

Burt's goal lifts Prospect girls over Kingswood



KAITLYN CATALANO of Kingswood tries to keep the ball away from Prospect's Ella Smith in action last week in Wolfeboro.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — Just a couple of days after playing a one-goal game in Alton, the Prospect Mountain and Kingswood soccer girls played another one-goal game, this time in Wolfeboro on Thursday, Oct. 20.

In the end, Prospect Mountain got a goal midway through the first half and held on for a 1-0 win over the Kingswood Knights.

“For us, we’re getting more consistent, it takes time,” said Prospect coach Bill Nardino. “Before the game, I told them to be the first to every 50/50 ball, dictate the tempo by winning the ball and that was a huge part of the day.”

“It was a good battle,” said Kingswood coach Rob Kelly. “You can see the progression in the girls and in the team”

SEE SOCCER, PAGE A14

Alton Rotary hears from Gray and Rice

ALTON — Guest speaker at the Alton Centennial Rotary Club’s Oct. 22 Zoom meeting gave all members a chance to see and hear Republican candidate Jim Gray explain why he’s the one you should vote for in his reelection bid for the New Hamp-

shire Senate. ‘As stated by Gray, his involvement in both local and state politics more than qualifies him to serve another term. It includes his serves in the US Army and a Vietnam veteran, a degree from UNH in engineering, he was part of

the management team that saved the Portsmouth Naval Shipyard from closure, and served on various committees, including Election Law and Health and Human Services. From serving as a Rochester City Councilor to being elected to the New Hamp-

shire Senate, he’s fought for no new, and to lower taxes, help return millions of dollars to communities to help reduce property taxes, and providing millions to law enforcement and social services organizations to combat drug use. He continues to

pledge his opposition to an income and sales tax, and to protect our constitutional rights. After his presentation, Gray answered a number of question asked by Rotarians. The next invited speaker for public office to be seen and

heard via Zoom is Democratic candidate Christopher Rice, who’ll address Rotary club members this Thursday, Oct. 29. Rice is running to replace Gray, and is currently employed as the Emergency Telecommunicator with the

SEE ROTARY, PAGE A14

Timber Wolves sweep past Knights

STOCKMAN RECORDS 1,000TH CAREER ASSIST



MORGYN STEVENS goes up to tip the ball over the net in action against Prospect Mountain last week.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — In the past, the Kingswood and Prospect Mountain volleyball teams have been in different divisions and therefore haven’t had the chance to play regular season games. This year’s regionalized schedule would’ve put them up against each other even if the Timber Wolves

hadn’t moved up to Division II this year. Prospect came to town on Tuesday, Oct. 20, and took care of business against the neighboring Knights, leaving town with a 3-0 victory. “We were spot-on,” said Prospect coach Scott Hutchins. “Every serve return was right to the setter, every set was perfect to the hitter.” “We didn’t do a lot of

things we’re capable of doing today,” said Kingswood coach Lynette Place. “We have strong hitters but we were not able to utilize them.” Prospect dominated in the first game, holding the Knights to single digits in a 25-6 win. The Timber Wolves came back and started strong in the second set as well with Julia Leavitt and Sophie Sarno help-

ing them get out to an 8-1 lead before Kingswood got a pair of points to get back in the match. After a Leavitt service ace helped Prospect go up 10-3, Morgyn Stevens had a nice kill for the Knights. Leavitt answered with a hit and Sophia Bean had a hit and then added a couple of service aces as the Timber Wolves built the lead out. Jiana Kenerson had a kill as well

and Prospect’s lead got to 21-6 before a kill from Brooke Tasker got the Knights back on track. Erin Rawnsley had a kill for Prospect and Gillian Seigars answered with one for the Knights. Dakota Turner also had a kill for Kingswood, who made it 24-10 before Kenerson finished things off for the Timber Wolves with a kill and the 25-10 win.

The third set started out back and forth, as Allie Stockman had an ace for Prospect and Turner answered with a hit for the Knights. Bean had a pair of kills to open Prospect’s lead to 6-2 before Kingswood fought back and cut the lead to 6-5. Madelyn Penfield had a pair of aces for the visitors and Ella Misiaszek

SEE VOLLEYBALL, PAGE A14



ALLIE STOCKMAN (second from right) celebrates her 1,000th career assist with fellow seniors (l to r) Lindsey McCullough, Jiana Kenerson and Julia Leavitt.



ELLA MISIASZEK bumps the ball to a teammate during her team’s win over Kingswood last week.

Cornerstone VNA welcomes new palliative care specialist

ROCHESTER — Cornerstone VNA, a local nonprofit provider of high-quality, skilled care at home, is pleased to welcome their newest medical provider to their Palliative Care Team, Dr. Andrew Kunkemueller, MD, Palliative Care Medical Director.

“The Palliative Care Medical Director is a new position within our growing Palliative Care Department,” explains

Julie Reynolds, RN, MS, President/CEO of Cornerstone VNA. “We are so pleased to have a physician joining our Palliative Care team, especially Dr. Kunkemueller, who is returning to Cornerstone VNA and eager to help us expand this important program.”

Dr. Kunkemueller graduated from Dartmouth School of Medicine in 1997 and completed his residency at the

University of Minnesota Medical Center in 2000. As a board certified Internal Medicine physician, Dr. Kunkemueller worked in a primary care setting for seven years before transitioning to hospital-based medicine in 2007. While working as a hospitalist at Frisbie Memorial Hospital, Dr. Kunkemueller was able to treat patients at various stages of their recovery or

illness, including those at end-of-life. It was here that he began to show a deeper interest in, and appreciation for, Hospice Care. “In 2010, Cornerstone VNA reinstated their hospice license due to a growing need for hospice services, and in 2011, I was pleased to join their team as the Associate Hospice Medical Director,” shares Kunkemueller.

Dr. Kunkemueller worked as the Associate Hospice Medical Director at Cornerstone VNA until 2018, and then went to Exeter Hospital. Since that time, Dr. Kunkemueller has continued to work closely with Cornerstone VNA as a referral partner, and has been intrigued by how Palliative Care positively impacts the lives of people living with chronic illnesses by providing improved coordination of care and symptom management. In his new role as Palliative Care Medical Director, Dr. Kunkemueller will be instrumental in fostering relationships with referral partners, and educating patients and medical professionals of the benefits of Palliative Care. Additionally, he will be providing Palliative Care consultations at both Portsmouth Regional Hospital and Frisbie Memorial Hospital. As a valuable member of the Cornerstone VNA medical team, he will also provide support and guidance to the Hospice Medical Director and



Andrew Kunkemueller

Hospice Team as needed.

“I am so pleased to be coming back to Cornerstone VNA to help them further expand their Palliative Care program,” Kunkemueller shares. “As a nonprofit organization, Cornerstone VNA is well-anchored in the community and has a solid reputation for providing high-quality care at home.”

Kunkemueller added that he is looking forward to spending more time with patients, getting to know their health goals, and working with them to develop an appropriate care path.

Cornerstone VNA is a nonprofit organization currently serving Rockingham, Strafford, Belknap and Carroll Counties in New Hampshire and York County in Maine. The team at Cornerstone VNA provides award-winning care and support through five distinct programs: Home Care, Hospice Care, Palliative Care, Life Care-Private Duty and Community Care. For 107 years, Cornerstone VNA has been committed to bringing services to people of all ages so that families can stay together at home, even when facing the challenges of aging, surgical recovery, chronic or life-threatening illnesses or end-of-life care. To learn more about Cornerstone VNA, visit www.cornerstonevna.org or call 800-691-1133.

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ALTON POLICE LOG

ALTON — Alton Police Department responded to 180 calls for service during the week of Oct. 11-17, including three arrests.

-1 Male Subject was arrested for Driving After Revocation or Suspension.

There were 2 Motor Vehicle Summons Arrests.

There were 2 Motor Vehicle Accidents.

There were 5 Suspicious Person/Activity Reports on Sunset Shore Drive, (2) Alton Mountain Road, Hannaford & Coffin Brook Road.

There were 3 Theft/Break-Ins on Alton Mountain Road, Main Street & Old Wolfeboro Road.

Police made 44 Motor Vehicle Stops and handled 4 Motor Vehicle Complaint-Incidents.

There were 122 other calls for services that consisted of the following: 1 Town Ordinance, 1 Assist Fire Department, 1 Fraudulent Action, 3 Stolen Property, 2 Assist

Other Agencies, 5 Pistol Permit Applications, 3 Animal Complaints, 1 Juvenile Incident, 3 Domestic Complaints, 2 General Assistance, 3 Miscellaneous, 1 Missing Adult, 4 Alarm Activations, 1 Lost/Found Property, 4 Highway/Roadway Hazards, 2 General Information, 1 Sex Offender Registration, 1 Civil Standby, 1 Civil Matter, 3 Wellness Checks, 1 Criminal Mischief, 3 Community Programs, 5 Disabled Motor Vehicles, 56 Directed Patrols, 2 Medical Assists, 10 Property Checks, 1 Paperwork Service & 1 Unwanted Person.

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Share a laugh with Kingswood Theater this weekend

WOLFEBORO — Kingswood Theater is proud to present “Laughter is the Best Medicine,” a series of short one-act comedies and lighter dramas. Kingswood will be presenting 10 five-to-eight-minute contemporary vignettes all licensed by Playscripts, Inc. Laughter will hit the Kingswood Arts Center stage on Friday, Oct. 30 at 7 p.m. and Saturday, Oct. 31 at 2 p.m.

The performance starts with the comedy “Please Have a Seat...,” written by Garth Wingfield and starring Liam Fahey and Juliet Bonnevie. In it, we meet two struggling hearts attempting to make a connection in a psychologist’s waiting room.

Next is the drama, “Dorothy & Alice,” written by Itmar Moses and starring Mikayla Phillips and Lauren Prescott. Audiences witness a chance meeting between two cinematic icons.

Written by Alex Dreman and starring Lirael Craycraft and Margo Farrell, the comedy “On the Porch One Crisp Morning” features a mother-daughter TV commercial conversation from the days of yore.

Afterwards, audiences are given an updated version of an Anton Chekov comedy classic, “The Proposal” written by Paul Siemens and starring Eddie Ring, Alex Henderson, and Kayla Baker.

The drama, “Normal,” written by Cusi Cram and starring Rydel Berry and Jackie Bonnevie, features a reuniting of a brother and sister in the waiting

room of a hospital. Next is the comedy “Tina at the Times,” written by Wendy MacLeod and starring Elliott Giessler, Tyler Desjardins, Carly Davis, Austin Gibbs and Ruby Davis. “Tina” gives us a look back at a world that could have been, if the notorious editor, Tina Brown, had ever worked at the New York Times.

Afterwards, audiences will enjoy the comedy “The Backflip,” written by Catherine Butterfield and starring Ethan Sullivan and Evelyn Hafner; in which a patient informs his psychologist that he feels like he is being watched... by a very specific group of people. “Backflip” is followed by “Downstairs/Upstairs,” also written by Wendy MacLeod, and starring Finn Boston and Keegan Quinn. We meet Stuart, who has an offer for Mac that he should absolutely

refuse.

The drama “Post-Its on a Marriage” is co-authored by actors Paul Dooley and Winnie Holzman and stars Gannon Eldridge and Lizzy Fogg. “Post-Its” is a dramatic comedy that satires “Love Letters,” with a journey through a relationship via their post-it notes to one another.

The evening is capped off with madcap comedy “There Shall Be No Bottom,” written by Mark O'Donnell and starring Bella Kemper, Daniel Keniston, Emma Lee Newhouse and Halley Lombardi. “Bottom” is a British chamber mystery that is lacking the finer points of production value.

Tickets for this performance are only available in advance at kingswood-theater.org. Audiences will be socially distanced in the auditorium.



Locke Lake Colony announces parking ban

BARNSTEAD — Locke Lake Colony Association will have a parking ban on all colony roads from Nov. 1 through April 30. This is necessary to be able to plow effectively. If cars are left in the roadway and obstructing this work, they will be towed. Thank you for your cooperation in advance.



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Your voice, and your vote, matter

We have heard a good deal of buzz from younger voters recently regarding the upcoming election, and the overwhelming consensus among them is a sense that their votes do not count. While there are exceptions to this rule, we feel it is important to stress to our younger counterparts how important it is to pay attention and to head to the ballot box.

The youth voice is important, whether you are a Republican, Democrat, Independent, Libertarian, or something in between. Important issues in every election directly relate to concerns students and young professionals have, which is even more reason to arm yourself with knowledge. Truth be told, younger voters are needed now more than ever. Issues that concern students are college tuition reform, healthcare and federal job programs to name a few. You may not care now, but you may care a few years from now when choices politicians make, begin to affect your life, and they will.

Young voters make up almost 50 percent of the voting population, giving you a stronger voice than you think, making your votes collectively more influential across the board. An interesting bit of trivia is that youth votes declined by 2 percent from a record of 52 percent in 2008. In 2016, 19 percent of those ages 18-29 voted in the presidential election. Those ages 45-64, however, made up for 49 percent of the vote.

You may not think your vote matters, but the fact is that every vote counts. The climate of the country appears to be so divided that the youth vote matters now more than ever. Oftentimes, politicians will win by a small margin as low as 20 votes, especially in local and state races, proof that your vote does matter. Young people that want to inspire change need to find the candidate who represents their values best, and cast their votes.

With news at our fingertips these days, it's easier now more than ever to educate yourself regarding politics. Sure it may seem boring and often times it is, but educating yourself on current events and the issues will serve you well. One bit of advice is not to believe everything you read or see, and to always fact check your sources. Protect your interests and use your voice, after all this is what democracy is all about.

Do not be discouraged or intimidated to vote — it's easy. You have a right to be at the polls just like every other American. Bring a friend and go grab some lunch or breakfast afterwards, making it a fun occasion.

Letters to the Editor

An election prediction

To the Editor:

Prediction in regards to the November 2020 Election: President Trump will be projected winner Nov. 3, so Democrats will know how many votes they will have to 'find' among absentee ballots, mail-in ballots and harvested ballots to defeat him after 'completing the ballot count.'

Regards,

BOB KROEPEL
NEW DURHAM

Vote for the doer

To the Editor:

A candidate for public office in Alton is complaining about missing political signs. Signs don't vote, only registered voters do. Signs do not influence votes for politicians. Only the political candidate's actions do. Not what they say, but what they do.

New Hampshire should be kept free of the other blue states' practices that hurt everyone residing in them. And it can be.

But only if we vote for the doer on Nov. 3. Promises made, promises kept unlike the other party's history and that of its national, state, and local candidates.

President Trump is an excellent example of doing what is promised to the people. And if signs are a non-scientific poll, President Trump along with national, state, and local Republican candidates are landslide winners in Alton and New Hampshire. And nationwide.

Respectfully,

JIM RASCHILLA
ALTON BAY



Pumpkin prep

A young participant of the recent Carving Pumpkins event, sponsored by the New Durham Parks and Recreation Department and held on the New Durham Public Library's front lawn, works on the design for her jack-o'-lantern. Glowing pumpkins will also show their faces at the 1772 Meetinghouse on Oct. 30 and Oct. 31 from 6 - 8 p.m., when trick-or-treaters can meet characters from the Wizard of Oz and walk the Haunted Trails.

Letters to the Editor

A vote for Ruth Larson is a vote for our future

To the Editor:

Do you support clean energy jobs, high quality, equitable education for our children, and adequate treatment for those with mental illness and those trapped in a cycle of addiction? Then, please cast your vote for Ruth Larson for State Representative for Alton, Gilmanton and Barnstead. Ruth supports more affordable housing and health care without downshifting the costs to municipal property taxpayers.

Her opponent, Rep. Ray Howard, has voted against bills that would help our families, seniors, and children. He opposed a bill to reduce greenhouse gases to levels recommended by a consensus of scientists,

and against net metering expansions for businesses wanting to save money by generating their own electricity. He voted against the family medical leave bill and an increase in the New Hampshire minimum wage. Howard voted against the bipartisan bill to set up an independent redistricting commission that would enable the state to end gerrymandering of legislative district boundaries to favor the party in power.

Thank you for considering Ruth Larson as you vote for the future of your children and your community.

Sincerely,
SARAH THORNE
GILMANTON

Vote Republican across the board

To the Editor:

As the most important election in our lifetimes draws near, we are approaching a crossroads that will either take us down the path of the freedom and liberty we've known all our lives or the dark descent into an abyss of communism, anarchy, mob rule and pure evil. It would be difficult to reverse that hell hole. Talk to those who've escaped communist countries and you'll realize just how close America is to becoming one.

The unprecedented and maniacal hatred of our country, our President and all who support him has largely been brought about by the Democrats (and some Republicans) and the media who've had control for so many years over our most important institutions. Now we have

a Republican president who loves America and who does exactly what he promised he would do and the left goes berserk. He puts America and Americans first, not the globalist elites, and he believes in and cherishes our Constitution and the sovereignty of the individual. To hate those attributes and our president who embraces them you have turned your back on America. Shame on you!

What of the millions who bled and died for this country since its founding, Americans whose blood literally soaked the ground at Bennington, Gettysburg, the beaches of Normandy and the frozen forests of the Ardennes... do you think they spilled their blood so we could live under communism? In all the wars we've ever fought for freedom

and for those who died face down in some God forsaken foreign land thousands of miles from home, do you think they wanted America to "fundamentally change" to communism? Let that sink in and then wake up and realize the Democratic party is on a fast path to turning America into just another communist country with unimaginable taxation, loss of private property rights, endless military engagements around the world, an astronomical cost of living and freedom just a memory. President Trump will not let that happen!

Local elections are equally important because maintaining local control is critical. Alton has three excellent candidates running for State Representative. They are Raymond Howard, Paul Terry and Peter

Varney. They will never vote to tax and spend you out of existence. A vote for Joe Kenney for Executive Council (a very important seat) will give Governor Sununu a Republican who will work for and not against him. And please vote Bill Wright for sheriff because if the stuff hits the fan one day the only thing between you and the defense of our Constitution is your sheriff.

Vote as though your life and America as founded depend upon it, because it does. Communism is the final result of socialism. Vote Republican across the board, or one day very soon, you will wake up and not recognize the country you're living in.

CHRISTINE WITTMANN
ALTON

Eager to carry your concerns to Concord

To the Editor:

As this campaign season draws to its closing days, I want to take this opportunity to thank the many people I have come to know in my run for election as one of your two state representatives from Alton and Gilmanton. Special mention and thanks to State Representatives Peter Varney and George Feeney, Beth Varney and Alton Selectman Phil Wittman for their support and invaluable advice and assistance.

As with every aspect of our lives, we were compelled to adapt campaigning to the restrictions that have been put

in place as we grapple with the best ways to conquer the COVID-19 virus that has wreaked havoc on individuals, families, our communities, state, nation and world. All obstacles notwithstanding, what I heard loud and clear is that people want to resume the life that we have enjoyed as ones fortunate to live in this part of the beautiful state of New Hampshire.

Republicans and Democrats, regardless of a degree of diversity within each party, have put forth visions and policies that are essentially and clearly different from each other. As a Republican, I am committed to work with

a reelected Governor Sununu and colleagues in the legislature and executive council to build upon the New Hampshire Advantage that makes New Hampshire unique among the New England states.

The foundation of the New Hampshire Advantage consists of a granite-like commitment to uphold the principles of individual and constitutional freedoms, personal responsibility and respect for the law and an orderly and civil society. As a Republican, I believe that your money is your money, and so to the extent that money is required to carry out public duties I must work to ensure that government does not become addicted to taxes and fees.

Should you choose to give me your trust to represent you, I look forward both to coming to know more of you and to carry your voices and concerns to Concord. My entire adult life has been characterized by a commitment to listen before I speak and act, and to seek to work cooperatively and respectfully with everyone. Once all the votes are counted, I will be ready and eager to go with gratitude, humility, energy, courage and a heart for you.

PAUL TERRY
ALTON

Letters to the Editor

To the Editor:

From the founding days of our country, national unity has been a cornerstone of our democracy. Thirteen diverse colonies established what has become the world's greatest nation ever. Our founding fathers argued vehemently about the form our democracy would take, but came together after signing our Declaration of Independence. In his farewell address, George Washington referred to unity in government as "a main pillar in the edifice of your real independence, the support of your tranquility at home, your peace abroad; of your safety; of your prosperity; of that very liberty which you so highly prize." And the president who faced the most severe challenge to national unity, Abraham Lincoln, warned us that "a house divided against itself cannot stand."

More recently, upon receiving his party's nomination for the presidency, Ronald Reagan said: "More than anything else, I want my candidacy to unify our country — to renew the American spirit and sense of purpose. I want to carry our message to every American, regardless of party affiliation, who is a member of this community of shared values." Barack Obama echoed these thoughts, saying: "It falls to each of us to be those anxious, jealous guardians of our democracy; to embrace the joyous task we've been given to continually try to improve this great nation of ours. Because for all our outward differences, we all share the same proud title: Citizen." And this past spring George W. Bush wrote: "In the final analysis, we are not

partisan combatants. We are human beings, equally vulnerable and equally wonderful in the sight of God. We rise or fall together and we are determined to rise."

Too many times during this election cycle we've heard so much anger as democrats and republicans point to each other as enemies and forces of evil rather than fellow-Americans with a different point of view. They call each other names, shout insults at each other, and have no respect for the other side's viewpoint. There have even been reports, from both Democrats and Republicans, that their lawn signs are being torn down or stolen. It's all rather discouraging.

But there are some encouraging signs. I was delighted to see a recent advertisement in which Cindy McCain, invoking the legacy of her late husband, asked us to remember we are electing a president to represent all the people — not just one party or one faction within a party. I personally feel that Joe Biden is more likely to do this than his opponent would, so I'll be voting for him as a candidate that represents civility, unity and common purpose.

Some of our representatives in Washington get it. In his first term, Congressman Chris Pappas demonstrated

a commitment to working with members of both parties. More than half the bills he introduced had bipartisan co-sponsors. Pappas brought Democrats and Republicans together to pass bills that covered the cost of coronavirus testing, funded critical research, provided aid to hospitals and community health centers, and provided critical relief to small businesses. He seems dedicated to continuing such bi-partisan efforts on our behalf in a second term.

Sen. Jeanne Shaheen wrote an editorial this past March about a broad consensus on issues such as lowering the cost of prescription drugs, addressing climate change, removing PFAS contamination in drinking water, addressing the substance abuse epidemic, containing coronavirus, taking care of veterans, lessening the burden of student debt, and supporting small businesses. "We know that we are stronger as a country when we work together to develop comprehensive solutions," she said. "Congress should build on our recent bipartisan work and demonstrate to the American people that our strength is in our unity." I believe she will continue to help rebuild this strength.

And here on the local level, in Strafford County, I'm encouraged we

have candidates that believe re-building common purpose will be better than reinforcing the lines of division which have developed. I recently emailed the two candidates running to represent us in the NH Senate and the four running to be our NH House representatives. I asked for their views on partisan-based divisiveness and what they would do to help re-establish civility within state government. Here's what I got back ...

Incumbent State Senator James Gray does not seem to think it is an issue, saying "we must and do work together," Challenger Chris Rice replied "I do believe that there is a lot of vitriol between the parties and I would vow to work with my colleagues in support of Granite Staters. I would bridge the gap by having tough and honest conversations with them about important issues and try to understand their point or reason as well as explaining my view and objective on the matter ... in a room with 23 other voting members we can become friends, co-workers and neighbors brought together to lead this great state." I'll vote for Rice as the one most

likely to bring about a positive change to the atmosphere.

Both local incumbents running for the State House sent replies. One wrote: "I am not sure the problem is partisanship;; the other said: "as far as what can be done to change this; not much." Neither indicated interest in changing the tone of political discussion in Concord. On the other hand, political newcomer Heath Howard stressed that, if elected, he would "listen to all people and work for everyone" and reach across the aisle to create non-partisan based solutions." The sincerity of his response earned my trust - and one of my two votes for the office of State Rep.

I also heard from Jeff Allard, a first-time candidate running as a conservative democrat. "Unity is a central theme of my campaign," he wrote. "There is a very unhealthy level of partisan division in New Hampshire and across America. ... I have always made a point of opening respectful discussions with people of all backgrounds and views. After a lifetime of these discussions I have found that while we may view ourselves as far

apart on many issues, in reality, we are not so far apart at all. When you view the other side up close as your own family, neighbors, or friends, it turns out that they are in fact good people who see things differently."

It pleases me to see Allard lawn signs in front of New Durham homes that are occupied by Republicans as well as the homes of Democrats, telling me he is respected and supported by members of both parties. I'll join them in voting for him.

I hope we'll all vote for candidates that will help our legislatures, at the national and state level, regain a sense of common purpose, respect for diversity of opinions, and resolve to serve the needs of all their constituency. As citizens of this nation and this state, we deserve such. I trust our newly elected representatives will agree with Thomas Jefferson, who said: "I hope we shall once more see harmony restored among our citizens" and "the greatest good we can do our country is to heal its party divisions, and make them one people."

DAVE WESSEL
NEW DURHAM

Alton Town Clerk/Tax Collectors
Office Closed

Due to the General Election held at St. Katharine Drexel Church the Alton Town Clerk/Tax Collectors office will be closed on Tuesday November 3, 2020.



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TOWN OF NEW DURHAM
ZONING BOARD
PUBLIC HEARING NOTICE

TUESDAY, NOVEMBER 10, 2020
7:00 PM @ NEW DURHAM TOWN HALL
Davis & Kara Miller

You are hereby notified that a virtual Zoom Public Hearing will be held by the New Durham Zoning Board on Tuesday, November 10, 2020 at 7:00 pm case # 2020-013. The hearing is regarding an application submitted on behalf of David & Kara Miller for property located at 345 Merrymeeting Road Map 118 Lot 040. The applicant is requesting variances to: Town of New Durham Dimensional Requirements, General Provisions/ Use Regulations, Shorefront Conservation Overlay District and Non-Conforming Buildings Requirements. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom application please contact Brian Cauler at ndlanduse@newdurhamnh.us or the Zoning Board.

The property is located at 345 Merrymeeting Road , Map 118 Lot 040.

TOWN OF NEW DURHAM
ZONING BOARD
PUBLIC HEARING NOTICE

TUESDAY, NOVEMBER 10, 2020
7:00 PM @ NEW DURHAM TOWN HALL
Martin and Jody Wendt

You are hereby notified that a virtual Zoom Public Hearing will be held by the New Durham Zoning Board on Tuesday, November 10, 2020 at 7:00 pm case # 2020-014. The hearing is regarding an application submitted on behalf of Martin and Jody Wendt for property located at 398 Berry Road Map 270 Lot 020. The applicant is requesting a Special Exception to Article VII Section A 1(a): Special Exceptions. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom application please contact Brian Cauler at ndlanduse@newdurhamnh.us or the Zoning Board.

The property is located at 398 Berry Road , Map 270 Lot 020.

TOWN OF NEW DURHAM
ZONING BOARD
PUBLIC HEARING NOTICE

TUESDAY, NOVEMBER 10, 2020
7:00 PM @ NEW DURHAM TOWN HALL
Saphspencer and Samantha Lessard

You are hereby notified that a virtual Zoom Public Hearing will be held by the New Durham Zoning Board on Tuesday, November 10, 2020 at 7:00 pm case # 2020-015. The hearing is regarding an application submitted on behalf of Saphspencer and Samantha Lessard for property located at 210 NH Route 11 Map 257 Lot 007. The applicant is requesting variances to Article VI Section C 3(b)iii General Provisions/Use Regulations for Town of New Durham. General Requirements and Article XII F 2 Aquifer Protection Overlay District. They are also requesting a Special Exception under Article VII A.1 Uses Permitted by Special Exception. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom application please contact Brian Cauler at ndlanduse@newdurhamnh.us or the Zoning Board.

The property is located at 210 NH Route 11, Map 257 Lot 007.

Letters to the Editor

Hoping to serve you again

To the Editor:
It has been an honor and privilege to serve you these past two years. In thinking about what to write in this adversarial political climate, I realized we all have different philosophies on what is the right way to vote. What I learned during my time as a State Representative is that we can all get along and get great legislation passed. In addition, we can work to stop bad legislation as well.
Knowing that it is better to stop bad legislation, a lot of good bills were not passed as they were grouped in with the bad legislation. Due to the pandemic, instead of voting on individual bills, they combined several bills and voted on it as one bill, this meant one bill had anywhere from five to over 20 bills attached (some-

thing I would expect from Washington but not from NH). Legislation that I co-sponsored and wanted to pass I had to vote against, knowing that no legislation is better than one piece of bad legislation, I voted against my own bill.
I am currently on the E & A (Environmental & Agricultural) Committee in Concord. I am one of two farmers on this committee of 20. Although I am an accountant by trade, farming is my passion. Having been involved with our family farm for almost two decades now, farming is crucial to Barnstead and our State. It is important that we create an atmosphere to promote our agricultural roots and preserve it for future generations. As a state we can only feed 6% of our population, which is why we need

better legislation to help make it easier for Farmers to get their products (especially meat) to the consumer. We have seen the effects of this during this unprecedented pandemic and we need to make food security a top priority here in New Hampshire.
The E & A committee works well together and most of the bills that come out of this committee are unanimous – meaning 100% bipartisan. I believe it is the committee work that matters most in Concord.
I am asking for your vote on Nov. 3 to again serve Barnstead in the New Hampshire State House.

Sincerely,
REP. BARBARA COMTOIS BARNSTEAD

Leave, then change the locks, sheets, towels...

To the Editor:
Imagine Nov. 3. Eviction papers have been served on both 1600 Pennsylvania Ave. and the Old Post Office. Sufficient Manhattan moving vans have been booked and paid for in advance. Likewise a crew to meet them at the curb to heft everything back up a mid-town escalator. Likewise, a fence company - the same that put it up - will come back to un-barricade Lafayette Square. All the postal dropboxes and sorting machines that can be found, will be reinstalled. All the not-yet-American children snatched in partisan frenzy will be found, freed and reunited with family. A Statuette of Liberty to those not yet found will be placed at the border.

Plans for other reversals, inevitable but better now than four years hence, have also been

readied. Federal offices hither and yon, their windows opened to the people's air, not the party's. The 'rule-cutters' books, both executive and legislative, will have their pages scrubbed to the point of transparency. Ambassador-donors abroad will be called home and exchanged for ones who never bought their way into government.

These kinds of reversals will be easy...just change the locks, sheets and towels, and leave a light on for the next residents. Never to be reversed, though, are the hundreds of thousands of excess deaths, tombstones and hospitalizations; the loss of life, work and pay; the waste of time, money and industry; the cheapening of American talent for little more than quick-and-dirty deception, brainwashing and crass loyalty. Economists will

run those numbers and declare the losses rival the national debt. And like the national debt, will probably never be repaid.

Repairs, on the other hand, will be even more daunting than the reversals. Discoveries of breakdowns, impending hazards, betrayals, sabotage and intransigence will preoccupy many next administrations. It will be like living at the foot of a steep, eroded mountainside prone to sudden and overwhelming landslides. Of necessity, presidents and the whole population - deputized professors, parents, proprietors and pedestrians alike - will have to bear shovels more often than arms, and be prepared to use them.

STUART LEIDERMAN
CENTER BARNSTEAD

Time to stop the name calling

To the Editor:
I was taught that you cannot win an argument if you personally attack someone. A clear example of this is the recent letter to the Editor titled, "Trump's Chumps." So, I would like to address the issues stated in that letter:
"American flags everywhere" – The American flag is the symbol of our country. It is fitting for the President to have it in his proximity.
"our patriotic duty to pay taxes for our military" – Protecting our national security from our enemies is the primary duty of our federal government.
"\$70,000 business deduction for hairdressers" – Where did this information come from? No reference is cited.
"What about us veterans?" – The President got laws passed to be able to fire VA workers who abuse our veterans and to offer veterans choice re: choosing pri-

vate providers for their medical treatment with the cost being paid by the VA.
"His son and Paul Manafort enlisted the Russians for his 2016 campaign" – After three years of investigating, the Special Counsel Mueller's report found no evidence of collusion between the Russians and anyone in the Trump campaign or any other American.
"Paul Manafort is still in jail" and "Michael Cohen got out of jail" – Both of these men were convicted of crimes that were not connected to the Trump campaign.
"Our President...told the CDC to cut down on testing" – He was kidding!! The testing has continued at breakneck speed.
"Obama and Biden rescued us from a near depression" and "Trump simply rode the wave" – Economic professionals have stated that the Obama/Biden recovery was the slowest in re-

cent history with the average GDP growth only 1%. President Trump had record setting unemployment decreases for all Americans – a job is a precious thing for people.
"25 million Americans are worrying about their next meal" – This is because the Chinese sent a deadly, very contagious, unknown virus to this country and President Trump followed the advice of his medical and scientific advisors to close down the country in order to avoid 2.2 million deaths.
"Joe Biden talked about issues and a bright future" – That is true but he did not say specifically how he would accomplish that and given his record of 47 years, he is all talk and no action.
"Bully Trump spoke only about Trump" – it was a debate, and the President was outlining his successful accomplishments for the country.

My advice to all of you is to stop believing all the hateful rhetoric coming from the Democrats and vote Republican, including for President Trump.

To the Editor:
If Democrats win this election, this is what will happen to you as a resident of New Hampshire:
They will raise taxes on small businesses, investors and corporations which will stifle growth, building and employment. They will eliminate Trump's tax cuts which will increase taxes on the middle class and proud blue-collar workers.
They will stop fossil fuels and end our energy independence which will significantly increase the cost of our electricity, gasoline, and home heating fuels. For the record, our air and water quality are the best in 30 years.
They will open the border and eliminate ICE and border patrol which will let in unvetted individuals who will take our jobs. They will have us pay for their housing, health care and

welfare with our taxes.
They will pack the Supreme Court with more liberal judges which will guarantee that our 1st and 2nd Amendments will be in jeopardy. This will result in limits of our speech and religion and confiscation of our guns.
They will add two more states to make a permanent Democrat majority in the Senate and they will end the 60-vote filibuster so that only a 51-vote majority will be needed to pass laws.
We have seen what all Democrat control has done to California and New York. Both have extremely high taxes, budget deficits, sanctuary cities, homeless people living on their streets, rolling electricity blackouts, lockdowns, high crime rates resulting from decreasing or eliminating funding for police and restricting

ownership of guns. New Hampshire would be paying our taxes to bail out these and other Democrat states for their poor fiscal and policy decisions over many years.
In addition, many Democrat-run cities have had violent riots caused by Antifa and BLM resulting in destruction of property, arson, looting, personal injury, and death to residents. Democrats have supported Antifa and BLM which are Marxist groups bent on the destruction of our country as founded. I have learned that Antifa and BLM are present here in New Hampshire.
For our safety, security, low taxes, energy affordability and jobs, this time we need to vote across the board for Republicans to save New Hampshire.

GREGORY ANTHES
NEW DURHAM

Say yes to Ruth and no to negativity

To the Editor:
At the outset of this letter, it should be noted that I am married to Ruth Larson, who is running against Ray Howard for the District 8 (Alton, Barnstead and Gilmanton) seat in the New Hampshire House of Representatives.
I am very familiar with Mr. Howard's legislative record and even more familiar, as a Belknap County Commissioner since 2015, with Mr. Howard's voting record on county budgets.
First, as to his voting record in the legislature. During 2019 and 2020, of the 197 bills that passed in the House, Mr. Howard voted "no" 192 times. His 5 "yes" out of 197 votes, gives him the

highest negative vote percentage, by far, in the entire state legislature. A good example of the knee-jerk negativity that Mr. Howard brings to his legislative responsibility is the "no" vote he cast on needed funding for the state task force that protects children in our state from internet sexual predators which passed the House by a vote of 376 to 4.
This same level of negativity has been present in his votes on county budgets. During the time that I have been a county commissioner, every budget requested by us would, if approved, have been over \$2 million less than any other county in the state, including the less populated counties of Coös, Carroll and Sullivan. Yet, Mr. Howard has always been outspoken in his voiced opposition to the proposed budgets. His negativity is often both illogical and ultimately costly.
For example, the new community corrections center was designed for use as a dorm-like center with classrooms for programs to address addiction and mental

health problems that produce recidivism and the resulting added costs caused by an increasing jail population. Even though our program has been successful in lowering our rate of recidivism, Mr. Howard has regularly voted against full funding for the program.
By making it possible for our seniors to remain in their homes longer before needing nursing home care, the taxpayers are saved the high cost of institutional care and the seniors are happier remaining in their own homes. Meals on wheels is a vital service for in-home care. Mr. Howard has regularly voted to reduce the amount requested for the agency that provides meals on wheels.
Fiscal responsibility is more than just voting no. We need thoughtful legislative decisions at both the state and county level. Let's say "no" to knee-jerk negativity and elect Ruth as our District 8 representative.

HUNTER TAYLOR
ALTON

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Alton, NH 03809

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email: matfassett@gmail.com

Letters to the Editor

It will take more than planting trees to fight climate change

To the Editor:
Congressional candidate and New Jersey political opportunist Matt Mowers, during an online interview, said he supports planting trees as a response to the climate emergency and more fossil fuels, repeating his former bosses, New Jersey Gov. Chris Christie and President Trump. We can do much more than plant trees to stop climate change. We need a sharper vision, smarter action, and lead-

ership to impact the trajectory scientists have modeled. A little creativity wouldn't hurt either. Scientists have told us clearly for years that carbon dioxide is a major contributor to the changing climate and burning fossil fuels is the biggest source of carbon. Logic tells us then that stopping the burning of fossil fuels would reduce a major source of the carbon. We can get energy and heat from the sun, offshore wind, geothermal,

and reduce our demand by being more efficient and storing it where we use it. The next step would be ending fossil fuel use. We know this. Leadership is needed not spin doctors like Mr. Mowers. We are voting for Chris Pappas for Congress because he supports investing in clean energy, not more pipelines and fossil fuels.
Sincerely,
DICK AND SUE DE SEVE
GILMANTON

Democrats' lust for power knows no limits

To the Editor:
Both Biden and Harris have repeatedly refused to answer the direct question of whether they intend to pack the Supreme Court if they win Nov. 3. In refusing to answer, they're telling all of us, that's exactly what they intend to do.
Biden has doubled down by stating we don't deserve to know what he intends to do. So, we have no right to know what a Biden administration intends to do to our country, we should just shut up and vote for him?
At Gettysburg, Lin-

coln spoke of government of the people, by the people, for the people. The Harris/Biden ticket is clearly devoted to government of the Democrats, by the Democrats, for the Democrats. This tells us all that this election is not about just picking a President, but about the Democrats' endless lust for power, over us, the people. The Declaration of Independence states: "Governments are instituted among men, deriving their just powers from the consent of the governed." How can consent be given,

when we don't know to what we are consenting? This Democrat ticket is telling us every day that this election is not about representing we the people, but about cementing their control over our government by any means possible. We cannot sit idly by on Nov. 3 and let this happen. Vote Republican and save our country, save our Constitution and make it known you do not consent to government by secrecy.
DAVE STRANG
GILMANTON

North Country Notebook

Elephants aren't the answer in this habitat-altering quiz



By JOHN HARRIGAN
COLUMNIST

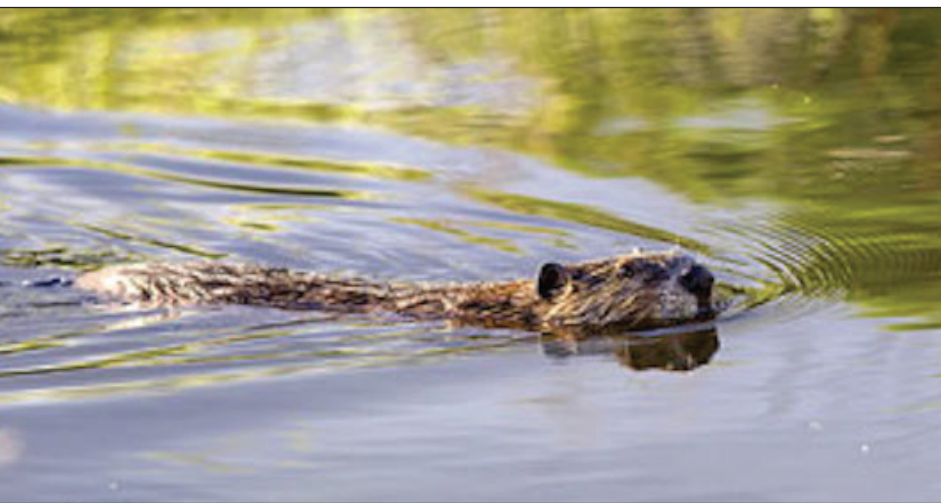
While a couple of the guys went down to the Boat Trail to see what might be floating on the pond (maybe ducks and geese, beaver sticks, beavers, boats, even people), I tried to decide whether it was colder in the camp or out on the porch. The breeze felt like a straight shot from the tundra of the Far North.
I've already had snow down at the house, several hundred feet lower and a bit to the south on the map, in the form of eight to 10 inches a couple of Mondays ago. Any day now, more snow. I don't know why this tends to make people morose and want to bash a guy in the nose, but it does, so I've learned to avoid it. Instead of trying to come up with a Weather Greeting, I mumble.
In general, I'd rather have beavers in the pond, not that I have anything to do with it, because they keep the dam at the outlet in good repair, providing the stability that most birds and insects and probably fish too seem to prefer, in a life of so many changes.
The old-timers called beavers that frequent rivers "bank beavers," as if they were an entirely different creature than regular old beavers

hanging out in brooks and streams. This is a leftover childhood curiosity that I've never run down, not that there's any lack of learned people with the answer. There's always the Internet, of course, which gives me the chance to use Google as a verb. Sometimes it's more fun to just ask, but when I bump into people who are steeped in this kind of thing, I always forget about the bank beavers and ask about armadillos or something instead.
+++++

Anyone serious about fishing is not out there trying to catch beavers, but it happens, and has in fact happened to me, twice. One thing I know from this is that a beaver would not go gently into a good creel, or even a ratty one.
An old log cribwork dam (or is that an old, log-crib dam, or maybe a dammed old log crib?) held back the remains of a mill pond behind our house, a secret world of fish, ducks, herons, bitterns, and of course, beavers. Their canals offered shady places for trout to fan their fins and rest, and on this day I had just thrown my line out when a beaver happened upon the scene, and got tangled up.
Now, Ray Hicks had de-activated the alarm system and let me catch some fat trout in his pond, which old Mr. Fissette guarded with great zeal, popping out of his house like a Jack-in-the-box whenever a kid so much as looked that way, and my grandfather White had taught me the

finer points of handling rod and reel, but nobody had ever taught me how to properly play and net a beaver. Fortunately, the beaver slipped free and headed for Long Island Sound.
Later on, when I was in my teens and casting a lot of line out there while standing up in all types of small watercraft, a pond beaver (perhaps yet another sub-species) swam under my boat and whirled itself into a web of leader and line. Once more I was unsure of my ground. What did the rule-book say?
+++++

Old-time game wardens and woodsmen reported finding beaver dams 20 or 30 feet high at time of first contact, when Europeans were sure they were discovering everything. Those claims left me wondering. How could such a dam survive the spring freshet?
When the black flies showed up and the Mayflies were due any day now, many small ponds and backwaters harbored foot-long or so beaver sticks of poplar and alder, the result of the beavers' mid-winter snacks. Many a man-made item could not survive all the hydroelectric dams' penstocks, turbines, and spillways, but a beaver-stick could. I like to think of them creating curiosity as they float by people in Long Island Sound.
To this day, whenever I see a perfectly trimmed stick, bark chiseled off, ends gnawed into perfect cones, I marvel anew at this energetic rodent,



A beaver doing what it likes to do second best, plowing through some water, the first being gnawing, which it has to do to keep up with its own teeth. (Mikael Makes/Dreamstime)

which must make the wood-chips fly to keep up with its own teeth.
The crews aboard SkyLab can see the Great Wall of China and the

Aswan Dam. Only the beaver can make such great changes to Mother Earth's terrain.
(Please address mail,

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



Rotary donates face masks to Seacoast/ Strafford County Integrated Delivery Network

Nick Toumpas (left), Executive Director for the Seacoast / Strafford County Integrated Delivery Network, receives a shipment of 2,000 Covid-19 face masks donated by the Alton Centennial Rotary Club. "Rotary is completely dedicated to doing whatever we can to help prevent the spread of the Coronavirus," said Rotary Club President Bob Regan (right). The donation was made possible through Rotary International, Rossi Family Trust, and the Million Mask Challenge program. Alton Centennial Rotary Club serves the towns of Alton, New Durham and Barnstead. For info on membership in Rotary, contact Rotarian Duane Hammond, 569-3745.

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New Durham Democratic Committee hosting raffle

NEW DURHAM — Take a chance and win a full cord of seasoned firewood or a \$100 Hannaford gift card. Even more prizes make up the “Pumpkins and Politics” raffle run by the New Durham Democratic Committee.

First prize is the firewood, valued at \$300; second prize is a sturdy handmade cornhole game; the gift card is third prize; \$20 worth of Miller Farm maple syrup is fourth; and fifth prize is a basket overflowing with homemade pumpkin goodies.

Tickets are \$10 each or three for \$25, and can be conveniently purchased online at <https://secure.actblue.com/donate/pumpkins>.

Based on the group’s successful “Peaches and Politics” event last year, the raffle comes just at the right time for an autumn celebration. The drawing will be held Oct. 31.

Email newdurhamdems@gmail.com with any questions.

SPORTS

Timber Wolves, Knights battle to 2-2 tie



JOSHUA SPAULDING

KINGSWOOD’S Vinny Butka and Prospect’s McKaie Normand battle along the sidelines last week.

By JOSHUA SPAULDING
Sports Editor

WOLFEBORO — It’s been a few years since the Kingswood and Prospect Mountain soccer boys have played a regular season game.

Needless to say, in that time, the Kingswood program has taken some solid steps and that was evident last Monday night, when the two teams played to a 2-2 tie after 100 minutes of soccer.

“That was a great game, probably the best I’ve seen these guys play this year,” said Kingswood coach Erik Nelson. “It’s a shame we don’t play Prospect Mountain too often because that was a great game.”

“That was a battle,” said Prospect coach Cory Halvorsen. “These are the kind of games you want to end (the regular season) with.”

Because of the pandemic, teams played a regionalized schedule, which pitted the Division II Knights against the Division III Timber Wolves in the final week

of the season and fans got a show at Alumni Field on Oct. 19.

The teams exchanged early chances, with Keegan Donovan-Laviolette getting an early run in for Kingswood while Joey DeJager and McKaie Normand tested Kingswood keeper Caleb Russo. Dominic Alberto had a nice defensive stop for Kingswood as well.

The Knights were able to get on the board first just more than eight minutes into the game, as James Yarling took a direct kick that went off of Prospect keeper Nick Clark and went right to the foot of Carter Morrissey, who buried the shot for the 1-0 lead.

The Timber Wolves came right back and tied the game a minute and a half later, as Hunter Arsenault got in behind the Kingswood defense and beat Russo one-on-one for the tying tally. Prospect had chances from Michael Mahoney, David Fossett and Cam Dore but they were unable to get anything past Russo. Kingswood had a corner kick but Michael

Perry headed the ball out of the zone.

Morrissey had an indirect kick that sailed wide and Cole Stockman had a direct kick for Prospect that Russo stopped. Morrissey just missed connecting with Declan Sluss on a bid and Dore sent a shot high at the other end. Vinny Butka had a shot blocked for the Knights and Clark was able to punch away a throw-in that came close to the net.

With 14:03 to go in the first half, the Timber Wolves took the lead as Arsenault again got a shot away, but it was deflected and he chased down the deflection and buried it for the 2-1 lead.

Kingswood came back with some solid chances, with Gabe Arinello getting in close on a couple of chances and Donovan-Laviolette making a run that Perry was able to stop. Kingswood had a corner kick that Clark was able to grab in net and Prospect had one at the other end that Alberto was able to clear from the zone. Donovan-Laviolette just missed connecting with Noah Silva on a bid and Clark came out to grab the ball and the game went to the half with Prospect up 2-1.

Eli Kriete had a long shot for the Timber Wolves that Russo stopped and then Stockman had a direct kick that Butka cleared from the zone. Prospect had a corner as well but couldn’t get a shot on net and at the other end, Butka made a nice run in but Perry and Fossett were there to slow him down. Donovan-Laviolette had a shot that was stopped by Clark.

Chris Cox had a nice cross for Prospect in to Dore but his shot went just over the top of the net and Arsenault made another run into the zone but Russo came out to grab the ball. After a Prospect corner, Butka had a shot blocked at the other end and Morrissey sent Alberto in on a run that Clark stopped. Strong defensive slide tackles from Jonathan Hossack of Kingswood and Mahoney for Prospect kept things even.



PROSPECT’S Cam Dore tries to push the ball past Kingswood’s Carter Morrissey last week in Wolfeboro.

The Timber Wolves had a couple of corners, with Drew Roiter getting a nice clear out of the zone and Kingswood came back with their own corner that was also cleared.

With 9:45 to go in the game, Morrissey sent a nice ball up to Butka, who was able to slide the ball across to Donovan-Laviolette, who buried the shot, tying the game at two.

The two teams both had chances in the final minutes of regulation, with Butka, Logan Copenhaver and Morrissey getting chances for Kingswood and the Timber Wolves getting in close on Russo but regulation ended with the score tied at two.

Normand had an early chance in the first overtime, but Russo made the save. Clark made a sliding grab on a Kingswood bid and then Yarling stepped up with a strong defensive stop on Arsenault, who was bidding for the hat trick. Cox had a run in for the Timber Wolves as well and Prospect had a corner but could not convert. Josh Finneron also had a nice defensive stop on Arsenault and DeJager had a shot stopped by Russo, bringing the first overtime to a close.

Perry had a direct kick that Russo stopped and then Stockman got in close for the Timber Wolves on a couple of chances, but the second overtime closed with no one scoring and the teams settled for the 2-2 tie.

“That was a very even game, an exciting game,” said Nelson “It was a great show for the fans.

“We’ll make the most of all the games we have left,” the Knight coach continued. “I couldn’t ask for more from the boys tonight under the lights.”

The Knights also learned that they will be hosting Carroll County rival Kennett in the opening round of the playoffs.

“That should be exciting to host them in the first round,” said Nelson. “We’re looking forward to that.”

“That is definitely one of the better Kingswood teams I’ve seen in the years I’ve been here,” said Halvorsen. “Going down a player (Perrin McLeod was hurt early on) hurt us a little, we had to reformat what we were doing, but we were able to stay in it.”

The Timber Wolves will be getting Raymond in the first round of the Division III tournament.

“The last time we saw them was the last game last year, their senior night and they had no seniors,” said Halvorsen. “They have some talent down there and that’s a tough field to play on.”

Prospect ended up picking up a 1-0 win over Kingswood in the rematch on Thursday in Alton.

Both teams were scheduled to open the tournament after deadline on Wednesday. The next round comes on Saturday, Oct. 31, with times and locations to be determined.

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

Church Service SCHEDULE

ABUNDANT HARVEST FAMILY CHURCH
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union.
Pastors Daniel and Sherrie Williams, 473-8914.
For more information, please visit abundant Harvestn.org or e-mail abf@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
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 and Teen Bible Study 11:15 am.
Sunday School for all ages 10:00 am.
Rte. 126 next to Town Hall.
Pastor Brian Gower, 269-8831.

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

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Pastor Kent Schneider 755-4816
www.farmingtonucc.org

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SPORTS

Dowd siblings lead Prospect Mountain in home race

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain cross country team raced on its home course for the final time this year on Tuesday, Oct. 20, welcoming Belmont to town. Veronica Dowd and Belmont's Aurora Cou-

tu raced side by side for most of the race and Dowd pulled away at the end, picking up the victory with a time of 21:06, eight seconds ahead of Coutu.

Hannah Capsalis finished in third place in a time of 22:09 and Amber Fernald was next in,

crossing in fourth place with a time of 23:17.

Emily Seigler finished in a time of 26:12 for sixth place overall and Jillian Simpson finished in a time of 28:16 for eighth place overall.

For the boys, Frank Dowd, the team's lone senior, finished in second

place in a time of 19:05.

Dennis Simpson finished in third place with a time of 19:12 and Deuce Smith was right behind him in fourth place in a time of 19:14.

Joey Howlett finished in a time of 19:56 for sixth place overall and Liam White rounded out

the scoring for Prospect with a time of 20:32 for eighth place.

The Division III State Meet will take place on Saturday, Oct. 31, at Derryfield Park in Manchester. The girls will run at 3:30 p.m. and the boys at 4:20 p.m. Spectators will not be allowed on the

course and the race can be viewed at newhampshirecrosscountry.com.

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



JOSHUA SPAULDING

FRANK DOWD finished in second place in his final home race last Tuesday.



HANNAH CAPSALIS was second for the Prospect girls in their home race last week.



JOEY HOWLETT charges toward the final 300 meters of last Tuesday's race.



AMBER FERNALD smiles as she starts the Prospect Mountain home race last Tuesday.



JOSHUA SPAULDING

BRUCE RAWNSLEY led the Prospect golf team at the Division III State Meet.



SAM CALDWELL chips onto the green on hole one at Derryfield Country Club last week.

Rawnsley leads Timber Wolves at State Meet

BY JOSHUA SPAULDING
Sports Editor

MANCHESTER — The Prospect Mountain golf team wrapped up the season at the Division III State Meet on Tuesday, Oct. 20, at Derryfield Country Club in Manchester.

Overall, the Timber Wolves finished in 18th place with a score of 432 for the 18 holes.

Bruce Rawnsley led the way for the Timber Wolves, finishing with a score of 97.

Sam Caldwell was next for Prospect, finishing with a score of 105 and Spencer Therrien finished with a score of 110.

Asa Guldbrandsen and Dartagnan Birnie both finished with a score of 120, with one of those scores rounding out the scoring for the Timber Wolves.

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

Eagles best Knights, move on to quarterfinals



JOSHUA SPAULDING

KENNETT'S Kathryn Hawkes (left) and Taylor Gaudette chase after the ball with Kingswood's Alexis Booth in action last Thursday.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — Anyone expecting anything other than a close back and forth battle when the Kennett and Kingswood field hockey teams met up in the Division II tournament last Thursday afternoon on the turf of Alumnus Field.

Because of the unusual season, the NHIAA assigned playoff seeding randomly, meaning the Knights got to host the match against the undefeated Eagles, who had played earlier in the week in order to earn their spot.

After a scoreless first half, the Eagles scored two goals in the second half and left town with a 2-0 win and a trip to the Division II quarterfinals.

"We didn't play badly at the beginning, but there wasn't any intensity or energy," said Kennett coach Cassie Daley. "But finally, they picked it up."

"Kennett stepped to the ball well, possessed well and kept momentum," said Kingswood coach Kaitlin Reilly. "Any time we tried to get it back, they found a way to push it the other way."

Kingswood got a couple of early chances, with Abby Kelly firing a shot on net that Kennett keeper Madison Walcott turned away. Tessa Capazzoli made a run at the other end for Kennett, but Rachael Paraskos was there to make a defensive stop. Ana Ekstrom had a shot for the Knights that Walcott stopped.

Kennett had the game's first corner and Paraskos made a great defensive run out to make the stop. Kingswood came back with a corner at the other end and Ekstrom had her shot blocked. Fallon Peacock made a run for the Knights but Ava Gaudette made a nice defensive stop for Kennett. Kingswood got another corner and Ella Chandler

made a nice defensive play.

Jaelin Cummings, Taylor Gaudette and Capazzoli got in close for the Eagles and Cummings had a shot go wide. Kennett got a late corner but Paraskos again turned on the defensive pressure and helped the game go to the end of the first quarter with no score.

Kelly got a run into the zone to start the second quarter, but Chandler was there to make the defensive stop. Madie Stewart just missed connecting with Capazzoli for the Eagles while Chandler made another solid defensive stop on Kelly. Kennett had the lone corner of the quarter and Stewart sent a shot wide of the net, sending the game to the half with no score.

The third quarter saw the Eagles get in close early on and get the first corner of the quarter, which they converted, with Stewart ripping a



HAILEY KELLY of Kingswood and Tessa Capazzoli of Kennett battle for possession in action last Thursday in Wolfeboro.

shot from the point and putting it into the net with 11:46 to go in the third quarter.

Ekstrom made a run into the zone for the Knights and Amber Grant was able to make a nice defensive stop. Ekstrom then turned in a good defensive play on Stewart at the other end. Sarah Paraskos got in the zone for the Knights but Taylor Gaudette was able to turn her back with a defensive stop. Haley Brooks and Hailey Kelly teamed up for a good defensive stop for the Knights, bringing the third quarter to a close with the Eagles up 1-0.

Peacock started the fourth quarter with a run into the offensive zone but Ava Gaudette made a nice defensive stop. Ekstrom then sent Abby Kelly in on a good run but Chandler was there to make a stop for the Eagle defense.

Kennett got the first corner of the quarter

and they made it count, as Stewart ripped a shot from the point and Taylor Gaudette was able to put the ball in the net for the 2-0 lead with 8:03 to go in the game.

Abby Kelly and Erin Meyer teamed up on another bid for the Knights but were turned away. Kingswood had a corner chance but Grant was able to clear the ball from the zone. Abby Kelly sent a shot on net that Walcott was able to stop. The Knights had a late corner and Ekstrom sent a shot just wide of the net as the clock ran out and Kennett got the 2-0 win.

"It's always a good game against Kingswood," said Daley. "Our region is the hardest, it's very difficult."

"Any given season, our teams come in those top tiers," Daley said of Kennett, Kingswood and Plymouth. "It's great to prepare for continuing on, but it's crazy when you think about it."

"Kingswood, Plymouth and us can't get away from each other," she said with a laugh.

The Eagle coach praised the work of Walcott in the net and also of Chandler and Ava Gaudette in helping to preserve the shutout.

"It was a season to be grateful for, so many wins, so many lessons," Reilly said. "We worked hard to get the season in."

"The seniors were incredible leaders," the Knight coach continued. "Each one contributed so much to what we want our team to represent."

If the Eagles were able to beat Hanover, they play in the semifinals today, Oct. 29, with the finals on Sunday, Nov. 1, with locations and opponents to be determined.

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

October is

Breast Cancer Awareness Month



Life after breast cancer

The moment a person receives a breast cancer diagnosis, his or her life changes immeasurably. The roller coaster of emotions begins, and suddenly this person is thrust into a schedule of doctor's appointments, treatments and visits from friends and family.

The World Cancer Research Fund International says breast cancer is the second most common cancer in women and men and is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide. Despite that

prevalence, the five-year relative survival rate for women diagnosed with localized breast cancer (cancer that has not spread to the lymph nodes or outside the breast) is 98.5 percent, says the American Cancer Society. Survival odds increase as more is learned about breast cancer and more people take preventative measures, including routine screenings. Today, there are nearly three million breast cancer survivors living in the United States.

Breast cancer treatments may last anywhere from six months to a year. Adjusting

after treatment may not come so easily at first. But adjustments are easier with time, and many cancer survivors continue to live life to the fullest in much the same way they did prior to their diagnosis.

When treatment ends, patients often still have fears about the cancer, wondering if all of the cancerous cells have been destroyed and worrying about recurrence. But focusing on the present and all of the things you now can do with health on your side is a great way to put your fears behind you.



Many cancer survivors must still visit their doctors after treatments end. Doctors still want to monitor patients closely, so be sure to go to all follow-up appointments and discuss any symptoms or feelings you may be having. Side effects may continue long after radiation or chemotherapy has ended. Your doctor may have suggestions for coping with certain side effects or will be able to prescribe

medications to offset these effects. Follow-up appointments should gradually decrease the longer you have been cancer-free.

It's not uncommon to feel differently after cancer treatment, as your body has been through quite a lot. Many women still experience fatigue, and sleep or normal rest doesn't seem to make it abate. Realize this is

normal, and how long it will last differs from person to person. It can take months or years for you to experience your "new normal." Things do not happen overnight. While your hair may grow back quickly, it may take some time for you to feel like yourself again. Exercise routines or other lifestyle changes may help you overcome fatigue or make it

more manageable.

Speaking with others who have survived breast cancer can help. Join a support group or reach out to others through social media. Getting a first-hand account of what can be expected the first year after treatment can assuage anxiety.

The vital role of a cancer support network

The moment a person is diagnosed with cancer can elicit a variety of emotions. Fear of what's to come is a common reaction to such a diagnosis, and some people may feel alone upon learning they have cancer. But no cancer patient should face their diagnosis and treatment alone. In fact, a strong support network can be vital to patients' recoveries.

According to Weill Cornell Medicine, recent changes in the healthcare industry have shifted the burden of care from the hospital to the home. That underscores

the importance of a strong support network. Many of the challenges cancer patients face in the months after diagnosis will be new, and patients can expect a range of emotions. According to Breast Cancer Now, a charitable organization that funds one-third of breast cancer research in the United Kingdom, women may experience emotions such as shock, anger, disbelief, anxiety, and sadness after being diagnosed with breast cancer. Having loved ones there to help them make sense of those emotions

and stay positive as they navigate their way through the treatment process is essential.

In addition to providing emotional support, loved ones of breast cancer patients may need to take on additional roles as they help their friends or family members face the challenges that lay ahead. Because of the industry changes noted by Weill Cornell Medicine, cancer caregivers and support networks may need to prepare themselves to take on the following roles, each of which is vital to cancer patients' survival.

- Monitor the disease: Support networks may need to keep track of how their loved ones' disease is progressing and if there are any complications from treatment.
- Manage symptoms: Breastcancer.org notes that treatment causes severe side effects in many women. Such side effects may



include nausea/vomiting, diarrhea, constipation, pain, arm swelling, shortness of breath, and skin irritation. Thankfully, most of these side effects can be treated. In addition, Breastcancer.org notes that most side effects ease up after treatment is

completed. In the meantime, support networks may need to help patients manage those symptoms, performing a host of tasks to make their loved ones' lives easier. For example, patients experiencing shortness of breath may be incapable of

performing chores around the house. In such instances, members of a support network can tackle those chores until their loved one bounces back.

- Administer medication: Breast cancer patients may be too overwhelmed to handle their own medications, so support networks can take over this important responsibility for them.
- Assist with personal care: Some patients may experience fatigue after treatment. In such instances, support networks can help patients maintain their personal hygiene. Support networks can be vital to helping cancer patients overcome their disease and navigate their way through successful treatment regimens.

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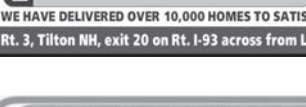
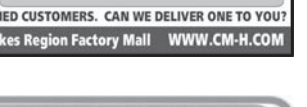
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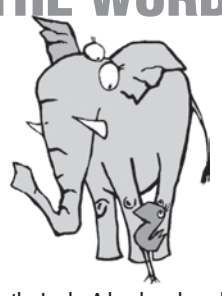
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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

| Town | Address | Type | Price | Seller | Buyer |
|------------|--------------------------|-------------------------|-----------|--|---|
| Alton | 32 Dudley Rd. | Single-Family Residence | \$360,000 | Lois F. Hills Grove IRT and Gregory Eldridge | Christopher Bossardt |
| Alton | 1517 Mount Major Highway | Single-Family Residence | \$380,000 | Travis and Amber Couture | David J. McDermott |
| Alton | 1674 Mount Major Highway | Single-Family Residence | \$451,000 | Dana H. Jerabek | Jennifer J. Georgius |
| Alton | 21 Pumpkin Point Rd. | Single-Family Residence | \$850,000 | Daryl A. Dreffs RET | Glenn T. and Christine Saba |
| Alton | 938 Rattlesnake Island | Single-Family Residence | \$525,000 | Kathleen Holt | Mark A. and Sara J. Ponikvar |
| Alton | Stockbridge Corner Road | N/A | \$325,000 | Swayzie L. Plante and Kristofer M. Danaher | Karyn M. Dietrich RET and David A. Dietrich |
| Alton | N/A (Lot 28-8) | N/A | \$75,000 | Moir K. Demers | Kristian T. Johnons |
| Alton | N/A (Lot 4) | N/A | \$210,000 | David A. Boyce and Lisa M. Audette | David E. Hollowell RET and David A. Boyce |
| New Durham | Brackett Road | N/A | \$30,000 | Michael S. and Ann M. Davenport | Dylan T. Harmon |
| New Durham | 7 Chalk Pond Dr. | Single-Family Residence | \$330,000 | Paula G. Boyer RET | Jack and Kevin M. Foster |

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve

additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrendgroup.com

NOTES FROM WINDY HOLLOW

The patient wins with teamwork

BY VIVIAN LEE DION

My heart sank when the doctor said, "Mrs. Dion, you have a kidney stone and it is too big to pass." He explained I needed to have surgery that would breakdown the stone, and then the particles would take a day or more to pass through my body. Talk about being a little skeptical and nervous — we are in the middle of a pandemic and I needed surgery.

Upon arriving at the hospital, my husband, Ray, and I had to remove our masks and wear a pale yellow one issued by the hospital as a precaution to make sure all masks were sterile.

At same day surgery facility, Ray and I were directed to the pre-operative holding area. and assigned two nurses, Mary and Gabby. Ray was allowed to stay with me until I went into the operating room. He then sat in the lobby and waited there. Mary and Gabby were synchronized in their preparation duties. Lots of questions, blood pressure, temperature, and many important tasks were performed.

For a few minutes, Mary left the room. Gabby made light conversation that helped me feel comfortable. Ray asked her if she remembered Gabby Hayes. She didn't, but it was a distraction and lightened my mood. As a side note: "Hayes was the "codger" sidekick to Hopalong Cassidy as well as to Roy Rogers, Gene Autry and Wild Bill Hickok. Hayes also appeared in 15 John Wayne movies."

Gabby covered me with a heated blanket, and said, "I'm going to start your IV now." Her professionalism in the intravenous procedure was amazing. Here's where the teamwork came in, when Mary returned she said to Gabby, "Thank you for starting the IV. Sorry, I had something come up and wasn't able to be here sooner." Gabby smiled and said, "That's fine we are all set." She responded with genuine compassion for her co-worker. I knew then that I was in the right place. I was with a competent medical staff that would meet my expectations. As Mary turned to go, she asked me if I was warm enough. When I said no, she came back with a second blanket.

According to

Maryville online nursing, "When nurses have access to coordinated teams with organized lines of communication they may be happier with their daily workplace responsibilities. Establishing strong teams in the workplace has been found to result

in a more satisfied workforce, who reflects positively on both co-worker and patients."

It's been nearly two weeks since my surgery and I'm improving every day. A doctor's appointment is coming up with my urologist. I'm sure he will encourage me

to change my diet and prescribe medication to prevent another kidney stone from forming. I am truly thankful for modern medicine, and the front line workers who everyday help save lives and ease pain and suffering. Mary and Gabby will be on my mind for

a long time, and if I forget their names I know the following quotation by Maya Angelou will generate warmth and peacefulness for those fine nurses in years to come. "They may forget your name, but they will never forget how you made them feel." Thank

you Mary and Gabby for making me feel important. It was as if I was your only patient that day.

Vivian Lee Dion of New Durham is a writer and speaker and can be reached at windyhollow@metrocast.net.

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SOCCER

(continued from Page A1)

The Timber Wolves got a direct kick from Kenzy Holden to start the game, which sailed wide then Ella Smith made a nice cross to Piper Flood, with Kingswood keeper Alexis Turner making the save. Megan Davey made a nice defensive stop on Flood and Samantha Wainwright had a direct kick for the Knights that Turner made the save on.

Jaden Burt had a direct kick that Turner stopped and then Davey made a defensive stop on another Burt run. Payton Everett sent a ball in just ahead of Flood, who in turn sent a shot just ahead of Burt, with Turner making a grab on the ball.

Marcella DeNitto had a shot for the Knights that Prospective keeper Thera Woods stopped.

VOLLEYBALL

(continued from Page A1)

added a kill as the Timber Wolves stretched the lead to 16-5. Kingswood got a nice attack at the net from Seigars and Mariah Aikens but Prospect got another ace from Bean and a hit from Casey Bredbury to push the lead to 20-7.

Kingswood got a hit from Tasker but Kenson answered with a hit on the other side of the net. A nice tip from Jillian Gorski and an ace from Tasker got Kingswood back on track but Leavitt answered with a hit for the Timber Wolves.

Seigars got a good kill for Kingswood and Gorski added a pair of service aces as the Knights closed the gap. A Seigars hit pulled them closer and the Knights got to within 24-17 but the Timber Wolves got the final point for the 25-17 win.

Hutchins noted that with the Knights playing in only their third game of the season, he expects they'll be a stronger

Prospect got the game's first corner and Sara Hyde and Gracie Hanson was able to turn the ball out of the zone. Flood had a couple of chances that Turner was able to stop.

Exactly midway through the first half, the Timber Wolves were able to strike for what would be the game's only goal, as Burt fought her way through the defense and fired a shot on net that slipped past Turner and Prospect had the 1-0 lead.

Cassidy Simpson turned in a strong defensive play for the Knights and Everett's cross just missed connecting for Prospect. Flood had a direct kick that missed the mark and Kaitlyn Catalano was able to make a defensive stop on Everett.

Prospect had a pair of corner kicks, with Turner stepping up to keep the score at 1-0. Kingswood's

team with more experience.

"Game experience helps a lot for us," the Timber Wolf coach said. "We're a different team than we were when we had only played two games.

"When you put pressure on other teams and they have to force the ball over, they're in trouble," said Hutchins.

The Timber Wolves also learned that they'll face either Laconia or Winnisquam in their first playoff game. They played Laconia in the first game of the season.

"We're a much better team now, we have more weapons than them," Hutchins said of the Sachems. "And Winnisquam, they know how to play, our girls know a bunch of the girls over there."

"They're young and it's mental," said Place. "We have to remind them that they're going to make mistakes and they have to pick each other up.

"We need more experience, more games, but

Alexis Dinges fired a shot wide of the net on a direct kick and at the other end, Flood had a shot denied by Turner. Dinges had another good run in for the Knights but Woods was able to come out and make the play on the ball. Amelia Kilmister and Simpson teamed up on a bid for the Knights and Prospect's Abby Breuer was able to clear the ball out of the zone. Prospect had two late corners, with Davey coming up with a nice defensive stop and the game went to the half with Prospect up 1-0.

Burt had an early shot in the second half and Dinges came back with a shot for the Knights that Woods stopped. Flood had a run into the game, but Turner made a nice sliding grab. Smith had a shot from the side that Turner stopped. Kingswood had a corner kick but couldn't convert and Flood had a direct kick

we'll make the most of what we can play," she continued. "I'll take any experience."

The Knights drew the tough assignment of defending champion Gilford in the first playoff game, but with the random seedings, Kingswood will host.

"We didn't play well over there, we are much more capable," said Place. "I hope it's one of those nights where they come out and play the way they're capable of playing. We're much better than what we've shown."

Prior to the game, the Knights honored their three seniors, Gorski, Mason Dumont and Hannah Osayi.

In Alton two nights later, the Timber Wolves got the 3-1 win with Stockman reaching a milestone for her career, as she tallied her 1,000th assist in the win.

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



PROSPECT'S PIPER FLOOD tries to keep the ball away from Kingswood's Gracie Hanson in action in Wolfeboro last week.

that Turner stopped. Kilmister made a nice run in for Kingswood and Breuer was able to turn in a strong defensive play. Burt and Autumn Sheets had chances for the Timber Wolves that went wide of the net.

The Timber Wolves had a corner kick and Cassidy Kelley's shot was stopped by Turner. Davey made another defensive stop and Prospect sent a shot through the crease. Kingswood had a corner kick but couldn't get the ball in the net. Flood answered with a direct kick that went over the top of the net.

Eve Roberge took over in net for the Prospect girls and stopped a shot from Simpson. Burt sent a shot wide of the net and Turner made a save on another Prospect chance. Dinges had a late direct kick that went just over the top of the net and Prospect held on for the 1-0 win.

"Jayden had the effort the entire game,"

said Nardino of his goal scorer. "She was trailing the ball everywhere tonight."

The Timber Wolf coach also went on to praise his goaltenders and defense for earning the shutout.

"The defense is a work in progress and it's getting better every time," Nardino said.

Prospect learned they will be hosting Raymond in the first round of the Division III tournament and Nardino noted that the undefeated Rams will be a test.

"We have tomorrow and Monday to work on things," he said. "If we show up like we did tonight, be first to everything, be physical and aggressive, we'll be in most games."

"A solid, solid performance from the girls, front to back," said Kelly. "When was the last time we saw 1-0? In the past it would've been six or seven."

He noted that Turner played another excel-

lent game in net for the Knights.

Kingswood will be playing at Kennett in the first round of the tournament.

"We're looking forward to the game, it's always a good scrap," Kelly stated. "We're looking to get some redemption from the last time."

Prospect faced off with Raymond after deadline on Tuesday and if they won that game, they will be at Derryfield today, Oct. 29. The quarterfinals are Sunday, Nov. 1.

Kingswood faced off with Kennett after deadline on Tuesday. If they won that game, they will be either at Plymouth or at Merrimack Valley today, Oct. 29. The quarterfinals are Sunday, Nov. 1.

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

ROTARY

(continued from Page A1)

Rockingham County Sheriff's Office. He has a long list of political activities and experiences including serving as a city councilor in ward #5 Rochester, member of Rochester Democratic Committee, New Hampshire Young Democrats, and as a Justice of the Peace. Other community

and civic involvements include membership in 4-H, Elks, American Legion, and the Teamsters Union. If elected as a New Hampshire Senator, he'll represent District 6, which includes the Communities of Alton, Barnstead, Farmington, New Durham, and Rochester. One of his main goals is to deal with the Covid-19 health

crisis by engaging the state house, work to help small businesses succeed, and develop plans through critical thinking, for the future of New Hampshire to prosper and grow. The Alton Rotary Club neither endorses or supports any candidate from any party, but pleased to provide a forum from which they can speak.

Services continue at FCC Farmington

FARMINGTON — First Congregational Church in Farmington continues to serve the community during this Pandemic by providing live and virtual Services at 10 a.m. every Sunday. We are taking all necessary precautions for attendees, including taking temperatures as you enter, sanitizing stations for hands and social distancing in the pews.

We also have a virtual half hour of conversation, prayer and stories from local community

members called Faith Matters every Thursday at 5 p.m. On Thursday, Oct. 29, the topic will be "The Power of Healing Prayer" featuring Lorraine Doe. The public can access these on-line services by going to our Facebook page at: <https://www.facebook.com/farmingtonnhfirstcongregational/>.

Blessed Bargains open on Saturday, Oct. 31, 9:30 a.m. to 2 p.m.

Blessed Bargains Thrift Shop will be open on Oct. 30. Pick up your last-minute Halloween

costumes and be ready for the spooky holiday. As the seasons change and the temperatures drop, come in and check out the quality bargains to keep all your family members warm this fall.

Interfaith Food Pantry

The Interfaith Food Pantry will be open on Saturday, Oct. 31 from 9:30 to 10:30 a.m.

Mingle and Jingle Holiday Craft Fair Saturday, Nov. 7, 9 a.m. to 1 p.m.

On Saturday, Nov. 7, the First Congregational Church of Farmington presents the Mingle 'n Jingle Holiday Craft Fair from 9 a.m. to 1 p.m. at the church at 400 Main St., Farmington. It will be outdoors under tents to ensure everyone's safety. There will be beautiful hand-made crafts on sale. Start your Christmas shopping early or pick something up to decorate your home. The Women's Fellowship group will be selling home-made baked beans as well as delicious home-made pies.

Order a "Stuff-a-Turkey" kit from Oscar Foss Memorial Library!

BARNSTEAD — The Oscar Foss Memorial Library is doing "Stuff-a-Turkey" Take-and-Make kits for our November Story Hour. Each kit comes with an unstuffed 15-inch plush turkey, a rainbow wish heart, stuffing, a "birth certificate" and a tote bag.

To order, put your name, contact information and library card number, along with your \$10 fee payment into an envelope and drop it in the library book drop before Nov. 16. You must be a library card holder to participate. We will be placing orders by Nov. 9, and when the order comes in we will call and set up an appointment for you to pick up your turkey friend. You can contact the library for more information at 269-3900.



MARIAH AIKENS tips the ball over the net during her team's game with Prospect Mountain.

LETTERS FROM EDWIN

Fall

The world is orange again. The sun shining through all the red and yellow leaves makes it so. I love this time of year. All kinds of foods are available in abundance. Days are comfortably warm and nights aren't brutally cold requiring major warm clothing to be worn. It won't be long before that's the norm, but for now, this is mighty nice.

It's almost hunting season and there are lots of pickup trucks parked on the side of roads as hunters are searching out for signs of travel and setting up their deer stands. The sounds of rifles going off as hunters practice with their fire arms is a regular occurrence. There was a guy visiting at the house from New York City who asked, "is it

always like this?" Yes, pretty much, and what he was hearing was just sighting in your deer rifle type practice, not semi-auto "how does this things accuracy change from the heat after I fire eight or ten shots in rapid fire?" type practice. The cacophony still never comes close to last fourth of July.

Every year I'm tempted to go get my license to see if I could luck out and first see a deer when I'm prepared to shoot it, and then successfully do it. I know that they're out there. I see their signs. I don't have to go far, my beet greens and escarole attest to that. There was a rather large hoof print in the potato patch last week. As soon as the first snow comes, they'll come and annihilate my

broccoli, guaranteed.

Looking at my freezer though, I have no space for a deer. It's all filled up with this years broccoli and all kinds of other stuff that I keep trying to eat but find it easier to put in than take out.

My Godfather, who introduced me to the hunting world used to hunt deer. The last one he shot I think may have been associated with his heart attack. And that caused him to no longer pursue larger game any more, but he still hunted birds. I still have a set of antlers'n hoofs mounted to a mirrored plate and a hoof thermometer from him to commemorate a previous hunt.

I can still remember getting up before four in the morning, heading out with him

for a hunters breakfast where there were many other similarly attired patrons getting ready to tromp through the below freezing woods before sun up in anticipation of putting some fresh organic food on their home tables. They didn't think of it in those terms at the time, it was just wild game.

So maybe I too could go after some birds. It's a nice time to go walking through the countryside, and I always like to have a subsequent purpose. Being totally green shooting my shot gun, not having shot it in years, I would be totally relying on my guardian angel as I would be wearing so much hearing protection that the flapping sounds of any birds taking off, that would normally alert me to their location, will be totally

muffled and indiscernible. I'll definitely need lots of luck to bring home dinner. But still, it's a beautiful time for a walk.

Today I got home a bit early, so I started cleaning up the garden in preparation for roto-tilling. I found one last vine ripened tomato as I was pulling all the plants up to toss into the compost pile. I threw it right into my mouth. The only plants left producing are the broccoli. And they'll continue to, well past numerous freezes. They're pretty hardy plants. The beets are trying to come back from being deer fodder. I'll be keeping an eye on them. I placed five gallon buckets over them to give them a better chance.

It's almost always, almost time to relax. Every time I think

that I've caught up with everything, another thing pops up. Right now, the gardening is almost all taken care of and the wood bin is full. All that's left there is to staple down the tarps and clear a path to the other side to get the wood from. I never found time to put the snow shovels away so they're already out.

Now that it has finally rained, and the fire danger has subsided, some night I will find myself sitting and staring into the embers of a campfire, like so many others have throughout the ages, and pondering life's mysteries. There's always an open seat.

E.Twaste
Correspondence welcome at edwintwaste@gmail.com



COURTESY

Thanks for your service

Holding a mock USO show on your property is not an everyday occurrence; the event held over the weekend hosted by Alton resident Bob Witham was in honor of the 75th anniversary of the end of World War II. His original plan of a July celebration for veterans was waylaid by the pandemic, but residents of the New Hampshire Veterans' Home in Tilton will be able to watch the recording of his outdoor patriotic fete. Dave Durkee and Friends provided the music, and two WWII veterans, including Christina Rice (right) were in attendance.

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IT'S TIME FOR A CHANGE

RAY HOWARD VOTED AGAINST 192 BILLS IN THE LAST LEGISLATIVE SESSION

HB 377, HB 201, HB 687, HB 677, HB 721, CACR 9, SB 7, SB 8, HB 546, HB 712, HB 731, SB 19, HB 102, HB 559, HB 122, HB 124, HB 159, HB 166, HB 1580, HB 1660, HB 1218, HB 1664, HB 1281, HB 1101, HB 1379, HB 1648, HB 1454, HB 1290, HB 1322, HB 1399, HB 1372, HB 1629, HB 1699, HB 1102, HB 1349, HB 1516, HB 546, HB 1280, HB 1410, HB 1455, HB 1472, HB 1500, HB 1564, HB 1633, HB 1701, HB 1374, HB 1608, HB 1285, HB 1306, HB 1321, HB 1423, HB 1435, HB 1459, HB 1473, HB 1715, HB 1279, HB 1525, HB 1653, HB 1665, HB 1672, HB 1319, HB 1122, HB 1228, HB 1286, HB 1382, HB 1404, HB 1577, HB 1655, HB 1143, HB 1247, HB 1539, HB 1171, HB 1160, HB 1444, HB 1496, HB 1676, HB 1493, HB 1401, HB 1552, HB 1622, HB 349, HB 120, HB 497, HB 270, HB 211, HB 253, HB 272, HB 680, HB 481, HB 177, HB 184, HB 551, HB 564, HB 689, HB 709, HB 719, HB 696, HB 712, HB 641, HB 542, HB 682, HB 623, HB 686, HB 706, HB 105, HB 106, HB 611, HB 552, HB 650, HB 381, HB 446, HB 291, HB 186, HB 166, HCR 5, HB 592, HB 480, HB 233, HB 277, HB 520, HB 558, HB 560, HB 628, HB 703, HB 717, HB 109, HB 514, HB 605, HB 494, HB 562, HCR 3, HB 280, HCR 7, SB 1, HB 326, HB 365, HB 466, HB 582, HB 614, HB 715, HB 397, HB 2, HB 1, SB 6, SB 139, SB 290, SB 99, SB 151, SB 74, HB 630, HB 696, HB 120, HB 616, HB 295, HB 481, HB 641, HB 25, SB 193, SB 263, SB 293, SB 2, SB 271, SB 167, SB 204, SB 275, SB 284, SB 4, SB 142, SB 267, SB 5, SB 12, SB 20, SB 146, SB 43, SB 72, SB 205, SB 140, SB 196, SB 67, SB 68, SB 100, SB 165, SB 98, SB 279, SB 289, SB 290, SB 263, SB 10, SB 235, SB 241, SB 168, SB 218

VOTE FOR SOMEONE WHO STANDS FOR SOMETHING INSTEAD OF AGAINST EVERYTHING

VOTE FOR RUTH LARSON

FOR NEW HAMPSHIRE STATE REPRESENTATIVE, DISTRICT 8

PAID FOR BY FRIENDS OF RUTH LARSON, PO BOX 91, ALTON NH 03809, JANE WESTLAKE, TREASURER



Sununu...has handled the COVID-19 crisis with such skill and care that his Democratic rivals are leaving people laughing. To contend, as Dan Feltes [does], that Sununu has done little and done that poorly in the pandemic is absurd.

New Hampshire Union Leader

Named the nation's most fiscally responsible governor...

Throughout his tenure, Sununu has resisted pressure to increase taxes and spending, and he has defended New Hampshire's status as a low-tax state with no individual income tax.

Cato Institute

Governor Sununu has been a consistent supporter of New Hampshire Law Enforcement as well as a dedicated leader during the COVID crisis.

NH Police Association



Paid for by Friends of Chris Sununu • Paul Collins, Treasurer