

IT projects, budget highlight Alton BOS meeting

BY AIMEE TERRAVECHIA
Contributing Writer

ALTON — The Alton Board of Selectmen met on Monday, Sept. 9. In attendance were Reuben Wentworth (chairman of the board), Virgil MacDonald (vice chairman of the board), Cydney Shapleigh, Philip Wittmann, and Paul LaRochelle. Other town employees, including Police Chief Ryan Heath, IT Coordinator Joshua Monaco and Highway Manager Kenneth Roberts, lent their voices to several topics throughout the meeting. Three Alton residents were also in attendance.

The meeting began

with an annual status update from the IT coordinator. Monaco debriefed the selectmen on several IT related projects, planned security enhancements, and upcoming purchasing needs. He also highlighted the department's contract negotiations to reduce the department's budgetary footprint. Monaco also mentioned an ongoing project with Police Chief Heath to evaluate the town's IT security needs and an application for grant money to invest in new tools to meet these goals. "We are looking at several new tools that

will assist me in my job in making sure that the security for our small town is appropriate," Monaco said.

Alton resident Joseph MacDonald brought to the attention of the board issues about the ditch size and gradation of Lily Pond Road. He

brought with him a petition signed by residents of the road and asked for the ditches to be reevaluated. "In some places, the ditches have undermined rock walls," MacDonald said. "The ditches are very deep. If a car goes into one of those ditches, it's not coming

out."

To provide context about maintenance, Roberts also spoke. He raised concerns about drainage on Lily Pond Road, ultimately deferring to the selectmen's opinions. "It's up to the board of selectmen," Roberts said, "If you

want to fill in the ditches, okay. Is it the best system? I don't think so."

Chairman Wentworth ultimately urged the fellow selectmen to assess the situation with additional information.

SEE ALTON, PAGE A9

Register to vote at New Durham Public Library Tuesday

NEW DURHAM — If you haven't yet registered to vote, you can take advantage of Voter Registration Day, Tuesday, Sept. 24, at the New Durham Public Library from 5 to 7 p.m.

The American Library Association is a partner with National Voter Registration Day in order to encourage people to register to vote, and libraries across the country are making it easy to do.

The New Durham Supervisors of the Checklist will be on hand to take care of the entire process. Any United States citizen who will be 18 years of age or older on the day of the next election may register. There is no minimum period of time you are required to have lived in the state before being allowed to register.

Students who attend college in New Hampshire may also register.

Be prepared to fill out a standard voter registration form, and provide proof of identity, age, citizenship and domicile. Evidence of identity, age, citizenship, and domicile may be shown in paper or electronic form.

If you do not have proof, these qualifications may be established by signing affidavit(s).

A driver's license or non-driver ID from any state satisfies proof of identity and age. A birth certificate, U.S. Passport/Passcard, or naturalization document satisfies proof of citizenship.

Be aware that a New Hampshire Real ID compliant driver's license is not proof of U.S. Citizenship.

Proof of domicile can be such documents as a New Hampshire resident motor vehicle registration, driver's license, or non-driver photo ID showing your domicile address, or a public utility bill with your name and domicile address on it.

Call the library at 859-2201 for more information.



JOSHUA SPAULDING

TV stars

Coaches and players from the Suncook Valley 12U Cal Ripken team pose for a photo with NESN announcers Dave O'Brien and Jerry Remy during an event celebrating Steve and Cathie Austin's backyard wiffle ball field in Gilmanton on Monday afternoon. Look for the full story and more photos in next week's paper.

Barnstead cleanup on Saturday

BARNSTEAD — The Barnstead Parks and Recreation Commission is planning a repeat of its successful roadside cleanup event. Join in Saturday, Sept. 21, from 9 a.m. to 12 p.m. or 12 to 3 p.m.

Come to the Parks and Recreation garage (next to the ice rink) to get bags, gloves, instructions and safety tips. They can assign you a section of road or you can pick your own.

Dave and Eileen Murley have once again generously offered to provide lunch at the Barnstead Town Hall from around 11:30 a.m. to 12:45 p.m. as they did at the first cleanup.

The first event cleaned up two tons of junk from Barnstead roadsides. With your help, they can do even better this time around.

If you have any questions call or text coordinator Rhiannon Fee at 802-332-3799.



JOSHUA SPAULDING

Visiting out west

Nancy Spaulding, the mother of editor Joshua Spaulding, checks out The Baysider at the entrance to the Grand Canyon National Park in Arizona last month. If you have a photo of you and The Baysider in a unique location, send the photo and pertinent information to josh@salmonpress.news.



COURTESY PHOTOS

New playground

On Saturday, Sept. 7, New Durham Parks and Recreation held an opening ceremony for the new playground at the ballfields. Meredith Village Savings Bank gave a charitable donation for the event. A playground committee was put together by a bunch of parents who wanted new equipment for the children at the park. The opening ceremony included a ribbon cutting and a dedication for all the volunteers with cake donated by Johnson’s Seafood and Steakhouse. Many other volunteers came together and served cotton candy gave out balloons had face painting and crafts for the children. The New Durham Fire Department also came down with the truck so the kids could check it out. “I would like to say thank you to all the volunteers that made that day special,” said New Durham Parks and Recreation Director Celeste Chasse.



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New Durham Playground committee

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Mark D’Entremont	Greymont Trucking	Susan D’Entremont
Scott Goodspeed	Greymont Earth Materials, LLC	Stacy Goodspeed
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FBLA, robotics team hosting mattress fundraiser

ALTON — If you or someone you know is looking to replace a bed in your home, now is the time. Prospect Mountain High School FBLA and robotics team Bob 319 are excited to announce they will be hosting a one-day mattress fundraiser on Saturday, Oct. 12, from 10 a.m. to 4 p.m. For one day only, Prospect Mountain High School will be transformed into a mattress showroom. For information about the sale, go to bit.ly/beds4prospectmountain19. There will be 25 different mattress styles on display in all sizes in styles for customers to try, priced below retail. Adjustable power bases, premium pillows, bed frames and mattress protectors will be available as well. Brands like Simmons Beautyrest, come with full factory warranties, are made to order, and will be available two to three weeks after the fundraiser. Delivery is available. Best of all, the FBLA and Bob 319 benefit from every purchase. The company, Custom Fundraising Solutions (CFS) first introduced the mattress fundraiser to the Cleveland, Ohio market in 2005. The company now has more than 100 locations and works with more than 2,000 schools nationwide. The unique business model helps schools raise thousands of dollars in just one day, and to date, the company has given back more than \$40 million.

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PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

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) 677-9081
brendan@salmonpress.news

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

WWW.SALMONPRESS.COM
(603) 279-4516

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LOVE YOUR COMMUNITY:
Spend Locally!

Stolen guns recovered in Barnstead

BARNSTEAD — On Sept. 9, at 10 p.m., the Barnstead and Alton Police Departments working together seized two firearms, an SCCY 9mm semi-automatic pistol and a Savage Mark II 22cal long rifle at a home in Barnstead. The firearms were stolen out of a home during a burglary on Aug. 9 in Ossipee. At that time, Barnstead Police recovered a stolen vehicle taken from the home and developed two suspects involved in the burglary. A safe was also stolen during the burglary and recovered by Barnstead and Alton Police in a wooded area off of Stockbridge Corner



COURTESY PHOTO

STOLEN GUNS were recovered at a home in Barnstead.

Road in Alton, the safe had been pried open and was empty.

On Sept. 9, new information developed that led Barnstead Police to

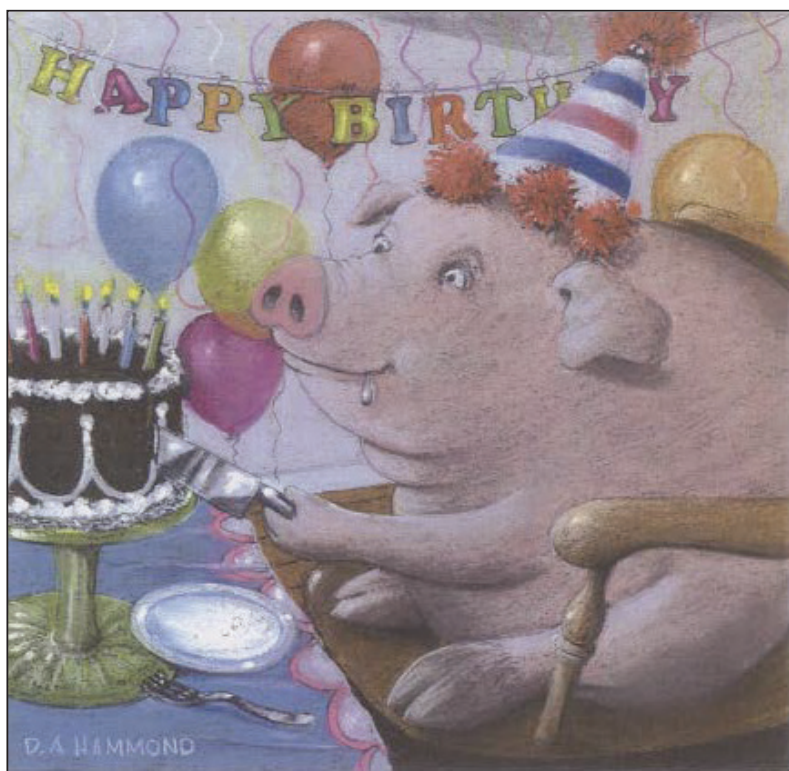
a residence in Barnstead where the guns were being hidden. Barnstead Police searched the home and recovered the two stolen firearms and

ammunition. At this time, the investigation is continuing and more information will be available in the near future.

Barnstead Historical Society open house Sept. 28

BARNSTEAD — Do you have one of those odd items you've got questions about? How about some pictures you'd like help identifying? Here's your chance. The Barnstead Historical Society invites the public to its first public "open house" to be held on Sept. 28 from 10 a.m. to noon at the Town Hall. Do you have pictures you'd like to share, but aren't able to part with quite yet? They have a scanner available. Do you need help with researching your own historic property? They might be able to help. Stop in for a cup of coffee and visit with the Barnstead Historical Society.

PIG OF THE WEEK by D.A. Hammond

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We Will NOT be Undersold

The other most wonderful time of the year

The first day of fall is nearly upon us. Sept. 23 will officially usher in the season when it becomes socially acceptable to drink apple cider and pumpkin flavored coffee, doughnuts, bread... even Spam has apparently gotten in on the act now, although we must personally draw the line there; and burn fall scented candles. Starbucks and Dunkin' Donuts already began spotlighting their fall menus roughly two weeks ago.

Pumpkin enthusiasts beware, however...on the flip side, there are several people who think it is too soon. A survey that posed the question, 'When is it OK to start drinking and eating pumpkin?' responses including the following:

- 'Right now!'
- 'First day of fall.'
- 'I always strive for after Labor Day, but often start on July 12th.'
- 'I'm waiting until Sept. 1st.'
- And our favorite...
- 'After zucchini season.'

It is true, there are more people in New England who are holding on to every last bit of summer than those looking forward to fall. To those people, we get it. We do live, after all, in a part of the country where the populace has become famous — or is that infamous? — for refusing to swap their flip flops for boots until the first snow fall.

The end of the summer season really isn't so bad, though. With fall comes hearty crock pot recipes, crisp evenings, sweaters, boots, homecoming and Halloween. The closer to Halloween we get, the closer to snow, which means the ski resorts will soon be open for businesses. What could be better?

Perhaps the best part about fall is the foliage. The leaves are already beginning to change, and soon, our little corner of New England will be swarming with tourists fixated on taking in the vibrant reds, yellows, and oranges, cameras in tow. Peak foliage will hit during the last week of September through the first week of October.

The Old Farmer's Almanac predicts a snowier than ever winter, but we're also fine with that. From our perspective, the more powder days Mother Nature provides to keep New England's skiing industry alive, the better.

Within the next several weeks, temperatures will drop drastically, with some hot days still sprinkled in for balance. The good news is that there is still plenty of time to sneak in a few more summer hikes, a few final kayaking sessions on the lake, a few more backyard barbecues, or a day reading out on the hammock before the time will come to break out the flannel again. So, whether you're still sipping piña coladas or drinking a pumpkin spiced latte and dreaming of Jack O' Lanterns and the smell of wood stoves, we encourage you to savor the moment.



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JOSHUA SPAULDING

Teeing off

Aiden Gehly tees off at Farmington Country Club last week during one of the team's home matches. The Timber Wolves picked up a win in each of the matches. See the story on page B2.

Letters to the Editor

Thanks for the rescue

To the Editor:
Many thanks to all the Alton people and many searchers who helped recover our seven-month-old Siberian Husky, Nimeria.

It was very much appreciated.
SHARON AND MIKE ROULEAU
ALTON

We can find answers

To the Editor:
Our sincere thanks to the Baysider staff for the outstanding lead article on the global causes of our local recycling crisis. Our thanks as well to the dedicated workers of our transfer station.
The article was incredibly helpful and even more thought-provoking. Why should other countries take our trash?
But what if:

1) Every resident called even half of the companies sending unwanted paper solicitations and asked to be taken off their mailing list? We've begun to do this and when we tell the companies the reason why, they thank us. (We assure them that we'll check them out online.) You can also go to this link to be taken off all direct mail lists: https://www.directmail.com/mail_preference/.

2) People reused the small plastic bags for fruits and vegetables from the grocery store instead of always getting new ones? When we put away our groceries we just tuck the small plastic bags back into our reusable cloth grocery bags so they are always on hand.

3) Large grocery store chains took more responsibility by offering “filling stations” where we could bring our own containers to re-fill drinks, flour, sugar, crackers, potato chips, etc. This service is available all over Europe.

We're such a great town, we can find answers to this problem.
Our thanks again to the Baysider for such responsible journalism.
JEANNIE AND PETER
FERBER
ALTON

Stronger criminal control laws needed

To the Editor:
Recent letter writers to the Baysider suggest it is not the person behind the weapon that kill other people with guns, rather it is the guns that kill people. Guns are inanimate objects, incapable of killing anyone without being fired by someone. Most of us believe it is the person behind the gun who murders others, such as criminals, those mentally disturbed, and many with suicidal tendencies (over sixty percent of gun fatalities are suicides, not murders).
Perhaps those writers can show my weapon how to go into the cold, wet weather and shoot a deer for me while I stay warm at home and watch television. Or read a book. While they are at it, perhaps they can show the weapon how to field strip and then butcher, package and freeze venison for me.

How ridiculous is the preceding paragraph? No more than the constant quest to weaken and eventually repeal our Second Amendment rights. As the sign pictured on page one of the Sept. 5 edition reads, “love, not hate” us because some of us believe in our Second Amendment.

We do not need stronger gun control laws or background checks. We have them and they are failing. We need stronger criminal control laws. Allow local and state authorities to cooperate with federal law officials. Appoint or elect judges who impose stronger sentences to permanently remove criminals from our streets. Provide adequate care to those with mental problems. And get all drugs off our streets.

Also, the National Rifle Association is not a terrorist organization. Nor are its members terrorists. But with only five to six million NRA members, it is time for more peaceful gun owners along with non-gun owners who support the Second Amendment to join the NRA and support the fight to protect this fundamental freedom and right of every US citizen. There are more legally owned guns in the United States than people, so it's time for all legal owners to step up and be counted if they wish to keep them.

This is still a country of, for, and by the people, not the government and definitely not armed elected officials or those with armed security who constantly attempt to tell us to do as they say, not as they do. Governor Sununu and the NRA are commended for their leadership in protecting our rights under our Constitution to own guns in New Hampshire.
JIM RASCHILLA
ALTON

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If it's important to you,

It's important to us.

Adult volleyball at ACS Thursday nights

BAY-Alton Rec 9/19

HEADLINE:
262 words

ALTON — The Alton Parks and Recreation Department is sponsoring an adult volleyball pick up program on Thursdays at the Alton Central School Gym from 7 to 10 p.m. featuring intermediate rec-

reational play. Drop in anytime for this free program. All abilities are welcome to play. Meet new people and exercise. For more information, contact the Alton Parks and Recreation Department at 875-0109 or parksrec@alton.nh.gov.

Line dancing lessons
Line dancing is held at the Alton Bay Com-

munity Center on Thursdays from 1:30 to 3 p.m. through Sept. 26. Adults of all ages and abilities are welcome. Register on site.

Little Pesaukees Playgroup

The Alton Parks and Recreation Department is sponsoring a drop-in playgroup for 0-5 years old at the Alton Bay

Community Center on Tuesdays and Thursdays from 9 to 11 a.m. The program is free and follows the ACS calendar year. They provide the books, puzzles, toys and games, and parents and children provide the interaction. Please bring a peanut-free snack for your child. This is a great program to introduce you and your child

to other members of the community. For more information, contact parksrec@alton.nh.gov.

Exercise classes
Intermediate Yoga with Sheila Marston is Wednesdays, 7-8 p.m. at the Alton Bay Community Center..

Zumba classes with Sherry Meyer are Mondays and Wednesdays at

the Alton Bay Community Center from 8 to 9 a.m.

Weight Training class is Mondays and Wednesdays at the Alton Bay Community Center from 1:30 to 2:30 p.m. A weight training class for all levels of fitness. A “go at your own pace” class. Try a class for free.

Teen coffee house, open mic is Sept. 27

BARNSTEAD — Bring your kiddos to the Oscar Foss Memorial Library every Wednesday at 10 a.m. for stories, songs, crafts and snacks with Ms. Jerissa. Every week the program will follow a new exciting theme.

Teen coffee house and open mic

Join Lindsey on Friday, Sept. 27, from 6 to 8 p.m. in the meeting room for a coffee house hang out complete with handcrafted beverages and local talent. Sip on a latte while friends take the mic. Bring a song or poem you’ve prepared to share, or jump in on some impromptu ka-

raoke. Artists are also invited to bring a piece of their work to display. Tables will be set up with games and art supplies to pass the time on your own or with friends. Light refreshments will be served. For ages 14-18.

Yoga at the library

Mary Ellen Shannon, RYT offers two yoga classes at the library every Tuesday afternoon, Simply Yoga at 4:15 p.m. for beginners and an all levels class at 5:30 p.m. Please wear comfortable clothing and bring a yoga mat. If you have blocks and straps, please bring those also. Classes are by donation and all are welcome and encour-

aged to attend, regardless of ability to donate. Shannon has been a resident of Barnstead for 18 years and a yoga practitioner for even longer. If you have further ques-

tions, please contact her at 269-5030.

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.

NH Boat Museum voted Best of Summer Museum

WOLFEBORO — New Hampshire Boat Museum (NHBM) in Wolfeboro recently received recognition as the “Best Summer Museum” by New Hampshire Magazine.

According to NHBM Executive Director Martha Cummings, this award showcases all of the positive changes the museum has accomplished this year.

“We are so grateful for this award,” she said. “It has been a busy summer, filled with lots of change and we are glad

to see all of our efforts paying off.”

This year, NHBM has revamped its current building by replacing the roof, insulating, and freshening up several exhibits.

These changes, Cummings said, are just the beginning of NHBM’s larger Capital Campaign, which will include repurposing its current structure into a boat restoration shop and constructing a new museum space.

“The campaign is the biggest change for the

museum in the last 27 years,” she said. “We are proud of the progress we are making and looking forward to the finished product.”

In addition to the campaign, Cummings said NHBM has continued to develop its learning opportunities and fun events, such as Lake Discovery Camp for kids and a boat restoration and building program for youth and adults.

“It has been a wonderful summer,” Cummings said. “We plan to keep the community updat-

ed on our Capital Campaign and are looking forward to an exciting 2020.”

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, visit nhbm.org.

Barnstead Legion open house is Oct. 19

BARNSTEAD — The Earl B. Clark American Legion Post 42 and Auxiliary Unit 42 invite all military veterans and their families who reside in Barnstead to an open house on Saturday, Oct. 19, from 2 to 5 p.m., rain or shine. Veterans and their family will be treated free of charge to a pig roast barbecue with all the fixings. President Trump recently signed into law that all veterans who served a minimum of one day on active duty on or after Dec. 7, 1941 and received an Honorable Discharge are now eligible to join the American Legion. This is a great opportunity to learn more about the American Legion and meet Barnstead veterans from all branches of service who have served their country over the past 75 years.

The Earl B. Clark Post 42 is located at 1078 Beauty Hill Road and meets the first Tuesday of every month except during the months of January and February. It is strongly encouraged that those veterans who wish to attend RSVP on or before Monday, Oct. 7, to ensure they have plenty of food on hand. To RSVP, please e-mail the post at alearlb.clarkpost42@gmail.com or call Commander Kris Furtney at 969-8408.



ALTON POLICE LOG



ALTON — The Alton Police Department responded to 140 calls for service during the week of Sept. 8-14, including four arrests.

One juvenile was arrested for resisting arrest or detention and protective custody.

One female subject was taken into involuntary emergency admission.

There were two motor vehicle summons arrests.

There were six motor vehicle accidents.

Police made 45 motor vehicle stops and handled three motor vehicle complaint-incidents.

There were 86 other calls for services that consisted of the following: One assist fire department, one fraudulent action, two employment fingerprinting, three assist other agencies, two animal complaints, six juvenile incidents, one miscellaneous, four alarm activations, one noise complaint, two lost/found properties, one highway/roadway hazard report, five general information, one vehicle ID check, three wellness checks, five community programs, 24 directed patrols, one motor vehicle lockout, nine medical assists, 12 property checks and two paperwork services.

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The Alton School District is requesting bids from qualified bidders for snow plowing, sanding and snow removal to be done at Alton Central School and the SAU #72 Business Office for the 2019-2020 and 2020-2021 winter seasons. Bid specifications can be obtained by going to: <https://www.myacs.org/Page/1931> or by calling SAU #72 at 603-875-7890. Deadline for submittal is **Friday, October 4, 2019 12:00 PM**. Bids must be submitted in a sealed envelope clearly marked “**Snow Plow Bid**” to Pamela Stiles, Superintendent, SAU 72, 252 Suncook Valley Road, Alton, NH 03809.

NOTICE
PUBLIC HEARING
TOWN OF BARNSTEAD

The Board of Selectmen will hold a public hearing on Tuesday, October 8th, 2019 @ 5:30 p.m. in the Town Hall to consider declaring a section of the Class VI portion of North Barnstead Road as an Emergency Lane pursuant to RSA 231:59-a.

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Alton Central School, SAU #72
Child Find

SAU #72 serves the Alton School District. As mandated under the Individuals with Disabilities Act, public schools must provide special education for all children between the ages of 3 and 21 who are determined to be educationally disabled. Additionally, school districts are required to have formal “Child Find” procedures to locate, evaluate and count children who may have disabilities to ensure that eligible children are found, classified and provided needed services. This law applies to all children, including those in nonpublic schools, preschools and hospital settings, as well as children who are wards of the state and homeless children.

If you suspect that a child may have an educationally disabling condition, you are encouraged to contact the school district in which the child resides to discuss your concerns. School personnel will provide you with information on the procedures for making a referral. SAU #72 will hold their fall Child Find on October 9th from 8:30-11:30am at Alton Central School.

For additional information, please contact Pamela MacDonald, Director of Special Education SAU #72 at 875-9302.

Invasion of the Body Snatchers at Village Players Theater

WOLFEBORO — The Village Players monthly movie series returns this weekend with a classic from the 1950s. Invasion of the Body Snatchers will take to the theater's big screen on Friday, Sept. 20, and Saturday, Sept. 21, with 7:30 p.m. starts on both evenings.

Held by the police

as a raving lunatic, Dr. Miles Bennell (Kevin McCarthy) recounts to a psychiatrist the events that have turned his life upside down. He returned to his small town the previous Thursday, having been called back from a medical conference by his nurse (Jean Willes), who was being flooded with patients. He

arrives to find that most have canceled their appointments, but the few cases he does have all have the same story: Someone close to them is acting strangely as if they had been replaced. Consulting some of his colleagues, he finds that these types of reports have been coming in all week and they conclude

it must be some type of mass hysteria; however, when his friends Jack (King Donovan) and Teddy (Carolyn Jones) Belicec show him a partly formed body they have uncovered in their home, he begins to realize that there may be some truth to the wild stories he has been hearing.

The movie also stars Dana Wynter and Larry Gates. The movie was written by W.D. Richter (screenplay) and Jack Finney (novel) and was directed by Philip Kaufman. The Village Players Theater is located on Glendon Street in downtown Wolfeboro and offers classic movies

one weekend a month throughout the year. Tickets remain the same low price and movie concessions, including popcorn and candy, are available for sale. Invasion of the Body Snatchers will screen on Friday, Sept. 20, and Saturday, Sept. 21, with 7:30 p.m. start times.

New Moon Walk scheduled for Sept. 21

MILTON — On Saturday, Sept. 21, Moose Mountains Regional Greenways (MMRG) and Branch Hill Farm will offer a New Moon Walk for families. The activity is part of MMRG's ongoing nature series for kids and their families called "MOOSE-ies for Families," intended to engage children with the natural world and encourage a new generation of conservationists. MMRG staff and volunteers will lead the New Moon Walk from 5 to 7 p.m. at Branch Hill Farm in Milton Mills. Lorrie Drake, Chair of MMRG's Educational Outreach Committee and one of the outing

leaders, was enthusiastic about the variety of fun things that can be done when the moon is hidden and the sky is dark. "Activities will include stargazing and learning about constellations, listening for night sounds and using our other heightened senses, and learning about animals that can see in the dark. We'll provide red cellophane to cover flashlights for night vision, and diagrams of easily identified constellations. I'm sure we'll have a great time." Children of all ages are welcome with their families. Families are asked to bring their own snack, a blanket for star-

gazing, bug repellant, and flashlights or headlamps. The outing is free for MMRG member households (see below) but pre-registration is required. For more information, directions, and to pre-register, call MMRG 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. The program of six 'MOOSE-ies for Families'

activities per year is a membership benefit for MMRG member families. Upcoming MOOSE-ies events include a bonfire evening of stories, music and games on Friday, Oct. 25, and a Saturday morning walk to gather greens and make holiday decorations on Dec. 1. Families can join MMRG at www.mmrg.info/become-a-member/ or call 473-2020 to inquire about available scholarships. MMRG would like to thank MRP Manufacturing, LLC in

Pittsfield for sponsoring the 2019 'MOOSE-ies for Families' series, and the Dorr Foundation, which supported the program with a grant. MMRG, a non-profit land trust, works to conserve and connect important water resources, farm and forest lands, wildlife habitats, and recreational land in Brookfield, Farmington, Middleton, Milton, New Durham, Wakefield and Wolfeboro. Throughout the year, MMRG offers many educational opportunities to inform all ages about the benefits of the region's natural resources. For more information and a calendar of events, visit www.mmrg.info. Branch Hill Farm/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.

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Wright Museum taking part in Museum Day

WOLFEBORO — On Saturday, Sept. 21, Wright Museum of WWII in Wolfeboro will offer free admission to visitors as part of Smithsonian Magazine's 2019 Museum Day. Museum Day is an annual yearly celebration hosted by Smithsonian Magazine in which participating museums across the country provide free entry to anyone with a Museum Day

ticket. "We are excited to join hundreds of other museums across the country to celebrate the importance of history," said Museum Executive Director Mike Culver. One of the many museums included in the event is Wright Museum's neighboring museum, New Hampshire Boat Museum (NHBM) also located in Wolfeboro.

"We are so glad that NHBM is also a part of this great event," Culver said. "It will give people in the Lakes Region double the opportunity to experience history." Registration for Museum Day tickets are available on Smithsonian's Museum Day website. Wright Museum will only be accepting paper tickets. Each ticket provides free general admission on Saturday,

Sept. 21, for two people. The Wright Museum has long served the community as the region's leading resource for educators and learners of all ages on World War II. It features more than 14,000 items in its collection that are representative of both the homefront and battlefield. For more information on the museum and their events, visit wrightmuseum.org.

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Big Brothers Big Sisters seeking local mentors

REGION — Big Brothers Big Sisters of New Hampshire is a community-based mentoring program that matches volunteer mentors with youth ages six to 17. Big Brothers Big Sisters of New Hampshire reports very positive outcomes from their mentoring program. Youth participants have ambitions for higher education, make better decisions in their daily lives and are far more likely to feel better about themselves. Bigs and littles spend time together in activities of their choosing for a few hours every other week. BBBSNH's mission is to provide children facing adversity with a supportive one-to-one relationship. Although strong in other parts of the state, it is only in the past year that BBBSNH opened an office in Laconia and expanded their program into the Lakes Region. Recruiting volunteer mentors is the first step to rolling out successfully in our communities. Would you consider this contribution to the young life of a youth? Mentors are typically over age 18 right up to retirees. They are people who like to have fun, who enjoy sharing skills and interests with young people, who are good listeners and who show up when they say they will. You don't need to be a parent or teacher-like. A favorite uncle or aunt is great. You only do what you both want to do. It is a unique relationship and enriching for both parties. At a later date BBBS of the Lakes Region may also recruit high school students to mentor youth in after school programs. Every child can benefit from a mentor – the more adults who care about a youth the better. To learn more about the program, including signing up as a mentor, enrolling a child, joining the board of directors, or donating to make the program sustainable, visit bbbsnh.org.



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	512 Route 11-D	Single-Family Residence	\$245,000	Diane D. Langille RET	Norman R. and Anne B. MacInnis
Alton	24 Smith Point Rd.	Single-Family Residence	\$300,000	24 Smith Point Group LLC	SP Properties Group LLC
Alton	128 Smith Point Rd.	Single-Family Residence	\$2,010,000	Thomas C. Pickett RET	Amanda M. Eisel and John H. Becker
Alton	134 Spring St.	Single-Family Residence	\$170,533	David and Michael P. Belair	Gerald F. Calden
Alton	N/A	N/A	\$12,533	Rose M. Arguin	Leonard Rizzuto
Barnstead	9 Andover Dr.	Single-Family Residence	\$205,000	Edmond R. Couturier	Eric M. Corson
Barnstead	889 Beauty Hill Rd.	Single-Family Residence	\$240,000	Bruce G. and Brandy J. Miller	Wilfred L. and Kimberly A. Sanville
Barnstead	57 Chapelle Rd.	Single-Family Residence	\$263,000	Donald W. and Cathleen H. Converse	Thomas F. and Courtney J. Farley
Barnstead	20 Circle Dr.	Single-Family Residence	\$78,000	Daniel P. Comeau and Pennymac Loan Services	Pennymac Loan Services
Barnstead	56 Colbath Rd.	N/A	\$110,000	C and Margaret Papanastassiou	Jamie and Craig Thoroughgood
Barnstead	27 Halfmoon Bay Dr.	Single-Family Residence	\$678,000	Fabrizio and Jennifer Cusson	Timothy W. and Michele A. Chamberlain
Barnstead	80 Narrows Rd.	Single-Family Residence	\$269,000	Paul J. Russo RET	Donald E. and Lisa A. Tash
Barnstead	56 Parade Rd.	Single-Family Residence	\$242,000	David and Judith Gaudet	David G. and Calia J. Syvinski
Barnstead	47 Pineo Rd.	Single-Family Residence	\$261,000	Donald and Lisa A. Tash	John T. Ratto and Nicole R. Lachance
Barnstead	302 Varney Rd.	Single-Family Residence	\$295,000	Daniel L. and Christine T. Lamy	Blythe Greeno
Barnstead	44 Winwood Dr.	Single-Family Residence	\$190,000	Wilfred L. and Kimberly A. Sanville	Michael Ball
New Durham	66 Mountain Dr.	Single-Family Residence	\$180,000	Wendell W. and Jayme H. Deuso	Heather M. Mulligan
New Durham	N/A (Lot 233)	N/A	\$645,000	Danny D. & J.R. Bell RET	Worthy Enterprises LLC

ABOUT THE REAL REPORT

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

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

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

Blood pressure clinics in Laconia

LACONIA — Central New Hampshire VNA and Hospice is proud to announce that they have partnered with the Laconia Rotary Club to help bring better health and more health education to residents of the lakes region.

Thanks to a generous grant from Rotary, CN-HVNA is able to offer blood pressure clinics right in Laconia for the first time in a long time. These clinics are free and open to the public. Look for the sandwich board sign outside of the Laconia Library on Oct. 2 from 1 to 3 p.m., Lakes Region Community Ser-

vices on Oct. 11 from 9 to 11 a.m. and Laconia Congregational Church on Oct. 15 from 9:45 a.m. to 12:15 p.m. You can have your blood pressure taken, receive information, learn the names of local doctors currently accepting patients, listen to a little health counseling, and even take home some Central VNA swag to remind you who to call when home health-care is needed.

Laconia Rotary, incorporated in 1925, is part of an international network that values service above self, provides humanitarian service, encourages high ethical

standards in all vocations, and helps build goodwill and peace in the world. Laconia Rotary typically meets every Thursday at noon at the Belknap Mill in Laconia. All are welcome. Please write to LaconiaRotary@gmail.com to let them know you'll be attending. Visit www.LaconiaRotary.org for more information about the club.

Central New Hampshire VNA and Hospice knows that people are happier, and do better, at home. They can help you stay there. Birth to bereavement, they have served Lakes Region

communities since 1918. Central VNA a not-for-profit, Medicare-certified provider and offers home care (nursing and rehabilitation services in the home); pediatric care (direct health care, education and support services for children and families); and a comprehensive, team-based hospice program. The agency is governed by a volunteer board of trustees from both the Wolfeboro and Laconia communities and is supported by private and corporate donations. Visit www.centralvna.org or call 1-800-244-8549.

New exhibit now open at Wright Museum

WOLFEBORO — On Sunday, Sept. 15, Wright Museum opened "The Last Good War: The Faces and Voices of World War II."

Sponsored by Taylor Community and The Weirs Times, the exhibit features photographs of World War II veterans by Thomas Sanders.

After graduating high school, Sanders traveled the country to record in pictures and words experiences from those who fought the "last good war."

According to museum Executive Director Mike Culver, this exhibit is "powerful"

"Sanders was able to take an idea and turn it into a mission that will serve the country for years to come," he said. "It is a great tribute to those who have sacrificed so much to give us the world we live in today."

"The Last Good War: The Faces and Voices of World War II" runs through the end of the museum's season on Oct. 31.

The region's leading resource for educators and learners of all ages on World War II, Wright Museum features more than 14,000 items in its collection that are representative of both the home front and battle field.

For more information, visit wrightmuseum.org.

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OBITUARIES

Kathleen Whittemore LeBel
Had love of baking and cooking

BARNSTEAD — Kathleen W. LeBel, 74, a long-time resident of Sanbornton, died Wednesday, Sept. 4, at her home in Barnstead following a period of failing health. Kathy was born in Worcester, Mass. July 31, 1945, daughter of the late Henry and Sadie (Russell) Whittemore. She moved from Grafton, Mass. to Sanbornton in 1972. Kathy was a graduate of Millbury High School, Millbury, Mass., class of 1963 and her nursing credentials from Worcester - Hahnemann Hospital in Worcester, Mass. in 1966. A registered nurse, Kathy worked in health-care for more than 25 years in nursing homes in Massachusetts and New Hampshire including The Peabody Home in Franklin and Golden View in Meredith. She was always conscious and concerned about the aged folks in her care. For many years, she served on various Sanbornton and church projects and was assistant librarian in Sanbornton



for several years. She attended the Sanbornton Congregational Church, UCC and was an active member. Kathy could be found manning the bake sale at any church fundraiser or in the kitchen making chowder. She shared her love of baking and cooking with all those around her. When she wasn't baking, canning, making candy or cooking, she could be found crafting. She loved to knit, crochet, sew and weave baskets. She loved to sit and create things while telling stories to family and friends. In the winter, she would walk the beach near her home in Nokomis, Fla. and would participate in

the local craft fairs. She was predeceased by her parents.

She leaves her husband of 47 years, Edwin P. LeBel of Barnstead; daughters Jennifer A. Tedcastle and husband Brian Tedcastle of Barnstead and Christine L. LeBel and husband Jason Skloss of Placitas, N.M.; grandsons Christopher and Benjamin Tedcastle of Barnstead and sister, Karen Howard of Grafton, Mass.

Following the wishes of Kathy, a backyard party in celebration of her life will be held at 22 Parade Circle in Barnstead at 1 p.m., Saturday, Oct. 12.

Those wishing may make memorial donations in her name to the Sanbornton Congregational Church, 21 Meetinghouse Hill Road, Sanbornton.

Arrangements are under the direction of the William F. Smart Sr. Memorial Home in Tilton.

For more information, go to www.smartfuneral-home.com.

Carl H. Woughter
Former school board member



City, N.Y. and Nancy Henderickson and her husband Scott of Pine City, N.Y.; grandchildren, Carissa Marie Lampededchio-Candage and her husband Tony of Meredith and Maggie Tassinari and her husband Michael of Peabody, Mass.; great grandchildren, Anthony and Harlow with one more on the way as well as several nieces and nephews.

A celebration of Carl's life will be held on Sunday, Sept. 29, starting at 2 p.m. at his residence. In lieu of flowers, donations in Carl's memory may be made to The Community School, 1164 Bunker Hill Road, South Tamworth, NH 03883. The Still Oaks Funeral and Memorial Home in Epsom is assisting the family with arrangements. To leave a memory or offer a condolence, please visit www.stilloaks.com.

the school board for 15 years in Barnstead/Alton and two years for the Tamworth Community School in Tamworth as well as four years for the State School Board.

Besides his parents, he was predeceased by his brother, Larry Woughter.

He is survived by his wife, Dorothy (Noyes) Woughter with whom he shared 58 years, his daughters, Elizabeth Arthurs and her husband James of Jamaica and Kelly Woughter-Nesius of Melburne, Fla.; brother, Gary Woughter of Florida and Thousand Islands, N.Y.; sisters, Carol Woughter of Pine

MARK ON THE MARKETS
Black swans



BY MARK PATTERSON
Contributing Writer

I suppose we have all heard the phrase "black swan event," which is a metaphor to describe an event that comes as a surprise and has a major effect. Black swan is derived from the Latin expression coined in the 16th century when the thinking was that there were no black swans, only white. But in 1697, Dutch explorers first saw a black swan in western Australia. The sighting opened the door to the theories of statistical outliers happening when it was thought they could

not. We tend to remember black swan events as surprises that are typically negative such as the attacks on the World Trade Center's twin towers in 2001. While this is certainly a black swan event, so is the discovery of the Internet, which I think, most people would perceive as very positive.

So how does all this relate to the management of your assets and investments? You cannot manage or should not manage for black swan events, but your portfolio of investments should be managed per modern portfolio theory.

Harry Markowitz wrote an essay in 1952 on modern portfolio theory. Markowitz, an economist, wrote about mean-variance analysis. These phrases are straight out of the statistics textbook and I'm sure many of you are familiar with. But it is how they are applied regarding your investment portfolio what makes them significant and extremely relevant. In the event of

a black swan event you will likely see world debt and equity markets react in an extreme manner. In 1987, Black Monday saw the Dow Jones industrials lose significant amounts of value. Those who were using margin or sold near the bottom did not recover. But if you remember the bell curve, as things move away from the statistical mean or average they will in fact revert to the average.

Markowitz believed having a variety of non-correlated assets you would enhance the yield of your portfolio and reduce the risk. This is very true today if you can obtain real asset diversification.

Unfortunately, what I see all too often, are mutual funds with different names, which would you lead you to believe that they are diversified but often have very similar holdings in very similar asset classes. I personally have not seen an occasion where one family of mutual funds can pro-

vide true asset diversification.

In a truly diversified asset mix, not all your investments will be doing great at the same time and conversely, they will not all do poorly at the same. Bull markets in the equities markets (stocks) often give us a false sense of security and tend to make us chase the winners and shun the laggards. Things change and go through their various cycles. Rebalancing a diverse portfolio is necessary otherwise you no longer have properly diversified asset mix. Risk and your portfolios objective will also determine the asset mix. Is growth your objective? Income? Capital preservation? All these objectives can be managed in a properly diversified mix of low fee, high value investments.

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

Locke Lake
meeting is
tonight

BARNSTEAD — The next Locke Lake Colony Association public board of directors meeting will be held on Thursday, Sept. 19, at 6:30 p.m. at the lodge. These meetings are open to LLCA members only.

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Huggins Hospital's Heroes Gala supports emergency services

WOLFEBORO — Huggins Hospital raised nearly \$27,000 during a fun-filled Heroes Gala held aboard the M/S Mount Washington. The event honored local first responders and raised funds for Huggins Hospital's emergency services.

The gala was a three-hour cruise around Lake Winnepesaukee that included dinner, dancing, a silent auction and a raffle of unique experiences around the Lakes Region. Another popular part of the event was the "Heads or Tails" game, which included the prize of an overnight stay at the Common Man Inn in Claremont.

The evening kicked off with a demonstration by Director of Emergency Services Will Riley, NRP, and Emergency Management Coordinator Janet Williamson, BS, NRP, CICP, which showed the emergency department's need for a new simulation mannequin to maintain high-level training for Huggins Hospital and

emergency personnel around the region in today's life-saving techniques. A special fund-in-need auction followed the demonstration, raising funds specifically for this equipment.

"The Huggins Hospital Heroes Gala, now in its third year, is becoming a must-attend summer event," Cheryl Kimball, Manager of Philanthropy at the hospital, said. "We count on community support to help provide such a wide range of services. That we can have fun while raising funds to help our community stay safe and healthy is a win-win for all. We hope to fill the ship next year."

The key sponsors of the Gala were Catholic Medical Center of Manchester, CGI Business Solutions and Stewart's Ambulance Services.

The evening was also sponsored by Bellwether Community Credit Union; Team Health; Rath, Young and Pignatelli; Lavalley Brensing Architects; Central New Hampshire

VNA and Hospice; Casella Waste Systems, Inc.; Trane; New England Document Systems; UniFirst; Green Pages Technology Solutions; KGA; and Wolfboro Bay Center.

Huggins Hospital is a non-profit community hospital that provides medical services including emergency, primary care, diagnostic testing and specialty services to the region's year-round population of 30,000 residents and approximately 120,000 seasonal residents and visitors in the communities of Alton, Brookfield, Effingham, Freedom, Madison, Moultonborough, New Durham, Ossipee, Sanbornville, Sandwich, Tamworth, Tuftonboro, Wolfboro and surrounding towns.

To learn more about the 2020 Heroes Gala or how to support Huggins Hospital, visit the hospital's web site at www.hugginshospital.org or call the philanthropy office at 515-2089.

ALTON

(continued from Page A1)

"I urge you all to take a ride up there," Wentworth said. "Let's take a look at it and we'll get back to you."

The board of selectmen also heard from Police Chief Heath regarding the renewal of the contract for the town's police prosecutor. They evaluated language and terms within the contract, ultimately deciding to remove the contract's auto-renewal clause to force discussion before renewing in 2020. They also debated specific language in the contract relating to an automated annual increase in wages that relied upon "the town's Cost of Living Adjustment (COLA)." Since Alton has moved away from COLAs for town employees, and instead employed a purely merit-based system for annual raises, the selectmen were at first undecided on the implications this

had for the prosecutor's contract. Wentworth requested that the prosecutor submit a written request for increase to the board before proceeding and asked Chief Heath to pass along the request.

Chief Heath also brought two requests to support additional training and professional development of two Alton police officers, Officer Kristen Guest who was recently selected as a D.A.R.E. ambassador for New Hampshire and Officer Jamey Balint, who is a highly trained and accredited accident reconstruction specialist on Alton's police force. The request was approved.

The selectmen also discussed recent Request for Bids. One for Alton's 2020 Old Home Day Parade fireworks received only one bid, and so the selectman awarded the contract to Atlas Pyrotechnics, who had conducted the 2019 fireworks display. Another pertained to the painting of Alton's

Gilman Library. The request had no bids.

During the public input sessions, the selectmen read a letter from the owner of Alton's True Value who reported a disruption of business during some of Alton's Old Home Week events due to their location at Monument Square. The selectmen committed to working with the Alton Old Home Week committee to find an amicable resolution.

Christy Painchaud, director of the Alton Business Association, also brought before the board her plans to start an Alton Beautification Committee. She requested the board's blessing and support. The board was willing to grant their blessing but were not willing to entertain financial support.

The selectmen concluded their public session by setting dates for budget proposals as they move into budgeting season. They agreed to hear from town departments on Sept. 18, 23, 24, 25, 30, and Oct. 2 to workshop individual departments' budgets.

"Blessing of the Animals" Saturday, September 28



The Blessing of the Animals, 2017.

At noon on September 28 on the church lawn, Father Bob and Deacons Charlie and Rick will perform the traditional "Blessing of the Animals" in celebration of Saint Francis of Assisi's feast day.

Harkening back to medieval Italy, the ceremony recalls the deacon Saint Francis's love of all creatures and his *Canticle*: "All praise to you, Oh Lord, for all these brother and sister creatures."

You and your dog, cat, horse, bird, or other pet or domestic animal are welcome. You need not be Catholic to participate. Light refreshments and photographs will be provided free of charge.

It's a fun and inspiring way for all members of your household—two-legged and four-legged—to be closer to our Creator.

Masses: Saturday at 4:00 p.m., Sunday at 8:30 and 10:30 a.m.
Weekdays (except Thursday) at 8:00 a.m.



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PET OF THE WEEK

QUEEN



Queen is a lovely 11 month old hound mix that came to the NHHS through Georgia transport. She does not currently know much, but is very food motivated and ready to learn. She does come from an unfortunate past, and has some touch sensitivities that would make her not the best fit for a household with children. However, she has done amazingly well with other dogs and cats in the past and may even benefit from another furry friend! Queen is looking for a patient, adult-only home with an active lifestyle and some basic training.



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New Hampshire FAIR DAYS

LANCASTER FAIR

August 29 to September 2, 2019

Location: 516 Main Street, Lancaster
Tickets: \$15 (including rides) on Thursday, Friday and Monday; \$17 on Saturday and Sunday; seniors are free on Thursday and Monday and \$10 on Friday-Sunday; children under 36" are free with paying adult
Online: www.lancasterfair.com

HOPKINTON STATE FAIR

August 30 to September 2, 2019

Location: State Fairgrounds, Contoocook
Tickets: \$12 for ages 13-59, \$10 for seniors 60+, \$8 for youth ages 5-12, children 35 months and under free. Four day passes are also available.
Online: www.hsfair.org

ROCHESTER FAIR

September 12 to 22, 2019

72 Lafayette St., Rochester, NH 03867
Tickets: \$9 general admin., children under 8 are free
Online: www.rochesterfair.com

HILLSBOROUGH COUNTY AGRICULTURAL FAIR

September 6 to 8, 2019

Location: 15 Hill Dale Lane, New Boston
Tickets: \$10 for adults, children 6-12 and seniors are \$5, children under 6 are free
Online: www.hcafair.com

DEERFIELD FAIR

September 26 to 29, 2019

Deerfield Fairgrounds
Route 43, Deerfield
Tickets: \$10 for ages 13+; ages 12 and younger are free
Online: www.deerfieldfair.com

SANDWICH FAIR

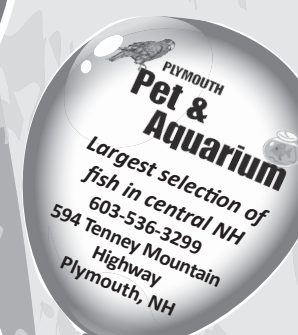
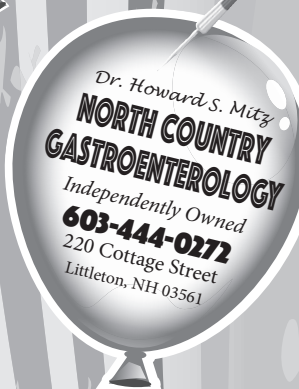
October 12 to 14, 2019

Sandwich Fairgrounds
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Tickets: \$12 for adults, ages 12 and under are free
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Week 3:



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NORTH
COUNTRY
NOTEBOOK

By JOHN HARRIGAN



In the business of writing columns, often it's not what you wrote that gets people upset, it's what they think you wrote.

Last week, I reported that while rounding a bend and meeting a truck, I managed a quick look at the ditch (to judge where I was) and caught brief sight of a grey, roundish animal that registered in my admittedly sometimes dimwitted mind as "armadillo."

I didn't say that it was an armadillo, mind you, and didn't follow the incident with any attempt at verification. I simply had too little to go on.

I did in fact do a column a year or so ago on creatures that have pushed their range northward during the current warming trend, and the armadillo is one of them. It is now regularly seen in several Massachusetts towns. There is no evidence they've gained a foothold in New Hampshire, but strays have appeared here and there. An armadillo was reported in Berlin, but authorities figure someone brought it there as a pet, or it hitched a ride up in mid-summer on a pallet in a freight truck.

+++++

More errata:

On the subject of mistakes, if you doubt your readers' eyesight, just make one.

A couple of weeks ago I waxed poetic about happy times way back when I was doing a lot more radio than I do now, and from time to time was working with someone I identified as "the late Bob Lobel."

Bob is hardly dead, and among those who noticed, and said so, was reader Jack Kurdzionak. He too had noticed funeral services for a Bob Lobel in eastern Pennsylvania, who also happened to do radio, but it was the wrong one. Our Bob is still alive and, despite serious health problems, still working, on a show called "Legends with Bob Lobel" on WPME TV on Saturdays at 11, and on WBIN TV at noon Sundays.

+++++

The other thing that happened last week, with no time or space to expound on it, was the arrival of a praying mantis through the livingroom door. Not that it came through the door itself, no way, because the screens have wire-mesh screens fine enough to bar midges, or noseums.

No, the mantis I spotted on the floor by my reading chair had to have been dragged in or had hitched a ride on me or the dog.

Either way, there it was, looking every bit like just another green stick, eerily rotating its head to follow me with its spooky eyes.

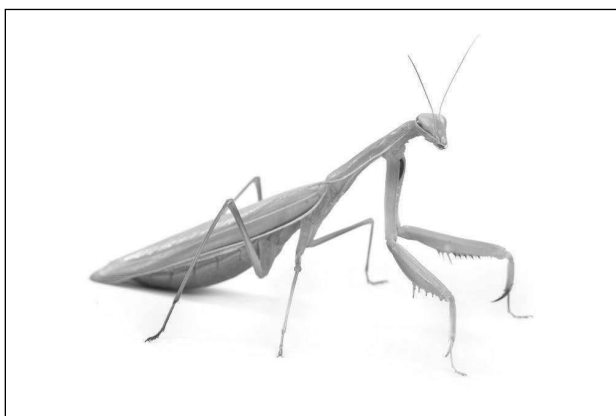
It was eating a bumblebee when I spotted it, so after looking it over with a magnifying glass (while it looked me over right back), I went off to do other things, and when I returned in 15 minutes it was gone.

Entomologists often point to the praying mantis as perhaps the best evidence of how cold-blooded Mother Nature truly is. No one who's seen the classic

Thoughts while enjoying a little lunch: "Hey, you look like someone I know"



US DEPT. OF AGRICULTURE
SOMEWHERE in New Hampshire, a praying mantis (it's the thing that looks like a stick) munches away amid the foliage, perhaps looking for, oh, another mantis, for dessert.



GETTY IMAGES

A SHARPTER rendition of a praying mantis, without the confusion of a background. If you ever see this thing coming at you, mister man, run like, no, wait, just kidding.

film of two mantises eating each other alive will ever forget it.

+++++

"While the praying mantis is found in Vermont and New Hamp-

shire, it isn't found here often," says Northern Woodlands, the magazine I would take above all others on the 350-mile, sometimes 13-hour Quebec North Shore and Labrador Railroad, to be read only if the fog rolled

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in, there was nothing to see, and I'd had enough of playing cards and passing around clandestine containers of whiskey or playing with the Indian kids.

What fun that was, by the way. They were Montagnais, Naskaupi, and Cree. To the young ones, the railroad represented everything new and wonderful. They had perfect, white teeth. But they had only just then discovered soft drink and candy, readily available in the train's snack bar, and they couldn't get enough of it.

I had two tricks I performed with string (still do), and one of them, called "The Fence," required 11 definitely dexterous moves.

One bright-eyed squirrel of a girl of about 10 watched me do "The Fence" two or three times, her concentration keen as a knife, and then asked me for the string

(in French, the Indians had no English). She tried the moves once, twice and failed. Proffering the string, she asked me to do it once more.

And on her next try, she made it, a perfect, criss-crossed fence. And I wanted to give her something as a reward, but it certainly wasn't going to be soft drink or candy, so I dug into my pack and gave her a picture of house and family back home.

And man oh man, did the questions ever come flying then. A house, all made of wood, she was so used to hides.

Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.

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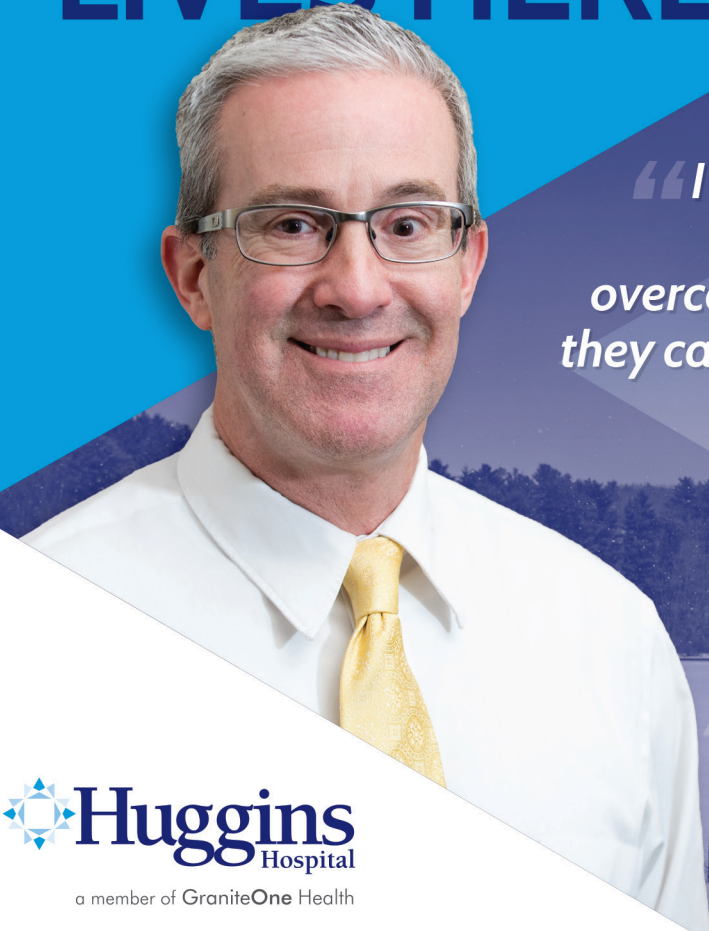



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SPORTS

THURSDAY, SEPTEMBER 19, 2019

THE BAYSIDER

SECTION B, PAGE 1

WHAT'S ON TAP

The coming week features a full slate of games for the local high school teams.

At Prospect Mountain, the girls' soccer team will be hosting St. Thomas on Friday, Sept. 20, at 4 p.m. and will be at Gilford at 4 p.m. on Wednesday, Sept. 25.

The Timber Wolf volleyball team will be at Stevens for a 6 p.m. game on Friday, Sept. 20, will be hosting Portsmouth Christian at 5 p.m. on Monday, Sept. 23, and will be hosting Nute at 6 p.m. on Wednesday, Sept. 25.

The Prospect soccer boys will be hosting Somersworth for a 4 p.m. game on Monday, Sept. 23, and will be hosting White Mountains at 4 p.m. on Wednesday, Sept. 25.

The golf Timber Wolves will be at Gilford on Monday, Sept. 23, and at Derryfield on Wednesday, Sept. 25, both with 4 p.m. tee times.

At Kingswood, the golf team will be hosting a match today, Sept. 19, at 3:30 p.m. at Kingswood Golf Club, will be at

SEE ON TAP, PAGE B5



KATHY SUTHERLAND

Sweep

Julia Leavitt goes up for a kill during her team's game with Sunapee on Wednesday, Sept. 11. The Timber Wolves defeated the Lakers by a 3-0 score and went on to defeat Belmont by a 3-0 score on Friday. Prospect Mountain will be in action again on Friday, Sept. 20, at Stevens at 6 p.m., will be hosting Portsmouth Christian at 5 p.m. on Monday, Sept. 23, and Nute on Wednesday, Sept. 25, at 6 p.m.

Foley Freedom Run is Oct. 19

ROCHESTER — On Saturday, Oct. 19, in New Hampshire and Sunday, Oct. 20, in Washington, D.C., thousands of runners globally will turn out to Run For Jim. Runners from all over the world will participate in this one of a kind road race to support the James W. Foley Legacy Foundation in remembrance of Foley, a native

SEE FOLEY 5K, PAGE B5

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Sports Editor - Joshua Spaulding - 279-4516 (phone) - 279-3331 (fax) - josh@salmonpress.news

Timber Wolves pick up first wins of season

BY JOSHUA SPAULDING
Sports Editor

FARMINGTON — The Prospect Mountain golf team had a pair of home matches last week at Farmington Country Club.

The week began on Monday with Pelham, Belmont and Sanborn joining the Timber Wolves.

The Timber Wolves were able to pick up their first win of the young season.

Leading the way on the day was Pelham with an impressive showing of 82 points, led by co-medalists Russ Hamel and Peter Gamache with 23 points each.

Sanborn finished in second place with 64 points and the Timber Wolves finished with 59 points for third place. Belmont rounded out the scoring with a total of 46 points.

The Timber Wolves were led by Joel White, who finished with 16 points out of the third spot in the lineup.

Aaron Haynes was next for Prospect, finishing with 15 points from the fourth spot in the lineup.

Three Timber Wolves finished with 14 points each, with two of those scores going toward the team score.

Seth Huggard played out of the top spot, Aidan Gehly played from the second spot and Bruce Rawnsley played in the fifth spot and all three finished with 14 points.

Mykel Whitehouse played from the sixth spot with four points while Asa Guldbrandsen played from the seventh spot but did not record any points.

Prospect picked up another win on Wednesday, Sept. 11, at Farmington Country Club. Somersworth got the overall with with 66 points, Campbell finished in second place with 45 points and the Timber Wolves were third with 41 points. Monadnock rounded



JOSHUA SPAULDING
JOEL WHITE putts on hole eight at Farmington Country Club last week.

out the field with 24 of Somersworth took points. Jacob Hamilton medalist honors with



JOSHUA SPAULDING
AARON HAYNES tees off on hole seven last week at Farmington Country Club.

20 points. for the Timber Wolves
Leading the way were Rawnsley and

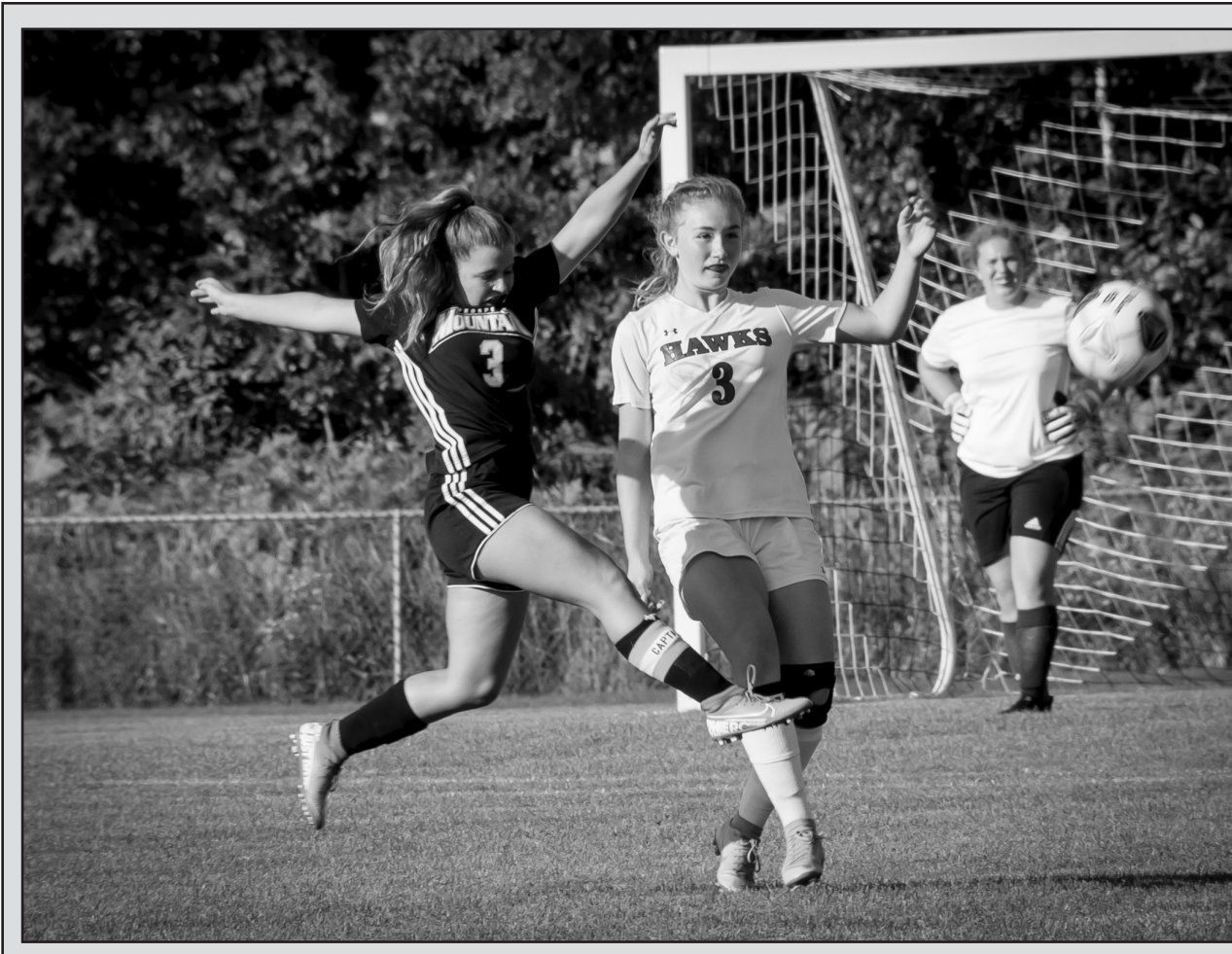
Whitehouse, playing out of the fifth and sixth spots in the lineup. Both Timber Wolf golfers finished with 11 points.

Huggard played out of the second spot and finished with 10 points and White rounded out the scoring with nine points in the third spot.

Gehly finished with eighth points in the top spot, Haynes had six points in the fourth spot and Guldbrandsen finished with two points in the seventh spot.

The Timber Wolves will be at Pheasant Ridge in Gilford on Monday, Sept. 23, at 4 p.m. and will be at a match hosted by Derryfield on Wednesday, Sept. 25, at 3:30 p.m.

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



KATHY SUTHERLAND

Split

Ava Blair goes airborne to try and get to a ball in action against Hopkinton on Friday. The Timber Wolves lost the game 7-1 after opening the week with a 4-2 win over Berlin. Prospect Mountain will be back in action on Friday, Sept. 20, at home against St. Thomas at 4 p.m. and will be at Gilford at 4 p.m. on Wednesday, Sept. 25.

Full Throttle Weekend returns to NHMS

LOUDON — Full Throttle Fall Weekend is the must-see, must-attend short track spectacular at New Hampshire Motor Speedway,

Sept. 20-21, headlined by three of NASCAR's regional series. Fans can enjoy 495 laps of grassroots racing on "The Magic Mile" with more action and more access to the cars and stars of racing.

The main event, the NASCAR Whelen Modified Tour Musket 250 presented by Whelen, is the longest mileage and richest purse of the season. The Saturday tripleheader also features the sport's stars of tomorrow at the NASCAR K&N Pro Series East Apple Barrel 125 and the only chance in America this year to see Canada's NASCAR Pinty's Series drivers race at the Visit New Hampshire 100. A fourth race has been added to the lineup with a 20-lap J&J's Yolk and Co. Oval Series race featuring Granite State Legends Cars competing for a \$5,000 purse on Friday.

"Full Throttle Fall Weekend proved to be a unique and exciting race weekend with unprecedented access for our fans last year," said

David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. "Fans can once again expect to see grassroots racing at its finest with another race added to the lineup and some new exciting features for this year's event that we think they'll enjoy."

All ticket holders have access to a free autograph session (behind the Main Grandstand) with the drivers from all three NASCAR series on Saturday from 10:30 to 11:15 a.m. and also have access to a limited number of temporary grandstand seats (general admission) along the backstretch near turn two in the infield.

Pit passes for this event allow access into the garages, on pit road and the racetrack for fans of all ages. Pit pass holders get front-stage access for pre-race ceremonies on Saturday, including driver introductions, and can get up close to all of the race cars, which will be lined up and down the front-

stretch.

The Fan Zone will be just outside the infield tunnel next to the Concord Ticket Booth and will feature kids activities, a beer tent with lawn games, a variety of farm style and fall harvest food options, vendors, displays and live music. When the on-track action ends on Friday, the party continues at the Fan Zone stage with live music from Shot of Poison presented by Binnie Media from 7:30 to 10 p.m.

Due to the popularity during the inaugural Full Throttle Fall Weekend, infield camping has been expanded to include 100 more spots, bringing fans right into the middle of the on-track action. Other trackside campsites include spots along the backstretch in turn three, along turn four in Trackside Terrace as well as in the S9 lot.

Free parking is available in the N1 lot. For closer infield and grandstand access, the S1, S2 and S3 lots will be open for \$10 per day, and, for

the most convenient parking, premium spots are available behind the Main Grandstand for \$35 for the weekend.

Single-day tickets, upgrades and a new weekend package are on sale now.

Find the complete race weekend schedule at <https://www.NHMS.com/Events/Full-Throttle-Fall-Weekend/Schedule> or download a PDF version.

The Full Throttle Fall Weekend event map and track map are available in PDFs for easy download. Be sure to check the event map for tram routes that will assist in getting around the NHMS property.

For ticket information for all events at New Hampshire Motor Speedway, including the Sept. 20-21, Full Throttle Fall Weekend, the June 13-21, 2020 Motorcycle Week at NHMS and the July 17-19, 2020 Foxwoods Resort Casino 301 race weekend, visit the speedway website at NHMS.com or call Fan Relations at 783-4931.

Church Service

SCHEDULE

10 am Worship Service

Community Church of Alton

20 Church Street, Alton

ABUNDANT HARVEST FAMILY CHURCH

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

ALTON BAY CHRISTIAN CONFERENCE CENTER

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

BEFREE COMMUNITY CHURCH, ALTON

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

CENTER BARNSTEAD CHRISTIAN CHURCH

Morning Service 10:00 am. Adult and Teen Bible Study 11:15 am. Sunday School for all ages 10:00 am. Rte. 126 next to Town Hall. Pastor Brian Gooser. 269-8831.

COMMUNITY CHURCH OF ALTON

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

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC

Sun. School and Worship Services, 10:00 AM, 504 N. Barnstead Rd., Pastor Nancy Talbot, 776-1820, ccnorthbarnstead.com

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JOSHUA SPAULDING
LARA RENNER pushes through the course on Saturday in Laconia.



JOSHUA SPAULDING
MICHAEL MOTT leads a field of runners in action on Saturday in the Laconia Invitational.



JOSHUA SPAULDING
VERONICA DOWD ran to the win in the Laconia Invitational on Saturday.



JOSHUA SPAULDING
DENNIS SIMPSON runs for the Timber Wolves on Saturday in Laconia.

Dowd captures Laconia Invitational title

BY JOSHUA SPAULDING

Sports Editor
LACONIA — Prospect Mountain sophomore Veronica Dowd was the class of the field on Saturday at the Laconia Invitational. Dowd blew away the field by more than 30 seconds, finishing with a time of 22:08 on the hilly Robbie Mills Park course to take the overall victory.

Hannah Capsalis ran her way to 12th place overall in a time of 25:47 and Lara Renner rounded out the field of Timber Wolf girls, finishing in a time of 28:39 for 28th place. Michael Mott had a good day as well, leading the Timber Wolf boys with a sixth place finish in a time of 19:34. Frank Dowd was next for the Timber

Wolves, finishing in a time of 21:13 for 19th place and Dennis Simpson was the third finisher for Prospect, crossing in a time of 22:16 for 33rd place. Liam White finished in 63rd place with a time of 24:52 and Peter Dowd rounded out the field of Timber Wolves with his time of 25:25 for 67th place. The Timber Wolves

will be in action again today, Sept. 19, at Newfound for a 4:30 p.m.

start.

Sports Editor Joshua

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

Busy times, not just with the fall sports

It's been a busy start to the fall sports season, with games each night the last few weeks and a few nights where there's been multiple games to cover.

But it's also been a busy few months at the Village Players Theater in Wolfeboro, which is where I spend most of my free time when I'm not working one job or another. I'm thinking of this on this beautiful Friday morning as I write in the theater while some outside contractors are doing their thing both inside and outside the theater.

We wrapped up our summer production of Our Town in early August. It was the right kind of role for me in that I didn't have to memorize lines, but it was also a bit of a challenge, since I had to play a father and that's something that was new to me. Nonetheless, it was a good show and we had good audiences for all five performances.

Shortly after, Oscar winner Estelle Parsons returned to the theater and brought with her a half dozen Actors Studio professionals from New York. Many in the group were in Wolfeboro last summer as they workshopped an idea for a play and they returned this year with the play more fully-formed and worked on it again before giving

SPORTING CHANCE



By JOSHUA SPAULDING

a couple of performances for the local community. Like last year, it was a pleasure to watch them work on their craft and we were lucky to have them here in Wolfeboro for the week.

And as soon as that was over, we were into auditions for our fall musical, Once Upon a Mattress, which is a funny retelling of the famous The Princess and the Pea fairytale. I volunteered earlier in the year to serve as stage manager for the show. Stage manager is my favorite job with any production and I hadn't had a chance to do that job since The Music Man in 2017, so I was excited to get back into that role. However, we hadn't found a producer for the show when it came time to start getting things in line, so I volunteered to do that as well. I produced three shows last year and vowed I was taking this year off as a producer. At least I made it to August before I caved.

We held auditions in late August and cast our show and rehearsals began. And as it turned out, there's a few big dance

numbers and there's not enough guys to fill the void, so now I'm in a few of the dance numbers. And then at rehearsal last week they gave me a line. So, I guess I will be on the stage when the curtain opens on Nov. 1. We have a great cast and I'm excited to see how the show comes together.

The reason I'm sitting in the theater today is twofold. We are having our carpets cleaned (thanks Bartlett Carpet and Upholstery Cleaning) and we are also beginning a solar project and the crew from Frase Electric is on the roof preparing the roof for the solar panels.

Needless to say, it's been a busy month on the fields, courts and courses but also inside the theater, with surely more to come.

Finally, have a great day Cate Poole.

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.



JOSHUA SPAULDING

A win and a loss

Nolan Sykes and the Prospect Mountain boys' soccer team split a pair of games last week. The Timber Wolves opened the week with a 4-1 win over Bishop Brady on Tuesday, Sept. 10, and then dropped a 3-1 decision to Hopkinton on Friday, Sept. 13. The Timber Wolves will be in action on Monday, Sept. 23, at home against Somersworth at 4 p.m. and will be hosting White Mountains Regional on Wednesday, Sept. 25, at 4 p.m.

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ALLISON BELLEMORE goes up to the net in action against ConVal last week.



SERENA SILVA prepares to hit the ball during action last week against ConVal.

Knight net girls cruise past Cougars

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood volleyball team got back on track after an early-week loss to Oyster River, sweeping past ConVal on Thursday, Sept. 12.

“We were able to move things around and try different things,” said coach Lynette Place. “We didn’t have as much intensity as I wished they had.

“No matter the type of game, you have to be intense,” she continued.

“But I’m pleased with the win.”

The Knights got points from Maddie Ward and Allison Bellemore at the net to start the game and then Ward added an ace as the Knights got off to a 6-1 lead. Bellemore and Serena Silva also added aces as the Knights continued to build their lead and went up 11-3.

Gillian Seigars came through with a couple of big hits and Bellemore also added two solid hits at the net as the Knights opened the lead up to 19-

6. The visitors got a couple of points on the board but they didn’t get much closer, as Bellemore had a kill and Silva added an ace before a kill from Seigars closed out the 25-13 win in the first game.

The Knights dominated in the second game, with Emma Hammond getting things started with an ace and then Bellemore following with a kill. Two aces from Ward helped the Knights to build an 8-1 lead. ConVal came back and scored three points in a row but Seigars ended their run with a big kill and then Silva added another service ace and Hammond had a nice hit at the net to help Kingswood open up the 16-4 lead.

Jillian Gorski found an open spot on the floor with perfect placement and Seigars added a hit as the Knights didn’t back down and opened the lead up to 21-4. After another Hammond hit, two aces from Gorski helped to seal the Cougars’ fate and Kingswood took the 25-5 win in the second game.

A Bellemore hit and an ace from Silva got the Knights out to a 2-0 lead in the third game before ConVal pulled even at two. Another Bellemore hit helped the Knights go up by two again but the Cougars pulled even at four. Hits from Hope Drenning and Seigars al-

lowed Kingswood to build on an 8-4 lead but the Cougars rallied and pulled to within one at 8-7.

A hit from Hammond and a perfect tip from Seigars pushed the Knights to an 11-8 lead but ConVal came right back and tied the game at 11. Kingswood didn’t back down, as they simply took control. After an ace from Seigars helped to open up the 14-11 lead, Silva stepped to the service line and reeled off eight points in a row, including three aces, propelling the Knights to a 22-12 lead.

The visitors came back with four points in a row but Drenning and Ward had key points for

the Knights and then Bellemore finished things off with a flurry, pounding home a kill to close out the 25-17 win and the 3-0 sweep for the Knights.

“We do a lot of things well,” said Place. “We’re scrappy, we don’t give up on plays.”

However, she pointed out that there were still things to work on for her squad.

“There were a lot of free balls we weren’t able to get a good pass on,” she said.

The Knights go into a week with three games on the schedule, including the always tough St. Thomas Saints after deadline early in the week.

“We have to win one of those games, beat a top team,” Place noted. “If we do that and see what we’re capable of, we’ll be a whole different team.”

Silva finished with eight aces while Ward finished perfect from the service line and also added 20 assists. Bellemore finished with nine kills and Seigars added eight.

The Knights will be back in action on Friday, Sept. 20, when they host Kennett at 5:45 p.m. They will then visit John Stark on Tuesday, Sept. 24, at 5:45 p.m.

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

TangerFIT 5K set for Sunday

TILTON — Tanger Outlets in Tilton in conjunction with Mix 94.1FM, Northeast Communications, Belknap Landscape Company, Gunstock Mountain Resort, Laconia Daily Sun and AutoServ, will host the 11th annual TangerFIT 5K Run/Walk to benefit breast cancer patients in the Lakes Region. The first 1,000 registrants to check-in at the race will receive an exclusive race t-shirt and all finishers will receive a commemorative participant medal. Prizes will be awarded to top three male and female winners. There is a discount to register prior to the race.

Businesses and group organizations interested in forming teams of 10 or more can receive a discounted entry rate. For a discounted team rate, contact Tanger Outlets General Manager Eric Proulx at Eric.Proulx@TangerOutlets.com. Team prizes will be awarded for the following categories: Largest team, most spirited and best team t-shirt.

The race takes place Sunday, Sept. 22, at 8:30 a.m. at Tanger Outlets Tilton, 120 Laconia Road, Tilton.

For more information or to register, visit www.tangeroutlets.com/race.

Harlem Wizards playing at PMHS Saturday

ALTON — Tanner Brennan is an 18-year-old recent graduate of Prospect Mountain High School who was recently diagnosed with having an Arteriovenous Malformation (AVM) in the left side of his brain. This condition has caused limited use of his right arm and some difficulty in processing information. After several appointments, Brennan was referred to Mass General due to the size of the mass. Because of its size and how deep into his brain the AVM is, it cannot be removed, so radiation therapy will be used to try to shrink it in hopes of preventing his symptoms from getting worse. To add to his struggle, an aneurysm was found on his AVM, which requires monitoring and possibly future surgical repair. Brennan faces a long and difficult road ahead and it will be years before he knows if the radiation treatment is effective. Brennan’s treatment requires multiple trips to Boston and several consecutive days of radiation treatment.

The Alton Police Association and the Alton Business Association have partnered to bring an entertaining fundraiser to Prospect Mountain High School on Sept. 21, when the world famous Harlem Wizards will be returning. This show will feature several of the Harlem Wizards play-

ers playing against school faculty and staff from both Prospect Mountain High School and Alton Central School as well as Alton police officers. All proceeds will go to Brennan to aid in his mounting medical costs and trips back and forth to Boston.

The Harlem Wizards have a unique mission, to create awe-inspiring events throughout the country. Fans will witness amazing basketball talent combined with hilarious comedy. It’s two hours of family time where parents, grandparents, and kids can all laugh together. When you’re in the stands, you’re more than a spectator, you’re part of the show with loads of audience participation. Throughout the game, fans will experience a magical display of tricks, coordinated ball handling, fancy passing and aerodynamic athleticism combined with high-energy comedy and audience interaction. The experience can only be summed up in two words: awe-inspiring.

Tickets may be purchased online in advance for a discount by going to www.harlemwizards.com, or can be purchased at the door. There will also be a Harlem Wizards merchandising table and concessions available to purchase on-site. Game time is 6:30 p.m. with doors opening at 5:30 p.m.



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Cubeddu’s OT goal wins it for Knights

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — Kingswood field hockey coach Kaitlin Reilly and Plymouth field hockey coach Ashley Laufenberg went to the same high school and played for the same coach.

So, when their teams meet up, no matter what kind of year each is having, the result is usually an entertaining and competitive game.

The teams entered their game on Tuesday, Sept. 10, with the Knights searching for their first win and the Bobcats still not having lost a game in the early season.

The Bobcats took control in the second half after Kingswood took the early lead, but the Knights rallied, scoring in the final five minutes to tie the score and then putting the winning goal in the net in overtime to get the 3-2 victory.

“Such a good game with Plymouth, always,” said Reilly. “We handled the pressure, we used the timeouts to regroup and to their credit, they were able to execute when the pressure was on.”

“What a game,” said Laufenberg. “In the first half, we were a little shaky, we had to do that turf adjustment.

“But in the second half we came out flying,” she continued. “We talked about coming out and using each other more and they definitely did that.”

Kingswood controlled the pace of play in the early going, with Allie Drew ripping a shot through the crease and Emilia Galimberti and Jill Blocher teaming up on a good bid. Abby Kelly also had a shot on net that Plymouth’s Hannah Olmstead blocked.

Kingswood had the game’s first corner and Gianna Cubeddu had a shot that Plymouth keeper Molly Edmark stopped. Drew came right back with a bid that Edmark also got a piece of.

The Knights had another corner and Cubeddu had another shot that Edmark stopped but Erin Meyer was there to put the rebound in the net with 23:02 to go in the half, giving Kingswood a 1-0 lead.

Drew had another bid turned away by Edmark and then Emma Webster sent a good ball in to Gabby Karntakosol at the other end, but Grace Abraham stopped the run in to the zone. Meyer went the other way but Gwen Merrifield returned the favor



PLYMOUTH’S Gwen Merrifield reached in to try and get the ball from Kingswood’s Erin Meyer.

JOSHUA SPAULDING



HANNAH CRANE (4) celebrates her team’s overtime win over Plymouth last week.

JOSHUA SPAULDING

with good defense. Maya Duarte just missed connecting with Olivia Eastman on a bid for the Bobcats and Meyer, Drew and Blocher came back with pressure at the other end that was turned away.

The Bobcats got their first corner and Eastman got a shot off but Kingswood keeper Quinn Meserve made the save. Holly Phillips also made a run into the zone for the Bobcats but Hannah Crane responded with a nice defensive stop. Drew and Meyer continued the Kingswood attack but Webster and Emily Manson stood strong for the Bobcat defense.

Sept. 24.

The Knight field hockey team will be hosting John Stark on Friday, Sept. 20, at 5:30 p.m. and will be at Bow at 4 p.m. on Tuesday, Sept. 24.

The football Knights will be in action on Friday, Sept. 20, at Hanover at 7 p.m.

The Kingswood volleyball team will be hosting Kennett at 6:15 p.m. on Friday, Sept. 20, and will be at John Stark at 5:45 p.m. on Tuesday, Sept. 24.

The Knight cross country team will run in Manchester on Saturday, Sept. 21, at 10 a.m.

Cubeddu had a shot on a corner for Kingswood and then Galimberti and Blocher came back with shots that were denied by Edmark. Drew had a late shot go wide of the net and the game went to the half with the Knights up 1-0.

Cubeddu had an early run into the zone for the Knights but Webster was solid on the defensive side. Phillips came back with a shot that Meserve stopped at the other end and then Merrifield had a shot that Stella Smith tipped just wide of the net.

Just 52 seconds into the half, the Bobcats tied the game, as Merrifield sent the ball in to Eastman, who poked it into the net to make it 1-1. Phillips and Blocher exchanged chances at the opposite ends of the field while Abraham turned in another good defensive stop for the Knights.

The Bobcats took their first lead of the game with 15:28 to go, as Emma Bryer put the ball

in the net following a Plymouth corner, giving the visitors the 2-1 lead.

Kingswood responded with Galimberti, Meyer and Drew all getting runs into the zone while Manson helped out her Bobcat teammates with good defense.

Plymouth had a couple of corners but could not convert and the Knights were able to come up with their tying goal off a corner at the other end.

Cubeddu pushed the ball home with 4:06 to go following the corner, tying the score at two. Plymouth had a late corner but could not get it to go in and regulation ended in a 2-2 tie.

The teams went to seven-on-seven overtime and Plymouth went in the zone first but they were turned away. Galimberti had a shot for the Knights that was stopped by Edmark and then Kingswood had a couple of corners but could not convert, with Merrifield playing solid

defense. Drew and Kelly teamed up on a bid but Edmark made the stop.

However, with 8:49 to go in the 15-minute extra session, Cubeddu picked up her second goal of the game and the Knights celebrated the 3-2 win.

“To come back and tie the game and then win the game, that’s a big step for us,” said Reilly. “It’s a long game and it can creep up on you fast. “It shows a lot of leadership and focus to stay in it,” the Knight coach continued. “It’s good to get the W.”

“It was a good match-up,” Laufenberg said. “We’re still a younger group, so to see it coming together is good.

“We take what we learn from today and into Goffstown on Friday,” the Bobcat coach continued. “They’re starting to fix things one at a time.”

Plymouth bounced back nicely, picking up an overtime 1-0 win over Goffstown on Friday.

The game was score-

less heading to the extra frame and with just 17 seconds to go in the overtime session, Hollie Phillips scored off a penalty corner on an assist from Olmstead to give the Bobcats the win.

Laufenberg noted that Edmark, Olmstead, Ellen Ryan, Emily Manson and Sam Ashe all played well in the win.

“(We) struggled to get things going offensively,” the Bobcat coach said. “The defense made some great plays all around.”

The Bobcats will be hosting Souhegan on Friday, Sept. 20, at 4 p.m. and on Tuesday, Sept. 24, they will be at Pelham at 4:30 p.m.

The Knights will be hosting John Stark on Friday, Sept. 20, at 5:30 p.m. and will be at Bow at 4 p.m. on Tuesday, Sept. 24.

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

ON TAP

CONTINUED FROM PAGE B1

Coheco Country Club on Tuesday, Sept. 24, at 3:30 p.m. and will be at Nippo Lake at 3:30 p.m. on Thursday, Sept. 26.

The Knight soccer boys will be at Hollis-Brookline on Friday, Sept. 20, at 4 p.m., will be at Pembroke at 4 p.m. on Tuesday, Sept. 24, and will be hosting Plymouth at 5:30 p.m. on Thursday, Sept. 26.

The Kingswood girls’ soccer team is at Manchester West at 3 p.m. on Friday, Sept. 20, and will be hosting Kearsarge at 5:30 p.m. on Tuesday,

FOLEY 5K

CONTINUED FROM PAGE B1

of New Hampshire and all Americans who have made the ultimate sacrifice to protect freedoms.

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provide positive guidance to help

the children through their social, cog-

nitiv and emotional development.

Candidates with 9 or more Early

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The Sandwich Children's Center is a

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Attendants! Duties include, but not

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Flexible hours and schedules are

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Call Ashley 603-568-4930 for

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Dental office seeks skilled caring Hygienist to be part of our quality practice. 2 days per week.

Please call 603-528-2471

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Make life easier!

Will travel to surrounding towns around the lake

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Great References. Contact me at 603-941-8128

Real Estate



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All real estate advertising in this newspaper is subject to

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"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, r an intention to make any such preference, limitation or discrimination."

(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby

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For The Washington DC area, please call HUD at 275-9200.

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Commission for Human Rights

at 603-271-2767

or write

The Commission at

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Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographically errors, etc. hereincontained. The Publisher

reservesthe right to refuse any advertising.

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Alton Bay - Spacious 2 bedroom apartment with deck overlooking Lake Winnepesaukee. \$875/month. Available for immediate occupancy. Call Paul

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ALEXANDRIA: 3-BR home, 2-BR apartment & barn on 20 ac. w/ dressage ring & more. **\$695,000**

MLS# 4701623
MOULTONBOROUGH: Building lot in Suissevale on Lake Winnepesaukee. **\$40,100**

MLS# 4769702
GILFORD: Gorgeous property overlooks Winnepesaukee & mtns. 4-BR, 4-BA & 2,679'. **\$629,900**

MLS# 4743287
MEREDITH: 3-BR, 3-BA townhouse w/ great views & unrivaled amenities. **\$419,900**

MLS# 4752727
MEREDITH: 7.8 ac. lot at Waldron Bay, directly above Lake Winnisquam. **\$245,000**

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MEREDITH // Impeccably maintained exquisite country estate. Open concept living, original features with the ease of modern amenities. 12+ acres, mountain views, rolling fields and 30 x 40 shop. An excellent offering!
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GILFORD // Quality built deck house filled with natural light in a convenient, established neighborhood. 4BR/2.5BA, prime location close to Gilford schools, Gunstock ski area and Lake Winnepesaukee.
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ALTON // COME LIVE AND WORK IN THE LAKES REGION! Residential/commercially zoned & next door to Hannaford's and on busy Rte 28. Great visibility and opportunity for many uses.
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MOULTONBOROUGH // Perfectly located between Moultonborough and Center Harbor, 3BD/3BA, full dormered cape with attached 2-car garage. Set on a quiet cul-de-sac surrounded by trees.
\$259,000 (4753366) Call 253-9360

LACONIA // Spacious 4 bedroom home with many updates including windows, vinyl siding, new chimney, boiler and oil tank. Nicely landscaped and private yard. OWNER VERY MOTIVATED!
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WOLFEBORO // 2.7 acre 'Farm to Table' level field lot. 5 bedroom septic design. Ideal solar exposure, internal stonewall along one side of the field.
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MOULTONBOROUGH // .38 acre Wakondah Pond frontage parcel in the low tax town of Moultonborough. Close to main roads, shopping, restaurants, and all other Lakes Region activities.
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SANDWICH // This 2.36 acre property is located in charming Sandwich, NH. Situated on a paved mountain road, tucked up in to enjoy living on the mountain but so close to travel access.
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NEW DURHAM // Nice 1.1 acre building lot. Roughed in driveway, cleared and a dug well on property.
\$35,000 (4501857) Call 875-3128

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Applicants should have 9 ECE Credits, or 1500 hours in a licensed daycare setting, willing to become CPR / First aid certified and able to pass background check.

All interested should email resume and cover letter to: ccoa.joyfulfootsteps@gmail.com, with pre-k teacher in subject line. Or, inquire to: (603) 875-5561



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**NOTICE OF VACANCY
CHIEF OF POLICE
TOWN OF GORHAM, NEW HAMPSHIRE**

The Town of Gorham (population 2,607) located in the majestic White Mountains of New Hampshire, where recreation opportunities abound, is seeking a motivated law enforcement professional to command a department of five full-time officers, a staff of part-time officers and a 24-hour dispatch center. The Chief will be a working Chief and be responsible for the policy, development, control, supervision and program implementation within the department and has considerable operational independence subject to the oversight of the Town Manager.

QUALIFICATIONS: Applicants should possess an Associates Degree from a recognized, accredited institution in Criminal Justice, and/or Police Administration. Applicants must possess all necessary State Certification as required by the Police Standards and Training Council, a proven track record of progressively responsible experience in law enforcement and crime prevention. CPR trained or NH Licensed EMT is desirable. The applicant should also possess strong leadership, communication and public relation skills.

SALARY RANGE: \$65,000 - \$71,000

APPLICATION PROCEDURE: Send a cover letter and resume with three (3) work-related references on or before Monday, September 23, 2019 by 4:00 pm to:


Denise Vallee, Town Manager
Town of Gorham, 20 Park Street, Gorham, NH 03581
Attn: Police Chief Position

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

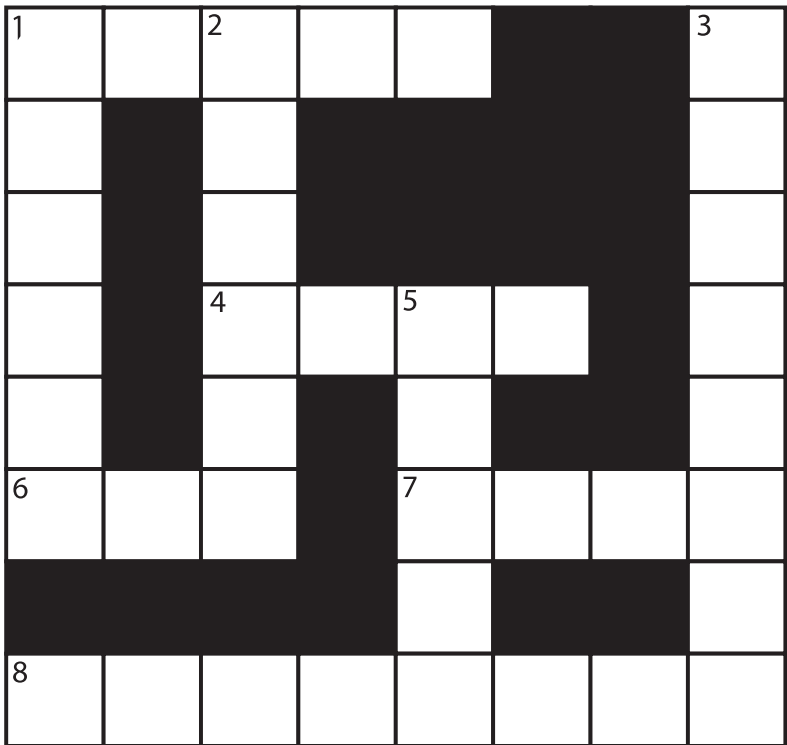
**Please Drive Carefully.
Our Kids Are Depending On You.**



**FIND A CAREER
IN THE CLASSIFIEDS!**



Crossword Puzzle



ACROSS

- 1. Leavened dough
- 4. Let dough sit
- 6. Man
- 7. Overexcited
- 8. Make look attractive

DOWN

- 1. Cooking with dry heat
- 2. Vitality for activity
- 3. Relish at the sight of
- 5. Sweetener

THIS DAY IN...



HISTORY

- 1957: THE UNITED STATES CONDUCTS ITS FIRST UNDERGROUND NUCLEAR TEST IN THE NEVADA DESERT.
- 1985: MEXICO CITY IS STRUCK BY THE FIRST OF TWO DEVASTATING EARTHQUAKES.
- 1991: OTZI THE ICEMAN IS DISCOVERED IN THE ALPS ALONG THE BORDER OF ITALY AND AUSTRIA.



QUEEN VICTORIA WAS ONE OF THE FIRST PEOPLE TO HAVE THIS SUBSTANCE ON CAKE, GIVING IT ITS ROYAL NAME.

ANSWER: ROYAL ICING



PIPING

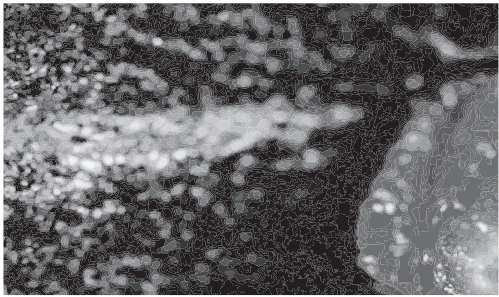
technique of putting icing on a cake

How they SAY that in...

- ENGLISH: Bake
- SPANISH: Hornear
- ITALIAN: Cuocere al forno
- FRENCH: Cuire
- GERMAN: Etwas backen



A BIG BREAKTHROUGH IN THE HISTORY OF BAKING CAKE HAPPENED WITH THE USE OF BAKING SODA AND BAKING POWDER AS LEAVENING AGENTS.



Can you guess what the bigger picture is?

ANSWER: CHOCOLATE LAYER CAKE

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to autumn. Each number corresponds to a letter. (Hint: 1 = L)

A. 13 22 1 8 7 14 10

Clue: Plant leaves

B. 6 22 1 22 5 26

Clue: Different hues

C. 6 24 8 1 1 3

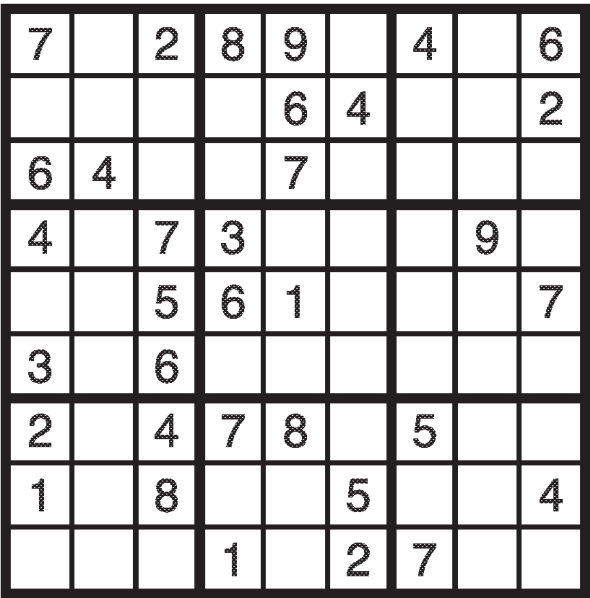
Clue: Tad cold

D. 13 7 1 1

Clue: Season of the year

Answers: A. foliage B. colors C. chilly D. fall

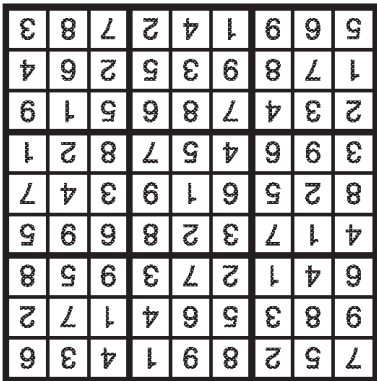
SUDOKU



Level: Beginner

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!




ANSWER:

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Recovery Support Specialist



Alexander Annunziata
Recovery Coach, Peer Support, Person in Recovery

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Pictured L-R: Richard Manzi, VP/Regional Market Manager; Marcie Gowen-Nobley, Residential Loan Officer (NMLS #1484955); Renetta Oleson, Plymouth Office Branch Manager; and Danny Desrosiers, AVP/Business Development Officer (NMLS #619800).

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ACE
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The threat posed by ice dams

Cold, snowy weather can present various issues for homeowners to contend with. One such problem, ice dams, can cause damage to walls, ceilings and other areas.

The University of Minnesota Extension says that an ice dam is a ridge of ice that forms at the edge of the roof and prevents melting snow from draining properly. A complex combination of heat loss from a home, snow cover and outside temperatures can lead the formation of ice dams. An ice dam will be fed by melting snow above it and cause a backup at the edge of the roof.

Dams can cause gutters to tear off and loosen shingles and may lead to water backing up and pouring into the home, advises This Old House. Ice dams also can contribute to soggy insulation, making the

insulation lose its protective R-value and becoming a magnet for mold and mildew.

Homeowners can do a number of things to temporarily prevent the formation of ice dams. Heated cables clipped to the roof's edge in a zigzag pattern can help prevent dams that lift shingles. Pushing snow off the roof can help. Laying an ice melt product in gutters to help melt the ice that forms also can prevent ice dams.

More permanent solutions involve keeping the entire roof the same temperature as the eaves by increasing ventilation, adding insulation and properly sealing air leaks that can warm the underside of the roof. This may involve calling in a professional contractor. Such an investment is well worth it, as it can prevent much more costly damage down the line.

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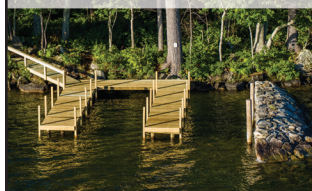
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Home improvement projects for your fall to-do list

Autumn is a great time to inspect patios that might have endured some wear and tear during the heavy usage seasons of spring and summer.

Homeowners know that maintaining a home can be a year-round job. No home is immune to wear and tear, and homeowners who want to protect their real estate investments should try to stay two steps ahead to ensure their homes do not succumb to the elements or become outdated and unappealing to prospective buyers.

Fall has become a season that's synonymous with home improvement, but homeowners need not wait until the leaves begin changing colors to start planning their next projects. The following are a few items homeowners can add to their fall home improvement to-do lists.

Roof inspection
Less precipitation tends to fall during the warmer months than during the late fall and winter. As a result, homeowners may not be aware of leaky roofs until autumn has come and gone. But waiting until winter to inspect the roof can prove disastrous, as weather conditions will not be

conductive to inspection and increased precipitation may result in potentially costly damage. Leaky roofs can be easily identified by looking for water stains on interior ceilings. Once you see a stain, you can climb onto the roof to identify the location of the leak and fix it before winter rains and snowfall turn the problem into something much larger. Inspect your ceilings for signs of leaking after a strong rainfall, and then address any leaks immediately.

Gutter cleaning
While some homeowners prefer to delay their gutter cleaning projects until late fall, those whose homes are surrounded by trees may need to schedule two such projects. Gutters clogged with leaves and other debris can cause serious roof damage, and that damage can extend all the way inside a home. In addition, clogged gutters make great nesting areas for insects or critters. Always stand on a ladder when cleaning gutters, wearing gloves to remove items by hand

and dropping leaves and debris into a trash can below. Standing on the roof and leaning over gutters greatly increases your risk of injury. If the gutters are clear when you first examine them in early fall, you can wait until later in the season to give them a complete and thorough cleaning. Once you have finished clearing the gutters, you can use a hose to run water through them and the downspouts to confirm everything is functioning properly.

Window and doorway inspection
Before temperatures start dropping once again, homeowners will want to inspect their windows and doorways for leaks. Over time, cracks can develop around windows and doorways, and while such cracks are rarely noticeable when the weather outside is warm, they can be quite obvious and very costly if they remain unsealed come the start of winter. Cold air can enter a home through cracks around windows and doorways, and many homeowners who don't

suspect leaks may respond by turning up the thermostats in their homes. That can prove quite expensive over a full winter. Choose a windy autumn day to place a hand by windows and external doorways in your home to see if you can feel drafts. If you can, seal these cracks as soon as possible.

Patio cleanup
Patios are popular hangouts during spring and summer, and that can result in a lot of wear and tear. Once you store patio furniture for the winter, inspect your entire patio to determine if it needs any refurbishing. While certain patio projects may be best left for spring, you can still clean any stained areas around the grill and look for cracks in the sidewalk that need to be addressed. Preparing for fall home improvement projects ahead of time can help homeowners complete projects in a timely manner and ensures they won't be forced to brave the winter elements when refurbishing their homes.



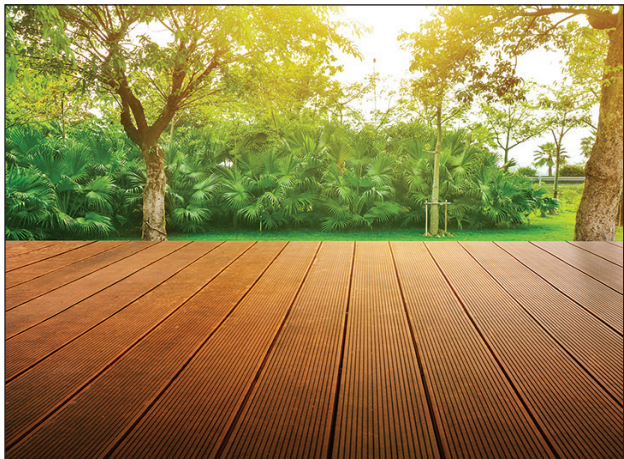
Things to consider before warming up next to your first fire this winter

A warm fire can make even the coldest winter day more enjoyable. Fireplaces may not get much use in spring or summer, but come late fall and throughout the winter, the fireplace can be a great place for families to gather. Before fireplace season hits full swing, homeowners might want to brush up on a few fireplace facts so they can safely enjoy nights spent sitting by the crackling flames. The Chimney Safety Institute of America advises homeowners with fireplaces to hire a CSIA-certified chimney sweep to clean their fireplaces. After a lengthy period of non-use, various issues could be affecting the chimney, many of which might not be noticeable to an untrained eye. Professional, certified chimney sweeps have extensive knowledge of fireplaces, making them valuable resources who can let homeowners know if any safety issues developed since fireplaces were last used. The National Protection Agency recommends that chimneys be swept at least once per year.

A full inspection of the chimney might be in order as well. Chimney service technicians will conduct thorough examinations of readily accessible portions of the chimney exterior and interior and accessible portions of the appliance and the chimney connection. The CSIA recommends that homeowners who plan to use their chimneys as they have in the past request a Level 1 inspection, which will examine the soundness of the chimney structure and flue as well as the basic appliance installation and connections. Technicians also will verify if the chimney is free of obstruction and combustible deposits. Homeowners also should inspect their chimney dampers before lighting their first fires of the season. Dampers should open and close smoothly. If not, a service technician can help fix or replace the damper. Firewood is another thing homeowners must consider before lighting their first fires of the season. The CSIA says that well-seasoned firewood works best, noting that

wood that is not well-seasoned will produce more smoke than heat. In addition, the home improvement resource This Old House recommends using dense wood that's been split and stored in a high and dry place for at least six months. Oak is an example of dense wood that, when stored properly, can make for an enjoyable fireplace experience. Avoid softwoods like pine. Pine can produce a lot of creosote, which is a byproduct of wood combustion. Creosote is highly flammable, and as it builds up in a chimney, the risk for a chimney fire increases. Choosing the right wood, making sure it's well-seasoned and having a chimney professionally cleaned can reduce the risk of a creosote-related chimney fire. A Level 1 inspection should determine if there are potentially dangerous levels of creosote deposits in the chimney. Before nestling up to a fireplace this winter, homeowners should consider a host of factors and safety measures to ensure their fireplaces are safe and ready for the season ahead.

Prepare your deck for winter



Homeowners often take steps to winterize the interior of their homes in the weeks before winter's arrival, but such efforts should extend to the outside of a home as well. Decks make for great gathering places when the weather permits. Decks are where many people spend their free time and eat their meals come spring and summer, when the temperatures climb and the sun sets well into the evening. But as summer turns to fall, homeowners must take measures to protect their decks from potentially harsh winter weather. • Inspect the deck for problems. Decks tend to be used more often in summer than any other time of year. That makes fall and early winter an

ideal time to inspect for wear and tear and any additional issues that may have cropped up throughout the summer. Damaged boards and loose handrails should be fixed before winter arrives, especially for homeowners who plan to use their decks in winter. Fixing such issues in winter and even into spring may be difficult thanks to harsh conditions, so make good use of the relatively calm autumn weather to fix any issues on the deck. • Clear the deck of potted plants. Even homeowners who intend to use their decks in winter should remove potted plants from the deck in the fall. The home improvement experts at HGTV note that moisture can get trapped between deck boards

and plastic, wood or ceramic containers in cold weather, and that can contribute to mildew, discoloration or decay. • Store unnecessary furniture. Homeowners who like to sit on their decks in winter will no doubt want to leave some furniture out over the winter. But those with lots of furniture for entertaining guests can likely move the majority of that furniture into a garage or shed for the winter. HGTV notes that doing so will prevent the potential formation of blemishes on the deck that can result from inconsistent weathering. • Remove snow, but do so carefully. Prolonged contact with snow and ice can damage a deck. As a result, homeowners should clear snow from their decks when accumulation is significant. HGTV recommends using a snow blower on the deck to avoid scarring. If a shovel must be used, push snow with the planks to reduce the risk of damaging the deck. Homeowners who take steps to protect their decks throughout the winter months can ensure these popular areas are ready once entertaining season returns in the spring.

Get your home fall- and winter-ready with 5 simple projects

(MS) — If boots, a warm hat and a tuned-up snow blower are the only items on your winter preparation list, your home maintenance plan may need a makeover. These simple home maintenance projects can help lower your energy bills, prevent more costly repairs and/or increase the lifespan of your home.

1. Heating & Ventilation — Examine your fireplace and chimney system to ensure that no soot or creosote has collected. Any cracks or voids could potentially cause a fire. Before you turn the furnace or boiler on, replace the air filter and hire a professional to inspect the unit more thoroughly. These steps will improve the efficiency and life of your furnace and will ensure



stable indoor air quality.

2. Seal Windows and Doors — If not properly sealed, windows and doors can be a major culprit for heat loss. To keep the warm air inside, inspect the weather-stripping around your home's windows and doors for leaks, rot or

decay. Repair or replace structural framing, and caulk inside and out, if necessary.

3. Insulate well — One of the easiest and most effective defenses against heat loss is proper insulation. Prevent cold drafts from entering and the loss of heated air

through basement headers, which, when left exposed, can make your furnace work harder. Look for a moisture-resistant product offering high thermal performance, such as Roxul Comfortbatt insulation. This type of mineral

wool insulation makes installation simple. All that's needed is a serrated blade or bread knife. Cut the batt to fit the cavity and press into place. The insulation will help improve energy efficiency as soon as it's in place and provide savings over the lifetime of your home. Comfortbatt can also be used to top or replace old attic insulation. Aim for an R-50 or a depth of 16 inches.

4. Backyard Care — Save your property from potential damage by trimming overgrown trees and shrubs to prevent ice-laden branches from thrashing against electrical wires and your home's exterior. Drain/shut off any exterior faucets and sprinkler systems to prevent freezing. Ensure rain or

snow drains away from the house to avoid foundation problems.

5. Roof and Gutters — Inspect your roof for shingles that are warped, damaged or even missing to prevent a future leak. Use roofing cement and a caulking gun to seal joints where water could penetrate, such as around the chimney, skylights or vent pipes. Make sure that your gutters and downspouts are securely fastened. Downspouts should extend at least five feet away from the home to prevent flooding.

When it comes to preventative maintenance, a little time and effort can save thousands in energy costs and repair bills over the lifetime of your home.

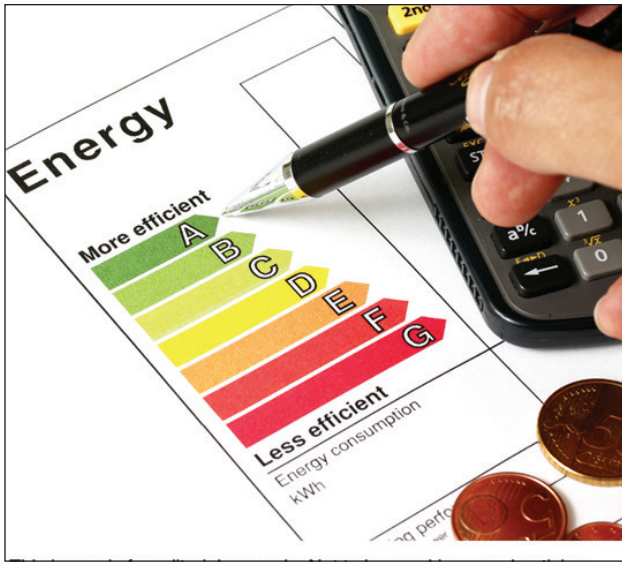
5 simple ways to increase energy efficiency and savings

(MS) — Fall and winter can be tough on your home and your wallet. As temperatures drop, chances are your furnace will be working overtime. This results in two things — greater energy consumption and higher heating bills. In fact, costs associated with heating and cooling a home year-round typically comprise two-thirds of the average energy bill.

Try these easy DIY projects to help cut down on energy loss and expenses:

1. Replace worn weather-stripping around doors and windows. Worn weather-stripping can create drafts and let heated air out, stressing your furnace and compromising your comfort. Replacing it takes little time and is a low-cost, high-impact solution.

2. Top up or replace old insulation in your attic. A poorly insulated attic is a primary source of energy loss. Also, over time, some types of insulation can settle and compact, allowing heat to escape through gaps. Experts recommend topping up or replacing attic insulation with a dimensionally stable batt insulation like Roxul Comfortbatt. Aim for an



R-value of at least R-50 or a depth of roughly 16 inches.

3. Insulate basement headers and walls. Uninsulated basement headers are common, especially in older homes. They can act as a gateway for heated air to escape. Fixing the problem is fast and easy. Simply cut Comfortbatt mineral wool insulation to fit the cavity and compress into place. Doing this throughout your basement will prevent heat loss and can potentially save hundreds of dollars each year.

4. Caulk around windows. Cracks and crevices are a source of heat loss. They can also be an entry point for water/moisture, as well as for unwelcome insects. Pre-

ventative maintenance, such as caulking, can improve energy efficiency and prevent costly repairs.

5. Change your furnace filter. Make it a point to check your furnace filter monthly, always changing it when it's dirty. This will improve the performance and efficiency of your furnace, saving you money.

Easy ways to clean up leaves

Autumn is marked by colorful foliage and plummeting temperatures. Once those leaves reach peak color, they fall from the branches and collect on lawns, necessitating cleanup projects. For homeowners with big yards, such a project can be tiring and time-consuming. However, there are ways to make leaf cleanup easier.

One of the easiest ways to clean up leaves is to reach for a lawn mower rather than a rake. The mower will cut leaves down to smaller sizes, creating an effective mulch that can add nutrients back into the lawn. Davey, a lawn and landscape solutions service, says that mowed leaves also can be collected in a mower bag and added to garden beds or compost piles.

For those who prefer manual raking, select a rake with tines that will not skewer the leaves in the process. Big rakes also can make faster work of gathering leaves into piles.

The home improvement resource The Family Handyman advocates for the use of a lawn sweeper. This is a manual device that has a rotating sweeping brush that gathers up lawn debris and leaves into an attached hopper bag. Like mowed leaves, the bag can be emptied into a compost pile or distributed where needed.

Raking leaves onto a large tarp is another option. Once it's full, the tarp can be taken to the curb where many towns will collect the leaves seasonally. Otherwise, the tarp can be used as a funnel to put leaves into a gardening bag or another appropriate receptacle.

Leaf blowers remain a fast option for cleaning up yards, but they require electricity or gas and can be noisy. Still, they are a popular choice for large landscapes or when quick work needs to be made of leaf clean-up.

Leaves will fall in autumn, but luckily homeowners have various methods at their disposal to tame the mess.



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BEFORE

AFTER

The Lakes Region Parade of Homes returns October 12-14, 2019



Builder Shamus Keating of Key Day Builders will be showcasing a project on this year's Parade of Homes for his first time. This beautiful 9,500+ Sq.Ft. shingled-styled / Adirondack structural timber frame located in Tuftonboro includes many highlights: live birch tree walls, four custom fireplaces, indoor water falls, amazing accent lighting, custom iron railings, indoor pizza oven, "gorgeous hammer beam great room truss system", and a sound system that will shake the lake. Perfectly situated home offers impressive views from most every angle. Parade-goers can expect to see a stunning variety of new and remodeled homes over the 3-day event, Columbus Day Weekend.

The Lakes Region Parade of Homes, the hallmark event hosted by the Lakes Region Builders & Remodelers Association (LRBRA), returns this fall for another incredible showcase of the Lakes Region's newest custom built and remodeled homes. The 2019 tour will feature 11 homes and there will be over 50,000 square feet of space for visitors to explore over the Columbus

Day Weekend, October 12-14, 2019, 10-4 daily.

This year's home tour will showcase eight communities (Alexandria, Bridgewater, Sanborn, Gifford, Laconia, Meredith, Moultonborough & Tuftonboro.) Of the eleven homes, seven are on the waterfront & four are extensive remodels. The homes range in size from 3,100 SF to 9,500+ Sq. Ft. and offer a variety of styles

from Adirondack-Style, classic lake cottage, modern farm house, quintessential lake home, rustic ranch with contemporary highlights and one-of-a-kind custom timber-frame with features that will "Wow" the crowds.

The home builders joining the 2019 Parade include:

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ING & SONS; HOME COMFORT RETREAT; INTER-LAKES BUILDERS; JC HAYES CONSTRUCTION; K.A. CLASON FINE WOODWORKING; *KEY DAY BUILDERS; LIGHTHOUSE CONTRACTING GROUP & LAUREN MILLIGAN DESIGN; MEREDITH BAY; *RH STEPHENS BUILDERS CONTRACTING

Indicate New Builders to the tour!

"The Parade of Homes is a longstanding tradition of our building association which shows the great work our builders are providing for today's homeowners," said Brenda Richards, Executive Officer of LRBRA. "It also provides an excellent opportunity for those who attend to learn from and interact with industry professionals." Many of the homes will have volunteers and suppliers to help answer your questions on the products that you are seeing," noted Richards. The event is made possible by our presenting

sponsors: Dead River Co., Meredith Village Savings Bank and Belknap Landscape as well as all of this year's parade partners.

The 3-day self guided home tour offers prospective homebuyers a chance to talk with talented builders about their future building & remodeling plans; plus, for local residence, an opportunity to see the latest in custom homebuilding. This is a very interactive tour where each ticket holder will receive a copy of the official guide book, swag bags, opportunity to comment live on the "Parade Craze APP" and cast a vote for "People's Choice Award" as to which home resonated as their favorite home on the tour. Visitors can also be entered to win some great prizes.

This event is open to the public. Tickets are \$20/pp and can be purchased at the first home visited to begin the tour OR visitors can download the Parade Craze

App and search Lakes Region Parade 2019 and order tickets beginning the week of the event. Ticket proceeds benefit the workforce development initiative - inspiring the next generation of trade professionals. One Ticket, Good All Weekend, Start at any house! Specifics on builders and communities participating are available at lakesregion-paradeofhomes.com.

When the Parade is over, you will have a wealth of information about builders and the building industry. The Lakes Region Builders & Remodelers Association (LRBRA) is a non-profit trade association made up of companies that include not only builders, but also trade contractors, materials suppliers, mortgage lenders, realtors, interior designers, landscapers and many more! Our members all play a vital role in the construction industry in the Lakes Region and surrounding towns.

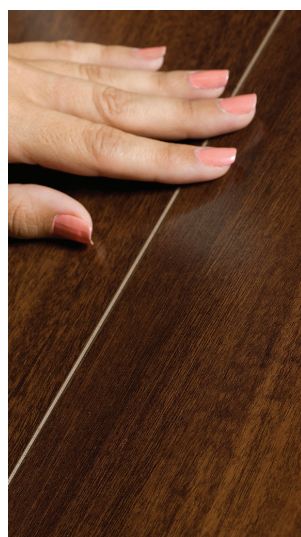
How to protect wood floors from inclement weather

Wood floors are a worthwhile investment that can improve the beauty and function of just about any room in a home. Even though wood floors are durable, and new protective treatments help seal out many of the things that may have damaged floors in the past, homeowners still need to prioritize protecting their hardwood floors.

Certain seasons of the year can be more harsh on wood floors than others. For example, seasons characterized by moisture and precipitation, particularly the early spring, winter and fall, can be hard on wood floors. The experts at ServiceMaster Clean say that cold, snowy days can damage wood floors, and Lumber Liquidators agrees that winter weather can be harsh on flooring.

Homeowners need not give up on hardwood if they live in an area that sees all four seasons. They just need to take a few steps to keep floors looking beautiful.

• Clean up the salt. Salt that keeps sidewalks and streets clear of snow and ice inadvertently gets tracked inside a home. Hard chunks of salt can scratch wood floors, and,



if left to sit, that salt can eventually cause white marks and other stains. Routinely vacuuming and sweeping up salt is necessary to protect wood floors.

• Invest in shoe storage. Wet or snowy boots can create puddles around the house. Have a special mat or tray by the front door where wet shoes can be kept. A nice bench in the entryway makes it easy for residents and guests to remove their shoes until it's time to go back outside.

• Use water-wicking mats. Homeowners will probably need a few extra mats around to tame errant drips and wipe shoes. Any entrance that might be used by

people or pets should be protected. Try to avoid petroleum-based, rubber-backed mats, as they could discolor the wood floor.

• Control humidity indoors. Cold, dry air in a home can be problematic because the moisture in the wood can eventually evaporate into the air. The heat will suck that moisture from the flooring, causing it to shrink, creak and splinter and become more brittle. Think about investing in an in-line humidifier for the home's HVAC system that can keep a moderate amount of humidity in the home. Hardwood floorboards are installed to accommodate minor temperature and humidity fluctuations. This is typically a range of between 60 and 80 degrees F with a relative humidity range of 35 to 55 percent, advises ServiceMaster.

• Use the right cleaning products. Avoid excessive water to clean wood floors, and select soaps that are specially designed for wood flooring. Consult with the flooring manufacturer for a list of detergents that are safe to use.

With proper care, hardwood flooring can survive rain, snow and cold weather.



Potential indicators of roof trouble

With regard to home repairs, homeowners may be able to delay some projects until the weather permits or they find room in their budgets. But other areas, including the roof, may demand immediate action.

Few homeowners give the roofs of their homes much thought until a problem arises. But learning to recognize potential indicators of roof trouble can help homeowners prevent potentially drastic situations down the road.

• Light: Homeowners with attics in their homes can inspect the ceilings inside the attic for signs of holes or leaks. Light peering through the top of the house indicates a hole or leak, as does stains or streaks on the ceiling.

• Worn shingles: Shingles should lie flat against the roof, so any that appear to be buckling or turning up are damaged and in need of repair. A single damaged shingle does not require a full roof replacement, but inspect all the shingles nonetheless. Another indicator of shingle problems can be found when cleaning downspouts or gutters. If the gutters and downspouts contain lots of shingle granules, the roof may soon need to be replaced.

• Moss: Moss on a rooftop may give a home character, but that added character is costly. Shady areas of a roof can be susceptible to the growth of moss and fungi because moisture can be trapped in such areas. If possible, remove moss or fungi from a roof with a stiff brush or hire a professional to do the job instead. Moss may come back even after brushing it off, so homeowners should keep an eye on areas of their roofs that get little sunlight. In addition, trapped moisture can be very harmful to a roof, so it may be wise to exercise caution and have roofs with mold or fungi growths inspected.

• Age: Another indicator of roof trouble may be the age of the roof. Even if there are no visible signs of damage, homeowners whose roofs have some years under their belt may want to consider replacing them. Asphalt shingle roofs typically have life expectancies of 20 to 25 years, while roofs installed over existing layers of shingles may need to be replaced after 20 years.

Recognizing minor roof damage before it escalates into a larger problem can save homeowners substantial amounts of money.



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Simplify fall leaf cleanup

Apple pie, pumpkins and blooming chrysanthemums are symbols of autumn. But nothing signals the arrival of fall more than the millions of leaves that begin to cascade from the trees as the temperatures dip.

Many people feel nothing is more beautiful than the yellow, red, purple, and orange leaves that coat neighborhoods and countryside each fall. But in spite of their beauty, leaves might be a nuisance to homeowners tasked with removing the growing piles of them from their lawns. Those with large oak and maple trees in front of their homes understand the seemingly endless work of leaf removal.

As the days begin to

grow shorter and colder, these changes trigger a hormone release in trees, prompting them to drop their leaves. This chemical message causes the formation of abscission cells where the leaf stem meets the branch, say botanists at the Missouri Botanical Garden. So rather than merely dropping off of trees when the wind blows, the leaves actually fall off deliberately.

Left untouched, fallen leaves can contribute to lawn problems such as poor aeration, mold growth and moisture issues. Leaves also can cause staining on driveways and walkways. Prompt removal can help prevent any problems. To make faster

and easier work of leaf removal, keep these tips in mind.

- Mow over thin leaf coverage. If only a few leaves have fallen, use a mulching mower to shred the leaves until they are small enough that they won't suffocate the lawn. The small pieces will decompose in the lawn, reintroducing nutrients as a result.

- Use an ergonomic leaf rake. Ergonomic rakes can prevent back and arm pain, much in the way that ergonomic shovels do when shoveling snow.

- Invest in a quality leaf blower. Using a rake is good exercise, but homeowners with large properties might want to use a leaf blower. These



machines can dislodge leaves from bushes and hard-to-reach crevices, and they work faster than rakes.

- Use a tarp. Rake or blow leaves onto a tarp and then drag the tarp to the curbside or to the back of a truck for proper disposal. Special leaf scoopers enable you to grab more leaves if they need to be picked up and transported. Otherwise, you can use the covers

from two garbage pails to achieve a similar effect.

- Work with the wind. Rake in the direction the wind is blowing and downhill if your property slopes. This way it will be easier on you, and you won't be working against Mother Nature.

- Spread out the job. Do not attempt to remove all fallen leaves in a single day. Sched-

ule a few cleaning days during the season to make lighter work of the job than if you tried to do it all at once. Keep in mind that leaves will continue to fall throughout the season and you may need to spend a few days removing leaves from your yard.

Removing leaves is a large part of fall home maintenance. Employ these tips to make this task less strenuous.



Autumn is a prime time to tend lawns and gardens

Autumn is gardening season. That statement may not seem right to those who think of the spring as the peak time to care for lawns and gardens. However, autumn is an ideal time to get into the garden and ensure that flowers, trees and garden beds will over-winter successfully.

A number of things make autumn a prime gardening season. The cooler days of fall enable gardeners to spend ample time outdoors without the threat of blazing heat. In addition, soil harbors a lot of residual warmth in autumn. Also, the colder temperatures haven't yet arrived in autumn, nor have the leaves completely fallen, making fall a prime time to assess what's already in the landscape, what needs pruning back and where to address planting for next year.

Gardening enthusiasts can focus their attention on these areas this fall.

- Pamper perennials. As annuals and perennials start to fall back, mark the spots where perennials are located so they can be easily identified later on. This way, when planning spots for spring bulbs or other spring layouts for next year, perennials won't be overlooked or covered over.

- Prune shrubs. Look at shrubs and trees and cut out dead or diseased wood.

- Clean up borders.

Weed and tidy up borders and lawn edging.

- Install pavers or rock wall. Embrace the cooler temperatures to work on labor-intensive projects, such as putting in a garden bed, retaining wall or walkway.

- Remove spent summer veggies. Take out vegetable garden plants that have already bloomed and borne fruit. Tidy up vegetable gardens and start to sow cooler weather plants, such as onions, garlic, beans, and sweet peas.

- Rake and compost. Rake the leaves and gather grass clippings to add to the compost pile.

- Plant spring bulbs. Get tulips and other spring bulbs ready for planting so they'll burst with color next year.

- Dig up herbs. Relocate herbs like parsley or basil to indoor gardens. Otherwise, strip all leaves and freeze for storage during winter.

- Consider mums. Chrysanthemum plants are perennials. While they look beautiful in pots, if planted, maintained and winterized, they can bloom every fall.

- Fertilize the lawn. Fertilizing in autumn helps ensure grass will stay healthy throughout the winter.

- Add mulch and compost to the garden. Replenish spent soil with mulch and compost so garden beds will be revitalized for spring planting.

- Prune hedges. Tidy

up hedges, as they won't be growing much more this year.

- Clean and store equipment. Clean, sharpen and oil all equipment, storing lawn and garden tools properly so they are ready for spring and not lying out all winter.

Autumn may not seem like gardening season, but there are plenty of lawn and garden tasks to tend to during this time of year.

Factors to consider when choosing and applying mulch

Homeowners may associate mulch with springtime lawn and garden care, but mulching in fall can benefit a lawn as well. According to the Morton Arboretum in Illinois, mulch protects roots against extreme temperatures, and not just those associated with summer heat waves.

Mulch is often connected with its ability to help soil retain moisture during especially warm times of the year, when mulch promotes strong roots that can help lawns and plants survive periods of extreme heat. But when applied in the fall, mulch also inhibits freezing and thawing in winter, reducing the likelihood that plants will be injured.

While applying mulch in fall can be beneficial to lawns, homeowners should first consider a few factors.

- Timing: The Morton

Arboretum notes that mulch being applied as winter protection should not be applied too early in the fall, as doing so may delay the soil freezing process. Homeowners should wait until after a hard frost in the fall to apply winter mulch. In many places, hard frost will not appear until late fall.

- Texture: The Morton Arboretum recommends medium-textured mulch. Fine particles may pack down and retain moisture that will evaporate before it reaches the plant roots. Materials that are too coarse may be incapable of holding sufficient amounts of water to benefit the soil.

- Nutrients: Humus is an organic component of soil that forms when leaves and other plant materials decompose. Organic mulches provide humus and decompose over time, adding nutrients into the soil.

The Morton Arboretum recommends that homeowners use organic mulch that was composted or treated prior to application so any weeds, insects or microorganisms are killed.

- Application: Correct application of the mulch is essential. Applying too much mulch can adversely affect lawns, plants and soil. In addition, excessive application can cause decay and make lawns and plants more vulnerable to disease. Homeowners uncertain about when and how to apply mulch in the fall can consult with a lawn care professional to devise a plan that ensures their lawns and gardens hold up against winter weather.

Mulch may be widely associated with spring lawn care, but applying mulch in the fall can benefit lawns and gardens as well.

"Keeping America Beautiful"

Chuck Barnett
Office: 603.293.4646
Cell: 603.340.0685
barnett@metrocast.net

Jonathan Barnett
Office: 781.585.3655
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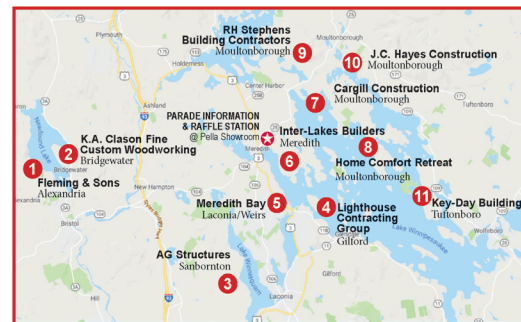
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