least know what you paid, what your yield, maturity date will be and have more control over the investment. If you do not feel that you have enough assets to justify individual bonds, I would just take a pass on the bond fund at this stage of the game and find something else for income. Low-cost bond ETF’s can be a good non

correlated asset to an equity portfolio; however, I do not believe it is the best means for current income. The exception to owning a bond fund would be a specialty fund, such as a municipal bond fund that is specific to that state making it triple tax free.

Of course, all these strategies can be debated, I just want you to be active and aware of what is going on with your money whether you manage it yourself or have someone managing for you.

Mark Patterson is an Investment Advisor with MHP Asset Management LLC and can be reached at 447-1979 or Mark@MHP-Asset.com.

When you hear the phrase “risky investments”, things like penny stocks, futures contracts, option contracts or junk bonds likely come to mind. But those

Area residents named to Dean’s List at University of New England

BIDDEFORD/POR TLAND, Maine — Mackenzie Burke and Ava Creteau of Alton, Kellie Mahoney and Hannah Racine of Alton Bay, and Madelyn Chase of Center Barnstead have been named to the Dean’s List for the 2020 fall semester at the University of New England. Dean’s List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine’s largest private university, featuring two distinctive campuses in Maine, a vibrant campus in Tangier, Morocco, and an array of innovative offerings online. Our hands-on, experiential approach empowers students to join the next generation of leaders in their chosen fields. We are home to Maine’s only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities, and the arts.

Meredith Village Savings Bank Fund announces grants to local non-profit organizations

M E R E D I T H — The Meredith Village Savings Bank Fund at the New Hampshire Charitable Foundation has awarded \$47,000 to 19 local non-profit organizations. These grants are additional to the Bank’s many contributions in the form of sponsorships, donations and scholarships, as well as the exceptional volunteer efforts of their employees.

“The community has always been at the heart of our mission,” said Rick Wyman, President of Meredith Village Savings Bank (MVSB). “We are very fortunate to have so many valuable non-profit organizations that provide essential

services to the people and families of the Lakes Region and Seacoast.”

Recipients of the MVSB Charitable Fund grants include:

Food Pantries

Eleven food pantries that serve the same communities as Meredith Village Savings Bank will share a donation total of \$11,000.

Belknap House, Laco-

nia Awarded \$7,500 to support temporary staffing needs to accommodate new COVID-19 protocols. Belknap House provides families experiencing homelessness in Belknap County safe housing. Guests are admitted through local welfare department referrals. Clients are offered educational assistance and skills training such as money management and how to be a good renter, as well as other pertinent and valuable life skills.

The Children’s Museum of New Hampshire, Dover

Awarded \$2,500 for the purchase of a new wooden playset. The playset will provide safety and support for guests to enjoy for many years to come. The Children’s Museum of New Hampshire actively engages families and children of the Seacoast region in hands-on discovery, inspiring all to become the next generation of innovators and creative thinkers.

Got Lunch, Ashland and Holderness

Awarded \$1,000 to provide healthy lunches to low income children and families from Ashland and Holderness. Got Lunch is a community-based program that provides healthy lunches to children during their summer break.

Hospice Help Foundation, Portsmouth

Awarded \$5,000 to help fund essential needs and supplies for impoverished hospice patients. The Hospice Help Foundation supports hospice patients struggling with poverty, providing financial assistance to patients in dire financial need. Their focus is on improving the quality of life of patients and loved ones, while easing the burdens that accompany terminal diagnosis and illness.

Lakes Region Food Pantry, Moultonborough

Awarded \$5,000 that will go toward their healthy food voucher program. The Lakes Region Food Pantry helps meet the needs of local individuals and families facing food insecurity and services are provided to individuals with dignity and respect. They offer food, food vouchers, personal care products, cooking classes, among many other programs.

Patriot Resilient Leader Institute for Camp Resilience, Gilford

Awarded \$5,000 to help subsidize the cost of the Camp Resilience Winter Wellness retreat for veterans. Camp Resilience provides a sustained comprehensive curriculum to help wounded veterans recover their well-being by engaging in sports, adventure activities and life-skill programs.

Step Up Parents, Portsmouth

Awarded \$5,000 in financial assistance for more than 100 in-state kinship caregivers. Step Up Parents offers funding and support to relative caregivers in NH who have stepped up to be surrogate parents to children whose biological parents are struggling with substance use disorder. In many instances, kinship caregivers must simultaneously deal with

the devastating effects of addiction with their own child or relative.

Tuftonboro Historical Society

Awarded \$5,000 to go toward the restoration of the Historical Society’s building. The Tuftonboro Historical Society promotes and preserves the history of Tuftonboro, NH.

The Meredith Village Savings Bank Fund

was established in 1997 under the leadership of John Starrett, then President and CEO of the Bank. Since then, 417 grants totaling \$1,683,248 have been awarded to a wide range of environmental, social, educational and historic projects throughout the Greater Lakes Region, Plymouth and NH Seacoast areas. Over the years, the Fund has supported literacy programs, after-school programs, environmental monitoring and education, restoration of historic structures, organizations that provide support for individuals and families in challenging circumstances and equipment that helps save lives. The deadline for consideration in the next grant cycle is October 15, 2021. Applications are available at mvsb.com.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

BARNSTEAD SCHOOL DISTRICT FILING NOTICE

The filing period for the School District Officers will be held from Wednesday, January 20 p.m. through Friday, January 29, 2021 at the Town Hall Clerk’s Office.

The following offices will be available:

- Moderator – 1 year term
- Clerk – 1 year term
- Treasurer – 1 year term
- One School Board Member – 3 year term

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TOWN OF BARNSTEAD

Barnstead Supervisors of the Checklist will be in session to accept voter registration on Tuesday, January 19, 2021, at the Town Hall from 7-7:30 pm for correction an additions ot the voter checklist.

Barnstead Supervisors of the Checklist
Judith Forsyth, Shirley Hayes, Marjorie Terry

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	35 Calef Dr.	Residential Developed Land	\$319,933	Anthony and Deann Eldridge	Nancy A. and William W. Mathis
Alton	Muchado Hill Road	N/A	\$50,000	Stephanie L. and Matthew Pillsbury	David A. Boyce and Lisa M. Audette
Alton	71 Reed Rd.	Single-Family Residence	\$435,000	Frederick and Joan A. Bierly	Russell Tyo and Aileen Stewart
Alton	Route 11	N/A	\$75,000	Jones Fiscal Trust and Gwendolyn M. Jones	David J. Babin
Alton	232 Stockbridge Corner Rd.	Single-Family Residence	\$240,000	June M. and Frederick E. Paradis	Michael B. and Rachele A. Sleep
Alton	N/A	N/A	\$210,000	Timothy J. Kennedy	David J. and Janet M. Champagne
Alton	N/A	N/A	\$48,000	Marion L. Hedges and Clyde R. Hedge	Suzan M. Travers
Barnstead	38 Damsite Rd.	Single-Family Residence	\$240,000	Francis and Rhonda Incorvato	Thomas C. Angelo and Suzanne J. Gokavi
Barnstead	72 Lake Shore Dr.	Single-Family Residence	\$375,000	Kimberly A. Lane	Richard P. and Hilda E. Carroll
Barnstead	Peacham Road	N/A	\$57,000	Theresa Gagnon	Erika D. and Robert L. Peterson
Barnstead	Peacham Road	N/A	\$550,000	James N. and Tary D. Locke	Frank and Sarah Trask
Barnstead	619 Province Rd.	Single-Family Residence	\$310,000	Peter A. and Debra S. Gallo	Krystal L. and Joshua C. Horne
Barnstead	71 Shackford Corner Rd.	Single-Family Residence	\$387,533	Tothill LT and David N. Tothill	Deanna and Patrick Hanley
Barnstead	N/A (Lot 9a)	N/A	\$210,000	Aileen A. Stewart	Michelle Wagner and Amy Vinciguerra
New Durham	Merrymeeting Lake	N/A	\$300,000	Alan H. Wysocki	Kevin and Keesha Dube

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. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Comfort Keepers

Keeping seniors safe in the bathroom

BY MARTHA SWATS
Owner/Administrator

Comfort Keepers

Every 11 seconds, an older adult is treated in the emergency room for injuries resulting from a fall. And, it's estimated that 80 percent of these falls happen in the bathroom. Fall-related injuries can range from minor cuts, scrapes, and bruises to more severe injuries, including broken bones, hip fractures, head contusions, and even spinal cord injury.

It's easy to understand why bathrooms are particularly hazardous for seniors. Bathrooms tend to have slippery surfaces and nothing to grasp in order to prevent falls.

As we age, reduced muscle strength and balance can make falls more

common, and those with a history of falls have an even greater risk of falling again. In the bathroom, this can occur when stepping into and exiting the tub or shower; when reaching for a towel bar, sink top, or other objects for balance when walking; and when sitting down and getting up from the toilet.

Installing safety features in the bathroom can reduce the risk, and there are many options available:

For the shower and tub:

Install grab bars or a tension pole. Towel bars are great for holding towels but aren't built to support weight. Installing slip-resistant grab bars to help support balance when entering and exiting the shower or tub can help. Seniors should choose bars that are col-

or contrasted from the wall for visibility, and ensure they are securely fixed to the studs of the wall for adequate support.

Using a shower chair. A shower chair can provide stability for balance and be a resting place for those who can't stand for long periods of time. A good shower chair has rubber tips on the legs to prevent sliding. Also, installing a hand-held showerhead allows those with balance issues to shower while seated.

Using a bath transfer bench. A bath transfer bench eliminates the problem of stepping in and out of the tub. Users can sit on the bench outside of the tub then slide into the tub, eliminating the need to step over a bathtub wall.

For slippery surfaces:

Add non-slip mats. Having a non-slip rubber mat (or decals) on the floor of the shower or tub as well as a non-slip rug on the floor can help prevent slips. A non-slip rug should be placed in front of the toilet, by the sink, or in any place that there is a risk of water making the floor slick.

Add non-slip adhesive strips. These can be placed on the top of sink edges to guard against hand slippage if these surfaces are used for balance support.

For the toilet:

Use a raised toilet seat. For seniors that have difficulty lowering themselves down to sit on a low toilet seat and rising to a standing position, a raised toilet seat adds 3-4 inches of height, which reduces squatting.

Install grab bars

for standing and sitting. Grab bars can be installed to help with lowering and raising. And, there are some raised toilet seats with built-in grab bars to provide extra assistance.

ComfortKeepers® can help. About one-quarter of Americans over age 65 need help with everyday activities such as eating, bathing, and getting in and out of bed or a chair. Our trained caregivers can help with these and other tasks, while engaging clients in activities that improve quality of life. They can also provide support for physician-approved diet and exercise plans, provide transportation to appointments and community events and can assess a home for safety issues and reducing fall hazards. For more information on how we can

help, contact your nearest Comfort Keepers® office today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all

Meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit

our Web site at nhcomfortkeepers.com for more information.

EDWIN

(continued from Page A4)

one last schooner cruise then a dip in the ocean?

When I was visiting Scandinavia in my twenties, I thought that it might be a nice idea to have my sons, yet unborn, travel there to spread my ashes on the mountain that I climbed up in Norrland. It's a nice idea but I should have set aside funds back then. Today I could probably afford for them to sprinkle my remains up on Randolph Ledge at Horton Center.

So, I keep procrastinating. You'll see if I ever figure anything out. My problem has always been that there is always something else that pops up that will change my mind. I'm totally A.D.D. and terribly non-committal.

It's a stacked deck this season. All the usual destructive influences have been multiplied. I thank God for waking up every morning, check that everything is still working OK, and launch into my day. New aches and pains keep showing up to remind me of my mortality.

The fact that I've kept working is a good thing. It gives my mind something to keep it occupied. I can't imagine not having things to do. Isn't that what we're here for? My list is ever expanding, like the universe, my universe. Every time I think that I'm getting close to getting it

under control something new pops onto the scene and my list explodes. My personal big bang.

The actual big bang that the scientists postulate about was actually when God created this universe and set down all the laws that regulate our existence

here. He keeps creating more of us poor souls to filter through. The scientists have a hard enough time getting their heads around our puny little universe let alone conceive its creator. So as far as they're concerned, he doesn't exist. Meanwhile my phone keeps

ringing with more and more things to keep me from contemplating why snowflakes.

It's been over two thousand years since God's son came to live with us and show us to not be afraid of death. A lot have believed, but so many others refuse.

I wish I could open your hearts to this confidence. His words are written in the book Basic Instruction Before Leaving Earth. If you read them, you too might find an understanding.

So another soul has gone and slipped away from this place.

We all miss you. When too, we let loose of this dust mass that's holding us here, we'll catch up with you and fly together at light speed to forever.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

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OBITUARIES

Gwendolyn Minor Jones, 84



Gwendolyn Minor Jones, 84 years young, of Alton, NH passed away at home December 31, 2020 after a brief illness. She was born in Springfield, MA, November 6, 1936, the daughter of George Arlon and Shirley (Roberts) Minor. She lived in Springfield, MA area until 7 years old moving to Laconia, NH in 1943. In 1948 her parents purchased the Mt. Major Country Store in Alton Bay.

A graduate of Alton Central High, Penny (as she was known by family and friends) completed one year at UNH before marrying the love of her life. Russell E. Jones who predeceased her on November 4, 2020. They were married for 65 years, working side by side raising 5 children.

She began working for the Town of Alton in 1974 moving on to being elected to the position of Town Clerk and holding that office for 24 years retiring in 1999. She enjoyed working with the citizens of Alton, being a pivotal part of elections, keeping town records accurate and organized – delighting in the research of it all. She proudly and generously served on many town and State committees dedicating a multitude of volunteer hours. She was a member of the Town Clerks Association.

Retiring as an Honorary member of NH City and Town Clerks Association with over twenty years of service.

She was fond of the Alton Historical Society her interest beginning at an early age when she wrote an essay for a high school project.

A member of the Bahai' Faith, she served as an officer of Local Spiritual Assemblies in Alton, NH and Citrus County, FL.

She was a proud Wife, Mother, Grandmother and Great Grandmother of a family she deeply loved. Respected by all, Penny is known for her positive energy, kindness, warm smiles and her delicious chocolate chip cookies. She was an avid reader, loved to travel and proudly rode her 1960's Honda Dream motorcycle. She will be greatly missed by all.

Gwendolyn is survived by her sister and brother-in-law Gail and Louis Babin of Littleton, NH, sister-in-law,

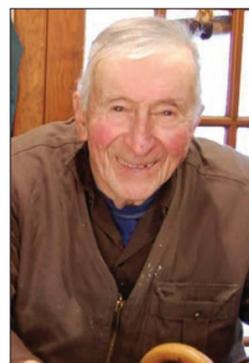
Judith Minor, Gilford, NH, daughter's and son in law's Liz & Russell Lampman of Union, Cathy and Daniel Cornelissen of Meredith, Julie and Jacky Schwartz of Hatley, MS, Nancy & Joey Denauw of Ocala, FL, grandchildren Bert & Patricia Souliere of Alton, Molly Souliere of Cary, NC, Alex Cornelissen of Meredith, Jason and Carrie Cornelissen of Meredith, Sarah & Cliff Weems of Highlands Ranch, CO, Emily & Dave Hodges of Okolona, MS, Ashley & Justin Burt of Starkville, MS, Amanda and Chris Siff of Brooksville, FL and great grandchildren Autumn, Samie, Robin, Danielle, Ciara, Liam and Caiden, and nieces and nephews.

She was preceded in death by her husband, parents, son Russell Jones Jr., and brother Donald Minor.

Services will be held graveside at New Riverside Cemetery in Alton, NH, date to be determined in the spring. Arrangements will be posted by Baker-Gagne Funeral Home of Wolfeboro. Donations may be made to a charity of your choice.

Condolences may be shared online at www.baker-gagnefuneralhomes.com

Irving R. Roberts



Irving R. Roberts died of "TMB", too many birthdays, as he would say, on December 14, 2020. He was born at his parent's home in East Alton February 15, 1928. He was the fourth child of Charles E and Ella Frances Rowe Roberts. His older siblings Leslie, Preston and Mary predeceased him. His younger sister Ruth survives. Irving grew up in the Hill house his parents built at the top of what is now Hopewell Road. He attended Carpenter Elementary School and graduated from Brewster Free Academy in 1946.

Irving started dating Jean Parkhurst during high school. After graduating from high school Jean went to UNH. Irving, like his older brothers, enlisted in the Army. He went to basic training and traveled by train to San Francisco and then by ship to Korea. He was stationed in Korea as an MP for most of 1947. He was discharged from active duty in 1948 and remained in the reserves. He attended college at Franklin Technical Institute outside of Boston and stayed with Mrs. Hopewell in Watertown MA.

May 27, 1950, after Jean had graduated from UNH, Irving and Jean were married in Wolfeboro. They return to Watertown MA so Irving could complete his Associate Degree. December 1950 Irving was recalled to active duty before he could participate in his graduation. Jean moved to Wolfeboro and shared an apartment with her sister-in-law Ruth who was still in high school. In February Jean delivered their son Tom while Irving was station at an Army Base in Missouri. Irving was discharged from the Army

in 1951. Jean and Irving lived with his parents at the Hill House until they moved into the Evan's Farmhouse on Drew Hill Road. They resided in the house on Drew Hill from 1951 until Irving moved to a care facility near the end of his life.

In the late 1950's Irving, his father Charles and brother Leslie started work on the Marina at Roberts Cove. Irving excavated the basin with his John Deere caterpillar which he still had at the end of his life. Irving worked on and at the Marina in some capacity for the rest of his life. When Irving's father died in 1980 Jean and Irving continued to run Roberts Cove Marina with his siblings and extended family.

East Alton was more than where he lived, it was his community for over 90 years. Irving was the go-to man in East Alton. He did work for most everyone in the neighborhood at some time during his long career, working into his 80's. He took pride in his "Yankee" ingenuity to get problems fixed and jobs done.

Irving and friends organized a fourth of July parade in the mid 1990's which continues to this year. He assembled a Calliophone (a type of calliope) which he put on a trailer so the parade would have music. This year neighbors and friends honored him with the largest parade and viewing ever for the parade.

Irving was a volunteer fireman with the Alton fire department and forest fire warden. He was instrumental in the formation of the East Alton Fire Association (EAFA) and the construction of the East Alton Fire station on Quarry Road. For decades he organized and supervised the barbeque pit for the EAFA annual chicken barbeque.

Irving is survived by his son Thomas (Jo), daughter Barbara (Steven), daughter-in-law Barbara, three grandsons Shane (Cassi), Christopher and Daniel Edson and a great grandson and great granddaughter. He is predeceased by his wife Jean (2015) and son John (2013).

His family wants to give special thanks to the neighbors and friends that helped Irving live independently for the last years of his life. Their help with projects, big and small, meals and friendship kept Irving active and interesting. The family is planning to have a memorial service in the Spring of 2021.

The Roberts family has been involved with the Free Will Baptist church in East Alton since it was founded in the early 1800's. Irving and Jean were active in the preservation of the building and the formation of the East Alton Meeting House Society. Irving helped stabilize the structure's foundation a few years back. In lieu of flowers, donations may be made in Irving's memory to the East Alton Meeting House Society for the continue preservation of the church at Gilman's Corner C/O East Alton Meeting House Society PO Box 1137 Alton, NH 03809.

Bruce J. Douglas, 56



Bruce J. Douglas, age 56, of Salisbury, passed in the early hours of Wednesday, December 23, 2020, in the comfortable surroundings of his home, with his wife and family at his side. He was the loving husband of Karen J. (Capulpo) Chandler Douglas.

(wife, Robin) and Gavin A. Douglas (wife, Karey) both of Alton, NH; his step-children, Kimberly T. Chandler and Daniel R. Chandler both of Salisbury, MA, Joseph W. Chandler of Merrimac, MA, and Kelly V. Chandler of Salisbury, MA; along with numerous, nieces, nephews, cousins, extended family and dear friends. Due to the limitations pertaining to COVID-19, The family will be having a Celebration of Life sometime in 2021 when all family and friends will be able to attend. Arrangements were entrusted to Elliott, Woodworth & Rogers Family Funeral Home, 35 Green Street, Newburyport, MA. The family respectfully requests that anyone who wishes to express their condolences at this time, do so by sending a donation to the Lustgarten Foundation, for Pancreatic Cancer Research. Their address is 415 Crossways Park Drive, Suite D, Woodbury, NY 11797, or online at <https://lustgarten.org/donate/>

Born in Whitinsville, MA on February 15, 1964, he was the son of Arleen (Duso) Doulgas and companion Bonnie Day of Rochester, NH, and the late Desmond N. Douglas, Sr. Bruce was an iron worker and welder, having worked many years for SPS New England of Salisbury, MA. In addition to his wife, those left behind to honor the legacy of his life, are his children, Michael J. Douglas of Salisbury, MA, Jason M. Douglas, and Matthew T. Douglas, both of New Durham, NH; his siblings, Arthur B. Douglas and Leah K. Douglas both of Alton, NH, Kathleen L. Gill of Madbury, NH, Denzil A. Douglas (wife, Janet) of Savoy, MA, Desmond N. Douglas, Jr.

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Church Service SCHEDULE

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 Pastors Daniel and Sherrie Williams, 473-8914.
 For more information, please visit abundantharvest.org or e-mail ahf@faith.com.

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 Sundays throughout the summer 10am & 7pm; Tues-Thurs 9am; 875-6161.

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 Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, www.befreechurch.net.

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 Worship Service 10:00am
 Bible Study 11:15am
 Rte 126 next to Town Hall
 Call or Text (603) 269-8831
centerbarnstead.org
 Pastor Brian Gover.

COMMUNITY CHURCH OF ALTON
 Prayer Meeting 9:00 am
 Rev. Dr. Samuel J. Hall, 875-5561.
 Bay service 8:30am Alton Bay Gazette, Alton, NH
 10 am Worship Service
 20 Church Street, Alton
 Our services are live streamed on YouTube
www.ccoallton.com

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 Pastor Kent Schneider 755-4816
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 Rev. Miriam Acevedo, 435-7908
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 Rt. 171 at Tuftonboro Corner.
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Nature - with a side dish of happiness - being served at Prescott Farm

LACONIA — The science is in. Spending time in nature benefits the physical, emotional and mental health of people of all ages. But just because the studies have proved it, doesn't mean it's easy to follow through.

If you and the young ones in your life are finding that this long season of online learning and early sunsets has made getting outside into nature seem like an insurmountable task, Prescott Farm is here to help!

School and Community Programs Director, Andie Hession, explains it this way: "Newton's Law of Inertia, an object at rest tends to stay at rest, is true for people, too! It's always easy to get stuck in the habit of staying put, and in the winter, hunkering down is even more tempting than ever."

Hession and her team of Environmental Educators have designed programs to meet participants wherever they are on their nature journey, and help them explore even further. The mood boosting just comes along for the ride.

"We don't require smiles and laughter at our programs," Hession says, "but you can bet we have them in abundance!"

Two series offered this winter are specifically designed to help younger explorers connect with their favorite adults — and with nature-

all while having winter fun.

Family & Friends Fun Days at Prescott Farm are brand new in 2021. The two-part winter program will take place on Saturday, Jan. 23. Animal Tracking (10 a.m. – noon) will help participants become true detectives as they learn the places, prints, and patterns animals mark in the snow and search for clues that will tell you who is calling Prescott Farm home this winter. Sledding Strategies (1-3 p.m.) invites participants to take their usual sledding fun to the next level. How can you get the most distance? The most speed? Different sled materials and adjustments to the track will help kids of all ages walk away ready to wow friends with new sledding skills.

Family & Friends Fun Days at Prescott Farm are available at no cost to participants thanks to the generous support of NHEC Foundation. Details on spring, summer and fall sessions are available on the Prescott Farm website calendar.

Winter Polliwogs offers the chance for the littlest explorers — and their favorite grown-ups — to have fun in nature. Polliwogs will meet on four Wednesday mornings (11 a.m. – noon) beginning Jan. 29. Each week Polliwogs will dig into age-appropriate nature activities like animal prints, sledding, snowshoes, and maple sugaring.

A full calendar of programs, descriptions, age level recommendations, fees, and registration information is available at prescottfarm.org.

In addition to educator-led programs, visitors can enjoy the trails, sledding hill, and natural playscape on the 160-acre property as a free community resource from dawn-to-dusk every day. Visitors who wish to rent snowshoes (\$5) may do so while the program building is open (Monday – Saturday, 9 a.m. – 4 p.m.). For program details, a list of health and safety requirements, and to register, please visit prescottfarm.org.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer



Courtesy Fastest. Furthest... Happiest? What does it take to make a sled go-go-go in the snow? Prescott Farm's "Sledding Strategies" session during Family & Friends Fun Days on Jan. 23 aims to find out. (The joy is just a wonderful side effect!)

and vacation camps. For more information about

Prescott Farm and all of its programming and

ways to help, please visit www.prescottfarm.org.

HONOR ROLL

(continued from Page A1)

ca Jr., Isaac O Taylor, Olivia G Trask, Blake R Zinn

Grade 5
High Honors: Lennon Anderson, Chloe Bissonette, Meira Aleen Carr, Hailey Mae Clark, Lily Isabella Cookinham, Meredith Currier, Alexandra Goonan, Peyton Ashleigh Irving, Ravyn Calliope Paris, Leah Marie Pica, Kathleen Rose Smith, Benjamin Edwin Shijun Tedcastle, Bailey Ann Tesseyman, Tristen Young

Honors: Victoria Leigh Allen, Lily Attarian, Bradan William Berkins, Chloe Jean Deneault, Scarlett Elizabeth Ellis, Kylee Marie Guptill, Alinda Marie Jacques, Rhiannon T Kremidas, Edward Roger Lamontagne, Chase Landon Lank, Brayden Taylor LeBrun, Braylon Lucas, Lucas Paul Lund, Leighanna Rose Mason, Tegan Pelham, Jacksen

Reed, Benjamin Samuel Rodd, Cielo Olivia Rodriguez, Evan Lee Sabean

Grade 6
High Honors: Magdalen Ann Damon, Nora Kate DeVitto, Delaney Jayne Drolet, Hannah Ann Ferland, Madelyn Emily Howlett, Braelyn Taylor Danielle Lounsbury, Bryce Robert Todd Lounsbury, Mikalah Somers, Molly Faith Vignola, Jaylyn McKenzie Lee Wilks, Riley Jade Williams

Honors: Caleb Bemis, Makenna Elizabeth Dow, Lilly Ducharme, Ava Marie Foster, Emma Jane Foster, Haley Gauvin, Eva Harbison, Cody Christopher Manley, Logan Moore, Micheal Perry, Trew Sawyer Reed

Grade 7
High Honors: Rebecca Leigh Adkins, Elizabeth C Bishop, Sophia Grace Capsalis, Genevieve Charity, Joshua William

Clark, Jared Gentile, Paige Rose Harding, Laney Henry, Owen Riley Joubert, Myah Jean Lavoie, Allysyn Nevaeh Masci, Madison Miller, Logan Justin O'Neil, Ava Ryan Pelletier, Alyssa Mai Pica, Aleigha Anne Selling, Kenadi A St. Germain, Aidan Jonas Taylor

Honors: Cameron David Biron, Katie Marie Caldwell, Nora Ann Doyle, Heath C Dunne, Patricia MacKenzie Engelhardt, Madison Matott, Eva Mae McCartney, Rhyleigh Murphy, Knyte Lukas Neathery, Angel Pla, Kelsi Richard, Braelynn Avery Woods

Grade 8
High Honors: Diondre Thoroughgood, Katie Ann Healy, Wyatt Hunter Varney, Alexis Marie Wilson

Honors: Avery Thoroughgood, Joseph Deane, Kyle Fuller, Juliette West

LIVE

(continued from Page A1)

ting covered and then get into regional and professional sports."

Over the course of the years on both WCTV and WASR, Mike and The Hoss have usually had at least one Kingswood coach on every week, including football coach Paul Landry each week during the fall season. They are also looking to get Kingswood athletes, both past and present, on the show in the coming months. Doran Independent Insurance has sponsored the Kingswood hotline, where coaches can call in.

"And anybody who wants to have an athletic event, we can promote it," Danais stated.

Broadcasting live means that Mike and

The Hoss can take phone calls from listeners (569-5253), something they weren't able to do on the television show.

Additionally, they are adding trivia on Friday and have also incorporated Scott into the show, answering questions that he might have about sports. Last week's question involved the "mid-level exception" in the NBA. Danais noted he should have a law degree after diving deep into the NBA's salary cap rules to get Scott the answer he was looking for.

Mike and The Hoss on WASR is powered by The Yum Yum Shop of Wolfeboro and is also sponsored by a large group of local businesses, including Fae Moore at Berkshire Hathaway, Seacoast Spine and

Sports Injury Clinic, Skelley's Market, Water's Edge Salon, Lucas Roasting Company, Doran Independent Insurance, Full Belli Bar and Grill and Deli, Bradley's Hardware, Carroll County Oil, Weston Auto, Linda's Flowers and Downtown Grille and Café.

Mike and The Hoss can be heard each Tuesday and Friday from 4:30 to 5:30 p.m. on WASR, 1420 AM and 97.1 FM. It can also be viewed on the Mike and The Hoss Facebook page and can be listened to online at WASR.net. The show also airs later in the week on Wolfeboro Community Television.

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

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PET OF THE WEEK

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Scooter has all the personality you could ask for in a guy and then some! His quirks are basically what make the world go round. Scooter loves attention, play time, and following you wherever you go.

Scooter has come leaps and bounds since his first weeks here with us, where he definitely let us know he was not comfortable. Scooter will need a home with an experienced cat owner who is prepared to learn all there is to learn about this handsome man.

Scooter would do best in an adult only home, due to the uncertainty of his past with other cats/dogs - it may be for the best that he is your one and only as well.

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Kingswood Youth Center takes virtual field trip to Last Night Wolfeboro

WOLFEBORO — The Kingswood Youth Center ended 2020 with a ‘virtual field trip.’ On New Year’s Eve day, KYC students and staff gathered via Google Meet to catch up and share New Year’s resolutions. After the get-together, students logged on to Last Night Wolfeboro’s virtual events!

There was one event in particular that KYC staff made a special

point to promote to the KYC’s students: a performance by teen singer/songwriter Emma Jedow. Jedow is well known for her YouTube hit, “The Death of a Taylor Swift Wannabe.” The KYC’s relationship with Jedow began in the fall of 2019, when the young musician visited the Center. Staff and students marveled at the impressive 100,000 views, her hit music

video had garnered; this number has since grown to almost one quarter million! In June, the KYC was graced with Judo’s presence once again, this time through her virtual appearance at the KYC’s virtual end-of-school-year celebration.

Students were eager to see Jedow again, this time as the first act of Last Night Wolfeboro. Jedow offered a live vir-

tual performance of her acoustic music. She discussed her inspiration and creative process and offered words of hope for the year ahead. In the past, the KYC has participated in Last Night Wolfeboro, attending the many in-person events. Offering this ‘virtual field trip,’ was one of the many ways the KYC has found safe, healthful and adaptive opportunities to keep the fun and

learning alive throughout 2020.

The KYC offered a full schedule of in-person, virtual, and hybrid programs throughout the fall. Families have also had the opportunity to take advantage of the KYC Kupboard, the KYC’s own food pantry. During the Governor Wentworth Regional School District’s two week break from in-person learning, the KYC

will offer virtual programs and ‘care packages,’ consisting of food, household essentials, and take-home activities. Everyone at the KYC looks forward to helping to make 2021 a great year in our community.

For more information about the KYC’s services, please contact 569-5949 or info@thekyc.org.

KTM Exteriors receives People’s Choice Award from Parade of Homes event

REGION — The 4,500 square foot customized modular home intrigued many visitors. The home featured many unique features and showcased just how custom a modular home can be!

Sometimes people have preconceived ideas of what a modular home might offer and this home surprised visitors even before they toured the interior of the home. The exterior is a mix of stone, composite siding, and wood to give it a distinct look and feel, similar to an Adirondack style home. The raised roof line allowed for a cathedral ceiling in the living room. The 20ft tall custom stone fireplace provided a grand focal point when entering into the home. In addition to the main structure, there is also a stick built custom 4 car garage built off of the home and includes a 2,000 square foot in-law apartment over the garage area. The unfinished walk out basement leads out to a sizable fenced yard and hot tub area, while the expansive deck with custom fire pit allows

water views and gives that lake-like feel! The four bedroom, four bath home is beautifully decorated with special features including custom stone-farmers sink, stunning custom wine bar with half barrel facade that opens into a temperature control wine chiller. Many pieces of the house were custom built and the home is fully automated and highly energy efficient.

Modular home builders have been refining their craft over the years as a result, the modular homes are built more efficiently, and provide a great value to the home buyer. Building off site provides a controlled building environment, offers less waste and damage of materials, includes a rigid inspection process and generally provides a faster construction process.

KTM Exteriors is a multi-faceted company with years of experience offering a wide range of exterior improvements for roofing, siding & windows and dumpster services and also a Mod-

ular Home Division. The People’s Choice Award signifies the “favorite” as voted by the general public. Visitors who purchased tickets were allowed to cast a vote. KTM Exteriors was recognized at the October recognition breakfast held at Church Landing, Meredith. Lakes Region Builders & Remodelers Association recognized all of the builders on the tour including: Bella Woods Building, Hayward & Company, North Star Contractors, Outside In Construction, Inter-Lakes Builders, Custance Brothers & Sandra Curtis Design, and Lighthouse Contracting Group.

The popular home tour traditionally held every Columbus Day weekend rolled out last month and remains live for viewers to visit the homes virtually. There are eight beautiful projects for visitors to see, including four newly constructed homes, two extensive remodels and two renovated spaces. The event is a great way for the public to learn about the latest trends



KTM Exteriors & Recycling entry to the Lakes Region Virtual Parade of Homes and winner of the coveted People’s Choice Award 2020.

in architectural, interior design and meet the builders, watch as they take you on a personalized tour of their projects. For a truly interactive experience, visitors can zoom around the homes using 360 technology, moving from room to room and zooming in on customized spaces. Shop the parade, do business with suppliers that local builders use.

Whether you want ideas for your current home, are looking for your next home or just appreciate the craftsmanship of new homes, the Parade has something for everyone.

The public is invited to visit the website and view photos and for a more detailed virtual experience, a ticket can be purchased to have full access to the Parade

Show, Builder Interviews and 360 touring features. Public support to this event has always been strong. Tickets are \$10/per household and proceeds go back into the community through the builders Workforce Development Initiative and Scholarship programs-helping to inspire the next generation of trade professionals. Visit lakesregionparadeofhomes.com.

Leadership Lakes Region announces new board members



COURTESY

Leadership Lakes Region announces the appointment of three new members to its Board of Directors. Joining the Board of Directors are Anthony Bean Burpee, Greg Goddard and Brian Winslow.

LACONIA — Leadership Lakes Region announces the appointment of three new members to its Board of Directors.

Joining the Board of Directors are Anthony Bean Burpee, Greg Goddard and Brian Winslow.

“All our new board members embody the spirit of community and bring talent, expertise and energy to the table,” said Jennifer McLean, Program Coordinator.

Anthony Bean Burpee has been the Gil-

ford Police Department Chief since 2014 and is in his 23rd year of law enforcement. Previously he had been with the Kennebunk (ME) Police Department holding the positions of Patrol Officer, School Resource Officer, Patrol Sergeant and Lieutenant.

Bean Burpee holds a Bachelor of Science degree in Criminal Justice, a Master of Science in Criminal Justice and a Master of Public Administration. He is a member of the Gilford Rotary, 1st Vice President of the New Hampshire Chiefs of Police Association and a graduate of LLR, Class of 2017.

Greg Goddard is recently retired after a 39-year career in the NH Ski Industry including 21 years as the General Manager of Gunstock Mountain Resort. Throughout his career he has held leadership positions in numerous civic and charitable organizations.

Goddard is the Vice Chair of the Board of Directors of the Bank of New Hampshire, Commissioner of Lakes Business Park, Trustee of Gilford Village Knolls Retirement Community, Vice President of the Lakes Region Tourism

Association, Trustee of the Winnepesaukee Yacht Club and a member of the Board of Directors for the Live Like Doug Education Center. He is also an incorporator for the Taylor Community and LRGHealthcare. He is a graduate of LLR, Class of 2019.

Brian Winslow is the Vice President for Advancement & Business Development with Central New Hampshire VNA & Hospice. He has been working with not-for-profit organizations for almost 25 years. During this time he has volunteered, consulted or held positions in many organizations including the Maine Conservations Corps, Maine Department of Transportation and LRGHealthcare.

Winslow holds a Bachelor of Science Degree in Fisheries and Wildlife Biology from Iowa State University, a Master’s Degree in Public Policy and Manage-

ment from University of Southern Maine and a Master of Science in Marketing from Southern New Hampshire University. He has achieved the status of Certified Fund Raising Executive and is an active member of New England Association of Healthcare Philanthropy and the Association of Fundraising Professionals as well as its Northern New England Chapter. Winslow is a graduate of LLR, Class of 2008.

Leadership Lakes Region is an organization dedicated to community improvement by developing, expanding, promoting and putting in place a network of effective volunteer leaders with a variety of skills and interests.

For more information about Leadership Lakes Region, please visit www.leadershiplakesregion.org

Pond Hockey Classic, Ice Fishing Derby still a go



FILE PHOTOS

The New England Pond Hockey Classic will return this year, though with some significant changes to minimize crowds.

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH — The New England Pond Hockey Classic and the Great Meredith Rotary Ice Fishing Derby are still on for 2021 with some significant changes and have received support from the selectmen.

On Monday the board unanimously approved issuing event permits to both the Pond Hockey Classic, scheduled for Feb. 5-7, and the Rotary Derby, scheduled for Feb. 13 & 14.

The main events both take place on the lake, which is under state jurisdiction. Town Manager Phil Warren said the town usually only issues event permits for the use of town property on the land through the Public Works Department, in these cases Hesky and Scenic Parks. Given the nature of the current situation, however, Warren recommended that the selectmen review

these permits and vote on whether to grant the authorization to issue them. Warren said this is only temporary during the pandemic and the old format would come back again when things were more normal.

The organizers of both events have been working closely with the state and put together operations plans to keep things going and prevent the spread of COVID-19. Both events will look a lot different this year and things have been changed around to minimize large crowds in concentrated areas.

Scott Crowder, founder of the New England Pond Hockey Classic, said the number of teams has dropped this year. Crowder said they initially had 280 teams, the same number they've had for the past several years, but 65 teams have since left the roster. Around 1,700 players will be on the ice over the weekend. Crowder

said around 95 percent of the teams are from New England with many teams from farther away not coming due to New Hampshire's travel requirements.

The schedules were also altered so teams will play closer consecutive games and be able to leave the venue when they're done.

While the rinks usually bring out a lot of spectators, this year they will be fenced off and only players will be allowed in that area. Crowder said they can't prevent people from going on the ice entirely, but they can limit access to the rink areas with fencing, staff members posted around there, and signage.

"It's going to change the look, feel, and vibe of the event, but I think it's the way we can effectively host it and kind of hit on the guidelines that are on that preparedness plan," Crowder said.

He said this will also allow players to get their



The Great Meredith Rotary Ice Fishing Derby is on for 2021, though the board and awards ceremony will be going virtual this year.

temperatures checked before they go on the ice and the tournament is working with Stewart's Ambulance to do that.

The locker room tent and the beer garden with a stage for live entertainment have also been cut. Crowder said the Common Man restaurants might have the potential to have extended outdoor dining.

Fred Strader of the Meredith Rotary said there are four areas that bring crowds to the derby, three of those will be going virtual and one will be eliminated entirely. Strader said the Rotary has some new software and updated its technology to offer some new features.

There will be no board at Hesky Park, instead a virtual board will be set up where anyone can see the biggest fish in an online space. It will also be easier to buy tickets online and all the raffle winners will be announced online with no

physical board in Hesky Park.

The closing ceremony and grand prize drawings will take place on a livestream. Winners of fish prizes and raffle prizes will have their checks mailed to them. The kids fishing clinic has been canceled entirely for this year.

Changes will also be made inside the derby trailer to protect volunteers. Masks and social distancing will also be required for everyone.

Both Crowder and Strader commented that people are still doing outdoor winter activities regardless of if these events are going on or not. Crowder said he saw a lot of people on the slopes at Loon Mountain and Strader said the state has issued a higher number of fishing permits than usual this year.

"I predict, with or without the derby, they're going to fish as long as there's ice and

good weather," Strader said. "The sport of ice fishing itself is an outdoor activity."

Warren agreed with this point, saying no matter if the tournament or the derby go on or not people will still be using the ice, which is under the control of the state and not the town.

Members of the board voiced their support for having both these events go on as scheduled.

Selectman Mike Pelczar said Meredith relies on tourism and he knows people who work in the service industry who are struggling now. He said he knows Strader, Crowder, and all their respective teams are doing everything they can to follow the guidelines.

"I just think the area needs it and the people need it," Pelczar said.

The board unanimously approved issuing the event permits for the Pond Hockey Classic and the Rotary Derby.

Alton Parks and Recreation Connection

Ice Skating Rink at Mill Pond

The Town of Alton is sponsoring an ice skating area for public skating at Mill Pond, across from the Fire Department on Rte. 140. The rink is maintained by the Town's Grounds and Maintenance Department, and is flooded by the Fire Department. Rink conditions are weather dependent, please check the ice rink sign to make sure the rink is open.

Cozy Craft
Calling all crafters!

Stay cozy and warm this Winter with your very own homemade blanket. Alton Parks and Recreation is offering a No-Sew Fleece Blanket kit for ages 8-99! The kit consists of a light blue and grey mosaic print on one side, and light grey fleece on the other side, in a cozy throw size for \$5. Kits will be available for pickup at the Parks and Recreation office. Limited quantity available, first come-first served, written and video directions will be provided. Grab one while

you can! To order your kit, or for more information, please contact the Alton Parks and Recreation Department at parksrec@alton.nh.gov or 875-0109.

Local Snow Shoe Hike

The Alton Parks and Recreation Department is sponsoring a Snow Shoe Hike on Saturday, Feb. 6 at 10 a.m. at Fort Point Woods/Trask Swamp on Fort Point Road in Alton Bay. Beginner level hike is approximately 45-60 minutes. Enjoy a scenic

snow shoe trek through the woods, down to the swamp. View wild life tracks, vegetation and surround yourself in quiet. Bring snow shoes to this outdoor experience. For more information and/or to register contact parksrec@alton.nh.gov or 875-0109. Register by Feb. 4.

Exercise and Wellness Classes

The Alton Parks and Recreation Department is offering free Zoom exercise and wellness classes in February for local residents. Connect with us as we help motivate you to move, be active and have fun. Classes are held live through Zoom, computer and internet access is required. Participants must register in advance to receive the class session link. Contact 875-0109 or parksrec@alton.nh.gov for more information.

Weight Training-

Adults of All Ages- Mondays and Wednesdays from 1:30-2:30 p.m. Join certified instructor Kellie Troendle lead you through muscle building exercises for a strong body. We will also work on stretching, balance and flexibility. Class runs Feb. 1-24. Pre-register by Jan. 25.

Yoga for Sports- Mondays, 4-4:45p.m. In an effort to support an active lifestyle- whether golfing, skiing, snow shoeing, running, hiking or court sports, join in this class that will offer exercises designed to increase range of motion, build strength and balance, and improve mental resilience that will help on and off the sports scene. Class runs Feb. 1-22. Pre-register by Jan. 25 at parksrec@alton.nh.gov.

Chair Yoga- Wednesdays, 3-3:30pm. This class is designed to move

through gentle exercises for major muscle groups, and is geared for all abilities. Seated exercises will stabilize core muscles, and promote strength and stability. Class runs Feb. 3-24. Pre-register by Jan. 25 at parksrec@alton.nh.gov.

Winter Activity "Box"

Alton Parks and Recreation is sponsoring a Winter Activity "Box" for Alton residents ages six to 12. Box will include assorted activities: games; arts and crafts; and other items like a make your own snowman fleece pillow, and snowfall measuring stick- all for \$3 per box. Limited quantity available- first come first served. Boxes will be available for pick up on Feb. 1. Contact Alton Parks and Recreation Department today to reserve your "Box"- 875-0109 or parksrec@alton.nh.gov.

Online grief support groups starting January 2021

LACONIA — After the death of a loved one, each of us has our own path with grief, our own tumultuous blend of feelings and questions. And this year we may be enduring extra layers of grief and challenge.

For so many, the pandemic has affected whether and how we were able to see or care for our loved ones at the end of life. It may continue to impact whether and how we are able to connect with the people and activities that help us cope. Or it may have forced our grief to take a backseat to so many other pressing issues as we navigate a new landscape of school, work and family life.

Online grief support groups with Central New Hampshire VNA & Hospice (CNHVNAH) starting in January 2021 offer one place of caring

and connection in this new landscape.

"Living with Grief" groups will meet six consecutive weeks and are open to adults who have suffered the death of a loved one at any age to any circumstance. Two groups are available. An evening group will meet on Wednesdays at 6-7:15 p.m. from Jan. 20 - Feb. 24. A daytime group will meet on Thursdays 2-3 p.m. from Jan. 21 - Feb. 25.

A "Parent Circle" will meet monthly and is open to anyone who has suffered the death of a child at any age to any circumstance. Parents are welcome to participate individually or with a partner. The group will gather on second Tuesdays 6-7:15 p.m. on Feb. 9, March 9, and April 13 and continuing as determined by participants.

"It has surprised us - how intimate these online grief circles have been," notes Dan Kusch, one of the co-facilitators. "Participants tell us that even through our little video squares on the screen, they have been able to feel one other's compassion and have felt safe to share and listen deeply - and to feel their way forward together."

All groups will use the video meeting app Zoom available on laptop and desktop computers, tablets, and smart phones. For those unfamiliar or rusty with Zoom, technical support is gladly available.

To register or for more information, call Dan Kusch, Bereavement Care Coordinator at 524-8444, ext. 2390 or dkusch@centralvna.org.

HIGH SCHOOL SLATE

Thursday, Jan. 14

KENNETT
Boys' Hoops at Laconia; 6
Girls' Hoops vs. Laconia; 6
PROSPECT MOUNTAIN
Boys' Hoops at Gilford; 6
Girls' Hoops vs. Gilford; 6

Friday, Jan. 15

KENNETT
Alpine Skiing at King Pine; 9:30
Ski Jumping at Plymouth; 6
PROSPECT MOUNTAIN
Skiing at Gunstock; 10

Saturday, Jan. 16

KENNETT
Hockey at Belmont-Gilford; 12:45

Tuesday, Jan. 19

KENNETT

Boys' Hoops vs. Kingswood; 6
Girls' Hoops at Kingswood; 6
Hockey at Laconia-Winnisquam-Inter-Lakes; TBD
Nordic Skiing at Sandwich Fairgrounds; 2:30

Wednesday, Jan. 20

KENNETT
Unified Hoops vs. Kingswood; 2

Thursday, Jan. 21

KENNETT
Boys' Hoops at Kingswood; 6
Girls' Hoops vs. Kingswood; 6
PROSPECT MOUNTAIN
Boys' Hoops vs. Gilford; 6
Girls' Hoops at Gilford; 6

All schedules are subject to change.

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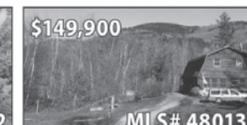
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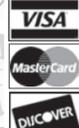
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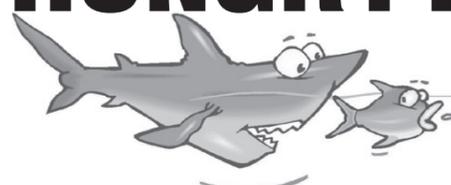
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Cornerstone VNA builds its future

ROCHESTER — On Oct. 15, Cornerstone VNA, a nonprofit home health and hospice care organization, broke ground on an important capital project to expand their building and renovate their existing space. This project marks a pivotal moment in the organization's 108 year history, and positions them for continued success in the future.

Cornerstone VNA has been in their current location at 178 Farmington Rd., Rochester, since 2001. Over the last 20 years, Cornerstone VNA has experienced significant growth.

According to Julie Reynolds, RN, MS, President/CEO of Cornerstone VNA, "Over the past ten years, we have more than doubled our service area from 19 to 43 communities, and the number of patients served each year continues to climb - from 1,750 to over 5,500 in the last 10 years."

Reynolds shares that the organization has also grown in staffing from 85 employees in 2010 to over 170 employees today.

"As we've grown, we have managed our spatial needs by reconfiguring offices and renovating our basement in 2018, but the time has come to expand our building to better support our staff, our patients and our community," says Reynolds.

This project will ensure the continued success of Cornerstone VNA's award-winning programs and services, the care provided by their frontline workers, and essential training of all staff.

In the words of Rochester Mayor, Caroline McCarley, "The City is so excited that Cornerstone VNA is doing this expansion. I began my time with the VNA way back when I first moved to town, as a volunteer in the well-child clinic, and the work they have done and the expansion is just

amazing."

Cornerstone VNA is proud to be working with SMP Architecture of Concord, Groen Construction of Rochester, and First Seacoast Bank, who have all teamed up to build a new wing for the Hospice, Palliative Care and Intake Departments, as well as larger community meeting and training spaces. Additional renovations will be made to the existing building to address administrative staffing needs, for improved family support, and to enhance building safety and accessibility.

President of Groen Construction, Fenton Groen is thrilled that Cornerstone VNA selected Insulated Concrete Form (ICF) for their new addition.

"Compared to conventional wood construction, the use of ICFs will minimize the total cost of the building by increasing the speed of construction, higher safety ratings and



COURTESY

Pictured, left to right: Jennifer Gullison, RN, MSN, VP of Operations, Cornerstone VNA; Ryan Cloutier, SMP Architecture; Sharla Rollins, AVP, Branch Administrator & Rochester Branch Manager, First Seacoast Bank; Priscilla MacInnis, VP, Commercial Loan Officer, First Seacoast Bank; Caroline McCarley, Mayor, City of Rochester; Jim Brannen, President, Chief Executive Officer, First Seacoast Bank; Julie Reynolds, RN, MS, President/CEO, Cornerstone VNA; Joe Groen, Groen Construction; Fenton Groen, President, Groen Construction; Dave Groen, Groen Construction; Paul Drager, Board Chair, Cornerstone VNA; Susan Gaudiello, Board Member, Cornerstone VNA.

increased energy efficiency," he explains.

In fact, the new ICF addition with continuous insulation and solid concrete walls will assist in reducing the long-term operating expenses for Cornerstone VNA by reducing heat and cooling costs of that space by at least 30 percent.

Tamara Crooks-Faulkingham, RN, BSN, Hospice Director says, "It will be extremely helpful to have the added space to better serve our patients. It will allow us to work more efficiently as a team, which will lead to enhanced coordination of care."

Barb Boulton, RN, MSN, Program Support Director & Compliance Officer adds, "The Intake Department's role as the initiator of the patients' electronic health record and our active participation in coordination of care requires a detail-oriented mind and calm work environment with minimal interruptions. Our new space will create an environment which encourages high quality work that is essential to documentation integrity."

Cornerstone VNA's goal is to raise \$2 million for this important project. To date, the organization has garnered support from their Board

of Directors, the Cogswell Benevolent Trust, local businesses and over 100 generous donors. As the 2020 beneficiary of the 15th Annual Seacoast Half Marathon, Cornerstone VNA has dedicated the race proceeds to support this expansion and renovation.

According to Advancement Director, Erika Lee, "We are a healthy organization, but the support we receive will help us reduce the debt and length of debt incurred."

Lee adds, "Donations for our capital project will be key to our success. They will enable us to focus on investing in emerging opportunities to benefit our patients and to be prepared to weather unexpected challenges, such as the current pandemic."

Cornerstone VNA recognizes that the heart of healing begins at home and stands poised and committed to providing home health and hospice care to their New Hampshire and Maine service area communities for generations to come. For those who are interested in supporting Cornerstone VNA's important building expansion and renovation project, Cornerstone VNA offers a

variety of flexible giving options and can guide donors in making a meaningful investment that aligns with their philanthropic goals. Additional details and project photos can be found at cornerstonevna.org/buildingourfuture.

About Cornerstone VNA:

Cornerstone VNA is a nonprofit home health and hospice care provider, currently serving Rockingham, Strafford, Belknap and Carroll Counties in New Hampshire and York County in Maine. The team at Cornerstone VNA provides award-winning care and support through five distinct programs: Home Care, Hospice Care, Palliative Care, Life Care-Private Duty and Community Care. For 108 years, Cornerstone VNA has been committed to bringing services to people of all ages so that families can stay together at home, even when facing the challenges of aging, surgical recovery, chronic or life-threatening illnesses or end-of-life care. To learn more about Cornerstone VNA, visit www.cornerstonevna.org or call 800-691-1133.



Introducing our new hygienists, Laurinda and Jenna!

Laurinda lives in Gilford with her husband, 5 children and 5 dogs! She has been in the dental profession for many years and shares a passion for preventive oral health. Jenna, is a native to Wolfeboro. She is a newlywed living in New Durham and mentored with our office years ago which led her to UNE where she obtained her bachelors degree and RDH license. We can't wait for you to meet them!



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