

Athletic Director details Life of an Athlete program to board

BY ELISSA PAQUETTE

Contributing Writer

WOLFEBORO — Kingswood Regional High School Athletic Director Aaron House and three of his athletes presented information on the department's commitment to the Life of an Athlete program to GWRSD School Board members on Monday, Jan. 7.

The program has been mentioned at past meetings in connection with the topic of drug prevention efforts within the school system, and House was invited to expand on the department's involvement with

the program at the evening presentation in the KRHS Lecture Hall.

The internationally recognized Life of an Athlete program is the brainchild of John Underwood, a former NCAA All-American, International level distance runner and World Master Champion, and coach/advisor for more than two dozen Olympians. House said the program offers important information on the negative effect of social drugs on the brain, body and nervous system and actions students can take to protect themselves from opioid use, dependence



ELISSA PAQUETTE

KINGSWOOD REGIONAL High School Director of Athletics Aaron House and student athletes (l to r) Connor DeMasi, Sarah Bellefleur and Cam Mann, spoke to the Governor Wentworth Regional School District Board on Jan. 7 in the KRHS Lecture Hall on the Life of an Athlete program that is integral to the athletic program.

Valentines for veterans at New Durham Public Library

NEW DURHAM — Students in grades kindergarten through sixth are invited to an after-school program on Wednesday, Feb. 6, at the New Durham Public Library to make Valentine cards for veterans at the Veterans' Hospital. Since there will be a wide variety of supplies available, children will also be able to make a card to bring home. A short course on gel plate printing is part of this

free opportunity. Space is limited, so call the library at 859-2201 to register. The one-hour class begins at 3:30 p.m. and children can ride the bus to the library from the school if parents request transportation when registering. Materials will be out during that day for any adult or preschool child who wishes to create a special thank you to a veteran, too.

and addiction.

It also focuses on good nutrition.

"It's about growing up healthy and well adjusted," said House. "It's not just about winning. Winning is a byproduct of great choices."

"It goes beyond just

practicing for your sport," said Sarah Bellefleur, adding that it's more about how to be a lifelong athlete.

Connor DeMasi enumerated the five C's of the program: Civility; Competence, Citizenship; Character and Chemical

Health, which comprise the areas of focus that student leaders learn about and talk about with team members.

Cam Mann spoke of the growth of the program in the state. When he was a freshman, there were just 26 schools in

New Hampshire participating in Life of an Athlete, a figure that more than doubled by this, his senior, year.

No partying is allowed, commented House, who added that students like the program.



ALTON POLICE LOG



ALTON — The Alton Police Department responded to 156 calls for service during the week of Jan. 20-26, including five arrests.

One male subject was arrested on a warrant.

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

One male subject was arrested for criminal

threatening.

There were two motor vehicle summons arrests.

There were four motor vehicle accidents.

There were two suspicious person/activity reports on Stockbridge Corner Road and Rollins Road.

Police made 21 motor vehicle stops and handled five motor vehicle complaint incidents.

There were 124 other calls for services that consisted of the following: Two assist fire department, three assist other agencies, three animal complaints, three domestic complaints, five general assistance, one wanted person/fugitive, two alarm activations, one lost/found property, two highway/roadway hazard reports, three general

information, one vehicle ID check, one littering/trash disposal, one sex offender registration, two civil standby's, one mutual aid request, one civil matter, one wellness check, two community programs, 57 directed patrols, one 911 hang-up, one motor vehicle lock-out, six medical assists, 13 property checks and 11 paperwork services.

Farmers' market vendor meeting is Monday in Barnstead

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

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



COURTESY PHOTO

Graduate

U.S. Air Force Airman Gary M. Stearns graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force. He is a 2016 graduate of Prospect Mountain High School.

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Matthew Fassett
343 Main St.
Alton Bay, NH 03810
phone: 603-393-7336
email: matfassett@gmail.com

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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
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BUSINESS MANAGER
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(603) 677-9082
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OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

EDITOR
JOSHUA SPAULDING
(603) 941-9155
josh@salmonpress.news

MANAGING EDITOR
BRENDAN BERUBE
(603) 677-9001
brendan@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

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Students, legislators talk trash at Kingswood Middle School

BY ELISSA PAQUETTE

Contributing Writer

WOLFEBORO — Kingswood Regional Middle School's Team Vista students have been challenged to determine what they think is the best solution to the negative impacts of trash on the environment, says teacher Lynn Peterson. Their year long study has led them to visit the Turnkey Landfill and research the myths and realities of recycling and most recently, invite area legislators to visit the classroom to talk about NH House Bill 102.

New Hampshire House Bill 102, if passed, will allow towns to regulate the distribution of single-use plastics to consumers. It naturally caught the team's attention, so they decided to invite area legislators to come in and talk to them about it.

Wolfeboro's two representatives Edie DesMarais and John MacDonald took them up on the invitation to visit the classroom on Jan. 24 to explain the workings of coming to agreement on a bill, and to consider the impact of passage of HB 102 on their communities.

Engagement was high as students listened attentively to the legislators, beginning with MacDonald, who came prepared with a cloth bag filled with single use plastic items. "Is this single use?" he asked, holding up a red plastic cup. "Yes" came quick replies. "If I use it again,



KINGSWOOD Regional Middle School's Team Vista students eagerly entered into discussion of the difficulty in reducing plastic pollution and explorations of possible solutions on Jan. 24. They invited area legislators to come talk to them about HB 102. Representatives Edie DesMarais and John MacDonald accepted their invitations.

is it still single use?" Another round of yesses.

He followed up with a clear plastic food container, a plastic milk carton, plastic utensils, straws, garbage bags, and the plastic bags that proliferate with nearly every over the counter transaction – establishing the ubiquity of plastic in every day lives, then raised a series of questions: "Is it a good idea to ban all plastic? (a reference to failed HB 559); Who would be most affected by a ban?; Who is likely to be against it?"

MacDonald encouraged the students to think about compromise as a means to making legislative progress, explaining that HB102 is not as broad as HB559, giving it a greater prob-

ability of passing.

Attention has been focused on regulating the use of plastic bags and straws. A student commented on the number of plastic bags her family has collected over the years, and how many are handed out with even one shopping trip.

Students expressed concern for marine life, which is known to consume the bags floating in the water, thinking they are food, leading to death. And concern for polluted oceans. MacDonald acknowledged the problem and asked the students to name some alternatives.

The solutions flowed easily: shop with cloth bags at the ready; look for renewable containers, rather than plastic; use your own water bottle. Some had put some thought into ways to reuse plastic, perhaps in construction materials, or burning it and using the byproducts for fuel. All food for thought.

Since New Hampshire is not a home rule state, explained MacDonald, towns can not make bylaws on the regulating the distribution of single-use plastics to consumers unless the state passed legislation, such as HB 102, to allow them to do so.

"Your generation will hopefully solve some of these problems," said DesMarais, who then used the Smart Board to call the NH.gov web site up onto the screen. Visitors to the web site can follow links to govern-

ment, from which they can find out who their legislators are, what bills are coming up for a vote, and how your legislator voted on a bill. Hearings, open to the public, are also on the calendar.

She warned that sometimes votes can be deceiving, because without looking at exactly what was voted on, it

might appear that a legislator was against an issue, when actually, the legislator might not find a bill acceptable because an amendment, aka a "poison pill" has been attached.

DesMarais also explained the process by which a bill finally get to the governor's desk, which involves passage in both the House and the Senate. At that point, the governor has the option of vetoing it and sending it into conference committee for modification. By the time a bill passes, it has been well scrutinized.

With shrinking markets for recycled materials, "We have to do more," said Desmarais. "We have to take responsibility [for our waste]." The question, she commented is whether we have the will to do it.

Team Vista's curriculum study ties-in science, US government and English Language Arts standards, said Peterson. The middle schoolers enthusiastically touched all the bases in their discussions with the legislators.

Fine Free February at Oscar Foss

BARNSTEAD — It's Fine Free February at the Oscar Foss Memorial Library. During the month of February, bring in three or more non-perishable, unexpired items (clearly labeled) and have overdue fines up to \$20 on your account waived. Donations will be delivered to the Barnstead Food Pantry and End 68 Hours program at Barnstead Elementary School.

Valentines for Veterans

The library is collecting Valentines for Veterans again this year. Come in any time and make a card (or two) to send as a way to show our appreciation to these brave soldiers. You can also drop off cards for library staff to deliver if you prefer to make them at home. They will be collecting cards through Feb.

9. Thank you for your support.

Family Movie Night

Join in at the library on Friday, Feb. 8, at 6 p.m. for a free family fun night. They will be showing "Small Foot" (PG) on the big screen. Light refreshments will be served and pajamas and cuddling items are always welcome.

Please call the library at 269-3900 or

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

PIG OF THE WEEK by D.A. Hammond
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White pigs can't jump

New holistic practice opens in Wolfeboro

WOLFEBORO — Longtime area physician Tina Costello M.D. opened the doors last month to "Women's Integrative Health," a new and unique service that focuses on the overall health of women in a supportive environment. The newly renovated space

in Wolfeboro will serve the needs of women in the area who desire an alternative approach to medicine.

Dr. Costello previously served the women of the lakes region for decades as an OB/GYN. This experience working with women at all stages of life, as well as

her recent Integrative medicine fellowship with Dr. Andrew Weil through the University of Arizona, has given a unique foundation to help area women achieve optimal health and happiness with this new practice.

"I can't tell you how fortunate I feel to of-

fer this kind of care to women who are looking for a natural approach to health," Costello said.

Women's Integrative Health is now accepting new patients and appointments can be made at their web site www.womensintegrativehealthnh.com or by calling 515-1070.

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Get involved

Counting today, there are two days left for residents to sign up to run for town office. Anyone interested in serving their community should stop into the town clerk's office in their respective town and sign up for the position they are interested in.

As we've stated before, we are hopeful that we see a number of people sign up for positions in the upcoming town elections. Having a choice on who can fill positions is crucial to getting people to turn out for voting.

This week also brings us the next step in the process of approving town and school district budgets in New Durham and Alton.

The deliberative sessions for those two communities are being held in the coming week and this is the chance for local residents and taxpayers to have their say in how the tax dollars get spent. The budget committees, school boards and selectmen have been working hard over the last few months to come up with budgets that will meet the approval of the local voters at the poll.

In SB 2 towns like New Durham and Alton, voters will eventually vote on the warrant articles by ballot in March. However, the deliberative sessions that happen this week are the last chance to make any changes or adjustments to the numbers before they go on the ballot.

Often times, the deliberative sessions are not well-attended, therefore a handful of taxpayers get the chance to completely decide what appears on the ballot in March. If one group of people has an agenda against an item or two on the school or town budget, that group can show up in force and make changes to the budget before it goes to the voters.

To us, this is one of the drawbacks to the SB2 form of government, at least in our mind. We always believe that more people show up for Town Meetings than for deliberative sessions. The traditional Town Meeting, which is still in place in Barnstead, was more of a community event and while numbers weren't huge at some of those meetings, the numbers at deliberative sessions are significantly less than that.

Deliberative sessions for the Alton School District and the Governor Wentworth Regional School District (which includes New Durham) are both being held on Saturday, with the GWRSD meeting at 10 a.m. in Wolfeboro at the Kingswood Arts Center and the Alton School District meeting at 1 p.m. at Prospect Mountain High School. The deliberative session for Alton will be happening on Tuesday evening at 6 p.m. in the auditorium at Prospect Mountain High School. The New Durham meeting will take place at the New Durham School on Monday at 7 p.m.

For local government to be successful, local people need to be involved at all levels. People are needed to serve as selectmen, school board members, planning board members and on numerous other local boards. And people are needed to come and speak out about their opinions on budget items and warrant articles at the Deliberative Session.

Being involved is good for everyone.



Art class

"Learning to paint with acrylics is a lot of fun and very rewarding," says Acacia Rogers, who is now holding classes on 'how to paint with acrylics' at the Lakes Region Art Association Art Gallery, Tanger Mall, Suite 132, 120 Laconia Road, Tilton. "I start with teaching the fundamentals such as color mixing, selecting the right brushes, pre-painting preparation, composition, how to transfer your drawing onto canvas or any other surface and then focus on helping each student complete a finished painting they'll be proud of," she concluded. Students in Rogers' weekly classes are (l to r), Nancy Rand, Mary-Jo Gesser, Vicki Kelly, David Huckins, Brian LaRoche and Carolyn Wilson. Centered, middle front of the photo is Rogers. Anyone, who'd like to learn how to draw, paint watercolors, pastels or acrylics, visit the LRAA Gallery, Thursday through Sunday, 10 a.m.- 6 p.m. and sign-up.

Letters to the Editor

How to stop increasing taxes

To the Editor:

As a past New Durham Selectman along with Dave Bickford, we lowered town taxes in 2015 by five percent to \$5.35, in 2016 by another five percent to \$5.07 and in 2017 by one percent to \$5.02. Our town services did not suffer and pay increases continued for our employees.

The stage was set to lower taxes further in 2018, but things changed in March of 2017. I resigned due to the time I would need to spend as executor of my brother's estate. Dave Bickford lost his bid for reelection as selectman, which dramatically changed the makeup of the select board.

Then, in 2018 with no restraints and a disregard for our residents, Chair Swenson and Selectperson Chase increased town taxes by 22 percent to \$6.13. However, they took a large amount of money (\$275,000) from the unassigned (rainy day) fund to lower the town taxes to \$5.46. That is still a nine percent increase. Taking money from the unassigned (rainy day) fund does not solve the problem of ex-

cessive spending. The answer is to simply stop the excessive spending.

Now, Selectpersons Swenson, Chase and Viesel have proposed the 2019 town budget that would increase the town tax rate by 16 percent to \$6.34. For 2018 and now 2019, there will be a combined 25 percent increase in the town tax rate.

How to stop this? In the future, we may vote these big spenders out of office, but for now, we can go to the Deliberative Session on Monday, Feb. 4, at 7 p.m. at the New Durham School and amend the budget and warrant articles for capital spending.

We also have another opportunity on March 12, Election Day at the New Durham School, to simply vote down the 2019 budget and the warrant articles that either increase our taxes or take our money from the unassigned (rainy day) fund.

New Durham is a great place to live only if it remains affordable.

Gregory Anthes
New Durham

Solving the shutdown

edly really hold the power in this country tell the legislature to do it.

Once the government is mostly back to work, the Congressional leaders need to invite the President to join them at the negotiating table to work out a long-term, sensible and workable immigration program.

The responsibility for this mess is sufficiently large to thoroughly cover both branches of government and both political parties. If the shut-down isn't resolved soon, I think the legislators and executive are the ones who should be permanently furloughed.

Gene Young
Alton

Walls work

To the Editor:

Walls work: The American people are just discussing it and it is already separating us.

Harley Lamper
Alton

What's up at county level?

To the Editor:

Many people don't realize that our state representatives, in addition to the other state reps elected in our county, make important decisions for our county by also serving as the Belknap County delegation. Recently that delegation made the decision to make Rep. Michael Sylvia of Belmont the chair of their body. Considering all the controversies surrounding Rep. Sylvia, that decision was disappointing, if not surprising. The theme running through all of Rep. Sylvia's controversies is his consistent disregard for the law.

Starting at the federal level, in 2011 the IRS served Mr. Sylvia with a notice of deficiency for failure to pay 2007 taxes on wages of over \$18,000 and capital gains of over \$1 million. The matter was eventually settled, but in his court filings (under US Tax Court Docket No. 23908-11), Mr. Sylvia's defense was in large part that he was "a non-taxpayer." He also claimed that the deficiency notice was filed too late, but this claim was rejected because of the applicable exception when no tax return was ever filed. The bottom line: Rep. Sylvia views himself as a "non-taxpayer" and, at least in 2007, did not bother to file an income tax return.

At the state level, Rep. Sylvia has disregarded the NH Constitution and NH statutes regarding residency requirements for NH House representatives. A 2017 investigation performed by the Belknap County Sheriff's Office concluded that Mr. Sylvia perjured himself (a Class B felony carrying a possible 3.5 to seven-year prison sentence) when he stated under oath that he

had lived in NH at least as far back as November 2010. The sheriff referred the matter to the NH Attorney General's Office for prosecution. That office sat on the matter and then referred it to the then Speaker of the NH House of Representatives.

And locally, the town of Belmont, where Mr. Sylvia resides, repeatedly cited him for living in an illegal residence (a garage and an unlicensed RV on property with no functioning septic system). After seven years of Mr. Sylvia refusing to comply with local codes, the town of Belmont finally took legal action, which resulted in a court order requiring Rep. Sylvia to vacate his residence until the violations were corrected.

Finally, in addition to his own personal refusal to obey the law at the federal, state, and local levels, Rep. Sylvia has encouraged prospective jurors to disregard the law as well, by regularly handing out flyers in front of court houses suggesting that they are not required to apply the law in the cases they hear.

This is the person that is leading the group of legislators making decisions for our county? Our elected reps approved of this?

It is important to stay informed about what our reps are doing on the county level because those decisions affect you. For more information about the delegation and the meeting schedule, visit www.belknapcounty.org/pages/BelknapCounty_Delegation/index.

Heather Carter
Barnstead

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The Lodge at Smith Point breathes life back into historic Alton building

BY KATHERINE LESNYK
Contributing Writer

ALTON — Owner of The Lodge at Smith Point, Mark Poirier, is hopeful of his new restaurant in Alton at 1602 Mount Major Highway, which is housed in a building rich with restaurant history.

According to “The Rise and Growth of Business in Alton 1796 - 1996,” available at the Gilman Library, the building may have begun its life in 1910 as the Colby Inn. The stone building then turned hands several times, being known as the Glen Gables Inn and then the popular William Tell when it was purchased by Peter and Susan Bossert of Waterville Valley.

Peter Bossert, a native to Switzerland, brought Swiss fare to Alton at the William Tell. Atlantic salmon, breads baked daily on the premises, authentic Swiss cheeses and meats and vegetables from suppliers in the Boston area were popular menu items. Each October, the restaurant would host an Oktoberfest celebration.

After the William Tell, the space was purchased and became known as the Woodlands Tavern.

Poirier said that after the most recent closure, the stone building lay vacant for about three and a half years. He passed by it often on his way to his engineering company and the Stratham resident was inspired by the intriguing building and wanted to breathe new life into it, purchasing it in February



KATHERINE LESNYK

THE LODGE AT SMITH POINT is now open on Route 11 in Alton.

of last year. After decades as a Swiss chalet and an inn, the space is now a modern, Portsmouth-inspired lodge that aims to provide “a gathering place for food, drink and conversation” at reasonable prices.

While the structure of the building was solid, according to Poirier, the interior had to be completely renovated. The kitchen is custom and all brand new, and the space is split into two distinct areas, the “lodge,” a space with TVs on which patrons can watch sports while relaxing at the bar or sitting at dark wood pub-height tables, and the dining area where guests can sit down for a more formal meal.

Poirier said that a major focus in terms of the food is making sure patrons know where the food is coming from and that it is local. He said that some of the most pop-

ular menu items right now are the fish and chips, braised short ribs and the Smith Point burger. Adjustments are still being made to the menu, but the permanent menu is expected to be completed soon. The head chef, Brendan McGuff, used to work at Lavinia’s Relaxed Dining in Center Harbor.

In terms of impact on the community, Poirier mentioned the power of businesses helping other businesses grow in the area. He used the example of someone trying The Lodge at Smith Point, and then passing Shibley’s at the Pier or Sandy Point and wanting to try them next.

“Business brings business,” Poirier said.

Poirier said that before starting renovations on the property, he and a business consultant did demographics research on

the Alton Bay area to learn more about the business patterns of local residents. Upon analysis of the research, he felt that the town needed a year-round gathering place with a different feel than what currently exists.

Poirier said that residents of the area have embraced The Lodge at Smith Point and are happy to see something being done with the historic building. He discussed patrons bringing in photos of the building when it stood with different identities, giving personalized stories about their experiences in the space.

The Lodge at Smith Point is open on Saturdays and Sundays from 12 to 9 p.m. and from 4 to 9 p.m. from Wednesday to Friday. Poirier said that soon he would like to expand the hours to be open seven days per week.



KATHERINE LESNYK

THE LODGE AT SMITH POINT is open in a historic Alton building.



COURTESY PHOTO

Graduate

U.S. Air Force Airman Jenica A. Locke graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas. The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force. Locke is the daughter of Sherri and John Locke of Center Barnstead. She is a 2016 graduate of Prospect Mountain High School.

Democrats to hear from Executive Councilor Andru Volinsky

BARNSTEAD — Local Democrats and Independents are invited to the meeting of the Tri-Town Democrats of Barnstead, Gilman- ton, and Alton on Monday, Feb. 4, at 6:30 p.m. Registered Democrats from all three towns are eligible to vote in the caucus elections for town Democratic committee officers and delegates to the Democratic State Convention and to the county Democratic committee.

The meeting will also feature guest speaker Executive Councilor Andru Volinsky, who will discuss real estate taxes

and school funding. He has represented several communities in their fight to protect public funding for schools and has been holding forums around the state informing the public about these issues.

The Alton, Gilman- ton and Barnstead Democratic Committees will be holding their caucuses to each elect five volunteer officers: chair, vice chair, secretary, and treasurer and one delegate-at-large for each of the three towns’ committees. These five positions also have a vote at annual state

Democratic Party conventions to approve the party platform. This is a great way to take an active role in the committee work and strengthen our group’s efforts in the coming two years leading up to the 2020 presidential election.

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

The guest speaker will be followed by action items and community organizing. This meeting of the Tri-Town Democrats will be held at the Barnstead Town Hall at 108 South Barnstead Road in Barnstead. Come for socializing and potluck any time between 6:15 and 6:30 p.m.

This meeting is open to all residents of Barnstead, Alton and Gilman- ton who consider themselves moderate, liberal, or progressive Democrats or like-minded Independents. Potluck items to share are encouraged but not required.

Public Notice

Town of New Durham

The Town of New Durham Deliberative Session will be held on Monday, February 4, 2019 starting at 7 p.m. at the New Durham Elementary School, 7 Old Bay Road, New Durham.

The Town of New Durham Election will be held on Tuesday, March 12, 2019 from 8 a.m. to 7 p.m. at the New Durham Elementary School, 7 Old Bay Road, New Durham.



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Governors promote joint paid leave plan

BY JUSTIN ROSHAK
Justin@salmonpress.news

LITTLETON — Flanked by flags of both states and with their backs to Littleton's Ammonoosuc River, Governors Chris Sununu of New Hampshire and Phil Scott of Vermont made their official pitch for the “Twin State Voluntary Leave Plan.”

When it comes to economic and social challenges, “New Hampshire and Vermont are in the same boat together,” said Sununu, at the joint press conference at Schilling Brewing Co.

“We know these programs can help improve a company's ability to recruit and retain workers,” said Scott, who cited declining workforce and demographic trends as among his state's biggest challenges.

The program would



GOVERNORS Phil Scott and Chris Sununu announced their plan for a bi-state paid leave program at Schilling Brewing Co. earlier this month.

take the form of an insurance benefit, which would pay out to cover any of the following: the birth and care of a newborn child, placement of a foster child, caring for a spouse, child, or parent, a serious health condition, and active duty. Employees would

receive 60 percent of their weekly wages, out to six weeks per year. Wages covered would be capped at \$132,900, and would include a 12-month tenure requirement.

The states would coordinate a bidding process to select a private carrier, which would then manage coverage and claims. The governors argued that this will reduce direct costs to the taxpayer and facilitate rapid implementation (as it would only require “modest” new staffing requirements: in New Hampshire, two new positions at the Department of Administrative Services). The private insurance carrier would “assume the actuarial risk for the plan provided.”

“Preliminary conversations with multiple insurance carriers have already begun,” said Sununu. “Interest is high and—preliminarily—the costs are, to be honest, potentially shockingly low.”

Each state would pay the full costs of providing the plan to its public employees,

JUSTIN ROSHAK – THE COURIER

legislatures controlled by Democrats. Preliminary evidence suggests that Sununu in particular may face an uphill battle against his Democratic counterparts, several of whom have criticized the proposal, and who have their own ideas.

This legislative session, the Democratic New Hampshire House and Senate both introduced alternative proposals, both of which would offer twice as much coverage (12 weeks), and cover up to 85 percent of weekly wages.

This is not the first push for a paid leave program in New Hampshire. Last year, a proposed bill in the New Hampshire House, and ultimately not supported by Sununu, would have created a state-administrated, mandated paid leave plan that would have required 43 new employees. A different plan in the 2017-18 session of the Vermont legislature was opposed by Gov. Scott on the grounds that it would impose a mandatory payroll tax on Vermont employers.

Representatives from the offices of Democrats Sen. Maggie Hassan and Rep. Annie Kuster were on hand Wednesday, but both declined to comment on the proposal.

Erin Hennessy, one of Littleton's state representatives, told the Courier that, “If Governor Sununu thinks it is a fiscally responsible plan, then I believe it.”

A full recording of the announcement and press conference can be viewed online, at the Granite North Television YouTube channel, which also streamed the event live.

Personal Care Service Provider training being offered

ROCHESTER — Cornerstone VNA is offering a two-day training program for certification as a Personal Care Service Provider (PCSP). A PCSP is a person who performs and assists with the routine tasks of daily living for people with disabilities and special health needs. In general, a PCSP is someone who helps people live as safely and independently as possible and age in place. According to Juliette Smith, PCSP at Cornerstone VNA, “The work we do is so important and appreciated, by our clients and their families.” Smith adds, “It is so nice knowing we have made each of their lives a little easier and there is nothing better than bringing a smile to the faces we see each day.”

The PCSP training will be on Feb. 19 and 20 from 2:30 to

7:30 p.m. It will take place at Cornerstone VNA, 178 Farmington Road, Rochester. Participants will receive a certificate upon successful completion of this training program and are welcome to apply to be considered for a position at Cornerstone VNA as a PCSP. Registration is required. Contact Janice Howard, Life Care Director at 332-1133 x108 or e-mail jhoward@cornerstonevna.org.

Cornerstone VNA is a non-profit home, health and hospice agency currently serving Rockingham, Strafford, Belknap and Carroll Counties in New Hampshire and York County in Maine. The team at Cornerstone VNA provides skilled nursing, rehabilitative therapies, social work as well as volunteer and support services through five

distinct programs: Home Care, Hospice Care, Palliative Care, Life Care-Private Duty and Community Care. For 106 years, Cornerstone VNA has been committed to bringing services to people of all ages, regardless of their ability to pay, 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.

Goat talk in Manchester on Saturday

MANCHESTER — Want goats? Have goats? Want happy goats and family? Introduction to care and management of goats for pleasure and purpose: dairy, meat, and pets. Bring your questions, experiences and meet other goat-hearted folks. This practical, hands-on workshop will provide demonstra-

tions, video, discussion, and take-home reading. Learn ways to improve your current herd, and/or have your ducks in a row well before spring kidding season and discover ways to avoid impulse-purchase problems.

Celebrate the goat's ability to heal hearts, stimulate minds, and connect with emotions.

Meet goats trained to connect with humans for healing. Overview of how goats can be selected and trained to be candidates for animal-assisted therapy. Description of models including residential facilities, home visits, and community programs. Goats trained for therapeutic interaction will be at the work-

shop. Learn about rules, policies and programs relevant to goats and AAT.

Both seminars will take place at New Hampshire Farm and Forest Expedition at the Double Tree Hilton in Manchester on Feb. 2. The first seminar will be at 1 p.m. and the second at 2 p.m., both led by Dr. Amanda Eason.

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Applications open for NHEC scholarships

PLYMOUTH — Applications are now being accepted for six scholarships to be awarded this year to New Hampshire Electric Co-op (NHEC) members by the NHEC Foundation.

The \$1,500 scholarships, one of which is reserved for a student entering a vocational/

technical institution, are meant to support the education and resulting careers of NHEC members and their children. Applicants must be at least a senior in high school at the time of applying and must be either a NHEC member or the child of a NHEC member. College and

non-traditional students are eligible and welcome to apply. Applications and guidelines are available under the Community menu at www.nhec.com, or by calling 1-800-698-2007.

The deadline for applications is April 22.

NHEC is a member-owned electric dis-

tribution cooperative serving 85,000 homes and businesses in 115 New Hampshire communities. The NHEC Foundation, a separate, non-profit 501(c)(3) organization, has awarded more than \$3 million to non-profits and charities in New Hampshire since 2006.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Powder Mill Road	Residential Developed Land	\$100,000	Michael A. Moore	Caitlin and Christopher Howard
Alton	44 Rand Hill Rd.	Single-Family Residence	\$105,000	Dale R. Schaeffner	Marvie J. and Shawn M. Palmer
Barnstead	104 Damsite Rd.	Single-Family Residence	\$205,000	Leaning Birchers LLC	Glenn S. and Ashlie Oman
Barnstead	37 New Rd.	Single-Family Residence	\$182,000	Brenda J. Smith Estate	Felicia J. Brodeur and Nicholas J. Colby
New Durham	Jewett Road	N/A	\$13,533	Lawrence R. Corson Estate	Anne Phipps
New Durham	86 Miller Rd.	Single-Family Residence	\$112,000	FNMA	Verge Agency Inc.

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.

PSU Chamber Singers performing in Wolfeboro

WOLFEBORO — The critically acclaimed PSU Chamber Singers will return to the Wolfeboro stage on Sunday, Feb. 3. The concert will be held at the First Congregational Church, 115 S. Main St., Wolfeboro, at 2 p.m. "The Chamber Singers have delighted audiences around the world, and we are looking forward to wonderful performance of eclectic and entertaining music", said Carl Crosley, President of the Wolfeboro Friends of Music, which is hosting the event.

The Chamber Singers are an elite group of Plymouth State University students who are majoring in music or theater. They have performed throughout the United States, Canada, England, South Africa, Vietnam, Italy, Chile and North Korea. The Wolfeboro concert will immediately follow their most recent tour in Puerto Rico.

Dan Perkins conducts the Chamber Singers. Now in his 27th year at PSU, Dr. Perkins is the Stevens-Bristow Distinguished Professor of Music and Director of Choral Activities. He is active as

a guest conductor and clinician around the world. Dr. Perkins is also a co-founder and music director of the New Hampshire Master Chorale and Chamber Orchestra, Music Director of the Manchester Choral Society and Orchestra, Principal Guest Conductor and Director of Choral Activities for the New Hampshire Music Festival, and pianist for the Trio Veritas. He is known for daring and beautiful performances. Look for at least one graduate of GWRSD in the group.

The Chamber Singers perform music of all periods and styles. Selections will range from classical to contemporary. Recent repertoire includes Mozart "Mass in C minor" (in collaboration with NH Master Chorale), J.S. Bach "Komm, Jesu, komm," Francis Poulenc "Four Christmas Motets," and works by Eric Whitacre, Morten Lauridsen, Arvo Part, and Moses Hogan.

The concert is sponsored by Paul and Debbie Zimmerman, J. Clifton Avery Insurance Company and the Taylor Community. It is the fifth of eight events



COURTESY PHOTO (Left) THE PSU CHAMBER SINGERS will perform in Wolfeboro on Feb. 3.

presented by the Wolfeboro Friends of Music; the events run from September through May. Tickets can be purchased at the door, Black's Paper Store or Avery Insurance in Wolfeboro, Innisfree Bookshop in Meredith, or by calling 569-22151. They can also be purchased online at www.wfriendsofmusic.org. High school students with ID or a child accompanied by an adult ticket purchaser will be admitted free of charge.

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Thomas achieves Dean's List honors at Nichols

DUDLEY, Mass. — Abigail Thomas, a Nichols College student from Alton, has achieved Dean's High Honors for the fall 2018 semester at Nichols College. Approximately 600 Nichols students earned Dean's List or Dean's High Honors during the fall 2018 semester.

The Dean's List recognizes students who achieve high grades during a single semester. In order to be included in the Dean's List, a student must maintain a minimum grade point average of 3.2 for at least 12 credit-hours and receive

no grade below a C+ during the semester. A student who earns a grade point average of 3.6 or higher is awarded Dean's High Honors.

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OBITUARIES

Barbara Ann Wentworth Brooks
Enjoyed sewing and crafts

FERNANDINA BEACH, Fla. — On Jan. 20, our sister and aunt, Barbara Ann Wentworth Brooks, 68, of Fernandina Beach, Fla., passed away suddenly at her home. She was born Feb. 26, 1950 in Newton, Mass. to Ernest and Barbara (Wyeth) Wentworth. She grew up in Waltham, Mass. and graduated from Waltham High School, where she received a scholarship for sewing. She worked as a seamstress and a telephone operator and took college courses in medical transcription. She lived in Webster and later moved to Fernandina Beach, Fla. to be closer to her mother and the beach. She enjoyed sewing, crafts, and iced hazelnut coffee from Dunkin Donuts. She will be remembered for how much she loved her family, especially her nieces and nephews and their children. She is predeceased by



her parents, Ernest and Barbara, and her brothers Robert (Bobbie) and Ernest (Ernie). She leaves behind her brothers, Fred Wentworth of Staceyville, Maine and Wayne Wentworth of Alton; sisters, Shirley Chase of Alton, Debbie Wentworth Kivlehan of Fernandina Beach, Fla., and Lynn Wentworth of Yulee, Fla.; nephews Mark Penney of Alton, Wayne Penney of Tilton, Kevin Wentworth of Fernandina Beach, Fla., Matthew Wentworth of Staceyville, Maine, Brian

Kivlehan of Alton, and Mark Wentworth of Alton; nieces Tara Penney of New Durham, Lisa Wentworth Pope of Pembroke, Nicole Wentworth Roaf of Hampton, Melissa Kivlehan of Farmington, Christine Dahl of New Durham, Siobhan Aucoin of Braintree, Mass., Jennifer Wentworth of Fernandina Beach, Fla., Michelle Wentworth of Whitman, Mass., Shaylyn Cornelissen of Fernandina Beach, Fla., Krystal Sellers of Yulee, Fla., Dawna Cornelissen of Yulee, Fla., Kelly Wentworth of Alton, Emma Wentworth of Alton, Josie Wentworth of Alton, and Lauren Wentworth, of Gilmanton; 29 grandnieces and grandnephews; cousins; friend Betty; and many others. In lieu of flowers, donations can be made in her name to Cats Angels, 709 S 8th St, Fernandina Beach, FL 904-321-2267. A private service will be held for family.

Bruce Walker
Vietnam veteran

TUFTONBORO — Bruce Walker, 75, of Butternut Lane, Tuftonboro, died Jan. 17 at Dartmouth-Hitchcock in Lebanon. Born in Detroit, Mich., Aug. 23, 1943, he was the son of Edward Walker and Ann (Dubyk) Walker. Raised in Michigan most of his life, he started out as a caddy for his father and enjoyed fishing, skiing and playing ice hockey. Golf later became a fond hobby in life. Hockey, as a teenager in the Midwest, led him to the Metro Junior A Hockey League. However, his father said he should stick to his studies, which he did, but always had a fascination and great talent for carpentry. He went on to join the US Navy during the Vietnam War where he found the perfect niche between military, carpentry and building in the United States Naval



Construction Battalion. He was badly wounded in the war and was sent to Japan for hospitalization. They believed due to the injuries of his spine he may never walk again. He proved them wrong. This incident did not deter him. He had more than just the building and military bug now. He was a jack of all trades though. Both he and his wife Mary "Jackie" Walker, have each lived 10 lives. He was a cabinet maker, a truck driver, project manager of many schools and job sites in the U.S. He redid the spinning wires of the Golden Gate Bridge. He built the panda exhib-

it at the San Diego Zoo. Each of these things we have mementos of in our house like a museum. Pieces of history he contributed to. Until one day his wife Jackie pointed out a job with the State Department in construction. She said what do you have to lose? He applied for the job, nailed the interview and that is how an amazing international journey began. He went on to rebuild and do security hardening for United States embassies. military barracks, guard towers, perimeter walls, mess halls, office buildings, roads, runways, all living quarters for military, family and staff alike and was even part of the Star Wars project in Kwajalein. He always came on time, if not early with projects, under budget and with parts to spar. Instead of wasting countless US dollars to ship the supplies back he would have his team often build water filtration systems, schools, and give the locals better supplies to patch their homes. In the end this was not only good for the locals but for the company as they could count this as charity. He received countless awards in his lifetime for his work overseas. In no particular order, countries he has lived and worked in include, Pakistan, Afghanistan, Iraq, Saudi Arabia, South Africa, Zimbabwe, Djibouti, Ethiopia, Marshall Islands, Japan, Thailand, Philippines, Turkey, Kazakhstan, China, Iran, South Korea, Kyrgyzstan to name a few. When he wasn't overseas, he did actually run trucks with his wife Jackie in the US states. They ran pipeline and oil rigs from Texas to the Alas-

ALTON — Gerald Glen Row, 100, died on Jan. 20, at his home, 84 Rines Road, with his family at his side. Born July 26, 1918, in Ellington, N.Y., he was the son of the late Glen George and Anna (De-long) Row. He grew up on the family farm in Mexico, N.Y. until attending Cornell University. After graduation, Gerald served his country in the United States Navy as a commissioned officer on the USS Arlington during World War II. He worked many years as a chemical engineer, first for Ludlow Paper Company and then for Compac Corporation. Gerald has lived in Alton since 1979, moving there from Princeton, N.J. He attended First Congregational Church Wolfeboro, UCC and First Christian Church, also in Wolfeboro. Earlier in his life he was very active in the Sudbury Methodist Church, Sud-



bury, Mass., where he devoted himself to helping secure funding for and physically building the new church. He was a co-leader of their youth group and a long time Boy Scout leader with the church sponsored troop. His family was always the most important part of his life. Gerald was also an avid gardener who enjoyed many days tending his flower and vegetable gardens. He also enjoyed volunteering his time to help others. He was instrumental in planning, funding, building and managing the Alton housing for the elderly. Also, he gave approximately 4,928 hours of volunteer service at Huggins Hospital, drove on many caregiver runs and delivered meals for Meals on Wheels. Gerald was also a member of the Newcomers Club and Wolfeboro Wranglers. Pre-deceased by his wife, Gertrude Elizabeth (Smith) Row and two brothers, Donald

and Robert Row. He leaves a son, Robert G. Row and his wife Diane Row of Hudson, Mass.; three daughters, Elizabeth "Dee" Moyer of Alton, Nancy and her husband Robert Regan of Alton, Barbara and her husband Peter Hopper of Wolfeboro; a sister, Margaret Wright of Riverview, Fla.; 10 grandchildren and 14 great grandchildren. Visiting hours will be 4-7 p.m. on Thursday, Feb. 7, at the Baker-Gagne Funeral Home, 85 Mill St., Wolfeboro. A "celebration of life" service will be held at 10 a.m. on Friday, Feb. 8, at the First Congregational Church of Ossipee, 50 Route 16B, Center Ossipee. The service will be followed by a luncheon at the church. Burial will be at a later date at Lakeview Cemetery, Wolfeboro. Donations in his memory may be made to Central NH VNA and Hospice, PO Box 1620, Wolfeboro, NH 03894; Life Ministries Food Pantry, PO Box 476, Wolfeboro Falls, NH 03896 or the Mexico Primitive Cemetery Association, c/o Nancy Weber, 795 Tubbs Road, Mexico, NY 13114. Please share your messages, stories, or leave a short note and sign an online guest book at www.baker-gagnefuneralhomes.com.

Wright Museum to
'remember' in 2019

WOLFEBORO — With 2019 representing its 25th year in operation, the Wright Museum in Wolfeboro has plans to enhance its Remembrance Garden later this year. Surrounded by memorial bricks that honor those who served in the military in any time period, the garden is "a perfect place for reflection," according to Executive Director Mike Culver. "The Remembrance Garden is a great place for people to reflect on the sacrifices and contributions made by those who served our nation," he said. "In 2019, we will formally dedicate this space and hope to expand it with the addition of more plantings and a state, national and MIA flag." In 2018, Meredith Village Savings Bank provided funding to plant a variety of plants and flowers to beautify the space, which faces Center Street. Commemorating those who served in the military, memorial bricks serve as backdrop for the garden. "Memorial bricks also adorn our main entrance, but the garden provides a place for people to sit and have some private moments to themselves," added Culver. "It is an emotional space for many, a place where we invite the community to gather. It is a community space." In addition to Meredith Village Savings Bank, the museum received financial support in 2018 from Northeast Delta Dental with initial construction of the garden funded by former Wright Museum Board of Director John Warner. "We are so grateful for past support and hope to secure more support to complete the Remembrance Garden in time for our dedication ceremony in August," he said. "With 25 years now behind us, it is now time to look at the next 25 and continue to find ways to invite the community into The Wright." The region's leading resource for educators and learners of all ages on World War II, the Wright Museum features more than 14,000 items in its collection that are representative of both the home front and battle field. To learn more about the Remembrance Garden, or Buy a Brick program, visit www.wrightmuseum.org.

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ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10:am & 7pm; Tues-Thurs 9am; 875-6161.

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Adult and Teen Bible Study 11:15 am.
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Rev. Dr. Samuel J. Hollis. 875-5561.
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Healthcare groups announce intention to combine systems

REGION — Dartmouth-Hitchcock Health (D-HH) and GraniteOne Health (GOH) announced that they have signed a letter of intent (LOI) to combine their two organizations to better serve the healthcare needs of New Hampshire residents and communities. The combined non-profit healthcare system, Dartmouth-Hitchcock Health GraniteOne, will build on years of successful community engagement and clinical collaboration in order to meet the growing demand for seamlessly integrated primary, specialty, ambulatory and inpatient care, offering patients a high-quality, lower-cost, New Hampshire-based alternative choice to out-of-state providers.

The non-binding LOI is the first step in a well-defined and lengthy process that involves further due diligence, opportunities for public input, negotiation of final terms, approval by each organization's board of trustees and the Bishop of Manchester, and review by federal and state regulators. As a combined system, Dartmouth-Hitchcock Health GraniteOne will seek to:

- Expand access to high-quality care for individuals and families throughout New Hampshire;
- Respond to growing demand for inpatient, specialty and sub-specialty services, particularly in southern New Hampshire;
- Extend and reinforce healthcare services in rural communities;
- Coordinate and strengthen efforts to address behavioral health and substance use disorder;
- Improve the health of populations suffering from chronic conditions such as diabetes, asthma, and obesity, leading to better long term health and lowering long term healthcare costs;
- Address social determinants of health such as nutrition and food security, access to preventative care, and educational opportunity.

"As the healthcare landscape continues to evolve, it is important for healthcare systems to evaluate how we can best serve our patients and communities, and prepare for the future so we can continue to provide the high level of care that people expect," said Joanne M. Conroy, MD, CEO and President of Dartmouth-Hitchcock Health. "By combining these two top healthcare organizations, we would create a patient-focused, unique and unparalleled option for New Hampshire that is responsive to community needs and patients' desire for cost-effective, high-quality care."

"For 15 years, our two organizations have worked closely together to improve the lives and health of our patients and their families," said Joseph Pepe, MD, CEO of GraniteOne Health. "We have complementary visions for what health-

care in New Hampshire could be. Combining systems would allow us to advance that vision, expanding access to primary and specialty care for all New Hampshire residents, including vulnerable patients and communities."

The combined system will transform healthcare delivery in New Hampshire. Catholic Medical Center, one of the members of GraniteOne Health, will continue to adhere to its Catholic model of care while D-HH will continue to serve its patients as it does today in all its existing healthcare facilities. All organizations within the combined system (including Wolfeboro's Huggins Hospital) would also keep their current names, identities and local leadership.

"I am impressed with the deliberate discussions that have taken place thus far and I believe that this combined system would strengthen Catholic Medical Center's ability to care for the suffering and sick in our community, while at the same time maintaining the integrity of its Catholic identity," said the Most Reverend Peter Libasci, Bishop of Manchester. Bishop Libasci and the National Catholic Bioethics Center are actively engaged in this process. According to Dr. Pepe, their participation ensures that "CMC's Catholic identity will be preserved and our mission will be as strong as ever under the proposed combination."

"We respect and admire CMC's historical and unique role in the Greater Manchester community and its Catholic healthcare mission," said Dr. Conroy. "Healthcare is a deeply personal experience and it is important to assure all our patients that they will continue to receive the healthcare services they want and need, at the place and time they want them. We look forward to a thorough and thoughtful process informed by public input so we can create the kind of health care system that the people of New Hampshire deserve."

Dartmouth-Hitchcock Health is a non-profit, regional academic health system that provides primary and specialty care to patients

in New Hampshire and Vermont. Anchored by Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire's only academic medical center providing ambulatory and inpatient hospital services to the region's most acutely ill patients, D-HH is home to the Norris Cotton Cancer Center, one of 49 National Cancer Institute (NCI)-designated Comprehensive Cancer Centers in the country, and the Children's Hospital at Dartmouth-Hitchcock (CHaD), New Hampshire's only children's hospital. GraniteOne Health is a non-profit, community-based

healthcare system that offers coordinated care and access to specialists for patients across New Hampshire. It includes Catholic Medical Center (CMC) in Manchester, with its nationally renowned New England Heart and Vascular Institute, which has offered leading-edge heart and

vascular care at locations state-wide for more than 30 years, as well as Huggins Hospital in Wolfeboro and Monadnock Community Hospital in Peterborough.

More information and updates about this combination can be found at www.ForAHealthierNH.org.

Major step forward for Capital Campaign at New Hampshire Boat Museum

WOLFEBORO — Founded in 1992, the New Hampshire Boat Museum (NHBM) recently paid off the mortgage on four acres of waterfront property it purchased last year on Lake Winnepesaukee's Back Bay in Wolfeboro.

According to NHBM Executive Director Martha Cummings, this development is a major step forward in its Capital Campaign and builds off several fairly recent "unseen accomplishments."

"We completed the initial site survey work last year, which resulted in our plot plan," she said. "We then received a first 'Special Use Permit for Parking and Water Management' from the town this past September.

With these important steps now behind them, Cummings said the next phase in its Capital Campaign consists of raising additional money to construct "a beautiful 10,000-square-foot year-round, state-of-the-art museum facility."

"If enough funding is secured in the next six months, we would like to break ground in the fall of this year," she said.

The need for a larger, year-round facility, noted Kristin Isley, co-chair of the Capital Campaign and NHBM board vice president, reflects the museum's larger vision.

"We are more than a museum and bigger than boats," she said.

Cummings agreed and said the Capital Campaign is part of a Master Plan, which seeks to expand all capacities of the museum.

According to Operations Manager Evan Liotta, a new year-round facility is an integral part of this plan.

"A bigger exhibit hall would allow more of our collections to be on display for public viewing more often," he said. "We could also expand our educational programs, on-water programming and entertainment events."

In addition to the new facility, Cummings said another important aspect of their Capital Campaign is renovation of their current building for which funding has already been secured.

"It will be re-purposed as a boat building and restoration workshop center," she said. "We are thrilled to be able to replace the roof and add insulation to the building for this future use, but it will also have a great impact for this 2019 season."

Liotta said some of the more notable changes for 2019 will include expansion of current programs and events.

"Our antique boat auction will be bigger and better than ever this year, and our Lake Discovery Camp has been in such demand that we doubled it from one week to two weeks," he said. "We also hope our bi-annual race boat regatta draw a larger audience than any before."

In looking past 2019, Cummings said she is excited at the long-term future for NHBM, which she described as "a unique, experiential institution."

"We have some incredibly diverse programs that range from boat building for youth and families to boat restoration, sailing classes, wooden power boat cruises and more," she said. "This is a dynamic place."

Through hands-on programs and activities, she said the museum brings to life what is special about boating on the lakes and rivers of New Hampshire.

"The museum is a place where you can learn about the history and evolution of boating on New Hampshire's fresh water," she said. "You can see beautiful, old wooden boats, and take rides in our own vintage boat replica 1928 Hacker Craft, the Millie B."

These programs and experiences, she said, are for people of all ages.

"Boating attracts people for different reasons," she noted. "It could be for speed, peace, fish, nature, or for exercise and fun. The New Hampshire Boat Museum helps to not only peel back the layers of a lifestyle that is distinctly American, it provides people with opportunities to experience boating in unique and memorable ways."

Founded in 1992 by antique and classic boating enthusiasts, NHBM is committed to inspire people of all ages with an understanding of, and appreciation for, the boating heritage of New Hampshire's fresh waterways.

To learn more about NHBM, or its Capital Campaign, visit nhbm.org.



COURTESY PHOTO

THE CURRENT New Hampshire Boat Museum building will be undergoing renovations.



COURTESY PHOTO

THE LINES show the property where the New Hampshire Boat Museum will build its new facility.

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

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

NOTICE OF PUBLIC HEARING 2019 STATE OF NEW HAMPSHIRE

TO THE INHABITANTS OF THE GOVERNOR WENTWORTH REGIONAL SCHOOL DISTRICT IN THE TOWNS OF BROOKFIELD, EFFINGHAM, NEW DURHAM, OSSIPEE, TUFTONBORO, AND WOLFEBORO, IN THE COUNTIES OF CARROLL AND STRAFFORD, STATE OF NEW HAMPSHIRE, QUALIFIED TO VOTE UPON DISTRICT AFFAIRS:

You are hereby notified to meet at the following time and locations:

February 11, 2019 at 7:00 p.m. at the Crescent Lake School
February 12, 2019 at 6:00 p.m. at the Brookfield Town Office
February 18, 2019 at 6:00 p.m. at the Effingham Elementary School
February 19, 2019 at 6:00 p.m. at the New Durham Elementary School
February 20, 2019 at 6:00 p.m. at the Ossipee Central School
February 21, 2019 at 6:00 p.m. at the Tuftonboro Central School

You are hereby notified to meet as described above for the purpose of a public hearing on the Petition Warrant Article for a 2% tax cap.



BY MARK PATTERSON
Contributing Writer

Whether you are interviewing a potential new financial advisor or meeting with your current advisor, these five questions are key to determining if this advisor and their firm are working for you, or for the broker-dealer.

Question one: Does your advisor or firm have any “revenue-sharing” arrangements with any insurance or fund company? This is important because the advisor’s firm may be paid to promote certain fund families for the brokerage firm’s benefit, not yours. This arrangement is usually disclosed in the small print of a long and technical document.

Question two: Do you or your firm promote “proprietary products?” Again, proprietary products are products created by the broker dealer that may pay more to the broker if sold by them. These products may not be as transparent to you, the client, as they should be.

Question three: Who holds custody of my money? This is a question you would want to ask an investment

Mark on the Markets

Five questions for your financial advisor

advisor representative of an RIA (Registered Investment Advisor) firm. TD Ameritrade, Charles Schwab and Fidelity are popular custodians for registered investment advisory firms. The investment advisory firm should only have limited power of attorney for them to direct your money into proper investment allocations and to extract their fee from your account. Shortly after opening an account at one of these custodians, you should receive a letter from the custodian acknowledging your account.

Question four: Ask the broker or advisor about their background, education and experience pertaining to financial planning, asset management or retirement planning. There is a significant difference between passing a securities exam that allows someone to sell securities versus working in an environment that demands continued education and encourages personal growth and knowledge regarding financial planning or asset management.

Question five: Are you a fiduciary? A fiduciary works for you, the client, and is obligated to do what is in the best interest of the client, not themselves

or their broker dealer. The tricky part about being a fiduciary is that an advisor may have the license to act in a fiduciary manner, but that does not mean that they do so.

There was legislation that was set to go in effect on April 10 of 2017, that apparently will not happen. This legislation would have

required that any advisor, broker or insurance agent working with retirement money would have to act in the client’s best interest. Advisors like myself are obligated to act as a fiduciary by law. So, you can probably imagine that it is my opinion as well as other investment advisors that

the brokers at the broker-dealers and banks and insurance agents should view their jobs as advisors and not salespeople and they should be held to the much higher standard of a fiduciary, not just a suitability standard that they are held to presently.

I realize I’ve already listed five questions

for you, however I will give you a bonus sixth question to ask: How and how much are you compensated for your services?

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

NOTES FROM WINDY HOLLOW

A rainbow in the new year

BY VIVIAN LEE DION
Contributing Writer

On New Year’s Day my husband, Ray, and I were heading south on I81 from Scranton, Penn. This highway ascends through the mountains with views of cities in the valley below. Then there are more panoramic views on the outer limits. While traveling, I enjoy looking at a city stretching as far as my eyes can see. That’s when I see the vibrant colors of a huge rainbow. I wasn’t driving, and just kept looking at the various colors of the rainbow. I don’t know the statistics, but seeing a rainbow in winter seems quite rare. How appropriate that happened on New Year’s Day, a time of

hope for things to come in the New Year.

Dr. Brent Nelson of Salt Lake City, Utah commented on his feelings when he sees a rainbow, “The first thing I feel when I see a rainbow is delight. They are so beautiful, and one doesn’t get to see them every day. Next, I feel gratitude. I’m grateful that I see it, and I’m grateful because the natural world is so beautiful so often. Then I feel a little frisson between knowing that the physics of rainbows are completely understood, no mysteries are involved, and yet they are so beautiful and surprising when they happen.”

My reaction in seeing the rainbow is one of warmth. I feel like a cat is curled up my lap softly purring. Most of all I feel love for my husband, Ray, as I recall our health struggles of the past year. How fortunate we are to enjoy

this special moment together. I couldn’t reach out and hold his hand, so I gently whispered, “I love you.” Such a simple declaration. For me, the rainbow evokes feelings of contentment and love.

Years ago, as a young mother I remember the Crayola crayons like the many colors of the rainbow. My four-year-old son was coloring an ice cream cone with a gigantic scoop of yellow ice cream on top. It didn’t matter that four-year-old Scott colored outside the lines. What mattered is that he had an imagination and desire to color something for mommy. The masterpiece with the many squiggles and lines like a rainbow is forever tucked between the pages of his baby book.

My friend Deb tells her story of seeing a rainbow. She said, “You know Viv this precious moment happened to me, too. “Dick and I just celebrated an

evening of dining and memories of our courtship and wedding. We were walking to our car and beautiful rainbow was in the sky following afternoon of rain. We didn’t talk about the gold at the end of the rainbow, because we realized how lucky we were to see the gift of a rainbow on our wedding anniversary. It was the icing on the cake after a delicious dinner.”

I’ll finish with a story about poet and writer known as Saiber. A reporter asks, “When did you first fall in love.” She replies, “I think I first fell in love when I was in fifth grade with this boy who kept his glass ruler in the sunlight and made rainbows on my desk with it.”

Seeing a rainbow will certainly brighten your day, too.

Vivian Lee Dion of New Durham is a writer and speaker.

Dean’s List honors for Allard at Siena


LOUDONVILLE, N.Y. — Samuel Allard has been named to the Siena College Dean's List for the Fall 2018 semester. Allard is from New Durham.

To be named to the Dean's List, a student's grade point average for the semester must be between 3.5 and 3.89.

Founded in 1937, Sie-

na College is a private, Catholic Franciscan, residential, liberal arts college with a student body of about 3,000. Siena College offers 36 degree programs, 80+ minors and certificate programs, and professional curricula in teacher preparation/education, pre-medical, pre-law and social

work. A student-to-faculty ratio of 12-to-1, average class size of 21, rigorous academics, Division I athletics, intramural sports and widespread service and advocacy experiences nurture each student's personal growth while providing the education of a lifetime.




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Valentine snowshoe tracking for families is Feb. 16

MILTON — On Saturday, Feb. 16, Moose Mountains Regional Greenways (MMRG) and Branch Hill Farm/Carl Siemon Family Charitable Trust will jointly offer a kids' snowshoe walk as part of MMRG's program of nature-oriented activities for families called 'MOOSE-ies for Families'. The 'Valentine Snowshoe Tracking' activity, led by NH Coverts Project volunteers Emily Lord and Tom Gardner, will take place at Branch Hill Farm in Milton Mills.

Lord and Gardner have been active participants in developing MMRG's 'MOOSE-ies for Families' program and led the first family snowshoe event last winter. Lord is Digital Outreach manager at the Society for the Protection of NH Forests and a member of MMRG's Board of Directors. In addition to serving as Pastor at Middleton Gospel Chapel, Gardner teaches the Middleton Nature Club after-school program.

Last year, kids went sledding, tried out walking in snowshoes, listened for bird songs at the edge of the woods and crowded around the leaders as they pointed out signs of wildlife along a snowy trail leading down to the river. Anticipating the upcoming event, Gardner says, "This family snowshoe walk is a chance to introduce kids to

the animals that share our community and to show them how to read the signs and stories that wildlife leave behind." Lord adds, "The first MOOSE-ies for Families snowshoe tracking event was so much fun, we're really looking forward to this one."

The event is planned for 10 – 11:30 a.m. and is appropriate for children of all ages with their families. Although 'MOOSE-ies for Families' activities are conceived as a membership benefit for MMRG member families, this Valentine snowshoe tracking event is free and open to all as a way to encourage new families to come try it out. Pre-registration is required. Kids-sized snowshoes from the Tuftonboro Public Library will be available as well as a few loaner snowshoes for adults. For more information, directions, and to pre-register, call MMRG's Education Coordinator Kari Lygren at 978-7125 or e-mail info@mmrg.info.

'MOOSE-ies for Families' stands for Members Only Outdoor and Social Events for Families and the entire 'MOOSE-ies for Families' program is free for MMRG members. It is designed to create opportunities for families to have fun together outdoors while learning about nature, in order to foster future generations of conservationists. Interested families may

become MMRG members with a minimum membership donation of \$25 per household per year. Families may also inquire about available scholarships by calling MMRG Executive Director Patti Connaughton-Burns at 473-2020. The program of 2019 events is: 'Following a Stream' on April 13, 'Rail Trail Discovery Walk' on June 8, the 16th annual Woods, Water & Wild-

life Festival on Aug. 10, 'Family New Moon Walk' on Sept. 22, 'Bonfire, Music Games and Stories' on Oct. 25, and 'Wreaths, Sprays and More' on Dec. 1 (some dates may be subject to change).

MMRG, a non-profit land trust, works to conserve and connect important water resources, farm and forest lands, wildlife habitats, and recreational land in Brook-

field, Farmington, Middleton, Milton, New Durham, Wakefield and Wolfeboro. Throughout the year, MMRG offers educational opportunities to inform all ages about the benefits of the region's natural resources. For more information and a calendar of upcoming events, visit www.mmrg.info. Branch Hill Farm/the Carl Siemon Family Charitable Trust works

to protect open space and working forests and to educate the public about sound forestry, conservation and agricultural practices; see www.branchhill-farm.org. The NH Coverts Project with UNH Cooperative Extension trains volunteers in wildlife conservation, forest stewardship, and effective outreach; see extension.unh.edu/programs/nh-coverts-project.

Raffle winner announced at art gallery

TILTON — Alexandra Seigny won the month of December raffle painting donated by Mary Belez at the Lakes Region Art Association (LRAA) Art Gallery. Belez is a watercolorist and a member of the Lakes Region's art gallery at the Tanger Outlet. The painting was titled "Winter Wonderland." Seigny was thrilled to win the painting as she is a freelance artist herself and appreciates the arts. She is currently enrolled in New England College in Henniker, majoring in fine arts and creative writing. She has illustrated a book, which will be coming out soon. She is a frequent visitor to the gallery and wants someday to be a member.

Belez does nature watercolors and had many Christmas paintings on exhibit this year. Her water colors focus is on the joyful aspects of nature. She has playful foxes, snowmen



COURTESY PHOTO
ALEXANDRA SEVIGNY (left) is shown receiving the raffle painting she won. The painting was done by Mary Belez, a member of the Lakes Region's Art Gallery.

and outdoors winter scenes.

For the month of January, the gallery is featuring Kathy Rice's watercolor painting "Quiet Moments" as the raffle of the month. It can be seen in the gallery and her work can be seen in the window. Rice is a new artist in the gallery and uses a variety of mediums such as watercolor, printmaking and oil paint. She paints nature scenes or objects from nature.

The raffle is free. Sign up when you visit the gallery. The raffle is offered for a month.

The LRAA Art Gallery is located in Tilton at the Tanger Outlets (across for the Chocolate Factory) and is open Thursday through Sunday from 10 a.m. to 6 p.m. Lakes Region Art Association is a non-profit organization dedicated to expanding art education and appreciation in the Lake Region. Art classes are offered at the gallery.

HATCHERY

(continued from Page A1)

not guaranteed, but the bill has a local champion and the interest of some key decision makers.

The official description of HB516-FN says it is "relative to funding for pollution control equipment at the Powder Mill fish hatchery through the purchase of a trout/salmon stamp." The bill was introduced on Jan. 3. It is pending at the moment per discussions with Fish and Game and Marine Resources. The bill is expected to be out of committee on Feb. 21.

Generated revenue would be dedicated to fund upgrades to the Powder Mill Fish Hatchery, which is operated by the state's Fish and Game Department. This facility is the largest provider of freshwater fish in the state. One official said that it supplied close to 274,000 trout to the state's rivers, lakes, and ponds. Powder Mill also introduces about 91,000 salmon into regional waterways.

This is a boon to anglers statewide, but, according to local officials, it might be at a local cost to the quality of water and the quality of life for folks in the Merrymeeting watershed.

In recent years, the toxicity of sections of the Merrymeeting watershed has increased. For example, there were postings along Downings Pond, alerting people not to swim there. (During

a 2016 selectmen's meeting, several residents raised alarms; one woman noted that she broke out in a red rash after coming in contact with the water in Downings Pond).

The culprit in the matter is a microbe known as cyanobacteria, which thrives in phosphorus-rich aquatic environments. This blue-green toxin can cause topical disturbances such as rashes - and there is growing evidence that cyano exposure can lead to cerebral damage.

Cyanobacteria research conducted by local volunteers and officials from UNH found that phosphorus levels are highest near the hatchery. Closer to Merrymeeting Lake, which is upstream from the facility, the levels are much lower.

Multiple warnings about water quality caught the attention of residents and officials - local and statewide officials alike.

"It's gross," said one woman back at a 2016 public hearing.

"The fact that there were multiple postings caught our attention," said Department of Environmental Services official Ted Diers in a phone interview.

Subsequent public hearings have noted that Fish and Game has been diligent in maintaining and monitoring approved best-practices in running the facility.



MARK FOYNES

POWDER MILL FISH HATCHERY in New Durham.

That said, there is evidence that in spite of the agency's attention to detail in vacuuming up fish waste, affluence is still floating down river.

Agencies including the DES and even the EPA believe that the hatchery's operations are degrading downstream water quality. Below the hatchery is a meandering river that flows through wetlands and eventually into Alton Bay where it joins into Lake Winnepesaukee.

This means that what happens at the hatchery might have impacts far beyond its relatively small operational area.

Just downstream from the hatchery is Downings Pond - an area on the Merrymeeting River where it pools before proceeding onward towards its terminus in Alton Bay. Cyanobacteria blooms have become routine. It turns the water a greenish-blue. Contact with the bacteria has discernable health

hazards ranging from skin illness to brain damage.

Consequently, docks have been lifted out of the water. Waterside residents are looking to sell their homes. No one wants water from Downings Pond to touch them.

As noted, the water quality postings have caught the attention from lawmakers and environmental organizations. Aside from the bill in Concord, the recent water quality concerns have triggered legal action. There is also a pending lawsuit against the Fish and Game hatchery that was initiated by local residents through the offices of the Conservation Law Foundation.

Harrington, the bill's sponsor who represents New Durham and Strafford, is an advocate for clean water and is a fisherman himself.

"I like to get out and reel in a trout - but I believe in having a sustainable system." In a phone

interview he added, "A key to this approach is having those who benefit from the resource help support the actual cost of what it takes to provide it." He lauded F&G efforts to do its due diligence, but noted that standards should be upgraded. Harrington said that F&G can't make the rules, nor can it fund what DES and EPA are prescribing.

"They [F&G] want to be good stewards, and this bill can allow them to do that," Harrington said.

He added that the water quality of the Merrymeeting River is a "key concern" for him. The river wends through marshy areas, feeds into Downings Pond, and its waters eventually meander down toward the Big Lake where it finds its outlet in Alton Bay.

The matter is in consultation with the Fish and Game and Marine Resources, a subcommittee of the Legislature. An "analysis portion of the bill notes, "This bill requires the purchase of a trout/salmon stamp to take trout or salmon. The stamp revenue shall be used to fund the installation of pollution control equipment at the Powder Mill Fish Hatchery."

To summarize, Harrington's proposal would amend RSA 214 by inserting after section 1-g a new section.

It notes, "Any person who has purchased

an annual resident or non-resident fishing license pursuant to RSA 214:1 who wishes to take trout or salmon in the fresh waters of this state shall also purchase a trout/salmon stamp at a cost of \$5. The stamp shall be designed and approved by the executive director and shall be valid for one year from the date of purchase. The stamp shall only be valid when affixed or displayed on the fishing license."

The proposed legislation would "require the Fish and Game executive director to use all revenue from the sale of the "trout/salmon stamp to fund the installation of pollution control equipment at the Powder Mill fish hatchery in New Durham."

The bill also includes a "contingency," which notes, "Section 2 of this act shall be repealed on the date the executive director of the fish and game department certifies to the secretary of state and the director of the office of legislative services that the installation of the pollution control equipment required in section 1 of this act has been completed."

In the next issue we hope to insert some addition perspectives into this story. Local voices. Statewide angles. We've talked with several folks already and hope to follow up with some more in depth information going forward.

How too much television can be a dangerous thing

In recent times, I've been watching way too much TV. Sure, there are the usual daily chores, and writing, and mail to take care of, some from the mailbox across the road, but these days most of it over the Information Highway.

With too much TV, you begin noticing certain things. The volume on commercials, for instance. Years back, the Not-Just-Urban Legend goes, the FCC is supposed to have addressed this by adopting and enforcing a rule that a TV commer-

NORTH COUNTRY NOTEBOOK
By JOHN HARRIGAN



cial could be no louder than its surrounding fare. Thus, if you were watching Oliver and Hardy get into another fine mess, the ensuing commercial for, say, Rice Krispies, could be no louder.

Quite obviously, the FCC moguls haven't been watching very much TV lately. When a commercial comes on, a body wants to reach for the

Vouchers for Veterans program fundraiser is Feb. 8

BARNSTEAD — The Barnstead Farmers' Market would like to welcome the Vouchers for Veterans program to Belknap County. The BACFM is committed to raising awareness and funds to continue the program and spread it across New Hampshire. Vouchers for Veterans funds vouchers that veterans use to buy meat and produce directly from growers at local farmers' markets. This year, they are pleased to announce, the Barnstead Farmers' Market will be offering this program in the month of September for Belknap County veterans. Every week in the month of September, veterans will receive \$20 a week in vouchers to shop at the farmers' market.

On Feb. 8, the Alton American Legion family Post 72, the Barnstead Farmers' Market and the Aches and Pains Classic Rock Band will be hosting the Vouchers for Veterans fundraiser and open mic jam from 7 to 11 p.m. The event is located at American

Legion, Route 28, Alton (875-3461). The American Legion will be serving dinner from 5 to 8 p.m., menu and dinner prices will be listed at www.facebook.com/american-legionpost72. This event hopes to raise money to support the Belknap County Vouchers for Veterans Program partnering with the BACFM. There will be a gift basket and 50/50 raffle. To donate or contribute to this cause, please e-mail Lori Mahar, President of BACFM at lorimahar@tds.net or call 269-2329.

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

For more information on Vouchers for Veterans, visit vouchersforveterans.org/. Donations can be sent to P.O. Box 42, Rochester, NH 03866-0042.



The astronomy gurus tell us we're gaining about two and a half minutes a day now. All we know is that come the Summer Solstice, the setting sun will be far to the right, over Lower Quebec.

earplugs.

+++++

Meanwhile, when no one was looking, the line of demarcation between commercials vanished, "went missing" in the lexicon of people who are so anxious to adopt anything sounding British, which magically makes it sound smart and superior (I know, I know, "Get off your soapbox, Harrigan").

However, as one word-watcher noted, "gone missing" is not quite the same as "gone fishing," the difference being intent. Many people might elect to go fishing, but most people wouldn't intentionally go missing. This is why, during my days as an editor, I always struck the phrase out, unless the reporter was around to defend herself.

For some reason, perhaps because of something I gleaned from some

book years ago, I think of "gone missing" as an Australia-New Zealand term, more or less akin to "gone for a walkabout."

+++++

Getting at the derivation of a word is both work and fun for me, almost the epitome of a non-consumptive sport, as my anti-hunting friends would say.

I try not to let anyone get away with this righteous "non-consumptive" business. Non-hunters are often quick to use it. But even the keep-to-the-path hiker who kills nothing, takes nothing but pictures, and brings home nothing but trash is a consumer of myriad things, for which something, somewhere, paid the ultimate price - steel, gas, bread, the human cost of the microchip in camera and car.

Neither do I let people get away with the word "harvest" when they

mean "kill," as in "She harvested her first deer, a fat spikehorn." No, she didn't, she took it, got it, shot it, killed it, anything but "harvest."

It is a weasel-word in the extreme, with apologies to the weasels.

+++++

The telephone call was interesting, to say the least. A young male voice called me "Grandpa" - okay so far, although the voice wasn't quite right - but then said he'd been injured in an accident.

Already on alert, because I knew what was coming, I listened to the pitch. Nope, he wasn't my grandson, and yup, he needed money, for bail to get out of jail and airfare home. "You guys are sleazebag crooks," I said, and hung up.

Every other month, it seems, one North Country police report or another contains a warning about yet another form

of scam. So and so is marooned in Southeast Asia and needs airfare home. Someone wants to pave your driveway for a ridiculously low price. Or fix a roof that doesn't need fixing.

Many of these scams are aimed squarely at the elderly, who make up an overly large percentage of northern New England's population. Too many of our old folks have lost their life's savings.

Children and grandchildren, warn your elders about these cruel hoaxes. Grandfathers and grandmothers, listen to the children.

This column runs in newspapers from Concord to Quebec and parts of Maine and Vermont. Catch us on Facebook. Letters must include phone numbers in case of questions and are welcome at campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.

Witham is featured artist at LRAA gallery

TILTON — The 'featured artist' for February at the Lakes Region Art Association Marlene Witham selected as 'Featured Artist' for February exhibit at LRAA Gallery.

The title of her exhibit is: 'A Retrospective.' As a former art teacher, Witham is a very accomplished artist who has worked in a wide variety of mediums. They include oils, watercolors, acrylics, pastels, print making and mixed media. "I enjoy both still life and landscapes. Landscapes capture a moment in time and offer me a chance to explore nature's beautiful colors.



COURTESY PHOTO
FORMER art teacher and member of the Lakes Region Art Association Marlene Witham selected as 'Featured Artist' for February exhibit at LRAA Gallery.

And still life is nostalgic for me. I usually use sub-

jects that evoke memories of a special time, an event or a beloved person," she explained.

A reception will be held at the LRAA Gallery, Thursday Feb. 7, 6:30-8:30 p.m. It is open free to the public and includes light refreshments. The LRAA Gallery is open Thursday to Sunday, 10 a.m.-6 p.m. and exhibits the works of more than 50 member artists representing a wide variety of mediums. Low cost classes are available in pastel watercolor and drawing for both accomplished artists and beginners. To sign-up for courses, registration forms are at the gallery.

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WHAT'S ON TAP

There's a full slate of games on the docket for the local high school teams.

The Kingswood and Prospect Mountain indoor track athletes who qualified will be competing in the Division II State Meet at Dartmouth College at 3:30 p.m. on Sunday, Feb. 30.

The Prospect Mountain and Kingswood alpine ski teams will be at Gunstock at 9:30 a.m. on Friday, Feb. 1.

The Prospect Mountain girls' basketball team will be hosting Monadnock today, Jan. 31, at 6 p.m., and will be at St. Thomas at 6:30 p.m. on Tuesday, Feb. 5.

The Timber Wolf hoop boys will be at Monadnock for a 6:30 p.m. game today, Jan. 31, and will be hosting St. Thomas at 6 p.m. on Tuesday, Feb. 5.

The unified Timber Wolves will be hosting Dover at 4 p.m. on Friday, Feb. 1, and will be hosting Gilford at 3:30 p.m. on Monday, Feb. 4.

At Kingswood, the hoop girls will be hosting Oyster River at 6 p.m. on Friday, Feb. 1, and will be at Kennett for a 5 p.m. game on Tuesday, Feb. 5.

The Kingswood boys' basketball team will be at Oyster River at 7 p.m. on Friday, Feb. 1, will be at Manchester West on Monday, Feb. 4, at 6:30 p.m. and will be at Kennett at 6:30 p.m. on Tuesday, Feb. 5.

The Knight hockey boys will be hosting Somersworth-Coe-Brown on Saturday, Feb. 2, at 7 p.m.

The Kingswood girls' hockey team will be hosting Keene at 2:10 p.m. on Sunday, Feb. 3.

The Nordic Knights will be competing on Tuesday, Feb. 5, hosting a meet at Abenaki at 2 p.m.

The Knight unified hoop team will be hosting Portsmouth at 4 p.m. on Wednesday, Feb. 6.

Big third quarter pushes PMHS past Newfound

BY JOSHUA SPAULDING
Sports Editor

BRISTOL — The Newfound and Prospect Mountain hoop boys played a fairly even first half on Tuesday, Jan. 22.

However, the Timber Wolves put together a monster third quarter and pulled away for a 70-46 win.

"Right mentality coming in," said Prospect Mountain coach Joe Faragher. "Closest thing to a full game we've seen all year. But got a lot of work to do still."

"We had a great first half," said Newfound coach Jesse Mitchell. "In the second half, we allowed different calls and plays to dictate the way we played and it took us out of the game."

"We fought hard the entire game but simple mistakes and turnovers allowed them get the lead and keep it," Mitchell added.

The two teams were

separated by just four points at halftime, with Prospect holding on to the 35-31 lead.

However, the Timber Wolves came out with a 21-5 third quarter to pull ahead 56-36 heading to the final quarter.

Keegan Unzen led Prospect Mountain with 22 points on the night and Brandon Stellon added 16 points for the Timber Wolves. Mason Dalphonse led the way for the Bears with 17 points and six rebounds.

Newfound will be at Mascoma on Friday, Feb. 1, at 6:30 p.m. and will be at Berlin for a 6:30 p.m. game on Tuesday, Feb. 5.

Prospect Mountain will be at Monadnock today, Jan. 31 at 6:30 p.m. and will be hosting St. Thomas at 6 p.m. on Tuesday, Feb. 5.

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



RC GREENWOOD

CUTLAS GREELEY puts up a shot during his team's win in Bristol last week.

Bears withstand late Timber Wolf rally

BY JOSHUA SPAULDING
Sports Editor

ALTON — When Prospect Mountain High School opened more than a decade ago, Kammi Williams was the school's first athletic director.

On Tuesday, Jan. 22, she returned to the school for the first time as a varsity coach and her Newfound girls' hoop team got quite a scare from the host Timber Wolves.

However, despite multiple chances down the stretch, the Timber Wolves were unable to take the lead away from the Bears and Newfound left town with a 41-40 win after taking a 14-point lead to the halftime break.

"That was a horrible second half for us," said Williams. "They (PMHS) played well in the second half and hit a lot of big shots and had a chance to win it."

"We had a bad first



JOSHUA SPAULDING

NEWFOUND'S Ashlee Dukette and Prospect's Ava Misiaszek go up for a rebound in action last week.

half," said Prospect coach Rick Burley. "At the half we came out



JOSHUA SPAULDING

SAM WEIR gets off a shot during action against Newfound last week.

fellow senior Madi Dalphonse hit back-to-back three-pointers to start the scoring.

After Mackenzie Burke got Prospect on the board in the paint, Bailey Fairbank hit Newfound's third three-pointer of the quarter for the 9-2 lead. Sam Weir hit two free throws for the Timber Wolves, cutting the lead to 9-4 but Huckins got Newfound's

first field goal inside the arc to push the lead to 11-4.

After a free throw from Burke, Huckins hit another hoop in close and then Dukette drained another three-pointer to stretch the lead to 16-5.

Burke and Weir closed out the first quarter with hoops for the Timber Wolves, cutting the lead to 16-9 after the first eight minutes.

Weir hit the first basket of the second quarter to get the Timber Wolves within five but the Bears responded by scoring the next 12 points.

Huckins started the run with three free throws and a bucket and then Mackenzie Bohlmann drained a hoop for the Bears. Fairbank followed with a basket and then Huckins sunk another free throw and Tiffany Doan hit a hoop, opening up Newfound's lead to 28-11.

SEE HOOPS, PAGE B4

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Revolution United expanding northward

Soccer club launches Wolfeboro-based Revolution United Knights

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Revolution United soccer program has helped to grow soccer in the communities of Alton and Barnstead over the last few years and founder Cory Halvorsen is hopeful that the club can do the same thing in the Wolfeboro area.

The Revolution United, which serves as a feeder program to the Prospect Mountain High School soccer teams, has attracted kids from the Wolfeboro area over the years, but now the club will be spinning off into a satellite club, with the Revolution United Knights starting play this coming spring.

Dr. Erik Nelson, who took over as the head coach for the Kingswood boys' team last fall, will be the Director of Coaching for the club.

"As the varsity coach, he'll oversee the entire program, which will eventually be U10 to U18, like we have here," Halvorsen said.

"When I took over (at Kingswood), one of the things we needed was an affordable, low-cost, high-quality feeder program for club soccer," Nelson said. "High school soccer is only three months a year."

"In order for the program to be sustainable at the high school level, you have to have club soccer available," he continued. "It's a natural partnership with the Revolution United."

Nelson noted that the model works for the PMHS programs, which have seen success over the years and he's hopeful that the same will happen for the Kingswood programs, which have struggled to find a solid footing in a competitive Division II field.

"Bringing the Revolution to Wolfeboro helps Kingswood's program as a whole," Nelson said. "Some of our kids have already been part of it so it's familiar."

Halvorsen pointed out that having the kids play together at a younger age in Alton and Barnstead prepares them well for when they get to high school and he's hoping that doing the same in the Governor Wentworth Regional School District will show benefits for Kingswood.

Games will be held at Kingswood, which both coaches hope will lead to excitement amongst the younger kids as they get a chance to play on the "big" field.

"Our sport didn't really have a feeder pro-

gram," Nelson said.

"In the eight years now, just to see the players coming in, they know each other, they've been playing together for four or five years," Halvorsen noted.

"It's so key to have team chemistry," Nelson added. "It doesn't do any good to have players pulled apart to different programs."

"It's a great thing to have kids playing together for years on end, from kindergarten to their senior year," Nelson continued.

And having been involved in organized soccer for many years, Halvorsen is aware that the price of club soccer is often very high and can leave some players out of the loop.

So, the Revolution United have strived to keep costs down while still maintaining competitive teams all year long.

"We're community driven," he said. "We want to give opportunities to kids without pricing them out of it."



JOSHUA SPAULDING

ERIK NELSON (left) will be Director of Coaching for the Revolution United Knights, which starts play this spring. Revolution United Director Cory Halvorsen (right) is launching the satellite club as a feeder for Kingswood soccer.

There's good players out there."

Both coaches agree that the pay to play model has gotten expensive and their goal is to keep soccer within everyone's reach.

The Revolution United Knights will start play in the spring and registration is open now for anyone in the Governor Wentworth Regional School District who is interested. More information can be found at revsunitied.com.

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

Nordic Knights compete in Plainfield

BY JOSHUA SPAULDING
Sports Editor

PLAINFIELD — The Kingswood Nordic team competed in a unique race at the Plainfield School on Tuesday, Jan. 22.

All racers, including the high school girls and boys and then middle school boys and girls, competed in a 3K initial race with scoring by place only. These places determined spots in lanes for

a one-kilometer sprint.

The top half of the finishers in that sprint moved on to the second round and then the top half moved on to the final round.

Sarah Peternel had a nice day, finishing with the win in all four races. Sarah Bellefleur qualified her way to the final round and came in fifth overall. Allison Bean was in the top half of the first sprint but did not move past the

second round.

For the boys, Axel Plache qualified through to the finals and finished seventh overall.

The middle school racers did the 3K and then one one-kilometer sprint, with Abbey Fleming finishing in third place overall.

In the 3K race, Sarah Carpenter was 18th, Elizabeth Morrison was 19th, Rosemary Carpenter was 20th,

Caitlin Carpenter was 27th, Ashley Diamond was 29th and Sami Hotchkiss was 30th.

For the boys in the 3K race, David Sandoval was 17th, Tim Huckman was 19th and Robbie Hotchkiss was 23rd behind Plache's top 10 finish.

Aidan Thompson finished 10th in the middle school 3K race.

The Knights returned to their skis on Saturday, Jan. 26, for the first New Hampshire Nordic Coaches Series at Holderness School (see separate story).

The Knights are scheduled to be in action on Tuesday, Feb. 5, for the team's lone home meet at Abenaki Ski Area at 2 p.m.

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



COURTESY PHOTO

Curlers in the cold

Members of Lakes Region Curling take the wintry weather in stride as they compete in the organization's fourth year bringing the Olympic sport to the region. For its Winter 2019 league, the LRCA is hosting 10 teams and almost 50 players for its Sunday evening matches at Pop Whalen Ice Arena in Wolfeboro. On Tuesday, Feb. 26, as part of the Wolfeboro Parks and Recreation Department's Winter Carnival, the LRCA will host a free learn-to-curl session for the public from 1:30 to 4:30 p.m. at Pop Whalen. Information about the LRCA and its activities is available at lakescurlingnh.org.

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Knight girls win giant slalom at King Pine

BY JOSHUA SPAULDING
Sports Editor

MADISON — The Kingswood alpine girls used some solid team skiing and a little bit of help from Mother Nature to claim the top spot in the giant slalom at a five-school race at King Pine on Friday, Jan. 22.

The Knight girls placed all four scorers inside the top 11 to claim the victory over Oyster River by eight points. The team was helped out by the fact that a delayed opening at Kennett kept the majority of the Eagles from competing in the morning giant slalom.

Jillian Luby led the Knight effort in the giant slalom with a time of 1:02.81, which placed her fifth overall.

Tayghen Gelinas was next for Kingswood, finishing in sixth place in a time of 1:04.24 and Kristy Meyer was the third Knight scorer, crossing in a time of 1:05.7 for ninth place overall.

Allison Bean, returning to action after an injury, finished out the scoring for Kingswood with an 11th place finish in a time of 1:06.24.

Rachael Paraskos was 13th in 1:07.58, Sami Hotchkiss finished in 1:07.64 for 14th place, Hannah Crane was 16th in 1:08.56, Alyssa Dow as 23rd in 1:14.45 and Carolyn Day was 28th in 1:18.42.

The Knight girls were third in the afternoon slalom behind Kennett and Oyster River.

Luby again led the way, finishing in sixth place in a time of 1:11.48.

Hotchkiss was eighth overall in 1:14.07 and Gelinas was the third scorer for the Knights, finishing



KRISTY MEYER races in the giant slalom at King Pine last Friday.



LOU ARINELLO takes a giant slalom gate on Friday at King Pine.

with a combined time of 1:15.44 for 10th place overall. Meyer rounded out the scoring with a time of 1:16.16 for 11th place. Bean skied to 26th in 1:38.73, Day was 29th in 1:41.15, Dow as 30th



ALLISON BEAN returned to action for Friday's race at King Pine.

in 1:42.64 and Crane placed 37th in a time of 2:07.93.

The Knight boys finished just five points behind Oyster River in the morning giant slalom.

James Donovan led the way for Kingswood, finishing in seventh place in a time of 1:02.03.

Calvin Kinville was next, placing ninth in 1:02.41 and Luke Shapiro was the third scorer with a time of 1:04.64 for 13th place.

Josh Shapiro finished up the scoring with his time of 1:05.43 for 14th place overall.

Lou Arinello was 16th in 1:06.06, Cormac Lennon skied to 18th in 1:08.05, Noah Shatzer was 19th in 1:08.29, Matt Gouthier finished in 20th in 1:08.42, Robert Hotchkiss placed 22nd in 1:09.09, Nick Lamie finished in 23rd in 1:09.18 and Jackson Walsh finished in 32nd in 1:21.05. Walsh led the way

for Kingswood in the slalom with a time of 1:09.15, which placed him eighth overall.

Josh Shapiro was ninth overall in a time of 1:11.52 and Luke Shapiro finished in 12th in 1:15.39.

Kinville closed out the scoring with a time of 1:17.48 for 14th place overall.

Donovan finished in 1:18.31 for 16th place, Arinello was 22nd in 1:21.37, Hotchkiss placed 29th in 1:28.53, Shatzer finished in 30th in 1:29.22, Lamie was 35th in 1:35.28 and Lennon finished in 1:47.48 for 40th place overall.

The Knights will be competing in the Winnepesaukee Alpine Race on Friday, Feb. 1, at Gunstock with a 9:30 a.m. scheduled start.

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

Kingswood to host Tom Lovett Football Jamboree

WOLFEBORO — The Kingswood football team's preseason jamboree has officially been named after former coach Tom Lovett.

This year's tournament will be taking place at Kingswood Regional High School in late August.

New coach Paul Landry hopes to have 16 teams divided among three different divisions, with four from Division II north, four from Division II south, four from Division III and four from Division IV. Each team will play four games, two on grass and two on turf, with each game lasting 25 minutes.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood hockey boys came off their win over Kennett the previous week by staying on the winning track.

After traveling to Rochester to take on Spaulding and getting a 6-3 win on Jan. 21, the Knights continued their winning ways on a trip to Exeter to take on Winnacunnet.

Against the Warriors, the Knights picked up a 3-1 win. Sam Danaïs picked up the first two goals of the game. Cole Emerson and Colby Clegg snagged the assists on the first goal and Cody Emerson got the assist on the second tally.

Logan McEvoy then added an empty net goal



SAM DANAIS had two goals for the Kingswood hockey boys in a win over Winnacunnet last week.

to close out the 3-1 win.

Joey Vetanze came through with 32 saves to earn the win in net for the Knights.

"We started off slow but ramped up the effort

level in the third," said coach Mike Potenza.

The Knights will be back in action on Saturday, Feb. 2, hosting Somersworth-Coe-Brown at 7 p.m. at the

Pop Whalen Arena.

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



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Knights rally but Spaulding unified snags win

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood unified hoop team made a valiant rally in the fourth quarter but the Knights were unable to pull even with Spaulding and dropped a 41-28 decision to the Raiders on Wednesday, Jan. 23.

Maria Correa and Joshua Peterson hit baskets to get the Knights the first four points of the game but the Raiders were able to answer with the next four points and the score was tied at four after one quarter.

The visitors started the second quarter with the first hoop but Correa came back and hit back-to-back baskets, the second coming off her own rebound, giving Kingswood an 8-6 lead.

However, Spaulding scored the next eight points to retake the lead, going up 14-8 before Peterson hit a hoop to close out the first half, cutting the lead to 14-10.

Brayden Gruszewski got the scoring started for Kingswood in the third quarter, cutting the lead to just two at 14-12 but the visitors answered with the next two baskets to go up by an 18-12 score.

After Correa hit another hoop to cut the lead to four, Spaulding came back and hit the final three baskets of the third quarter and took the 24-14 lead to the final eight minutes.

Alex Tessier caught fire for the Knights in the fourth quarter. After he put back a rebound to start the frame, the Raiders answered with a basket to put the lead back to 10.

However, Tessier then hit four baskets in a row, including one off a



JOSHUA SPAULDING
ALEX TESSIER fires up a shot amidst Spaulding pressure last week.



JOSHUA SPAULDING
MACKENZIE DORAN (right) helps Cynthia Verrill down the court in unified action last week.



JOSHUA SPAULDING
ANDREW CRAY looks toward the hoop in action against Spaulding.

rebound and the Knights were suddenly within two points at 26-24.

Spaulding came back with a hoop and a three-pointer to push

the lead to seven but the Knights weren't done yet, as Correa drilled a pair of baskets, the second coming off her own steal, cutting the lead to

31-28. The visitors closed out the scoring with five baskets in a row to finish out the 41-28 win.

Correa led the way for the Knights with 12 points on the night while Tessier added 10 points, all in the fourth quarter.

Kingswood is scheduled to be in action on Wednesday, Feb. 6, at home against Portsmouth at 4 p.m.

KRHS 4-6-4-14-28
SHS 4-10-10-17-41

Kingswood 28

Peterson 2-0-4, Correa 6-0-12, Gruszewski 1-0-2, Tessier 5-0-10, Totals 14-0-28

Spaulding 41

Morin 2-0-4, Hill 2-0-4, Gray 1-0-2, Drapeau 4-0-6, Vachon 3-0-6, Wagner 1-0-2, Stokes 7-0-15, Totals 20-0-41

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

Day of races at Abenaki Attack on July 6

WOLFEBORO — Bring the kids, bring the dogs and bring your friends, there's something for everyone at the Abenaki Attack, set for July 6 at Abenaki Ski Area in Wolfeboro.

Abenaki Attack is a day of racing to benefit Lakes Region Humane Society, Masons Morn-

ing Star Lodge 17 and the Wolfeboro XC Ski Association.

The day will feature a trail race, a 5K, a 10K, a 5K canicross (bring the dogs) and a one-mile fun run/walk. There will also be a post-race picnic with plenty of food and water for humans and dogs.

This day of family-friendly, canine-friendly, competitive events will be taking place on Saturday, July 6 with a 9 a.m. start time at Abenaki Ski Area.

Visit rockhopperraces.com for more information.

HOOPS

CONTINUED FROM PAGE B1

Hannah Capsalis finally got the Timber Wolves back on the board in the final minute of the half, as the freshman drained a three-pointer to make it 28-14 at the break.

The start of the second half saw the teams exchange baskets, with Burke getting the first one for the Timber Wolves and Dalphonse responding at the other end for the Bears. Hannah Racine answered with a field goal for the Timber Wolves and then teammate Nadia Huggard drained a three-pointer to cut the lead to 30-21.

Huckins quickly put the lead back to double digits with a basket but Ava Misiaszek followed with a basket for the hosts to get them within nine again. A Doan free throw made it a 10-point game at 33-23.

Capsalis drained her second three-pointer of the night to cut Newfoundland's lead to seven but consecutive hoops from Huckins and a bucket from Fairbank got the Bears back out to a 13-point lead at 39-26 after three quarters of play.

Prospect came charging out of the gate in the fourth quarter and quickly cut into the lead. Huggard started the scoring with a three-pointer and then Capsalis hit a total of three from the charity stripe.

A Bekah Wheeler three-pointer with 5:11 to go got the Timber

Wolves within four at 39-35 but Doan came back and hit two free throws to push the lead back to 41-35 with 4:24 to go.

A Burke bucket with 3:30 to play got the Timber Wolves within four and then Caspalis sank another three-pointer with 2:07 to go to cut the lead to just one.

Dukette and Wheeler both had defensive rebounds and Dukette and Caspalis each had steals as the clock ticked down but neither team could put any more points on the board. Burke's heave at the buzzer came up short and Newfoundland escaped with the 41-40 win.

"The other girls need to help out," Williams said. "Once Ashlee got in foul trouble, we got hardly anything accomplished."

"Everyone was caught standing around a lot in the second half," she continued. "If we don't play better we'll certainly lose to St. Thomas on Thursday."

She noted that she expected a good game from the Timber Wolves but was pleased with her team's response out of the gate. She also praised the play of Huckins and Fairbank in the win.

"Paulina did really well," the Bear coach said. "And Bailey played well, she did a lot of good things, pressing on defense and making sure things weren't easy for them."

"Our game plan was to lay off her (Huckins) and not let her beat us to the basket," Burley said of his team's second half. "We said at the half that

we had to play better defense and hit some shots.

"In the first half, we didn't hit any shots," he continued. "But we hit shots in the second half that we didn't in the first."

Burley also noted he believed the defense was much better in the second half, which allowed his team to get extra possessions to get back in the game.

"I couldn't be more proud of my girls," he said, noting that Capsalis had a great game and Huggard hit a couple of big shots as well.

Huckins led all scorers with 16 points on the night while Capsalis finished with 12 to lead the Timber Wolves.

Newfound is back in action on Fridays, Feb. 1, at Mascoma at 5 p.m. and on Tuesday, Feb. 5, they host Berlin at 6:30 p.m.

Prospect will be hosting Monadnock today, Jan. 31, at 6 p.m. and will be at St. Thomas at 6:30 p.m. on Tuesday, Feb. 5.

NRHS 16-12-11-2-41
PMHS 9-5-12-14-40

Newfound 41

Dalphonse 2-0-5, Fairbank 3-0-7, Doan 1-3-5, Bohlmann 1-0-2, Huckins 6-4-16, Dukette 2-0-6, Totals 15-7-41

Prospect 40

Capsalis 3-3-12, Weir 2-2-6, Wheeler 1-0-3, Huggard 2-0-6, Racine 1-0-2, Misiaszek 1-0-2, Burke 4-1-9, Totals 14-6-40

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

Kingswood football hosting golf outing

OSSIPEE — Kingswood football is sponsoring the first Kingswood football golf outing, scheduled for June 22 at Indian Mound Golf Club in Ossipee.

The five-man best

ball scramble will be \$100 per person and will have prizes for first and second places as well as longest drive, closest to the pin and longest putt.

Registration will start at 7 a.m. and the shotgun start with be

at 8 a.m. with lunch at 12:30 p.m. and awards, raffles and social time to follow.

Anyone interested in more information on the golf outing can contact Mary DeMasi at mdemasi@sau49.org.

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Peternel earns top 15 finish in Coaches Series race

BY JOSHUA SPAULDING
Sports Editor

HOLDERNESS — The Kingswood Nordic team joined the other cross-country ski teams from around the state at the first New Hampshire Nordic Coaches Series race of the year. The freestyle race was held on the campus of the Holderness School on Saturday and featured A races for the boys and girls, B races for the boys and girls and a middle school race.

The top performance for the Knights came from Sarah Peternel, who finished 15th overall in the A race with a time of 15:41, which coach Tom Merrell notes puts her in good position to make the New Hampshire Eastern High School team.

Next up for Kingswood was Allison Bean, who finished in 30th place overall in a time of 16:58 and Sarah Bellefleur was right behind, finishing in 31st place in 17:00.

Sarah Huckman rounded out the scoring for the Kingswood girls, finishing 54th overall in a time of 18:12.

Sarah Carpenter finished in 82nd place in a time of 19:22, Ginger Plache skied to 96th place in a time of 20:07, Carolyn Day was 98th in a time of 20:27 and Rosemary Carpenter took 100th place in 20:31 to round out the field of Knights in the A race.

For the Kingswood boys in the A race, Axel Plache led the way with a time of 14:51 for 46th

place overall. Jackson Boudman came across second for the Knights with a time of 17:02 for 96th place and Tim Huckman was the third finisher with a time of 17:27 for 99th place.

David Sandoval rounded out the field of Knight skiers in the A race with a time of 17:31 for 100th place.

Robert Hotchkiss was the only Kingswood boy in the B race, finishing in a time of 22:06 for 49th place.

In the B race for the girls, Elizabeth Morrison finished in a time of 20:50 to place 15th overall. Ashley Diamond crossed in a time of 26:36 for 66th place and Sami Hotchkiss rounded out the field of Knights with a time of 27:02.

In the middle school race for the girls, Marcella DeNitto skied to 17th place in a time of 19:36 and Abigail Fleming was 40th in a time of 24:06.

For the Kingswood boys in the middle school race, Aidan Thompson finished in 71st place in a time of 23:08, Samuel Frazier was 89th in 26:19 and Grey Kreis was 108th in 33:08.

The Kingswood team will be hosting a three-round classical sprint race at Abenaki Ski Area on Tuesday, Feb. 5, at 2 p.m.

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



JOSHUA SPAULDING
AXEL PLACHE led the way for the Kingswood boys in Saturday's NH Nordic Coaches Series Race.



JOSHUA SPAULDING
SARAH PETERNEL was the top scorer for the Kingswood girls in the Coaches Series on Saturday.



JOSHUA SPAULDING
JACKSON BOUDMAN heads toward the finish line of Saturday's race in Holderness.



JOSHUA SPAULDING
GINGER PLACHE races for Kingswood during the race Saturday at Holderness School.

News from around the sports world

There were a number of news items in the sports world last week that caught my eye, for one reason or another. I thought I'd weigh in.

The first item is the most minor of them, but one that was probably the most surprising. I'm talking, of course, about the fact that the Atlanta Falcons owners are not raising concession prices on items when their stadium hosts the Super Bowl this Sunday. I've read numerous stories over the years about the outrageous prices for concessions at previous title games and it was refreshing to see the Atlanta owner making this decision. Granted, many of the people who go to the game probably don't need the lower prices, but I know there are many people who do and who will appreciate it.

The second story is the Baseball Hall of Fame selection.

The fact that Mariano Rivera is the first unanimous Hall of Fame inductee in history is pretty impressive. And while he is a Yankee, I can easily admit that he was the best of all time at what he did. It was no surprise that he got elected to Cooperstown, but I was sure there

SPORTING CHANCE



By JOSHUA SPAULDING

would be someone out there in the voters who would leave him off the ballot for one reason or another.

I also don't have much of a problem with Roy Halladay getting in. Same goes for Edgar Martinez. Both of them were dominant players in their time and probably deserve to be in the hallowed halls in upstate New York. And while I respect Mike Mussina's career record, I really have to wonder whether he is an elite enough player to be in the Hall of Fame. In fact, with Mussina in, there should be no question that Curt Schilling should be in as well. Mussina was 270-153 with a 3.68 ERA with 2,813 strikeouts over an 18-year career. Schilling had fewer wins (216) and fewer losses (146) with a lower ERA (3.46) and more strikeouts (3,116) over a 20-year career. However, I believe Schilling should be in (if Mussina is) on his postseason heroics alone.

I can live with those four, but the fact that Harold Baines was se-



JOSHUA SPAULDING
IT WAS A PLEASURE to see the great Lindsey Vonn compete in PyeongChang last February.

lected by a separate committee is just a disgrace to the Hall of Fame. The Hall of Fame should be for the best of the best and Baines, while a good player, does not fall in that category. Word has it that his selection was pushed through by White Sox ownership, though that's only a report I read.

The final story that I want to weigh in on is the possibility of the career of one of the greatest of all time coming to a close. I am speaking of the incredible Lindsey Vonn, who

has etched her name into the history books as one of the best alpine skiers of all time.

While racing in Cortina, Italy, Vonn was unable to complete a run and expressed serious concern over her repaired knee being able to hold up under racing pressure. In an Instagram post since that original concern, she noted that she and her team are going through all options.

I know from her speaking at the PyeongChang Olympics that she was really hoping to finish off her career

this year by surpassing the all-time World Cup win mark set by Ingemar Stenmark at 86. Lindsey is four wins away but it appears that the years of racing have taken a toll on her body so much that she may step away before the season is over, though officially no decision has been made.

I consider myself lucky to have seen Lindsey compete and while it would be disappointing if this was indeed the end, but there's no doubt that she's made her mark.

Finally, have a great

day Mike and Sara Potenza.

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

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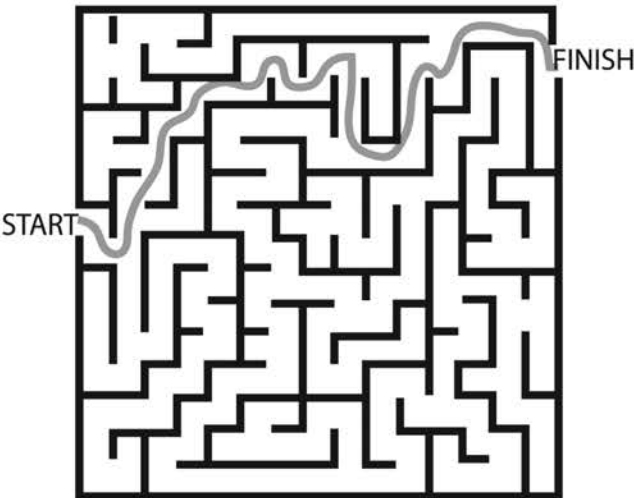
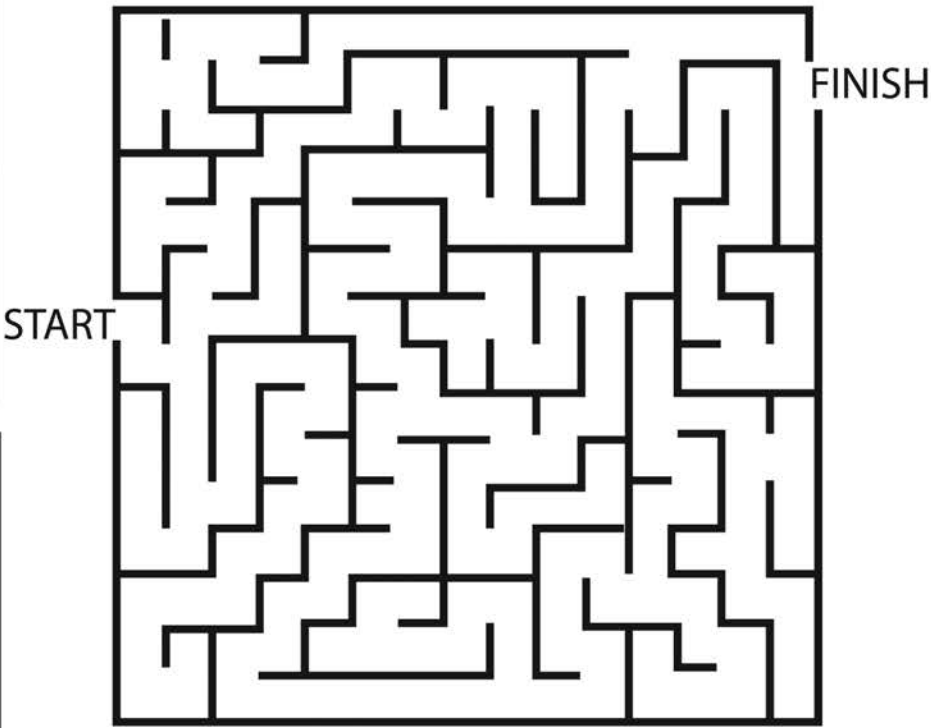
NEWSPAPER

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Maze Craze

Can you find your way through the maze?



THIS DAY IN...



HISTORY

- **1845:** "THE RAVEN" BY EDGAR ALLAN POE IS PUBLISHED IN THE EVENING MIRROR IN NEW YORK.
- **1861:** KANSAS IS ADMITTED AS THE 34TH STATE IN THE U.S.
- **1886:** KARL BENZ RECEIVES A PATENT FOR THE FIRST SUCCESSFUL GASOLINE-DRIVEN AUTOMOBILE.



THESE, FOUND IN MANY FRUITS AND VEGETABLES, CAN HELP FIGHT DISEASE.

ANSWER: ANTIOXIDANTS



NUTRITION

nourishment

How they SAY that in...

- ENGLISH:** Body
- SPANISH:** Cuerpo
- ITALIAN:** Corpo
- FRENCH:** Corps
- GERMAN:** Körper



APPLES ARE 25 PERCENT AIR, WHICH IS WHY THEY WILL FLOAT IN WATER. FRUITS AND VEGETABLES ARE AN IMPORTANT PART OF A HEALTHY, WELL-BALANCED DIET.



Can you guess what the bigger picture is?

ANSWER: NUTS

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to Italian foods.
Each number corresponds to a letter.
(Hint: 16 = a)

A. 12 16 19 16 3 15 16

Clue: Layered pasta

B. 19 8 16 3 21 20 23 23 11

Clue: Long noodles

C. 25 16 15 15 6 12 11

Clue: Cream-filled dessert

D. 18 11 25 6 23 23 16

Clue: Soft cheese

Answers: A. lasagna B. spaghetti C. cannoli D. ricotta

SUDOKU

		8			3	2	5	
				6				
			5		4			
	3					9		6
	2		6		7	4		
						1	3	
	9	4						
3		6	1		5			
5			9				7	

Level: Advanced

Here's How It Works:

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

2	7	3	6	4	9	1	8	5
6	9	8	5	2	7	6	3	4
1	6	5	8	3	7	4	2	9
7	3	1	3	2	6	9	5	4
5	8	4	8	7	3	6	9	1
6	2	6	1	9	5	4	7	3
3	6	9	4	6	8	5	2	7
8	1	7	9	6	3	5	4	2
4	2	5	3	1	7	8	6	9

ANSWER:

Fifth annual Brewwood Classic goes to Brewster

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — There may have been a few aching bodies on Monday morning, but surely it was worth it for a good cause.

Teachers and coaches from Kingswood and Brewster came together for the fifth annual Brewwood Classic, which took place at Brewster’s Smith Center on Sunday afternoon.

The Brewwood Classic is played each year as a fundraiser for the Kingswood Youth Center and Brewster Athletic Director Matt Lawlor noted that it’s a good event for everyone involved.

“It’s awesome to bring the two communities together for a fun afternoon,” Lawlor said. “It’s a fun event.”

The event featured a bake sale that extended into the following Brewster prep hoop game and there was also a 50/50 raffle held during the prep hoop game, with all proceeds benefitting the Kingswood Youth Center.

The scoring started out hot and heavy, with three-pointers raining down from the rafters. Joe Faragher and Adam Chick for Kingswood and Dave Hersey and Max Hooper for Brewster hit three-pointers, while Faragher and Jason Walsh also hit field goals for Kingswood.

The threes continued, with Hersey hitting a pair and Andy Arsenault and Chick answering for the Kingswood team. Matt and Melissa Lawlor were among those drilling shots for Brewster while Faragher continued to work for his points for Kingswood.

Rob O’Blenis drained a three-pointer, much to the excitement of the



JOSHUA SPAULDING
COMPETITORS from Kingswood and Brewster pose for a photo after the Brewwood Classic on Sunday.



KATHY SUTHERLAND
JASON WALSH heads up the court for Kingswood in Sunday’s Brewwood Classic.

Brewster crowd but Kingswood boys’ hoop coach Dan Place followed with a three-point and then two from the line.

Faragher brought Kingswood back with in three with a hoop and two free throws but O’Blenis put back a rebound to get Kingswood back on the board. After Arsenault free throws, Kara McDuffee drained a three-pointer from the corner, Lawlor hit a hoop and McDuffee hit

came back with his own bucket for Brewster. After a three-point play, Chick hit a three-pointer and then two from the line.

Faragher brought Kingswood back with in three with a hoop and two free throws but O’Blenis put back a rebound to get Kingswood back on the board. After Arsenault free throws, Kara McDuffee drained a three-pointer from the corner, Lawlor hit a hoop and McDuffee hit



KATHY SUTHERLAND
(Right) KINGSWOOD TEACHER Joe Faragher (left) battles with Brewster Athletic Director Matt Lawlor in the Brewwood Classic Sunday.



KATHY SUTHERLAND
ROB O’BLENIS launches a three-pointer in the Brewwood Classic Sunday afternoon.

a three from the other corner, stretching Brewster’s lead to 57-46. Faragher and Brendan Aucoin exchanged hoops in the final minutes to close out the 59-48 final score in Brewster’s favor.

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



KATHY SUTHERLAND
KRIS KENISON of Kingswood (left) goes toward the hoop against Brewster’s Kara McDuffee.



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