



THURSDAY, APRIL 15, 2021

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FREE

Rotary hears from Alton’s newest restaurant

ALTON — The Alton Centennial Rotary Club’s Guest Speaker, via Zoom, at its weekly meeting, was Ron Scovill, who is the owner of Scovill Family Restaurant, 19 D Village Circle, Alton, providing breakfast and lunch daily from 5 a.m. – 3 p.m., Monday – Saturday.

“My wife and I did a little market research on what food providers offer in Alton and found there’s no sit-down restaurant here offering good and wholesome breakfasts served all day, or lunches from early morning until mid-afternoon,” he told Rotarians.

Their plans were sadly interrupted because his wife, whom he dearly loved, was discovered to have cancer and in just three months had passed. With the dream now over, his son Michael convinced Ron that together, they could still have a restaurant. So, they went ahead with their original plans



Michael and Ron Scovill

and in early March opened the doors only to immediately close down because both he and his son contracted Covid-19. Now, fully re-

covered their restaurant is open again and “We’re doing quite well,” Ron added. His background in the restaurant and hospitality field is

well established having been in the business for years, including at one time, owning four restaurants, one in Hartford, Conn., two on Cape

Cod, and one in Saint Thomas, Virgin Islands. He’s also managed and operated numerous conference centers, and was a food director

for other restaurants throughout the country.

Ron and his son are happy to be in Alton and to provide food for its citizens with their slogan: ‘Here to Serve the Community.’ In fact, one of the benefits they’ll be providing is their willingness to open very early during snowstorms, and/or other emergencies to provide breakfast for the town’s working crews plowing and those repairing downed electric lines, etc.

“Here’s my challenge,” he said jokingly. “Come in for breakfast and try my specialty, ‘Ron’s Breakfast Special Sandwich,’ you’ll love it!” he concluded.

Ron was introduced by Rotarian George Fee-ney.

Rotary is a world-wide, non-profit service organization dedicated to improving and saving lives. To become a member of Rotary, contact Membership Chair, Duane Hammond, 569-3745.

COURTESY

Alton Conservation Commission seeks help with trail maintenance

ALTON — A couple of weeks ago we were skiing, ice fishing, or snowmobiling. This week, we’re breaking out the hiking gear!

The Alton Conservation Commission, along with every other organization that has land with hiking trails on it, is expecting another banner year for the number of hikers hitting the trails. We learned last year that with the increasing use of the trails comes the need for more trail maintenance. For the Conservation Commission, that means more attention to the trails at the Mike Burke Town Forest on Avery hill Road and the trails at Gilman Pond.

The Commission would like to invite a few volunteers to help out with the town’s trails. Any person or any group or family that is willing to walk the trails of their choice at least once a month during the hiking season, is welcome to get in touch to help out. All that is required is that you walk the trail, clear any brush or small blowdowns, look for potential erosion problems, make sure the trail markers are in good shape, and let the Commission know of any larger problems that need to be addressed.

If you’re interested in helping out with either property, please contact the Commission at 875-2164, or email us at conservation @alton.nh.gov, and we will gladly introduce you to the trails.



PMHS baseball back in the swing of things

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain baseball team will be light on varsity experience, but coach Richard Fortier believes there is plenty of talent on the roster this season.

The Timber Wolves return just two players from the team that last took the field in the quarterfinals of the Division III tournament back in 2019.

“We are coming into this season young, but packed with talent,” said Fortier. “We will be expecting our new players to step up and fill in the holes left from the nine

seniors who left the program last year.”

The Timber Wolves, who like all spring sports teams in New Hampshire, did not have a season in 2020, will be looking to a pair of returning players to show the way as they gear up for the new season.

Senior captain Nate Holiday will lead the way, anchoring the outfield in centerfield and also seeing time on the mound, while junior Chris Cox returns to play first base as the only other player returning with varsity experience.

Prospect Mountain will be benefiting from a couple of seniors making

their baseball debuts in outfielders Caleb Towle and Michael Perry. After being an effective leader on both the soccer field and basketball court, Perry was chosen as a captain for this year’s baseball team as well.

Sophomores Sam Caldwell, Nathan Archambault and Bruce Rawnsley will all be making their varsity debuts this spring. Caldwell is expected to help out on the mound and in both the infield and outfield, while Archambault will see work behind the plate and Rawnsley will man the hot corner at third base.

Joining them as new

players on the varsity roster is freshman Nathan Leavitt, who will see time at shortstop for the Timber Wolves in his debut season.

Prospect will also be carrying a solid number of swing players who will be counted on to help both the JV and varsity teams at different points throughout the season. Juniors Cam McKenzie, Willy Warr, Connor Meehan and Spencer Grow lead that list, with freshmen Spencer Therrien, Robbie Gordon, Kenny Fontaine, Ethan Kenerson and Mason Pappaceno also expected to contribute as the season roles

along. Therrien, Gordon, Fontaine and Kenerson are all anticipated to see time on the mound for the Timber Wolves in the coming season.

“We will be going into each game looking for continued growth while building experience and confidence leading into the playoffs,” Fortier stated.

The Timber Wolves will be featuring a schedule that includes all teams from around the Lakes Region, including two each against neighboring Kingswood, Gilford and Pittsfield. There are also two games each on the schedule with Inter-Lakes, Winnisquam,

Franklin and Kennett as well as a single game with Moultonborough.

The season officially kicked off after deadline on Monday and Wednesday with games against Gilford. The Timber Wolves will host Pittsfield on Monday, April 19, and then host Moultonborough on Wednesday, April 21, both with 4 p.m. scheduled starts.

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

Charlie Moore to host NH Boat Museum’s virtual Ice Out celebration

WOLFEBORO — While ‘Ice-Out’ on Lake Winnepesaukee traditionally marks the start of spring in the Lakes Region, it also kicks off the 2021 season for the New Hampshire Boat Museum (NHBM).

Scheduled to take place on Friday, April 16, Ice Out will go virtual this year with special guest Charlie Moore, 11-time Emmy award winning TV host. Known as “The Mad Fisherman,” Moore is host of “Charlie Moore Outdoors,” nationally syndicated TV series “No Offense,” and “Bruins Academy” and creator, writer, and executive producer of “Behind the B” with the

Boston Bruins.

“We are thrilled to have Charlie with us this year,” added Cummings. “This year’s Ice Out is going to be a lot of fun with a live auction, museum updates, music and more.”

The virtual event also features restaurants, O’Bistro (Wolfeboro) and Canoe (Center Harbor), both of whom will offer special dinners that Ice-Out attendees can order and pick-up on their own.

“While we can’t dine together in person, we can virtually enjoy a meal together,” Cummings said.

In advance of the live virtual event, Ice-Out features a silent auction that will take place online from April 2 until April 16 at noon.

“If folks can’t make it to Friday’s virtual party, they can still find some great offerings at the silent online auction and support NHBM,” added Cummings

Expected items for both auctions will range from weekend getaways and unique boat excursions to watersports activities, gift baskets, gift certificates and more. Event proceeds will support NHBM and its programs and services.

NHBM’s Ice-Out is sponsored by FL Putnam, O’Bistro and Canoe.

Virtual party tickets are \$25 per household (or screen). To purchase tickets or to learn more, visit nhbm.org.

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



Charlie Moore

Alton Parks and Recreation Connection

May the 4th Be With You

Celebrate Star Wars Day through a free Zoom event on May 4 from 3-4 p.m. Discover if you are the Chosen One by winning a round of trivia, see who has the best Chewie impression, forge your own light saber, and dance along to the Cantina Band. Families of all ages welcome. Please pre-register at 875-0109 or parksrec-asst@alton.nh.gov by April 23 to receive the Zoom program link.

Exercise classes

The Alton Parks and Recreation Department is offering free Zoom exercise classes for local residents. Classes are

held live through Zoom, computer and internet access is required. Participants must register in advance to receive the class session link. Contact 875-0109 or parksrec@alton.nh.gov for more information.

Weight Training- Adults of All Ages- Mondays and Wednesdays from 1:30p.m.-2:30p.m. Pre-register before your first class at parksrec@alton.nh.gov.

Go Take A Hike

Our Towns Recreation (Parks and Recreation Departments from Alton, New Durham, Wolfeboro, Wakefield, Ossipee and Rochester) are sponsoring “Go Take A Hike” now un-

til June 30. Explore the best hiking trails, in our neighboring Towns, and earn a free hiking sticker. Visit www.alton.nh.gov/government/parks-recreation to see the complete list of hikes to choose from in each town, and get more information on this free program. For more information/questions contact Alton Parks and Recreation at 875-0109 or parksrec-asst@alton.nh.gov.

Healthy Minds, Healthy Lives

A free Zoom program to stay connected, and exchange tips and tricks. Each week will have a theme that will share ideas, answer questions, and bring people together. Live Zoom meetings are held on Thursdays from noon-12:45 p.m. All are welcome to participate. Sign up by contacting parksrec-asst@alton.nh.gov. Featured topics include: 5/6- Free Time

Hobbies- What do you do in your spare time? Register by April 23; May 20- Trip Down Memory Lane- What are your favorite movies, TV shows, and books? Register by May 13; June 3 - What’s on Your Plate?- What are your favorite recipes or healthy food tips? Register by May 27; June 17 - Glass Half Full- How do you keep a positive attitude? Register by June 10. For more information contact 875-0109 or parksrec@alton.nh.gov.

nh.gov. Join in this program to share what you know, and help others learn new things. We are stronger together.

Alton Town Wide Yard Sale

The Alton Parks and Recreation Department is sponsoring its Annual Town Wide Yard Sale on Saturday, June 5, rain or shine from 8 a.m.-2 p.m. If you would like to participate by having a Yard Sale at your house contact the Parks and Recreation Department at 875-0109 or parksrec-asst@alton.nh.gov before May 7 with your Yard Sale address location. When calling please include your name, phone number and complete physical address. Free Yard Sale maps will be available after May 25.

Local student named to Northern Vermont President’s List

LYNDONVILLE, Vt. — Lillian Robitaille of Barnstead was named to the President’s List for the fall 2020 semester at Northern Vermont University. Students who achieve a 4.00 semester average are placed on the President’s List. Northern Vermont University is a two-campus institution of higher education with campuses in Johnson and Lyndonville, Vermont as well as an online division that combines the best of our campuses’ nationally recognized liberal arts and professional programs. At Northern Vermont University, our goal is to guide curious, motivated, and engaged students on their paths to success and their places in the world. Learn more at NorthernVermont.edu.


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THE BAYSIDER
PUBLISHED BY SALMON PRESS

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The Baysider is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. ISSN: 1945-5836. USPS 024921 periodicals postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Baysider, P.O. Box 729, Meredith, NH 03253.

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Alton welcomes new Public Works Director

ALTON — The Alton Board of Selectmen wishes to thank retiring Highway Manager, Kenneth Roberts, for his 28 years of dedicated service to the town and wishes him well with his future endeavors.

The board is pleased to announce the appointment of Scott Kinmond as the town's first Public Works Director. Mr. Kinmond was selected from a pool of approximately one-half dozen applicants and his appointment was finalized on March 22. He will start on April 12.

Kinmond comes to Alton after serving a little over five years as the Town Administrator in New Durham. Prior to New Durham he worked for the Town of Moultonborough for approximately 20 years as a Police Officer working his way up the ranks and later retiring as the Chief of Police in 2009, followed by Public Works Director and Administrative Liaison. Prior to Moultonborough, he worked for five years with the Carroll County Sheriff's Department as a Deputy Sheriff-Deputy

Corporal. In his spare time, for over ten years, he has owned and operated an LLC providing municipal contractual services, which includes teaching at UNH Technology transfer Center. Mr. Kinmond has volunteered over the years for many organizations such as the NH Interlocal Trust, the Child Advocacy Center of Carroll County, the Moultonborough Suicide Prevention and Mental Health Coalition, the Red Mountain Lodge, the NH Public Works Association (Immediate Past President), NH LTAP Advisory

Board, the American Public Works Association, and is a Life member of the NH Association of Chiefs of Police.

Kinmond stated, "I am looking forward to working for the Town and assisting with the transitional changes involving the creation and expansion of a Public Works Department. My heart has always been with Public Works."

Selectman Paul LaRochelle, who was on the interview panel, stated, "I feel extremely fortunate that the Town is able to

attract a professional the caliber of Mr. Kinmond to Alton for this transitional change."

Selectman Virgil MacDonald, also on the interview panel stated, "I project he will be a major asset to the Town with his strong background in Public Works."

Chairman Reuben Wentworth stated, "With his years of experience he will ensure a smooth transition as the Town moves forward."

Town Administrator

Elizabeth Dionne stated, "I wish Ken the best of luck in his well-deserved retirement and I am looking forward to working with Scott."

Mr. Kinmond and his wife (Anne) reside in Moultonborough. They have two grown children. Due to the State of Emergency, the town is unable to host a coffee reception. However, the public is welcome to stop by the Highway Garage at 80 Letter S Rd. during business hours to meet Mr. Kinmond.

The Reading Room at the Gilman Library

ALTON — Yes, we are open our regular business hours and No, appointments are not necessary. Masks are still required and hand sanitizer is just inside the door. Please, mask-up, sanitize your hands, and respect the social distancing requirements. We have raised our maximum capacity from ten people to thirty people. At the time of your visit, please let us know if you wish to be added to our contact

tracing list. The After-Hours Book Drop is available for books only, after hours. Curbside service is still available. Our virtual library is open 24/7, with free online databases and downloadables. Safety is our highest concern. The Library Board is continually assessing and adjusting procedures with respect to the current situation.

FOLLOW US ON SOCIAL MEDIA -- You can keep up-to-date

with us by visiting our website, following us on Facebook and Instagram, and tweeting with us. Our addresses are <https://gilmanlibrary.org/>, <https://www.facebook.com/Gilmanlibrary/>, <https://www.instagram.com/gilmanlibrary/>, and <https://twitter.com/gilmanlibrary>.

SIGN UP FOR THE-ATRE THURSDAY MOVIES -- Movies are free! We show a different movie once a month at

one o'clock in the afternoon of the first Thursday of each month. Refreshments are served and each attendee receives a free raffle ticket for our monthly movie-themed door-prize. For more information, call the library, or visit <https://gilmanlibrary.org/theater-thursdays>.

ENTER OUR RAFFLES -- We hold a monthly raffle with wonderful prizes. Tickets are only \$1, and if you do

not win, you can still feel good about your \$1.00 donation to the Gilman Library. For our current raffle, visit <https://gilmanlibrary.org/raffles>, or come into the library at 100 Main St., Alton.

ENJOY YOUR LIBRARY -- You can think of it as an extension of your home office, where you can print from the computer, make photocopies, or send faxes for low fees, and no home maintenance costs for the equipment. We

would love for you to think of the Gilman Library as an extension of your home library, where you can read in a comfy chair, work in a cozy nook, play a game of checkers or chess, put a jigsaw puzzle together, work at the computer, visit with friends, at a safe social distance. We hope to see you soon!

FCC Farmington open for Sunday services

FARMINGTON — The First Congregational Church of Farmington is open and holding services every Sunday at 10 a.m., when you can join us in person or watch us from the comfort of your own home on our Facebook page. We welcome all newcomers and invite you to share the joy of God's Love in our church. It is our mission to be a caring and welcoming community

of faith in Jesus Christ, making His Love visible to people who do not know it and nourishing those who do, through Word, music and fellowship. We maintain safe practices by social distancing, wearing masks and sanitizing hands as we enter the church. Come in and hear our service every Sunday at 10am or you can log in here. <https://www.facebook.com/farmingtonnhfirstcongregational>

Blessed Bargains Thrift Shop open April 24

Spring is here and it's a great time to check out all the super buys at Blessed Bargains, where prices have stayed the same for 22 years. The racks are full of a great selection of women's and men's clothing There are dresses and blouses, shirts and sweaters and a large selection of jeans for both men

and women. There are shelves full of household goods, children's toys and lots of books. We also have a large selection of greeting cards that are very reasonably priced. Whatever you are looking for we have it at Blessed Bargains. Stop in and say hello to

the dedicated ladies who volunteer and make sure what you find here is of good quality. You can also stop by any Tuesday from 10am to Noon to drop off donations.

The Interfaith Food Pantry
The Interfaith Food

Pantry will be open on Saturday, April 24 from 9:30-10:30 a.m. This is located at The First Congregational Church, 400 Main St. in downtown Farmington. www.farmingtonnhucc.org

Local student named to Dean's List at Northern Vermont University

LYNDONVILLE, Vt. — Ryan Willette of Alton was named to the Dean's List for the fall 2020 semester. Students who achieve between a 3.50 and 3.99 semester average are placed on the Dean's List.

Northern Vermont University is a two-campus institution of higher education with campuses in Johnson and Lyndonville, Vermont as well as an online division that combines the best of our campuses' nationally recognized liberal arts and professional programs. At Northern Vermont University, our goal is to guide curious, motivated, and engaged students on their paths to success and their places in the world. Learn more at NorthernVermont.edu.





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A Revolutionary legacy

April 19, 1775, next week, 246 years ago, was the start of the Revolutionary War after the battles of Lexington and Concord. The big debate still remains as to whether or not ‘The Shot Heard Round the World’ took place in Concord, or in neighboring Lexington.

This time in our history, while brutal and necessary brings with it much intrigue for many. The tenacity and bravery of those who fought for our independence is beyond admirable. The events that took place during the Revolutionary War, read like a novel in modern times and have been brought to life through such works as Howard Fast’s “April Morning,” where we need to be reminded that this story is not fiction.

On that spring morning, more than 700 British soldiers who were given a secret tip on the whereabouts of colonial military supplies in Concord, marched towards town to confiscate the lot. The Patriots who had developed a top-notch intelligence network, largely the work of George Washington’s Culper Ring, and the Sons of Liberty, had received notice weeks in advance and were able to move the supplies to safety.

Paul Revere and William Dawes had plans to ride ahead of the British troops to warn other Patriots. Knowing the task was risky, Revere secured the help of about 30 other men to make sure word reached Lexington and Concord if the two were captured. Revere told militia leaders to look at the steeple of the Old North Church each night for a signal. One lit lantern meant the Regulars would come by land through the Boston Neck. Two lanterns meant the British would come via the Charles river on row boats into Cambridge, “One if by land, two if by sea.”

The night before the famous battle, Dr. Joseph Warren sent Dawes to Lexington where he was joined with Revere to warn Sam Adams and John Hancock that the British were coming.

It was midnight in Lexington when Revere and Dawes were joined by a third rider, Dr. Samuel Prescott. Prescott had been courting a woman in Lexington and met Dawes and Revere by chance. Because he believed in the cause, Prescott joined the men. The three riders were stopped by a British patrol not long after. Dawes was able to escape by reversing his direction. Prescott jumped a stone wall and fled using a short cut only locals knew about. The doctor was the only rider to reach Concord. Revere who was now captured, was surrounded by six Regulars and was searched and interrogated. “An officer clapped his pistol to my head, called me by name and told me he was going to ask me some questions, and if I did not give him true answers, he would blow my brains out.” Revere wrote in his diary. The Regulars were spooked by the sound of gunfire in the distance, and let Revere go after asking him for an alternative route to town. Revere made his way back to Lexington where he regrouped with Hancock and Adams, who planned an escape to Woburn.

Throughout the night, the ‘Rebels’ gathered to intercept the British. When the red coats were seen marching onto the Lexington green, the local minutemen knew they were outnumbered. Out of the dawn a shot was fired, and no one knows to this day which side was responsible for it. After the scuttle on the green, eight minutemen and one British soldier were killed. There were accusations from both sides laying blame on one another.

William Sutherland, a British soldier, is on record saying, “I heard Major Pitcairn’s voice call out. ‘Soldiers, don’t fire, keep your ranks, form and surround them.’ Instantly some of the villains who got over the hedge fired at us which our men for the first time returned.”

Sylvanus Wood, a minute man had recalled something different: “He swung his sword, and said, ‘Lay down your arms, you damned rebels, or you are all dead men – fire!’ Some guns were fired by the British at us from the first platoon, but no person was killed or hurt, being probably charged only with gunpowder. The company immediately dispersed; and while the company was dispersing and leaping over the wall, the second platoon of the British fired, and killed some of our men. There was not a gun fired by any of Captain Parker’s company, within my knowledge.”

While the British soldiers continued to search for supplies, the colonial militia was able to regroup in Concord where they later met the red coats at the North Bridge. The British were outnumbered this time and retreated to South Boston after losing several soldiers.

Some say the Shot Heard Round the World happened on the bridge in Concord, while residents in Lexington have long said the first shot to kick off the revolution took place on their green.

The phrase ‘Shot Heard Round the World’ was coined by author Ralph Waldo Emerson 62 years after the battle. His poem titled “Concord Hymn” was about the Battle of Concord.

By the rude bridge that arched the flood,
Their flag to April’s breeze unfurled,
Here once the embattled farmers stood,
And fired the shot heard ’round the world

Some historians say that because the Battle of Concord was the first real American victory in the



COURTESY

Local author donates books to Cornerstone Kiddie Fund

Alton author and artist DJ Geribo is shown donating 10 copies of her book “Eddie Easel and the Case of the Missing Green” to Janice Newton of Cornerstone VNA for their Kiddie Cornerstone Fund. DJ (center) is shown with Janice Newton, RN, who heads Cornerstone’s pediatric program and DJ’s husband, James Fontaine, who is on the board of directors for Cornerstone VNA.

Letters to the Editor

Noah’s boat

To the Editor:

I often wonder, what was the sin the dinosaurs died for? The creator must have had more of a reason than to make room for humankind. Theory has it many mass extinction events have happened since the planet was first formed. The age of our world is contested by many, I cannot offer a correct answer, nor would I wish to, I’d be wrong no matter what I said. But it is fun to put the idea in my head a purpose was intended, which makes the supreme being more like the people who serve him. That there is a reason for all that

happens, so why is there so much ‘one up man’s ship’ among mankind? I know that when I’ve asked that question of the faithful the answer is usually something to the effect ‘he has a plan and he does not share it with us’, read the bible it will help.

I have read some of the Bible; can’t say I’ve read it all — too many begets, and begotten. Hard to follow who had who, and when. However, when it comes to the parts about Jesus and his life, I paid attention, but always thought, If I were the creator, I would not have treated my son that way. The lesson, I

guess, was well, we are all sinners, and in order for the world not to be destroyed again, as it was in Noah’s day. The divine, example must be made, as to what the creator can do to you humankind, so wake up! Personally, I still don’t think we have gotten it.

Look around; I see many wonderful and splendid things, and a few made by man. I see kindness in some and a lot of hateful things in others who are afraid someone’s going to get to the window where the ice-cream is being sold before they do. So, they run to beat you

down, or make laws like ‘whites only’ saw a lot of those growing up. Now I hear people are trying to make laws that will make it harder for folks to vote. What Are you afraid of, you may have to stand behind an Asian person or one of color before you can order a vanilla ice-cream cone? Just ask yourself this — “What would Jesus say?” And what will you say to him when you all meet in his father’s hut in Heaven. You do know Jesus was a person of color; at least, that’s the way he appears to me when I pray.

John Q. Henderson
Barnstead

Conservation District supports regional Rail Trail project

To the Editor:

Now more than ever, Lakes Region residents and visitors are enjoying walking and bicycling on local trails as a welcome break outdoors. The Belknap County Conservation District (BCCD) recognizes completing the 20-mile Winnepesaukee Regional Rail Trail from Lakeport to Franklin as a Regional Priority. BCCD recommends that Lakes Region Planning Commission assign a top priority to extend the popular WOW-Lake

Winnisquam Scenic Trail section to 5 miles.

Almost half of the Winnepesaukee Regional Rail Trail is completed, but there’s critical five-mile gap in the middle that needs to be filled. A proposed project to extend the WOW-Lake Winnisquam Trail another half mile moves us closer to connecting to 5.1 miles of completed trail in Tilton and Franklin and the 58-mile long Northern Rail Trail. Construction costs to fill this Regional Rail Trail

gap between Belmont and Tilton are high, but worth the investment. This project provides public access, a safe traffic crossing on Route 3, and a scenic 1,200-foot boardwalk trail across a wetland. Since this route parallels the railroad track, it leaves the tracks available for rail transportation. Transportation Alternative Program funding is only available every other year, so this opportunity should not be missed.

The Belknap County

Conservation District is in strong support of connecting almost 80 miles of rail trails in our Region. Recreation trails provide an opportunity for local people and visitors to experience and learn about nature. We also recognize the importance of outdoor recreation to our quality of life and local economy. A 2019 Study by Alta Planning projected the 20-mile Regional Rail Trail would generate \$6 million in additional visitor spending, 40-60 new jobs with a 20-year estimate of \$67-89 million in total economic benefit.

- Dean Anson
Laconia
- Jessica Bailey
Laconia
- Donna Hepp
Belmont
- Jamie Irving
Meredith
- Ken Kettering
New Hampton
- Belknap County
Board of Supervisors

PET OF THE WEEK

CARLIN

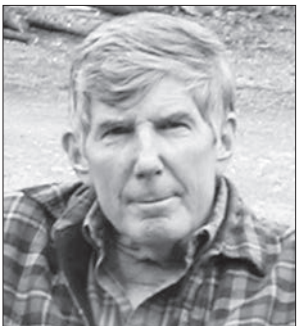
Carlin is a medium sized, three year old mixed breed who wants to be your best friend! He is easygoing, likes to meet new people, and loves to play a game of fetch! Carlin is very social and seems like he would do well with children, would likely do ok with cats with proper management and introductions, and can be picky with dogs (although he seems to prefer female dog friends).



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Wherever the place was, going there meant work



By JOHN HARRIGAN
COLUMNIST

A bird flew up from nowhere early Friday morning, going like sixty and giving me just a glimpse through the window as it sped over the house toward Maine. “Kestrel,” I thought. The glimpse had said just “hawk.”

Such a sight at this time of year quickly turns to wondering whether this bird was from right around here, or from Nova Scotia, or maybe Newfoundland. Who knows? There was no interviewing the bird.

Raptors are flying along the Eastern Flyway about now, including the Connecticut River Flyway, an adjunct. Many of the birds we see are hunting their way home, to nest in northern lands. Perhaps the flock of geese I saw yesterday knew their map lore, and were going a thousand miles north, to Goose Bay, in Labrador.

Here is where someone in the crowd might cry “Where’s Labrador?” and if you say that it’s above Newfoundland, someone is bound to cry “Where’s Newfoundland?”

Labrador was named

for João Fernandes Lavrador, who sailed its coast in 1498-99. His last name meant “farmer” in Portuguese, or literally, “laborer.” The land (but mostly, the water) seems true to the name--lots of work, mainly being careful in a place waiting to kill you.

Perhaps early sailors had a hard time slowing down to gain the rocky shore, given the driving northwest winds. Once around the cape, they could seek out sheltered places where the best timber grew. This seems to be what the Vikings were after, having denuded the land back home.

They were not alone in history or choice of cargo. Most of the forests in England and along the coast of Europe were long gone. Ships supplying the North American colonies needed something in their holds to take home, and one of the better commodities was lumber.

How did they do this? Entire trees in Viking longboats at least seem feasible, but to put down hatchets into a hold you need trees sawed into lumber.

With no sufficient water-power near the shores, pit-saws would seem the answer. As the term implies, a man in the bottom of a pit powers one end of the saw, while a man on a platform powers the other. In between is an elaborate roll-up-and-feed cribwork.

The Maritimes and

the north and south shores of the St. Lawrence offered some of the earliest and best places for the crews of Portuguese fishing ships to go ashore to dry and salt their catches.

I’m dwelling on Portugal here because adventurers from that small country seemed to make such a mark on the northeastern part of the continent.

Historians relate that as sails and hulls improved, European fishermen became more adventurous about going farther out to sea. While the Spaniards sought silver to the south, the Portuguese found silver of a different kind in the flash of fish on the Grand Banks.

Knowledge of the tremendous catches on the mid-ocean plateau remained a closely held secret. In all my reading on early sail and the age of first contact, I’ve never seen so much as a footnote on Portuguese sharing of this great secret with anyone, least of all the Spanish. This should be no great surprise to today’s people who love to fish. When you find a good spot, who talks?

I just can’t let Newfoundland and Labrador and the Vikings and First Contact pass without mentioning the poor Beothuk.

Now, you won’t see me putting “poor” before many indigenous people, because it’s so often perceived as such a slight. But the Beothuk certainly deserve it, as do many



An American kestrel in a perch, on the lookout for anything it can catch, tear apart, and eat. (Courtesy birdobserver.org)

other tribes and nations swept by the wave of First Contact.

The Beothuk lived in Newfoundland, their origins a matter of mystery. To their neighbors all around--the Mi’kmaq, the Cree, the Montagnais--the Beothuk were known as elusive, unwilling even to come into the light of the campfire, unwilling to trade, stealthy, even sly, and sneaky.

They were taller than their neighbors said, and the Beothuk had a special fondness for red ochre, normally procured via rust-colored clay. By some accounts, the Beothuk got theirs from a special root found in a lake.

As European settlement took hold and their comfort zone shrank, the Beothuk held on to

their homelands in central and northern Newfoundland. But as even the harsh outer coasts of the island were settled, more incidents of theft and friction seemed to involve the Beothuk. Reprisals and raids eroded their ranks.

Finally, as incipient sociologists experienced some angst, someone thought to go looking for the Beothuk. The Beothuk, still refusing to acknowledge authority or tolerate contact, put up a fight. Little is known about the remnants.

But here is the haunting part. People on the island’s north shore said they saw a skin boat, round like the bull-boat of the West, its occupants paddling furiously for the coast of Labrador, just nine miles away.

To this day, mixed-tribe descendants of

the Beothuk genes are thought to be very much of the living landscape throughout Newfoundland and Labrador, and many a Montagnais, Metis, or Mi’kmaq is proud to claim some ownership.

(For more on the Beothuk, there’s a lot on the Internet, with the usual caution about sources. For more traditional approaches, a good beginning is Samuel Eliot Morison’s “European Discovery of North America.” A much more thorough treatment is rendered in “A History and Ethnography of the Beothuk” [1996], by Ingeborg Marshall.)

(Please address mail, with contact info in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

STRATEGIES FOR LIVING

It happened on Friday

BY LARRY SCOTT

It was Friday afternoon, AD 33, and for three hours, from noon until three o’clock, unprecedented darkness had enveloped the city of Jerusalem. It was not an eclipse, for this was Passover, the time of the full moon; something else was happening

Editorial
FROM PAGE A4

Revolutionary War, that shot, should be considered the one heard ‘round the world’. Other historians say that because the first shot took place in Lexington, that should be the famous “shot heard ‘round the world.”

In his diary, Paul Revere wrote about the battle, “I heard the report, turned my head, and saw the smoke in front of the British troops, they immediately gave a great shout, ran a few paces, and then the whole fired. I could first distinguish irregular firing, which I suppose was the advance guard, and then platoons. At the time I could not see our Militia, for they were covered from me, by a house at the bottom of the street.”

In Concord, British Lieutenant Colonel Francis Smith in a report to General Thomas Gage said that the British were the first to fire in Concord, stating “While at Concord we saw vast numbers assembling in many parts; at one of the bridges they marched down, with a very considerable body, on the light infantry posted there. On their coming pretty near, one of our men fired on them, which they returned.”

The debate has continued between the towns of Concord and Lexington, as to which is the birth place of American Liberty. Even though the first shots took place in Lexington, Emerson’s ‘Shot’ was fired in Concord.

In 1875, President Ulysses S. Grant wanted to forgo attending the centennial to avoid conflict between the two towns. In 1894, the Lexington Historical Society sought to name April 19, ‘Lexington Day’ to the outright objections of Concord citizens. To ease both towns, a compromise was made where April 19 is now referred to as Patriot’s Day.

here. This Friday would differ from any other in the annals of Jewish history.

At 3 o’clock, the time for the afternoon sacrifice, the High Priest had climbed the pinnacle of the temple and blown the shofar, a bugle made from a ram’s horn. All those who believed in

God, on hearing the shofar, paused. They knew this was the moment the lamb, sacrificed on behalf of the nation, was being killed.

Outside the city, on a hill called Golgotha, the Lamb of God hung, as it were, suspended between heaven and earth. Although pronounced innocent by the Roman procurator, he had been sentenced to die by crucifixion. As the sound of the shofar reverberated across the city, the Son of God, Jesus the Christ, cried out, “Father, into your hands I commit my spirit. It is finished.”

And in the darkness ... he bowed his head ... and died.

And indeed, it was finished — for Jesus. But there was more, much more, to come.

To begin with, an earthquake shook the city, even as at the Temple, the veil, hiding the holy of holies from pub-

lic view, ripped from top to bottom. With Jesus’ death, finished was the barrier that existed between heaven and earth; everyone now had access to the very presence of God.

But that was only the beginning to a week of history society will never forget. Early Sunday morning Roman soldiers guarding Jesus’ tomb were startled as the giant stone covering the tomb began to move. Rushing to apprehend whoever was about to make a fool of them, something was happening they could not believe; there was no one there. But the stone continued to move.

They quickly took up new positions, determined that no one would be allowed to steal the body on their watch. Al-

though we are not told this, I can imagine the Captain of the Guard, looked into the tomb and saw the linen wrappings that had been around Jesus’ body were still in place, but that, unbelievably, there was no body.

The soldiers soon returned to headquarters, their mission aborted. They were certain Roman authorities would soon execute them for dereliction of duty. But they lucked out; the chief priests agreed to cover for them; they knew what had happened.

Within hours, three women, too much in love with Jesus to stay away, returned to the tomb. To their surprise, the soldiers were gone and the tomb was open. They went in and, rather than finding Jesus’ body, they were welcomed by two

men, dressed in dazzling white robes.

“Good morning, ladies,” I can hear one of the men say. “I know you are here to see Jesus. But why, may I ask, are you looking for the living among the dead? Come on in; check it out. And then, go tell the disciples, “Jesus has risen from the dead.”

And now, finally, it was finished!

Finished was Jesus’ suffering at the hands of the people He loved; finished was the sacrifice necessary for Jesus to be our Mediator before God; finished was humanity’s bondage to sin; finished was man’s inevitable condemnation to an eternal hell. Yes, indeed. Finished. Done. Completed.

Thank God Almighty! Jesus is alive!



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Talented Timber Wolf team has sights set high

BY JOSHUA SPAULDING
Sports Editor

ALTON — As a local softball coach at different youth levels over the last few years, James Christie has found himself immersed in the game.

And now, he's added a new title to his coaching resume, as he takes the helm of the Prospect Mountain softball team for the upcoming season.

"My life has become softball in a lot of ways," the Timber Wolf coach said. Christie was set to lead the team last year, but when COVID-19 wiped out the spring season, his debut got bumped up a year.

And while he may be new to the varsity coaching ranks, he inherits

a team that he thinks is ready to make some noise in Division III.

"We're going to be pretty darn good," he said. "We would've been competitive last year, I think this year, we'll be pretty well-balanced."

"We have seven or eight girls who play (outside of the school), that's a lot for a Division III team," Christie said. "There's kids who play softball and there's softball players and I think we have a lot of softball players."

Prospect Mountain will be looking to a pair of experienced seniors in Julia Leavitt and Aryana Warner to provide the necessary leadership out of the gate.

"They're talented se-

niors, we expect them to provide valuable leadership for the team," Christie noted.

As most softball fans know, a solid pitcher-catcher combination can make all the difference in the world and the Timber Wolves will look to freshman Ella Bernier in the pitching circle and junior Makenzie Renner behind the plate. While Bernier is in her first year at the varsity level, she does bring a solid arm and plenty of pitching experience to the team. And Renner was on the varsity squad as a freshman and returns to don the catching gear.

Junior Michaela Gates returns to the team after playing varsity as a freshman and will

anchor the team's defense at shortstop, while junior Piper Flood, sophomore Maren Rayno and freshmen Gwen Christie and Mariah Gates will be counted on to play big roles for the Timber Wolves in the upcoming season.

Upperclassmen Jaden Burt, Megan Burnette, Noelle Azzara, Sophia Sarno, Sam Johnson and Jiana Kenerson and freshmen newcomers Eve Roberge, Reese Burke, Grace Brooks and Abby Grillo-Moore will all be expected to contribute as well.

Christie noted the Timber Wolves kept all 19 players who tried out in the hopes of keeping everyone playing softball and they were work-

ing on a JV schedule to get the kids playing as much as possible.

And the good news for the Timber Wolves is that there is a solid stable of softball players at the eighth grade level at the sending schools that Christie is sure will help to keep the program moving in the right direction in the coming years.

"I feel like we're going to be strong, we're going to be competitive," Christie said. "If things come together like I think it can, I think we can make a run for it."

Like the fall and winter seasons before, the spring teams at Prospect Mountain will be playing a schedule of mostly Lakes Region teams, in-

cluding a pair of games each with neighboring schools Gilford, Pittsfield and Kingswood, plus two games each with Winnisquam, Franklin, Inter-Lakes and perennial Division II power Kennett and one game with Moultonborough.

The season kicked off with games after deadline Monday and Wednesday against Gilford. Prospect will be back in action on Monday, April 19, at Pittsfield and will be at Moultonborough on Wednesday, April 21, both with 4 p.m. scheduled start times.

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

Depth will be key for Timber Wolf tennis boys

BY JOSHUA SPAULDING
Sports Editor

ALTON — The good news for the Prospect Mountain tennis boys is that nine of the 10 members of the team are either sophomores or juniors, meaning that all of them should be back next season.

In this season, after a year away due to the COVID-19 pandemic, the Timber Wolves return to action with a solid roster of 10 players ready to hit the court.

"It's hard to tell where we're going to stand against other teams," said coach Peter Long. "We're all in the same boat not having competition."

However, unlike in past years, the team has been able to get outside on the courts quite a bit in the preseason, which is something that can

only lead to the improvement of the team.

"We've been able to practice a lot, the first day we were on the courts," Long said. "We've gotten a lot of playing time so far."

The Timber Wolf coach noted that the team was able to figure out the rankings for the first week of the season, which in the past has been a difficult thing to do without significant time on the courts.

Joey DeJager will be leading the way for the team at number one to start the season, with Dalton Lawrence returning for his junior year, moving up to number two after playing number six as a freshman. Ian West will play at number three, Cameron Gagnon will be at number four for the Timber

Wolves, Jaren Unzen will be the fifth player in the lineup and Asa Guldbrandsen will round out the singles lineup to start the season.

Liam White, Frank Dowd, Brendan Jacques and Sam Francis round out the lineup for the Timber Wolves.

"They've got good foot work and hand and eye coordination," said Long of his new players. "So

I'm happy the team has depth."

"We're going to be pretty consistent one through eight," the Timber Wolf coach continued, noting that he anticipates that his solid players lower in the lineup could provide key points as the season rolls along.

"Overall, I'm pleased with the number of players and the depth," Long

said. "We'll see how it all shakes out."

The Timber Wolves will be playing a schedule that includes four games against Inter-Lakes and two games each against Gilford, Moultonborough, Kingswood and Kennett.

The season officially kicked off after deadline on Tuesday against Gilford and will be at Gilford today, April 15.

On Tuesday, April 20, the Timber Wolves will be hosting Moultonborough and then visit Moultonborough for a match on Thursday, April 22. All matches are set for 4 p.m. start times.

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

All-new squad hits court for Prospect tennis girls

BY JOSHUA SPAULDING
Sports Editor

ALTON — The team that take the court for the Prospect Mountain tennis girls this season will be a completely new group than was on the court the last time the team played.

Of course, the COVID-19 pandemic completely wiped out the previous season, meaning it's been almost two years since the Timber Wolves took to the court.

"The girls' team is not returning any players from two years ago, the last time we actually played," said coach Tom Stevens, who is technically at the helm of the team for the third sea-

son, though there were no games in his second season. "It's a brand new team."

Stevens notes that the Timber Wolves will be carrying 17 girls on the team with only three seniors, meaning Prospect Mountain will be setting things up for the future.

Stevens noted that sophomore Madilyn Neathery will be the team's number one, but the rest of the lineup was still to be determined as the Timber Wolves geared up for the season.

The Timber Wolf coach pointed out that he will be looking to get the girls as much as experience as possible in

the new season, especially since the team is made up of mostly new players.

"Our goals for the season are to get the girls as much experience as possible, since we are basically our own feeder program," Stevens said.

Like the fall and winter sports season before them, the spring sports teams will be playing a localized schedule featuring teams from around the Lakes Region.

Prospect will open the season with two games against Gilford, then will play twice against Moultonborough and two against Inter-Lakes.

Neighboring Kingswood is up next for two games and then it's two more with Inter-Lakes and the season wraps up with two games against Kennett.

Prospect opened the season after deadline on Monday, at Gilford and will play the Golden Eagles today, April 15, at home. On Tuesday, April 20, Prospect is at Moultonborough and the Panthers will visit Thursday, April 22, with 4 p.m. start times for each match.

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

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3D archery shoot in New Durham Sunday

NEW DURHAM — Farmington Fish and Game Club is hosting a Granite State Bowhunters 3D archery shoot on Sunday, April 18, from 7 to 11 a.m. Members and non-members are welcome.

Registration starts at 7 a.m. and there is a registration discount for members of Farmington Fish and Game.

Barbequed hotdogs, hamburgers, hot coffee, cold drinks and water will be served. For more information, please visit the club's web site, www.farmingtonfishandgameclub.com or their Facebook event page at Farmington Fish and Game, or e-mail brian.fuller@gmail.com or Allan Thorell, act_ptg_dec@hotmail.com.

Paro, Sheahan, Swinerton to lead baseball Knights

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood baseball team has nine seniors on the roster this year, but thanks to the COVID-19 pandemic, the majority of them last played for Kingswood mostly as JV players. For some, the last time they donned a Kingswood jersey, they were in junior high.

So, veteran coach Chip Skelley, who saw his 40th season as coach wiped away by the aforementioned pandemic, is looking to fit everyone in and see just who works where, as the Knights get ready to start the season.

“I like what I see from a couple of guys on the mound and we’re strong

up the middle,” Skelley noted. “But we’re still pretty young as far as varsity experience.”

The Knights will be led by a trio of senior captains in Cole Paro, Oleg Sheahan and Drew Swinerton. Paro will do the majority of the catching and will also see time on the mound, Sheahan will likely play mostly in center, but can also play in the middle infield and Swinerton will play at first base and in the outfield. Paro recently signed a letter of intent to play collegiate baseball in New York and works on his game all year long.

The other seniors on the roster include Cam Hasty (outfield), Calvin Kinville (third base and

catcher), Justin Stirt (pitcher, first base), Jack Thompson (pitcher, infield) and Ryder Whitworth (middle infield).

Junior Tyler Sprince, who saw a lot of time on the mound in his freshman campaign, will be looked at to carry a good deal of the pitching load to start the season for the Knights.

“Tyler threw quite a bit and Justin (Stirt) threw a lot at the end of the season (two years ago),” Skelley said.

Fellow junior Andrew Keniston grew a lot in the offseason and projects to play in the outfield, at first base and on the hill.

And, the Knights will be carrying five sophomores, who are donning

the Kingswood green and white for the first time as high schoolers. However, the group of them has played together for a number of different teams over the years and played in the offseason as well.

Will Danais will play in the middle infield, Jonathan Hossack will play in the infield, pitcher and catcher, Shaw Swinerton will play at second base, James Yarling will play in the outfield, at third and on the hill and Christos Zavvas will play at first base, third base and on the hill.

“They’ve played a lot of baseball,” Skelley said.

The Knights were actually able to get outside

for tryouts, something Skelley notes doesn’t happen very often and the team has been outside for the first two weeks of practices. The veteran coach notes that after the two weeks of practices, the team will have 11 outdoor practices, which is two more than they had two years ago in the entire season.

Additionally, the Knights did a lot of fundraising over the past few years and had a batting cage installed right beside the first base line. While a snow storm did damage to the cage last fall, it has been almost completely repaired and the team has already been using it.

Like the fall and winter sports, the King-

swood spring teams will be playing a modified regionalized schedule. They will play two games each (home and home series) with Plymouth, Winnisquam, Laconia, Kennett, Prospect Mountain, Gilford and Belmont.

The season officially kicked off after deadline Monday and Wednesday with games against Plymouth. Kingswood will be at Winnisquam on Monday, April 19, and will host Winnisquam on Wednesday, April 21, both at 4 p.m.

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

Strong group returns as Knight laxers get back to it

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — While coach Mike Manning missed out on what was supposed to be his first season at the helm of the Kingswood varsity boys’ lacrosse team, he is excited to get his first official season started.

And to make things better, the team is looking pretty good in the preseason.

“The guys are looking really strong, they put in some work in our clinics and with offseason lacrosse,” said Manning. “Skill-wise, we’re not exactly where we want them to be, but they’re better than where we expected them to be.”

Manning notes that he has a strong core of defense, a nice group on the attack and two strong midfield lines.

“We’re about as strong as I’ve seen in quite some time,” Manning said. “We have solid lines at each position, which is amazing.”

“And for the first time, we have three goalies, which is a nice thing to have,” he continued, noting one will be varsity, one will be JV and one will split time.

The Knights have a large group of seniors in

Bailey Savage, Davis Ekstrom, Liam Davey, Nick Potenza, Rob Doherty, Reese Clarke, Andrew Cartier, Brody DeMasi, Brody Thomas and Jackson McCullough.

“They’re all championing at the bit after losing their junior year,” said Manning. “Those are mostly guys that have played four years in our program and they’ve come through the system. They’ve developed throughout their entire Kingswood career.”

Junior Josh Paraskos will be back in net to pace the Knights and will get some company from classmate Garrison Hendricksen and Manning notes both have looked sharp, with Paraskos earning Athlete of the Week honors for Kingswood after the first week of preseason.

Additionally, returning junior Carter Morrissey will be a big presence for the Knights and junior Miles Mayhew joins the team after transferring from Goffstown, and provides a strong attack presence.

While there are plenty of familiar faces back on the field for the Knights, they will have a different look to their schedule, as the regionalized sched-

uling due to COVID-19 means the Knights will face a lot of new teams, with Kennett being the lone Division II foe on the docket this spring. Manning noted that the Division III teams the Knights are facing are traditionally good teams and he anticipates plenty of good battles. Many of the teams are squads the Knights faced a few years back when they were also in Division III.

“Everyone we have on our schedule is itching to play, everyone wants to play, everyone wants to be there,” Manning stated. “We have to play every game, we have to be ready to go every game, every game is a chance to improve.”

Manning’s coaching staff is boosted by the return of former head coach Matt Tetreault to work with the goalies, while Jason Lamontagne, Greg Polish, Scott Taatjes, Ben Church and Jim Savage (JV head coach) are also helping on the sideline.

The Knights will play four games each against rival Kennett and Inter-Lakes and play two games each with Plymouth, Laconia and Gilford.

The season kicked off after deadline on Tuesday against Plymouth and the Knights will

be at Plymouth today, April 15, at 4 p.m. The Knights will be hosting Inter-Lakes on Tuesday, April 20, at 6 p.m. and will be at Inter-Lakes on Thursday, April 22, at 5 p.m.

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

HIGH SCHOOL SLATE

Thursday, April 15
KENNETT
Boys’ Lacrosse at Inter-Lakes; 5
Boys’ Tennis at Inter-Lakes; 4
Girls’ Tennis vs. Inter-Lakes; 4
KINGSWOOD
Boys’ Lacrosse at Plymouth; 4
Boys’ Tennis vs. Plymouth; 4
Girls’ Lacrosse vs. Plymouth; 6
Girls’ Tennis at Plymouth; 4
PROSPECT MOUNTAIN
Boys’ Tennis at Gilford; 4
Girls’ Tennis vs. Gilford; 4
Friday, April 16
KENNETT
Boys’ Tennis vs. Inter-Lakes; 4
Saturday, April 17
KENNETT
Girls’ Lacrosse vs. Inter-Lakes; 11
Monday, April 19
KENNETT
Baseball vs. Gilford; 4

Softball vs. Gilford; 4
KINGSWOOD
Baseball at Winnisquam; 4
Girls’ Lacrosse at Inter-Lakes; 5
Softball at Winnisquam; 4
PROSPECT MOUNTAIN
Baseball vs. Pittsfield; 4
Softball at Pittsfield; 4
Tuesday, April 20
KENNETT
Boys’ Lacrosse at Gilford; 4
Boys’ Tennis at Gilford; 4
Girls’ Lacrosse vs. Gilford; 4
Girls’ Tennis vs. Gilford; 4
Track at Laconia; 4
KINGSWOOD
Boys’ Lacrosse vs. Inter-Lakes; 6
Track at Inter-Lakes; 4
PROSPECT MOUNTAIN
Boys’ Tennis vs. Moultonborough; 4
Girls’ Tennis at Moultonborough; 4
Track Home Meet; 4

Wednesday, April 21
KENNETT
Softball at Gilford; 4
KINGSWOOD
Baseball vs. Winnisquam; 4
Softball vs. Winnisquam; 4
PROSPECT MOUNTAIN
Baseball vs. Moultonborough; 4
Softball at Moultonborough; 4
Thursday, April 22
KENNETT
Boys’ Lacrosse vs. Gilford; 4
Boys’ Tennis vs. Gilford; 4
Girls’ Lacrosse at Gilford; 4
Girls’ Tennis at Gilford; 4
KINGSWOOD
Boys’ Lacrosse at Inter-Lakes; 5
Girls’ Lacrosse vs. Inter-Lakes; 6
PROSPECT MOUNTAIN
Boys’ Tennis at Moultonborough; 4
Girls’ Tennis vs. Moultonborough; 4

All schedules are subject to change.

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Knight tennis boys ready to go in new season

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — Some of the best news for the Kingswood boys' tennis team was the fact that the team was able to get out on the courts without shoveling at the start of the season.

The Foss Field courts were cleared of snow and the nets were up for the first week of the preseason and the despite small numbers, the Knights are ready for a new season under coach

Steve Langevin.

"We are excited to be back on the courts this spring after missing out on last season," said Langevin. "We are a young group, but one with potential."

The Knights will be led on the court by a sophomore and a freshman who have been strong in the preseason and will play at the top of the lineup.

Sophomore Tim Lucia will open the season in the number one spot,

with freshman Dax Rivera will play at number two, while junior Aiden Kelly returns to the lineup to play at number three.

"Tim has been steadily improving and is currently holding the number one spot," Langevin said. "Dax enters as a talented freshman, while Aiden put in a lot of time since we played last and has markedly improved."

The Knight roster will be rounded out by soph-

omore Aidan Thompson, junior Jackson Boudman and senior David Sandoval, who Langevin noted are continuing to build their skills day by day and should be solid contributors to the rest of the lineup.

The Knights will also be looking to benefit from an instructional program at the middle school, which is starting this year and Langevin said should be a boon to the program as the years move forward.

The Knights will be playing a schedule like the fall and winter teams before, that features games against local teams from around the Lakes Region. This includes four games against Division II rival Plymouth and two games each against Division II rival Kennett as well as two each against neighboring Moultonborough and Prospect Mountain and two games against Gilford.

The season officially kicked off after deadline on Tuesday, April 13, on the road in Plymouth and the Knights will open the home season today, April 15, against Plymouth. The Knights are then off until April 27, when they are at Moultonborough.

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

New faces on board for Kingswood girls' tennis

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — Things will look a little different for the Kingswood girls' tennis team this spring, as there are new opponents, new players and a ton of new COVID-19 precautions.

But, the team was able to get on the court in the first week of the preseason and veteran coach Tom Merrell is excited to see what the season has in store.

"We were fortunate with the weather this year, we did not have to

shovel snow and ice off the courts," Merrell stated. "We are also getting a couple weeks of time on the courts before our first competition."

The Knights have just two players returning to the court in senior captain Emily Carpenter and senior Quinn Meserve. Capreuter has been playing the sport year round with the Teen Master Tennis program for several years and will be starting the year in the top spot in the lineup.

Sophomores Gianna Borelli and Peyton Seigars are moving up to the varsity team for the first time while the other three players on the team are new to the team. Those include seniors Katie Mann and Mia Runnals and sophomore Amber Dolliver.

The Knights will also be hosting the new coed middle school instructional tennis program, which has 22 kids being introduced to the sport at the middle school level in hopes of them con-

tinuing on with the lifelong sport.

Additionally, the team is also adjusting to the COVID-19 precautions that are in place for the new season. Merrell notes that each athlete is checked in with the daily list of COVID-related questions, a temperature check and hand sanitizer. Masks are being worn at all times except during water breaks and there will be no hand shakes before or after the matches.

As for the schedule,

things are also a little different with the regionalized schedule that has been the norm through the fall and winter seasons.

"It is a new format due to the pandemic," Merrell stated. "We only play local teams, when we are at home, the boys play the same school away."

The Knights will play traditional rival Plymouth four times along with two games each with Moultonborough, Kennett, Prospect Moun-

tain and Gilford.

The Knights kicked off the season after deadline on Tuesday, April 13, at home against Plymouth and will be visiting the Bobcats today, April 14. They don't play again until Tuesday, April 27, against Moultonborough.

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

Quartet of pitchers bodes well for Knight softball

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — In high school softball, pitching is absolutely crucial. A good pitcher can change the tone of the game.

Kingswood softball coach Mike Shaw might be the envy of other coaches as he heads into the new season, as he has four girls who can of-

fer him quality innings in the pitching circle.

And this bodes well for the Knights as they return to action after missing out on last year due to the COVID-19 pandemic.

"We've never had four pitching options before," Shaw noted. "And we're two deep at all positions, but we have to be, you never know what might

happen."

Audrey Daggett, Lindsay Desrochers and Maggie Shaw are joined by freshman Morgyn Stevens in looking to get time in the pitching circle. Coach Shaw notes that to start things off, he expects that Stevens will be the team's closer, called on to finish off the game and will start at third base.

Irena Pettit returns behind the plate and will once again be counted to pace the offense with her big bat. Maggie Shaw and Allie Drew are both getting looks at second base and Drew has also looked very good in the outfield in preseason.

Emilia Galimberti is back at first base and Brooke Eldridge will be the team's starting shortstop.

While the infield was mostly set as the preseason got under way, coach Shaw was still looking to round out the outfield, but he knows he wants to keep everyone's bat in the lineup. Desrochers and Daggett, when they aren't pitching could also see time in the outfield. And freshman Carly Johnson looked good in the outfield in the preseason and earned herself a place on the varsity roster.

The Knights have one other freshman in

Danika Chominski, who will be the team's backup catcher. Coach Shaw praised Abby Fournier, who was also in the hunt to be the team's backup catcher, for asking to stay with the JV team so she could improve by playing every day.

"We have 11 girls on the team and we can't keep them all in the lineup," Shaw said, noting that most of the girls on the team played softball throughout the offseason and have all made strides in their game.

"They missed out on last (spring) season, but they all played, they were all active," Shaw said. "More than half the team has been putting in double time, taking lessons or playing on other teams."

Additionally, the program continues to grow strong, with Shaw noting that in a recent discussion, Drew mentioned that she was impressed with what's coming up through the middle school program as well, with a lot of kids playing more and more softball.

Coach Shaw will be joined on the varsity

sidelines by assistants Andrew Daggett and Steve Shaw, while Rich Blattenberger and John Lapolla will be leading the JV team. Becky Bartlett and Alyssa Freeman will be the middle school coaches, teaching the future Knights the ways.

And, the good news for the Knights is they were able to get outside for tryouts and for the preseason practices to help gear up for the new season.

The Knights will play a schedule that includes two games (home and home series) each with Plymouth, Winnisquam, Laconia, Kennett, Prospect Mountain, Gilford and Belmont.

The season officially kicked off after deadline Monday and Wednesday against Plymouth. The Knights will be at Winnisquam on Monday, April 19, and will be hosting the Bears on Wednesday, April 21, both with 4 p.m. start times.

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

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Alton	Dudley Road	N/A	\$490,000	Tarleton Fiscal Trust and Julie H. Tarleton	Carsten Svanholm-Petersen and Tine Svanholm
Alton	22 Ingalls Terrace	Single-Family Residence	\$562,533	Gary E. and Denise P. Oberg	Thomas & Judith Guarino Fiscal Trust
Alton	Old Wolfeboro Road	N/A	\$75,000	Robert D. Boudrow 2015 RET	Robert L. and Rachel D. Boudrow
Alton	124 Smith Point Rd.	Single-Family Residence	\$2,300,000	James E. Smith 2003 RET	Maestro Realty 124 Smith Pt.
Alton	N/A (Lot 4-9)	N/A	\$110,000	David E. Tiede	Lot 9-4 Muchado Hill Rd. LLC
Barnstead	New Road	N/A	\$500,000	480 New LLC	Michael J. Evans and Melinda Callahan-Evans
Barnstead	North Road	N/A	\$65,000	Ethan S. and Amy H. Jennings	Kimbelry E. Woods
Barnstead	10 Watson Rd.	Commercial Building	\$600,000	Dollena F. Card	Tesla Properties LLC
Barnstead	N/A (Lot 8)	N/A	\$329,800	Abbott Flipz LLC	Nicholas Masson
New Durham	Jenkins Road	N/A	\$300,000	Sharon A. Brescia	Nancy Richardson
New Durham	N/A	N/A	\$389,000	Bethal Builders LLC	Stephanie M. Ballard

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

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Comfort Keepers

Malnutrition: A serious concern for seniors

BY MARTHA SWATS

Owner/Administrator
Comfort Keepers

We all know that we feel better when we eat well. Good eating habits, and being mindful of healthy eating goals, can improve mental and physical health, and give us the energy we need to do the activities we love. Unfortunately, too many seniors are not having their nutritional needs met. Changes in our bodies as we age, and changing dietary needs, can make healthy eating more difficult for older adults. One in three hospital patients is malnourished upon admission and almost one-third of

U.S. patients (31 percent) experiences declines in nutritional status while in the hospital. The health risks associated with malnutrition can be especially concerning for seniors. Symptoms can include:

- Weakened immune system
- Poor wound healing
- Muscle weakness
- Weight loss
- Dental issues

If engaging in good eating habits is a struggle, there are steps anyone can take to ensure that they are getting proper nutrition. In addition to consulting a physician about diet or health concerns, they can also try the following

tactics to get back on the right track:

- Make meals a social occasion – Sharing a meal is one of the most enjoyable ways to ensure that someone is eating well. This can look like making something healthy and delicious for others or reaching out to people that love to cook healthy food and offering them your company.
- Make healthy eating fit your budget – Good food doesn't have to be expensive. A doctor or nutritionist can point patients to budget friendly, nutritious food options. And, maintaining a healthy lifestyle saves money on medical care in the future.
- Shop for healthy foods – Having a kitchen

stocked with healthy snacks and meal options is one of the most important steps to maintaining a balanced diet.

- Encourage people to ask for help – If someone you know has concerns about their ability to plan healthy meals, shop for the groceries or if they just aren't getting the nutrition they need, tell them to ask for help! In-home caregivers, delivery services, family, friends and medical professionals can all help older adults reach their nutrition goals.

For those concerned about their nutrition, or the eating habits of a senior loved one, speaking to a medical professional is critical.

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