

Annual Civil War encampment is this weekend

NEW DURHAM — The New Durham Historical Society is pleased to be hosting the 16th annual New Durham Civil War Encampment, Saturday and Sunday, Oct. 6 and 7, to be held at 16 Ridge Road in New Durham. Activities begin at 10 a.m. each day, closing on Saturday at 4 p.m. and Sunday at 3 p.m.

This is a rain or shine event. Charles W. Canney Camp #5, Sons of Union Veteran of the Civil War will set up a recruitment camp in response for a call for more volunteers to serve and support the Union's efforts. The encampment hopes to encourage youngsters to volunteer by displaying the very

best it has to offer and the comforts a soldier could have while serving the cause. Visitors will have an opportunity to interact with soldiers and see how they lived while in camp. Recruitment isn't the only reason the soldiers have come to New Durham, they have been detailed to the Provost Marshall with orders for guard-

ing the Union Powder Works black powder manufacturing facility and the town's railway station to ensure the powder may be transported without interruption. Visitors will also be able to support funding for the Civil War Memorial Scholarship through purchases of homemade baked goods

and beverages or by donations. The New Durham Historical Society will be hosting its annual bake sale table. Open camp fire cooking demonstrations will be ongoing during each day. The Society will have a display featuring the Powder Mills and the New Durham Railway Station. Each year a recipient

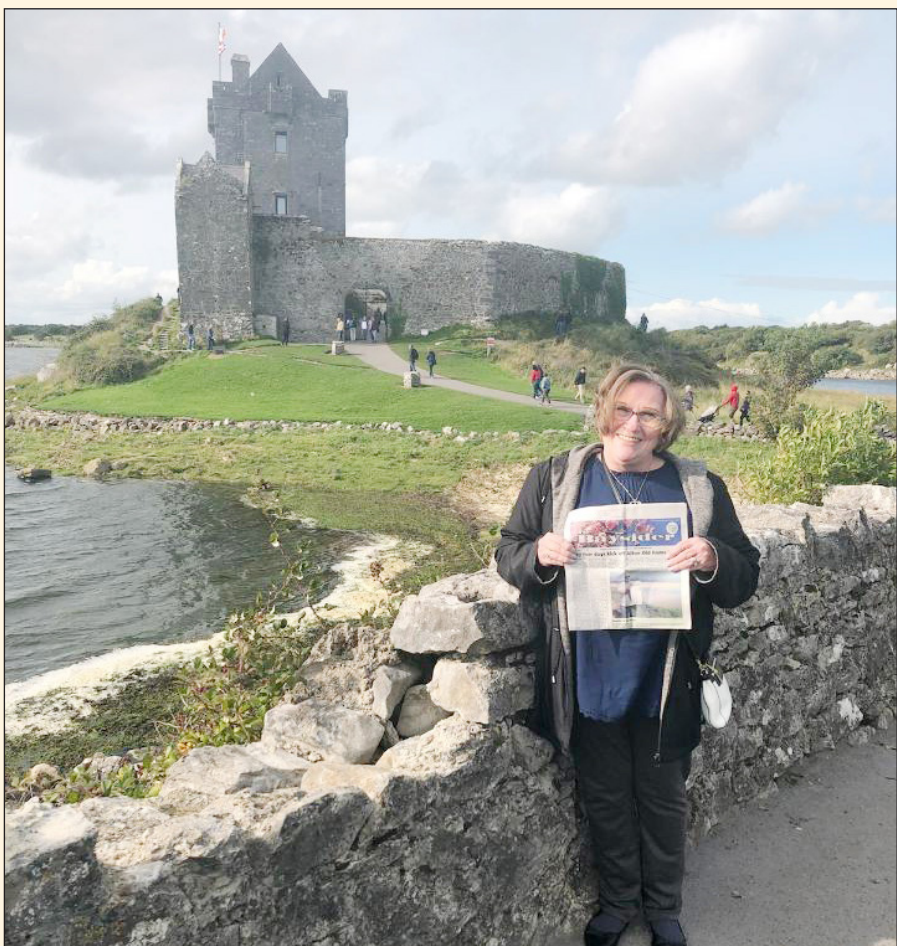
is selected from all submitted eligible applications, by members from both organizations. The scholarship is open to any New Durham student enrolled in higher education beyond the 12th grade. For additional information, please contact Catherine Orlowicz at 859-4643. There will be signs along the roads.

Dyer selected for All-National Honor Ensembles

ALTON — During the 2017-18 school year, along with other talented music students across the United States and overseas in military base schools, Randy Dyer from Prospect Mountain High School practiced with dedication to gain a chair or part in his local, district, and state music honor ensembles. And now Dyer will join the "best of the best" for the National Association for Music Education's (NAfME) 2018 All-National Honor Ensembles Nov. 25-28 at Disney's Coronado Springs Resort at Walt Disney World in Orlando, Fla. The Jazz Ensemble and Mixed Choir concerts take place 7-8:30 p.m., Nov. 27, and the Guitar Ensemble, Symphony Orchestra and Concert Band concerts begin at 10 a.m., Nov. 28, in the ballroom at Disney Coronado Springs Resort. The cost of

admission is \$10 per person. Tickets will be available for purchase onsite. Dyer is a senior at Prospect Mountain and has been a key member of the music department since his freshman year. He has performed with the concert band, jazz band, marching band and pit band for the high school's musicals. Dyer has also played percussion for local theatre companies, his church worship band and also the Cate Park Band, which is based in Wolfeboro. In addition to having a full musical plate, Dyer is also a starter for Prospect Mountain's varsity boys' basketball team and is a key contributor to the school's tennis team. The All-National Honor Ensembles (ANHE) performers

represent collaboration and creativity in its highest musical form. The All-National Honor Ensembles consist of a jazz ensemble, mixed choir, guitar ensemble (new this year), symphony orchestra and concert band. Students were chosen through an audition process. The jazz ensemble will have 20 instrumentalists, the mixed choir 240 vocalists, the guitar ensemble 47 guitarists, the symphony orchestra 122 instrumentalists and the concert band 121 instrumentalists. Eligible students have qualified for their state-level honor ensemble program (not applicable to guitar students) and competed against top students for a spot in these national honor ensembles. SEE DYER, PAGE A10



COURTESY PHOTO

Birthday Baysider

Deborah Yunes of Alton shows off the Baysider on her birthday while on vacation in Ireland heading into the Dunguaire Castle in Galway, Ireland for a full medieval banquet with her girls (daughter Kelly Birkmaier, daughter-in-law Barbie Yunes, and granddaughters Amanda Neilan and Kayli Birkmaier). She reported good food and a lot of fun and surprises too. If you have a photo of you and The Baysider in a unique location, send the photo and pertinent information to baysider@salmonpress.news.

Early
deadline
next week

MEREDITH — The editorial deadline for next week's Baysider will be moved up a day. All letters, press releases, obituaries and photos for the Oct. 11 edition need to be submitted by 5 p.m. on Monday, Oct. 8. All advertising deadlines remain the same as usual.

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School year off to a busy start for Governor Wentworth staff

BY ELISSA PAQUETTE
Contributing Writer
WOLFEBORO — The 2018-19 school year is off to a fine start, according to the Governor Wentworth Regional School District Superintendent Kathy Cuddy-Egbert, who addressed the school board on Sept.

17 in the Lakes Region Technology Center's (LRCT) Skylight Dining Room. She and Assistant Superintendent Heather Cummings made their way into all eight schools and every classroom in the district to greet each teacher and say hello to students, a happy

process that took three days to accomplish. Cuddy-Egbert said the first staff day got the school year off to a good start with a speaker on mindfulness, a means to assist in monitoring and reducing one's stress levels. The meeting followed a reception for

new teachers and their mentors who were treated to an appetizing buffet served up by LRTC Culinary Arts students and a meet and greet session. Kingswood High School School Board Representative Sam Danais gave his first report on student ac-

tivities of the year. Class elections for freshmen have taken place, the Student Council has begun to meet, the Kingswood Theatre program will be presenting the "Wizard of Oz" this fall, and Breast Cancer Awareness week begins Oct. 7.

The LRTC held Back to School Night, and registration for the Adult Education program offerings is now open with the list of course offerings available online for members of the public to sign up. Also, the Skylight Dining Room will be open again to serve the public in mid-October. Team Wolfeboro, whose focus is on drug prevention, pressed for the school to have the high school students take the 2019 Youth Behavior Risk Survey, to better assess what is needed in terms of helping deter drug use. School Board Chairman Jack Widmer said the board has been waiting to make a decision after having a look at the survey questions, which have just recently been post- SEE GWRSD, PAGE A10



JOSHUA SPAULDING

Timber Wolves win

Caden Dore fires a shot on net during his team's 7-1 win over Berlin after the sports deadline on Monday. See the story in next week's edition.

Barnstead Rec hosts first fishing derby

BARNSTEAD — Barnstead Parks and Recreation hosted its first ever fishing derby on Sunday, Sept. 23. This event marked the first event the department has put on since its re-establishment and the family event drew a crowd to the recreation pond off of Dunbarton Drive early Sunday morning, finishing up in the afternoon with a cookout.

A wonderful time was had by all, and ultimately, Maddy Howlett and Kendall Foss tied for first prize, and each received a \$25 Bass Pro Shops gift card. Coming in second place was Lily and Brad Muir, and in third, Nate Cormier.

Barnstead Parks and Recreation would like to thank all the supporters, community organizations, and community members that helped make this event happen.



RUSS FOSS shows off a catch.

COURTESY PHOTO



COURTESY PHOTO

COMMUNITY MEMBERS chat over the scoring table.



COURTESY PHOTO

THE HOWLETT family fishes early Sunday morning. Maddy Howlett (third from left) won first prize for her 10-inch fish.

Alton Trick or Treat is Oct. 31

ALTON — The town of Alton are on Wednesday, Oct. 31, from 5 Halloween trick or treat hours to 7 p.m.

County Republicans to meet on Wednesday

LACONIA — The Belknap County Republican Committee will hold its next monthly meeting on Wednesday, Oct. 10, at 6:30 p.m. at the Laconia VFW, 143 Court St., Laconia.

The committee is pleased to announce that District Two State Senator Bob Giuda will

share his background, current events and be available for questions as it relates to his position and candidacy.

Numerous other Republican candidates will be on site to answer questions.

Belknap County GOP meetings are open to all Republicans and

like-minded Independents. The committee recommends that you arrive as early as 5 p.m. to socialize and/or to have dinner (at your option) prior to the start of the meeting at 6:30 p.m.

The committee again encourages its members to continue to bring non-perishable food

items for donation to local food pantries.

For more information about the committee, please check the committee's web site at www.BelknapCountyGOP.org or send an e-mail to Vice Chair William "Bill" Wright at william.h.wright1@gmail.com.

Running deer shoots continue through October

NEW DURHAM — Looking to test your skills shooting a running deer? Every Sunday in the months of

September and October, come join the running deer shoots at the Farmington Fish and Game Club from 9 a.m.

to noon.

The shoots are open to members and non-members and one fee covers as much

shooting as you would like.

For more information, contact Lou Matia at 312-2551.

PIG OF THE WEEK by D.A. Hammond

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Setting limits

Our policy on letters to the editor has been a 550-word limit for a number of years, but we also don't discard letters that are 555 words because they are over the limit. Often times, we run letters that are between 550 and 600 words without a problem.

When it comes to letters that start running more than 600, or 1,000 or in some cases, more than 1,500 words, we try to allow space for them in our "Community Corner" section. When we began at this paper, the idea of the Community Corner was to allow people a chance to express their views in a bit longer format. We still believe that this is a viable option and we support the right of our readers to send in those pieces and we will continue to publish them.

However, we do have some guidelines when it comes to Community Corner pieces. First and foremost, during most weeks, we will not have room to run more than one Community Corner piece each week and they will run on a first-come, first-serve basis.

But please know, if you plan on sending in a piece that is over the 550-word limit for letters, it is possible that the piece may not run right away. Community Corner pieces are often the first things cut when we start running out of space. We will hold the pieces until there is space to include them.

There's one simple way to make sure that your opinion piece makes it into the paper and that is to keep it less than or around 550 words. We do everything in our power to get every single letter that meets the criteria into the paper each week and that will not change. But we can never guarantee that Community Corner pieces over the word limit will run in any certain edition of our paper. But again, we will do our best.

Again, we will certainly do our best to make sure that all opinions get heard, but our word limit will remain intact. And we will be limiting Community Corner submissions to just one per week.

As always, we will always respond to all requests for publication. If you send an e-mail to baysider@salmonpress.news with your letter (or press release or any other submission) we will respond that we have received it. If you don't hear from us within a day or so, it's always best to check in with us via telephone to assure that we have received your submission.

Thanks for your help in continuing to make this paper successful.



The Baysider

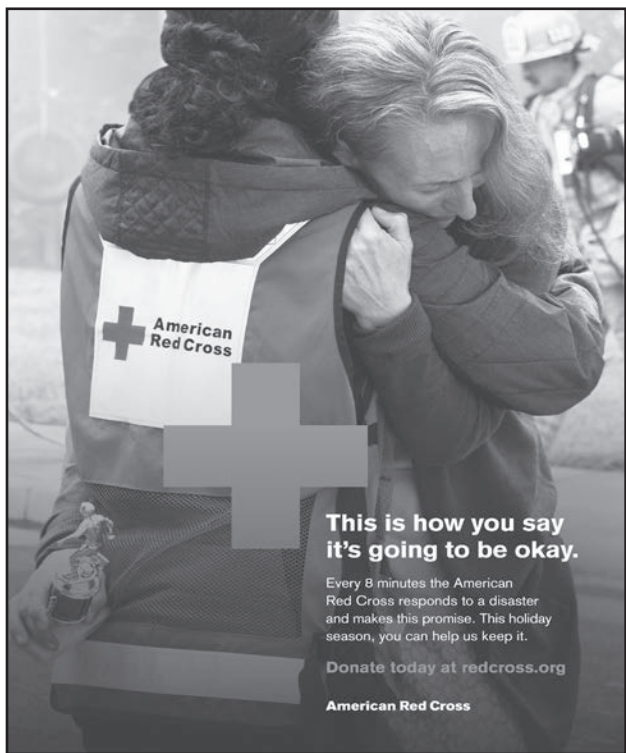
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COURTESY PHOTO Wildcat Way

New Durham School awards those who demonstrate the Wildcat Way (be safe, work hard, play fair, be kind) all the time "Student of the Week" honors. In week one, Mackenzie York, Trinity Rines, Lon Berry, Shaelynn Maynard, Chloe McLain, Colby Proctor, Hayden Rutherford, Ava Waldron, Ben Gelinas, Caelynn Blattenberger, Matthew Oliveira, Jack Marks, Gracie Williams, Kylie Rapoza, and Juliah Loring were named Students of the Week. This week, NDS Students of the Week are pictured (l to r), front row to back, Beau Douglass, Teagan Nelson, Nicolas, Gerade, Dylan Roy, Weston Lancaster, Hunter Chase, Brody Hanson, Tiana Fowler, Lily Scott, Savannah Hughes, Tyler Bamford, Nevaeh Balch. Missing from the picture is Brady Moulton.



Letters to the Editor

Elect candidates who support Constitution

To the Editor:

Were you and born and raised in New Hampshire and come to love the New Hampshire lifestyle? Were you a "flatlander" who settled here to escape the high cost of living in other New England or other states? Do you want to preserve doing things the New Hampshire way? You don't need to make New Hampshire great again. It already is. But you can make it even greater.

On Nov. 11, you have a chance to return this state and this nation to the rule of the people and law rather than that of those who want to see America become a socialist wasteland. Accepting President Obama's

support of 25 Democrats in New Hampshire means returning to the eight years of his administration.

You need to protect this great state and this sovereign nation by electing national, state, and local candidates who support our Constitution and laws, candidates who are against bigger government and its interference into your lives, not those who want to grow government, eliminate your protection under the Constitution and rule of law, and bring the existence of the United States of America and its founding of, for, and by the people to an end.

*Jim Raschilla
Alton*

Hiring police officers kept off agenda

To the Editor:

On July 3 at an early morning New Durham Board of Selectmen (BoS) meeting while most citizens were at work or commuting to work, Selectmen David Swenson, Cecile Chase, and Dot Veisel hired Evan Carey at \$20 per hour to start July 16 as a New Durham police officer.

On Aug. 9, after a special non-public meeting selectmen hired a part time police officer for 32 hours per week at \$22 per hour with a start date on or about Sept. 30. The officer's name has yet to be announced to the public.

On Aug. 29, after a special early morning non-public meeting, selectmen hired a new full time police officer with a start date on or about Sept. 17 at \$22 per hour. The officer's name has yet to be announced to the public.

On Aug. 29, at the same meeting, selectmen hired another person to be paid \$18.50 per hour while being trained and going to school (academy) to become a full time police officer and to start on or about Sept. 17. The officer's name has yet to be announced to the public.

None of the new officers are listed on the town's web site as of Oct. 1. It lists Officer Young as a full time employee yet he quit Aug. 2.

That's four new police officers in the course of

two months. Are we replacing or adding on more officers? Have any retired?

There is nothing in the BoS agendas about hiring police officers. Why would the selectmen omit such important positions from the agenda? Why would they want to hide this information from us? Are they afraid the public might show up and ask awkward questions?

Town policy requires minutes to be available five days after a board of selectmen meeting. The Aug. 29 minutes where two full time officers were hired were held back a month before being released.

Town policy requires video recording of selectmen when voting on employees. There are no videos of these police officers being hired.

The board used to publically announce who they planned on hiring two weeks in advance, giving the community an opportunity to weigh in. In the last year or so selectmen changed the hiring policy to exclude public information.

So, who are our police officers and why is the hiring of them being done with so much secrecy? Why are so many being hired in such a short timespan?

*David Bickford
New Durham*

Alton Community Services offers assistance

ALTON — With the fall season here and winter just around the corner, Alton Community Services is a viable avenue for Alton residents, especially the handicapped and elderly and residents with financial difficulties who may need assistance with home

repairs, heating assistance and various additional assistance for the upcoming winter season. Alton Community Services, aka food pantry, is open Wednesdays from 5:30 to 7 p.m. as well as Saturdays from 8:30 to 11 a.m. Please contact ACS at 875-2273 or Chris Racine, Director,

at 833-3482 with any questions.

The Alton Community Services greatly appreciates and thanks each of you who have made and continue to make financial donations, who volunteer their time and resources to help fellow Alton residents.

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BY JEFFREY CLAY
Alton

On Sept. 13, the Baysider published a commentary I wrote where I alleged the Alton Board of Selectmen violated my freedom of speech and retaliated against me when they ordered me removed from the Feb. 22, 2017 board meeting, claiming, I had violated a rule of public participation.

Fact: The Alton Selectmen adopted their new rules of public participation on June 22, 2016, in an illegal meeting. These new rules were implemented for the first time at the July 18, 2016 selectmen's meeting.

On July 18, 2016, the same day the new rules were implemented, State Rep. Ray Howard violated the new rules when, during the first session of public input, he addressed issues which were not on the agenda. Ray, of course, was not removed or even admonished by the board.

Rep. Howard, however, is just one of many Alton residents who have violated the

new rules since their inception and who were not interrupted, admonished, or ordered removed by the board.

Examples: On Sept. 6, 2016, Hunter Taylor violated the new rules when he approached the board during public input one and introduced himself as a candidate for Belknap County Commissioner with hopes that he will have the support of the board. Not on the agenda.

On Sept. 19, 2016, Joe MacDonald approached the board regarding the rumble strips; he suggested that the town consider filing a lawsuit against the state for destroying the quality of life in Alton. These issues were not on the agenda.

On June 5, 2017, Alton School Board liaison Karen Kharitonov approached the board during the first session of public input to introduce herself. Not on the agenda.

On Sept. 20, 2017, Roger Nelson approached the board to discuss his recent tax assessment, which

came in with a 46.5 percent increase from last year. Not only did Roger violate the rules by not identifying an agenda item and not speaking to an agenda item, Roger also violated the three-minute rule by speaking for approximately five minutes.

Bob Bergeron violated the rules on Nov. 6, 2017, by discussing the Trail Master for the Mount Major Snowmobile Club. Not on the agenda.

On March 5, 2018, Bob Holt violated the rules when he questioned the reasons why elections are being held at St. Katharine Church opposed to Prospect Mountain High School and he violated the rules a second time on April 2, 2018, when he used the first session of public input to discuss the dog licenses clinic. Not on the agenda.

On May 7, 2018, Derek Pappaceno approached the board to speak on behalf of Warrant Article 58 for upgrades to the Jones Field Recreation Area. Not on the agenda.

And on June 4, 2018, David Hussey violated the rules by speaking about bidding procedures, which was not an agenda item.

Fact: Alton's Select Board Chairwoman Cydney Shapleigh-Johnson swore under oath at my trial that my failure to simply identify the agenda item within the first 14 seconds of my addressing the board was so egregious a violation of the rules that it prevented the board from conducting an efficient and orderly meeting necessitating the violation of my freedom of speech and immediate removal from the building. This statement by Johnson to the court was a lie.

As proven by all of the other occasions in which other Alton residents violated the exact same rule of public participation, and several others as well, and where those violations did not disrupt or impede the efficiency of the meeting in any way, I claim a violation of my freedom of speech and retaliation by the Alton Selectmen.

P.S. I apologize for any and all grammatical errors I made last week or this week. Also, I hope to detail many of the allegations I have lodged against the Alton Selectmen over the past several years, which I believe led to my being singled out for retaliation by the board.

Pig roast to benefit local food pantries

ALTON — On Oct. 13, the Masons of Win-nipisaukee Lodge and Teide Farms Smoke-house LLC are teaming up to host a pig roast at the Masonic Lodge on Suncook Valley Road in Alton. Dinner will be served from 4:30 to 6:30 p.m., with the net proceeds to benefit the Alton and New Durham food pantries. Menu includes roast pork, cole slaw, smokehouse baked beans, mac and cheese, corn muffins, beverage and dessert. Dinners to go will be available. The public

is welcome and tickets may be purchased in advance by contacting Jim Matarozzo at 875-3962 or Frank Alden at 859-8881. Please help the Masons support the local food pantries.

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To the Editor:

Once again, the two State Representatives for House District 3, Kurt Wuelper and Michael Harrington, voted “no” against a bill that I believe most people in Strafford and New Durham would support.

SB 553 “establish[ed] a commission to study the incidence of post-traumatic stress disorder in first responders and whether such disorder should be covered under workman’s compensation.” If you know any first responders, such as police, fire fighters, or EMTs, then you know that they deal with situations that may be extremely difficult to process. They see, and help, victims of tragic events – and they maintain a professional and objective demeanor while doing

so. Sometimes, dealing with these events becomes overwhelming.

In my own family, we have an example of a situation in which a family member did not experience any PTSD – but his rescuer did. In 1959, my bother survived a severe, 45-minute mauling by a grizzly bear (about eight pounds of my brother was found in the bear). He was rescued by a brave National Park ranger, who was able to kill the bear with a shot from 100 yards away.


In 2009, I joined my brother, his wife, and the park ranger at the scene of the mauling. My brother - even though he went through months of hospitalization and over two dozen plastic surgeries – never experienced any trauma-related stress. But in my

conversations with Ranger Dayton, he told me that he still had vivid nightmares – 50 years later. He stated that he would wake up in a cold sweat, having dreamt that he missed the shot. He also said that he was never able to get the picture of my brother, who “looked like a large package of ground hamburger” out of his mind.

SB553 passed with a vote of 214 “yea” to 125 “nay” and I am pleased that this commission will examine many relevant questions re-

lated to PTSD in first responders. But, I do not understand how, or why, Mr. Wuelper and Mr. Harrington could have voted against this. Ranger Dayton went on to a successful career in the Park Service. Yet I wonder, wouldn’t it have been beneficial if he had received treatment for his nightmares and related anxiety? Don’t our first responders, who may deal with multiple situations, deserve such support?

Judith Wessel
New Durham



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Central NH VNA & Hospice reflects on year of transitions

BY ERIN PLUMMER
mnews@salmonpress.news

MEREDITH — Staff, volunteers, and supporters of Central NH VNA & Hospice reflected on a year of transition at their annual meeting.

The organization that provides home health and hospice care around the Lakes Region held its annual meeting on Wednesday night at Church Landing in Meredith.

Board president Gina Finocchiaro said there have been a lot of changes in the past 18 months.

The organization had to look for a new CEO and Finocchiaro took part in the process of finding one.

After a search and interview process, Central NH VNA &

Hospice hired Lisa Dupuis of Connecticut.

“This amazing group of volunteers has made my transition here a welcoming (experience),” Dupuis said.

She said it has been a year since she took her job, and in that year, she has bought and sold a house and moved two states away, later moving her family from Connecticut to New Hampshire.

Dupuis said she calls this past year one of building and transition

In the past 10 months she said the organization has worked to implement new regulations and policies, emergency preparedness, and put together plans to hire

and retain staff.

“We need to hire quality staff in order to continue to develop the highest quality service,” Dupuis said.

She said they also have been working to retain the high quality staff they have.

The organization has also undertaken a rebranding project.

“I knew we needed to work on some of our branding and our look,” Dupuis said.

Central NH VNA & Hospice changed its logo and have been trying to get it out into the community. Dupuis said their website

was dated, so a project is underway to revise it.

They also incorporated the tagline “Committed. Caring. Community.” Dupuis said they wanted to communicate to their patients that they are a local agency and like neighbors and are not a chain.

In the past year, providers have made 38,499 visits and traveled 445,694 miles.

“Over the past 10 months we have accomplished a lot and made contact to many,” Dupuis said. “I believe our team at Central

NH VNA & Hospice will take initiative.” From the quote in her office, “We don’t grow when things are easy, we grow when we face challenges.”

The Shirley Bentley Outstanding Clinician Award went to Social Work Program Manager Maria Babineau.

The Leavitt-Knight Volunteer of the Year Award was given to Claire Boardman.

The Alida Millham Leadership Award went to Partnership for Public Health.

This year’s guest speaker was Anne Marie Olsen-Hayward, a

geriatric therapist at Frisbie Memorial Hospital in Rochester. In her presentation “Navigating the Silver Tsunami,” Olsen-Hayward spoke about the rapidly aging state population and the projected vast amount that will require care for dementia. At the same time the state is facing a lack of care providers, especially as more younger people are projected to leave the state. Olsen-Hayward talked about the immense challenges with ways to help patients and care providers under the circumstances.



COURTESY PHOTO

Graveyard presentation

Town Historian Catherine Orlowicz will be presenting a program titled “Veterans Buried in New Durham Graveyards – French and Indian, Revolutionary and War of 1812 Wars” at the next New Durham Historical Society meeting scheduled for Thursday, Oct. 11, at the New Durham Public Library beginning at 7 p.m. The program will feature photographs of final resting places, some family history and if available information regarding their service during these conflicts. All society meetings are open to the public. Light refreshments will be served. For additional information, please call Orlowicz at 859-4643.

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Final Wright Museum lecture of the season is Oct. 9

WOLFEBORO — On Tuesday, Oct. 9, from 7 to 8 p.m., The Wright Museum will host the final lecture of 2018 with UNH Professor Thomas Jackson discussing the history and influence of WWII-era films.

Sponsored by Ron Goodgame and Donna Canney, the entire 2018 series was described as “a tremendous success” by Mike Culver, executive director of the Wright Museum.

“We have had great

turnouts for the lectures this year,” he said. “We thank Ron Goodgame and Donna Canney for sponsoring another fantastic year of the Wright Lecture Series. From educational talks to documentary films and music, this series engaged all senses this year.”

Regarding this last lecturer, Culver noted it provides insight into emergence of commercial films as powerful story-telling tools during WWII.

“FDR, Stalin and Hitler recognized early that this new medium of documentary film, along with news reels, were potentially very powerful communication tools,” he said.

At the lecture, Jackson will show brief segments from classic documentaries and discuss the stylistic and technical influences that are still used in many productions today.

“This is a fascinat-

ing lecture that provides insight into a medium that is still used much to the same effect today,” added Culver.

Seating is limited, and reservations can be made by calling 569-1212.

Wright Museum is open daily through Oct. 31 from 10 a.m. to 4 p.m., Monday through Saturday, and noon to 4 p.m. on Sundays.

For more information, visit www.wrightmuseum.org.

Heifetz on Tour comes to Wolfeboro Oct. 20

WOLFEBORO — Concertgoers are in for an outstanding evening of the “Heifetz” they love, as well as a few new twists and turns at the annual Heifetz On Tour concert presented by the Wolfeboro Friends of Music on Saturday Oct. 20, at 7:30 p.m. The performance will take place at Anderson Hall, Brewster Academy. This is the second in a series of eight concerts presented by the Wolfeboro Friends of Music. Sponsors for this concert are Green Mountain Communications and Edward Jones Investments. Season sponsors are Paul and Debbie Zimmerman.

The concert will feature a quartet of performers – violinist Melody Yuan, violist Matthew Cohen,

cellist Noémie Raymond-Friset and pianist Zhenni Li – from the 2018 Heifetz International Institute, the highly regarded string instruction program and accompanying festival formerly held in Wolfeboro. The concert will feature these young Heifetz artists in suites, serenades, sonatas, and showpieces – as well as some great masterworks. Performances will include Igor Stravinsky’s infectious Suite Italienne, the dazzling Carmen Fantasy by Hollywood composer Franz Waxman, the riveting 32 Variations in C minor by Beethoven, as well as the passionate Piano Quartet No. 1 by Gabriel Fauré.

Beyond its world-renowned summer program just completed

on the campus of Mary Baldwin University in Staunton, Va., the Heifetz Institute offers its signature Heifetz on Tour program. This program is designed to create real-world performance and outreach opportunities for promising young alumni, both in Virginia’s Shenandoah Valley, as well as with partner institutions on the East Coast. Recent Heifetz On Tour concerts and residencies have included appearances in Massachusetts, New Hampshire, New York, Philadelphia, Washington DC, and up and down the Shenandoah Valley.

Each round of Heifetz on Tour takes a small group of alumni on a week-long journey to perform together in venues ranging from

schools in underserved communities to first-rate museums and concert halls, as well as to audition for some of the nation’s top conductors.

Oct. 20 is your chance to hear this wonderful group of Heifetz performers in Wolfeboro. Tickets are available at Avery Insurance, Black’s Paper and Gift Store, Innisfree Bookshop (Meredith), online at www.wfriendsofmusic.org or at the door. High school students with ID will be admitted free of charge and children accompanied by an adult ticket purchaser will be admitted free of charge.

For more information, visit www.wfriendsofmusic.org or call 569-2151.

Wright Museum collecting Toys for Tots in October

WOLFEBORO — Fall has traditionally been a time for the Wright Museum in Wolfeboro to give back to the local communities that help support it, which makes its annual Toys for Tots Drive so special to staff.

“It is so important for us to find as many ways to give back and contribute to the com-

munities that are so generous to us,” said Mike Culver, executive director. “We are always proud to serve as a collection point for this program run by the U.S. Marine Corps Reserve.”

From Oct. 1 through Oct. 31, each person who brings a new unwrapped toy will receive half price admission at the Wright

Museum. The Toys for Tots Drive at Wright follows its canned food drive in September, which benefited Life Ministries Food Pantry in Wolfeboro.

The Wright Museum of WWII is located at 77 Center St. in Wolfeboro. Toys may be dropped off at the Wright Museum from 10 a.m. to 4 p.m., Monday through Saturday,

and noon to 4 p.m. on Sunday.

“Bring a new unwrapped toy or toys and make this holiday season special for children who might not otherwise expect to receive something for the holidays,” said Culver.

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

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	355 Coffin Brook Rd.	Single-Family Residence	\$257,400	Robert A. and Linda L. Porro	Jeffrey J. Martin
Alton	82 Kent Locke Circle	Single-Family Residence	\$345,000	James A. Canney (for James A. & Sheila Canney RET)	Joyce and George W. Murphy
Alton	312 Main St.	Single-Family Residence	\$277,533	Daniel J. and Shaina Laurin	Rhonda S. and Jesse A. Bilodeau
Alton	21 Osprey Rd.	Mobile Home	\$110,000	Carol Collins (for Marion L. Williams RET)	Robert A. and Linda L. Porro
Alton	Rines Road	N/A	\$40,000	Mary B. Hertel	Joseph J. Karpiak (for Knak Investments Trust)
Alton	208 Wolfeboro Highway	Single-Family Residence	\$169,933	George W. and Jody Dre	Timothy R. Parkhurst
Barnstead	141 Cann Rd.	Single-Family Residence	\$300,000	Robert Bedard (for Robert & Frances Bedard RET)	Douglas R. Richardson
Barnstead	104 Damsite Rd.	Single-Family Residence	\$130,000	Nathan B. Strong	Leaning Birches LLC
Barnstead	29 Emerson Dr.	Single-Family Residence	\$118,510	A.R. Silvestri-Hazeldin and Branch Brokerage & Trust Co.	Branch Brokerage & Trust Co.
Barnstead	29 Emerson Dr.	Single-Family Residence	\$59,266	Branch Brokerage & Turust	USA HUD
Barnstead	8 Millsfield Lane	Single-Family Residence	\$215,000	Aubrey Blanchard	James B. McKenney and Courtney Beckler
Barnstead	20 Shelburne Lane	Single-Family Residence	\$237,533	Lori A. and David A. Stevens	Joseph R. Laroche (for Laroche 2018 Trust)
Barnstead	10 Wentworth Lane	Single-Family Residence	\$190,000	Brad Beauregard	Robin T. Fortin
New Durham	216 Pine Point	Single-Family Residence	\$672,000	William P. and Adrienne K. Symans	C. Josette Gaudreau
New Durham	N/A	N/A	\$550,000	Richard B. and Jolene R. Beveridge	David B. and Lisa A. Allis

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.

NOTES FROM WINDY HOLLOW

Discovering New Hampshire's roadside historical markers

BY VIVIAN LEE DION
Contributing Writer

On Sept. 8, the New Durham library sponsored a presentation and book signing by author Michael Bruno who recently published, *Cruising New Hampshire History*. My husband, Ray, and I are New Hampshire natives and this presentation sparked our interest. We attended the event together.

First, I would like to thank the town of New Durham, and library director Cathy Allyn for arranging this noteworthy event. Mr. Bruno's power point presentation, explanation of seeking the roadside markers and volunteer work with New Hampshire authorities on reporting missing historical markers kept us alert and informed. The audience listened intensely when hearing the back stories that he inserted into his talk.

Michael Bruno's book gives a synopsis of his historical markers quest: "Michael was born and raised in the Lakes Region of New Hampshire. He traveled throughout the state with his father when he was young and took an interest in New Hampshire history. As a young adult, Michael stopped at the historical markers that dotted the highway while riding his motorcycle. He found each of the markers intriguing with their unique story. Now more than 30 years later, Michael has embarked on a project to visit and provide expended information regarding each of the 255 New Hampshire historical markers that are currently exhibited along the highways in the Granite State."

I've wondered why the historical marker

for the New Durham Meetinghouse was placed on Route 11, and not near the meetinghouse. He explains, "The roadside historical markers are placed on state highways only." The meetinghouse marker reads; "The New Durham Meetinghouse was built by settlers from Durham and nearby towns in 1770 as their house of worship and seat of government until 1819 when the town's first church was built. This area was the town center until the 1850s when the arrival of the railroad favored development in "The Plains." The Meetinghouse was reduced to one story in 1838, vacated in 1908. The town had it listed in the National Registry in 1980. It can be found by following Davis Crossing Road and turning left on Old Bay."

Another historical marker located on NH Route 106 is 2.6 miles away from Shaker Village and it reads; "Take opposite road 2.6 miles to the attractive buildings of this Utopian community organized in 1792 in the township of Canterbury. The Shakers established high standards of agricultural efficiency, craftsmanship and domestic skill of their sect and extended this worthy influence beyond the confines of the Village."

The author's search for historical markers is quite remarkable. Many times, his motorcycle friends wouldn't wait for him while he read the marker's story, took pictures, and jotted down (GPS) Global Positioning System for each location.

According to the nh.gov web site: New Hampshire's historical highway markers

illustrate the depth and complexity of the state's history and the people who made it from Abenaki Native Americans to poets, painting and contemporary sports figures; from meetinghouses to stone arch bridges and long-lost villages; and

from factories and cemeteries to places where international history was made."

Cathy Allyn reports that, "Many people have expressed encouraging comments about Mr. Bruno's presentation, and one generous patron kindly donated

two *Cruising New Hampshire History* books to the library." Come to the library, take notes, or check the book out.

Autumn is upon us, and the beautiful red, gold and orange leaves paint a breathtaking picture. This is a beautiful

time of year to take a scenic drive and you'll love the joy of discovering the unique history written on New Hampshire's highway markers.

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

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OBITUARY

Ramsie Elise Taylor
Kingswood senior

WOLFEBORO — Ramsie Elise Taylor, 17 of Village Corner Road, died Sept. 26 in Ossipee.

Ramsie was born in Spring Hill, Fla., Feb. 21, 2001, daughter of David Robert and Kristin Carole (Correa) Taylor. She has lived in Wolfeboro for the last 11 years, moving there from Florida.

She was a senior at Kingswood Regional High School where she was in the hospitality and marketing program and was in DECA.

Ramsie is survived by her father and mother, David and Kristin Taylor of Wolfeboro; a sister, Madison N. Taylor of Wolfeboro; her maternal grandmother, Carole Griffin of Port Richey, Fla.; and a niece, Isabella N. Taylor of Wolfeboro.

She has many aunts, uncles and cousins.

Ramsie was an energetic, compassionate person who loved with her whole heart. She had an outgoing personality and contagious smile. She loved to take weird selfies and talk in funny voices. She loved the beach, drinking coffee with a straw and eating ice cream with a fork. She adored her family and friends and her gecko Baby.

The Baker-Gagne Funeral Homes and Cremation Service of Wolfeboro is assisting the family with the arrangements.

Please share your messages, stories, or leave a short note and sign an online guestbook at www.baker-gagnefuneralhomes.com.

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Church Service

SCHEDULE

8 am Worship Service
Community Church of Alton
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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-harvestnh.org or e-mail ahf@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 Sunday School 9:00 am. Sunday School for all ages 9:00 am. Rte. 126 next to Town Hall. Pastor Brian Gower. 269-4831.

COMMUNITY CHURCH OF ALTON
Prayer Meeting 9:00 am Christian Education for all ages, nursery-adults, 9:00 am
Rev. Dr. Samuel J. Halla, 875-5561.
Sunday Worship Service 8:00 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 Tallott, 776-1820, ccnorthbarnstead.com

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON
Worship Services 10:00 A.M.

Sunday School 10:15 AM
400 Main Street
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Mark on the Markets
Principal protection



BY MARK PATTERSON
Contributing Writer

Dec. 2, 2001 through Dec. 2, 2011 is known as the lost decade to stock market investors. If you had invested \$10,000 dollars in 2001 and did not take profits at any time when they may have been available during that period, you would have \$10,000 dollars in 2011. I recall that period of time very well because it demanded a lot of work to make money for clients. It was also a period of time when it paid to be a “stock picker” as opposed to an index or mutual fund investor. There

was money to be made if you chose stocks that you did not marry and were willing to take a reasonable profit. Four and a half years after the “getting even” point, it seems that the markets have placed people back into that complacent trance that really worries the contrarian and sometimes pessimistic side of my brain.

Over the past few months I have attempted to touch on investment management topics like mutual funds vs. exchange traded funds, using option contracts for income and hedging, annuities that are tied to an index that can provide downside protection and lifetime income, indexed universal life insurance that is also tied to a variety of indices that have market loss protection and tax free income and a death benefit. Any or all of these strategies can work to protect what you have accumulated and to increase income

from your investments. The key is finding the right mix for your financial situation and risk tolerance. Assessing risk tolerance is not as easy as asking a few questions and putting check marks in the box next to a multiple choice response. My belief is that all clients are risk adverse until they can prove otherwise. What I mean by that is expectations must be reasonable to meet, based on the investable assets and age of the client. If a client truly has assets over and above what they need to sustain a comfortable lifestyle, then we can stretch for additional yield. A difficult situation is when the client needs to take on too much risk because they do not have sufficient assets to sustain that lifestyle. Retirement and Social Security planning sooner than later, can make a big difference with the client’s retirement income.

Long-term care, life

insurance or other types of asset preservation tools are much cheaper and attainable the younger you are. Long-term care, in my opinion is very important for a certain asset level or family health history, but may not be the best product for many people. There are some hybrid life insurance policies with living benefits that may be a better fit. It depends on the client’s specific needs.

The message I want to convey is simple: Protect the principal and assets that you have acquired, especially if you are nearing or have entered retirement. Even if you plan on working and investing for ten or more years longer, another “lost decade” may be lurking around the corner.

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

Pumpkin and Pine Fair is Nov. 3

BARNSTEAD — Please save the date for the annual Pumpkin and Pine Church Fair at The Congregational Church of North Barnstead from 9 a.m. to 2 p.m. on Nov. 3.

Each year, the church's major fundraiser is a charming, old fashioned church fair featuring a cafe, home-made items, a silent

auction, baked goods, gift items and treasures. They will have extra sharp cheddar cheese for sale this year from Cabot Farm in Vermont.

There will be items for sale from Ghana, Africa featuring their treasured handwoven batik fabric. Tables include children's, Christmas, jewelry, made in NH and raffle

Programs at New Durham Public Library

NEW DURHAM — Bob Kroepel is presenting a series of workshops at the New Durham Public Library.

Thursday, Oct. 4, at 7 p.m. is a free workshop entitled The Psychology of Happiness. Learn the psychology of your mind, your feelings, and what is happiness.

Thursday, Oct. 11, at 7 p.m. is a free workshop entitled Learn To Learn Music. Learn what you need to know about learning how to play music on a keyboard, piano or organ.

Thursday, Oct. 18, at 7 p.m. is a free singalong session. SongBooks with song lyrics (words) provided and many styles of popular music are included.

“Blessing of the Animals”

Saturday, October 6

The Blessing of the Animals, 2017.

At noon on Saturday, October 6, 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.

Hearkening 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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Please contact Executive Editor
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AUG 2011

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Online: www.lancasterfair.com

HOPKINTON STATE FAIR

August 31 to September 3, 2018

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 6 to 16, 2018

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

HILLSBOROUGH COUNTY AGRICULTURAL FAIR

September 7 to 9, 2018

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 27 to 30, 2018

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

SANDWICH FAIR

October 6 to 8, 2018

Sandwich Fairgrounds
Route 109 North, Center Sandwich
Tickets: \$10 for adults, ages 8-12 are \$3 and children under 7 are free
Online: www.thesandwichfair.com

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Meandering thoughts on a bright Fall day

John Harrigan is off this week. This column originally ran on Oct. 2, 2014.

People are fond of saying that this is their favorite time of year, this time, on the cusp of the seasons, of clear, crisp, cool days, perfect for the hard work of getting the firewood in, and cool evenings and downright cold mornings, perfect for chill-fires.

But then many of these same people, like me, will hesitate and say that on second thought early spring is the best time of year, the time just after Mud Season when the ground is still just a bit soggy from frost and snow, but the rising sun is warm and the landscape, bereft of foliage, is still laid bare for all to study its contours and wonder how they were shaped, a time when the black flies are not quite out, but are ready and waiting, a time when geese headed for the Far North tell us that another season is nigh.

On these days, if I want to steal a few minutes to sit on the porch in the late-afternoon sun, I'd better hurry, because the sun is setting ever further to the south, behind the mountains, 35 miles away, of the Northeast Kingdom of Vermont, and the shadows from my trees settle ever earlier across my chair, the day losing ever more time as the Equinox slips by.

Blue (now Bunnell) Mountain dominates my view, the highest mountain north of the Whites, at 3,723 feet its decidedly blue hump dwarfing everything around, and that's

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



some mighty high (and largely unvisited) country. It is a spectacularly wild and beautiful territory that was somehow overlooked by development of any sort, and spared the hey-day of logging's worst, to emerge as a sustainably managed, heavily forested, sensibly logged landscape now protected as forever wild by the Nature Conservancy, in the name of the Vickie Bunnell Preserve.

I've hiked, hunted, cross-country skied and snowshoed most of that country, probably more than anyone I know save for Stratford's Bill Schomburg, who has been up and down and through it all like a mountain goat. As too many people are always saying about me, thank you, that guy, Schomburg, should write a book.

Whenever I look up at Bunnell Mountain and down at my front lawn I wonder, again, about glaciers. None of this whatever was taught at school, and believe me, for a guy who's always wondered about how the landscape all around us was shaped, and is trying to put the pieces together by a lifetime of wide reading, it's damned hard sledding.

More focused reading? That's hard sledding too. There are few geological, let alone glacial, textbooks that are even close to well-written (meaning "readable"), and fewer still specific to northern New England, let



JOHN HARRIGAN

THE LAWN'S not getting mowed again until spring, shadows come early on a mid-Fall afternoon, the mountains look sharp under a bright blue sky, the glacial erratics aren't going anywhere, and the North Country's most shamelessly photographed dog (lurking at far left), Millie, is probably just thinking about supper.

alone northern New Hampshire, more specifically to my area of involvement and interest, that area above the Great Notches to and beyond the Canadian boundary, which intriguingly follows the crumpled geography where two great tectonic plates collided, thrusting up some of the oldest exposed rock on Earth.

This entire area once was under half a mile to a mile of ice, depending on your sources, about 14,000 or 15,000 years ago, depending on your sources. That's a ton of ice all right, with enormous weight. Imagine the slow, steady, ponderous grinding, scraping and bulldozing of this mass as it crept slowly southward, propelled by the steadily

accumulating weight of snow falling onto its northern reaches.

And then imagine the immense amount of water that shaped and transformed the land as this immense mass melted. For an example of this, play (or just walk) the Colebrook Country Club's 9-hole course, offering an amazing grab-bag of glacial-melt's wonders, and then for more, just stand on the sixth tee ("Hill Sixty," natch, in our youthful days of sledding) and look all around.

And then imagine how quickly plants and then animals and then people reoccupied the face of the glacier as it melted ever northward.

I say that people "re-occupied" carefully, because my reading and growing contacts with the equally curious lead me to believe that people were here well before the fabled land bridge across the

Bering Strait, some 15,000 year ago. In no way, I think, could people have so quickly populated North America in the brief time-lapse being exposed by a steadily mounting number of archeological digs.

But back to Bunnell Mountain and my front lawn. Given the immense scraping and grinding of the advancing glacier, it is a given that all of the higher protuberances must be bedrock, which is why they are of such interest to geologists, rock hounds and mineralogists. Not for nothing do people pan the streams flowing from these highlands, in search of the mother lode that surely spawns the small nuggets and flecks.

As for the front lawn, it is host to two glacial erratics, which were planted around, mowed around, hayed around and harvested around in my upper

field by generations who farmed here before me. And in my time, as the temporary steward of this piece of ground in this grand landscape, during reclamation of that opening I got Buddy Boudle, who has a thumb on his excavator, to move them down to my front lawn. And I gaze at these boulders, which I disturbed after 15,000 (or so) years, by dint of one of mankind's greatest inventions, hydraulics, boulders that were carried down from maybe Newfoundland or Labrador, and just wonder about it all.

This column runs in a dozen weekly newspapers covering two-thirds of New Hampshire from Concord to Quebec and parts of northwestern Maine and the Northeast Kingdom of Vermont. Write to campguyhooligan@gmail.com or P.O. Box 39, Colebrook, NH 03576.

Dyer

(continued from Page A1)

Selected students will be rehearsing a challenging repertoire in preparation for performing under the baton of five of the most prominent conductors in the United States: Todd Stoll (Jazz Ensemble); Dr. Amanda Quist (Mixed Choir); Dr. Michael Quantz (Guitar Ensemble); Dr. Jean Montès (Symphony Orchestra); and Dennis Glocke (Concert Band). All conductors have received top honors in their field and will spend several days rehearsing with students before the concert.

Names, schools and

states, as well as music directors, of the 550 2018 All-National Honor Ensemble students are available on the ANHE website: nafme.org/ANHE.

National Association for Music Education, among the world's largest arts education organizations, is the only association that addresses all aspects of music education. NAFME advocates at the local, state, and national levels; provides resources for teachers, parents, and administrators; hosts professional development events; and offers a variety of opportunities for stu-

dents and teachers. The association orchestrates success for millions of students nationwide and has supported music educators at all teaching levels for more than a century. With more than 60,000 members, the organization is the national voice of music education in the United States.

Follow NAFME on Twitter (twitter.com/nafme) and on Facebook (facebook.com/nafme).

For additional information, contact Catherina Hurlburt at catherinah@nafme.org or 703-860-4000, ext. 216.



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ALTON POLICE LOG



ALTON — The Alton Police Department Responded to 180 calls for service during the week of Sept. 23-Sept. 29, including four arrests.

There were four motor vehicle summons arrests.

There were seven motor vehicle accidents.

There were seven suspicious person/activity reports on Powder Mill Road, Homestead Place, Hayes Road, Stockbridge

Corner Road (two), Bowman Road and Main Street.

There were two thefts reported on Hopewell Road and East Side Drive.

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

There were 107 other calls for services that consisted of the following: Three assist fire department, one fraud-

ulent action, one stolen property, six assist other agency, one pistol permit application, six animal complaints, one juvenile incident, one domestic

complaint, six general assistance, one miscellaneous, 10 alarm activations, one noise complaint, one lost/found property, four highway/

roadway hazards, two general information, two vehicle ID checks, two harassments, one sex offender registration, two wellness checks, four

community programs, 28 directed patrols, two motor vehicle lockouts, four medical assists, five property checks and 12 paperwork services.

Gehl enrolls at St. Lawrence

CANTON, N.Y. — St. Lawrence University welcomed Alexander S. Gehl of New Durham as a member of the Class of 2022.

Gehl attended Kingwood Regional High School.

St. Lawrence University welcomed a total of 652 students, including 59 international students, to the Class of 2022 as well as returning and transfer students. Fifty-five percent of St. Lawrence students come from outside of New York state, and nearly 75 percent graduated in the top-25 percent of their high school class.

Each first-year student at St. Lawrence participates in the university's nationally-recognized first-year program, one of the oldest living-learning programs in the country. The FYP helps students make successful transitions from high school to college. Students live together as cohorts and are taught by faculty teams,

developing the writing, speaking and research skills needed for college. Students continue to develop these skills in a spring First-Year Seminar.

Fall semester classes began on Aug. 29.

Founded in 1856, St. Lawrence University is a private, independent liberal arts institution of about 2,500 students located in Canton, N.Y. The educational opportunities at St. Lawrence inspire students and prepare them to be critical and creative thinkers, to find a compass for their lives and careers, and to pursue knowledge and understanding for the benefit of themselves, humanity and the planet. Through its focus on active engagement with ideas in and beyond the classroom, a St. Lawrence education leads students to make connections that transform lives and communities, from the local to the global. Visit www.stlawu.edu.



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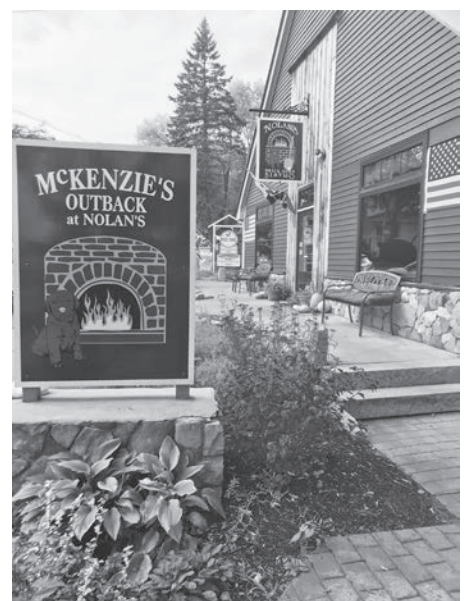
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Breast Cancer Awareness 2018



Breast cancer survival rates soar

A breast cancer diagnosis can be a devastating blow. Upon receiving such a diagnosis, people may begin to ask questions about treatment and the impact cancer may have on their personal lives. Many people who are diagnosed with cancer also begin to wonder about their mortality.

An estimated 266,120 new cases of invasive breast cancer and 63,960 new cases of non-invasive, or in situ, breast cancer are expected to be diagnosed among women in the United States this year, according to Breastcancer.org. According to the latest statistics presented by the Canadian Breast Cancer foundation, 26,300 women and 230 men had been diagnosed with breast cancer in Canada in 2017.

The good news is that breast cancer incidence rates began decreasing in 2000 after increasing for the previous



Early detection and better treatment options are improving the chances of surviving breast cancer.

two decades. In addition, death rates from breast cancer have been decreasing steadily since 1989.

The National Cancer Institute says that the change in age-adjusted mortality rates are an indicator of the progress being made in the fight against breast cancer. The most recent SEER Cancer Statistics Review

released in April 2018 indicates cancer death rates among women decreased by 1.4 percent per year between the years of 2006 and 2015. The American Cancer Society says that decreasing death rates among major cancer types, including prostate, colorectal, lung, and breast cancers, are driving the overall shift in survival. The ACS says breast cancer

death rates among women declined by 39 percent from 1989 to 2015. That progress is attributed to improvements in early detection and treatment protocols. For anyone doing the math, over the last 25 years or so, 322,000 lives have been saved from breast cancer.

A similar scenario has unfolded in Canada. Breast cancer mortality rates

in Canada recently decreased to 21.4 percent, down from 21.8 percent in 2011, states data from the Canadian Cancer Society. Currently, the five-year survival rate for breast cancer among Canadians is 87 percent, and the five-year net survival in the United States is 85 percent.

Increased knowledge about breast cancer, early detection through examinations and mammography and improved treatments are helping to drive up the survival rates of breast cancer. Although this does not make diagnosis any less scary, it does offer hope to those recently diagnosed.

Did You Know?

While the vast majority of breast cancer diagnoses involve women, men are not immune to the disease. According to the American Cancer Society, the lifetime risk of getting breast cancer is about one in 1,000 among men in the United States. By comparison, the risk for women in the United States is one in eight. While a man's risk for breast cancer is considerably lower than a woman's, the ACS still estimates that roughly 480 men will die from breast cancer in 2018, when more than 2,500 new cases of invasive breast cancer will be diagnosed in men. In addition, the ACS notes that black men diagnosed with breast cancer tend to have a worse prognosis than white men. Though breast cancer may be a disease widely associated with women, men should not hesitate to report any discomfort to their physicians, as the National Cancer Institute notes that men are often diagnosed with breast cancer at a later stage than women. The ACS suggests that men may be less likely to report symptoms, thereby leading to delays in diagnosis. The more advanced the cancer is at the time of diagnosis, the lower the patient's survival rate. Men are urged to report any discomfort or abnormalities in their chests to their physicians immediately.



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Breast Cancer Awareness 2018

Speare Memorial Hospital Expands Breast Health Services

(Plymouth, NH, October 1, 2018) — Speare Memorial Hospital is now working with Southern New Hampshire Radiology Consultants (SNHRC) to provide more breast health services to the women of Central New Hampshire. Chief of radiology at Speare, Dr. Kevin Rivera, is leading the expansion of services. Technological updates will be completed by the end of the month.

In addition to state-of-the-art 3D screening mammography, services include:

BREAST BIOPSY PROCEDURES

1. Ultrasound guided breast biopsy uses sound waves to help locate a lump or abnormality and remove a tissue sample for examination under a microscope.
2. Ultrasound guid-



Facts and figures about cancer

- A global concern in every way, cancer affects people from all walks of life. But as prevalent as cancer is, some facts and figures may still surprise you.
- 8.8 million: The number of people, according to the World Health Organization, who died from cancer in 2015, making it the second leading cause of death across the globe.
- 70: Percentage of cancer deaths that occur in low- and middle-income countries. (Source: WHO)
- 22: Percentage of cancer deaths across the globe that can be traced to tobacco use. (Source: Global Burden of Disease Study 2015)
- 90: Percentage of high-income countries in which treatment services are available to citizens afflicted with cancer. (Source: WHO)
- <30: Percentage of low-income countries in which treatment services are available to citizens afflicted with cancer. (Source: WHO)
- 25: Percentage of cancer cases in low- and middle-income countries caused by infections such as hepatitis and the human papilloma virus, or HPV. (Source: WHO).
- 12: Percentage of cancers worldwide linked to viruses. (Source: National Toxicology Program, National Institute of Environmental Health Sciences)
- 1.69 million: The number of deaths attributed to lung cancer across the globe in 2015, making it the most deadly cancer in the world. Liver cancer (788,00 deaths), colorectal cancer (774,000), stomach cancer (754,000), and breast cancer (571,000) were the other most common causes of cancer deaths in 2015. (Source: WHO)
- 1.16 trillion: Economic cost, in American dollars, of cancer in 2010. (Source: International Agency for Research on Cancer)
- 33: Percentage of cancer deaths that can be linked to five leading behavioral and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, and alcohol consumption. (Source: WHO)

ed cyst aspiration to identify if a lump is a fluid-filled cyst or a solid lump. If it is fluid, the aspiration will remove the fluid from inside the lump.

VACUUM ASSISTED STEREOTACTIC BREAST BIOPSY

1. Stereotactic core breast biopsy is a minimally invasive procedure to remove a sample of tissue from the breast for examination. This procedure will help determine whether you have breast cancer or any other abnormalities in your breast to be concerned about.

Speare Memorial Hospital has a dedicated and experienced team of mammography staff. Appointments can be made from 8am to 4 pm Monday through Friday. Late afternoon appointments are also available. Appointments can be made by calling 603-238-2232.



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Q&A with Jessica Ryan, MD

Medical Director and Breast Surgeon at the CMC Breast Care Center

CMC, a member of GraniteOne Health, is pleased to welcome Jessica Ryan, MD, the new medical director and breast surgeon at the CMC Breast Care Center. Dr. Ryan is a board-certified, fellowship-trained surgeon with special interests in nipple-sparing mastectomy, breast conservation, and oncoplastic surgery. CMC is excited for you to get to know Dr. Ryan and asked her a few questions to get the conversation started.



What are some of the misconceptions you hear from women about breast screening and/or breast cancer?

One of the most confusing aspects of breast health today is the debate surrounding mammogram screening guidelines. The disagreements over recommendations can be frustrating to women and providers alike. I remain confidently in-line with the ACR, ACS and ASBrS in recommending an annual mammogram, for most women, beginning at age 40. With the use of 3D tomosynthesis mammography, we are able to evaluate dense breasts even more thoroughly, leading to a decrease in false positive findings and call-backs.

Other common misconceptions?

Underwire bras do not cause cancer (wear whatever fits comfortably), but alcohol intake can increase cancer risk. I advise my patients have fewer than 7 alcoholic drinks per week. We have good evidence showing that, in addition to smoking and obesity, there is an association between excessive alcohol consumption and breast cancer.

How would you describe your approach to patient care, especially when giving a tough diagnosis?

Receiving a cancer diagnosis is an emotionally traumatic experience. One of my first steps with a woman is to provide support and education in order to help her understand her diagnosis rather than fear it. My goal is to guide her in making decisions that are uniquely her own. Just as each woman is unique, so too is her cancer. This first step helps develop a plan that is right for her – both in the throes of the initial diagnosis and in years to come.

The next step is to encourage a woman to make herself the most important person in her life. This may sound simple, but a woman will almost always name many others (children, spouses, partners) before ever considering herself. In order to survive treatments and thrive as a healthy woman afterwards, she has to make herself her first priority. This helps her gain control of therapy and provides the motivation needed to get through it all.

What breast health technologies are you most excited about?

One of the largest changes in the treatment of breast cancer is oncoplastic breast conservation. Oncoplasty refers to the use of plastic surgery techniques to allow the surgeon to remove the tumor more completely and reshape the breast to create a superior cosmetic outcome. We have growing evidence suggesting breast conservation, when feasible, is the most ideal pathway for a woman. This allows her to return to her daily life more quickly, while feeling more comfortable and confident with her body image.

3D tomosynthesis mammography is still relatively new and is becoming the standard of care in breast screening because our radiologists can evaluate the breast tissue more thoroughly, finding very early cancers, and providing women with added peace of mind.

Targeted chemotherapy is also making a positive impact on patient care, as is the emerging treatment of intraoperative radiation therapy. I’m hopeful that this will prove to be a very beneficial tool for some women.





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WHAT'S ON TAP

The local high school teams continue a full slate of games in the coming week.

The first postseason action starts this week, with the Kingswood golf team competing in the Division II tournament on Tuesday, Oct. 9, at Pease Golf Course at 9 a.m. and the Prospect Mountain golf team competing in the Division III tournament on Thursday, Oct. 11, at Laconia Country Club at 9 a.m.

At Prospect Mountain, the boys' soccer team will be at Inter-Lakes at 4 p.m. on Thursday, Oct. 4, and will be hosting Derryfield at 4 p.m. on Wednesday, Oct. 10.

The Timber Wolf unified soccer team will be at Epping today, Oct. 4, at 4 p.m. and will be at Gilford at 3:30 p.m. on Wednesday, Oct. 10.

The volleyball Timber Wolves will be hosting Raymond today, Oct. 4, at 6 p.m. and will be at Hillsboro-Deering for a 6:30 p.m. match on Tuesday, Oct. 9.

The Prospect Mountain cross country team will be
SEE ON TAP, PAGE B6

Prospect golfers play a pair in Concord

BY JOSHUA SPAULDING
Sports Editor

CONCORD — The Prospect Mountain golf team traveled to Concord on Sept. 27 and dropped a pair of decisions at Beaver Meadow Golf Course.

Sanborn took the overall win with 74 points while host Bishop Brady finished with 68 points and Prospect finished in third place with 57 points.

Sam Reynolds led the way for the Timber Wolves out of the top spot with 26 points.

Max Tuttle was next for Prospect, finishing with 12 points out of the second spot and Joel



JOSHUA SPAULDING
(Left) JOEL WHITE scored points for the Timber Wolves at Beaver Meadow last week.

White finished with 10 points from the third spot in the lineup.

Seth Huggard played in the fourth spot in the lineup and finished with nine points to round out the scoring for the Timber Wolves.

Aaron Haynes finished with eight points in the fifth spot and both Mykel Whitehouse in the sixth spot and Asa Guldbrandsen in the seventh spot finished with one point on the day.

The Timber Wolves were back at Beaver

Meadow on Friday, Sept. 28, and split a match with Bow and Stevens.

Prospect Mountain finished with 58 points for the day placed them behind host Bow's 67 and ahead of Stevens' 35.

Reynolds tied for medalist honors on the afternoon, finishing with 22 points from the top spot in the Prospect lineup.

White played out of the third spot and finished with 14 points to place as Prospect's second golfer and Huggard finished with 12 points in the fourth spot.

Tuttle in the second
SEE GOLF, PAGE B5



KATHY SUTHERLAND

Setting up

Gabby Guzman sets the ball during Prospect Mountain's 3-0 loss to Farmington last week. The Timber Wolves sandwiched that loss with a 3-0 win over Franklin and a 3-1 win over Nute. The team will continue action today, Oct. 4, at home against Raymond at 6 p.m. and will be at Hillsboro-Deering on Tuesday, Oct. 9, at 6:30 p.m.

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KATHY SUTHERLAND
CHANCE PARKER ran for almost 200 yards against Gilford-Belmont on Friday.



JOSHUA SPAULDING
CAM MANN (38) and Atley Corson (10) combine for a tackle against Gilford-Belmont on Friday night.

Gilford-Belmont edges Knights on the gridiron

BY JOSHUA SPAULDING
Sports Editor
WOLFEBORO — The Kingswood football team seemed poised to grab its first win of the season.

But Gilford-Belmont had other ideas. The Knights answered a fourth-quarter Eagle touchdown with a touchdown of their own and then went for two to take a 22-21 lead with less than five minutes to play on Friday night.

However, the visitors came right back and scored again and then kept the Knights from getting back in the end zone and took the 27-22 win.

“We had too many opportunities to win that game,” said Kingswood coach Justin Leonard. “But mental mistakes, plays we work on in practice. Some young kids made some mistakes, that’s what happened.”

Kingswood got off to a good start as Devan Wade picked off a G-B

pass on their third play from scrimmage and got the Knights the ball.

Chance Parker, Cam Mann and Matt Drew did the carrying, with Parker picking up a key first down and then Mann carried in from one yard out with 7:53 to go in the first quarter. Drew carried the two-point conversion in and Kingswood was up 8-0.

The visitors were unable to get anything going on their next drive and the Knights got the ball back. Drew picked up a big first down on a quarterback keep for 27 yards across midfield. He then picked up another first down on third and three but the drive faltered from there and the visitors took over with time running down in the first. G-B drove down the field to close out the quarter and Kingswood led 8-0 after one.

The Eagles covered the last 25 yards of their drive to open the second quarter and scored on an

18-yard touchdown pass. They booted the extra point to cut Kingswood’s lead to 8-7.

The Knights then fumbled the first play from scrimmage of the next drive and G-B took over. However, a good defensive stop by Drew helped keep the visitors from gaining any traction and the Knights got the ball back.

Kingswood needed just three plays to go 87 yards. Mann picked up six on the first play and then Parker got 26 on the second play. Parker then broke loose for a 57-yard touchdown run to put Kingswood on top 14-7 with 7:21 to go in the first half.

Gilford-Belmont came back with their own quick scoring drive, needing just more than a minute to cover the 71 yards. A big pass up the middle got them down inside the red zone and they then scored on a pass from 10 yards out with 6:11 to go, tying the

score at 14.

The Knights went four and out and then a Parker interception ended Gilford-Belmont’s next drive. Kingswood’s punt was blocked after their next drive faltered but a sack from James Sunderland and Nate Klingensmith helped keep the Eagles out of the end zone at the end of the half and the score remained 14-14 at the break.

Kingswood opened the second half with a nice drive down the field, with Parker, Mann and Drew carrying the ball. However, on fourth and goal from the two, Drew’s pass attempt was intercepted and the visitors got the ball. They were able to move out from under the shadows of the goal post but the drive petered out and Kingswood got the ball back. Both teams punted on their next drives and the third came to an end with the score still knotted at 14.

The Knights were unable to convert on fourth and two early in the fourth quarter and the visitors got the ball back.

They then marched 75 yards up the field and eventually scored on a 32-yard touchdown pass on fourth and five with 8:10 to go, taking the 21-14 lead.

Kingswood didn’t panic and came right back. Mann and Parker continued to do yeoman’s work on the ground and they moved the ball to the eight-yard line. Parker carried in from there and Leonard made the choice to go for two and Mann put that in the end zone for the 22-21 lead with 4:25 to go in the game.

G-B was not done, as the visitors came back and went right back down the field in less than a minute and 20 seconds, scoring on a seven-yard touchdown run with 3:06 to go for the 27-22 lead, though the Knights were able to stop the two-point conversion.

Gilford-Belmont’s kickoff attempt went a bit awry, as the ball bounced near midfield like an onside kick and the visitors were able to pounce on the ball and

get it back. Kingswood’s defense held tight and forced the visitors to punt, leaving Kingswood with 1:09 on the clock to work with and 57 yards to go. However, three incomplete passes and a sack spelled an end to the day for the Knights.

Parker finished with just less than 200 yards rushing on the evening to lead the Knights.

“That was a fantastic effort by the seniors,” Leonard said. “There was not one play in that game that would’ve changed the outcome.

“But it’s tough on the kids,” he continued. “They’ve been working so hard and to have two games lost by one possession is tough.

“I thought we came together and now we know what we’re getting with Plymouth,” he added.

The Knights will head to the home of the defending Division II champions on Saturday, Oct. 6, for a 2 p.m. game.

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

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Cornhole tournament to benefit The Nick

WOLFEBORO — The fourth annual Nick Cornhole tournament, a fundraising event for The Nick, will be held Saturday, Oct. 27, at the Kingwood Golf Course Club House from 4 to 9:30 p.m. They invite all competitors to join in for the double-elimination tournament. Cornhole is a lawn game in which teams of two take turns tossing small bags filled with corn at a target consisting of an

inclined wooden platform with a hole at one end. Points are scored for bags that land on the board or go through the hole, and play continues until a team or reaches the score of 21.

The cost to participate is \$70 per team. The entry fee includes appetizers, music and a chance to win tournament prizes. The tournament is limited to 32 teams so be sure to register ASAP if you wish

to participate. To register please e-mail Holly@thenick.org for a copy of the registration form or visit thenick.org.

For those not interested in competing, but would still like to partake in the cornhole and Halloween festivities, tickets will be on sale at the door for \$20 per person. Your ticket entitles you to food, music, Halloween costume competition and possibly some late-night dancing. All proceeds from this event will go directly to The Nick, thanks to generous sponsors Bradley’s Hardware, Eastern Propane and Oil, the Poor People’s Pub, Key-Day Builders, Horrigan Painting and Restoration LLC and Lewis Property Maintenance.

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Knights play well in loss in Gilford

BY JOSHUA SPAULDING
Sports Editor

GILFORD — After a tough outing against Souhegan the previous Friday, coach Lynette Place came away pleased with the effort her Kingswood volleyball team put on the court in Gilford on Monday night, Sept. 24.

However, the host Golden Eagles eventually proved to be too much for the Knights, taking the 3-0 win.

“After the way we played Friday, this was a great comeback,” Place stated. “You never want to lose, but at least we played today.”

Geri Andrea started Kingswood on the right foot with a nice tip for the 1-0 lead but the Golden Eagles came back and slowly pulled away. Schylar Mohan had a good hit to cut the lead to 5-3 but a strong service run from the Golden Eagles pushed the lead to 15-3 before the Knights got back on track, with Mohan recording a service ace.

Gilford opened the lead to 21-5 before Kingswood began getting back in it. Maddie Ward had a good hit and Mad-



SCHYLAR MOHAN pushes the ball over the net during action in Gilford last week.

die Shatzer had a service ace. A pair of hits from Andrea got Kingswood a few more hits but the Golden Eagles finished out the 25-12 win for the 1-0 lead.

Gilford got off to a 3-0 lead in the second game but Kingswood fought



MADDIE WARD sets the ball during action last week in Gilford.

back and tied the match at five on a hit from Allison Bellemore. The hosts went up 9-5 but Kingswood came back with a hit from Mohan but Gilford was still able to open the lead to 14-6.

Shatzer stepped to

ahead by a 7-3 score. Emery had a hit to help Kingswood battle back but Gilford didn't relinquish the lead. A hit and a service ace from Bellemore helped Kingswood get back in it, while Andrea added a hit and Shatzer had a great dig, cutting the lead to 14-13.

Gilford opened the lead back to 16-13 though Kingswood didn't go away. Bellemore had a nice hit to cut the lead to 21-18 but Gilford closed strong and took the 25-20 win for the 3-0 victory on the afternoon.

Place noted that the first game easily could've sunk the Knights but she was pleased with how things went after that.

“We didn't fold,” she said. “Down big in the first set, we could've folded.

“But the next two games we played them to the very end and got some points and some good runs,” she added.

“You never want to lose, but I think they worked, they were very competitive,” Place said. “If they put it all together, they're a dangerous team.”

The Knights will be in action today, Oct. 4, at Laconia at 5:45 p.m.

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

Knights take on state's best at Black Bear Invitational

BY JOSHUA SPAULDING
Sports Editor

NORTHWOOD — The Kingswood cross country team joined private and public schools from around New Hampshire at the annual Black Bear Invitational, held on Saturday at Coe-Brown Academy in Northwood.

The Knight boys ran to 22nd place overall and the girls finished in 19th place.

In the varsity boys' race, Brent Coope led the way for Kingswood with a time of 18:22, which placed him 70th overall.

Oleg Sheahan was second for the Knights and 125th overall with a time of 19:24 and Joseph Wasson was 142nd overall in a time of 19:49.

Camden Patten was the fourth scorer with a time of 20:27 for 174th place and Matt Perkins rounded out the scoring for Kingswood with a time of 21:18 for 200th place.

Josh Haines finished in 203rd place in a time of 21:21 and Jeff Manson rounded out the field of Knights in the varsity race in 21:48 for 218th place.

Sarah Huckman



JEFF MANSON ran for the Knights in the Black Bear Invitational on Saturday.

finished in 30th place overall in 20:58 to lead the Knight girls in the varsity race.

Rosemary Carpenter was 117th overall in 23:09 and Carolyn Day was right behind in the same time of 23:09 for 118th place.

Sarah Carpenter was 142nd overall in 23:42 to place as the

In the JV boys' race, Tim Huckman was tops for Kingswood, finishing in 86th place in a time of 21:10, Myles Nicolay was 103rd in a time of 21:33, Patrick Murphy was 117th in 21:49, Joshua Paraskos was 161st in 22:54, Matthew Finneron finished in 22:55 for 162nd place, Sam Johnson was 187th in 23:57, Cannon Newbury was 191st in 24:09, Trentin Huffman was 221st in 25:30, Braden Viands was 233rd in a time of 26:13, Aiden Kelley was 260th in 29:47 and Nicholas Davenhall was 270th in 36:15.

Kingswood also had four kids running in the junior high race. Casey Arseneault was sixth in the boys' race in 11:42 and Matt Jacobs was eighth in 11:57. In the girls' race, Marcella DeNitto was 20th in 13:56 and Abbey Fleming was 35th in 14:44.

The Knights will return to action on Saturday, Oct. 6, when they head to Conway for a meet hosted by Kennett at 2 p.m.

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

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Knights post their best score in final regular season match

BY JOSHUA SPAULDING
Sports Editor

BARRINGTON — The Kingswood golf team wrapped up the regular season on Thursday, Sept. 27, heading to Nippo Lake Golf Club for a match hosted by Coe-Brown.

The Knights were able to post their best score of the season, earning 95 points on the afternoon to finish second. Souhegan got the win at 104 points and Coe-Brown was third at 90 points.

“Nippo Lake is a great course for the kids to play as it is very forgiving and not too long,” coach Jeremy Fuller stated.

Justin Stirt had a great day for the Knights, as he scored 21 points from the sixth spot in the lineup.

“Just took up golf last fall and I know I have said this before, but I believe his future in the game is bright,” Fuller stated. “He played a lot of golf this summer and on weekends this fall.”

Erick Skelley in the fourth spot also cracked the 20-point mark, shooting two pars and adding a birdie on the first hole, where he sunk a 15-foot putt from the fringe.

Reese Clarke finished with a 19 in the second spot in the lineup with four pars and survived a tough eighth hole to finish as Kingswood’s third scorer.

Henry Saunders in the top spot and Tyler Sprince in the seventh spot both finished with 18 points to round out the



JOSHUA SPAULDING
JUSTIN STIRT led the Kingswood golf team in the final match of the regular season.

scoring for the Knights.

Sam Danais finished with 15 points in the eighth spot, Michael Palmer had 12 points in the third spot and Brett Conley added 10 points in the fifth spot.

For the first time in Fuller’s time at the helm, the Knights missed out on the state tournament, which was held after deadline at Pease Golf Course. Fuller noted that he will be sending Saunders and Clarke to the tournament to compete as individuals, as they were the players with the two highest scoring aver-



JOSHUA SPAULDING
TYLER SPRINCE scored in his final match of the season for the Kingswood golf team.

ages for the season.

“I’m hopeful for next year as we had three freshmen (Saunders, Sprince, Palmer) that had a lot of playing time this year and three sophomores (Stirt, Clarke and Max Jensen) as well,” Fuller stated. “I need to find a way to motivate more of them to play more competitive golf in the off-season.”

“We need all these players to improve by two to four strokes, which is doable over the next year,” the Knight coach continued. “Hopefully they get addicted to the process of getting better.”

He also pointed out that there will be at least one player moving up from middle school who should be a contributor next season.

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



KATHY SUTHERLAND

Let's go Knights

The Kingswood cheerleading team performs during halftime of Friday night's game against Gilford-Belmont.

Abenaki seeking youth lacrosse coaches

WOLFEBORO — Abenaki Youth Lacrosse is seeking coaches for the 2019 spring season. Coaches for the boys’ and girls’ teams are sought, at all age levels from grades one through eight.

Coaches must become US Lacrosse registered, US Lacrosse certified coaches and pass a background check. Practices are twice per week and games are typically on Sundays. The season runs from

approximately April through June. Interested coaches should contact Abenaki Youth Lacrosse Vice President Kurt DeVlyder at kurt@devlyderlaw.com.

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KATHY SUTHERLAND

BRIAN WINN rushes up the field during action against Kennett last week.



KATHY SUTHERLAND

JOSH FINNERON moves the ball during action against Kennett on Sept. 24.

Knight boys pick up their first wins

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood boys' soccer

team picked up its first win of the season, edging rival Kennett by a 1-0 score on Monday, Sept. 24.

"Great rivalry game tonight," said Kingswood coach Erik Nelson. The lone goal of the

game was scored by Brian Winn on an assist from Charlie Arinello. Winn almost had

a second goal as time ticked away in the game, but the ball did not cross the line be-

fore the referee blew the whistle, putting the final score at 1-0.

The Knights continued their strong play with a 3-1 win over Manchester West on Thursday, Sept. 27.

Arinello, Cole Emerson and Winn were the goal scorers for the Knights in the win.

"Heading to Pelham on Tuesday (after deadline) for what is shaping up to be another great game," Nelson stated.

The Knights will be at Oyster River today, Oct. 4, at 7:30 p.m. and will be at Kennett for a rematch on Wednesday, Oct. 10, at 5:30 p.m.

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

Some game days are harder than others

No matter the size of a school, when there is a tragedy, there is always someone in "your group" who that tragedy touches personally.

Surely not everyone on the Kingswood field hockey team knew Ramsie Taylor, but there were girls who did know her and that fact was not lost on their teammates as the girls took to the field on Wednesday afternoon.

Ramsie was a Kingswood senior and she was killed in a car accident on Wednesday morning. Coach Kaitlin Reilly noted that she saw her team come together throughout the day and rally around one another in this moment of sudden grief. She pointed out her pride in their support of one another.

It's often said that tragedy brings out the best in people and in many ways, that is true. We see it on a regular basis whenever tragedy strikes a community. It's disappointing that it often takes a tragedy to bring people together, but it does.

Reilly said her team members "sought out each other" when news of the death in their school got around. They

SPORTING CHANCE



By JOSHUA SPAULDING

were there to support each other, they were there to listen to each other and do what they could to help each other.

And though emotionally and physically drained, the Knights went out onto the field and came through with a hard-fought win over a good Goffstown team. Reilly said that when the girls were drained, the work they'd done in practice simply took over and led them through. And when the game was over, there were tears amidst the relief of coming away with a big win. Keeper Sam Tavares handed trainer Alex Dria and myself a crimson ribbon, similar to the ones that the girls were wearing in their hair that day in honor of Ramsie. While I couldn't put mine in my hair (it seems there's not enough of it), I did attach it to the mirror in my car.

I've been around this job long enough to see some tough moments in the high schools I cover. The death of a coach. The death of a student-ath-

lete, a parent or sibling. These are things that can be part of what is usually a fun job.

Coach Reilly noted that the Kingswood community, though from a large geographic area, is a tight-knit, small community in many ways. And she pointed out that the community comes together quickly and tightly when something like this happens.

I didn't know Ramsie Taylor, but I know friends of hers. I know that they were dealing

with something that nobody should have to go through. And my thoughts go out to the Kingswood community and Ramsie's family on this unspeakable tragedy.

And as someone who drives through the intersection of Routes 171 and 28 at least twice a day, it's time to fix it. There's too many accidents and far too many fatalities in this one location. And each time there's family, friends and a community left behind who will

never be the same. That needs to change.

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 Land-ing, 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.



KATHY SUTHERLAND

Youth football

Players and coaches from the Kingswood Lancers youth football program and the Kingswood Regional Middle School football team took part in halftime ceremonies during Kingswood's football game against Gilford-Belmont on Friday night.

CLASSIFIED SELLS IT ALL

GOLF

CONTINUED FROM PAGE B1

spot and Haynes in the sixth spot both finished with 10s for the day, with one of those scores counting for the team score.

Gehly finished with eight points in the fifth spot and Aidan Conrad finished with three points in the seventh

spot to round out the field of Timber Wolves.

The Timber Wolves wrapped up the regular season after deadline. The Timber Wolves will take part in the Division III state tournament on Thursday, Oct. 11, at 9 a.m. at Laconia Country Club.

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

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OLD NH FISH and Game, ca.
1890, bearing laws, penalties and
seasons on moose, caribou,
furbearers, fish, etc. measures
12"x18". May be seen at the
Coos County Democrat,
79 Main St., Lancaster, NH.
Price, \$4; if mailed, \$8.
Call 603-788-4939 or email
lori@salmonpress.news

Southern Motion, electric recliner,
new in February. Too big for me.
It is 41" W x 40"H. Seat
29"Wx24"deep. Arms 11"Wx24"long.
Denim colored microsuede. Asking
\$350.
Text me@ pamcna@yahoo.com

Barn/Garage/Yard Sale

Estate/Barn Sale
420 Water Village Road, Ossipee.
October 6th, 7th & 8th.
8:30AM-4:00pm. Antiques and
collectables. No reasonable offer
refused.

**INDOOR GARAGE/
WAREHOUSE SALE**
615 Center Street,
Unit #2, Wolfeboro
SATURDAY OCTOBER 6th.
8 AM - 1 PM
Office Equipment, Furniture, Store
Fixtures, Household Goods, & many
Knick Knacks. RAIN OR SHINE.

Wolfeboro: Hospital & Community Aid
Fall Fundraiser Barn Sale.
October 5th and October 6th
10 a.m. - 2 p.m., 65 Pine Hill Road.
Art, antiques, camping, books,
furniture, lamps, sports, toys,
holiday, electronics, and household
items.

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9 Years old
We are hoping someone may
have him or have seen him?
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Do not chase. Old and New
Leads appreciated.
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green, grapple loads also available.
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COLLECTORS**

FOR SALE - Modest private toy
collection, including Buddy L,
Keystone, Live Steam toys
(vehicles, busses, trains). Large
collection of old tin dime store
wind-ups, all with keys, most
with original boxes.

Discounts will be given based on
amount bought. Interested
buyers please call in Wolfeboro
603-569-4299 for inspection
appointments 12:00-6:00 pm.
No lookee loos please.

Unusual Items

Lakeview Cemetery Plot Lot #45.
For sale \$600, today's market value
\$950. Wolfeboro, NH 603-312-0036

Pets/Breeders



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nonprofit. Sign up on line
www.RozzieMay.org or call
603-447-1373

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I BUY OLD BOOKS, old maps,
old documents, old family letters,
old photographs. Single items
or entire Libraries considered.
No problems with barns, attics
or cellars. Dave 569-5738,
dhreis@hotmail.com

General Help Wanted

Anthony's Old Style Pizzeria
All positions available. Full and
part time. Excellent pay! Apply in
person only at
35 Center Street, Wolfeboro.

Bosco Bell and Blueberry Station RT
28 Barnstead are looking for friendly
and reliable cashiers. Please apply
in person.

PAINTER WANTED
Interior/exterior
Will pay for skills and experience.
Please call Mark (603) 651-8605

Part-Time Help Wanted

GSIL- 43 years young mom to 2
active young children and who
sustained a recent stroke.
Located in Center Ossipee she is
looking for a caring and
compassionate care giver.
Duties include assisting with
personal care, light
housekeeping, community
activities and meal preparation.
MUST have transportation and
adequate auto insurance. Hours
daily are 8:30am-11:30am and
3:00pm-6:00pm. (flexible)
10.25/hr. For more information
please call Ashley at
603-717-0881 or email at
atruong@gsil.org

GSIL- Female consumer in Center
Ossipee is looking for a
compassionate and dependable
caregiver for Saturday, Tuesday and
Thursday for 12 hours per week.
Duties include housekeeping,
errands, laundry and meal prep.
10.25/hr. For more information,
please call Ashley at 603-717-0881
or email at atruong@gsil.org

GSIL- Female consumer in
Effingham is looking for a
compassionate and dependable
caregiver for Tue-Sat 8a-12p,
Mon-Sat 2p-4p, Weds & Thurs
6p-8p. Duties include personal
care, housekeeping, and
assistance with feeding tube.
Training will be provided.
10.25/hr. For more information,
please call Ashley at
603-717-0881 or email at
atruong@gsil.org

GSIL- Female consumer in
Wolfeboro is looking for a
dependable caregiver for 7.5
flexible hours Mon-Friday for
light housekeeping. 10.25/hr.
For more information, please
call Ashley at 603-717-0881 or
email at atruong@gsil.org

GSIL—Female consumer in
Center Conway is seeking a
compassionate and
dependable PCA for
Weds-Sun evenings from
7PM-9PM. Duties include
assisting with meal clean up,
getting ready for bed and
assisting with transfer into
bed. 10.25/hr. For more
information please call Ashley
at 603-717-0881 or email at
atruong@gsil.org

Editor

Karate For Adults By Adults.
New Durham resident Peter Rose,
Rose School of Karate, with 50
years experience, is accepting just
a few adult (over 16) students.
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Real Estate



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All real estate advertising in this
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based on race, color, religion, sec,
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such preference, limitation or
discrimination."
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U.S.C, 3604(c))

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\$650.00 per month plus utilities.
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Wolfeboro
Fully furnished one-bedroom condo
located in the center of town.
Six month rental from November to
May. \$1300 a month plus utilities. No
smokers or pets. (603)502-5026

Comm. Space For Rent

On main street Alton hair salon
booth for rent. \$520 per month.
603-998-7611

Houses For Rent

Sept-June - Small 2 bedroom
furnished house.
Winnepesaukee, beach, dock,
Wolfeboro 3 miles, \$995 includes,
garage, heat, hot water, plowing,
trash. No pets/smoking (firm).
Credit check, references, lease.
603-569-1028 evenings.

Land/Lots

Wolfeboro building lot. 4.6 acres,
Seasonal views, renewable septic
design, well, long dirt driveway to
site. \$97,500 (603) 724-47310 or
(603) 569-3013

Seasonal Rentals

**Seasonal Rental
Moultonborough.**
Winnepesaukee waterfront.
3 bedroom ranch. Furnished,
beach, dock, large yard.
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GILMANTON: Newer 3 BR waterfront home on Crystal Lake w/ dock! **\$344,483 #4697622**



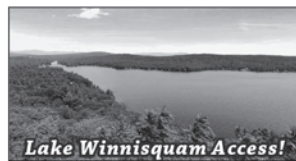
HOLDERNESS: Luxurious, 3 BR, 4 BA Craftsman style near Squam Lake. **\$885,000 #4680332**



GILFORD: Work with the builder to design your dream home w/ lake access. **\$379,000 #4699176**



MOULTONBOROUGH: Single family home on 14+ acres. **\$169,000 #4716244**



Lake Winnisquam Access!
MEREDITH: Panoramic views of lakes & mtns from 7.8 ac. Lot State approved 4 BR septic design, road, power & cable. **\$249,000 #4320971**



MEREDITH: Centrally located, rural 1.4 acre parcel. Existing dug well. Great location near many area amenities. **\$53,287 #4709585**



CANTERBURY: 8.5 acres in a sun drenched field with woodlands. Perfect location; great for commuters yet private! **\$159,000 #4682918**



MOULTONBOROUGH: Cleared lot, secluded yet near the beach. Great water access community in a low tax town! **\$45,000 #4677831**

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Luxury REAL ESTATE



COVETED Dockham Shore location in Gilford. This 5-bedroom contemporary home has a deep water permanent dock, 200' of waterfront on a rare 1.2 acre lot on Lake Winnepesaukee!

\$1,795,000 (4705186) **Call 253-9360**



EXCEPTIONAL 4+BR, 5BTH home on 21 acres in Center Harbor. Master suite, indoor pool, views of Hawkins Pond, completely renovated with modern updates. Outstanding offering.

\$975,000 (4682415) **Call 253-9360**



WONDERFUL 3-Bedroom waterfront home in Meredith with 181' shoreline on Lake Winnepesaukee. Terrific views, wrap-around deck, finished lower walk-out level. Great dock and nice cove!

\$899,900 (4715462) **Call 569-3128**



CLASSIC CHARMER in Alton with 110' of Alton Bay waterfront! U-shaped dock, 3-bedroom year round home. 3-car garage, workshop and laundry room and 1-bedroom apartment. Picturesque mountain and lake views.

\$849,900 (4715002) **Call 875-3128**

Island REAL ESTATE



BEAR ISLAND - MEREDITH // Spacious, welcoming, Bear Island cottage with 2 bedrooms, 2 large lofts, an amazing screen porch, covered deck, full bath, washer/dryer, 200' frontage, U shaped dock, 2.62 Acres.

\$699,000 (4714638) **Call 253-9360**



SANDWICH // Contemporary, custom home on private 16+/- acres. Expansive living space with charming architectural details. Three bedrooms including first floor master suite. Beautiful retreat for all seasons!

\$575,000 (4718206) **Call 253-9360**



CENTER HARBOR // 265' frontage on Lake Winona. A charming camp with 2-bedrooms and 2-baths, sleeping porch, deck overlooking lake, wood floors, woodstove, and outbuilding.

\$450,000 (4719472) **Call 253-9360**



ALTON // Antique Post & Beam Colonial on 27 acres. 3 bedrooms, 2 bathrooms, 4 fireplaces, pine floors, exposed beams. Cathedral Great room. Oversize garage. Perennial gardens. Private pond and several brooks.

\$375,000 (4686681) **Call 875-3128**



SANDWICH // Perfect energy efficient home for the family, with 3-bedrooms, all with their own full baths. Private 6+ acres abuts Ossipee Mountains, yet easy access to Rte 25 and 109.

\$315,000 (4710339) **Call 253-9360**



NEW DURHAM // One bedroom bungalow on sunny corner lot just minutes from Rt. 11 & Merrymeeting Lake town beach & boat launch. Lot was perked & has an expired septic design. Broker is owner.

\$79,000 (4694044) **Call 875-3128**



COW ISLAND - TUFTONBORO // **NEW PRICE** Prime location & one of the best views of Lake Winnepesaukee - mountains, water, islands, blue sky. Private 2BR/2BA home rests 30' from the water w/526' of WF. Cozy bunkhouse right on water's edge. Privacy, all day sun, sunsets. Truly stunning.

\$529,000 (4702497) **Call 569-3128**

LAND and ACREAGE

MEREDITH // Build your dream home in this nicely maintained and mature development of high end, luxury homes offering views of Meredith Bay and the mountains.

\$234,000 (4694344) **Call 253-9360**

MOULTONBOROUGH // 1.6 Acre level wooded lot located in the quaint village district in Comm. Zone "A". Driveway permit with installed culvert, expired permit for office bldg. and garage. Agent interest. PRICED REDUCED.

\$159,000 (4501574) **Call 253-9360**

NEW DURHAM // Nice 9.2 acre building lot on Class VI road, buildable with permission from the Selectman.

\$49,000 (4677841) **Call 875-3128**

NEW DURHAM // Nice 2.1 acre building lot just minutes from Rt. 11 & Merrymeeting Lake town beach & boat launch. Lot was perked & has an expired septic design. Broker is owner.

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U.S. Department of
Health and Human Services
Centers for Disease
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TOWN•TO•TOWN CLASSIFIEDS

Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts



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Moultonborough School District Classroom, Custodial and Nurse Subs Needed

The Moultonborough School District is looking for classroom, custodial and nurse subs. Classroom Sub Rates are \$75/day for non-certified and \$80/day for certified/previously certified. Custodial sub rate is \$12.75/hour. Nurse subs must be licensed LPN or RN: sub rate up to \$120/day.

If interested, complete the application found on the employment page of the District's website at <http://www.sau45.org/district/employment> and submit along with a resume and three current letters of reference to: SAU Office, PO Box 419, Moultonborough, NH 03254.

Alton Central School Community/Parent Volunteers Requested for Superintendent Search

At the September School Board meeting, Superintendent Stiles informed the Board that this will be her last year in Alton. It was with the deepest regrets that the Board accepted her decision; but, an appreciation was expressed regarding the amount of time she has given for a replacement to be found.

To begin the process that will lead to hiring a part time Superintendent to begin July 1, 2019, the Alton School Board is looking for two community members and two ACS parents to serve on a Superintendent Search Committee. The Search Committee's responsibilities will take place during the months of October and November with the first meeting scheduled for October 15 at 6PM at Alton Central School. If you are interested in serving, please submit a letter of interest to Deborah Brown, SAU 72, 252 Suncook Valley Road, Alton, NH 03809 or dbrown@sau72.org **before October 10, 2018**. Please include the best email and phone number to reach you during the hours of 7:30AM – 4:00PM. All interested will be notified by October 12 of their participation status.



Marine Patrol Officer Trainees

The State of New Hampshire's Marine Patrol Unit of the State Police is seeking individuals to join their team for the 2019 Summer Season.

Marine Patrol is the primary state agency responsible for ensuring safe boating on the State's waterways. Marine Patrol Officer Trainees are responsible for the enforcement of criminal, boating, and other laws to ensure public protection and safety.

Functions include: maintain law and order, detect and prevent crimes, apprehend suspects and prosecute violators, and provide security for the State's seacoast ports, lakes and rivers.

For more information regarding the minimum qualifications for this position please visit:

<https://www.nh.gov/safety/divisions/nhsp/ssb/recruitment/seasonal-trainee.html>

Apply Online

<http://das.nh.gov/jobsearch/Employment.aspx>



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- SURGICAL TECHNICIAN
- RN

Apply Online at www.ucvh.org
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
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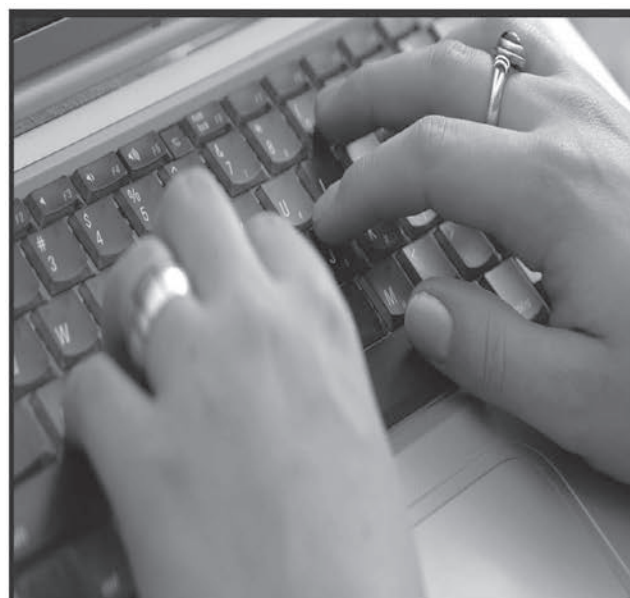
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For two years of experience staff RNs

REGISTERED NURSES

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Apply On-line at www.ucvh.org
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603-388-4236
EOE

Help Wanted

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HELP WANTED

Deputy Director of Public Works

Search Re-Opened

The Town of Gilford, Department of Public Works is currently accepting applications for the position of Deputy Director. This is a year-round, full-time position with excellent benefits. The current starting pay range is \$60,000-\$70,000 DOQE. (For a copy of the job description or more information about working for the Town of Gilford, including access to the Town's Personnel Policies, visit www.gilfordnh.org.)

The Deputy DPW Director will be responsible for supervision and administration of highways, buildings & grounds, sewer, vehicle maintenance and solid waste functions within the Gilford DPW. Duties include: purchasing of supplies and materials, contract administration, public relations, personnel management, budget administration, scheduling of assignments, design and implementation of repair strategies, maintaining employee morale, and promoting work place safety. The ideal candidate will have experience managing road reconstruction projects, the ability to understand engineering plans, and extensive hands-on experience in the administration of winter maintenance techniques related to snow removal, ice control, traffic safety and staff time management.

Applicants must possess a valid driver's license (CDL preferred), have previous supervisory experience in a public works setting, be able to perform strenuous physical labor for extended periods, be familiar with the operation and maintenance of construction equipment, and must be able to work evenings, weekends and holidays as-needed. Successful completion of a pre-employment drug test, medical examination and background investigation will be required. Excellent organizational and communication skills along with a proven record of dedication to superior job performance are essential.

Letters of interest with a statement of qualifications must be submitted to the Director of Public Works. Applications will be accepted until position is filled.

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Holderness | \$3,700,000
Perfectly perched on over an acre on Squam Lake. Almost 700 feet of water frontage, 3 docks and an open covered boathouse.
Linda Fields 603.244.6889
Search 4719169 on cbhomes.com

Meredith | \$1,695,000
Wonderful lake and mountain views from this home with 400' of waterfront that has a natural sandy beach.
Susan Bradley 603.493.2873
Search 4709826 on cbhomes.com

Gilford | \$475,000
Beautifully updated front row condo that is perfect for year round living. Amenities include dock, beach and more.
Susan Bradley 603.493.2873
Search 4710288 on cbhomes.com

Alton | \$389,000
Cute camp in a protected area on Rattlesnake Island, a great location on the south side of the peninsula.
Ellen Mulligan 603.387.0369
Search 4689749 on cbhomes.com

Laconia | \$297,000
Fantastic neighborhood location at the end of the cul-de-sac for this 4 Br, 2 1/2 BA Colonial.
Elaine Estabrook 603.312.8731
Search 4709734 on cbhomes.com

Moultonborough | \$289,900
Modern home on a huge, corner lot just steps from the fine Suissevale beach! Home features full basement, extensive decking and screen porch.
Jim Ramhold 603.455.6672
Search 4684966 on cbhomes.com

Madison | \$275,000
Beautiful waterfront building lot on Silver Lake with 160' of owned waterfront.
Reed Heath 603.608.6169
Search 4718948 on cbhomes.com

Belmont | \$239,900
Sargent Lake - Enjoy all 4 seasons at an affordable price! 80' of owned lake frontage with a 16' dock. 2-bedroom, 3/4 bath home with a 3-season bonus room. Built in 1790, most original features.
Kathy Davis 603.387.4562
Search 4696547 on cbhomes.com

Moultonborough | \$199,900
10+ ACRES with beautiful mountain views. Included in the sale is a well-maintained year-round camp/cottage. Kathryn Aiken 603.496.5989
Ellen Kanan 603.986.8556
Search 4704468 on cbhomes.com

Franklin | \$199,900
Fully occupied 2 unit on a nice level lot just minutes from downtown. Full walkout basement for storage.
Gus Benavides 603.393.6206
Jenn Anderson 603.254.5996
Search 4719042 on cbhomes.com

Tamworth | \$194,900, Beautiful Country
Cape dating from the settlement of Tamworth, located in Tamworth Village. Built in 1790, most original features.
Annie Schoonman 603.455.2918
Search 4705842 on cbhomes.com

Belmont | \$140,000
Steps from Lake Winnisquam is this beautifully kept, upgraded park wood camper with addition.
John Silva 603.387.0533
Mary Seeger 603.630.8723
Search 4708844 on cbhomes.com

Gilford | \$75,000
View lot in Gunstock Acres; lot is wooded & will have hilltop views with tree cutting & maximum exposure. Shore rights to Gunstock Acres private beach.
Ellen Mulligan 603.387.0369
Search 4719737 on cbhomes.com

Belmont | \$57,500
1971 Mobile Home on its own land. Two bedrooms and 1 bath. .23 corner acre lot with plenty of backyard privacy. Public water and sewer.
Kathy Davis 603.387.4562
Search 4718409 on cbhomes.com

Gilford | \$39,999
12'x30' garage/storage unit with power and a separate 12'x16' finished storage above. Great location and low quarterly fee!
Gus Benavides 603.393.6206
Carly Howie 603.937.0170
Search 4705634 on cbhomes.com

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Laconia | 348 Court Street | 603.524.2255 | **Center Harbor** | 32 Whittier Highway | 603.253.4345
CB Home Protection Plan 866.797.4788

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Foley 5K coming to Rochester

ROCHESTER — The fourth annual James W. Foley Freedom Run will take place on Saturday, Oct. 20, at 10 a.m. at the Rochester Community Center, located at 150 Wakefield St. in Rochester.

This flat, fast, chip-timed 5K through the streets of Rochester will benefit the James W. Foley Legacy Foundation, which is dedicated to the vibrant legacy of Foley as a courageous, committed freelance journalist and a compassionate teacher and mentor.

Come join in and challenge your friends to run too. And if you can't make it to Rochester on race day, you can register to run virtually. To find out more and to register, visit foleyrun.org.

Additionally, organizers are still seeking additional sponsors for the race and those interested can visit the web site for more information.

Foley was a 1992 graduate of Kingswood Regional High School who was kidnapped and eventually murdered in northern Syria while serving as a freelance journalist.

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ON TAP

CONTINUED FROM PAGE B1

at Belmont for a 4 p.m. meet on Friday, Oct. 5.

The girls' soccer Timber Wolves will be at Gilford at 3:30 p.m. on Friday, Oct. 5, and will be at Bishop Brady at 3:30 p.m. on Tuesday, Oct. 9.

At Kingswood, the soccer girls (6 p.m.) and boys (7:30 p.m.) will be at Oyster River today, Oct. 4. The Knight boys will also be at Kennett at 5:30 p.m. on Wednesday, Oct. 10.

The Knight field hockey team will be at Merrimack Valley today, Oct. 4, at 4 p.m., will be at Souhegan on Tuesday, Oct. 9, at 4 p.m. and will host Pembroke at 5:30 p.m. on Thursday, Oct. 11.

The Kingswood volleyball team will be at Laconia at 5:45 p.m. today, Oct. 4.

The Knight cross country team will be running at Kennett on Saturday, Oct. 6, at 2 p.m.

The football Knights will be at Plymouth for a 2 p.m. game on Saturday, Oct. 6.

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Ransmeier & Spellman P.C. ATTORNEYS AT LAW

We are pleased to announce that Attorney Jeffrey A. Rabinowitz has joined our firm this September. Jeff will be working in the firm's litigation practice with a focus on criminal defense and family law. Jeff will be serving clients in our Alton and Concord offices and he is experienced in handling DWIs, felonies and divorces among other matters. Jeff is admitted to practice in New Hampshire. He can be reached at 603-410-4915 or by email at: jrabinowitz@ranspell.com.

Alton office: 31 Mooney Street Alton, N.H. 03809 603-410-4920 www.ranspell.com

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Autumn Wrapsody: Turkey, Granny Smith apples, smoked bleu cheese crumbles, dried cranberries, Applewood smoked bacon, baby spinach and maple Dijon vinaigrette in a flour tortilla

Short Rib Mac: Penne pasta tossed with our five-cheese sauce and Guinness braised short rib, caramelized onions and scallions.

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