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# Busy weeks ahead at New Durham Public Library

320 words

NEW DURHAM — Seeds, signing, and the census are all happening at the New Durham Public Library.

Ever buy a hundred watercress seeds and plant a mere 60? Only have room for eight squash plants, but the envelope comes with 25? The library has a no-waste solution for you.

The library's Seed Swap program sprouts in March. As you start your seedlings for the upcoming gardening season, feel free to bring any leftover seeds down to the library. They'll store the packets and have them available for someone else. Then help yourself to any surplus seeds someone else brought in.

Take as many or as few as you need. Find out if your mother was right; try planting a rutabaga seed and you might discover you like it.

Have you marked your calendar for our Co-Sign classes? Tuesday mornings in March, certified instructor Autumn Gaska will offer a free program in baby signs and sign language for young children. No babysitters needed, because your kids are welcome to come along.

Join in from 10:30 to 11:15 a.m. Scientific research has documented signing helps children develop both language and cognitive skills. Parents know that better communication with their kids helps reduce frustration and improves bonding.

If you can't make the morning classes, come by on Thursday, March 26, at 5:30 p.m. for the free Intro to Signing with Kids. Children are welcome at this class, too.

Registration is not necessary for the signing classes, and the program will continue if there is interest.

There is lots of information at the library on the 2020 Census and its importance to residents; plus, we can help you apply for a job as a census taker.

An accurate count of residents in Strafford County determines allocation of federal funding and impacts Medicaid, SNAP, highway planning, WIC, Head Start and foster care programs.

Call the library at 859-2201 for more information on any of their programs.

## Cub Scout breakfast Sunday in Alton

ALTON — Cub Scout Pack 53 is hosting its annual breakfast at the American Legion Post 72, Alton on Sunday, Feb. 23, from 8 to 11 a.m.

## No Locke Lake board meeting in February

BARNSTEAD — There will be no public board of directors meeting for Locke Lake Colony in February. The next public board of directors meeting will be held on Thursday, March 19, at 6:30 p.m. at the lodge. These meetings are open to LLCA members only.



COURTESY PHOTOS

### Taking a tour

New Durham Girl Scout Troop 10475 recently visited American Machining Solutions in Barnstead. Owner Nick Harkeem led the troop through his shop, demoing several of the machines. In the US, there are approximately 320,000 male machinists, but only about 14,000 women are in this field. The girls had many questions, and were intrigued by the computer aspect of the industry. At the end of the tour, they presented Harkeem with an official Girl Scout pocket knife as a token of their thanks. For information on joining Girl Scouts in New Durham, please e-mail smfoynes@gmail.com.



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## Info for candidates

As noted on the front pages the last few weeks, there are a couple of races in the local elections coming up in early March.

We are happy to see there are a number of people who have thrown their hats in the ring to compete and we wanted to make sure that everyone running is aware of our policy regarding campaign letters as we move into the next few weeks.

Those familiar with our paper for a long time may remember when we featured candidate profiles, which were questionnaires filled out by the candidates and submitted to us, then compiled by our staff writer. However, since we’ve lost the staff writer position, the last few years we’ve been asking anyone who is a candidate for public office in the three local communities to submit a letter that outlines why they are running and some of their ideas.

We know this is not the perfect solution to get the word out there, but at this point, we don’t have the time to compile and distribute questionnaires without a full-time writer on staff.

So, we want to give each candidate an equal shot at having his or her say in the local newspaper over the next couple of weeks.

There are a few guidelines however, that we hope candidates will follow so that we may publish their letter in a timely fashion.

First and foremost, all letters to the editor touting your candidacy should be 550 words or fewer. This is our normal letter policy and it does not change for the election. This allows each candidate to get equal space if he or she chooses.

Secondly, the deadline for all letters is 4 p.m. on Monday at the absolute latest (this deadline has changed from previous years). Obviously, we would prefer that letters are received well in advance of the deadline, but letters received before 4 p.m. on Monday, which meet the previous criteria established, will be included.

In the past we have limited candidates to one letter per cycle. We aren’t making that limitation this year, but we ask that candidates refrain from saying the same thing over and over again. Each candidate is allowed one letter per week.

We also welcome letters of support from other residents who have reasons to support certain candidates. Those letters should also adhere to the 550-word limit and should also be in our hands no later than Monday at 4 p.m.

As is the case with all letters, we require that the writer identify him or herself, provide a town of residence and a phone number for verification purposes. For letters submitted by e-mail, we will respond when we receive the e-mail so that you know it has been delivered.

We look forward to a number of good races in the coming weeks and we hope that residents think carefully about who they want to support and the reasons for doing so. And we hope that residents do their research before heading to the polls.



RICHARD LEONARD – COURTESY PHOTO

### Buck a Puck

**“I’ve never held a hockey stick in my life,” said Ruth Larson, Alton, who, on her third attempt, scored a goal at the Alton Bay Winter Carnival last Sunday. She participated in the Alton, Barnstead, New Durham Centennial Rotary Club’s fourth annual ‘A Buck a Puck’ contest to raise money for charity. The event, sponsored by Belknap Subaru, raised more money this year than it had in all previous years. Chair of the event, Rotarian Bob Regan, praised all club members for the full day they spent running the contest. Hundreds of people entered, many were children, some as young as three years old. All kids received a medal for participating and a prize if they scored a goal and adults got a gift certificate.**

## Letters to the Editor

### Help support a loving family

To the Editor:

When my wife (Ruth Larson) and I first met Ruth and Dan Emerson of Alton a few years ago, we were both deeply touched by them. Their family included nine children, seven of whom were foster children, and two of whom were adopted. They subsequently adopted another of the foster children.

What was so touching about them was their fierce and total devotion to the children, many of whom had endured great suffering in their lives and most of whom had special needs. Ruth and Dan became foster parents 20 years ago, and since then have provided a loving and secure

home for 189 children. They willingly took in children with challenging behaviors and gave them the care and stability they needed to thrive. They often took in multiple sibling groups as well to keep brothers and sisters together.

At a Christmas party for the Emerson family several years ago, we watched the children playing together, singing carols, opening presents, and relating to Ruth and Dan as loving parents. This family was like no other we had ever experienced, and we have never seen a happier family group.

Ruth Emerson was recently diagnosed with terminal endometrial

cancer. Depending on how well the chemotherapy works, she is expected to live up to a year and a half at best, or as little as a few months. Most of the foster children have been placed in other homes, leaving Ruth and Dan to care for their three adopted children and one foster child. Their financial situation is dire, as Ruth has no life insurance and her pension will terminate upon her death.

Rather than focusing on her own problems, Ruth is directing all of her remaining energy to the future of her children. She is even hoping to take a family camping trip this summer so that they can all enjoy

the beautiful outdoors together, even if her own physical participation will necessarily be limited.

It is our hope that you will go to the GoFundMe site established by Don Jutton, a volunteer child advocate who describes the enormous contribution that the Emersons have made to children in need. The site also includes a video made by friends of the Emersons. We also hope that you will join us in contributing to this effort to support Ruth and her family. See <https://www.gofundme.com/f/emerson-family-support>.

HUNTER TAYLOR  
ALTON

### A want, not a need

To the Editor:

This is in response to Ruth Larson’s letter regarding the proposed recreation center for the town of Alton. Does a small rural town like Alton really need such a facility with all we have to offer already?

The whole town of Alton is a recreation center. We have our beautiful lake for boating, swimming, water skiing, fishing and more. In winter there’s ice fishing, skating, ice hockey, snowmobiling, skiing etc. We have parks, tennis courts, hiking and biking trails, a wonderful ballfield for the kids,

two school gymnasiums, yoga classes, a workout/ exercise facility and a dance studio (support local business) to name just a few ways to “recreate.” How many towns can boast of all that? Every week we see programs put on by the Alton Parks and Recreation Department for people of all ages. Nobody has to be a couch potato in this town.

As for attracting young people to town, common sense will tell you that you don’t bring hard working young adults to a town by entertaining them and their kids. Many vaca-

tioners to Alton would love to live here but a recreation center is certainly not a high priority for making such a major move. Good paying jobs (along with our beautiful environment) certainly would be. Forty years ago, my husband and I both juggled several jobs to make ends meet when we came to New Hampshire as wages here were so low. For us, the sacrifice was worth it to live in a beautiful place and enjoy small town New England life. That in and of itself is something to cherish and hold on to because it’s a vanishing way of life in other parts

of the country. It’s an attribute and certainly not the “status quo” as Ruth Larson states.

Still, some feel Alton should spend millions of taxpayer dollars for a big recreation center because they feel we should be more like the “big cities.” This “progressive” idea is largely bolstered by UNH programs that have encouraged the “All in for Alton” group. Quite simply, it’s just another attempt at central planning and the urbanization of small towns throughout New Hampshire much like the Regional Planning Commissions attempt to

do.

The “I want” crowds are quietly working behind the scenes to build such facilities in other small New Hampshire towns and are (understandably) being met with huge opposition.

Check out [www.granitestatefutures.org](http://www.granitestatefutures.org) and <http://bedfordresidents.com/bra/mailling-list/>.

Alton citizens (of all ages) are rightly concerned about the huge tax burden the building, maintenance and staffing of such a facility would create. It’s a “want” not a need. And if ever there should be a need, let the private

sector fund it, build and maintain it, staff it and profit from it. It’s not the government’s job to entertain people.

Finally, there are three people running for two open select board positions in Alton. One of them is clearly in favor of a recreation facility and the tax burden it will bring. Pay attention voters. Question the candidates on this subject (and others) before you vote.

CHRIS WITTMANN  
ALTON

### Understand why?

To the Editor:

I understand why many people may personally like Cecile Chase; however, she just does not do a good job as selectman. First, when she was on the budget committee for 10 years, the budget increased \$1,588,089, which is a 122 percent increase. When

she became selectman, in three years the budget went up \$726,828, which is a 24 percent increase. The town taxes have gone up 12 percent.

In comparison, before Cecile became selectman, I was a selectman and the budget dropped by \$151,066, which is a five percent decrease.

The town taxes were lowered by 12 percent and the tax rate reached an historic low for the town in recent years.

At the candidates’ night in 2017, she stated that she was a fiscal conservative, but these facts show that she clearly is not. Not only has she shown that she is a big

spender, she is unable to think out of the box and has limited abilities.

When she did not do her homework and didn’t get her way, she sued the town and selectmen with a frivolous lawsuit costing the town’s taxpayers \$10,000 in legal fees. As a selectman, she has had ethical and conflict of in-

terest issues not once but now twice.

When the residents voted against funding the scale for the transfer station and the Boodey House restoration, she ignored the residents’ votes and funded the Boodey House by hiding the funds in the operating budget and also made

plans to buy the scale.

Now, do you understand why we should vote for someone other than Cecile Chase?

GREGORY ANTHES  
NEW DURHAM



Letter to the Editor



Give blood to give time

To the Editor:  
Did you know that patients fighting cancer need more blood than patients fighting any other disease? Cancer patients use nearly one-quarter of the nation's blood supply. In fact, five units of blood are needed every minute to help someone

going through cancer treatment. Yet, only three percent of people in the U.S. give blood.  
To help ensure patients have the strength and support to fight cancer, the American Red Cross and American Cancer Society are teaming up this February to encourage people

Give Blood to Give Time. Individuals are invited to honor their loved ones by making a blood donation appointment or financial contribution at GiveBloodToGiveTime.org.  
According to the American Cancer Society, one in three people in the U.S. will be diagnosed

with cancer in their lifetime. A loved one's cancer diagnosis may leave families and friends feeling helpless. But when someone donates blood or platelets or makes a financial gift, they are helping to give patients and their families time, resources and the hope they need

to fight back.  
All blood types are needed to ensure a reliable supply for patients, and more people are needed to donate blood regularly to help meet the need. On behalf of the Red Cross and American Cancer Society, I encourage you to Give Blood to Give

Time in support of cancer patients and their families.

MARIA DEVLIN  
CHIEF EXECUTIVE  
OFFICER  
AMERICAN RED CROSS  
NEW HAMPSHIRE AND  
VERMONT REGION

PMHS forming Rock N Race team

ALTON — Prospect Mountain High School is organizing a PMHS team to run/walk the 2020 Rock 'N Race on Thursday evening, May 14, in Concord. For the uninitiated, this is a fun

5K that winds around downtown Concord with bands playing music all along the route. The race is a fundraiser for the Payson Center for Cancer Care. All proceeds go towards support of

Payson Center patients and their families. The registration fee gets you dinner after the race provided by Concord restaurants, good karma and a Rock 'N Race T-shirt. If PMHS fields

a team with 10 or more athletes they'll have the school name printed on the back of their shirts. The team will welcome staff, faculty, students, community members, friends and family of

PMHS. Folks can register on the Rock N Race website (under "search for a participant ort" type in Prospect Mountain High) or contact school counselor Marie Daniels at the high

school at 875-3800 ext. 3164 or mdaniels@pmh-school.com.

WORKSHOP

(continued from Page A1)

rate. Then you're more resilient to stressors so you can cope better."

Another element to be touched upon is the Internal Family Systems model.

"Sometimes parts of ourselves can carry burden or trauma, and they become devaluing. We need to listen to the parts that help, rather than hurt. The workshop will give people opportunities to look at things a little differently than they did before."

Mott called the scientists "wonderful advocates for human well-being. People can look up the models and follow them."

The work of Deepak Chopra, Eckhart Tolle and Wayne Dyer will also be touched upon and Mott will lead a guided meditation.

She is all about accessibility. Chairs, mats, and bolsters will be available for comfort. She suggested bringing a journal and arriving early to sign-in.

"It's going to be a fun, interactive afternoon," she said. "People will leave with a working knowledge of the components of well-being and a richer understanding of

the self."

The platform Mott is offering is not limited to one age range. "The stuff I'm talking about is true whether you're five, 16, or 30."

Adolescents are welcome. "I work with a lot of teenagers," she said. "From a therapeutic point of view, I'm helping people communicate more effectively."

Cost of the workshop is \$25 or at ability. "I don't want anyone to think they can't come if they can't pay. That money, no matter what amount, will go toward investment of continuing to do these workshops."

She is hoping they will develop into monthly events, and judging from the response on Facebook so far, the interest will warrant it.

"I do want to reach more people because in my office I can offer just so many hours. With a workshop, people can continue their work on their own."

Mott envisions participants journaling and having Yoga 4 Life owner Pamela Swanick available to lead relaxation or restorative poses.

"This can offer people a safe place to do inter-



COURTESY PHOTO

ALTON THERAPIST Pamela Mott, LCMHC, will lead an interactive stress reduction workshop at Yoga 4 Life in Wolfeboro on March 8. The workshop will present paths to well-being and balance from both the scientific and spiritual sides. Here, Mott holds Rabbit, who characterizes kindness and resilience, and who serves as the central character in a children's book Mott is penning.

nal work with a clinician and a community, because we do better with an intergenerational community. People can learn how to talk about difficult things, because not talking about something is not helpful."

As Mott explained, "If you get to know the boogie man, it's not as scary as you thought, and that's where real change

happens."

She said she has learned something from every person she has worked with. "That's the pleasure of what I do."

Contact Mott at 393-0595 for more information or to register early.

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PET OF THE WEEK

WILSON

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# Volleyball offered Thursday nights in Alton

ALTON — The Alton Parks and Recreation Department is sponsoring adult volleyball on Thursdays at the Alton Central School Gym from 7 to 10 p.m. featuring recreational play. Drop in anytime for this free program. All abilities are welcome. Please use the following link to sign up, <https://www.signupgenius.com/go/10C0F45A-FAA2AA5FB6-alton>. For more information, contact the Alton Parks and Recreation Department at 875-0109 or [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov).

Exercise classes  
Zumba classes with

Sherry Meyer are Mondays and Wednesdays at the Alton Bay Community Center from 8 to 9 a.m. A fun, cardio workout that will get you moving. Weight Training Class with KT is Mondays and Wednesdays at the Alton Bay Community Center from 1:30 to 2:30 p.m. Use light weights to help build strength, muscle and bone density. Try a class for free. Intermediate Yoga with Sheila Marston is Wednesdays, 7-8 p.m. at the Alton Bay Community Center. Focus is on several breathing techniques, postures and proper alignment.

Little Pesaukees Playgroup  
The Alton Parks and Recreation Department is sponsoring a drop-in playgroup for 0-5 years old at the Alton Bay Community Center on Tuesdays and Thursdays from 9 to 11 a.m. The program is free. They provide the books, puzzles, toys and games, and you provide the interaction. Please bring a peanut-free snack for your child. This is a great program to introduce you and your child to other members of the community. For more information, contact [LittlePesaukees@gmail.com](mailto:LittlePesaukees@gmail.com).

# Jazz band gets visit from jazz maestros



CLOCKWISE from top left, Professors Klaxton, Jorgensen, Oberholtzer; with students, Klaxton, then Jorgensen and Oberholtzer with students.

WOLFEBORO — On Jan. 22, the Kingswood High School Jazz Band rehearsal at the Kingswood Arts Center was the scene of a special jazz clinic. Under the sponsorship of the Wolfeboro Friends of Music (WFOM), three senior regional jazz educators and musicians spent the afternoon with the student musicians. If you thought quality music in Wolfeboro was limited to professional concerts you would be mightily mistaken. The Kingswood High School Jazz Band is an accomplished, well-rehearsed performing group of almost two dozen students under the leadership of music director Robert Burns. Burns has, during the almost 10 years he has been at Kingswood, created this entirely voluntary non-credit after school program. The jazz band performs at least three or four times throughout the school year and participates in the New Hampshire Jazz Festival.

The clinic was held by Dr. Nate Jorgensen, Professor of Jazz Studies and saxophone at University of New Hampshire (UNH), Dr. Chris Oberholtzer, Professor of Jazz Studies and trombone at University of Southern Maine (USM) and Chris Klaxton, adjunct Professor at Plymouth State University and the University of Southern Maine and lead teacher at the Portsmouth Music and Arts Center. In addition, all three are performing musicians. Jorgensen is director of the Portland Jazz Orchestra that closed last year's WFOM

season. The clinic began with the jazz band running through the several pieces of a program that they had been working on with each clinician sitting in with their respective section. This was followed by individual instruction by each professor with Dr. Jorgensen with the saxophones, Dr. Oberholter with the brass, and Chris Kalxton with the rhythm section. Saxophone instruction included detailed embouchure technique, emphasis on specific jazz notations and finally style. Rhythm section notations went from technique to a reconsideration of the physical placement of the rhythm section in both rehearsal and performance. After the breakout sessions, the band regrouped, reviewed their new wisdom and then ran through their program with incredible energy. At the end of the several-hour clinic with mini-

mal breaks, the students' continued enthusiasm was palpable. The quality of their skills was met with much appreciation by the several observers from WFOM. Perhaps that enthusiasm was understandable in that the band had the previous day gone to UNH to hear Dr. Jorgensen leading the Portland Jazz Orchestra at UNH. That was also sponsored by the WFOM. Lastly on April 22, WFOM will sponsor the entire 22-member student band and chaperones to go to UNH to hear legendary saxophone artist Kenney Garrett in concert. Burns work with the Kingswood High School musicians reminds WFOM of how much can be accomplished with a superior leader and educator. The WFOM is honored to be able to sponsor even a small piece of this beautiful part of the community.

REGION — Wildlife lovers will have a unique opportunity to learn from expert naturalist and wildlife biologist Susan Morse in a field tracking workshop offered by Moose Mountains Regional Greenways (MMRG) on Saturday, Feb. 22. Morse, founder of the award-winning 'Keeping Track' program, will lead small groups on an exploration of our local forests. Participants will gain a more intimate knowledge of our native species while asking

questions and learning from Morse's lifetime of experience. Morse's 'Keeping Track' program, based in Richmond, Vt., teaches concerned adults and children to observe, interpret and record evidence of wildlife in their region. Keeping Track science-based workshops support local conservation projects; wildlife monitoring programs help build community; and educational opportunities inspire and motivate participants to conserve wild-

# MARK ON THE MARKETS Mutual fund expense



BY MARK PATTERSON  
Contributing Writer

On a very regular basis, I will sit down with a potential new client who brings their account statements into the meeting, which typically are full of managed mutual funds. These mutual funds have an assortment of fees attached to them that we can see, but sometimes they are disguised hidden deep in something called "statement of additional information," which is a document mutual fund companies make available upon request but don't generally distribute to investors. The most obvious fee attached to a mutual fund is the expense ratio. The expense ratio is typically not hard to find and ranges from about .07 percent to 2.65 percent, which sounds very high, and it is. I did not realize that there were still mutual funds that had that kind of expense ratio, but I witnessed

one yesterday in a new client account that his "investment representative" from a local bank brokerage placed in his account. Brokerage and wealth management arrangements inside of banks are a topic for another article, just be aware in many cases the brokers are not bank employees. They often just have commission splitting arrangements with the bank. Selling product is their goal, not advice delivered in a fiduciary capacity. So why is it that it seems the client never really makes superior returns in these mutual funds? Another key statistic to look at regarding your mutual fund is the turnover ratio. The turnover ratio is simply the amount of times that stock, or bonds are bought and sold which leads to increased operating costs and tax ramifications if this fund is not in a tax qualified account. These transaction costs lead to roughly 1.44 percent additional expense in the typical mutual fund. Cash drag is simply a term used to explain an additional .83 percent of expense per year in a mutual fund according to Ty Bernicke, CFP. This cash is not used for tactical purposes, but only for liquidity in funds that must carry adequate cash for investor outflows.

All mutual funds carry these additional hidden expenses to some degree, however low-cost index funds fees are typically much lower. Broker sold funds may also carry a load or commission that you must consider as well. Usually "A" shares have an upfront commission somewhere around five percent, so only 95 percent of your money is invested and is subject to these additional ongoing fees. C shares usually don't have an upfront commission but have a very high expense ratio of which approximately one percent annually goes back to the broker as a trail commission. I don't know many circumstances when you would not do better for yourself and your money to use low-cost mutual or exchange traded funds. If you wanted help you can hire an advisor on a fee basis to manage these funds. Make sure that the advisor you hire is working for you with a fiduciary duty and makes their fee structure very transparent. If you would like to discuss this topic or anything else, give my office a call or send me an e-mail. Mark Patterson is an advisor with MHP Asset Management that can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com)

# STRATEGIES FOR LIVING What if ... my faith is bogus?

BY LARRY SCOTT  
Contributing Writer

Have you ever asked yourself, "What if?" Two words ... but the conflict they sometimes generate can be very disconcerting. What if my faith is bogus? What if there is no God and therefore no objective moral standard by which I can guide my life? What if Jesus was a fraud, or at best, a distraught rabbi with a wild imagination? What if the writers of our New Testament were sincere, but sincerely deluded? Atheist philosopher Thomas Nagel had his own "what if" - what if there really is a God? "It isn't just that I don't believe in God and, naturally, hope that I'm right in my belief. It's that I hope there is no God. (from his book The Last Word, quoted by Timothy Keller in Preaching, p. 82). Not me. I want there to be a God and I can't imagine what my life would be like if He were not the primary moving force in my life. Now, please stay with

me. Believe me, I am neither bragging nor complaining; I do want, however, to make a point. Because of my faith, think of all that I have missed. I trust you don't know what I have missed, but if you do, I suspect you can verify that life without God is no cake-walk. Exploiting the freedom to live as we please without an objective moral standard, "doing what come naturally" as the saying goes, often demands an awful price. Eventually we must "pay the piper." I must be honest and admit that if it were not for my relationship with God and my decision many years ago to live "by the Book" I would be in a heap of trouble. I need God. I need His forgiveness for a clear conscience; I need His strength to face the crises of life; I need His moral standard to keep me from doing something stupid and counter-productive; I need the assurance of an eternity in His presence after death to give me stability during tough times. Yes. I need God. My en-

tire outlook on life, my planning and the goals for which I strive have all been impacted by my perspective on God. So ... back to the question: what if my faith is bogus? The Apostle Paul, who had to deal with that question for himself, put his conclusion this way: "If only for this life we have hope in Christ, we are to be pitied more than all men. But Christ has indeed been raised from the dead." It is, in the final, analysis, the resurrection of Jesus Christ that gives me supreme confidence that I am on the right track. The resurrection, which He had predicted on several occasions, verified His message. When Jesus was being abandoned by so many who found the principles He taught to be too demanding, he asked his disciples, "You do not want to leave too, do you?" and Peter was quick to respond, "Lord, to whom shall we go? You have the words of eternal life." You want to talk about it? Hit me up at [rlarryscott@gmail.com](mailto:rlarryscott@gmail.com).

# Tracking workshop slated for Feb. 22

life habitat. Forester Wendy Scribner is excited about the tracking workshop and has already signed up. She elaborates, "It will be great to get out in the woods with someone so confident at explaining the tracks we see and who can also teach us about animal behavior and habitat. There's always more to learn." The Keeping Track workshop will be offered twice: 9 a.m. - 12 p.m. and 1 - 4 p.m. Advance registration is required by 5 p.m. on Wednesday,

Feb. 18. Online signup is available at [www.mmrgr.info](http://www.mmrgr.info). Participation is limited to 20 people in each workshop so early registration is encouraged. Workshops will require moderate hiking and other outdoor physical activity in potentially inclement weather. The location within MMRG's seven-town service area will be chosen based on conditions just prior to the event. For more info, call MMRG Education Coordinator Kari Lygren at 978-7125. MMRG, a non-profit

land trust, works to conserve and connect important water resources, farm and forest lands, wildlife habitats and recreational land and offers regular educational opportunities to inform all ages about the benefits of the region's natural resources. MMRG would like to thank Meredith Village Savings Bank and Eastern Propane for sponsoring this Sue Morse program of events.





Members of the Alton Fire Department were on hand with information on ice rescue techniques.



Food was a big draw at the Alton Bay Winter Carnival and there was a huge variety available.



A campaigner hands a hungry voter a candidate for the Chowder Fest competition.



A young hockey player tries her luck at the Buck a Puck hockey puck shoot sponsored by the Alton Centennial Rotary Club. Her successful stroke won the shooter her second medal of the day.

PHOTOS BY CATHY ALLYN



# Alton Winter Carnival 2020



The carnival atmosphere was rampant on the ice, from face painting to cotton candy.



A youngster throws another log on the Mount Major Snowmobile Club's fire to keep the heat on for making s'mores, always a big favorite.



This auto race hat was a crowd pleaser.



Who can resist a gumball machine? The audience at the Crazy Hat Contest awarded this one first place.

## THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	139 Lily Pond Rd.	Single-Family Residence	\$339,933	Vivian D. Lambert	Richard A. Bailey
Alton	Prospect Mountain Road	Acc. Land Imp.	\$125,000	Brian D. Welch	Alan B. and Mary L. Barrett
Alton	30 School St.	Single-Family Residence	\$240,000	Norman E. & S.L. Barrett RET	Lori B. Stephens and David M. Stephens
Barnstead	54 Damsite Rd.	Single-Family Residence	\$177,533	William and Sharon Woitkiewicz	Danielle Federico
Barnstead	63 Old Rochester Rd.	Single-Family Residence	\$234,000	Molly and Michael Verville	Andrew Bacon
New Durham	Littlehale Road	N/A	\$310,000	Addison E. Fredette and Matthew K. Reil	Irene Esdale
New Durham	Mount Bet Road	N/A	\$487,333	TRBR RET and Thomas W. Rogenski	Martino Fiscal Trust and Peter J. Martinoew
Durham	N/A (Lot 1)	N/A	\$295,000	Akmal and Carol Moawed	Stephen R. and Elaine B. Leker

### 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](http://www.real-data.com)

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

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dependable, quality service!



OBITUARIES

Thomas Bruce Shearer  
Devoted activist

BARNSTEAD — It is with heavy heart we announce Bruce’s unexpected passing on Feb. 6 due to a heart attack while in Florida.

Bruce was a very unique individual with a generous heart and an impassioned spirit. He was a devoted activist, a diehard Bernie Sanders fan, and a talented gardener.

It was always his greatest hope for a communal living space created around green living and bringing together like minded people, to live and work in peace and harmony with the earth.

He was always available to help anyone, anytime. He never let anyone go without.

He loved to travel to visit old friends and make new ones.

He loved to garden, even built a bio dome for year round gardening. Made sure to always plant a surplus of everyone’s favorite. And he was always counted on to bring ice cream to ev-

ery family function.

Always a lively discussion of politics whenever he went, whether you wanted to discuss them or not.

All around good guy that tried to live his life on his terms. Tried to stay true to his beliefs and tried to spread a little love and good vibes wherever he went. The epitome of an old school hippie.

He leaves behind his beloved partner of more than 40 years, Carolyn Namaste; his five children, Chris, Carey, Ken, Lauren and Elizabeth; nine grandchildren and three great grandchildren; his brother, Paul and his partner Sandra, along with Carolyn’s children, Susan, Kim, Ron, Rory and Lori.

He was predeceased by his parents, John and Gladys Shearer and his brother, Robert Shearer.

He will be forever missed.

A celebration of life will be held this summer.

Pauline Doris Thumm  
Enjoyed cooking and baking

ALTON — Pauline Doris (Ouellette) Thumm, 92, of Alton passed away Tuesday, Feb. 11, at Epsom Health Care Center in Epsom.

She was born July 3, 1927 in Boston, Mass. to the late Joseph and Rose Anna (Thuot) Ouellette.

Pauline and Walter met following Walter’s World War II military service, and on June 7, 1952, they were married in Methuen, Mass. Together they celebrated more than 64 wonderful years of marriage. She spent her early married years supporting Walter and raising their two children, Micheal and Paula. Later, she greatly enjoyed her role as grandmother and great grandmother. She had a great love of family and a desire to help family members in any way that she could. She enjoyed cooking and baking, sewing, knitting and crocheting things for everyone and always adding to her collection of frog trinkets. Her unconditional love for family was always evident in everything that she did.

She is preceded in death by her beloved husband, Walter, and by her parents. She is survived by her children, Micheal Walter Thumm (Patricia Ann Harrington Thumm)

nephews and friends.

A calling hour was held at Bennett Funeral Home, 209 N. Main St., Concord, on Tuesday, Feb. 18, with a memorial service immediately following. A committal service followed at the New Hampshire State Veterans Cemetery.

In lieu of flowers, the family requests donations be made to the National Kidney Foundation, in memory of Pauline Thumm at <https://www.kidney.org/support?sidebar=DonateNowButton> or send your check made out to “National Kidney Foundation” to National Kidney Foundation, Finance Department, 30 East 33rd St., New York, NY 10016.

Arrangements are entrusted to the Bennett Funeral Home of Concord. Fond memories and expressions of sympathy may be shared at <https://www.BennettFuneral.com> for the family of Pauline D. Thumm.

Teen  
Challenge  
presentation  
in Barnstead  
March 1

BARNSTEAD — There is little doubt that addiction is one of the greatest dangers to families, friends and communities. The biggest barrier to overcoming addiction and other life-controlling issues, is denial. Self-denial blocks freedom, healing and growth by fooling people into believing that they are not an addict.

On Sunday, March 1, at 10 a.m., representatives from Teen Challenge, the largest and most successful rehabilitation program of its kind in the world, will be coming to Center Barnstead Christian Church.

Information will be presented about Teen Challenge and the programs that it offers. Representatives from Teen Challenge will share their personal stories of overcoming drug, alcohol, and other life-controlling addictions and how they have become emotionally healthy, physically well, and spiritually alive.

Attendees will have an opportunity to meet with Teen Challenge representatives and discuss how they can help those that are struggling with addiction.

All are invited to this important presentation as people work together to successfully combat the addiction crisis. A lunch will be served at 12 p.m. and everyone is welcomed to stay as a guest.

Center Barnstead Christian Church is located on Route 126 next to the Barnstead Town Hall. Questions? Please visit [Centerbarnsteadcc.org](http://Centerbarnsteadcc.org) or call 269-8831.

Lenten retreat at  
St. Katharine Drexel

ALTON — All are welcome to join the Ladies Group in a Lenten retreat on Saturday, March 21 (snow date Saturday, March 28), Parish Hall of St Katharine Drexel Church in Alton.

Speaker is Very Rev. Thomas Steinmetz, Pastor of Our Lady of the Cedars Church, a Melkite Catholic Community.

Theme is “Sin and Repentance: A Byzantine Perspective.”

8:30-9:30 a.m. ~ sign-in and continental breakfast;

9:45-11:45 a.m. ~ morning program (includes quiet time);

11:45 a.m.-12:45 p.m. ~ lunch catered by St. Joan of Arc Council 7533;

1-2 p.m. ~ afternoon program;

Retreat finishes at 2 p.m.

Registration is required by March 13.

Contact Barbara Richards at [barbara.richards@roadrunner.com](mailto:barbara.richards@roadrunner.com) to register or questions.

Taize’ prayer service is Wednesday

BARNSTEAD — The Congregational Church of North Barnstead (CCNB) cordially invites the public to attend a contemplative, Ash Wednesday Taize’ Prayer Service, Feb. 26, at 7 p.m.

Taize’ is an informal, ecumenical prayer service focusing on reconciliation, peace and social justice. Prayers, sacred silence, Scripture readings and songs encourage those gathered to enter together into the mystery of God’s presence. Organist and vocalist Cheryl Richardson will lead songs that are short and contain words of Scripture. Sung communally and repetitively, they become a unifying prayer and engender inner peace. For this service, the ritual of “Earth to Earth, Ashes to Ashes, Dust to Dust” will lead people into the Lenten season.

Taize’ worship began 79 years ago in Taize’, a small village in the Burgundy region of France. It has spread worldwide by those seeking to promote peace and reconciliation where they live and work. Taize’ attracts more than 100,000 people each year.

This peaceful candlelight service lasts 45 minutes. CCNB, a beautiful “year round” church built in 1820, is at 504 North Barnstead Road (turn right at the end of Peacham, off Route 28). Please come and join in as they begin the season of Lent. All are welcome.



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**Church Service**  
SCHEDULE

**10 am Worship Service**  
**Community Church of Alton**  
20 Church Street, Alton

**ABUNDANT HARVEST FAMILY CHURCH**  
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit [abundant-harvestnh.org](http://abundant-harvestnh.org) or e-mail [ahf@faiths.com](mailto:ahf@faiths.com).

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

**BEFREE COMMUNITY CHURCH, ALTON**  
Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, [www.befreechurch.net](http://www.befreechurch.net).

**CENTER BARNSTEAD CHRISTIAN CHURCH**  
Morning Service 10:00 am.  
Adult and Teen Bible Study 11:15 am.  
Sunday School for all ages 10:00 am.  
Rte. 126 next to Town Hall.  
Pastor Brian Goeer, 269-8831.

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

**CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC**  
Sun. School and Worship Services, 10:00AM, 504 N. Barnstead Rd., Pastor Nancy Talbot, 776-1820, [ccnorthbarnstead.com](http://ccnorthbarnstead.com)

**FIRST CONGREGATIONAL CHURCH UCC FARMINGTON**  
Worship Services 10:00 A.M.  
Sunday School 10:15 AM  
400 Main Street  
Farmington, NH 03835  
Pastor Kent Schneider 755-4816  
[www.farmingtonucc.org](http://www.farmingtonucc.org)

**FIRST FREE WILL BAPTIST CHURCH**  
Sun. School 9-9:45am; Church 11am; Evening Service 6pm; Wed. Prayer Meeting 7pm. Depot St., New Durham; Pastor James Nason.

**PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.**  
On the Parade in Barnstead  
Sunday Morning Worship Service for all ages begin at 10:00 a.m.  
Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings.  
Pastor Sandy Pierson - 483-2846

**ST. KATHARINE DREXEL**  
40 Hidden Springs Rd., Alton, 875-2548.  
Father Robert F. Cole, Pastor.  
Mass Saturday 4pm;  
Sunday 8:30 & 10:30am;  
Daily Mass Mon., Tues., Wed., Fri. 8:00am.

**ST. STEPHEN'S EPISCOPAL CHURCH**  
Sunday 9:30, 50 Main St., Pittsfield  
Rev. Miriam Acevedo, 435-7908  
[www.ststephenspittsfield.com](http://www.ststephenspittsfield.com)

**UNITARIAN UNIVERSALIST SOCIETY OF LACONIA**  
Sunday Services and religious education 10:00 a.m.  
All are welcome.  
172 Pleasant St. Laconia • 521-6488 • [uusd.org](http://uusd.org)

**MAPLE STREET CHURCH**  
Sunday Service 11am  
96 Maple Street  
Center Barnstead NH 03225



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“For you are dust, and to dust you shall return.”  
--Genesis 3:19



From Patheos.com

Next Wednesday you will see many foreheads marked with a cross made from the ashes of Palm Sunday palms. Next-door neighbors and on-screen celebrities alike wear these ashes all day as a reminder that every one of us is mortal and in need of redemption by Jesus Christ if we are to enjoy eternal life with Him.

It’s “Ash Wednesday,” the first day of Lent, a time of repentance and preparation for Easter Sunday’s celebration of Christ’s resurrection and His promise of our own. Catholics and many other Christians observe Ash Wednesday to keep in perspective our short life on Earth and our eternal life in Heaven. Please join us at one of our three Ash Wednesday Masses next week in Alton and Wolfeboro:

**Ash Wednesday Mass Schedule:**

8:00 a.m. and 5:30 p.m. at Saint Katharine Drexel Church  
Noon at Huggins Hospital Chapel



**SAINT KATHARINE DREXEL**  
A PARISH OF THE ROMAN CATHOLIC DIOCESE OF MANCHESTER  
ON ROUTE 28 BETWEEN ALTON AND WOLFEBORO, NEW HAMPSHIRE



# Don't beat up on the USPS or question the price of hay



By JOHN HARRIGAN  
COLUMNIST

I've been traveling quite a bit over the past couple of weeks, and am more than ready to say what I always say, which is that no matter how great the trip was, it's way beyond great to get home.

This was an unplanned journey that appeared from out of nowhere, like a sucker punch. "Congratulations, you're being indicted," Joe McQuaid announced on the phone. He meant inducted, of course, as in the New England Newspaper Hall of Fame, proving once again that advanced age and outlasting everybody are worth it.

My first newspaper job, in 1968, brought me straight from pushing boards around at the Lorden Lumber Company in Milford to pushing film and photo-paper around as a darkroom trainee at the Nashua Telegraph, then the second-largest daily in the state (I think it's third now). There, I learned the basics from the best, Editor John Stylianous and Chief Photographer Mike Shalhoup.

At what seemed like dizzying speed, I was handed (I would use "thrown") the police, fire, and court beats. I won a big photography contest, and a subsequent photo layout caught upriver publisher William Loeb's eye. "Hire that boy," or something like that, Loeb said, in his best Theodore Roosevelt impression (he worshiped TR, and was in fact his godson).

This was how I met up with Joe McQuaid, who was a recently promoted office boy on his way to becoming an editor and ultimately publisher, and who, over the years, became known to me and many others as simply "McDuck."

In fact, I must digress here into brief acknowledgement of the professionalism and tenacity of the United States Postal Service. Don't ever diss the Postal Service with me. Also, before I forget the need to explain another weird headline, don't question the price of a bale of hay unless you've made one, and even then, well, watch it.

First, I've always marveled at the challenges the USPS faced and faces, from Day One; know its history, from Benjamin Franklin on up; and possess a very heavy metal statue of longtime Postal Service mascot Owney, the Wonder-Dog. I'm also fond of telling people, when cheap-shot USPS-bashing rears its ugly head, that we can move a first-class letter from New York to San Francisco overnight, while the French can barely get a first-class letter from one side of Paris to the other in four days.

Also, as long as we're into blatant postal-patron puffery here, it's a fact that I once dispatched a letter addressed simply "McDuck, Union Misleader" - no state, no ZIP code, no nothing - and he got it. It is also true that a longtime reader of my column, evidently one who never paid much attention to the address always right there at the bottom of everything I write, addressed his en-

velope "Harrigan, New Hampshire," and yes, I got it. In Colebrook. (Editorial comment: The major USPS sorting centers to the south are perhaps best described as woefully inept, but those local crews, I'll tell you what.)

Anyway, Paul Nugent drove me all the way down to Boston to drop me off at the NEPA awards banquet, McDuck introduced me and I got to hobnob with some fun, dedicated and slightly crazy (as always) newspaper professionals. It was, as the newspaper contributors of old would have written it up, all fine and fun.

+++++

My sister Mary (Harrigan) Trowbridge was my date for the awards banquet and the next morning drove us to her huge Arabian horse boarding and training farm in Bridgewater, Conn. She and husband Pat and crew have horses owned by what it's easiest to refer to as celebs, or they (Mary and Pat, not the horses) are on a first-name basis with these and other celebs when they go into the mid-town restaurant and tourist bistro. My kids would be ashamed of me here, because I no longer recognize any of the names, just as I don't recognize any of the country-western biggies I meet when close friends drag me around to parties in Nashville.

I know, I'm a moss-back, and a Luddite to boot. But wait, I use a chainsaw, with gas, even, and my truck has GPS and a lot of other fooforaw

Pat and Mary put up with me for several days, and then Pat drove me to the nearest commuter-rail stop, Bridgeport, where I caught a fast, clean, quiet and comfortable train to the Kingston station, about two hours up the line. And there was longtime friend Glen Zibolis, waiting to take me to his home in Peace Dale, R.I.

+++++

For the benefit of readers who are trying to follow my progress from outer space, like watching Pacman, I would appear at this point to have dropped into the Atlantic Ocean, but nay, I in fact fetched up as the guest of Beth Leconte and Glen in their neat home on a spacious lot tucked away at

## PRIMARY

(continued from Page A1)

Trump received 619 votes in Barnstead with Weld receiving 49 votes as the chief challenger.

In New Durham, Trump picked up 382 votes and Weld received



GLEN ZIBOLIS - COURTESY PHOTO

BAILEY, a 70-pound two-year-old golden retriever, came all the way up from Rhode Island over the weekend to see if he could wear out the South Hill snow.

the end of a lane, shade trees all around. As usual, I asked endless questions ("Where does that transmission line end up?") and in fact learned a few things.

For example, while on the island of Bermuda 20 years or so ago, I was snidely referred to by someone speaking with a highly refined British accent as a "swamp Yankee." However, in Rhode Island this is a term of endearment, reserved for people who go to sea or who farm or who venture into dangerous places, such as crowns of trees or dimly-lit bars late on Friday nights, especially after closing. I checked my bonafides on this and actually found some enduring callouses on my hands, and was glad for my years of dragging trees, building fence, and moving sheep.

+++++

Back during the early '50s, when my siblings and I were on the way home from visiting grandparents in Littleton, Lisbon, Bethlehem and Concord, we faced a solid four and a half-hour trip up Route 3 from the Capital City to Colebrook. This same trip takes intrepid Colebrook travelers today about two hours and 15 minutes, depending on the weather and their respect for the law.

Back in those archaic days of cement-section highways, having listened to "ta-DUMP" all the way north, we knew we were close to home, just an hour now, when we topped the saddle between Mount Prospect and Mount Orne, to see the beautiful town of Lancaster sprawled out in the valley of the Connecticut River, and the Lancaster Fair buildings

21 votes.

Overall across the state, Sanders picked up a close win over Buttigieg with Klobuchar surging to a strong third place finish. Warren and Biden were further behind. While results were coming in, both Bennet

dominating the distance.

Beyond, on a clear day, we could see far up the valley toward home. The names of the towns we would pass through on the way north had long since been drummed in: Northumberland, Groveton, Stratford Hollow, North Stratford, Columbia and then Colebrook, where the driveway at 14 Park St. looked mighty good indeed.

But the view of Lancaster and the Fairgrounds signaled the transfer from one world into another. Visitors from afar and long-absent sons and daughters say this too, to this very day, a constant emotion, the pitch down into Lancaster is it.

Governor Sherman Adams had it right when he coined the best-ever definition of the North Country, an elusive thing for many but never elusive for us: "Those lands to the north of the great notches."

Governor Adams, known as a man of few words, needed no more for this one.

+++++

Like most kids during their growing-up years, we spent a considerable amount of time playing in the dirt. But the dirt in Littleton and Lisbon was nothing like our dirt far upriver in the meadowlands and hillsides of the Upper Cohasse Intervales, as the North Country was first delineated on maps. What's more, even the trees were different, lots of fluffy, puffy pines, beginning just above Groveton, some of them old giants, 80 to 90 feet high. But ever-fewer were the spruce and fir so emblematic of where we lived, "Land of the tall pointed trees."

A week or so ago, I

and Yang halted their campaigns and Patrick suspended his campaign a few days later.

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

with ancient golf clubs at the Harrigan-Walsh Championship Golf Links in Lisbon, along the road to Landaff, smelled nothing like the site of similar projects 80 miles upriver in Colebrook, no better or worse, just different.

Like a trout or salmon fighting its way upriver, perhaps if dropped alongside a road Down Below, we'd be able to follow the smell and feel of the soil and the sight and sigh of the trees, all the way up and back, up back of New Hampshire, to our ancestral home.

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

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## New Durham Voters

### Supervisors of the Checklist Session

**February 29, 2020**  
**10:00 AM to 10:30 AM**  
**New Durham Town Hall**

Last day for correction of checklist.  
Last day for town clerks/supervisors to accept voter registration applications.  
No additions or corrections shall be made to the checklist after this session  
Feb 29, 2020 until March 10, 2020 town election.


**Supervisors of Checklist**  
Cheryl Cullimore  
Pat Grant  
Mary Poston

## TOWN OF BARNSTEAD

### SUPERVISORS OF THE CHECKLIST

The Supervisors of the Checklist will be in session on Saturday, February 29, 2020 at the Barnstead Town Hall, from 11am to 11:30 am For corrections and additions to the voter checklist. This will be the last day to accept voter registration applications. No additions or corrections shall be made after this session, until Town Election on March 10, 2020. You may register with the Town Clerk during office hours before the session on February 29, 2020.

**Supervisors of the Checklist**  
Judith L Forsyth  
Marjorie J Terry



## Notes From The Arborist


## Tree Assistance for Storm Damage

When storms approach, our crews remain on call and are available to assist you with all tree-related emergencies and post-storm cleanup.

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COURTESY PHOTOS

Kindness at ACS

“Chris in the Classroom” came to Alton Central School and taught students in grades 3-8 how to be resilient through comedy and real life scenarios. He had the audience engaged and entertained. He taught students the reasons why people are mean and how to stop the mean behavior of others in two simple steps: 1. Resilience “Don’t get upset.” 2. Kindness/ The Golden Rule, “treat them like a friend.” This presentation was organized by school counselors Erin Dickson and Nicole Poland.

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# SPORTS

THURSDAY, FEBRUARY 20, 2020

THE BAYSIDER

SECTION B, PAGE 1

## WHAT'S ON TAP

Playoffs are on the docket for hoops in the coming week.

The Division III girls' basketball tournament opens on Wednesday, Feb. 26, at 7 p.m. at the home of the higher seed.

The Prospect Mountain hoop girls will wrap up the regular season today, Feb. 20, at Berlin at 6 p.m.

The Timber Wolf boys' basketball team will be hosting Berlin at 6 p.m. today, Feb. 20, will be hosting Franklin at 6 p.m. on Tuesday, Feb. 25, and will be at Berlin at 6:30 p.m. on Thursday, Feb. 27.

The Prospect Mountain unified hoop team will be playing today, Feb. 20, at Plymouth at 3:15 p.m.

The Kingswood boys' hockey team will be hosting Oyster River at 7 p.m. on Friday, Feb. 21, will be at Dover at 8 p.m. on Saturday, Feb. 22, will be at Portsmouth-Newmarket at 1:30 p.m. on Monday, Feb. 24, and will be at Merrimack at 4 p.m. on Wednesday, Feb. 26.

The Knight hockey girls will be hosting Bishop Guertin at 5 p.m. on Friday, Feb. 21, will be hosting St. Thomas at 5 p.m. on Saturday, Feb. 22, and will be hosting Lebanon-Stevens at 7 p.m.

SEE ON TAP, PAGE B2

## Curling open house is Sunday afternoon

WOLFEBORO — Have you found yourself scrolling television channels late in the day and stumbling on a curling match in progress and have you maybe lingered, mystified by the way a large granite stone can travel 100 feet with pinpoint accuracy, steered by madly shouting sweepers? Do you know someone who plays on a curling team and is endlessly enthusiastic about the competition, the strategy and the teamwork?

If so, here's your chance to find out what the fuss is all about.

Again this year, Wolfeboro Winter Carnival, sponsored by the Department of Parks and Recreation, will feature a curling open house at Pop Whalen Ice Arena. The session, which is set for Sunday, Feb. 23, at 2:15 p.m., is free and open to the public.

Members of the Lakes Region Curling Association will be on hand to provide an overview of the game of curling and to offer participants an opportunity to learn scoring and curling skills. Instructions will include an opportunity to try the classic sliding delivery of the curling stone as well as a standing delivery using a specially designed "delivery stick."

Participants are asked to bring a pair of clean-soled shoes, athletic shoes work well, that they can change into at the rink in order to protect the ice surface from grit and de-icing chemicals found on walkways and parking lots.

For more information, see the LRCA web site at [lakescurlingnh.org](http://lakescurlingnh.org). Visitors to the site can view informative videos, access information about curling rules and game play, and find the latest information about LRCA events and activities.



COURTESY PHOTO

## Hoop tourney

The Barnstead Middle School girls' basketball team finished runner-up to Plymouth in the Ron Howard Junior High Basketball Tournament. The tournament was held in Farmington on Feb. 15-16 and included teams from Barnstead, Somersworth, Rochester, Plymouth, Farmington and Laconia.



BOB MARTIN — GILFORD STEAMER

ISABELLA DEMILLE skis in the Division III State Meet last week.



BOB MARTIN — GILFORD STEAMER

LOGAN NEATHERY skis during the state championships last week at Mount Sunapee.

## Alpine Timber Wolves compete in D3 State Meet

BY JOSHUA SPAULDING

Sports Editor

NEWBURY — The Prospect Mountain al-



BOB MARTIN — GILFORD STEAMER

AMBER FERNALD skis for Prospect Mountain at Mount Sunapee last week.

pine ski team wrapped up the season with a trip to Mount Sunapee Resort on Tuesday, Feb. 11, for the Division III State Meet.

The meet was originally scheduled for Monday, Feb. 10, but was postponed a day due to the snow.

The day kicked off with the giant slalom and for the Timber Wolf girls, Grace Simenson led the way, finishing in 34th place in a time of 1:35.6.

Amber Fernald was next, finishing in 1:38.72 for 38th place and Madilyn Neathery

was 40th in a time of 1:49.29.

Isabella DeMille rounded out the scoring with a time of 1:56.15 for 45th place overall.

Gabby Greeley finished in a time of 2:01.69 for 46th place.

In the afternoon slalom, Simenson again led the way, finishing in a time of 1:26.79 for a 32nd place finish.

Neathery was next, finishing in a time of 1:39.06 for 43rd place and DeMille placed 44th in 1:41.51.

Greeley rounded out the scoring for the Timber Wolves with a time of 1:50.9 for 46th place.

For the boys in the morning giant slalom, Dalton Lawrence led the way, finishing in a time of 1:27.95 for 29th place.

Ian West finished in 37th place in a time of 1:33.36 and Matt Bonner was the third scorer, finishing in 1:36.05 for 39th place.

Ryan Nolin finished

out the scoring with a time of 1:48.77 for 44th place.

The Timber Wolves only had two skiers complete both runs of the slalom in the afternoon.

Logan Neathery finished in 1:41.73 for 28th place and Spencer Hogan finished in a time of 1:55.82 for 33rd place.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).

## PMHS sports awards March 12

ALTON — The Prospect Mountain winter sports awards will be held on Thursday, March 12, from 6 to 8 p.m. in the school auditorium.

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LOU ARINELLO skis for the Kingswood alpine boys last Wednesday at Crotched Mountain.



JACKSON WALSH led the Kingswood boys in the Division II State Meet.

# Walsh cracks top-20 at Division II State Meet

BY JOSHUA SPAULDING  
Sports Editor

**BENNINGTON** — The Kingswood alpine boys put together a number of solid runs at the Division II State Meet on Wednesday, Feb. 12, at Crotched Mountain Resort but it wasn't enough to keep up with the top teams in the division.

Coach Kris Niiler's troops finished in 11th place in the morning giant slalom, led by a top-20 performance from Jackson Walsh, who placed 19th in a time of 1:01.99.

Josh Shapiro was next, finishing in 40th place overall in a time of 1:06.64 and Lou Arinello was the third Kingswood scorer, finishing in a time of 1:06.78 for 44th place.

Luke Shapiro was the final scorer, finishing with a time of 1:09.27 for 53rd place.

Cameron Yates finished in a time of 1:26.03 for 67th place and Calvin Kinville placed 69th overall in a time of 1:47.4. Skiing for Skimeister points, Robbie Hotchkiss finished in a time of 1:13.79 for 60th place overall.

The Knights moved up a couple of spots in the afternoon slalom, with Walsh again leading the way with a 19th place finish in a time of 1:30.16.

Arinello was Kingswood's second scorer, finishing in a time of 1:39.6 for 35th place and Kinville finished in a time of 1:40.96 for 37th place overall.

Josh Shapiro was the final scorer for Kingswood, finishing with a

JOSHUA SPAULDING  
(Right) LUKE SHAPIRO races in the slalom at Crotched Mountain last week.

time of 1:42.98 for 40th place overall.

Yates finished in a time of 1:44.92 for 44th place overall while Luke Shapiro finished in a time of 1:50.89 for 50th place overall. Hotchkiss finished in 54th place in a time of 1:53.52 for his Skimeister points.

Overall, Kingswood finished in ninth place with Bow taking the team title and defending champion Kennett finishing in second place.

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



JOSH SHAPIRO races through the slalom course in the Division II State Meet.



ABBY KELLY SCORED a hat trick in Kingswood's game against Bedford last week.

## ON TAP

CONTINUED FROM PAGE B1

on Tuesday, Feb. 25.

The Kingswood hoop teams will be taking on Plymouth on Tuesday, Feb. 25, with the boys on the road and the girls at home, both at 6 p.m.

The Kingswood Nordic team will be at White Mountains Regional on Saturday, Feb. 22, at 10 a.m.

BY JOSHUA SPAULDING  
Sports Editor

**WOLFEBORO** — The Kingswood girls' hockey team has been taking steps all year long and Tuesday, Feb. 11, the Knights played their best game of the season, coming up just a bit short against Bedford at the Pop Whalen Arena.

"They played really

well," said coach Peter Kelly. "We took penalties in the third, more penalties than was reasonable."

Abby Kelly led the way for the Knights with a hat trick and Hailey Kelly scored the other Kingswood goal.

The Knights took the 4-3 lead to the third period but the Bulldogs were

unable to score three goals in the final 15 minutes to take the win.

The Knights are scheduled to host Bish-

op Guertin on Friday, Feb. 21, at 5 p.m. and will be hosting Lebanon on Tuesday, Feb. 25, at 7 p.m.

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

## Knights put up best effort of season

## Lakes Region United accepting registrations for spring season

**REGION** — Lakes Region United Soccer Club is now registering athletes for the upcoming spring outdoor season with the New Hampshire Soccer League (NHSL) and to compete in the annual Amherst Memorial Day Classic Soccer Tournament. For the upcoming spring 2020 season, Lakes Region United has openings for boys and girls aged U10 to U18. Players can sign up on the Lakes Region United web site at lrusoccer.com. Partial or full scholarships available from the Brackett Scholar-

ship Fund. Registration is open until Feb. 29.

Lakes Region United is a 100 percent parent and volunteer-run soccer club drawing athletes from around the Lakes Region. For more than a decade, LRU has been developing players who aspire to play soccer at high levels, as they move through elementary and middle school and beyond. Many LRU players go on to play varsity high school soccer, and there's a growing list of players who have competed in college soccer at various levels.

Lakes Region United receives support from Grappone Automotive Group in Bow as its primary uniform sponsor, helping to keep competitive travel soccer affordable and accessible in the Lakes Region. LRU is always looking for new volunteers and coaches to help existing teams or build new teams - especially at the younger age groups. The club offers support and opportunities for coach education and development. E-mail info@lrusoccer.com with any questions or for more information.

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# Bean leads Knight girls at State Meet



JOSHUA SPAULDING  
ASSISTANT COACH Jake Stephan talks to Allison Bean (center) and Hannah Crane between runs at Cranmore last week.



JOSHUA SPAULDING  
RACHAEL PARASKOS carves her way through the giant slalom course last Tuesday.



JOSHUA SPAULDING  
ABBY FOURNIER skis for Kingswood at Cranmore in the Division II State Meet.

BY JOSHUA SPAULDING  
Sports Editor

NORTH CONWAY — The Kingswood alpine girls made their way to a familiar mountain for the Division II State Meet on Tuesday, Feb. 11.

The Knights joined the rest of the Division II teams at Cranmore Mountain Resort, kicking off with the morning giant slalom and finish-

ing with the slalom.

Overall, the Knights finished in eighth place, with host Kennett taking the win, followed by Hanover, Portsmouth, ConVal, Souhegan, Plymouth and Oyster River. The Knights defeated Bow, Pembroke, Hollis-Brookline, John Stark and Merrimack Valley.

In the morning giant slalom, Allison Bean led

the way for the Knights, finishing in 22nd place overall in a time of 52.89.

Abby Fournier was next for the Knights, finishing in a time of 53.57 for 28th place and Rachael Paraskos was 31st overall in a time of 53.83 seconds.

Hannah Crane finished in a time of 54.39 for 35th place overall to round out the scoring.

Alyssa Dow finished

in a time of 1:01.13 for 56th place and Tayghen Gelinas finished in a time of 2:48.09 for 65th place overall. Skiing for Skimeister points, Carolyn Day finished in a time of 1:04.24.

In the afternoon slalom, Kingswood finished in eighth place with a time of 1:28.98, which placed her 32nd overall.

Gelinas recovered from a tough morning giant slalom and finished second for Kingswood in the slalom, placing 35th in a time of 1:31.7 and Crane was third for Kingswood, placing 39th in 1:36.64.

Fournier rounded out the scoring, finishing in a time of 1:38.68 for 46th place overall.

Hadley Larson finished in a time of 1:49.04 for 51st place and racing for her Skimeister points, Day finished in 1:48.77.

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



JOSHUA SPAULDING  
TAYGHEN GELINAS skis in the slalom at Cranmore last week.

## Flag football league coming to Wolfeboro

WOLFEBORO — The Lakes Region Flag Football League (LRFFL) is stretching across the big lake for the upcoming Spring 2020 season, presenting LRFFL – Kingswood.

The LRFFL was established 10 years ago and has been bringing flag football to the youth of the Lakes Region since. The league has played games in Meredith and Laconia with occasional games at Kingswood. The league has youth players from more than 26 New Hampshire towns.

While they have quite a few Kingswood area players that already play in the Lakes Region league on the other side of the big lake, there has been interest shown in expanding the league to the Kingswood area on a regular basis. The league is excited about

the possibility of bringing this fantastic sport to the Kingswood area and wants to gauge the interest of the community.

The tentative plan for the Spring 2020 season is to hopefully get enough Kingswood representatives to form full teams (8-9 players), allowing them to practice locally while traveling to Meredith for games. The league is also planning to have one or more game days for the entire league at Kingswood Regional High School.

Players will all combine/evaluate in Meredith at the LRFFL Combine, and then be assembled as teams that will practice once a week in Kingswood, and then travel to Inter-Lakes High School to play games on the weekend (mostly Saturdays). They have six regular season games, followed

by playoffs and Super Bowls for divisions 8U and up.

All Kingswood area players are encouraged to sign up as they build towards hopefully forming a full league of LRFFL – Kingswood in the Fall of 2020.

Register online at [lrf-fl.com](http://lrf-fl.com).

Age divisions (player's age as of June 1): 6U / 8U / 10U / 12U / 14U.

All divisions are co-ed. There are fee discounts available for siblings. Players receive an NFL Flag team jersey and flag belt. Travel teams will be offered and sponsorship opportunities are available. Contact [lrfll@metrocast.net](mailto:lrfll@metrocast.net)

Find the league on Facebook at Lakes-Region-Flag-Football-Kingswood. Please share this page and spread the word.

## Gilford Hills offering tennis programs for kids

GILFORD — Gilford Hills Tennis and Fitness offers great low cost programs for high school and elementary kids on Tuesday afternoons.

This is a great opportunity for kids 6-13 to learn and play the lifelong sport of tennis. The program also gives high school players an opportunity to get a jump on their spring tennis season inside.

The next six-week session begins on March 3. Times are 3:30-4:30 p.m. for high school and 4:30-5:30 p.m. for elementary. Fees are just \$60 for members and \$66 for non-members for the six-week session. This program is led by Elite Tennis Pro Curt Chesley along with several other local tennis players. For more information and to register, call Gilford Hills at 293-7546.

The club is located at 314 Old Lake Shore Road in Gilford. Owners Adam Angle and Marc



COURTESY PHOTO  
Trey Bourgeois works on his volley at Gilford Hills Tennis and Fitness. Bourgeois have made numerous improvements to the courts over the last several years. It is the Lakes Region's premier indoor tennis and fitness club.

## Nordic races at Abenaki Saturday

WOLFEBORO — The Wolfeboro Parks and Recreation Department will be kicking Winter Carnival week off with a Nordic ski race at Abenaki Ski Area Saturday, Feb. 22.

There will be a 1.5-kilometer race for kids 12 and under starting at 9 a.m., a four-kilometer race over moderate terrain starting at 9:15 a.m. and a six-kilometer race over more difficult terrain starting at 9:30 a.m. This fun race will also feature prizes of maple syrup made right on the Abenaki trails at the Bean's sugar house.

For more information on the Abenaki Open, you can check the Wolfeboro Parks and Recreation web site or call 569-5639.



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# Knight boys start strong, edge Kennett



KINGSWOOD'S ETHAN ARNOLD (left) and Kennett's Will Eaton leap for a rebound in action last week.

BY JOSHUA SPAULDING  
Sports Editor

NORTH CONWAY — The Kennett and Kingswood boys' hoop teams played the first part of a varsity doubleheader on Tuesday, Feb. 11, and gave the fans a good show to start the night, as the Carroll County rivals went back and forth before the Knights held on for the 63-56 win in the Peter Ames Gymnasium in North Conway.

"That's a big win, that's a quality team right there," said Kingswood coach Dan Place. "They've got some shooters and they've got some size.

"The first run of the first quarter and the first run of the third quarter, that's what we want," Place added.

"It's very disappointing, but give Kingswood credit," said Kennett coach Jack Loynd. "We knew they were better than their record.

"Nothing they did surprised us, but it gave us some trouble," the Eagle coach added.

Kingswood got off to a 7-0 lead out of the gate as Brogan Shannon drilled a three and both Carter Morrissey and Matt Place hit hoops for the quick lead for the Knights. A Wyatt Arriaga

three-pointer got the Eagles on the board but Shannon answered with a hoop for the Knights.

Arriaga drilled another three-pointer to cut the lead to three but Pat Runnals answered with a three for the Knights. A hoop from Morrissey pushed Kingswood's lead to 14-6 but Arriaga and Justin Olson drained back-to-back three-pointers for the Eagles to cut the lead to 14-12.

However, Kingswood closed out the quarter with eight points in a row on a pair of threes from Ethan Arnold and a hoop from Morrissey



BROGAN SHANNON slices through the Kennett defense in action Feb. 11.

and the Knights had a 22-12 lead after one quarter of play.

An Arriaga three-pointer got the Eagles on the board to start the second quarter but Arnold answered with a three-point play at the other end. Arriaga drained a hoop but Shannon answered with a hoop for the Knights. Olson, Will Eaton and Kyle Perry answered with consecutive baskets for Kennett, cutting the lead to 27-23.

After Place hit a free throw for the Knights, Perry drained a three-pointer, cutting the lead to just two at 28-26. Place and Morrissey hit hoops for the Knights to stretch the lead to six before Perry finished off his own steal with a hoop and the Eagles cut the lead to 32-28 heading to the halftime break.

The Knights started the second half on a 6-0 run, with Runnals and Morrissey hitting hoops and Place draining two free throws to push the lead to 38-28. Riley Fletcher drilled a three-pointer to get the Eagles on the board but Shannon came back with back-to-back buckets for the Knights.

Two Perry free throws pulled the Eagles within nine but a barrage of three-pointers closed out the third quarter. Place hit one for the Knights and Arnold drained two while Olson and Arriaga each hit threes for the Eagles and Olson also hit a field goal and Kingswood's lead was 51-41 heading to the fourth quarter.

Shannon stretched

the lead to 12 to start the fourth quarter and then Fletcher answered with a three-pointer and Evan Dascoulias hit a free throw, cutting the lead to nine. Shannon hit a reverse layup for the Knights before Olson sunk a three-pointer at the other end.

Runnals answered with a three-pointer for the Knights and Perry and Olson came back with free throws for the Eagles. After Runnals hit a free throw for Kingswood, an Arriaga three with less than a minute to go cut the lead to 59-53.

Arnold drained a free throw for the Knights but then Fletcher converted a three-point play with 36 seconds to go, cutting the lead to just four. Runnals, Morrissey and Shannon then hit free throws down the stretch and Morrissey had a huge defensive rebound on a missed free throw, helping the Knights secure the 63-56 win.

"It's not the way we drew it up, we had our best free throw shooters on the line but we handled missing our free throws at the end," Place said. "Any time you beat these guys, it's a nice win.

"It's what we need, with five guys scoring (in double figures) we're going to be tough to stop," Place continued. "In the first half, we moved the ball well and got some good looks, that's why we got out to the 7-0 lead."

"We played badly in a few spots and they went on runs," said Loynd. "We left Arnold open

and we knew we couldn't do that.

"We lost our focus at a few crucial times uncharacteristically," the Eagle coach continued. "We have to turn the page.

"Nothing's easy this year, we've won a lot of close games," Loynd added. "This is the second year in a row they've come to our gym and beat us."

Shannon and Arnold led five Knights in double figures with 16 points apiece. Morrissey added 11 and Place and Runnals each had 10 points. Arriaga led all scorers with 20 points, Olson added 14 and Perry put in 10.

The Knights will be back in action on Tuesday, Feb. 25, at Plymouth at 6 p.m.

The Eagles will be at Hanover on Friday, Feb. 21, at 6:30 p.m. and will be hosting Oyster River on Tuesday, Feb. 25, at 6:30 p.m.

KRHS 22-10-19-18-63  
KHS 12-16-13-15-56

Kingswood 63  
Arnold 3-2-16, Runnals 3-2-10, Place 3-3-10, Shannon 7-1-16, Morrissey 5-1-11, Totals 23-9-63

Kennett 56  
Arriaga 7-0-20, Dascoulias 0-1-1, Fletcher 3-1-9, Olson 5-1-14, Eaton 1-0-2, Perry 3-3-10, Totals 19-6-56

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

## Back Bay Peewees knock off NH East



THE BACK BAY Peewees defeated New Hampshire East on Feb. 8.

BY MICHELLE MORRILL  
Contributing Writer

WOLFEBORO — It was a scoreless first period but the Back Bay Peewees made up for it in the last two periods with a half dozen goals when they surged past New Hampshire East 6-1 on Saturday, Feb. 8, at Pop Whalen.

Back Bay controlled the puck early on and jumped in front with a power play goal by Kempes Corbally just 11 seconds in. New Hampshire East answered back with a single goal,

tying up the game with 7:12 on the clock. But with just 44 seconds left in the second, on a four-on-four, Grady Steele netted a goal, assisted by Ryker Booth and James Rogers, ending the period 2-1.

Back Bay wasted no time in the third. The puck barely dropped when Parker Aucoin found the back of the net just nine seconds in, widening the lead to 3-1. Goalie Jake Dubuc fended off the black and gold of his opponents with some major saves,

keeping New Hampshire East to their one goal. In the last three minutes of the game, Back Bay lit up the scoreboard three more times, beginning with Rogers who snapped it in with 3:03 on the clock, followed by Ryder Shannon with a goal, assisted by Nate Cloos. With 55 seconds left in the game, with some slick stick work, Ali Fleming dumped in the last goal. Back Bay outshot New Hampshire East 27 to 13.

## BCSA hosting dinner, Bear Island presentation

GILFORD — Belknap County Sportsmen's Association will be hosting its annual Italian Night dinner on Thursday, Feb. 20, at 6 p.m. at the BCSA clubhouse on Lily Pond Road (Route 11C) in Gilford. At the conclusion of the meal, historian John Hopper will offer a presentation of the history of Bear Island.

Attendees will learn about the second largest of the 262 islands in Lake Winnepesaukee, an unabridged island that is home to 200 residents.

Hopper and his wife Linda are residents of

Center Harbor. John Hopper is retired while Linda Hopper continues to teach yoga classes. They have two grown children and two grandchildren. They spend summers on Bear Island. Since 1947, John Hopper has spent part of every summer on the island. He was a commercial banker by trade but an historian by training. He majored in American History at Wake Forest University, then went on to earn an MA in African History at Ohio University and a PHD in South African History at

Yale university before going into banking. He is the author of two books: "The History of Bear Island" and "The Bear Island Chapel." They are co-presidents of the St. John's chapel on-the-lake (Bear Island). John Hopper is a board member of the Meredith Historical Society and his current research is focused on the early history of Meredith Village.

Admission is open to all club members and the community at large, doors open at 5:30 p.m., water and soda provided.



# Clegg’s hat trick lifts Knights past Clipper-Mules

BY JOSHUA SPAULDING  
Sports Editor

**WOLFEBORO** — Down by a goal after one period, the Kingswood hockey boys put together a strong second period and came through with a 6-4 win over Portsmouth-Newmarket on Wednesday, Feb. 12.

“We didn’t play well at all on Monday in Lebanon,” said Knight coach Mike Potenza. “But we had the best practice we’ve had in a long time (on Tuesday) and today they did what we asked.

“Great effort today, a full 45 minutes,” the Knight coach said.

The Knights came out of the gate with a number of solid chances, with Nick Potenza getting numerous shots on net with a number of stops from the Clipper-Mule keeper and a few more going wide. Bailey Savage also had a shot denied while at the other end of the ice, keeper Oleg Sheahan made a couple of saves for the Knights.

Potenza had a centering pass just miss Colby Clegg in front of the net and Cam Kean sent a shot over the top of the net. Potenza had a shot stopped and Savage got to the rebound but it was blocked. Joshua Paraskos got in close and Gavin Goodwin had a shot stopped.

The visitors were able to get on the board with 7:35 to go in the first period and Potenza continued to pressure the net for the Knights, with help from Cody Emesron and Will Danais while Clegg had a couple of chances as well.

The Knights went on the power play with 1:18 to go in the period and it took just seven seconds for the Knights to score, as Clegg fired a shot from the point on assists from Savage and Potenza. Savage and Jack Thompson created the screen in front of the P-N goalie, allowing the puck to find the back of the net.

However, just 21 seconds later, the visitors added a second goal for the 2-1 lead. Kingswood took a penalty with 41 seconds to go and then the Clipper-Mules took a penalty with four seconds to go, sending the game to the first intermission with the Knights up 2-1.

The second period started with a four-on-four situation and the Knights got on the board just 16 seconds into the



JACK THOMPSON (left) and Riley Smith work along the boards in action against Portsmouth-Newmarket on Wednesday night.

frame, as Danais scored the tying goal with an assist to Clegg. Logan McEvoy continued the Kingswood attack with a chance and then the Knights took another penalty with 13:48 to go.

However, the visitors also took a penalty resulting in another four-on-four but neither team could get on the board, with Potenza and Clegg each getting good chances but both penalties were killed off.

The Knights took their first lead of the game with 10:47 to go, as Clegg redirected a shot home on assists from Emerson and Savage for the 3-2 win.

Just 26 seconds later, Jack Thompson scored his first varsity goal on an assist from Clegg, pushing Kingswood’s lead to 4-2.

Potenza just missed Emerson with a chance and Savage had a couple of shots stopped. Goodwin also had a shot go wide of the net.

With 7:35 to go in the second period, the Clipper-Mules were able to score on a rebound to cut the lead to 4-3. Emerson had a bid in close while Sheahan made a couple of more saves at the other end of the ice, including a nice poke check on a scoring chance. Potenza and Emerson had chances for the Knights and Sheahan made a few more saves and the Knights took the 4-3 lead

to the third period.

After bids from Danais, Emerson and McEvoy to start the third period, the Knights scored a pair of goals in less than 30 seconds to up the lead. Potenza got the scoring started with a quick move through the defense on an assist from Danais.

Then, just 21 seconds later, Clegg finished off his hat trick on an assist from Potenza with Thompson again screening the keeper.

The Knights took a penalty with just less than 10 minutes to play

in the game and Potenza had a good shorthanded bid before Sheahan made a save to close out the penalty. The Knights took another penalty with 7:05 to go and this time, despite a couple of good shorthanded chances from Potenza and Clegg and Kean and McEvoy doing nice penalty killing work, the visitors scored their sixth goal to cut the lead to 6-4.

The Knights were able to close out the rest of the way with McEvoy and Clegg getting solid offensive chances and Sheahan making the

saves in net to close out the 6-4 win.

Potenza praised the work of Thompson, who has returned to the lineup with solid play after missing the first part of the season.

“He’s been working hard, we missed him when he was out,” Potenza said. “He does what we ask him to do and he works hard.

“And it was nice to get Shaw (Swinerton) back (from injury),” the Knight coach said. “We wanted to ease him back in, he sees the ice well, he’s a smart player.”

The Knights will play their final home game on Friday, Feb. 21, hosting Oyster River at 7 p.m. On Saturday, Feb. 22, the Knights will visit Dover at 8 p.m., will be at Portsmouth at 1:30 p.m. on Monday, Feb. 24, and will be at Merrimack at 4 p.m. on Wednesday, Feb. 26.

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



GAVIN GOODWIN battles behind the net in action last Wednesday night against Portsmouth-Newmarket.

JOSHUA SPAULDING

## Flag football gives kids many advantages

**MEREDITH** — The Lakes Region Flag Football program develops “skill position players.” Many of the league participants have gone on to start on their middle school, high school and college teams.

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Quarterbacks learn how to make independent decisions and call plays. In the league, the quarterback does not have the option to run, placing more emphasis on recognizing and reading defenses and passing the football. The throwing windows are smaller, which aid in developing accuracy. A defensive blitz on any potential play help the quarterback develop footwork, mobility, and quick thinking under pressure.

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With only eight to nine players per team and five-on-five games, players enjoy increased participation with playing time and touches on the football. The 30-second play clock creates a fast-paced game with many more plays and repetitions.

The league is offering five co-ed age divisions this season: 6U, 8U, 10U, 12U, 14U and a co-ed high school division. Sibling discounts are available. Season will begin in early April and run until late June. Commitment is two hours per week. Register at lrffl.com.

For more information, contact lrffl@metrocast.net, and follow the league on Facebook at lakesregionflagfootball.



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# Bellefleur closes out career with school records



SARAH BELLEFLEUR races in the Division II State Meet at UNH on Saturday.



TREVOR SMITH powers through the water in the butterfly on Saturday at UNH.

BY JOSHUA SPAULDING  
Sports Editor

DURHAM — Three local swimmers earned the chance to compete in the Division II swimming championships on Saturday afternoon at the University of New Hampshire's Swasey Pool.

Kingswood senior Sarah Bellefleur set a pair of school records in the final race of her career.

In the 100-yard butterfly, Bellefleur swam to eighth place overall and put up a school record time of 1:04.28.

In the 100-yard backstroke, Bellefleur was able to get into the record book again, finishing in a time of 1:10.1 for 21st place overall. Teammate Lily Stinchfield finished in a time of 1:12.18 for 23rd place overall.

Prospect Mountain's Trevor Smith swam to seventh place in the 50-yard freestyle, finishing in a time of 23.87 seconds.

Smith also added an 11th place finish overall in the 100-yard butterfly with a time of 1:02.2.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).



LILY STINCHEFIELD swims the backstroke in action on Saturday at UNH.

## PMHS seeking four coaches

ALTON — Prospect Mountain High School in Alton is searching for coaches for girls' track, JV softball and JV baseball for the spring season and girls' varsity soccer for the fall season. Anyone seeking more information can call Corey Roux at 875-3800.

## Bellefleur closes out career with school records

Evidently, the schedulers at CBS don't pay attention to my schedule.

This past week marked the start of what promises to be one of the most epic seasons of Survivor of all time, Winners at War. To celebrate the 40th season, there were plenty of events going on in Los Angeles, including a number of events hosted by Rob Has a Podcast, the podcast I listen to and travel to see at live events.

However, last week was also the week of state ski championships and I figured I couldn't fly across the country and miss out on the possibility of teams winning championships. I've missed a few of these events over the last few years, thanks to my trips to Sochi and PyeongChang for the Winter Olympics, but I couldn't justify skipping them for a television show, even if it promises to be an incredible season.

While I didn't fly anywhere last week, I sure drove a lot. It all started last Sunday with the indoor track championships at Dartmouth College in Hanover and continued last Monday with a trip to my alma mater, the University of New Hampshire, where I had rehearsal for the UNH Marching Band trip to Ireland.

The rest of the week was traveling for work. Tuesday was the Division II girls' alpine cham-

### SPORTING CHANCE

By JOSHUA SPAULDING



pionships, which were held fairly close to home at Cranmore Mountain Resort in North Conway. There was also a basketball doubleheader between Kennett and Kingswood just a few miles down the road from the ski area so I spent the entire day and evening in the Mount Washington Valley.

The next day was the Division II boys' alpine championships, which were held at Crotched Mountain Resort. It was a long drive but it was a great day for skiing all around. From there, it was back to Wolfeboro for the Kingswood boys' hockey game at Pop Whalen Arena.

With the weather on Thursday, there was some question as to whether or not the state ski jumping championships would be held but they went on as scheduled and for the second time in the week, it was back to Hanover. This time it was a visit to Storrs Hill, where I had never been before. After a trek through some winding back roads, I found the ski jump and enjoyed watching the only high school ski jumping championship in the country.

Friday wasn't too bad, as it was just a trip

to Plymouth for a hoop game but Saturday brought a pair of trips. It started with a drive to Pinkerton Academy in the morning for the gymnastics championships and then the day finished up with a trip to UNH for the Division II swimming championships.

I got to see tons of pictures from the events in Los Angeles and I was bummed to miss out on meeting a few of my favorite Survivor players. If only the CBS executives had checked with me first, they could've moved the Survivor premiere ahead a week and I could've been in both places.

Either way, I have Survivor live events coming up in March and April, so there will be plenty of chances to enjoy my favorite show in a live environment.

Finally, have a great day, Frank and Malissa Bellefleur.

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



COURTESY PHOTO

### Wolves tryouts

The New England Wolves are proud to announce tryout dates for the 2020-21 season. Register today to secure your spot. The Wolves are proud members of USA Hockey and compete in the NEPHL and United Tier 1 Hockey League. They will be holding evaluations for players in eligible birth years at the following age levels: U14 full season 5:45-7 p.m., on March 3, U16 full season 7:15-8:30 p.m. on March 3 and midget split season 5:45-7 p.m. on March 5. Includes a tour of the Wolves training center and information session including organizational philosophy. Tryouts are run by NHL draft pick, eight-year pro and Boston College alumnus Tim Kunes. Players have the opportunity to train and development with EHL and EHL JR players. There is a fee to participate in the tryouts. Players/ parents can register on the upper right hand corner of the Wolves web site, [www.ne-wolveshockey.com](http://www.ne-wolveshockey.com). For more information, e-mail Andrew Trimble at- [scoringconcepts@gmail.com](mailto:scoringconcepts@gmail.com).



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