

Help plan Alton's future

Opinions sought on as town looks forward

BY CATHY ALLYN
Contributing Writer

ALTON — The steering committee for Alton's upcoming Community Profile event is "All in for Alton," and is making it simple for residents to be so, too.

The upcoming Community Profile event, which covers dinner and discussion on Friday, Oct. 19 from 6 to 9 p.m., followed by a charrette-type open forum on Oct. 20 including breakfast and lunch from 9:30 a.m. to 12:30 p.m. at Alton Central School, will provide a firsthand opportunity for people to suggest ideas that can be incor-

porated into the Master Plan, which essentially sets the course of the town's direction for the next 10 years.

Community Profile is a program of UNH Cooperative Extension in partnership with the town, with the idea to bring people from all walks of life together to identify potential needs and wants for Alton over the next decade, develop a plan to implement the suggestions, and work together, either as separate groups or through town government, to pursue the vision for the future.

It's a community based process, rather

than leaving the upcoming years in the hands of the planning board and town officials.

Residents can identify what is important to them, and Andrea Caruso, who shares chairmanship duties

with Kelly Sullivan, has made it clear that the committee "wants to ensure that everyone has an opportunity to say what they want."

Even before the event, residents can express their opinions on

the committee's Facebook page at All in for Alton, or by e-mailing allinalton@gmail.com.

Small buckets at the laundromat, senior center, Subway, American Legion, Alton Bay Christian Conference

Center, and all three churches await comment cards from townspeople, noting what they'd like to see as time marches on.

"We're trying to get as many voices heard as

SEE ALTON, PAGE A8

Come check out the Alton Senior Center

Open house scheduled for Sept. 20

BY CATHY ALLYN
Contributing Writer

ALTON — "It's my second home." "I don't know what I would do without this place. I would go crazy." "I come here because I have a lot of friends." "The classes are great and I have learned a lot; I love it."

What place are these folks talking about? Perhaps somewhere where you can exercise at your own pace, learn a new hobby, listen to music, congregate with friends, eat a delicious meal, maintain tabs on your health, keep yourself occupied. Perhaps somewhere just around the corner.

That would be the Alton Senior Center at 7 Pearson Road, a place that many of the area's seniors have already discovered and a place that many more could take advantage of.

It serves the communities of Alton, Barnstead and Gilmanton,

although visitors from other towns are welcome, also, and it's called a "resource for healthy aging." That motto is taken to heart by staff and volunteers.

What does the manager, Roney Delgadillo, have to say about the center?

"I love what I'm doing. I have a commitment to improve the lives of the people here."

Delgadillo hails from northern Mexico. Growing up at the border, she was immersed in American culture via movies, cartoons and music. She worked at her mother's restaurant for 15 years and, as an artist, taught art classes to kids.

Seven years ago, her husband's company in Mexico moved to New Hampshire and offered him a position.

"When we first arrived, I couldn't apply for a job because I wasn't fluent in English," she said, "so I volunteered here at the senior center."

It was the first time Delgadillo had worked with older adults. "I loved it."

She taught a Spanish class and then got more involved by moving into the kitchen to help.

"After a year, the director left and I thought this was my opportunity to do more for the seniors. I got the job and started the adventure of working here."

The facility has gone through several major changes, both during



LAURA MONTGOMERY – COURTESY PHOTO

Anniversary trip

Bob and Laura Montgomery of New Durham recently celebrated their 30th wedding anniversary by going to Amsterdam, Netherlands. Pictured is Bob with the Baysider outside the Rijksmuseum's I amsterdam structure (taken by Laura). If you have a photo of you and The Baysider in a unique location, send the photo and pertinent information to baysider@salmonpress.news.



MARK FOYNES

APD officer Kristen Guest was among the greeting committee who met students and parents with smiles in the main lobby as they streamed through the front entrance. She's shown here with Devyn Stanley and her mother, Amy.



MARK FOYNES

AVA TIBBS was accompanied by her mother Kelly as she picked up her first day paperwork at the ACS open house, which took place at the school the evening of Aug. 30.

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A celebration of learning

Facility upgrades among the highlights of ACS open house

BY MARK FOYNES
Contributing Writer

ALTON — The back-to-school clothes shopping is done. Supplies and new backpacks have been purchased. And teachers have their classrooms all set up to engage a

group of schoolchildren ready to learn.

A spirit of optimism marked the mood at the Alton Central School's annual open house last Thursday. The event gave students and parents a chance to meet teachers, administra-

tors, and other staff.

It was also a chance for kids to see their new classrooms, reconnect with friends, and locate the desks where they'll sit when the school year begins.

It wasn't just the kids who reconnected.

Parents socialized as well, giving the open house the feel of a real community event.

The open house ran from 5 to 6:30 p.m. on Aug. 28. As the evening went on, vehicles would line the curb-

SEE ACS, PAGE A11

Governor Wentworth board explains annual budgeting process

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — The budget process for the Governor Wentworth Regional School District was front and center at the Aug. 9 school board meeting, as Chairman Jack Widmer spoke in response to a request for finance committee minutes from Ed Comeau of Brookfield, who expressed concerns about the district's budget. Comeau, who films

and posts governmental meetings online, including those of the school board, has expressed the desire to form a budgetary oversight committee, comprised of members from the district's towns. On the matter of minutes, Comeau said he was “shocked” to find that there were none. Widmer explained that there is never a quorum, no motions are made, and

no votes are taken in any of the standing committees. Information pertaining to the particular topic area (according to the web site: Academic Affairs, Buildings and Maintenance, Finance, Human Resources and Public Relations) is collected and discussed and shared with the board. The board as a whole entertains motions and takes votes if warranted. School board min-

utes are then posted online. Nevertheless, Widmer said he “would be more than happy to add minutes to the process.” Superintendent Kathy Cuddy-Egbert supported the idea, too, and after discussion about the mechanics, such as who would be designated to take minutes and what turnaround time would be expected, board members agreed to provide minutes of their work sessions. As for the budget process, Widmer explained its development through to final presentation at the annual Deliberative Session. First, the building administrators put forward their requests from “teachers to pa-

per clips” to the Supervisory Administrative Unit (SAU). At that point, the superintendent and the business administrator apply their red pens. Second, the finance committee (comprised of elected school board members), reviews the requests and “scrubs everything down... Remember, 75 percent of the budget is people related,” noted Widmer – salaries, benefits and retirement. Seventeen percent of the budget is for operations – including heating, bus transportation and fuel. Next, the board gives a detailed PowerPoint presentation of the budget in public hearings, from preliminary to final draft.

Those are followed by the annual Deliberative Session at which amendments are entertained from the floor. Mailings are sent to every resident in the district to keep the public informed, said Widmer, and board members' phone numbers are provided for feedback and questions. The phone numbers are included on the GWRSD web site as well. Widmer commented that citizens have been very supportive over the years, turning out for a 75 percent approval of the Kingswood Complex renovations. “We are here to listen,” he stated, as he welcomed visits to any of the work sessions.

End 68 Hours of Hunger food drive is Saturday in Alton

ALTON — The End 68 Hours of Hunger food drive will be held on Sept. 8 from 9 a.m. to noon at the Alton Central School bus loop. The following items are needed: Cereal, tuna fish, soup, canned pasta, mac and cheese,

snacks, granola bars, fruit cups, pop tarts, peanut butter, fluff, jelly and mayo in plastic only. The group packs bags for 35-40 students every week during the school year to make sure they have food for the weekend. Without

the community support, they couldn't do it. They are 100 percent volunteer in Alton and 100 percent of all money and food donations go right to the children. There will also be a donation jar if you can't shop.

Barnstead Rec fishing derby is Sept. 23

BARNSTEAD — Barnstead Parks and Recreation is hosting its first fishing derby on Sept. 23. Stop by from 7 a.m. to 12 p.m. for the fishing derby

(ages 13 and up), kids' carnival with fun fishing games and a cookout starting at 11 a.m. Join in on the rec pond off of Dunbarton Drive. Please bring your own

rod (limited extras available for kids). The cookout will have hotdogs, chips and drinks and donations will go towards Barnstead Parks and Recreation programs.

PMHS contract going before voters

ALTON — The Prospect Mountain School Board and the Prospect Mountain Teachers' Association have announced the plans moving forward for a vote on a new contract. The last proposed

contract was voted down at the polls earlier this year but voters gave the two sides more time to agree to a new contract to present to voters. The warrant and budget were set to be

posted on Aug. 31 and there will be a supervisors of the checklist session on Sept. 8. The deliberative session will be held on Sept. 17 and the voting will be held on Oct. 15.

Happiness workshop is Sept. 13

NEW DURHAM — Bob Kroepel of New Durham will be presenting a workshop on The Psychology of Happiness, 7-8:30 p.m. on Thursday, Sept. 13, at

the New Durham Public Library. The following questions will be asked and answered: What is the mind? What are feelings? What is the con-

nection between the mind and feelings? What is happiness? How can happiness be achieved? The worship is free to the public. Reservations are requested at 767-6021.



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Hawk watch is Sept. 22 in New Durham

NEW DURHAM — On behalf of the newly formed Partnership for Birch Ridge, Moose Mountains Regional Greenways (MMRG) is conducting a hawk watch and guided hike at the future 2,000+ acre proposed Birch Ridge Community Forest in New Durham. This event, which is open to the public, is scheduled for Saturday Sept. 22. It is the first of many outings that the Partnership will provide in the coming months as a way to introduce the public to the project. The Partnership for Birch Ridge Community Forest includes Moose Mountains Regional Greenways (MMRG), Southeast Land Trust (SELT) and Merrymeeting Lake Association (MMLA). Those interested may find more information about Birch Ridge Community Forest and Partnership at <http://seltnh.org/gallery/birchridge/>.

The hawk watch site on the shoulder of Birch Ridge takes advantage of past and recent timber harvests that unintentionally opened up clearings that provide excellent visibility in westerly and northerly directions, from which migrating raptors can best be observed. At over 1,000' elevation, the site has scenic views of surrounding hills, such as Mt. Eleanor and Rattlesnake Mountain, both of which fall within the Birch Ridge Community Forest parcel, and across Merrymeeting Lake to, Mt. Bet, Mt. Molly and Caverly Mountain.

MMRG staff member and experienced birder Virginia Long looks forward to this event, "It's fun to try out a new hawk watching location, especially since we may be the first to try it there. And it's always great to have many sets of eyes on the sky. Our outing is an informal occasion for birders of all levels. I'll have handouts of raptor silhouettes to help in identification. I hope we'll see a 'kettle' of broad-winged hawks, where they circle higher and higher in the sky, gaining altitude before heading south, as well as several other raptor species in migration."

The hawk watch event will also include an optional short guided walk onto the land led by MMRG Executive Director Patti Connaughton-Burns where, she says, "Participants will get to see firsthand the regeneration of forest after the timber cut, some diverse wildlife habitats, the recreational opportunities afforded on the property, and the importance of the land to the Merrymeeting Lake watershed and surrounding region." Information will be provided at the outset about the Birch Ridge Community Forest partnership and project.

The hawk watch and guided walk will take place from 11 a.m. to 2 p.m. Participants are encouraged to bring binoculars, telescopes (optional), sturdy walking shoes, a portable chair, and a snack or picnic lunch. In case of rain, the event will be

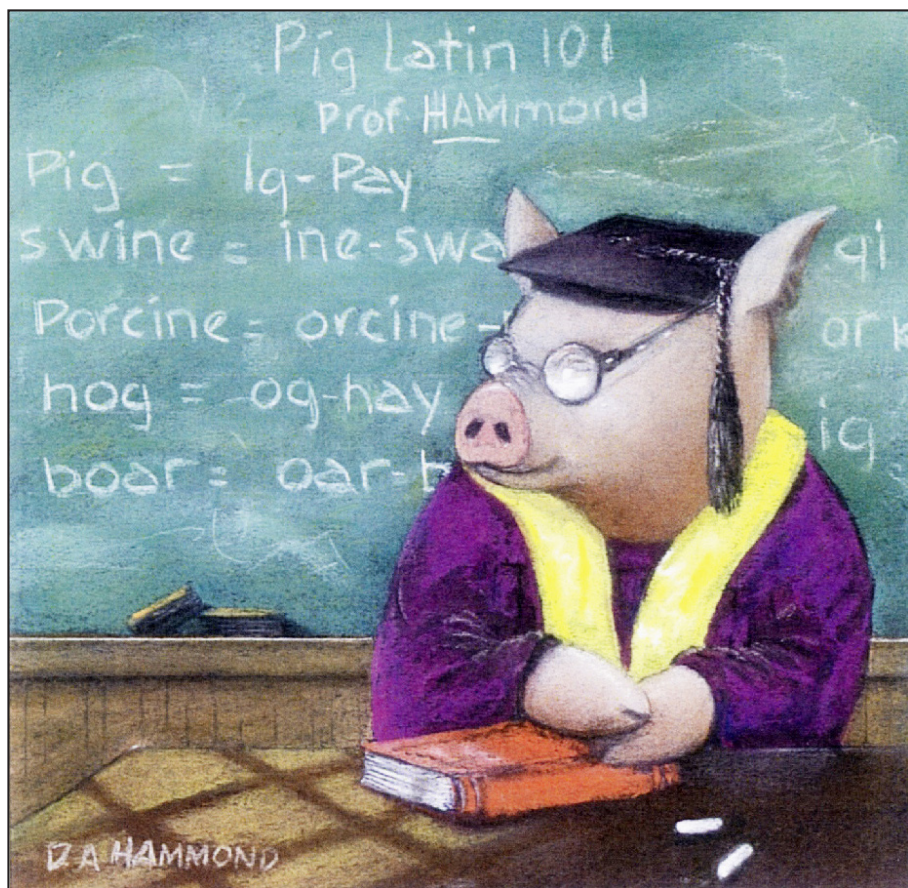
held on Sunday, Sept. 23, from 1 to 4 p.m. All are welcome but pre-registration is required. For directions and to register, call MMRG Education Coordinator Kari Lygren at 978-7125 or e-mail info@mmrg.info. Participants are asked to leave pets at home. There is no charge, but families are encouraged to make a \$5 donation that will be fully invested in the Birch Ridge Conservation Fund so that these special events can be continued.

The Partnership for Birch Ridge Community Forest envisions Birch Ridge as a community forest, managed to promote conservation, community, and economic development through community participation in the management of the land. A mushroom walk in the Merrymeeting Lake watershed, a foliage hike and other field trips will be held this coming fall and winter. In addition, a Community Visioning Session is scheduled for 6 p.m. on Thursday, Nov. 1, at New Durham School to get public input on the best uses of the land; there will be a concurrent children's program.

The Partnership is currently raising funds to complete the purchase of the property and steward it forever. Donations to save and steward Birch Ridge Community Forest may be made to any of the three partner organizations: Moose Mountains Regional Greenways online at <http://www.mmrg.info/donate/> or by mail to MMRG, PO Box 191, Union, NH 03887; Southeast Land Trust online at <http://seltnh.org/gallery/birchridge/#> or by mail to SELT, PO Box 675, Exeter, NH 03833; Merrymeeting Lake Association online at <http://mmlake.org/> or by mail to MMLA, PO Box 468, New Durham, NH 03855.

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Author to visit New Durham Public Library Saturday

NEW DURHAM — Get ready to cruise down the highway and discover the amazing people and events of the state.

This Saturday at 1 p.m., author Michael Bruno will be on hand at the New Durham Public Library to discuss and sign his book "Cruising New Hampshire History: A Guide to New Hampshire's Roadside Historical Markers."

The book explores those signs that we've

all zipped past and perhaps missed the significance of. Bruno's legwork researching and documenting the markers simplifies our access to finding out what went on before to make the state what it is today.

Meeting and speaking with the author affords an extra level of connection. The book includes GPS coordinates, the inscriptions, and information about other points of interest in the vicinity of the

documented markers.

Come to this free program to learn about New Durham's own contributions to state history, and locate the spots that commemorate events and individuals from the past. Autographed copies will be available for purchase. Light refreshments will be served.

No registration is necessary. Call the library at 859-2201 for more information.

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Looking back to move forward

Sept. 11 is a day that will forever live in the minds of those who were alive that fateful day in 2001.

We can now take a few moments to reflect and remember those who lost their lives on that Tuesday morning 17 years ago.

After those planes crashed into the World Trade Center towers, into the Pentagon and into the field in Pennsylvania, the country came together. People who hadn't worked together their entire lives dropped their guard a bit and went with it. President George W. Bush enjoyed enormous popularity, both amongst American people and Congress. What needed to be done was passed quickly through Congress with bipartisan support across the board.

Now, more than a decade later, we have experienced quite possibly the most divisive election in our country's history where bipartisanship seems to have disappeared. We have Republicans and Democrats who refuse to even sit down together and do what's best for the country.

Of course, part of the problem is that the members of the two parties don't always agree on what's best for the country. After Sept. 11, seemingly everyone agreed what was good for the country. Nowadays, what one person thinks is good for the country is likely the other person's idea of what is the worst possible thing for the country.

The bickering back and forth is just too much. We all have our opinions, as we are all allowed to do. We are free to believe what we want to believe. But everyone should understand that not everybody agrees with what you say and the best way to get what you want is not to plant your feet in the mud and drag down everyone else until you get your way, but rather work with everyone else, come together and come up with a plan that can work for everyone.

And when that happens, it's a glorious thing.

People have to know that differing opinions are not wrong, they are simply different. After Sept. 11, Americans set aside their differences and united for the good of the country.

In our opinion, that needs to happen again, but truth be told, we aren't sure how to make that happen. Nobody wants another disaster like Sept. 11, but something has to happen in order to get the bickering to stop and to get people getting along.

As we look back on that day, a day that people who lived through it will never forget, we often choose to look at the good things that happened that day, and that was how so many people came together, how so many people worked for the betterment of their friends, neighbors and country. Instead of accusing one another of this and that, people put their petty differences aside and chipped in.

Working together is the way to get things done. This country proved that after the devastating events of Sept. 11, 2001. We should take lessons from this time.

It happened once before, it can happen again.



COURTESY PHOTO

Timber Wolf on tour

Seventeen-year-old musician Dakota Smart, a Prospect Mountain High School student, has been given a unique opportunity to perform with local icon Brooks Young Band on the band's U.S. tour with legendary artists Three Dog Night. Their first performance was on July 14 at the Plymouth Memorial Hall in Plymouth, Mass. Smart will be on tour in September performing with the band in Alabama, Tennessee and Kentucky on Sept. 6, 7 and 8. Smart is a piano player, singer and songwriter who is accustomed to the stage, having performed with his high school band, Organized Chaos, at Foxwoods Resort this summer, and many venues in the local area over the past two years.

Letters to the Editor

Preston is the freedom candidate

To the Editor:

Kathy Preston has been my neighbor for many years. The best neighbor you can ask for. Anytime we needed a hand, we would just have to ask. She has worked tirelessly on town committees and boards. Kathy is an amazing woman. An entrepreneur, a business woman, an innovator, a woman of compassion and care, a promoter of the arts and a loving mother and grandmother.

Her projects like the Hampstead Players brought art, and the application of art, into the classrooms for our children. One of the most impressive aspects of our dear neighbor's career is her belief in the true concepts of freedom. She understands free-

dom better than any of us. She was born and lived as a child in the Nazi-controlled area of Europe. She saw her family die as victims of the Holocaust. She was hunted. She knows what life is like when all your freedoms are removed. I am a country boy, living in the country for most of my 84 years, with the exception of three years combat engineering during the Korean War. To me country is freedom. To me Kathy is the freedom candidate of the Live Free or Die state.

Vote for Kathy Preston, NH State Representative, Barnstead.

*Peer Kraft-Lund
Barnstead*

Thanks for making festival a success

To the Editor:

On Aug. 11, Moose Mountains Regional Greenways (MMRG) held its 16th annual Woods, Water and Wildlife Festival at Branch Hill Farm in Milton Mills. On behalf of MMRG, I would like to thank all the participants, volunteers, presenters, sponsors, supporters and item donors that made this year's festival a tremendous success. Despite forecasts of terrible weather, close to 600 people joined us for a wonderful family-friendly day celebrating our great outdoors.

The Woods, Water and Wildlife Festival is MMRG's biggest outreach event of the year as well as our biggest fundraiser. We are indebted to Branch Hill Farm/Carl Siemon Family Charitable Trust, which provides the beautiful festival venue and is our co-presenter and one of the festival underwriters. We are deeply grateful to our other underwriters, D.F. Richard Energy and Siemon Company, and to Philip Zaeder and Sylvia Thayer for their generous contribution. We would also like to thank our ma-

jor festival sponsors: The Hays-Dombrower family, Norman Vetter Inc. Poured Foundations, Bruce and Jennifer Rich, S&S Plumbing and Heating, Henry and Junko Siemon, Carl and Beth Ann Siemon and the Wyatt family. Additional thanks to Dottie Bean, Charlie Moreno Consulting Forester, Devonshire Realty, LLC, Eastern Boats, EOS Research, Frank Massin Agency, Great East Lake Improvement Association, Gene Hays, Milton Veterinary Clinic, Profile Bank, Proulx Oil and Propane, Chuck and Annie Robbins, Beverly Siemon and Wentworth Hunt Club. Please see www.mmrinfo/festival for our many other co-sponsors and supporters.

All festival proceeds and donations support MMRG's work to conserve the important natural areas of our region and to inform the public about the importance of conserving our natural resources.

*Virginia Long
Public Relations Coordinator
Moose Mountains Regional Greenways*

Supporting wood energy means supporting forests

COMMUNITY CORNER

BY JANE DILFEY
SPNHF

New Hampshire's forests are very much part of the New Hampshire advantage. They provide jobs via both tourism and the forest products industry, the state's second and fourth largest economic engines respectively. Forests provide clean air and water, habitat for wildlife, and a rich variety of recreational opportunities for residents and visitors.

Those are among the reasons the Society for the Protection of New Hampshire Forests has advocated forest protection for more than a century. It is why we continue to seek to conserve forests in the face of ongoing forest conversion. A forest that be-

comes a paved parking lot seldom ever returns to forest.

Most of the forestland in New Hampshire is privately owned. Rarely compensated for the natural services their forests provide, landowners can derive income from the sustainable sale of forest products, including higher valued saw logs and lower valued firewood and wood chips (biomass).

For the Forest Society, sustainable management allows forests to remain as forests. We see it as a conservation strategy, a family able to derive income from sustainable forest management of their land is less likely to turn to subdivision and development (forest conversion) to

help pay property taxes, fund a college education, or other needs.


That model depends on a vibrant market. More than 65 percent of standing timber in New Hampshire is low-grade wood, which has a limited market. With the decline in paper manufacturing in New England, energy markets, using wood biomass for electricity or heat, are the only outlet for the volume of low-grade wood our forests currently produce.

That's why the Forest Society has been in favor of two bills passed by the legislature—Senate Bill 365 that would set up three-year power contracts between electric utilities and six of the state's biomass electric

power generation plants, and Senate Bill 446 that would expand the state's net metering program to benefit businesses that want to generate their own power, making it easier for them to sell excess power into the grid. Gov. Chris Sununu vetoed both those bills earlier this summer.

In September, the legislature has a chance to correct the Governor's decision by overriding his vetoes. Because of the importance of the low-grade wood market to forestland owners and the forest products industry—and indeed to sustainable management of forests—we encourage lawmakers to vote to override.

There are more than
SEE CORNER, PAGE A5



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Huggins offering telestroke services through GraniteOne Health

WOLFEBORO — Telestroke services are now available for patients at Huggins Hospital in Wolfeboro. This new, life-saving service is possible through Huggins Hospital's GraniteOne Health affiliation with Catholic Medical Center (CMC) in Manchester and Monadnock

Community Hospital in Peterborough. The service builds upon the strength of Huggins Hospital's previous stroke program to bring more specialized care directly to local residents and visitors. In a suspected stroke, time lost is brain lost. Telestroke allows timely, remote

consults with neurologists. This helps patients get specialized, time-sensitive stroke treatments faster, which has been shown to limit potential stroke-related damage to the brain. "This service will improve access to stroke and neurology specialists in our com-

munity," said Huggins Hospital's Chief Medical Officer John Boornazian, MD. "Adding a consultation with a neurologist, even through a computer screen, creates a more advanced and timely system of care."

Telehealth programs such as telestroke help fill the care gap in rural communities by supporting hospital staff through audio and video technology. The services are not intended to replace hands-on care, but instead provide an additional communication tool for medical staff via real-time technology. Huggins will be linking to the same neurologists that GraniteOne Health partners CMC and Monadnock Community Hospital use for their telestroke programs. Teleneurology services are also available in Huggins Hospital's Emergency Department and Inpatient Medical Surgical Unit, making access to specialists more efficient.

"When people have access to high-quality services in their own community, they're getting more value from their health care. They get medical attention more quickly and have a better overall experience," says GraniteOne Health CEO Joseph Pepe, MD. "This is exactly what we set out to do in

creating GraniteOne Health."

GraniteOne Health initiated the telehealth program, which has the potential to be applied to many other medical specialties in the future. Telehealth is one of many initiatives be-

tween the GraniteOne Health partners. CMC, Huggins Hospital and Monadnock Community Hospital are working together to improve access to high-quality care and a seamless patient experience for Granite Staters.

Hazardous waste, medicine collection Saturday in Alton

ALTON — The Lakes Region Household Hazardous Product Facility (LRHHPF) will hold a satellite hazardous waste collection at the Alton Transfer Station on Saturday, Sept. 8, from 8:30 a.m. to noon. The collection will also include medication disposal for prescription, non-prescription and over-the-counter drugs as well as herbals, vitamins, creams, pet meds and personal care products. There is no charge at the collection.

Please bring pills in their original containers as the pharmacist must identify and count all prescription drugs. Pills should not be mixed together in bag-

gies. All drugs are incinerated. Controlled drugs are given into the custody of two police officers for proper disposal as outlined by DEA and state of NH regulations. Save time and enjoy the convenience of local disposal provided for 17 years as a member community of the LRHHPF. Twice a year LRHHPF personnel travel to Alton to facilitate collecting oil-based paints, stains, automotive fluids, pesticides, herbicides, cleaning products, and other products marked danger, flammable, poison, corrosive or with other warnings. Alton residents and taxpayers may also at-

tend the third Saturday of the month collections at 404 Beach Pond Road, Wolfeboro, from May through October, 8:30 a.m. to noon. Please note there are only two remaining collections in Wolfeboro after the Alton date. To be safe, please bring hazardous waste products in original containers. Small items may be placed inside a cardboard box for swift removal from your vehicle. A free business card hazardous waste pass can be picked up from transfer station personnel prior to the collection. Call the site coordinator at 651-7530 for more information.

Kingswood hosting Wizard of Oz auditions Sept. 10, 12, 13 and 14

WOLFEBORO — Kingswood Theater, Kingswood Regional High School's theater program is proud to announce its fall musical, The Wizard of Oz. Kingswood will be holding auditions for both middle school and high school students for this production on Sept. 10, 12, 13 and 14, from 2:30 to 4:45 p.m. in the Kingswood Arts Center. All audition materials can be found at kingswood-theater.com in the Student Resource Section. If students are interested in working on crew, a production informational meeting will be held today, Thursday,

Sept. 6, from 2:30 to 4:45 p.m. All students who are hoping to be a part of the musical should attend this meeting. Parents will have a separate informational meeting on Monday, Sept. 17, at 6:30 p.m. This will be a five-day a week commitment for cast members. Crew members will find they meet on a regular schedule, as well. Kingswood Theater is an award winning, top-ranked program in the state of New Hampshire. Its no-cuts audition policy and all-inclusive educational philosophy are designed to allow students both with no prior experi-

ence, as well as seasoned theater students to have a valued experience. The program emphasizes teamwork and a sense of family to create a supportive, nurturing environment for all skill levels. During their tenure with the program, students will be provided training from a series of professional educators, through acting, singing, choreography, set building, costuming and stage tech. There are no fees to participate. The production is slated to perform on Nov. 15 through 18, with three evening performances, and a matinee on Sunday.

Remembrance Garden opens at Wright Museum

WOLFEBORO — Recently, Robyn Masteller and Jami Bourdeau of Meredith Village Savings Bank (MVS) visited the Wright Museum to take a first look at the recently planted Remembrance Garden. In June, MVS invested \$750 in the garden, which faces outward to Center Street, to enable the museum to plant a variety of plants and flowers to beautify the space. "We are thrilled at the garden and very happy that this is a space in which the community is welcome to visit, sit and

reflect," said Masteller. Commemorating those who served in the military, memorial bricks serve as backdrop for the garden. "The garden is at once beautiful and poignant, as it enables people passing by to simply sit and relax while also providing a place for people to reflect on those who have served," said Wright Museum Executive Director Mike Culver. "This space is very important to our vision at the museum, and I am very thankful for the support of Meredith

Village Savings Bank, which enabled us to complete the garden." Granite benches help enhance the scene, while Culver noted they will soon add a state, national and MIA flag in front of the garden. For Bourdeau, the opportunity to participate in a community-focused project was one not to be missed by the bank. "We love projects like this that involve and invite the community in," she said. "I am very happy at how this has turned out." To learn more about the Remembrance Garden, or Buy a Brick program, visit www.wright-museum.org.

CORNER

(continued from Page A4)
300 licensed foresters in New Hampshire who manage forestland for landowners and market wood harvested from the land. There are more than 1,200 loggers who do the hard work of harvesting and who often finance very expensive equipment to do this work. Yes, the contracts with biomass plants would be a subsidy.

Those contracts would also be a worthwhile investment in the backbone of our economy. New Hampshire has come a long way over the past 100 years in improving forest productivity, water quality, wildlife habitat and access to recreational uses on forestland. Each year New Hampshire's forests grow more timber than is

harvested. Over the past 30 years the forestry community in New Hampshire has developed voluntary guidelines for sustainable forest management practices, called Good Forestry in the Granite State, which have contributed enormously to improvements in forest management and to landowner understanding of long term sustain-

ability of working forest land. The Forest Society is committed to advancing the resilience of New Hampshire forests and the health of the forest products industry. The resilience of natural systems within forests support our quality of life; markets for forest products support sustainable forestry, which in turn helps make the natural

systems within forests resilient. Decapitating existing energy markets for low-grade wood will not advance a century of progress in restoring the resilience of New Hampshire forests.

Jane A. Difley is the President/Forester of the Society for the Protection of New Hampshire Forests, www.forestsociety.org.

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JOSHUA SPAULDING
JENNI GOODMAN works with Kingswood Theater students on preparing for their vocal auditions.



JOSHUA SPAULDING
SCOTT GIESSLER talks with Kingswood Theater students about the auditioning process.

Taking the scary out of auditioning

Kingswood Theater offers up auditioning workshop

BY JOSHUA SPAULDING
Sports Editor
WOLFEBORO — The whole idea of auditioning for a musical can be a scary thought, even as an adult.

As a high school or junior high school kid who’s never done anything like that, it’s probably downright terrifying. The idea of getting up on an empty stage in front of a group of adults and/or your peers may even keep people from signing up for auditions.

Scott Giessler, the director of the award-winning Kingswood Theater program, thought it would be a good idea to offer up tips and advice to some of his young actors and actresses in advance of auditions for the school’s musical, The Wizard of Oz.

So, on Saturday morning, Sept. 1, a few days before school even began, a group of Kingswood stu-

dents filed into the Kingswood Arts Center with the idea of learning a bit more about just how to improve their auditions.

“This is something new,” Giessler said. “We like to try something different every year.”

He thought about the idea when he thought back on the large amount of talent he graduated from the program last year. Knowing that the program would need an influx of new talent in order to continue the success Kingswood has had, he hatched the idea that came to fruition on Saturday morning.

“We have a lot of ninth graders, a lot of middle schoolers,” he said. “We kind of hit the reset button.”

Giessler invited vocal coach Jenni Goodman, who starred as Marian opposite Giessler’s Harold Hill in last fall’s Village Players production

of The Music Man, to work with the kids on their vocal auditions, while he and assistant director Kimmi Adjutant, a graduate of the Kingswood program, worked with the kids on their monologues and sides.

“Jenni will show you how to open up your pipes,” Giessler said to the students. “That’s going to be immensely valuable.”

“The whole purpose is to better prepare for your audition in September,” the Kingswood director continued. “This is not an audition. We’re going to see things today, hear things today and give you suggestions for improvement.”

Goodman echoed Giessler’s statements to the kids.

“This is an amazing opportunity to come and prepare for auditions,” Goodman said. “And you can make improvements

between now and auditions.”

Goodman then went on to lead the students through warm-ups, talking about the importance of posture, confidence and relaxation when it comes to auditions. And she told the kids it was important to sing. A lot.

“The more you sing, the better you get,” Goodman said.

And though the two audition songs presented are for the parts of Dorothy and the scarecrow, she pointed out that there’s no rule that says you have to sing it like Dorothy or the scarecrow.

“Take a song and show your teachers how creative you are,” she said. “Do Somewhere Over the Rainbow from the Wicked Witch’s point of view.

“If there’s a part you want, you need to show

him,” she said. “You need to prepare, this is a great opportunity to prepare.”

The students then broke into groups, with four students at a time going to the music room with Goodman to work on audition songs while the rest worked on monologues and sides in the auditorium and lobby.

As one by one, students made their way to the stage, Giessler listened and offered advice.

“Think of it less as a speech and more as a scene,” he said.

And as one student got on stage with a monologue and had a mind blank midway through,

Giessler took the chance to use it as a teaching moment.

“Nerves are a thing,” he said, noting he sees it all the time. “They happen, now what do you do when it happens?”

He turned that question toward the other students sitting in the audiences and they offered up their advice, further advancing the thought that theater is indeed a family. After all, what makes one person better, makes the entire group better.

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

Crafters sought for craft fair in Barnstead

BARNSTEAD — Crafters wanted for the third annual Holiday Craft Fair located at the Maple Street Church, 96 Maple St., Center Barnstead, from 9 a.m. to 2 p.m. The Barnstead Farmers Market and Maple Street Church are sponsoring this year’s Holiday Craft Fair on Nov. 17. They are seeking craftsmen, farmers’ market type products and anything that is homemade and unique. They are also seeking lunch vendors, especially farm to table, homemade soups, or sandwiches. Please contact Lori Mahar for an application. Call 269-2329 or e-mail lorimahar@tds.net.

Cyanobacteria warning removed from Halfmoon Lake

BARNSTEAD — The New Hampshire Department of Environmental Services (DES) has removed a cyanobacteria lake warning issued on Aug. 16. Volunteers of Halfmoon Lake have been monitoring this waterbody carefully. Periodic blooms were seen, appearing as stringy, green streaks in the water. Cyanobacteria were identified as Oscillatoria. These accumulations turned white, indicating cell death. Samples collected Aug. 23 showed that cyanobacteria were still concentrated, but cells were decaying. The most recent samples were col-

lected Aug. 30 from the Dalton Beach area. No cyanobacteria were observed in these samples. Communication with volunteers and lake residents has been ongoing. There have been few sightings of this bloom since the advisory was issued. Please continue to monitor your individual shorelines for changing conditions.

Cyanobacteria are natural components of water bodies worldwide, but blooms and surface scums may form when excess nutrients are available to the water. Some cyanobacteria produce toxins that are stored within the cells

that can be released upon cell death. Toxins can cause both acute and chronic health effects that range in severity. Acute health effects include irritation of skin and mucous membranes, tingling, numbness, nausea, vomiting, seizures and diarrhea. Chronic effects include liver and central nervous system damage.

NHDES advises lake

users to avoid contact with the water in areas experiencing elevated cyanobacteria cell conditions typically where lake water has a surface scum, green streaks or blue-green flecks aggregating along the shore. NHDES also advises pet owners to keep their pets out of any waters that have a cyanobacteria bloom.

NHDES routinely

monitors public beaches and public waters of the state for cyanobacteria. Once a cyanobacteria lake warning or beach advisory has been issued, NHDES returns to affected waterbodies on a weekly basis until the cyanobacteria standards are again met.

The warning went into effect on Aug. 16 and was removed on Aug. 30.

Two candidates to address local Democrats

ALTON — Two speakers will headline September’s meeting of the Tri-Town Democrats, Mike Cryans, candidate for District 1 Executive Council and Anne Grassie, candidate for District 6 State Senator. All local Democrats and Independents are invited to attend this continuing series of meetings focusing on November’s mid-term elections.

Cryans has been a teacher, banker, financial consultant, and executive director of a non-profit that dealt with substance misuse. He was a county commissioner for 19 years.

His issues of concerns include the exodus of young people, the opioid crisis, improvement to the infrastructure including roads and bridges and internet access and funding for tourism.

Grassie has 30 years working in childcare, is a longtime school board member, served 20 years in the NH House of Representatives and spent nine years on the NH Children’s Trust Board. She advocates for access to affordable childcare, quality education and economic opportunity.

The guest speakers will be followed by actions items and commu-

nity organizing. These monthly meetings give you the opportunity to learn about local and state political issues and how you can participate in making a difference. You will share the evening with like-minded individuals and have the chance to express your opinions and experiences.

This meeting of the Tri-Town Democrats will be held on Monday, Sept. 10, at 6:30 p.m. at the Alton Senior Community Center, 7 Pearson Road, Alton. Come for socializing and potluck any time between 6:15 and 6:30 p.m.

This meeting is open

to all residents of Alton, Barnstead and Gilmanton who consider themselves moderate, liberal or progressive Democrats or like-minded Independents. Potluck items to share are encouraged but not required. For more information, e-mail starryheather@hotmail.com or visit the “Barnstead, Gilmanton, and Alton Democrats” Facebook page.

This communication does not infer an endorsement or favorability of any kind to any Democratic candidates actively engaged in competitive primary contests.

NOTICE TOWN OF BARNSTEAD

The Town of Barnstead is seeking contractors for the snowplowing season of Winter 2018 – Spring 2019. Applicants must have their own trucks, equipment and all applicable insurances. Please send your letter of interest by 4:00 p.m. October 2, 2018 to:

**Barnstead Selectmen’s Office
“Snowplowing”
108 South Barnstead Road,
Ctr. Barnstead, NH 03225
e-mail to: barntownhall@metrocast.net**

Alton Town Clerk/Tax Collectors Office Closed

Due to the State Primary Election held at St. Katharine Drexel Church the Alton Town Clerk/Tax Collectors office will be closed on Tuesday, September 11, 2018.

Get your library card this month

BARNSTEAD — The Oscar Foss Memorial Library is excited to celebrate National Library Card Sign Up Month in September. A library card lets you access books, ebooks, audiobooks, online databases and much more. Be sure to have any students in Barnstead Elementary School or Prospect Mountain High

School sign up for this school year. Everyone who signs up for a card in September will be entered into a surprise raffle. Come on down, get a card, enter the raffle, and “check out” some great literature and all the free services the library has to offer.

Family movie night
Join in at the library

on Friday, Sept. 14, at 6 p.m. for a free night at the movies. They will be showing “Show Dogs” (PG) and providing popcorn. Pajamas and cuddling items are always welcome.

Please call the library at 269-3900 or visit 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 Saturdays from 10 a.m. to 1 p.m. The library is closed on Sundays and Mondays.

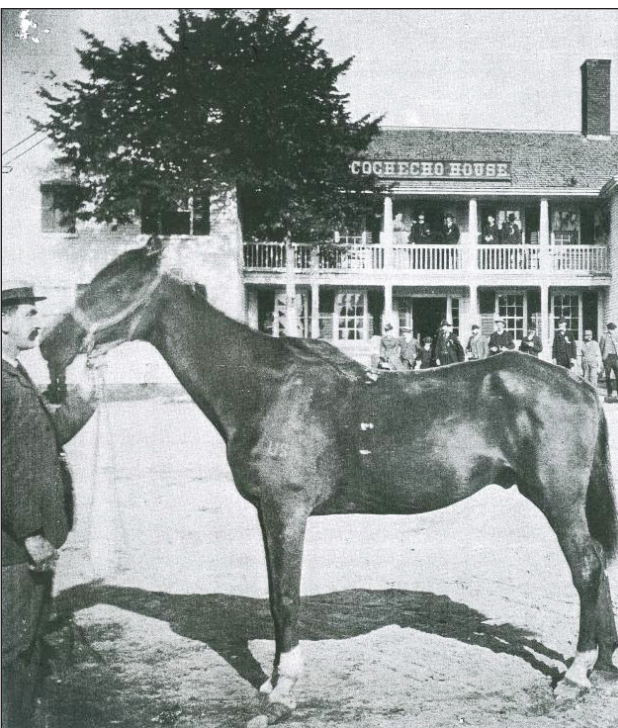
Old Graveyard Association meeting in Alton on Saturday

ALTON — The New Hampshire Old Graveyard Association will hold its fall meeting on Saturday, Sept. 8, at Alton’s historic Gilman Library. Registration starts with refreshments at 9:30 a.m. in the downstairs meeting room, with a brief business meeting and program beginning at

10 a.m. The public is invited. Local historian and association member Martin Cornelissen, immediate past president of the Alton Historical Society, will explain his ongoing research to find and catalogue the graves of every military veteran buried in the town of

Alton. To date he has completed research of those who fought in the Revolutionary and Civil Wars, the War of 1812, and is continuing work on succeeding wars, including the Spanish-American War, World Wars I and II, Korea, Vietnam and others. Cornelissen will ex-

plain how he conducts his research, which many times leads him to discovering long lost burial places in the woods and forests of Alton, often with the help of landowners, neighbors and even living descendants. The program will include a tour of the Alton Historical Society



COURTESY PHOTO
COLONEL GEORGE SAVAGE and Old Tom are buried in an Alton cemetery.

Museum, housed at the library, and a visit to the town’s municipal Riverside Cemetery, which includes the grave of Civil War Colonel George D. Savage and Old Tom, buried nearby, the horse that carried him into battle throughout the war. The New Hampshire Old Graveyard Association was founded in 1975 and is composed of genealogists, histori-

ans, cemetery officials and others interested in preserving historical graveyards. The association has catalogued more than 4,000 burial grounds in New Hampshire available for viewing online, and offers programs and workshops to assist families and communities on how to care for and restore historical graveyards.

Summer reading wraps up at Oscar Foss Memorial Library

BARNSTEAD — They had a great summer with the “Libraries Rock” summer reading program at Oscar Foss Memorial Library this year. The program started with an exciting kick-off event at the Barnstead Elementary School with Magic By George. The weekly Summer-time Songs and Stories and Arts and Crafts programs were well attended and enjoyed by all. Children of all ages had a great time listening to stories, participating in lots of music and movement activities and making various musical instruments. To end the program this year they had a huge end of summer block party. Everyone enjoyed the many activities offered, including contra dancing and the annual book sale. Participants who completed the reading program received their awards and surprises. Any participants who were unable to attend the ending program can stop by the library to pick up ending packets by Sept. 30. Congratulations to all for



COURTESY PHOTO
THE OSCAR FOSS Memorial Library wrapped up its summer reading program last month.

enjoying reading this summer. The library would like to thank all of its generous sponsors for helping to make the 2018 Summer Reading Program such a success. The Jack and Dorothy Bryne Foundation, CHILIS, Cogswell Benevolent Trust, the NH State Council on the Arts, the National Endowment for the Arts, the Institute of Museum and Library Services, and the NH

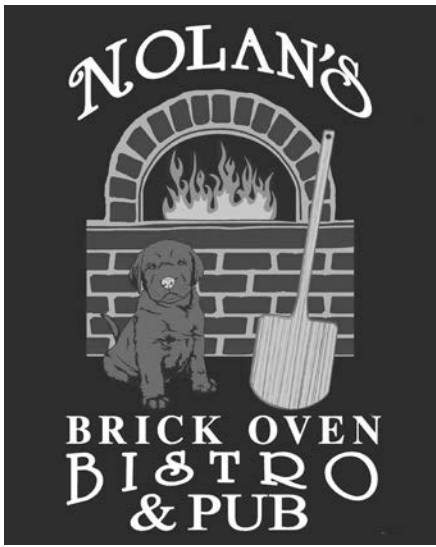
State Library for the KBA grant that assisted with the kick-off event at the Barnstead Elementary School. The Fisher Cats, Gunstock, Rye Airfield, Funspot, Red River Theater, The Piesmith, Bead-It and Atomic Femme for all of the wonderful raffle prizes. They would also like to thank Sissy’s Sweets and Ice Cream for donating free ice cream cones for all the ending packets. Please call the li-

brary at 269-3900 or visit 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 Saturdays from 10 a.m. to 1 p.m. The library is closed on Sunday and Monday.

3D archery shoot is Sept. 8 in New Durham

NEW DURHAM — The Farmington Fish and Game Club will be hosting a 3D archery shoot on Saturday, Sept. 8, starting at 8 a.m. There will be a 30-target course as well as a five-target novelty course with obstacles to shoot through. The

shoot is open to traditional bows only. Those who take part have the chance to win cash and prizes. For more information, contact Barry Carr at 755-1175. The Farmington Fish and Game Club is located on Old Bay Road in New Durham.



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Apps	
Atlantic Cod Cakes	10
Short Rib Bites	13
Ahi Ahi Nachos	12
Bacon Wrapped Fillet Cuts	15

Soups	
Ultimate Lobster	
Mushroom Bisque	8
Local Top of the Hill	
Meatball Stew	8

Salads	
Half 6	Full 9
Super Farm Salad	
Local Green Caesar Salad	
NH Cobb Salad	
Add to any salad	
Ahi Ahi Tuna	8
Chicken	6
Salmon	8

Shrimp	8
Tips	8

Burgers	
Plain and Simple	10
Bacon	12
Farm Egg	12

Cheese Choices	
Cheddar, American, Swiss, or Bleu Cheese add 2.00	

Entrees	
Prime Grade Sirloin Steak	28
Slow Roasted Duck	24
Herb Roasted Chicken	20
Pan Seared Diver Scallops	28
Lobster Ravioli	26
Fish & Chips	18
Baked Haddock	20
Fresh Wild Atlantic Salmon	24

Filet Mignon	26
Nolan’s Steak Tips	24

Soft Shell Tacos	
3 Each your Choice by the 3 made with lettuce, pickled red onions, sharp cheddar and our chipotle mayo	
Haddock	15
Beef Tenderloin	18
Grilled Chicken	15

Mac and Cheese	
1/2 pound serving	
Plain and Simple	15
Grilled Chicken	21
Lobster	24
Tips	23
Surf & Tips (lobster & tips)	25

Wing Basket	
Big Boys	
12 wings	16

6 wings	10
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Styles	
Scampi Butter, Buffalo, House Rub, Salt & Vinegar, Plain & Simple	

Kids Menu	
Fish n’ Chips	8
Our Mac & Cheese	8
Burger & Fries	8
with or without cheese	
Chicken Caesar Salad	8
Chicken Fingers & Fries	8

Desserts	
Tiramasu	8
Espresso Gelato	8
Housemade Whoppie Pie	8
Chef’s Choice Cheesecake	8
Chef’s Chocolate Madness	8

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	43 Reed Rd.	Single-Family Residence	\$360,000	Benjamin and Joanne N. Debello	James S. and Susan A. Rogers
Alton	76 Rollins Rd.	Single-Family Residence	\$850,000	Richard C. and Pamela Ulrich	Susan C. Wilhelmy (for Susan Coskren Wilhelmy Trust)
Barnstead	4 Coles Ledge Rd.	Single-Family Residence	\$100,000	Brian A. White	Adam L. Clark and Kate A. Crary
Barnstead	17 Davis Dr.	Single-Family Residence	\$170,511	Micheal B. Demers and NHFA	NHFA
Barnstead	33 Meredith Lane	Single-Family Residence	\$279,400	Janet M. and Brett Rogenski	James M. Ungvary
Barnstead	Narrows Road (Lot)	Residential Open Land	\$142,533	Lorraine M. Stevens	Joseph and Charlene Mazerali
Barnstead	63 Old Rochester Rd.	Single-Family Residence	\$206,000	Justin K. and Jessica A. Webb	Molly and Michael Verville
Barnstead	Old Route 28	N/A	\$87,533	Richard and Tamara Duane	Shawn Hillsgrove
Barnstead	Ridge Road (Lot)	Acc. Land Imp.	\$250,000	Brian R. Fitzpatrick (for Fitzpatrick INT)	Holly L. and John Pelletier
New Durham	112 10 Rod Rd.	Single-Family Residence	\$326,000	Karen Donaldson	Michael D. and Jessica Kleiner
New Durham	28 Grove Rd.	Single-Family Residence	\$158,000	Susan V. Tapscott (for Brian P. Tapscott Fiscal Trust)	Simon and Rachel Nott

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.

Lecture to focus on Portsmouth Naval Shipyard

WOLFEBORO — At the next Wright Museum lecture on Tuesday, Sept. 11, from 7 to 8 p.m., author Katy Kramer will discuss the Portsmouth Naval Shipyard and her book, *The Portsmouth Naval Prison*.

Part of the Wright Museum's Lecture Series, sponsored by Ron Goodgame and Donna Canney, the lecture and book signing will provide insight into what is often referred to as "the Castle," or "the Rock." With a de-

ceptively appealing exterior, the Portsmouth Naval Shipyard has enthralled both visitors and New Hampshire residents since opening in 1908 and its decommissioning in 1974. "Myth and lore have always surrounded the Shipyard," said Mike Culver, museum executive director. "It will be fun to learn more about it through Kramer's research, which spans more than a decade."

Currently free-lancing and teaching

college composition, Kramer has written features for magazines, university publications, and local newspapers.

The Portsmouth Naval Prison will be held at the Wright Museum from 7 to 8 p.m. Ad-

mission is discounted for museum members. Seating is limited and reservations can be made by calling 569-1212.

The Wright Museum's Lecture Series takes place every Tuesday through Oct. 31.,

which marks the end of the museum's season. Museum hours are Monday to Saturday, 10 a.m. to 4 p.m., and Sunday from 12 to 4 p.m.

The region's leading resource for educators and learners of

all ages on World War II, Wright Museum features more than 14,000 items in its collection that are representative of both the home front and battle field.

For more information, visit www.wright-museum.org.

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OBITUARY

Judith K. Rush
Loved chocolate and reading

PERRY, Ga. — Judith K. Rush, 82, entered into eternal rest on Thursday, Aug. 30.

Judith was born in Augusta, Maine on June 3, 1936 to the late Erwin and Dorothy Smith Larrabee. She was retired from the Division of Family and Children Services with many years as a child protective services representative, a career that meant the world to her as she was able to help countless children over the years. A proud New Englander who detested President Donald Trump, Judith loved chocolate, reading and watching PBS and Jeopardy. On top of everything she loved, her family al-



ways came first. Judith died beloved by all.

In addition to her parents, she was also preceded in death by her daughter, Pam Goree; and grandchildren, Colten Winkler and Allen Rodriguez.

Her memory will forever be treasured by her loving children, Lorna Henley,

Michael Harvey, and Shari Winkler (Mike); grandchildren, Ashlee Hirsch (Allyn), Michael Harvey, Jr., Hali Phillips (Derek), Eddie Rodriguez (Tina), and Jordyn Winkler; great-grandchildren, Mackenzie and Colby Winkler, Derek Allen Phillips, Jr., and Alex Hirsch; and brother, Peter Larrabee (Darlene).

Mrs. Rush will be laid to rest in Alton on Thursday, Sept. 6.

Go to www.mcculloughfh.com to sign the Online Registry for the family. McCullough Funeral Home and Crematory has the privilege of being entrusted with Ms. Rush's arrangements.

Church kicking off some new programs

BARNSTEAD — Join in this Sunday, Sept. 9, as they kick off a new year at the Center Barnstead Christian Church with new programs for all ages. They will meet at the church at 9 a.m. for the morning service where you will hear about

the new programs and times that will be starting the following week, Sept. 16. Then we will head up to the Barnstead Elementary School for a quick snack followed by some fun games and time together. There will be a kickball game and a

scavenger hunt. After games, lunch will be provided for everyone. This will be a day of family fun, games and food. You are invited to join in for this free event. Bring your family and friends, too. If you have been looking for a church to attend, come this Sunday and see what they are all about. For more information, contact the church at 269-8831 or visit online at www.centerbarnsteadcc.org. The Center Barnstead Christian Church is located on Route 126, next to the Town Hall.

Church celebrating 200 in 2020

BARNSTEAD — The Congregational Church of North Barnstead, UCC was established in 1820. The congregation will celebrate 200 years of service to the community with a variety of activities in the year 2020. Affectionately known as CCNB, the church is located at 504 North Barnstead Road in Barnstead.

One bicentennial project is to assemble a church history by collecting memorabilia, pictures, documents, written records, diaries or any other items relating to the church from any period during the 200 years. They will be displayed during 2020.

People in the area, especially longtime residents,

may have collected or inherited materials illustrating some phase of the church's life or its activities in the community. They invite them to consider contributing the items or copies or pictures or descriptions of them to the church archives. Donated items, large or small, (no donation is too small) may be brought to the church or be picked up by appointment. Call Barbara Moulton at 875-5651. Many of the church members are new to the area, so they appreciate everything that will help them to learn how the church has operated over the years.

CCNB has grown from a few dozen to almost a

100 in recent years. Active through the 19th century, the congregation voted to operate in the summers only from the time of World War 1 until the year of 2000. The congregation drew from both year round and summer lake shore residents. Now in the 18th year of conducting services full-time, CCNB is again a very active and welcoming church with a number of mission objectives. Children and youth activities are a priority, and the church sponsors children attending the UCC summer camp each year at Horton Center near Gorham. Everyone is welcome to attend worship at 10 a.m. each Sunday.

Mark on the Markets Robo-advisor?



BY MARK PATTERSON
Contributing Writer

Artificial Intelligence is the newest method of managing assets held by a few name brokerage houses in order to accumulate your investable dollars. After all, isn't a super computer much smarter than your financial advisor? We in the financial services industry rely heavily on technology to crunch numbers, and your accountant most likely prepares your return on software, so why not just leave

your financial future to a non-emotional algorithm. If you were trading large volume of stocks or futures contracts and taking small quick profits known as "scalping," a software program could possibly be of value. But if you are speaking of developing an ever-changing comprehensive plan, then I would not want that non-emotional robo-advisor anywhere near my financial plan.

The year 1994 saw a hedge fund called "Long Term Capital Management" that was founded in Greenwich, Conn. by some very smart people that had a boat load of experience in the capital markets. They created an automated program that used arbitrage methods that hedged bonds against commodities or corn futures against the Japanese Yen. The point was to hedge uncorrelated things against each other for maximum profit and minimal exposure. These very smart individuals with a lot of initials after their names attracted a lot of international money. The first three years LTCM did well, averaging around 30 percent, which was a really good return until the 1997 Asian financial crisis followed by the 1998 Russian financial crisis which led to Federal Reserve intervention and total failure by 2000. The software developed to manage this fund performed great until it didn't anymore.

The point is that, the academics that run these automated programs usually lack something more important than their in-

tellec; and that certain something is instinct or a "gut" feel for what is happening around them. Of course, this is a generalization, but one that I believe is true more than not.

Target retirement funds are mutual funds that invest your money according to your projected retirement date. I suppose everyone should invest exactly the same if you plan on retiring in the same year? Robo-advisors would in essence do the same thing, assuming that everyone's risk tolerance is the same. If you have a life changing event can you call your robot to make adjustments to your portfolio? Would your portfolio be designed with steady sustainable income and capital preservation? What about the amounts of life insurance or long-term care? My understanding is that the robot just handles your fund allocations and rebalance. I equate the self-driving car to robo-advising, neither appeals to me quite yet. Next time you get that funny feeling about the markets and feel that you should take some profit and raise cash, you can probably assume that "robot don't care."

If you do not think there is value added by working with a human as your advisor then I would suggest low cost Fidelity or Vanguard funds; skip the robot.

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

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Church Service SCHEDULE

8 am Worship Service
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Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit abundant-harvestnh.org or e-mail ahf@faith.com.

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

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

CENTER BARNSTEAD CHRISTIAN CHURCH
Morning Service 10:00 am.
Adult Sunday School 9:00 am. Sunday School for all ages 9:00 am. Rte. 126 next to Town Hall. Pastor Brian Gower. 269-8831.

COMMUNITY CHURCH OF ALTON
Prayer Meeting 9:00 am Christian Education for all ages, nursery-adults, 9:00 am.
Rev. Dr. Samuel J. Hollis. 875-5561.
Sunday Worship Service 8:00am
Alton Bay Barnstead July 1-Sept 2 10:00am 20 Church Street

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC
Sun. School and Worship Services, 10:00AM, 504 N. Barnstead Rd., Pastor Nancy Tallbot, 776-1820, ccnorthbarnstead.com

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON
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Sunday School 10:15 AM
400 Main Street
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Pastor Keri Schneider 755-4816
www.farmingtonucc.org

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

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DAR to meet on Saturday in Wolfeboro

WOLFEBORO — The Winnepesaukee Chapter, Daughters of the American Revolution will meet Saturday, Sept. 8, at 10 a.m. at the Wolfeboro Public Library. Sandy Hargy will present "WWI and DAR." All are welcome.

The Daughters of the American Revolution is a non-profit, non-political volunteer women's service organization dedicated to preserving American history and securing

America's future through education and promoting patriotism. Any women 18 years or older, regardless of race, religion or ethnic background, who can prove lineal descent from a patriot of the American Revolution is eligible to join.

For more information on becoming a Daughter of the American Revolution, call or e-mail Regent, Susan Fossum at 581-9675 or susanbriggsfossum@hotmail.com.

Demolay holds annual conclave in New Durham

Boys' organization making a comeback

NEW DURHAM — It's 9 p.m., Friday night dusk has just fallen, when you pull up a dirt road and are greeted by a volleyball pit and baseball fields, which should be filled with laughter, chatter and boys, none are to be seen. Maybe it's dinner time as you approach the main dining hall a somber feeling hangs in the air. In unison, as if practiced all their lives together you hear, "God Bless Mother, God Bless Father, God Bless

the Purposes of DeMolay. Amen." This is the closing salute to their opening ceremonies. New Hampshire DeMolay held its official state conclave the weekend of Aug. 24 at Lions Camp Pride in New Durham. DeMolay is making a comeback in New Hampshire. This year's annual conclave was jammed packed with kickball and water polo tournaments, leadership and membership training, election of the 2018-2019 state officers,



JENNIFER BEAN – COURTESY PHOTO
DEMOLAY held its conclave in New Durham last month.

year. DeMolay is a youth organization for young men from 12 to 21 years of age. They have core values that each member is encouraged to interpret in his own way benefiting from teachings of brotherhood, fidelity, patriotism, filial love, cleanness, and service. DeMolay International has been an influential in the lives of young men since 1919. From U.S. Presidents, professional athletes to the famous, Walt Disney as a member, the values taught will serve young men of the upcoming generation of leaders. New Hampshire DeMolay covers the entire Granite State providing exceptional programs for the members throughout the year, to inquire more information about the organization please visit www.nhdmolay.net.

ACS

(continued from Page A1)

sides of many of the side streets adjacent to the school. Greeting students and parents in the main lobby were several school officials. Among them was ACS Superintendent Pam Stiles. She helped distribute maps illustrating the school floor plan labeling classrooms by teachers' names and identifying the locations of special activities, including a food station where hot dogs and watermelon were available.

"We're very excited about all of the changes that we've made over the summer," Stiles said. She listed a number of facilities improvements including the repainting of the gym, a refacing of the lockers, the installation of new basketball hoops, and the completion of a multi-phase asbestos abatement project.

Stiles also said that the art room has been divided into two smaller classrooms. "Before, it was just one big open space, and we could offer only one class at a time; this will allow us to have more art classes focused on different types of art across the grade levels," Stiles said.

She added that this kind of specialization is consistent with the school's desire to advance what she calls "differentiated learning." Stiles explained that differentiation involves tailoring instruction to meet individual students' needs. She noted that each student has a unique learning style and that ACS teachers strive to present content in a way that allows each student to get the most out of their learning experience.

Stiles added that there will be a new science curriculum that will be rolled out under the direction of new curriculum coordinator Dr. Shay Cassily.

Second-year Principal John MacArthur was also on hand to welcome open house



MARK FOYNES
SIXTH GRADER Madison Daly, accompanied here by her mother Erica Guertin, made the rounds in Mrs. Roberge's English classroom during the open house.

attendees. He greeted students - and some parents - by name as they entered. "This will be the best school year ever," he exclaimed, exuding certain contagious enthusiasm.

Like Stiles, he was also excited about the facility upgrades, noting that there is a total of 16 room changes.

In terms of his goals for the 2018-19 school year, MacArthur said ACS is positioned "to provide the best-quality education around." The principal said this will be accomplished by fostering a "high energy and highly engaging learning environment."

"When these kids leave this building at the end of eighth grade, they will be ready to take the next step," he promised.

Asked about the facility upgrades, MacArthur deferred to buildings and grounds manager Sean Asgot, who started in this role on July 1.

"I had to hit the ground running, so to speak," Asgot said. In addition to the improvements mentioned by Stiles, he noted that he also oversaw some energy upgrades to the heating system to boost efficiency.

Noting the bright sheen of the newly-pol-

ished floors, Asgot was asked how long he thought it would be until the surfaces got all scuffed up. Overhearing the question, MacArthur chimed in, "They won't as long as Sean is here - he has a tremendous attention to detail."

Also present was school resource officer Kristen Guest, who helped welcome attendees in her APD uniform. She was given hugs by many of the returning students. Among those she chatted with was Devyn Stanley, who was accompanied by her mother, Amy. Devyn is now a freshman at Prospect but wanted to come to attend the open house with her sister, who's entering sixth grade. (She was not present, having eagerly scampered off to check out her new classroom and connect with friends).

Noting that PMHS had its first day of

school that same day, Devyn was asked why she'd want to spend more time in a school. "I don't know - I just guess I can't get away," she replied.

Just down the hall, kids were picking up their first day paperwork packets - basically a survival guide for students to help them get their school year off to a good start.

Around the corner is the classroom of English-language arts teacher Kristine Roberge, who teaches at the fifth and sixth grade levels.

Joining her was her soon-to-be student Madison Daly, who was accompanied by her mother, Erica Guertin. Madison was keen on finding the location of her desk where she'll sit at the beginning of the school year. (Each desk had atop of it an index card bearing a student's name).

After locating it, she patrolled the other desks. Guertin asked what she was doing.

"I want to know where my friends' desks are going to be sitting," Madison replied, seeming somewhat surprised that her mother didn't intuitively deduce this.

On the way out, people reencountered the greeting committee.

As one student strolled by, Officer Guest remarked, "How many times are you going to walk by before I get a hug?"

Principal MacArthur summed up the open house, noting, "This is going to be a fantastic year. The building is in an awesome shape, we have a wonderful, talented, and dedicated staff, and of course, this is just a great group of kids."

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SENIOR

(continued from Page A1)

and before Delgadillo’s five-year tenure.

Georgianna Nason talked about how the building has been changing around her ears. A New Durham resident whose neighbor brought her to the center 17 years ago for a visit, she liked it so much she returned to help out and has been there ever since.

“Then the building was like a garage,” she said, “but the townspeople started adding one piece at a time.”

With each room built, more people came.

“I know in the past there was one room and a small kitchen,” Delgadillo said. “The first addition is now the dining area.”

She said they added a kitchen when she began working. “I started organizing everything for it.”

The latest addition, completed two years ago, has made a world of difference.

“Now we’re not limited by space needs,” Delgadillo said. “We have two classrooms we use all of the time and the dining area can be bigger for special occasions. It’s also used for exercise classes.”

Prior to expansion, patrons who wanted to talk or play cards would have to leave if there was a scheduled class.

“It’s so helpful now with the new rooms,” Delgadillo said. “We can hold a tai chi class while others stay to do other things.”

Nason puts it simply. “It’s just beautiful now.”

When she first started coming, there were about 10 people who met regularly. “Now there are 35 to 40. It’s like one family; everyone gets along.”

A larger facility means four different activities can go on simultaneously, when it used to be just one. “We can provide more activities for the seniors,” Delgadillo said.

Now what she’d like is more seniors.

“I wish to have 20 people in our classes, and I know people in town would benefit.”

But class participation hovers between eight and 10. Delgadillo suspects folks are unaware of all the center



COURTESY PHOTO

A SUNNY group of workshop participants show off their acrylic paintings completed this summer under the tutelage of Alton Senior Center Manager Roney Delgadillo. In addition to lunches Monday through Friday, the center offers a broad variety of free and low cost classes, activities, and lectures. The public is invited to an open house on Thursday, Sept. 20, with a workshop, entertainment, food, and classes exposition from 10 a.m. to 1:30 p.m. at 7 Pearson Road.

offers.

Because of that, she is going all out with an open house on Thursday, Sept. 20, from 10 a.m. to 1:30 p.m.

“It’s an opportunity for people to come and learn about our activities. We also invite community partners, such as town departments and business owners, to come and learn what is going on in our town.”

The event starts off with a flower arrangement workshop, and participants will be able to bring home their handiwork. Beginning at 10:30 a.m. until lunch is served at 11:30, George Essig will be at the piano providing background music for coffee, conversation, and pastries.

Delgadillo said she likes to make special sweets for celebrations. “Brownies and marshmallows to make animal shapes, or cupcakes in a shape to make you smile.”

This year the pastries will reign. Lunch will be pork with gravy, stuffing, roasted red potatoes, butternut squash and dessert, and reservations, made by calling the center at 875-7102, are necessary for this repast.

At 12:30 p.m., visitors can tour an exposition of the activities offered. “The quilting class will bring some of their creations so people can get an idea of what they can accomplish. There will

be samples of all of the classes.”

Acrylic paintings will be on display, also.

“It will be an eye opener,” Delgadillo said. “Sometimes people just hear about things, but this way they can see what they could do. It is important that people learn about the classes and know they are welcome to join all of them.”

Because lunch is served at the center Monday through Friday and many people eat and also take classes, Delgadillo likes to stress that seniors can come just for classes.

Many are free, some ask for a small donation or very low fee.

The center offers a broad range of pursuits people can take advantage of. There are knitting and crochet, quilting, garden, and chess clubs; art and digital camera classes; parties; informative lectures; and projects that unleash creativity.

Wellness activities include free blood pressure screenings, fall prevention presentations, walking club in summer and fall, tai chi, and gentle yoga.

“We started yoga in August,” Delgadillo said, “and the instructor is great. A chair is optional, so for those who need chair yoga, this can work for them. It is very gentle.”

She said the comments from tai chi and

gentle yoga participants are positive. “People notice a difference in their bodies and their health. Pain is relieved, and when they stop doing it, the pain returns.”

Improved balance and feeling more confident are other outcomes.

Delgadillo attends the classes so she can provide honest feedback to those who have questions. “In the gentle yoga class I took, everyone was saying how relaxed they felt.”

She teaches a monthly Spanish class, where her pupils learn by doing. “They absorb more by doing activities in the language,” she said. “We presented a play and they learned so much more than if they were just studying a list of words. So now we improve vocabulary with songs.”

In August, she melded both of her strong suits by cooking with her class. “I made quesadillas, describing all of the ingredients in Spanish as I cut the vegetables.

People get very involved and it’s easier for them to memorize when what they are learning is right in front of them.”

Of course the center is also known for its meals. A continental breakfast is served Tuesday mornings, with a requested donation of \$2 for those over 60.

Community dining, sponsored by the Community Action Program of Belknap-Merrimack Counties, does not charge seniors for lunches, although there is a suggested donation of \$2 per meal.

“It was two dollars when I started coming here 14 years ago,” Nason said, “and it’s still two dollars.”

A main kitchen in Concord does the cooking and sends out food to the network of senior centers that are part of the Belknap-Merrimack group.

“My Meals on Wheels drivers pick up food in Pittsfield every morning,” Delgadillo said.

Meals are sealed in special trays and drivers head out to deliver to those in Alton and Gilmanton who can’t make it in to the center to eat.

“After they leave, my job is to keep the food warm until we serve lunch.”

Delgadillo has two volunteers to help her. “Everything they do makes a difference,” she said.

Her praise for the drivers is high. “They do an amazing job. In cold weather or rainy weather they are out there. They have that commitment to deliver to clients.”

Always full of ideas, Delgadillo grew herbs inside this summer “so people can cut some fresh herbs to bring

home. It’s hard for some seniors to take care of a garden, but I wanted to do something that involved growing something. It worked very well.”

All monthly educational programs with speakers from different agencies, such as the Visiting Nurse Association, Medicare, legal agencies, and the National Alliance on Mental Illness, are free.

Thursdays, the Belknap-Merrimack County Community Action Rural Transportation bus provides door-to-door service for Alton residents to stores and medical appointments. Spots can be reserved by calling the center.

By now it’s clear that the center is an important piece of a lot of people’s lives. To keep folks informed about what’s going on there, a monthly newsletter is available around town at the center, post office, library, Hannaford’s and the gas station at the Alton traffic circle. The information runs the gamut from the menu to information on events, to providing income guidelines for a supplemental food program to extolling the attributes of kale.

That’s a lot of bang for your buck; and it’s always very few bucks, as, Delgadillo stressed, “We do everything to keep costs low.”

“A lot of people don’t consider themselves seniors,” Nason said, “but coming to the center offers a day out. You don’t sit around home being depressed. I’m out every day and have met so many nice people. It gives you something to do and I really enjoy it.”

Social interactions, as Nason knows, are important to overall health. Fun is, too, and the center knows how to dish that out.

“People come for all sorts of reasons,” Delgadillo said, “but they are enjoying every minute here. It means a lot to them. I love seeing them proud of themselves.”

There is a lot to say about the Alton Senior Center, although one patron made perhaps the most significant point with this statement: “We are very fortunate to have this place in our community.”



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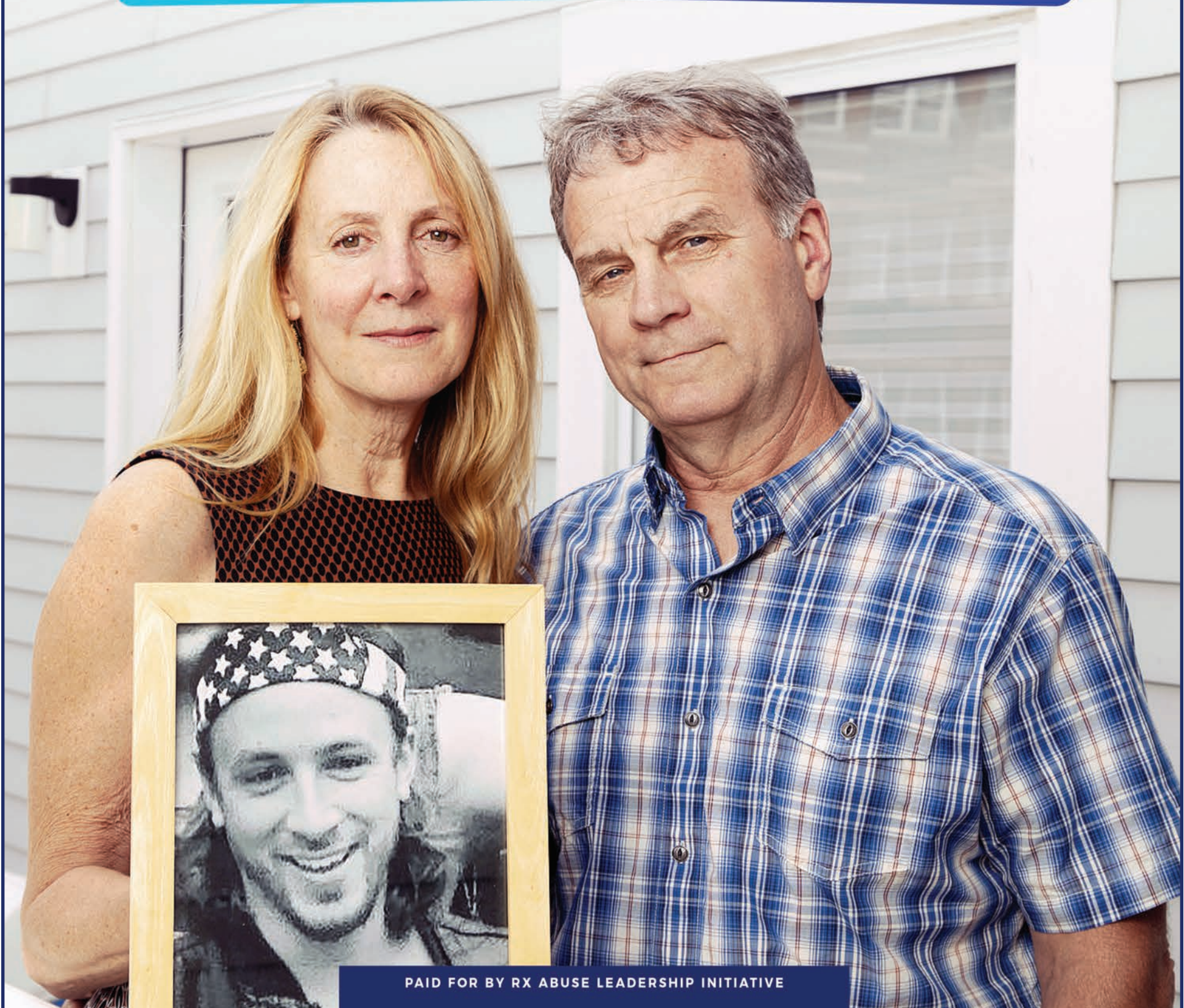
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WHAT'S ON TAP

A full slate of games continues for the local high school teams as September rolls along.

At Prospect Mountain, the golf team will be at Beaver Meadow today, Sept. 6, at 4 p.m., will be at Derryfield on Monday, Sept. 10, at 3 p.m., will be at Belmont on Tuesday, Sept. 11, at 4 p.m. and will be at Laconia for a 4 p.m. match on Thursday, Sept. 13.

The Timber Wolf soccer boys will be hosting Hopkinton on Friday, Sept. 7, and will be hosting Somersworth on Wednesday, Sept. 12, both at 4 p.m.

The Prospect girls' soccer team will be at Hopkinton on Friday, Sept. 7, and will be at White Mountains on SEE **ON TAP**, PAGE B10

Giants prove too much for Timber Wolf girls

BY JOSHUA SPAULDING
Sports Editor

ALTON — Trailing Bishop Brady 2-0 at halftime, the Prospect Mountain soccer girls came out and got a goal in the first minute of the second half to thrust themselves back in the game.

However, the Giants were able to control the rest of the scoring, adding two more goals later in the second half on the way to a 4-1 win over the Timber Wolves on Thursday, Aug. 30.

"The second game of the year, the first day back in school, they were just rusty," said coach Doug Cheney. "We're working out some of the kinks."

The first-year head coach noted that prior

to the game he didn't see any of the jitters that he kind of expected, instead he saw a team that was ready to go out and play.

"Bishop Brady is a good team," Cheney stated. "They came out to play, they played hard, beat us to the ball, they were aggressive and established the tempo."

"We didn't establish the tempo and if you want to win, you have to establish the tempo," Cheney added. "Playing catch-up makes it more stressful for the girls."

Out of the gate, Madeleine Kriete had a couple of shots into the zone, hitting Ava Blair on one and then firing another on net, with both shots being



JOSHUA SPAULDING

GRACE HARDIE scored the lone goal for the Prospect Mountain girls in last week's game against Bishop Brady.



JOSHUA SPAULDING

GABBY CLARK chases down the ball near the end line in action against Bishop Brady last week.

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stopped. Bekah Wheeler sent a nice cross to Blair but the Brady goalie made the stop on the shot. Grace Hardie had a nice cross in front of the net as well but the goalie was there to take it away.

The Giants came back and had some good chances at the other end of the field, forcing Prospect keeper Mackenzie Burke to make a couple of solid saves. Hannah Racine

chipped in with some good defense in front of her keeper. Mackenzie Holden just missed connecting with Wheeler on a bid and Nadia Huggard fired a shot that went through the crease but missed connecting with a teammate in front.

With just less than 11 minutes off the clock, the Giants were able to get one past Burke to take the 1-0 lead.

SEE **SOCCER**, PAGE B10

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KATHY SUTHERLAND

MATT DREW escapes a Con-Val defender in action on Friday night.



KATHY SUTHERLAND

THE KNIGHT DEFENSE of Korbin Tinker (58), Conor DeMasi (50) and Cam Mann (38) combine to bring down a Con-Val runner on Friday.

Knights come up just short in Friday night opener

BY JOE SOUZA
Contributing Writer

WOLFEBORO — It didn't end up in the win column, but head coach Justin Leonard and his Kingswood Regional High School football coaching staff have the Knights ready to compete in Division II.

A handful of mistakes, one that led to a big play for Con-Val, was the difference as the Knights came up short in the Division II season opener for both squads. Andrew Stockwell banged his way in from a yard out with 5:56 remaining in the contest to snap a 7-7 deadlock, and the Knights could not respond in dropping a 14-7 decision under the lights at Alumni Field.

"Just four plays," Leonard said. "You can count them on one hand. They go our way and it's a different game. But give credit to Con-Val. They made more plays than we did tonight. We had a couple of mental mistakes here and there," added Leonard. "It comes down to execution. The assignments were there. We just didn't

execute.

"But we had our opportunities."

Kingswood Regional certainly did, especially in the second half when the hosts took control of the game behind the running of senior captains Cameron Mann and Chance Parker, who combined for 200 yards on the ground.

The Knights came up with a big defensive stand at the end of the first half. Con-Val took the ball from its own 13 down to the Knights' 16 in the final 5:33 of the second quarter. Kingswood forced an incomplete pass in the end zone on third down before stopping Cougars quarterback Keenan Wilson just short of the first down marker with 17.4 seconds remaining. On the fourth-and-nine play, Wilson scrambled to his right but was cut down inches from the marker by Mann.

From there, it appeared the game belonged to the Knights. The defense stood tall and the Knights made an offensive adjustment at the break, going with a heavy of-

fensive set with three backs in the backfield.

Kingswood junior Devan Wade picked off a Wilson pass on the opening drive of the second half at the Knights' 39. It took the Knights just six plays to power their way down the field in the wishbone offensive set. Mann did much of the damage, carrying the ball four times to cover 48 of the 61 yards including Kingswood's first touchdown of the season from 25 yards out with 7:36 on the third quarter clock.

"We came out and started to run off tackle more," pointed out Leonard. "We controlled the clock and the second half, I felt. But they made a move as well."

The Knights did control the clock and the game from that point, but that's when the missed chances came up.

After pulling even with the Cougars, Kingswood senior James Sunderland jumped on a Con-Val fumble at the Cougars' 49 with 6:18 remaining in the third quarter. The Knights moved the ball inside

the Con-Val 20 down to the 13, but a false start penalty pushed them back to the 18. Mann took the ball on the next two plays but was stopped inches shy of the first down marker on a fourth-and-3 play from the 14.

Kingswood's defense came up big though moments later. Facing a fourth-and-two from their own 19, Cougars head coach Ray Puglisi gambled in going for it and the Knights interior front stuffed Wilson a yard short on a quarterback sneak, giving the hosts the ball at the Con-Val 20 with 10:25 remaining in the contest.

"Sometimes you need to take chances," Puglisi said. "I was confident in my defense and they came out and stood tall."

And the Cougars did.

The Knights moved to the 17 on the first three plays before a strip sack of quarterback Matthew Drew was recovered by Cougars Lennart Romard at the 21.

Then came the backbreaker.

After a holding pen-

alty pushed Con-Val back to its own nine, Wilson found Liam Denehy on a pass play that covered 72 yards down to the Kingswood 19. Con-Val senior captain Stockwell would cover the rest in four plays, not letting a delay penalty slow them down. Stockwell capped the drive from a yard out.

Kingswood looked to respond, moving into Con-Val territory only to have Parker stopped short on a fourth-and-three play at the Cougars' 35 with 2:33 on the clock. The Knights got the ball back with just under a minute left, but an interception ended their rally hopes.

"I feel that we controlled the second half," Leonard said. "They had that one pass to the tight end that set up their second touchdown, but other than that, we controlled the second half."

The numbers show just that as the Knights ran 30 offensive plays for 137 yards compared to Con-Val's 18 for 137. Take away the long pass play and the Cou-

gars had just 65 yards.

In the opening half, both teams had their moments moving the ball. After Kingswood's opening possession stalled out at the Con-Val 24, the Cougars went 76 yards in 12 plays. Carter Hunt, who made a nifty 25-yard catch along the sideline on a third-and-14 play on the drive, capped the drive with a 10-yard TD run for a 7-0 lead with 6.6 seconds left in the opening quarter.

Mann led the Kingswood with 109 yards rushing, all but 19 coming in the second half, on 17 carries. Mann also caught two passes for 15 yards. Parker finished with 91 yards on 17 attempts.

Con-Val was led by Stockwell, who banged out 88 yards on 18 carries.

Kingswood will face stiff challenges the next two weekends. The Knights travel to Bow, who played in the Division II title game the last two years, Friday, Sept. 7, at 7 p.m. before returning to Alumni Field to host Hanover.

PORTRAITS • WEDDINGS • SCENICS • EVENTS

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Reynolds leads way to split of opening match

BY JOSHUA SPAULDING
Sports Editor

WALPOLE — The Prospect Mountain golf team kicked off the new season at Hooper Golf Club on Thursday, Aug. 30, coming out with a split of the three-team match.

The highlight of the day for the Timber Wolves was Sam Reynolds, who earned medalist honors with a 21 for the day.

As a note, the scoring system for golf this year is a bit different, as the NHIAA is utilizing the Stableford system in which players get a certain number of points for each hole, depending on how many strokes they take. In this system, the higher the score, the better.

Reynolds edged Kaylee Lintner of host Fall Mountain by one point.

Max Tuttle played out of the third spot in the lineup and finished with an 11 to place as Prospect's second scorer. Seth Huggard, playing in the sixth spot, finished with an eight to place third for Prospect.

The final scorer for the Timber Wolves was Aaron Haynes, playing in the fourth spot. He finished with a seven.

Mykel Whitehouse in the fifth spot and Aidan Gehly in the seventh spot both finished with fours and Joel White in the second spot finished with a three.

The Timber Wolves

finished with a combined 47 for the afternoon, which was 12 points behind the host Fall Mountain Wildcats. Kearsarge finished in third place with a 15.

The Timber Wolves will be in action today, Sept. 6, at Beaver Meadow in Concord. On Monday, Sept. 10, the team is at Derryfield, on Tuesday, Sept. 11, they will be at Canterbury Woods and on Thursday, Sept. 13, they play at Laconia.

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

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BOB MARTIN – GILFORD STEAMER
TOMMY HOWLETT runs to the finish line of the Early Bird Invitational on Thursday.



BOB MARTIN – GILFORD STEAMER
VERANACA DOWD was the top finisher for the Prospect girls, finishing 11th in the Early Bird Invitational.

Veterans, newcomers a nice mix for Timber Wolf net girls

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The cross country team Prospect Mountain opened the season at the Early Bird Invitational, held at Gun-

stock Mountain Resort on Thursday, Aug. 30. Race organizers did not provide full results ahead of the early deadlines, though the top finishers were announced. The top overall finisher for the Timber Wolves on the girls' side was Veranaca Dowd, who finished in 11th place overall in a time of 22:40. For the boys, Tommy Howlett was the top finisher for Prospect Mountain, finishing in 22nd place in 20:36. The Timber Wolves will be back in action on Sept. 15, at Laconia.

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

Veterans, newcomers a nice mix for Timber Wolf net girls

BY JOSHUA SPAULDING
Sports Editor

ALTON — While the Prospect Mountain volleyball team lost a number of talented players to graduation, coach Mike Christy feels pretty good about what this year's team brings to the table. "We played a pretty good load of games in the preseason to get a handle on things and we did very well," Christy said. "I think we're going to do very well. "It's just going to take some time to develop some of the younger players, but they're doing well," he continued. "We have a solid group of returning girls to help with that." Christy pointed out that this year's group of Timber Wolves is probably the deepest team he's had in a long time. Leading the way will be the four team captains Gabrielle Fossett, Jane Holiday, Kaylee Duquette and Gabby Guzman. All four have seen varsity time and will be asked to take on a big role. And they're all pretty flexible as well. "We're moving people around trying to fill holes with six girls leaving (last year)," Christy said. "They're



JOSHUA SPAULDING
GABRIELLE FOSSETT is one of the captains of this year's Prospect Mountain volleyball team.

very motivated, a very dedicated group and they want to win." The for seniors will be joined by one other senior in foreign exchange student Kurumi Sagarawa, who comes to Prospect by way of Japan and will be seeing time on both the varsity and JV teams both as a defensive player and as a setter. The team also has four juniors on the

roster, with Ava Miaszek, Jordan Ingoldsby and Gwen West returning to the varsity roster, while Lexi Tallant is back after spending last year swinging between the JV and varsity teams. Christy also has a trio of sophomores, including two who will be in the starting lineup. Julia Leavitt and Allie Stockman have both earned starting jobs. Lindsey

McCullough will also serve as a defensive specialist in her sophomore season. There is one freshman on the team, as Sophia Sarno will be splitting time between the JV and varsity teams. The veteran Timber Wolf coach noted that while there are a number of young girls on the team, getting them in the lineup at this point in their careers will certainly pay dividends down the road as the team moves forward. "A lot of these kids, if we play them early, it sets them up for success the next couple of years," Christy stated. "They're excited, they're ready to start the season."

Christy noted he believes that in addition to the depth, he sees this team as very athletic and team speed should be a strength for the Timber Wolves. The schedule will include two games each with Nute, Portsmouth Christian and Farmington and one match each with Sunapee, Belmont, Stevens, Kennett, Franklin, Trinity, Newfound, Raymond, Hillsboro-Deering and Inter-Lakes. The Timber Wolves were scheduled to open the season after deadline on Wednesday at Sunapee. They will continue with a game at Belmont on Friday, Sept. 7, at 6 p.m. and on Wednesday, Sept. 12, they will be at Nute at 6 p.m.

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

Foley 5K is Oct. 20 in Rochester

ROCHESTER — The fourth annual James W. Foley Freedom Run will take place on Saturday, Oct. 20, at 10 a.m. at the Rochester Community Center, located at 150 Wakefield St. in Rochester. This flat, fast, chip-timed 5K through the streets of Rochester will benefit the James W. Foley Legacy Foundation,

which is dedicated to the vibrant legacy of Foley as a courageous, committed freelance journalist and a compassionate teacher and mentor. Come join in and challenge your friends to run too. And if you can't make it to Rochester on race day, you can register to run virtually. To find out more and to register, visit foleyrun.org.

Additionally, organizers are still seeking additional sponsors for the race and those interested can visit the web site for more information. Foley was a 1992 graduate of Kingswood Regional High School who was kidnapped and eventually murdered in northern Syria while serving as a freelance journalist.



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BOB MARTIN – GILFORD STEAMER

BRENT COOPE powers to the finish line in the Early Bird Invitational last week.



BOB MARTIN – GILFORD STEAMER

SARAH HUCKMAN earned a top-10 performance at the Early Bird Invitational.

Coope, Huckman lead Knights at first meet

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Kingswood cross country team got the season under way on Thursday, Aug. 30, at Gunstock

Mountain Resort with the annual Early Bird Invitational. Event organizers did not provide complete results in time for early deadline on Friday, but

results for the top racers were provided and there were a pair of Kingswood runners on those lists. For the girls, Sarah Huckman led Kingswood with a ninth place finish

in a time of 22:29.

For the boys, Brent Coope ran to a time of 19:08, which placed him sixth overall.

The Knights are

scheduled to compete next on Saturday at the Great Glen Invitational, held at the base of the Mount Washington Auto Road in Pinkham Notch.

The race is slated to start at 10 a.m.

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

With the fall comes a new fantasy season

The high school sports season is in full swing, which means it's a busy time of year in my world.

It's also closing in on the start of the football season and that means, for the second year in a row, I am getting ready for another year of fantasy football. The league I am part of features 11 other people, spread out around the country, so we do our draft online, with every person getting a three-hour window for their pick.

As of this writing (Thursday, Aug. 30), we are just about through eight rounds of the draft. I still have yet to select a kicker (we get two), a backup quarterback or a utility player, but so far, I am not completely disappointed in my team. In fairness, I wasn't totally disappointed in my team after last year's draft but injuries did me in and limited me to a first-round playoff exit.

In our league, we start one quarterback, two running backs, three receivers, one defense and one kicker.

Since we are a keeper league, I got to protect two players and looking at rankings online, I protected running back Ezekiel Elliot and receiver DeAndre Hopkins. Also in our keeper league, we get three "Plan B" players, which means we can protect them, but other teams can take them (at a cost of two draft picks) in the first two rounds. This is how I took Elliot last year, losing my third and fourth round picks after taking him in the second round. For my three Plan B players, I protected running back Dalvin Cook, receiver Travis Kelce and quarterback DeShaun Watson.

Because I was in the playoffs last year, I didn't get a great pick in the draft, going eighth overall in each of the first two rounds before the draft went to a snake style. Saquon Barkley was the first overall pick and by the time it got to me, there wasn't a ton of big names so I decided to take my own Plan B guy, Cook, with my first round pick. He's coming back from injury, but when he was healthy last year he was a beast for my team and

SPORTING CHANCE



By JOSHUA SPAULDING

I'm rolling the dice with him again.

With my second round pick, I went with Rams receiver Robert Woods after my first choice, running back Kerryon Johnson, was taken the pick before me. In the third round I went with running back Chris Carson, who should see time early on in Seattle due to the injury of Rashaad Penny and I'm hopeful Carson can earn the starting job. In the fourth round, I went with receiver Jordy Nelson, which was a bit of a stretch, but there wasn't tons of elite talent on the board.

In the fifth round I was able to grab running back Tevin Coleman, who is set to be a backup in Atlanta, but is in a contract year and can be dangerous. Last year I got the Jacksonville defense with my sixth round pick and they had a great year. However, they were

the top-ranked defense in the preseason and went off the board before I wanted to take a defense. I went with Houston's defense with my sixth round pick and Tennessee's defense with my seventh round pick. My eighth round pick went to receiver James Washington of Pittsburgh.

I have some ideas of where I want to go in the ninth, 10th and 11th rounds, but obviously that will depend on what other people do.

Where it goes from there is anyone's guess, but I guess I'm ready to go.

Finally, have a great day Chris Sanborn.

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, Newfoundland 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.



COURTESY PHOTO

The New England Paralyzed Veteran and Disabled Bass Fishing Tournament is Saturday at Camp Robindel.

Paralyzed Veteran and Disabled Bass Fishing Tournament this weekend

MOULTONBOROUGH — The public is invited to the 19th annual New England Paralyzed Veteran and Disabled Bass Fishing Tournament held at Camp Robindel, Geneva Point Road, Moultonborough, on Saturday, Sept. 8.

Participation is free to disabled anglers. Financial support of the event come solely from sponsors, donations and fundraising conducted throughout the year. The event is supported by American Eagle Bass

Anglers, along with numerous volunteers.

The event provides an often long lost opportunity to get back out on the water and fish, swap fish tails, and reunite with old friends as well as begin new and lasting friendships. Highlights of the day are a live radio broadcast of the HAWK 104.9 FM, silent auction and raffles made possible through generous donations from our local merchants.

Event starts on Friday, Sept. 7, when anglers

arrive. Tournament begins on Saturday, Sept. 8, with catch-and-release weigh-in taking place between 2 and 3 p.m., followed by dinner, awards ceremony, raffles, silent auction, music and campfires.

Everyone is invited to come cheer on the anglers at the weigh in. Those who would like to donate an item for the auction or to support the tournament contact Lori Chase at 581-9617 or e-mail luresandtails@gmail.com.

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Belmont | \$265,000
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Belmont | \$209,000
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Tilton | \$189,000
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Shelly Brewer 603.677.2535
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Franklin | \$151,000
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Meredith | \$138,900. Efficient use of
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Sandwich | \$82,000. Great in town
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ON TAP

CONTINUED FROM PAGE B1

Tuesday, Sept. 11, both with 4 p.m. start times.

The Timber Wolf volleyball team will be at Belmont at 6 p.m. on Friday, Sept. 7, and will be at Nute for a 6 p.m. game on Wednesday, Sept. 12.

At Kingswood, the volleyball team will be at Con-Val today, Sept. 6, at 6 p.m., will be hosting St. Thomas on Monday, Sept. 10, at 6 p.m. and will be at Somersworth for a 5:45 p.m. match on Wednesday, Sept. 12.

The Kingswood field hockey team will be hosting Milford on Friday, Sept. 7, at 5:30 p.m., will be at Sanborn at 4 p.m. on Monday, Sept. 10, and will be hosting Pelham at 5:30 p.m. on Wednesday, Sept. 12.

The Knight football team will be at Bow for

a 7 p.m. game on Friday, Sept. 7.

The Kingswood soccer boys will be at Merrimack Valley on Saturday, Sept. 8, for an 11 a.m. game.

The girls' soccer Knights will be at Merrimack Valley at 9:30 a.m. on Saturday, Sept. 8, will be hosting Oyster River at 6 p.m. on Tuesday, Sept. 11, and will be hosting Manchester West at 5:30 p.m. on Thursday, Sept. 13.

The Kingswood cross country team will be at Great Glen for a 10 a.m. meet on Saturday, Sept. 8.

The Knight golfers will be at home at Kingswood Golf Club on Monday, Sept. 10, will be at Portsmouth on Tuesday, Sept. 11, and will be hosting a match on Thursday, Sept. 13, all at 3:30 p.m.

SOCCER

CONTINUED FROM PAGE B1

Prospect battled back, with Kriete getting a shot on net and Wheeler sending a cross into the box, but the Timber Wolves could not capitalize. Burke made a couple of more saves and Sam Weir was solid on defense in front of her.

The Giants got the game's first corner kick but they were unable to convert and Huggard answered by sending Blair in on a chance that was stopped by the Brady keeper.

The visitors doubled the lead to 2-0 with 16:45 to go in the first half and almost made it 3-0 moments later, as Burke made a save on a shot but the ball went off her fin-

gers and rolled along the goal line. Racine was there to clear the ball away. Both teams had chances down the stretch in the first half, with Wheeler and Huggard both just missing on bids, while Burke turned away a couple more shots and the game went to the half with Brady up 2-0.

Just 30 seconds into the second half, Prospect got on the board, as Grace Hardie ripped a shot from the goalie's right and it curled into the box and to the far side of the goal to cut the lead to 2-1.

Brady came back hungry, however, getting a number of quick chances out of the gate, forcing Burke to make a couple of saves while Gabby Clark had a nice clear as well.

With 33:40 to go, the

Giants scored on a shot from the top of the box to the far post, pushing their advantage back to two goals. Prospect kept fighting, with Clark, Holden and Kasey Lacroix all getting bids but they could not put the ball in the net. Prospect got its first corner kick but the Brady keeper was there to make the stop. Huggard sent a nice cross in to Hardie that was tipped just wide of the net.

Maddie Chase helped out Burke with a nice clear from the goal line, keeping it a two-goal game, while Hardie had a bid just go high.

The Giants added the nail to the coffin with 13:45 to play in the game, as Burke came out of the net to make an aggressive play on

the ball and the visitors were able to slip the ball past her and into the net.

Prospect had late chances but could not convert and Brady took the 4-1 win.

"We had plenty of chances, we just couldn't finish," Cheney said. "We'll have finishing drills in practice next week.

"If we convert those shots, they're playing with the lead," he added.

The Timber Wolves are scheduled to be at Hopkinton on Friday, Sept. 7, and then at White Mountains on Tuesday, Sept. 11, both for 4 p.m. games.

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

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