COVERING ALTON, BARNSTEAD, & NEW DURHAM - WWW.SALMONPRESS.COM

The life-changing force of tai chi

Local teacher shares story of how martial art changed her life

BY CATHY ALLYN Contributing Writer

ALTON — This is the third and final installment in a series of articles featuring people who have stumbled across something that changed their lives.

When Marcia Wyman first took tai chi, it did not change her life. "I didn't like it," she said. "My boyfriend invited me to try it with him, but I dropped that class."

Tai chi is an ancient Chinese martial art, practiced for its health benefits of better balance, stress relief and increased strength, flexibility and mental concentration. The slow, dance-like movement energizes participants, rather than draining them as other forms of exercise may do, and is often referred to as meditation in movement.

Wyman hadn't completely given up on tai

cord native took another class later on. "The instructor was well known, so I thought I'd try it again to see."

This time, "I liked the style he taught."

It still did not become a driving force in her life, however. "Physical fitness was not my background," she said. "The classes were just something to do and a way to spend time."

Wyman is an entrepreneur who has always worked for herself. Asked to list off previous jobs, she began with archery instructor, and then laughed because there would be too many. "I'm someone who has tried everything."

A born leader, she usually winds up running whatever she gets involved with, and tai chi was no exception.

"One thing led to another and I started

chi, though. The Conteaching. The instructor said one day, 'You take over the class.' and he didn't come

stration for AARP, she tion in Plaistow. "I was met a group of practi-

tioners from Oriental there, too." At a tai chi demon- Healing Arts Associaso impressed, I went

After 500 hours of training, she set out to SEE TAI CHI, PAGE A9



Apache Awards

Alton Central School is happy to announce that Kerry Gavin, Sandy Flanagan, Laurie Argue, and Sam Cowan were honored with "Apache Awards." The "Apache Awards" are chosen each month and are voted on by fellow staff members. Gavin and Argue are both paraeducators. Flanagan is the school's Student Services Coordinator and Cowan is the Food Services Director. The theme for this month was, "A staff member who has a consistent positive influence on the climate and culture of Alton Central School," which is aligned with the school's strategic plan.



Track time

Thomas Howlett runs for Prospect Mountain during a meet at Plymouth State University over the holiday break. See the story on page B3.

Blood drive in Alton today

platelets by resolving to give blood this January - National Blood Donor Month.

Donating blood or platelets is a way to make a lifesaving impact in the new year for patients like Judy Janssen, who was diagnosed with end-stage autoimmune liver disease in 2016. Janssen received frequent blood transfusions sometimes multiple times a week - until she underwent a liver transplant last Janu-

"Blood donors make a really big difference with very little effort," said Janssen, who received dozens of transfusions before and during her transplant surgery. "I wouldn't be here if it wasn't for blood donations."

The critical role of blood and platelet donors has been celebrat-

The ed each January for American Red Cross nearly 50 years during most difficult times to maintain a sufficient blood supply for patients. Busy holiday extreme schedules, winter weather and seasonal illnesses often impact donor turn-

out this time of year. The Red Cross encourages eligible donors to resolve to give blood or platelets regularly, beginning in January. To encourage donations immediatelv. all those who come to donate by Jan. 6 will get a long-sleeved Red Cross T-shirt, while

supplies last. All donors give blood or platelets during National Blood Donor Month in January at Red Cross blood drives in New York and New England will receive a \$5 Dunkin' Gift Card via e-mail as a thank you for helping save lives during National Blood Donor Month. A valid e-mail address must be on file

at the time of donation. Make an appointment to donate blood or platelets by downloading the free American Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Another way to help keep the blood supply strong in the new year is to host a Red Cross blood drive. To learn more about hosting a blood drive and to sign up, visit Red-CrossBlood.org/Host-

Simply encourages people to National Blood Donor the American Red help meet the urgent Month, which coin- Cross Blood Donor app, need for blood and cides with one of the visit RedCrossBlood. org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at checkin. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

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

> There will be a blood drive in Alton today, Jan. 10, from 1 to 6 p.m. at St. Katharine Drexel Church at 40 Hidden Springs Road.

A reminder to all those wishing to donate blood to make an appointment through the processes listed.

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New Durham senior lunch slated for Jan. 19

NEW DURHAM — The next senior citizen lunch will be held in the New Durham Fire Station Community Room on Saturday, Jan. 19, at noon. Please mark your calendars. Salad, chicken cacciatore and dessert will be served. Coffee, tea and water will be available. This free meal is for those aged 60 and over who live in New Durham and will happen once monthly during the colder months. Donations will be accepted but are not expected. Please get your friends and family together to come enjoy a meal together. Please RSVP to New Durham Town Clerk, Stephanie MacKenzie at 859-2091 ext. 1, so they know how much food to prepare.

Tacos and games in **Barnstead on Saturday**

BARNSTEAD Now that the holidays are in the rearview mirror, organizers all want to give you another chance to get out of the house with your friends and neighbors for some additional fun and fare. This month they decided to do a taco night. Organizers will provide the basic taco fixings and invite anyone to bring any additions that they may feel will spruce up a basic taco into an exceptional taco. They're all waiting to give it a try. Bring your own beverage and come share some food and time playing games or just sitting by the wood

Last month one of the new games featured was called "farkle," a dice game where you can take chances and get lots of points or sneak by being conservative, but when the end was in sight the dice flew with abandon and the crazy scores mounted up, the winner being a BES student. They did manage to get a newcomer to join in a cribbage

game. They'll keep trying. A couple of guitar cases showed up but remained closed as everyone enjoyed playing the games. Home rolling bowling continued to be popular as there's no limit to the number

of people who can play. It will be happening

at Sticks and Stones Farm, which is located at 107 White Oak Road in Center Barnstead, which is located on the right side, not too far from the top of the hill when coming from Route 28. There will be hot chocolate and hot cider and other goodies. Bring a friend, bring your family, and consider bringing your favorite taco secret to share and any beverages you'd like to drink. It'll be Jan. 12 from 5 to 9 p.m. Brought to you by the Barnstead Agricultural Association. For more information, call 776-8989 or e-mail info@sticksandstones-

Study time, sewing and more on deck at Oscar Foss

BARNSTEAD Starting in January the Oscar Foss Memorial Library will be providing a quiet study time for students every Friday from 12 to 2 p.m. They offer free Wi-Fi, computers and many places to settle in and study comfortably.

Ugly book makeover contest

The library is starting a monthly ugly book makeover con-This month's picks are "Ribsy" by Beverly Cleary for kids and "Animal Farm" by George Or- Mack will be at the liwell for adults. Your original artwork can be submitted to the front desk by Jan. 26 and the winner will be chosen on the last open day of the month. The winners will receive a Sarah's Book Nook gift card and the honor of having the book recovered and displayed with their artwork.

Read with Mack

Love books and dogs? The library has the perfect activity. Register to read to Mack, the very special reading therapy dog.

brary on Jan. 16 from 3 to 4 p.m. Sessions run for 15 minutes per family. Come in to the library or call 269-3900 to sign up for a ses-

Beginner sewing workshop

On Thursday, Jan. 17, the library will be holding a beginner sewing workshop at 6 p.m. Participants will be learning to sew and making monogram throw pillows. Preregistration and a supply fee are required. Please bring

sewing machine if you have one, limited extras are available.

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

Barnstead Farmers' Market vendor meeting is Feb. 4

BARNSTEAD — The Barnstead Farmers' Market is inviting the public and all vendors who are interested in participating in the 2019 farmers' market season, to their annual vendor meeting, Feb. 4 at 6 p.m., located at the Maple Street Church, 96 Maple St., Center Barnstead. The agenda will start at 6 p.m. with an intro and overview of the upcoming season, accepting 2019 applications deadline of Feb. 4. Applications are available on the website now. At 6:30 p.m. will be a presentation on what makes

a successful farmers' market by UNH's Nada Haddad. At 7 p.m. will be a Vouchers for Veterans program overview by Jeanne Grover, Director. At 7:15 p.m. will be an EBT overview by NH Food Bank's Brendan Cornwell. At 7:30 p.m. is a presentation on increasing your customers: selling and what makes your customers come back by Haddad. At 8 p.m. will be a question and answer session. For more info please visit www.barnsteadfarmersmarket. club or to RSVP, e-mail brary Director Cathy lorimahar@tds.net.





New year brings new classes and ideas to NDPL

NEW DURHAM — The new year at New Durham Public Library is filled with new classes and new ideas.

"We love bringing in programs that we haven't had before," Li-Allyn said. "It gives people a chance to try something novel."

Very small people get first dibs on Move It, Move It. This action-based class will run for six weeks on Fridays beginning Jan. 18. From 11:15 a.m. until noon, toddlers up to pre-school children can participate in a short movement story, guided activity, and free play with equipment, all based on a weekly theme.

"Our Gym Dandy days are so fun for kids, we wanted to extend the idea," Allyn said. "It's a great chance to run around in a safe environment."

No registration is program, and children can attend as many or as few classes as their parents' schedules allow. Infant siblings are also welcome, as the library has toys and equipment for that age group, also.

If anyone is in need of learning how to overcome clutter, a self-help and empowerment group will meet Mondays from 10 a.m. noon, beginning

Jan. 14. Call Nancy Estee at 859-0280 for information and to sign up.

The library has you covered if you are like most people and put a healthier lifestyle on your list of resolutions.

brary," Allyn said, "and we're really excited to offer tai chi now, also."

The slow and gentle beginning exercise program will meet Wednesdays from 12 to 1 p.m. and starts Jan. 23. Participants can stand or use a chair. There is a suggested donation for four sessions, or per class for drop-ins.

The class is ap-

propriate for all age groups and physical conditions, including anyone with a debilitating illness.

Pouliot. Denise a member of the Cowasuck Band of the "We've had yoga Pennacook-Abenarequired for this free many times at the li-ki People will lead a basket weaving class on Feb. 11 and 18 at 7 p.m. Each participant will bring home an 11.5-inch long, 7.5-inch wide basket that is five inches tall. A small materials fee is requested. Registration is required and only a few spots remain.

> Call the library at 859-2201 for more information on any upcoming program, or to register.



603-813-2013 Pet approved!

Locke Lake board meeting is Jan. 17

BARNSTEAD — The next public Locke Lake Association Board of Directors meeting will be held on Thursday,

Jan. 17, at 6:30 p.m. at the lodge. These meetings are open to LLCA members only.



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Wolfeboro landmark being renovated

Allen 'A' Motor Inn to become Lake Wentworth Inn

BY THOMAS BEELER

Contributing Writer

WOLFEBORO — As 2018 fades and people look forward to the new year, there is already some very good news for Wolfeboro residents and visitors alike.

The historic but aging Allen 'A' Motor Inn has been purchased by a group of longtime summer residents who plan to make it an affordable place to stay for young families and lovers of the outdoors.

Renovation of the site at 427 Center St. and the facility's 42 rooms has already begun. A "soft opening" is planned for early May with the renamed Lake Wentworth Inn to be open fully for the 2019 season.

The Motor Inn was purchased on Dec. 14, 2018 by two couples, Denise O'Grady and Todd Loomis and Peter and Lani Ford. They have been coming to Wolfeboro for years, passing the Allen A Motor Inn many times on Route 28 and on their way to Albee Beach, and regretting how it continued to deteriorate.

They have been coming to Wolfeboro every summer for more than 20 years. Peter Ford is also a Brewster graduate. Their connections to the town run deep.

"We love the town and are thrilled to to bring this property back to the vision Allen Albee had as a simple but stylish gathering space to experience all that the lake region offers," O'Grady says.

The new owners give an account of how they came to purchase the inn on the new site, lakewentworthinn.com: "One



THOMAS BEELER

RENOVATION has already begun at the former Allen A Motor Inn. The renewed facility will reopen in May as the Lake Wentworth Inn.

day, while sitting with friends on a dock, Denise mused, 'Do you know what property I would love to buy and renovate?' Peter quickly responded 'The Allen-A Motor Inn.' He guessed right. Daydreams can become reality."

O'Grady explained that the mission in purchasing and renovating the inn was to will appeal especially provide a comfortable to those who come to have the opportunity and affordable place Wolfeboro to enjoy its to stay in Wolfeboro. They do not plan to compete with other places to stay in town but to work with them and the Chamber of the inn and leads into

Commerce to help increase tourism yearround.

Windows and doors are being replaced, Rooms are being repainted and refurnished now. The new look will have a stylish "lake house" feel. In spring the grounds will also receive a careful do-over.

The renovated inn extensive network of trails (including the Cotton Valley Trail and Bridge Falls Path that lies right behind

downtown Wolfeboro as well as Sanbornville).

It is a short walk to

Albee Beach, but for

those who prefer it, the inn offers a private pool. The Inn will also

host weddings and reunions.

O'Grady says inn management will be local to the Lakes Region, with solid knowledge of the region in general and Wolfeboro in particular. Guests will not lack for tips and information on where to go and what

to do. The new owners are also very interested at info@lakewentworin hearing from those thinn.com. who knew Allen Albee and have memories

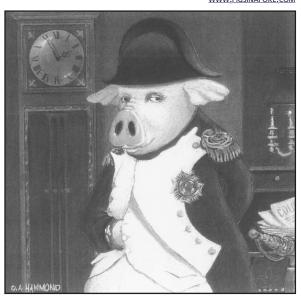
In addition to the inn web site, lakewentworthinn.com, more information can be found on Facebook.

PIG OF THE WEEK by D.A. Hammond

and photos to share.

Contact Loomis at

569-1700 or by e-mail



Napoleham

Masons breakfast buffet is Jan. 20

ALTON — On Sun-

day, Jan. 20, the Masons of Winnipisaukee Lodge in Alton will be hosting

exquisite harmonies are

the highlight of their

performance.

meet on Wednesday WOLFEBORO repertoire is eclectic; The Wolfeboro Seniors from touching and senwill meet on Jan. 16 at timental (nice) to saucy 1 p.m. at the Episcopal and suggestive (naugh-Church on Main Street ty). Their original music in Wolfeboro. The prospeaks to all aspects of gram, Naughty and Nice everyday life, whimsiwill be presented by cal to poignant, serious Peg Chaffee and Cheryl to silly. Accompanied Sager, who are talented, by stand-up bass, guitar entertaining and "great and pennywhistle, their

Wolfeboro seniors will

their monthly breakfast buffet, open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle. With fresh fruit, biscuits gravy, scrambled omelets, bacon sausage, home fries, beans, pancakes, French toast, coffee and juice being served, it is

a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet. So, join them for breakfast between 7:30 and 11 a.m. They hope to see you there, always on the third Sunday of the month. For more information, contact Dave

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Track Coach Grades 5-8

CPR/First Aid Certification preferred. Please contact Ryan McKenna, Athletic Director at 269-5161 ext. 107 or rmckenna@mybes.org for more information or an application.

Opinion

Maybe time for a change?

On this page is a letter from former New Durham Selectman David Bickford. It's safe to say that we haven't always agreed with all of Mr. Bickford's points over the course of the many years that we've been part of the New Durham community, but we have always respected the fact that he always presents his side of the story and does his best to back up his points with facts and figures. In this age of people simply copying and pasting, it's nice to know that there's someone who is not afraid to do a little research.

We have to admit we were a little intrigued by Mr. Bickford's letter, which notes that a petition has been presented in New Durham asking that the future warrant articles for Capital Reserve Funds and Expendable Trust Funds be presented separately.

As it stands now, New Durham is unique in amongst the communities we cover, as the voters go to the polls and on the ballot will only see one warrant article to approve or turn down all of the Capital Reserve Funds.

We see Mr. Bickford's point that this really does not give residents a true voice in each of the expenditures the town is planning in the year ahead. For instance, someone who supports the library's Capital Reserve Fund but is wary about another town department, would have to either vote yes to support the library and at the same time offer his or her support to the rest of the Capital Reserve Funds or vote no across the board, thus sinking the library's Capital Reserve Fund that he or she wanted to support.

There is a positive to this method of voting in that there are fewer ballot questions and therefore voting should be quicker with just the one question. But as is pointed out in the letter, there is also a loss of control for town residents in how their money is spent.

The taxpayers of New Durham have been generous in many ways to different town departments and they are to be commended for that. However, Mr. Bickford raises a good point in his letter. By bundling all of the Capital Reserve Funds together in one article, a voter only gets one say instead of many votes if the Capital Reserve Funds were separated out.

Yes, we are aware it might take New Durham residents a bit longer when they go to the polls, but taxpayers would also be having more of a say in how their tax dollars are being spent, and in our mind, that's never a bad thing. New Durham's town tax rate has increased a lot over the last few years and nobody wants to see it continue to go up. This might be a way to help save a little money here and there.

More importantly, as mentioned, this change would give New Durham voters more control over their money.

We urge New Durham residents to do their research on how this might work and then cast their ballots that way when the petitioned warrant article appears on the ballot in March.



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Lending a hand

"Just after the devastating Hurricane Mitch hit South America 18 years ago, I have been part of the 'Amigos De Honduras' program, leading teams of Rotarians, as well as many friends, to repair and construct over 30 schools, build a youth center, repair hospitals and constructed a dental clinic. We've also installed 11,000 water filters and now over 50,000 people have pure water to drink," said 7870 Past District Governor and Team Leader for 'Amigos De Honduras,' Chris Parkinson (center), to members of the Alton, Barnstead, New Durham Centennial Rotary club at its weekly breakfast meeting. "Now we're going back this February to continue doing what Rotary is all about, 'saving and improving lives." The team of doctors, dentists, medical personal, sanitation experts and Rotarians from 30 different Rotary clubs in District 7870, at their own expense, will spend weeks helping Hondurans rebuild and improve their lives and villages. Rotarian and Program Director David Bloser (left), introduced Parkinson, and Rotarian Duane Hammond (right), Past President of the Milford Rotary Club, who served under the leadership of Parkinson in 2001-2002, is helping to raise funds in support of the Honduras program.

Letters to the Editor

Petition for more voter control

To the Editor:

A petition was presented to the New Durham Board of Selectmen (BoS) on Jan. 31, 2018 requesting a special article be placed on this year's Warrant for voters to consider. The article asks: "That in the future Capital Reserve Funds (CRF) and Expendable Trust Funds (ETF) be listed and voted on individually on the Town Warrant." For some time now these funds have been bundled together, leaving voters no opportunity to choose which items they wish to support.

Unfortunately, by bundling the CRFs together, the voter gets just one vote that also effects other CRFs such as trucks and plows, library facilities, etc.

It used to be when a big ticket item was considered to be purchased, it was placed on the warrant for the voters to decide if they wanted it. The (BoS) just purchased a new 10-wheeler dump truck with sander and plow for \$192,397 less a \$30,000 for a trade in. No explanation to the public. Now they plan on purchasing a \$60,000 driveon scale for the transfer station without public awareness because of the bundling of CRFs with

little or no explanation. The same scales the voters turned down at the 2011 Town Meeting.

When the petition was presented to the selectmen, the town administrator offered to write a summary so the public could have an idea of what each Capital Fund was raising money for. Selectman Swenson was against him doing that. He felt the public could wade through Capital Improvement, BoS and budget committee documents and minutes to comprehend what the potential CRF and ETF expenditures are for. He felt there was no need for a summary and it has no bearing on what may happen.

Last year the BoS were asked but refused to give voters more control and we ended up with a nine percent town property tax increase. Under the petition's proposal, the voter will have more votes to make but gain more control back. There is no other town surrounding New Durham that bundles these funds together.

> David A. Bickford New Durham

Alton Parks and Rec sponsoring playgroup

ALTON — The Alton Parks and Recreation Department is sponsoring a drop-in playgroup for kids up to five years old at the Alton Bay Community Center on Tuesdays and Thursdays from 9 to 11 a.m. Group does not meet during Alton school breaks. The program is free. They provide the books, toys games and you provide the interaction. Please bring a peanut-free snack for your child.

This is a great pro- snowshoe walk each gram to introduce you and your child to other members of the community. For more information, contact LittlePesaukees@gmail.

Local walk or snowshoe program

The Alton Parks and Recreation Department is sponsoring a local snowshoe walk Saturday mornings led by Ruth Arsenault. Join community members on a walk or

week from 10 a.m. to 12 p.m. Walks will be held in local parks and will be easy to moderate. The free program is ongoing. Meet at the Alton Bay parking lot. For more information and/or to register for this program, e-mail your name and contact information to Arsenault at bernieruth1977@aol.com.

Exercise classes

Intermediate Yoga with Sheila Marston

focuses on breathing techniques, postures and proper alignment. Geared toward participants who know basic postures. Class ends in seated meditation and savassana. Wednesdays, 7-8 p.m. at the Alton Bay Community Center for a four-week session.

Zumba classes with Sherry Meyer are held Mondays and Wednesdays at the Alton Bay Community Center from 8 to 9 a.m.



Mid-winter drug drop-off coming in February

WOLFEBORO Here's a 2019 resolution that is easy to keep. Saturday, Feb. 16, 8:30 a.m.-noon, the Lakes Region Household Hazardous Product Facility (LRHHPF) will hold its second annual winter drug drop off day at All Saints Episcopal Church across from the Wolfeboro Police and Fire station, next to Huggins Hospital. Last year's event safely disposed of more drugs than eight of the previous 12 collections run by LRHHPF.

Please note the change in location as the usual May-October site is not winterized. Also, only medications will be collected. Get your free pass for Alton and Wolfeboro residents on collection day at the drop off site.

Bring expired or unwanted prescription drugs (controlled painkillers and non-controlled pharmaceuticals), over the counter medications, herbals, vitamins, creams, or cough syrups. Pet medications are also accepted. Please leave medications in original containers. Name of patient may be crossed off. Please do not cross off medication information. All drugs will be disposed of following DEA guidelines.

The Feb. 16 drug drop off was initiated in response to requests by the public for safe disposal options during winter months. LRHHPF has worked closely with local pharmacists, All Saint's Church and Alton and Wolfeboro senior groups and police departments to meet

the needs of the LRHHPF member communities.

For more information, call LRHHPF Site Silk at 651-7530. If extions prevail, the snow Feb. 23.

Coordinator

Sarah treme weather condi- date will be Saturday,

Maestro Hector Olivera returns to Wolfeboro Sunday

WOLFEBORO — On Sunday, Jan. 13, world renowned organist Maestro Hector Olivera is returning to Wolfeboro for the third time, following two wildly popular appearances in 2014 and 2016. The concert will be held at the First Congregational Church, 115 South Main St., Wolfeboro, at 2 p.m. His collaboration with the Rogers company on the design specs for the model of organ that graces the First Congregational Church here allows him a deep appreciation of all the nuances of this fine instrument, and he carefully selects his program to share them all with his audience.

The Buenos Aires born Olivera's story is that of a child prodigy. His first teacher (his father) encouraged him to begin playing the pipe organ when he was three. Two years later, he was appointed organist of the Church of the Immaculate Conception. Also, at age five, he played for the legendary Eva Peron. At six he entered the Buenos Aires Conservatory. By age nine he had composed a suite for oboe and string orchestra, performed by the Buenos Aires Symphony Orchestra. At age 12, he entered the University of Buenos Aires and by 18 he had performed more than 300 concerts through-



MAESTRO HECTOR OLIVERA will be performing in Wolfeboro on Sunday.

out Latin America, appearing frequently on Argentinean radio and television. During this time, he also served as the senior improvisational accompanist for the Collegium Musicum in Buenos Aires, vastly increasing his prodiimprovisational talent. In 1965, New York's prestigious Juilliard School of Music offered him a scholarship. Three years later he won the National Improvisa-

tion Contest sponsored by the American Guild of Organists, launching his outstanding professional concert career. Throughout his concert career, Maestro Olivera has performed in many prestigious venues, including the Cathedral of Notre Dame in Paris, Grace Cathedral in San Francisco, Carnegie Hall in New York, Royal Albert Hall in London and numerous others. In addition to his solo concerts, he has performed as guest soloist with orchestras worldwide and has been invited to perform an unprecedented third concert at the prestigious Walt Disney Concert Hall in Los Angeles in 2018.

Most famous for his prodigious technical proficiency and charismatic stage presence, Olivera's amazing effect on audiences has made many of the most sophisticated and demanding organ aficionados claim that Olivera is "one of the greatest organists in the world today."

This concert is sponsored by Paul and Debbie Zimmerman, Green Mountain Communications. Edward Jones Investments Financial Ad-

visor Kevin Lawlor and the law offices of V. Richards Ward, Jr PLLC. It is the fourth of eight concerts presented by the Wolfeboro Friends of Music for the people of the greater Lakes Region during its season, which runs from September through May. Tickets are available at the door, at Black's Paper Store and Avery Insurance in Wolfeboro or at Innisfree Bookshop in Meredith by calling 569-2151 or by visiting www. wfriendsofmusic.org. Please note their special policy, high school students with ID will be admitted free of charge. A child accompanied by an adult ticket purchaser will be admitted free of charge.

Ramey on Dean's List at URI

KINGSTON,

The University of Rhode Island is pleased to announce that more than 5,500 undergraduates have qualified for the fall 2018 Dean's List. The students represent nearly all of Rhode Island's cities and towns, all six New England states, New York and New Jersey, and many other states and na-

To be included on the Dean's List, students must have completed 12 or more credits during a semester for letter grades with at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 credits with a 3.30 quality point average. The list includes students who

have not yet declared their majors as well as those from all of the university's undergraduate academic colleges.

Olivia Ramey of Alton was named to the Dean's List.

The University of Rhode Island's pioneering research extends the university's influence well beyond its coastal borders, while

its unique interdisciplinary courses provide its 16,637 undergraduate and graduate students with global opportunities in an intimate environment. In May 2018, more than 3,300 undergraduate and about 750 graduate degrees were awarded. The university now has more than 120,000 alumni worldwide.



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BY MARK PATTERSON

Contributing Writer

When I started in the brokerage business 24 years ago, there were mostly commis-

Mark on the Markets

To fee or not to fee

when you walked in to one of the local brokerage houses, you knew what to expect for the most part. Most of the brokers at Tucker Anthony, where I started my brokerage career, were building portfolios with individual stocks or bonds, mu-

favorite. While mutual funds were becoming very popular, they were typically used in conjunction with the individual stocks and bonds. I myself used mutual funds for very specific reasons. Exchange traded funds were not even avail-

sion-based brokers. So, nicipal bonds being a able at the time. If you kers were transformed are investing money in 1995 it was very likely that you are in typical brokerage account as opposed to a fee-based or fee-only wrap account. The tide has shifted dramatically in the last 20 years towards fee or wrap accounts. Bro-

into financial advisors with less ability to touch the money as opposed to delegating to mutual funds, managed money or variable annuities. While most brokers were persuaded to get their series 65 or managed money license, I recall most accounts at Tucker Anthony were commission based brokerage accounts.

In 2019, we now have a variety of fee only, fee and commission or commissioned product sales. But it gets even more complicated by the fact that fee only, fee and commission, or commission product sales people are not all the same even within their own category. For example, a financial planning firm that is fee-only may charge for the creation of a financial plan and a fee to allocate those assets. But that same firm may not manage assets in house but designate to outside managers. They may recommend certain types of insurance but they do not sell you the insurance they may refer you to an insurance agent. A different fee and commission firm may manage your assets in house sparing your account of additional outside management fees. That firm may also sell the insurance recommended for that client. Then you have the "financial advisor"

ently than the investment advisor. That advisor is considered a registered representative that works for a broker-dealer, the investment advisor typically works for the client in a fiduciary capacity. Registered reps with a license to use a fee platform may have the ability to manage money on their firm's platform but I believe they are more biased to product sales and commission business. You may find an advisor that is only licensed to sell insurance product. It can be very confusing to the investing public because, at times, the insurance salesperson themselves out as an advisor or planner but may not have that experience or training.

I could be biased and give you my opinion of what model is best, but I'll will keep opinion to myself. What I recommend is that you review your account statements. Look at the advisor or your advisor's firm, ask questions regarding how they are paid, how are they licensed or registered and don't be afraid to talk with a couple of different types of firms. Look for your best fit and do

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

your homework.



LACONIA

Prescott Farm Environmental Education Center is pleased to welcome Phoebe VanScoy-Giessler as the new Development and Communications Director.

VanScoy-Giessler was raised in the Finger Lakes Region of New York, graduating with a Bachelor's degree in Journalism and Politics from Ithaca College in 1996. She has worked in fundraising and communications for various non-profit and educational organizations including NPR's "Fresh Air, with Terry Gross" in Philadelphia, Pa., Westside Children's Center in Los Angeles, Calif., and the Governor Wentworth Regional School District. Most recently she was Development Communications Coordinator at Lakes Region Community Services in Laconia.

"I love telling stories and making connections between organizations Prescott Farm and the wider comshe said. "Between the Fledg-Nature-based Preschool, WildQuest camps, Naturalists in the Classroom and our



COURTESY PHOTO PHOEBE VANSCOY-GIESSLER has joined the Prescott Farm Environmental Education Center team.

wide array of public

programs, every day offers a new story. I am eager to celebrate and share our mission."

"This is an exciting time for Prescott Farm as we look to engage on a deeper level with the greater Lakes community through our business partnership program, volunteer opportunities, and programs," said Jude Hamel, Executive Director at Prescott Farm. "We're opening the doors to the natural world, providing hands-on ex-

periences for all ages throughout the year, and making a difference in the lives of Lakes Region community members. We're delighted that Phoebe has joined our team to help us share our story and advance our mission of providing top quality environmental education programs."

Prescott Farm is a non-profit 501c3 organization dedicated to providing year-round environmental education programs for all ages and a place in the Lakes Region community that encourages curiosity, discovery, fun and connection to the natural world. For more information about programming, events and volunteer opportunities at Prescott Farm, please visit prescottfarm.org.



ALTON POLICE LOG

rant.

ALTON — The Alton Police Department responded to 195 calls for service during the week of Dec. 30-Jan.

5, including seven ar-One female subject was arrested on a war-

that is licensed differ-

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

One male subject was arrested for possession and use of tobacco products by minors. One female subject

was arrested for driving after revocation or suspension and suspended registration. There were three

motor vehicle summons arrests.

There were four motor vehicle accidents. There were four

suspicious person/activity reports on Main Street, Homestead Place, School Street and Frank C. Gilman Highway.

Police made 53 motor vehicle stops and handled five motor vehicle complaint-incidents.

There were 129 other calls for services that consisted of the following: Two assist fire department, one fraudulent action, one employment fingerprinting, two assist other agencies, one pistol permit application, four animal complaints, one juvenile incident, one domestic complaint, one general assistance, one miscellaneous, one wanted person/fugitive, drug offense, five alarm activations, one lost/ found property, two general information, one littering/trash removal, one civil standby, two civil matters, one wellness check, 69 directed patrols, one 911 hang-up, one movehicle lockout, two medical assists, 23 property checks and three paperwork ser-

INVITATION TO BID

BARNSTEAD SCHOOL DISTRICT ANNUAL REPORT

The Barnstead School District is requesting sealed bids for the printing of the 2017-2018 annual school district report. Specifications for printing of the report can be obtained from the SAU #86 office, 1 Suncook Valley Road, Barnstead, NH 03218, or may be requested by calling (603) 435-1510 or emailing Deb Walsh, dwalsh@mybes.org. Sealed bids must be submitted to us before 1:00 PM on January 14, 2019.

PUBLIC NOTICE TOWN OF NEW DURHAM

New Durham Supervisors of the Checklist will be in session to accept voter registrations and corrections of the checklist

Tuesday, January 22, 2019, 7 – 7:30 pm New Durham Town Hall.

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

PUBLIC NOTICE

Barnstead Budget Committee

The Barnstead Budget Committee will meet and hold public hearings and work sessions concerning the budget as follows:

2019-2020 School Budget: Monday, January 14, 2019 Monday, February 4, 2019

Public Input, Work Session Work Session Public Hearing, Recommendations

2019 Town Budget: Thursday, January 17, 2019 Thursday, January 24, 2019 Thursday, February 7, 2019

Thursday, February 14, 2019

Monday, February 11, 2019

Public Input, Work Session Work Session Work Session Public Hearing, Recommendations

All public hearings and work sessions will start at 6:00 PM and will be held in the library at the Barnstead elementary school. Work sessions will be held as needed by the Budget Committee. William Haynes

PUBLIC NOTICE

PUBLIC NOTICE TOWN OF ALTON

Alton Supervisors of the Checklist will be in session to accept voter registrations:

Tuesday, January 22, 2019, 7 – 7:30 pm for the correction of the checklist at the Alton Town Hall, William Heidke Room

Saturday, January 26, 2019, 11 – 11:30 am for the correction of the checklist to be used at the Town and School Deliberative Sessions at the Alton Town Hall, William Heidke Room

Alton Supervisors of the Checklist **Sharon Kierstead** K. Ruth Larson

Every 8 minutes, we respond to a disaster.



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town Address

Alton 221 Damon Dr. Alton 747 E. Side Dr. Alton 151 Fort Point Rd. Alton 92 Lakewood Dr. Barnstead 49 Danbury Rd. Barnstead 365 North Rd. 747 S. Barnstead Rd. Barnstead Barnstead 3 Winwood Dr. Barnstead N/A New Durham 238 Merrymeeting Rd. New Durham 221 N. Shore Rd.

New Durham 198 Old Bay Rd.

Type

Single-Family Residence N/A Single-Family Residence Residential Developed Land

Single-Family Residence

Price Seller

\$1,395,000 Frederick L. and Austin S. Malloy \$255,000 Lawrence Brandt \$520,000 M. Perry-Johnson RET Eugene R. Bailey and TD Bank NA \$225,000 \$208,000 Bruce E. and Renee A. Attridge \$325,000 Ethan S. and Amy H. Jennings Kaycee L. and Matthew R. Gnatowski \$244,933 Joseph R. Jones \$168,533 \$189,933 Goodrich Fiscal Trust \$265,000 Richard & S. Currier RET \$240,000 Ingrid Crete \$95,000 Calvin O. Davis 1995 Trust

Buyer

Kathleen M. Lenihan and Daryl L. Wiesen Joseph L. and Tiffany R. Perry Michael J. Geljookian Rand Hill Realty LLC Cheryl A. Dudley Kristy H. Hart Jordan Wolfe Devaun E. and Amanda N. Gil Jamey and Jodi C. Balint Robert L. and Lisa A. Mills John R. Vandenburg and Kathleen A. Novak Leo and Leigh St. Cyr

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.

Bob McCarthy Trio performing in Laconia

LACONIA — The Bob McCarthy Trio will be the featured performer in the Belknap Mill's Arts in the Park Winter Session today, Thursday, Jan. 10, in the Riverside Gallery. The Trio is comprised of Bob Mc-Carthy, Billy Martin and Dave Martin.

McCarthy began his musical career in New York and Boston-Cambridge coffee houses and col-



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Mill's Arts in the Park Winter Session today, Thursday, Jan. 10 in the Riverside Gallery. lege concerts. He is a songwriter, composer, guitarist, mandolinist, and vocalist. Dave Martin has been playing drums and percussion for over 40 years

(Left) THE BOB MCCARTHY

TRIO will be the featured

performer in the Belknap

COURTESY PHOTO

in a variety of bands and music genres. Billy Martin was an original member of the James Montgomery Blues Band. He has studied composition, performance art, primitive music history, orchestral, operatic and

book page or Web site at www.belknapmill. The Belknap Mill non-profit

double bass.

on many styles.

As a trio, they per-

form an eclectic blend

of original and tradi-

tional music drawing

tion about programs

and events, please visit

the Belknap Mill Face-

For more informa-

Society is a 501(c)(3)organization whose mission is to preserve the Belknap Mill as a unique historic gathering place and to celebrate the Lakes Region's cultural heritage through the arts, education and civic engagement.





GIVE SAFETY A

School is in session, and before you can say, "red light, green light, one...two...three", a child can dart out of nowhere, and get hurt. Please be prepared to stop and exercise extra caution when driving near playgrounds and schools.

Please Drive Carefully. Our Kids Are Depending On You.

OBITUARIES

Steven Douglas Costa Expert pool player and skilled craftsman

ALTON — Steven Douglas Costa, 58, of Alton, went to be with the Lord on Saturday, Dec. 22. He is the devoted son of Ann H. (Pratt) Costa, and the late Russell N. Costa.

Born in Providence, R.I., but made his home in New Hampshire for the last 24 years.

Steve was a patriot in the true sense of the word. He loved Amerthe Constitution, and freedom and would happily and enthusiastically school you on your rights as an American citizen. Steve was an avid Second Amendment advocate and supporter, was a self-employed general contractor, a hunter, an expert pool player, both a marine and auto mechanic, a skilled craftsman, and a fine finish carpenter - a true jack of all trades. He enjoyed New Hampshire Fish and Game Clubs, was a proud member of the NRA, and took pride in his firearms skills. He demonstrated on the front lawn of the State House in support of the Second Amendment, attending rallies and hearings. Steve was present at the founding of the Barnstead Thrift Shop and Food Pantry in Center Barnstead 10 years ago, and worked there as a volunteer, helping those with less, which brought him great joy. He delivered Thanksgiving and Christmas baskets, as well as tovs to those in need. He had



many talents, skills and abilities and was often sought after for advice, helping all who requested his expertise because Steve could fix anything. He was an honorable man with a huge heart and the first to respond to anyone in distress. Steve had a smile for everyone he met and a laugh to follow. He touched the lives of everyone he knew, he will be deeply missed by his beloved family, and his many friends.

Dear to his heart were his two kitties, Lil' Bit and Chloe, they were his pride and joy.

He is the beloved brother of Susanne M. Costa (Scott DeCastro) of Exeter, R.I., Linda A. Costa Spink, of Exeter, R.I., Jeffrey J. Costa (Marie Young) of Riverside, R.I. He was the father of David E. Costa of Hyannis, Mass. He is also survived by nieces, Nicole M. Potter of North Kingstown, Ashley L. Cullen of Attleboro, Mass., Courtney E. Durocher of Westerly, R.I., and great-niece Savannah J. Sullivan of North Kingstown, R.I.

Calling hours were Saturday, Dec. 29, at Peaslee Alton Funeral Home. To express condolences, please visit www. peasleefuneralhome.

John J. Slock Active at Alton Senior Center

ALTON — John J. Slock, age 91, of Youngtown Road in Alton, died peacefully, at home on Jan. 3, surrounded by his loving family.

Born April 1, 1927 in Central City, Pa., the son of Frank and Katryn (Szperka) Slock, he resided for many years in Chicopee, Mass. and lived in Alton since 2007.

John worked as an engineer for many years with General Instrument and was retired from Electronic Coils, where he worked until age 81.

A parishioner Katharine Drexel Church, he was a member of the Alton Senior Center, their Treasurer, where he loved spending his afternoons with friends, having lunch and playing cards. He enjoyed golfing, was an avid



Red Sox fan, also enjoyed the Boston Celtics and the New England Patriots.

His family meant everything to him.

Widower of the late Dolores (Mendrala) Slock, he is survived by their three children, David M. Slock and wife Michele, Kenneth J. Slock and wife Lisa, Cheryl A. Doyle and husband Jeffrey; 3 grandchildren, Erik, Tyler and Katie; and two sisters, Gene-

vieve Browy and Mary Wegiel.

A mass of Christian burial will be celebrated on Saturday, Jan. 12, at 11 a.m. at St. Katharine Drexel Church, 40 Hidden Springs Road in Alton with Fr. Robert F. Cole, pastor, as celebrant. Calling hours are prior to the service from 9 to 10:15 a.m. at Peaslee Alton Funeral Home, 12 School St., Alton. Interment will be in the spring at St. Stanislaus Cemetery in Chicopee, Mass. In lieu of flowers, memorial donations may be made in his memory to: Alton Senior Center Activities, 7 Pearson Road, Alton, NH 03809 or Lakes Region Humane Society, 11 Old Route 28, Ossipee, NH 03864. To express condolences, please visit www.peasleefuneralhome.com.

Barbara Jones Frangione Had many diverse talents and passions

CHICHESTER — Barbara Jones Frangione, 94, passed away peacefully on Jan. 4, at her home in Chichester, surrounded by her family. She was born on Dec. 6, 1924 in Newark, N.J. to John and Martha (Palmer) Jones.

Barbara grew up in Huntington, N.Y. She graduated from Huntington High School in 1936. After high school, she worked on the family dairy farm in Huntington, N.Y. and moved to work at the Mohawk Textile Mill in Amsterdam, N.Y. She also travelled cross country to California with a friend and worked there for a time.

Barbara married Donald A. Frangione on Feb. 17, 1952 in Huntington, N.Y. They were married for 37 years until his death in 1989. Besides her husband Donald, Barbara was preceded in death by her sister, Joyce Jones, parents, John and Martha Jones, and her daughter, Joyce Liebl.

In 1963, she and Donald moved the family from Huntington, N.Y. to Chichester where they bought the Langmaid Farm. Besides being a homemaker, she also worked as a waitress at numerous restaurants and assisted her husband, Donald, run a catering business. At the age of 49, Barbara graduated from the University of New Hampshire in 1973 and received a BA



degree in Home Economics. She worked for 18 years as a home economics teacher at Pembroke Academy High School until her retirement in 1993.

Barbara was an active member of the Chichester United Methodist Church, Daughters of the American Revolution (DAR), Chichester Historical Society, Chichester Grange and the Suncook Valley Pomona Grange.

Barbara had many diverse talents and passions. She was a 4-H lead-

er and was very proud of her flower gardens. She was very interested in genealogy and, by the time of her death, had traced the family tree back multiple generations. She sang in numerous choruses, most recently The Suncook Valley Chorale, was a Master Gardener, an accomplished (and published) seamstress, spinner/weaver, braider, and soap maker. Barbara was Chichester's Citizen of the Year in 1998. She served for 20+ years as a Chichester Supervisor of the Checklist.

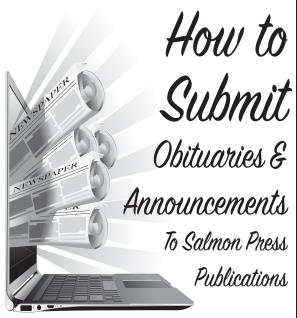
Barbara is survived by her daughter Donna Scribner and her husband Kenneth Scribner, Jr. of Center Barnstead; son Paul Frangione and his wife Eileen Frangione of Richfield Springs, N.Y.; son Thomas Frangione and his wife Kathy Conway-Frangione of Barnstead; son-in-law Mark Liebl of Sanbornton: her sister Dorcus Zarse and husband Bob Zarse of Florida; sister Betty Versnik of Connecticut; brother John Jones of Florida. Grandchildren Kevin Scriber and his wife Hedda Scribnerof Topsham, Maine; Melinda Scribner and her partner Al Braga of Decatur, Ga.; millian, S.D.; Chris Liebl and partner Maggie DiMiceli of Anchorage, Ak.; Elizabeth Duclos and her husband Jeremy Duclos of Penacook; Laura Mayo and her husband Will Mayo of Lee; Kristin Ruggierio and her husband of Matthew Ruggierrio of Englebrook, NJ; Maria Frangione of Portsmouth; Anthony Frangione and fiancé, Emily Cook of Bellbrook, Ohio. Greatgrandchildren Laine and Trenton Braga of Decatur, Ga.; Garrett Scribner of Topsham, Maine; Conner Duclos of Penacook; and Isla and Malcom Mayo of Lee.

There will be no calling hours. A memorial service will be held at Chichester United Methodist Church, 45 Main St., (http://www.umc. org/find-a-church/ church/11194), a.m. on Jan. 19, with a reception following at the Methodist Parish Hall. Burial will follow in the spring at the Pine Grounds Cemetery in Chichester.

In lieu of flowers, the family requests memorial donations be made to the Leukemia and Lymphoma Society (lls.org) or the NH 4-H Foundation (https:// extension.unh.edu/ programs/4-h-foundation-new-hampshire).



Baker-Gagne Funeral Home



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

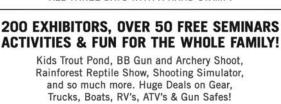
Obituaries can be sent to: obituaries@salmonpress.com Wedding, engagement, and anniversary **announcements** are welcome at: weddings@salmonpress.com

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

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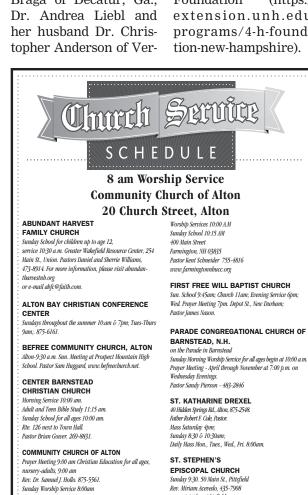
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Wolfeboro artist to display work at Belknap Mill

REGION — "Cate Poole Colors: Scenes from the Lakes Region," will be the featured exhibit in the Belknap Mill's Riverside Gallery from Jan. 4 to Feb. 1. All paintings and prints will be for sale. The exhibit will be open to the public Monday-Friday 9 a.m.-5 p.m. and Saturdays 9 a.m.-4 p.m.

Poole has a long history in the Lakes Region beginning with childhood as a camper at Camp Kehonka, attending the New Hampton School, and staying at her family's vacation home in Melvin Village. She studied Fine Art in college and dabbled in watercolor over



(Left) CATE POOLE will display her artwork at the Belknap Mill's Riverside Gallery until Feb. 1.

the years. She moved to Wolfeboro in 2011, and lives there year-round.

Poole's love of the Lakes Region has inspired her to renew her interest in watercolor painting as she tries to capture the natural beauty and feeling of the area. An avid sailor and member of the Wolfeboro Corinthian Yacht Club, much of her work features water and landscapes of Lake Winnipesaukee, surrounding areas and the Caribbean.

Poole shares, "I invite people to come in

from the cold and bask in the calming views of the lake and tropical waters."

She hopes her paintings conjure a sense of familiarity, connection, and relaxation that draw people to the area.

The Belknap Mill Society is a 501(c)(3)non-profit organization whose mission is to preserve the Belknap Mill as a unique historic gathering place and to celebrate the Lakes Region's cultural heritage through the arts, education and civic engagement. To learn more about the Belknap Mill Society, visit www.belknapmill.org or e-mail operations@ belknapmill.org.

TAI CHI

(continued from Page A1)

teach officially. Her incentive to teach, however, was not a desire to share with others a wonderful thing she had discovered.

"I was looking for a part-time job," she said. "I work full-time as an entrepreneur, but I needed more. Teaching tai chi and gentle yoga was easy. It didn't require equipment and it was pop in and pop out."

Tai chi was destined to soon become life changing for Wyman, though. Six months after she began officially teaching, she suffered a massive stroke.

"The doctors said I'd probably be needing help for the rest of my life and that I'd have to move out of my upstairs apartment."

Wyman said that was not what she wanted. "So, I told them to go away and I made it by myself."

She could not, however, use her left side. "The stroke took everything away and I was just surviving day to day. I called my tai chi instructor and said I'd had a stroke and wouldn't be able to come anymore."

He told her it would be the best thing for her recovery. Wyman took the classes and did what she could. "I was just doing it because I believed in my instructor; the more he talked, the more he sounded like he knew what he was talking about. He said it would fix it, so I did it."

She said she had the

patience one needs with tai chi. "It can take a while, but day by day I kept working at it."

Eventually, she could feel a difference, and what had once been merely convenient for her became her salvation. "Within a year, I was able to use my left side. Tai chi definitely changed my life after I had the stroke; that's when I became dedicated to it."

And dedicated she is. Wyman teaches tai chi at the senior center in Concord, in Wilmot Flat, Suncook, Wolfeboro and Alton. "The senior center in Alton called me out of the blue," she said. "They'd heard of me and asked me to teach."

She'll soon be adding a class at the New Durham Public Library beginning Jan. 23.

"I never slow down," she said.

What does she tell people about tai chi? "It's very gentle; people go through the exercise without realizing they've exercised their body." Wyman calls her discipline a "pleasant movement, and the body needs movement."

Beginners can try tai chi sitting down. "It's suggested for Parkinson's, arthritis, all of those diseases," Wyman said. "It gives you self-confidence, the ability to move, and makes you feel good; feeling good is an important part of it."

Now her reasons for teaching are different. "The students' energy

helps my energy. I get satisfaction, too, from bringing this discipline to others. People respond the first day and it's incredible to watch."

Wyman said her students report vanished aches and pains, and that they sleep better. "We all have fun and relax. It's at the top of my list for benefit to myself and others; I recommend it highly."

Two of her students, both nearly nonagenarians, couldn't agree more.

Bea Nelson of Barnstead has been with Wyman since her first Alton class. Nelson's introduction to tai chi was watching on TV a group of people in China performing "so beautifully. I just loved the way they were synchronized. It seemed like a gentle, beautiful way to exercise."

When she discovered Wyman was going to teach at the Alton Senior Center, she knew she wanted to try it. She said her first lesson "took me to a different place of serenity; I was so relaxed I felt I could lay down and go to sleep."

The benefits followed her throughout the week, as she looked forward to the next lesson.

"I was amazed that just doing these gentle exercises could make you so limber so your body moves in a supple way," Nelson said.

Obstacles to doing housework disappeared for her. "I could swoop down and pick up something on the floor with no trouble at all. I felt better and my body moved the way it did fifteen years ago."

She attributes tai chi to contributing toward being able to live in her own home. "Without it, my physical being would have deteriorated more than it has. I don't know what magic goes on, but it's soothing and sustaining. It's like my life's blood."

Sue Hardy, turned on to tai chi by her friend Nelson, calls it "a miracle drug." She walks regularly around Wolfeboro where she now lives, but appreciates tai chi for getting her out and being relaxed.

"My friend Bea and I inspire each other," Hardy said. "If I'm stiff in the morning, I'm always a lot better after doing tai chi." She has noted improvement in her balance, also.

For Hardy, the discipline has certainly been life affecting. "It's made a big difference," she said. "It has improved my life because it will keep me going. You have to keep your joints moving or they

will freeze up on you forever."

Tai chi is apparently still a form of self-defense, in the sense of caring for your health and body.

Wyman stated she would not be as strong or flexible without it. "My body would not do what it's supposed to."

Does she feel others are inspired by her own experience with tai chi? "I think so."

For one thing, she knows people are getting something out of it. "They keep coming back."



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Live-trap and move them, but to where, and what fate?

If I was honored with naming this part of winter - native people seemed to have a name for just about every week - I'd name it "The Time When Squirrels No Longer Seem Cute." This gives you an idea of my mail lately, which has been running about two to one against the squirrels.

birdfeeders (meaning the people who feed the birds, not the dispenser) have a love-hate relationship with squirrels they love to see them around, but not anywhere near their feed-

Sometimes readers will mingle conflicting emotions in a single photographic transmission. "See the cute

COUNTRY NOTEBOOK

By JOHN HARRIGAN

squirrel sitting there so pert and alert," the narrative will go. And then to the edge of the Dark Side: "Oh look, Mister Squirrel is trying to jump from that branch all the way to my feeders."

Mr. Squirrel makes it, of course, and gorges himself while trashing the feeder, and quickly comes a new approach, a la Natasha in "Rocky and Bullwinkle": "Keel Squir-

There are only two



NH FISH AND GAME - COURTESY PHOTO A RED squirrel doing what it does best when it's not defending its territory - eating.

squirrels, which are (a) killing them, or (b) ways of dealing with moving them. Because

killing anything is not a very uplifting subject, I will not go into what I know about a guy who, scoped .22 protruding from the kitchen window, maintained a 50-foot kill zone around his house. And this is a guy who loves red squirrels.

Rudy Shatney, my woods mentor and sort of second dad, could do one of the best imitations of a red squirrel ever, rearing back and scolding away through teeth and jaw set just so. You could almost see the red tail quiver-

Yet any red squirrel that ventured anywhere near what was called the Main Cabin. which was the Shatney home, was a dead squirrel walking, it being only a matter of time. Duke, the household's main dog, was a pretty sharp pencil, about a squirrel's presence, even while the squirrel was far up in a tree outside and Duke was nearly

would not stop barking until someone went out and dealt with the squirrel.

People occasionally tested Rudy on this seemingly insensitive resolve, for which he had a ready reply: Anyone who'd ever had to clean up after a red squirrel had ransacked a house would understand.

Rudy, who as a youngster taught himself to tie flies and then taught me, was particularly indignant about the time a red squirrel rampaged through a drawer full of hackles from the necks of roosters and various other large birds. The finest feathers from these are wound around the head of a dry fly to make it float.

try to kill anything I won't eat. That's one of the reasons why I was (and remain) so opposed to what I've always described as a trophy bobcat hunt, and conversely feel like the luckiest guy in the world when I head home with a partridge or two for supper.

So why not have a heart, a reader occasionally writes - why not live-trap the squirrels and set them free somewhere else, anywhere but here or even near here? You know, "Gentle Ben," and like that.

Well, because if there is squirrel habitat anywhere within reasonable distance, it already has squirrels in it. Squirrels, like many creatures of kind, have boom-andbust populations. Just now squirrels are experiencing something of a boomlet.

This is not a pretty picture of something that will happen out of sight, out of mind - a live-trapped squirrel, released to the wild, that will be fought to the death by someone already calling the place home. And it's why, while I get not the slightest gratification or recreation or nutrition from killing squirrels that are getting too close for the good of the homestead, I feel little guilt about it either.

This column runs in newspapers from Concord to Quebec and Before I generate parts of Maine and and upon receiving an avalanche of mail Vermont. Letters, with contact information for questions, are welcome at campguyhooligan@ gmail.com or 386 South Hill Road, Colebrook, NH 03576.

Barnstead Farmers' Market joins Vouchers for Veterans program

BARNSTEAD — The Barnstead Farmers' Market would like to welcome the Vouchers for Veterans program Belknap County. The BACFM is committed to raising awareness and funds to continue the program and spread it across New Hampshire. Vouchers for Veterans funds vouchers that veterans use to buy meat and produce directly from growers at local farmers' markets. This year, they are pleased to announce, the Barnstead Farmers' Market will be offering this program in the month of September for Belknap County veterans. Every week in the month of September, veterans will receive

\$20 a week in vouchers partnering with the to shop at the farmers' market.

On Feb. 8, the Alton American Legion family Post 72, the Barnstead Farmers' Market and the Aches and Pains Classic Rock Band will be hosting the Vouchers for Veterans fundraiser and open mic jam from 7 to 11 p.m. The event is located at American Legion, Route 28, Alton (875-3461). The American Legion will be serving dinner from 5 to 8 p.m., menu and dinner prices will be listed at www.facebook.com/americanlegionpost72. This event For more hopes to raise money to support the Belknap County Vouchers for Veterans Program

BACFM. There will be a gift basket and 50/50 raffle. To donate or contribute to this cause, please e-mail Lori Mahar, President of BACFM at lorimahar@tds.net or call 269-2329.

Visit the Vouchers for Veterans web site to make a secure, tax-deductible tion or send a check, please mark Belknap County in the memo line. All donations are tax-exempt and benefit Vouchers for Veterans and every dollar makes a difference for local veterans.

mation on Vouchers Veterans, visit vouchersforveterans. org/. Donations can be sent to P.O. Box 42, Rochester, NH 03866-

sensory information here, I should note that I don't consider myself a cold-blooded killer, nor would I ever consider harming a squirrel in the woods. I don't kill or

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Storyteller in Laconia Wednesday night

LACONIA — Join in Wednesday, Jan. 16, at 6:30 p.m. in Taylor Community's Wood-

side Building as Story-

teller David Hill pres- He has been in Toastents a program entitled "Eight Days in the Alaskan Wilderness." This free event is open to the public.

asleep on a rug inside,

Hill is a professional speaker/storyteller and a worldwide traveler specializing in remote adventure trips.

masters for 24 years and traveled to 21 countries. Most of Hill's stories involve first-hand experiences, which he masterfully recounts, sprinkling in a healthy dose of humor as they unfold.

Taylor Community call 524-5600.

is the premiere not-forprofit Continuing Care Retirement Community in the Lakes Region. Keep up with all their events on Facebook. For more information about active senior living, visit www.taylorcommunity.org or





SPORTS

SECTION B. PAGE 1 THURSDAY, JANUARY 10, 2019 THE BAYSIDER

WHAT'S ON TAP

A full week of games is on deck for the local high school sports teams.

At Prospect Mountain, the alpine ski team will be at Gunstock for a 10 a.m. meet on Friday, Jan. 11, and will be at Sunapee at 10 a.m. on Tuesday, Jan. 15.

The Prospect Mountain hoop boys will be hosting Inter-Lakes at 6 p.m. on Friday, Jan. 11, and will be hosting Winnisquam at 6 p.m. on Tuesday, Jan. 15.

The Timber Wolf girls' basketball team will be at Inter-Lakes at 6 p.m. on Friday, Jan. 11, will be hosting Newfound on Monday, Jan. 14, at 6 p.m. and will visit Winnisquam at 6 p.m. on Tuesday, Jan. 15.

The **Prospect** Mountain indoor track team will be competing at UNH on Saturday, Jan. 12, at 9

The unified hoop Timber Wolves will be at Gilford for a 3:30 p.m. game on Monday, Jan. 14.

At Kingswood, the alpine ski team will be at Cranmore at 9:30 a.m. on Friday, Jan. 11.

The Knight hoop boys will be hosting Hollis-Brookline at 6 p.m. on Friday, Jan. 11, and will be hosting Bow at 6 p.m. on Tuesday, Jan. 15.

The Kingswood SEE ON TAP, PAGE B2

Late Timber Wolf rally comes up short in Gilford

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Prospect Mountain hoop girls rallied in the fourth quarter but host Gilford's big third quarter was too much to overcome in the first round of the Lakes Region Holiday Hoop Tournament on Dec. 27.

"I'm proud of them, the girls battled back," said coach Rick Burley. "Our full-court man created some turnovers and we hit some important shots."

The Timber Wolves actually got out to an early lead, as Nadia Huggard and Ava Misiaszek each hit baskets for the 4-0 lead. After Gilford scored its first hoop, Huggard drained a three-pointer and Prospect had a 7-2 lead.

However, Gilford answered in a big way, as the Golden Eagles scored the final eight points of the quarter and took a 10-7 lead to the end of the first quarter.

Misiaszek hit the first basket of the second quarter to cut the lead to within one at 10-9 but Gilford hit the next hoop. Huggard drained another basket to again cut the lead to one and then Misiaszek hit two free throws to give Prospect the 13-12 lead. A Mackenzie Burke block kept the



JOSHUA SPAULDING

NADIA HUGGARD releases a shot during tournament action against Gilford on Dec. 28.

Timber Wolves in the lead but a three-point play from the Golden Eagles gave them the 15-13 lead at the halftime break.

Gilford scored the first four points of the third quarter on a hoop and two free throws

before Hannah Racine hit a jumper to keep the Timber Wolves in the game. The Golden Eagles then went on an 8-0 run, converting a three-point play, hitting two free throws and then draining another three-pointer to stretch the lead to 27-

Huggard three-pointer for the Timber Wolves and then hit a field goal, cutting the lead to seven, but Gilford scored the final four points of the quarter on two free throws and a basket for the 31-20 lead heading to the fourth quarter.

Gilford got the first two points of the fourth quarter before Burke hit a free throw. Gilford converted a three-point play to go up 36-21. Misiaszek and Burke each hit two free throws to cut the lead to 36-25 but Gilford hit three from the line to go up by 14, 39-25.

Prospect bouncing back, however. Hannah Capsalis hit a free throw then Misiaszek hit a basket. Capsalis then drained



JOSHUA SPAULDING

AVA MISIASZEK tries to put up a shot over Gilford defense in action Dec. 28 in tournament action.

a three-pointer off her own steal with 2:25 to go, cutting the lead to 39-31. Gilford hit two free throws but Huggard drained another three with 2:05 to go, making it 41-34.

The Golden Eagles hit another hoop to push the lead to nine but Misiaszek sank a three-pointer to cut the lead to just six with 1:03 to go. However, Gilford hit the final two baskets and sealed the 47-37 win.

"Nadia had a great game shooting and Ava had a good game," Burley said. "We had a little foul trouble in the first half, but we battled hard."

He noted that while Burke wasn't putting in lots of points, her game was important to the Timber Wolves in a lot of ways.

"She played a hell of a game, she did a lot of the little things that go unnoticed," Burley said. "But they didn't go unnoticed by me.

"She played great defense, got lots of rebounds and deflections down low," Burley continued. "And we relied on her to bring the ball up some."

The Timber Wolf coach noted that teams are keying on Burke down low, forcing her to work extra hard for everything she gets.

Huggard led the Timber Wolves with 15 points on the day while Misiaszek added 13 points.

The Timber Wolves will be at Inter-Lakes at 6 p.m. on Friday, Jan. 11, will host Newfound on Monday, Jan. 14, at 6 p.m. and will be at Winnisquam at 6 p.m. on Tuesday, Jan. 15.

PMHS 7-6-7-17-37 GHS 10-5-16-16-47

Prospect 37

Capsalis 1-1-4, Hug-9-0-15, Racine 1-0-2, Misiaszek 4-4-13, Burke 0-3-3, Totals 15-

Gilford 47

Carr 2-10-14, Cole 3-2-8, Perkins McIntire 3-2-9, O'Connor 1-0-2, Warren 1-0-2, Sanderson 1-1-3, Sullivan 1-1-3, Totals 14-18-

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













SAM REYNOLDS goes to the basket during tournament action in Gilford on Dec. 28.

Eventual champs too much for Prospect boys

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The eventual champion Gilford Golden Eagles took care of business against the Prospect Mountain boys in the opening round of the Lakes Region Holiday Tournament on Dec. 27.

"Offensively we're trying some new things, but we're not giving ourselves a chance," said coach Joe Faragher. "The sense of urgency on offense isn't there."

Gilford came out and scored the first six points of the game on a hoop and four free throws before Brandon Stellon drilled Prospect's first basket of the game. Keegan Unzen followed with a hoop to cut the lead to 6-4.

However, the Golden Eagles finished the quarter strong, hitting two hoops and a three-pointer to take a 13-4 lead after one quarter of play.

The hosts started the second the same way they ended the first, hitting three hoops in a row to stretch the lead to 19-4 before Stellon drained a three-pointer to get the Timber Wolves on the board. A hoop from Johnathan Joy cut the lead to 19-9 after two quarters of play.

Gilford hit a free throw to start the second half but Unzen answered with a basket. Gilford converted a three-point play and then hit a hoop to stretch the lead to 25-11. Aaryon Haynes hit a basket for Prospect but Gilford came back with two hoops in a row, stretching the lead to 29-

A Sam Reynolds basket got Prospect on the board but Gilford answered by scoring the next eight points on two hoops, a three-pointer and a free throw, opening the lead to 37-15. Randy Dyer put back a rebound for two more points for Prospect to close out the third quarter with a 37-17 score.

The Golden Eagles scored the first four points of the fourth quarter on a field goal and two free throws before Unzen drained a basket for Prospect. Gilford scored the next six points on a trio of field goals before Cutlas Greeley drained a free

After another Gilford hoop, Prospect finished

DURHAM — A small

number of local swim-

mers ended 2018 with a

trip to the University of

New Hampshire on Dec.

Bellefleur swam to a pair

of top-10 finishes to lead

breaststroke, Bellefleur

swam to sixth place

overall with a time of

the way for the locals.

the

Kingswood's Sarah

100-meter

BY JOSHUA SPAULDING

Sports Editor

things strong, scoring the final six points of the game. Greeley hit a free throw to start the run then Joy hit a hoop and Stellon drained a three-pointer at the buzzer to finish out the 49-26 final result.

"I was happy with the defense, other than the first few minutes," Faragher said. "Communication is key, they have to communicate on the floor and off the floor in order for us to have any chance at being competitive.

"You don't have to be six-nine and score 30 points per game to communicate," the Timber Wolf coach added.

"But the guys never quit, there's some positives there," Faragher continued. "But that was not our best foot forward today."

Stellon led the way for the Timber Wolves with eight points on the afternoon.

Prospect will be in action in a pair of home games in the coming week, hosting Inter-Lakes on Friday, Jan. 11, and Winnsiquam on Tuesday, Jan. 15, both with 6 p.m. scheduled varsity start

PMHS 4-5-8-9-26 GHS 13-6-18-12-49

Prospect 26

Greeley 0-2-2, Dyer 1-0-2, Reynolds 1-0-2, Stellon 3-0-8, Haynes, 1-0-2, Joy, 2-0-4, Unzen 3-0-6, Totals 11-2-26

Gilford 49

Nelson 2-1-5, Weston 7-2-18, Sullivan 1-0-2, Siravo 4-3-11, Maltais 1-0-2, Reese 4-3-11, Totals 19-9-

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

ON TAP CONTINUED FROM PAGE B1

girls' basketball team will be at Hollis-Brookline for a 6:30 p.m. game on Friday, Jan. 11, and will be at Bow for a 7 p.m. game on Tuesday, Jan. 15.

The Knight hockey boys will be hosting Lebanon-Stevens at 7:30 p.m. on Saturday, Jan. 12, and will be at Kennett for a 6 p.m. game on Wednesday, Jan. 16.

The Kingswood girls' hockey team will be at St. Thomas for a 3 p.m. game on Saturday, Jan. 12, and will be hosting

Bedford at 7 p.m. on

Tuesday, Jan. 15. The Kingswood indoor track team is at Plymouth State for a 10 a.m. meet on Sunday. Jan. 13.

The Knight swimmers will be at Oyster River at 9 a.m. on Sunday, Jan. 13.

The Nordic Knights will be at White Mountains for a 2:30 p.m. race

on Tuesday, Jan. 15. Kingswood's unified hoop team will be hosting Kennett at 4 p.m. on

Kingswood Wednesday, Jan. 16. Kingswood

1:19.82.

She also added a seventh place finish in the 100-meter butterfly, swimming to a time of 1:08.32.

In the 50 Free, Abigail Larkin led Kingswood with a time of 29.35 and Lily Stinchfield followed with a time of 30.92. Stinchfield also had a 20th place finish in the 100-meter backstroke

with a time of 1:15.88. The Kingswood girls swam to 11th place in the 200 medley relay with a time of 2:11.24.

Prospect Mountain's Trevor Smith had another solid day in the pool. He finished in fifth place in the 50-meter freestyle with a time of 23.9 seconds and also finished sixth in the 100-meter freestyle with a time of 53.71.

Kingswood's Braden Viands swam in the same races, finishing

in 65th in the 50-meter freestyle in a time of 32.52 and in the 100-meter freestyle he finished in 46th place in a time of 1:13.63.

The next meet is scheduled for Sunday, Jan. 13, at the University of New Hampshire at 9 a.m.

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

Kingswood bosting baseball clinic

Smith and Bellefleur pace swimmers

WOLFEBORO — The Regional High School baseball team is hosting the Winter Baseball Clinic starting on Jan. 26 from 3 to 6 p.m. at the high school. The second date of the clinic will be on March 16 from 12 to 3 p.m. The clinic is open to kids ages eight to 14 and will

include instruction in hitting, fielding, baserunning, fundamentals

and pitching.

The first clinic will be run by Colby College coach Tad Skelley and Plymouth State coach Andy Theriault, both former Kingswood players. The second clinic will be run by Kingswood varsity baseball

The cost to attend one clinic is \$30 and \$50 for both clinics. This fundraiser will go toward the baseball program making upgrades to the field, including a fence in the outfield.

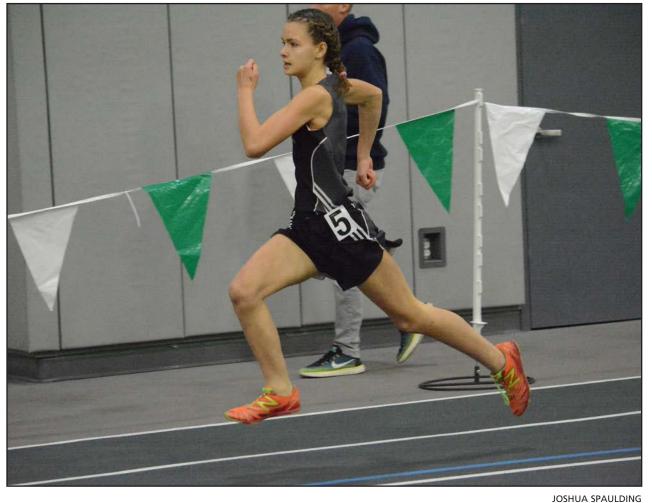
Those interested register online familyid.com/programs/kingswood-base-

ball-clinic or can mail registrations to coach Chip Skelley, Kingswood Regional High School, 396 S. Main St., Wolfeboro, NH 03894 or drop them off at the middle school or high school office to the attention of coach Skelley. Registration will be available at the door if space is available.



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JOSHUA SPAULDING

FRANK DOWD runs during a meet at Plymouth State on Dec.

VERONICA DOWD runs in the 300 meters on Dec. 29 at Plymouth State University.

Timber Wolves solid in pair of PSU meets

BY JOSHUA SPAULDING Sports Editor

PLYMOUTH — The Prospect Mountain indoor track team competed in a pair of meets at the Bank of New Hampshire Field House on the campus of Plymouth State University sandwiching the Christmas holiday.

The Timber Wolves were at Plymouth on Dec. 23 and the top finisher was Justin Perrin,

who tossed his way to the victory in the shot put with a toss of 39 feet, 10 inches.

Dowd picked up a third place finish for the Timber Wolf girls, finishing 11th place finish in the with a time of 3:40.84 in 1,000 meters, finishing the 1,000 meters.

Thomas Howlett came up with a fifth place finish in the 600 meters with a time of 1:35, with Michael Mott finishing in 14th place 12 feet, 9.5 inches.

Frank Dowd snared a point in the 1,500 meters, finishing with Freshman Veronica a time of 5:05.69 for sixth place overall. Peter Dowd added an in 3:41.39 and Ashlyn Dalrymple was 20th in the 55 meters in a time of 8.66 seconds and an eighth place in the long jump with a distance of

On the return trip to the George E. Davis Track on Dec. 29, Howlett picked up a second place finish to lead the Timber Wolves, finishing in a time of 40.9 seconds in the 300 meters.

The Timber Wolf team of Howlett, Mott and the Dowd brothers finished in a time of 10:10.83 in the 4X800-meter relay for fifth place overall. Mott ran to ninth place in the 600 meters in 1:56.79 and Frank Dowd was 13th in the 1.500 meters in 5:00.52.

Veronica Dowd again led the Timber Wolf girls, finishing in third place in the 1,000 meters with a time of 3:41.56. She also finished in 16th place in the 300 meters in 51.19 seconds.

In the 55 meters, Gracie Hardie was 12th in 8.48 seconds with Dalrymple in 24th place in 8.94

seconds. Dalrymple was 11th in the long jump at 13 feet, five inches and Hardie was 14th at 13 feet. 1.25 inches.

Next up, the Timber Wolves will be in action at the University of New Hampshire on Saturday, Jan. 12, at 9 a.m.

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

Knights kick off Nordic season

BY JOSHUA SPAULDING Sports Editor

PINKHAM NOTCH The Kingswood Nordic team traveled north to Pinkham Notch on Thursday, Jan. 3, for the first meet of the new season.

The Kingswood girls skied to fourth place overall behind Kennett, Hanover and Lebanon.

Leading the way for the Knight girls was Sarah Peternel, who finished in a time of 19:20 for seventh place overall.

Sarah Bellefleur skied to a time of 20:19 and Sarah Huckman was the third scorer. finishing in a time of

20:24. Allison Bean was next for the Knights. ending the run of Sarahs and skiing to a time of 20:44, despite skiing with just one pole due to an injury.

Rosemary Carpenter skied to a time of 21:51, followed closely by twin sister Sarah Carpenter in 21:58. Carolyn Day



JOSHUA SPAULDING

SARAH BELLEFLEUR charges out of the gate in action at Great Glen last week.



JOSHUA SPAULDING

SARAH PETERNEL races to the finish line at Great Glen during the season's opening race.

finished in 23:18, Elizabeth Morrison finished in 25:10, Caitlin Carpenter crossed in 25:59, Ginger Plache finished

in a time of 26:24. Ashley Diamond recorded a time of 30:58 and Sami Hotchkiss skied to the finish in 34:17.



JOSHUA SPAULDING

AXEL PLACHE led the way for the Kingswood boys at Great



JOSHUA SPAULDING

JACKSON BOUDMAN makes his way to the finish line of race at Great Glen last week.

In the boys' race, Kingswood came home in fifth place overall behind host Kennett, Hanover, Plymouth and Lebanon.

Leading the way for the Knights was Axel Plache, who finished in a time of 18:19.

Jackson Boudman was next for the Knights, crossing in a time of 20:26, while Tim Huckman was the third scorer with a time of 21:17.

Robbie Hotchkiss rounded out the scoring for the Knights with a time of 26:38.

In the middle school race, which was a shorter course, Marcella DeNitto led the Kingswood girls in a time of 10:02. Abbey Fleming finished in 12:09 and Hannah Ritchings crossed in 29:54.

For the middle school boys, Aidan Thompson led the way with a time of 11:50, with Samuel Frazier in a time of 13:35 and Grey Kreis in 16:56.

The Knights will be back in action on Tuesday, Jan. 15, at 2:30 p.m. at White Mountains Regional High School.

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







Every 8 minutes, we respond to a disaster.







Knights open 2019 with five-school meet at King Pine

BY JOSHUA SPAULDING

Sports Editor

MADISON — The Kingswood alpine team welcomed four other teams of skiers to King Pine Ski Area to kick off 2019.

The Jan. 4 meet featured two runs of giant slalom in the morning and two runs of slalom in the afternoon for the Knights, Kennett, Newfound, Plymouth and White Mountains Regional.

For the girls in the morning giant slalom, Kingswood finished in fourth place overall behind Kennett, Plymouth and White Mountains.

Taygen Gelinas led the way for the Knights in eighth place overall in 59.68 seconds.

Kristy Meyer was next, finishing in 13th place in 1:03.14 and Sami Hotchkiss was third for the Knights in 1:04.97 for 18th place overall.

Rachael Paraskos was the final scorer for the Knights, finishing in 19th place in 1:05.39.

Hannah Crane finished in 23rd place in 1:08.27 and Jillian Luby skied to 36th place in 1:56.87 to round out the field of Knights.



JOSHUA SPAULDING

KRISTY MEYER races in a giant slalom race at King Pine on



SAMI HOTCHKISS takes a gate during action at King Pine on

In the slalom, the Knight girls finished in third place behind Kennett and Plymouth, led by Hotchkiss in a time of 1:43.52 for sixth place overall.

Luby finished in seventh place in 1:44.7 and Gelinas skied to 14th place in 1:53.38 to place

third for the Knights.

Meyer rounded out the scoring for the Knights with a time of 1:53.66 for 15th place overall.

Paraskos was 30th in 2:32.33 to finish out the field of Knight girls completing both runs.

For the boys in the gi-



JAMES DONOVAN tears through the giant slalom on Friday at



JOSHUA SPAULDING

LUKE SHAPIRO races in the giant slalom on Jan. 4 at King

ant slalom, the Knights also finished in third place behind Kennett and Plymouth.

Jackson Walsh led the way for Kingswood with an 11th place finish overall in 58.98 seconds.

Luke Shapiro finished in 12th place in in 22nd place in 1:04.13,

59.17 seconds, followed by Josh Shapiro in a time of 59.27 for 13th place.

Donovan James rounded out the scoring for Kingswood with a time of 1:00.43 for 15th place overall.

Nick Lamie finished

Cormac Lennon was 23rd in 1:06.13, Lou Arinello was 27th in 1:07.13, Calvin Kinville placed 32nd in 1:08:31, Robert Hotchkiss finished 36th in 1:12.99, Camden Colson finished 38th in 1:16.85 and Noah Shatzer placed 42nd in a time of 1:22.72.

Josh Shapiro led the way in the slalom, finishing in sixth place in a time of 1:40.87.

Luke Shapiro was ninth overall in a time of 1:56.12 and Kinville skied to 11th place in a time of 2:00.69 to finish as the third Knight.

Walsh rounded out the scoring with a time of 2:03.13 for 12th place overall.

Lennon was 13th in 2:03.57, Donovan was 17th in 2:08.9, Arinello was 19th in 2:09.65, Colson finished 25th in 2:30.07 and Hotchkiss finished in 2:42.95 for 28th place overall.

The Knights will be back in action at Cranmore Mountain Resort on Friday, Jan. 11, at 9:30 a.m.

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

Holiday tournaments: The good, the bad and the ugly

Over the course of the week following Christmas, I traveled around the Lakes Re-Seacoast and Mount Washington Valley (thanks Jay Sydow) for a trio of Christmas tournaments. The Kingswood, Prospect Mountain and New-



found hoop teams were in the Lakes Region Holiday Hoop Tournament in Gilford. The Plymouth hoop girls and the Kennett hoop boys and girls competed in the Mike Lee Holiday Basketball Bash in Farmington. And the Kingswood hockey boys traveled north to the Peter Hall Christby the Kennett hockey team at the Ham Are-

Over the course of the tournaments, there

First, the good.

the Kingswood hockey

In the same vein, having the Newfound and Kingswood hoop teams playing each other in the first round of the tournament in Gilford. And the fact that

the Prospect Mountain teams did not play at the same time in the other gym was an added bonus, meaning I got to see all six of my teams on the first day the tournament, which is once again a

There was plenty of good sportsmanship on display in the tournaments, but one person that stood out to me was Plymouth's Gwen It was great to have team compete in two on time. different games in the Farmington tournament and whenever anyone went down on the court, she was the first person there to offer them a hand to get up. This is a common occurrence in hoop games, but for whatever reason, Gwen seemed to always be right there on the spot. That's great to see.

Second, the bad.

The Mike Lee Holiday Basketball Bash is a big tournament. That in and of itself is

not a bad thing, but on the first day, the games got so backed up that the 7 p.m. scheduled game didn't start until almost 7:45 p.m. and the 8:30 p.m. scheduled game didn't start until well after 9 p.m. It seems allowing a little more time for games on the first few days might make the schedule go a little smoother. In fairness, the other two days that I was Merrifield. I saw her there the games started

> The weather played a bit of a role, as the tourna-Farmington ment postponed everything a day, meaning the tournament finished on Monday instead of Sunday. The Gilford tournament moved its games all back an hour as well.

Third, the ugly.

In the Kennett-Newmarket boys' hoop game on Sunday, a Kennett player hit the floor pretty hard on a play. There wasn't a foul, but as he sat on the floor.

he stuck a hand up toward the Newmarket player right in front of him. The Mule player simply looked at the Kennett kid and turned around and walked away. It seems even in the friendliest of holiday tournaments some people just don't get it.

So, there you have it, the good, the bad and the ugly.

Finally, have a great day Steve and Lisa

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

Tierney records five blocks in Endicott win

The Endicott women's basketball team welcomed Roger Williams to MacDonald Gymnasium on Saturday afternoon and came away with a 58-52 victory. Kingswood graduate Emma Tierney had a season-high five blocks in the win for Endicott.

The Gulls jumped out to a quick 12-2 lead in the opening five minutes of the first quarter, but the Hawks cut that advantage to 16-12 by the end of the frame.

Endicott continued to

BEVERLY, Mass. — pressure offensively to stretch the lead out to 36-23 at the half.

Williams Roger wouldn't go down without a fight in the third quarter as they managed to cut the deficit to just eight points with only ten minutes remaining to be played.

The Hawks then went on a 10-0 run (7:36-00:26) in the fourth quarter to pull within one point of the lead. Endicott responded with five made free throws in the final 23 seconds of play to secure the 58-52 win.

good thing. Classic, hosted

was plenty to see.

boys competing in the Peter Hall Christmas Classic again after an absence of many years. And it was even better that the Kennett and Kingswood teams faced off in the third place game. Two teams in one game is always a good thing for me.









JOSHUA SPAULDING

NEWFOUND'S Colby Miles puts up a shot between Kingswood's Joshua Finneron and Anthony Cardamone.



THE KINGSWOOD hoop boys finished as the runners-up in the Lakes Region Holiday Hoop Tournament.

Knight boys withstand fourth-quarter Bear rally

Kingswood hoop boys finish as runners-up in holiday tournament

BY JOSHUA SPAULDING

Sports Editor

GILFORD — Both teams entered the Lakes Region Holiday Hoop Tournament searching for their first win and in the opening round of the tournament, the Kingswood and Newfound boys battled hard for that win.

In the end, Kingswood used a strong second and third quarter and then withstood a strong Newfound rally in the fourth quarter to take the 73-65 victory.

"As I've said, good teams get the first run of the game and out of the half and we didn't do either today," said King-

swood coach Dan Place. "But we did enough to win. We had a lousy practice yesterday followed by not a great performance."

"The first quarter was great," said Newcoach Jesse Mitchell. "That was one of the best quarters we've had all season.

"But the two middle quarters got us," he added. "The second and third we just couldn't figure it out."

Mason Dalphonse got Newfound on the board first but Ethan Arnold followed with a three for Kingswood. A hoop from Reid Wilkins and a free throw from Tyler Boulanger put Newfound up 5-3 but Matt Place answered with a three-pointer for the Knights.

Brogan Shannon stretched Kingswood's lead to 8-5 with a hoop but Colby Miles answered with a basket for the Bears and Dalphonse hit a three-pointer to put the Bears back on top 10-8. Place came back with a three-pointer to put the Knights back on top but Newfound answered again, this time with Miles draining a three and Boulanger getting a field goal to make it 15-11 for the Bears.

A three from Brogan Shannon got the Knights within one but rebound and putbacks from Dalphonse and Boulanger stretched the lead back to five at 19-14. Carter Morrissey put back a rebound and Davis Ekstrom finished off a steal to get the Knights within one but a Justin Shokal steal and hoop gave Newfound the 21-18

lead at the end of one. Shannon hit three-pointer and a hoop out of the gate in the second quarter to give the Knights the lead. After Dalphonse tied the game with a hoop, Shannon and Richard Curran had back-to-back baskets for Kingswood. Dalphonse got the Bears within two but a hoop from Curran put Kingswood back up

by four. Spencer free throw for Newfound got the Bears within three, Kingswood went on an 8-0 run, starting with a Curran hoop, followed by a three from Arnold, a free throw from Curran and a hoop from Shannon and Kingswood's lead was 37-26. Dalphonse got a free throw for the Bears and Lacasse converted a three-pointer play to get his team within seven at

37-30. Patrick Runnals closed out the quarter in fine fashion for the Knights, first draining a three-pointer and then converting a three-point play to give Kingswood a 43-30 lead at the half-

time break. Shannon and Miles exchanged hoops out of the half and after an Arnold free throw, Boulanger drained a bucket for Newfound. Arnold sunk a three and then Runnals hit a free throw, stretching Kingswood's lead to 50-34. Boulanger hit two from the charity stripe sandwiched around a hoop from Place. Ben

Cochrane got on the board for the Knights with a three-pointer before a pair of Shokal free throws closed out the quarter, giving the Knights the 55-38 lead heading to the fourth.

Shokal hit two more free throws to open the fourth quarter and after a Runnals free throw, Dalphonse hit a pair from the charity stripe for Newfound. Arnold drained a hoop for Kingswood then Lacasse answered with a tip for the Bears. Morrissey answered for Kingswood but Boulanger came back with a hoop at the other end. After a Place basket, Lacasse hit two from the line.

Kobe Zimmer hit a hoop for the Knights to stretch the lead but Boulanger drained a three-pointer. two free throws from Zimmer and two from Place, Kingswood's lead went to 68-51. Boulanger continued with the hot hand, draining anoththree-pointer before Runnals hit a free throw.

Boulanger drained a hoop and another three-pointer to cut the lead to 10 at 69-59 before Morrissey got a free throw for the Knights. Dalphonse had a hoop to cut the lead to 70-61 but Runnals hit two from the line to put the lead back in double digits. Boulanger and Kingswood's Josh Finneron exchanged free throws to make it 73-62 and Boulanger finished off the scoring with a three at the buzzer to make it 73-65 for the fi-

"I have to get them playing hard all the way through," Mitchell said. "We haven't had a full game where we're working hard start to finish.

"And we have to get Tyler more aggressive throughout the game,

that would help," the Bear coach continued. "We didn't have our offense in the middle two quarters, it felt slow on the offensive end."

"It's fundamental basketball, we had some mental breaks," said Place. "They (Newfound) wouldn't go away, they kept hitting shots and they didn't give up.

"We realized we needed to wake up," the Knight coach continued. "Little things are big in basketball."

Shannon led the Knights with 16 points, Arnold and Place each had 12 points and Runnals had 11. Boulanger had 26 points to lead the Bears and Dalphonse added 16.

The Knights went on to defeat Laconia 51-43 in the finals behind 22 points from Arnold. In the finals, the Knights dropped a 50-44 decision to host Gilford to finish as the runners up.

The Bears will be back in action on Friday, Jan. 11, hosting White Mountains at 6:30 p.m. and will be hosting Franklin on Tuesday, Jan. 15, at 6:30 p.m.

KRHS 18-25-12-18-73 NRHS 21-9-8-27-65

KRHS 73

Arnold 4-1-12, Run-2-6-11, Ekstrom 1-0-2, Shannon 7-0-16, Finneron 0-1-1, Morrissey 2-1-4, Place, 4-2-12, Cochrane 1-0-3, Zimmer 1-2-4, Curran 3-1-7, Totals 25-14-73

Newfound 65

Wilkins 1-0-2, Miles 3-0-7, Shokal 1-4-6, Dalphonse 6-3-16, Lacasse 2-4-8, Boulanger 9-4-26, Totals 22-15-65

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

Potenza's hat trick powers **Knights past Eagles**

Sports Editor CONWAY — The Kennett and Kingswood hockey teams meet twice in the regular season but the Carroll County rivals got an extra chance to face off in the Peter Hall Christmas Classic on Friday, Dec. 28, as the Eagles and Knights played in the tournament's third place game

at the Ham Arena. Kingswood more Nick Potenza provided all the firepower the team would need, as he netted a hat trick in leading the Knights to the 4-1 win over the Ea-

love playing against Kennett," said Kingswood coach Mike Potenza. "Everyone really likes everybody.

"Win or lose, I'd rather play them," he continued. "It's more fun."

"We talked about it before, about him (Nick Potenza), but you get into a game like this, two teams that respect each other," Kennett coach Mike Lane said. "We just have to learn we can't let that guy shoot."

The action went back and forth early, with Matt Cormier getting a bid for the Eagles and Colby Clegg and Sam Danais doing so at the other end. Colby Hall had a shot denied by Kingswood keeper Joey Vetanze. Cole Emerson came back with a bid through the crease for the Knights and then Miles Woodbury sent a shot wide for the Eagles. Jonathan Bean and and Potenza came back Clegg had bids for the Knights that Kennett keeper Dakota Field was able to turn away.

Trevor LaRusso and Connor Tofflemoyer had bids for the Eagles and Cormier got in close as well but was turned away by the Knight defense. Brady Shaw had a shot from the point for the Eagles that was tipped in front but Vetanze made the save. Field returned the favor by making a save on Danais at the other end of the ice.

Kingswood got the game's first power play with 5:27 to go and they needed just eight seconds of the advantage in order to get on the board, as Potenza snapped a shot from the faceoff circle on assists from Emerson and Danais for the 1-0 lead with 5:19 to go in the first period.

Reilly Murphy, Trevor Olivier and Colby Olivier came back with chances for the Eagles but they were denied by Vetanze. Tofflemoyer also had a centering pass that was cleared out of the zone. Clegg and Danais had late chances but the game went to the end of the first period with a 1-0 lead for the Knights.

The second period was divided in half and the Knights got a couple of early chances from Danais. Kingswood's Gavin Goodwin had a solid defensive stop on John Trapela of Kennett and then Danais

with Field making the save. LaRusso dropped a nice puck for Woodbury but Vetanze made the save at the other end. Clegg also had a shot for the Knights that Field

stopped. With 3:07 to go in the first half of the second period, Potenza sniped home a shot top shelf for the 2-0 lead. Murphy, Tofflemoyer and LaRusso all had late chances but the game went to the halftime intermission with the Knights up by a 2-0 score.

Woodbury missed connecting with Cormier for a bid while at the other end, Potenza sent a shot wide of the net. Woodbury got another bid in but Kolbe Maganzini and Goodwin came through with good defense for the Knights. Cody Emerson sent a shot over the crossbar for the Knights and Jeffrey Palmer had a shot denied by Vetanze at the other end as the second period drew to a close.

Hall opened the third with a bid that was denied by Vetanze and then LaRusso was also denied by the Eagle keeper. Andy McMullen had a chance for the Knights that Field turned away.

With 11:45 to go in the game, Potenza struck again, this time snapping a shot top shelf on an assist from Cole Emerson to make it 3-0.

LaRusso and Bailey Savage exchanged chances at opposite ends SEE **HOCKEY**, PAGE B10

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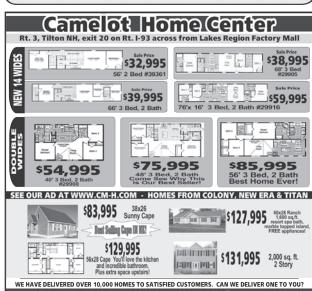
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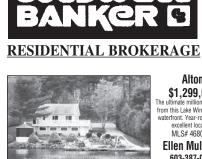
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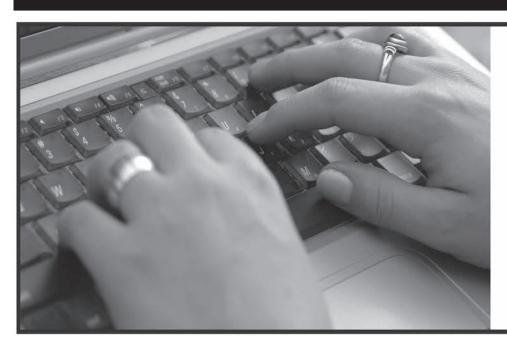
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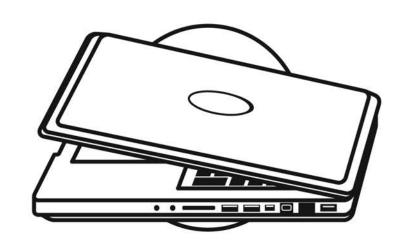


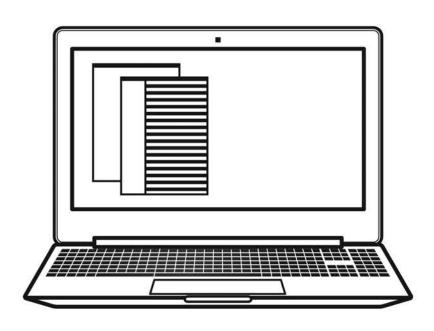
TRUE OR FALSE? ALL OF THE PARTS USED IN MODERN COMPUTERS WERE INVENTED IN 1833.

ANSWER: TRUE

Creative Coloring

Celebrate computer technology. Color in this picture to create your own masterpiece.







- 1528: GUSTAVIIS CROWNED KING OF SWEDEN.
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BYTE

unit of memory size on a computer



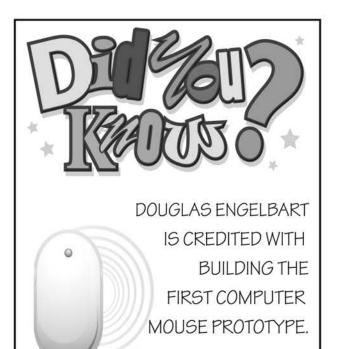
ENGLISH: Data

SPANISH: Datos

ITALIAN: Dati

FRENCH: Données

GERMAN: Daten





Can you guess what the bigger picture is?

ANSWER: BACK OF A DESKTOP COMPUTER

⊙** △ ⑤ ♣ ~ ⑥ ९ ♦ * α × ♣ + ≈ * ▲ ℂ * θ ★ λ ħ △ Ω δ A B C D E F G H i J K L M N O P Q R S T U V W X Y Z

Determine the code to reveal the answer!

Solve the code to discover words related to winter weather. Each number corresponds to a letter. (Hint: 24 = i)

25 21 24 6 6 16 18 20 A.

Clue: Strong snowstorm

10 18 24 11 24 20 В.

Clue: Very cold

19 21 17 17 15 C.

Clue: Rainy snow

24 2 17 D.

Clue: Frozen water

SUDOKU

						4	3	
5	2	7						8
	8	4		5			4	2
2					6		9	7
			4	9			2	6
6	consolle		7			3	8	
8	9					6		
		2	5		4			
		6			8		5	3

Like puzzles?

Fun By The Numbers

Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Beginner

Here's How It Works:

Answers: A. blizzard B. frigid C.

D.

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

ε	G	2	8	mak	6	9	L	†
6	L	8	†	9	S	2	ည	ques
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Ğ	3	ħ	2	7	8	d d	9	6

ANSWER:

HOCKEY

CONTINUED FROM PAGE B5

and the Knights made a keeper change, with freshman Gage Lamontagne stepping between the pipes for his varsity debut. Kennett got a power play chance and Lamontagne stepped up with a couple of nice saves on Tofflemoyer.

However, with 4:49 to go, Hall was able to get Kennett on the board, cutting the lead to 3-1. Potenza had a couple bids at the other end, while Jack Thompson also got in on the offensive attack for Kingswood but was denied by Field.

However, the Knights were able to pot an empty net goal, with Clegg putting it in the net with 16 seconds to go on an assist from Danais to close out the scoring.

"That was a good, clean hockey game," Lane said. "There's a lot more positives than negatives."

The Eagle coach noted Field was making his first start and represented himself well.

"I thought he was solid, he came out and played the puck well," Lane said.

Lane also pointed out that there was some good things to take, even in the loss.

"I never want to be satisfied with losses, but we understand the long term goal of this team," the Eagle coach added. "We have to keep grind-

"In the last few days we've had five games and one practice, we're learning on the fly,"



JOSHUA SPAULDING

KINGSWOOD'S SAM DANAIS and Kennett's Grace Murphy reach for the puck in holiday tournament action on Dec. 28.

cult."

"It's a very healthy rivalry, no animosity at all." Potenza said. noting that his team simply them on that day.

"They did all they were asked to do today," the Knight coach said. "When they stick to what we asked them

much better results." Like Lane, Potenza

was happy to get a new keeper in the net with a positive result.

goes in," Potenza said. "His first high school experience, we want it to be a positive one and we're glad that he got a positive experience for the first real game time."

The Eagles return to action on Saturday. Jan. 12. taking on Kearsarge-Plymouth Plymouth State University at 6 p.m. and the Knights will be hosting Lebanon-Stevens at the Pop Whalen Arena on Saturday, Jan. 12, at 7:30 p.m.

The teams will then rekindle their rivalry in the regular season, meeting on Wednesday, Jan. 16, at Ham Arena at 6 p.m.

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

Lane said. "For a young did what was asked of to do and we're all on "We want him to have press.news. some success when he team, that can be diffithe same page, we have DiPrizio GMCTrucks Middleton, New Hampshire • Family Owned Since 1955 Program Discounts and Rebates TIME TO TRADE UP! 1-800-GMC-0088 A TRUCK FOR EVERY NEED Experience Counts 10 King's Highway, Rt. 153 Middleton, NH 03887 **Professional** www.dipriziogmc.com sales@dipriziogmc.com Grade" parts@dipriziogmc.com •Driver Alert Pkg. Dual Skyscape • Trailering Pkg. Protection Pkg. 3rd Row • Bose Sound System 141796 1 Cash. A \$1000 GMF Down Payment. Must Finance GMF Assistant/Scheduled Maintenance 24 months GM Certified Pre-owned commercial ready \$48,900* • 13,200GVW • 3/4 Yard Dump Duramax Diesel • Reading Service Body • Allism Auto Power Equip. Prep

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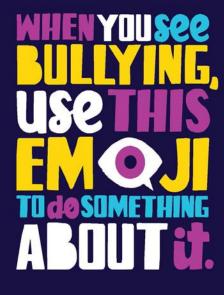


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