

# The Baysider

THURSDAY, OCTOBER 7, 2021

COVERING ALTON, BARNSTEAD, &amp; NEW DURHAM - WWW.SALMONPRESS.COM

FREE



JOSHUA SPAULDING

## State championship

Coach Corey Roux and anglers Wyatt Varney and Anthony Sanborn took to the waters of Lake Wentworth for the state championship meet on Saturday. A total of 11 teams competed and the Timber Wolves came in fifth overall with more than 14 pounds of fish for the day. Keene took the win with 16 pounds.

## Alton Rotary on board to supply socks to shelters and organizations

ALTON — At last Thursday's weekly Rotary meeting, members were updated by New Hampshire and Vermont Rotary District 7870 Assistant Governor Gary Dehnel about the continuing need to supply socks to shelters and organizations for distribution throughout the Lakes Region.

Ten years ago, the freshman social studies classes at Interlakes High School heard that socks were one of the most requested items at shelters, yet the least donated. The class decided to start a sock drive and now ten years later the freshman class had no idea that it would become an annual event that so many non-profit agencies look forward to! To date, over 15,000 pairs have been donated throughout the region! Last year alone, over 3,000 pairs were collected and distributed. In 2015, The Interact Service

Club at Interlakes (sponsored by Meredith Rotary Club) took over the sock drive and other area Rotary clubs, including the Alton, Barnstead and New Durham Centennial Rotary Club are now on board to help.

This year, Rotary will be donating socks to The Santa Fund of the Greater Lakes Region, The Boys and Girls Club in Laconia, Isaiah 61 Café in Laconia, The Salvation Army of Laconia, Spaulding Academy and Family Services in Northfield, The Pemi Youth Center in Plymouth and The Bread and Roses Food Pantry in Franklin. All participating Rotary clubs are collecting new sturdy warm socks for all ages from infant to adult. This includes special needs socks for diabetics and people who must wear compression socks.

Please drop off pairs of socks at any of the following locations during normal business hours. Alton Senior Center, All Brite Cleaning in Gilford, Real Life Church in Laconia, Meredith Community Center in Meredith, Meredith Savings Bank, Route 104 in Meredith, The Meredith Insurance Co. the VNA of the Lakes Region, The Interlakes School

SEE ROTARY, PAGE A12

## October Happenings at Oscar Foss Memorial Library

BARNSTEAD — We have a spookalicious month of events planned for you! On Friday, Oct. 8 at 6 p.m., we're having a Family Movie Night. We will be showing the fun-filled and Halloween-focused Hocus Pocus! Pajamas are welcome and refreshments will be served.

The OFML Teen Advisory Board is hosting a Haunted Library Walk-Through at OFML! Attendees can come in costume and the event, which takes place on Thursday, Oct. 14, will be split into two times: 5 p.m. for younger children and 6 p.m. for middle school and older. We will be handing out candy at the end, and an "I made it through!" photo-op is available. Teen volunteers are still needed—if you want to help out, just contact Melissa at the library at 269-3900.

Are you a ProCRAFTinator? Are you looking for some company to help motivate you to finish some of your unfinished craft projects? Then stop by the library Thursday, Oct. 14th at 6 p.m. and bring a craft project you're working on. You can also use our craft supplies. We have a Cricut machine, a printer, and crafting books to inspire and help you along! Light refreshments will be served.

The After School Club is up and running! Join us SEE HAPPENINGS, PAGE A12

## Offense stalls as Prospect boys fall to Laconia



JOSHUA SPAULDING

AUSTIN PERRAULT goes airborne to fire a ball into the zone in action against Laconia last week.

BY JOSHUA SPAULDING  
Sports Editor

ALTON — The short-handed Prospect Mountain boys' soccer team was unable to generate any offense against Laconia on Wednesday and thus, was not able to push past the Sachems,

falling by a 2-0 score.

"We couldn't get the ball in the net," said coach Cory Halvorsen. "We had plenty of opportunities to do it, but we just couldn't find it."

TJ Locke had an early chance for the Timber Wolves while Laconia

came back with some chances that missed the mark. Locke had another bid go wide and also had a shot stopped by the Sachem keeper. Laconia also had a bid that keeper Ethan Capsalis stopped.

Laconia was able to get on the board with just

about 12 minutes gone in the game, as they drilled a shot from the top of the box that got by Capsalis and in for the 1-0 lead. Cole Stockman had a bid that was blocked and Stockman and Locke teamed up for a chance SEE BOYS, PAGE A15

# Breast Cancer awareness

## Are there different types of breast cancer?

Millions of women are diagnosed with breast cancer every year. According to the Breast Cancer Research Foundation, more than 2.3 million women across the globe were diagnosed with breast cancer in 2020. The BCRF also notes that breast cancer is the most frequently diagnosed cancer among women in 140 of 184 countries worldwide.

Breast cancer statistics can give the impression that each of the millions of women diagnosed with the disease is fighting the same battle, but breast

cancer is something of an umbrella term. In fact, there are various types of breast cancer, including ductal carcinoma in situ, invasive ductal carcinoma, inflammatory breast cancer, and metastatic breast cancer. Learning about each type of breast cancer can help women and their families gain a greater understanding of this disease.

Ductal carcinoma in situ (DCIS)

DCIS is a non-invasive cancer that is diagnosed when abnormal cells have been found in the lining of the breast milk

duct. The National Breast Cancer Foundation notes that DCIS is a highly treatable cancer. That's because it hasn't spread beyond the milk duct into any surrounding breast tissue. The American Cancer Society notes that roughly 20 percent of new breast cancer cases are instances of DCIS.

Invasive ductal carcinoma (IDC)

IDC is the most common type of breast cancer. The NBCF reports that between 70 and 80 percent of all breast cancer diagnoses are instances of IDC. An IDC diagnosis means that cancer began growing in the milk ducts but has since spread into other parts of the breast tissue. This is why IDC is characterized as "invasive." Though IDC can affect people, including men, of any age, the ACS notes that the majority of IDC cases are in women age 55 and older.

Inflammatory breast

cancer (IBC)

The NBCF describes IBC as an "aggressive and fast growing breast cancer." Breastcancer.org notes that IBC is rare, as data from the ACS indicates that only about 1 percent of all breast cancers in the United States are inflammatory breast cancers. Many breast cancers begin with the formation of a lump, but Breastcancer.org reports that IBC usually begins with reddening and swelling of the breast, and symptoms can worsen consider-

ably within days or even hours. That underscores the importance of seeking prompt treatment should any symptoms present themselves.

Metastatic breast cancer

Metastatic breast cancer may be referred to as stage IV breast cancer. When a woman is diagnosed with metastatic breast cancer, that means the cancer has spread, or metastasized, into other parts of the body. The NBCF indicates that metastatic breast cancer

usually spreads to the lungs, liver, bones, or brain. Symptoms of metastatic breast cancer vary depending on where the cancer has spread. For example, if the cancer has spread to the lungs, women may experience a chronic cough or be unable to get a full breath.

These are not the only types of breast cancer. A more extensive breakdown of the various types of breast cancer can be found at <https://www.breastcancer.org/symptoms/types>.

## Symptoms of male breast cancer

Breast cancer is one of the most common forms of cancer diagnosed among the female population. Though breast cancer may seem like a disease that's exclusive to women, breast cancer can affect men as well.

While they have a smaller concentration than women, men have breast tissue, which means it's possible for them to develop breast cancer. Male breast cancer is most common in older men, but it is important that men recognize that the disease can strike them at any age.

Signs and symptoms

Men with breast cancer experience symptoms that are similar to those experienced by women. Possible signs to be aware of include:

SEE SYMPTOMS PAGE A10

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Breast Cancer Awareness Month 2021

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# THE READING ROOM AT GILMAN LIBRARY

**HAPPY HARVEST**  
Meet up with us at the Harvest Happening, sponsored by the Alton Business Association, from 4 to 7 pm on Saturday, October 16th, at the B&M Railroad Park (beside the Alton PD). The Gilman Library will have a table there. Stop and say hello and pick up your free Doodle Dudes surprise bag.

**SHINE A NEW LIGHT**  
The next time you are in the Gilman Library at 100 Main Street, take a peek into the Whimsy Corner in the Margaret E. Kayser Room (main floor, children's wing) and see our Lakeshore Learning Light Table. Funded by the American Rescue Plan Act, made possible by the Institute of Museum and Library Services and the New Hampshire State

Library, the corner features our "Shining a new light on the Whimsy Corner" Project. This space offers a color-changing light table with educational toys, accessories, and manipulatives to encourage light, color, and tactile exploration, scientific inquiry, fine motor, writing, and math skills. Translucent letters and numbers, magnetic shapes and lots of creative stackers and sorters are available to choose from. This supports the Reimagining School Readiness State Wide Initiative. Parents and caregivers can socialize while their children play together in fun cooperation and social interaction. Printed words do not give it justice. Come in and see it and pick up your child's Whimsy Corner Prize

Card while you are here.

**ALTON BOOK CHAT**  
Come join us for active discussions on the monthly read and make new friends, too! Our community book group, which meets at 7:00 pm on the second Tuesday of each month in the Agnes Thompson Meeting Room on the lower level of the library. You can park in the lower parking lot and enter the middle doors. The Oct. 12 discussion is the title month's title is "Ordinary Grace," by William Kent Krueger. There are still copies available at the library and time left to read before the meeting. At the end of the meeting, the next book will be distributed, for November discussion. That title is "The Book Woman of Troublesome Creek: A Nov-

el," by Kim Michele Richardson. A list is available on our Web site at <https://gilmanlibrary.org/alton-book-chat-titles>.

**THEATER THURSDAY**  
If you finish reading THE BAYSIDER early, you might still have time to catch our monthly movie at 1 p.m. on Thursday, Oct. 7. At-

tendees receive admittance, a beverage and snack, and a door-prize raffle ticket, all free of charge. Movies are shown on the first Thursday of each month. Information is on our Web site at <https://gilmanlibrary.org/theater-thursdays>.

**NEW TITLES**  
Don't forget to check out from our newest col-

lection additions. The newest DVDs include several 2021 releases, such as "55 Steps," "Crisis," "Land," "The Virtuoso," and "The Water Man." More info can be found in our online catalog at <https://gilman.bibliionix.com/catalog/>. See you soon at the Library!

## Alton Parks and Recreation Connection

### Halloween grab bags

Alton Parks and Recreation is sponsoring Halloween Grab Bags, free for Alton residents. Bags include: crafts, toys, candy and fun. Spend time celebrating the fall season with Halloween themed activities. Limited quantity available—first come first served. Bags will be available for pick up on Oct. 25. Contact Alton Parks and Recreation Department by Oct. 18 to reserve your Halloween Grab Bag- 875-0109 or [parkrec-asst@alton.nh.gov](mailto:parkrec-asst@alton.nh.gov).

### Spectacular Scarecrow Spree

Join community members as we create scarecrows around the Town of Alton from now until Nov. 1. Take a picture of your scarecrow, and share it with us to publish on the Parks and Recreation Department Facebook page. Send pictures to [parksrec-asst@alton.nh.gov](mailto:parksrec-asst@alton.nh.gov). Enjoy the Spectacular Scarecrow Spree and look for pop up scarecrows around the Town.

### Free exercise classes

The Alton Parks and Recreation Department is offering free Zoom exercise classes this fall and winter for local residents. Connect with us as we help motivate you to move, be active and have fun. Classes are held live through Zoom, computer and internet access is required. Participants must register in advance to receive the class session link. Contact 875-0109 or [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov) for more information.

**Weight Training- Adults of All Ages- Mondays and Wednesdays from 1:30-2:30 p.m.** Muscle building exercises for a strong body with stretching, balance and flexibility components too. Class starts Oct. 13. Pre-register by Oct. 12 at [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov).

**Yoga for Fitness- Adults of All Ages- Fridays from 1-2 p.m.** Class will feature traditional yoga postures, strengthening poses, and stretching. Class starts Oct. 15. Pre-register by Oct. 14 at [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov).

### Line dancing lessons

Line Dancing lessons continue through the fall at the Alton Bay Community Center on Thursdays from 1:30-2:30 p.m. Adults of all ages and abilities are welcome, \$3/summer-fall season. Register on site.

### Adult Pickleball

Join in the fun with free organized play for experienced adults (18 years and older). Experienced players meet Mondays, Wednesdays, Fridays, and Sundays at the Liberty Tree Park Courts from 8-11 a.m. Program is ongoing through the fall. Register in advance with the link on the Town of Alton Web site or at <https://www.signupgenius.com/go/30e0b4daea82ba0fd0-byinvitation>. Please park across the street from the Fire Station.



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## "Blessing of the Animals"

### Saturday, October 9



The Blessing of the Animals, 2017

**At noon on October 9 on the church lawn, Father Bob and Deacons Charlie and Rick will perform the traditional "Blessing of the Animals" in celebration of Saint Francis of Assisi's feast day.**

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

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

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

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



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## Our love/hate relationship with leaf peepers

Fall is the second busiest tourist season in New England, after winter. Our area, as we all know, depends heavily on tourism. Most residents welcome tourists graciously; however, when fall foliage hits, our true feelings emerge. There is a love/hate relationship with leaf peepers. We love them because they boost our economy, we dislike them because after a busy summer season, we just want our home to ourselves.

We don't want to wait in lines. We don't want our trails so crowded that we can't enjoy the sanctity of nature, and we don't want to drive through Crawford Notch in between a thin lane of parked cars and a guard rail.

Speaking of Crawford Notch, if you have driven through over the past month or two, you will see that tourists seem to go blind while looking at the signs that prohibit parking along the highway. But we digress.

We prefer to have the city life far away from us; leaf peepers tend to bring that flare when they arrive. Some locals despise it; others are un-phased. We appreciate that tourists appreciate where we live, however we'll say it again, our true feelings show themselves right at the peak of foliage. After a brief break between October and November, before the snow falls, we all seem to be welcoming once more.

Fall in the North Country has a certain feeling to it. The cool, crisp, dry air complete with the smell of apple crisp, leaves, wood fire, pumpkin spice and the sound of dry leaves racing along the sidewalks, make this the coziest season of them all. We pull on our sweaters and grab old books we haven't had a chance to finish yet and relish in the comforts of it all.

It is still warm enough to take long walks outside without getting too cold. There is nothing better than kicking the leaves on a wooded trail with a hot mug of Earl Grey tea in your hand. Fall evenings are even better. After a hard day at work, there is nothing more satisfying than cooking a nice fall meal, perhaps pumpkin squash ravioli or a nice roast vegetable soup. On occasion we like to replace the evening news with the sounds of vinyl, preferably, Cat Stevens, Paul Simon, Hank Williams, Johnny Cash and Frank Sinatra.

It is no wonder the North Country is a fall destination for many seeking to experience all that the season offers that feeds the soul. The highlight of course is the way the forest sets itself on fire with bright yellow, orange and red leaves.

Interesting to note: the term 'leaf-peeper' was first used last century before it was changed to 'leaf-peeper.' The term was spotted in Vermont newspapers as far back as the 1960's. 'Leaf-Peeper' was used during foliage time, in many headlines. Articles in the mid to late 1960's discussed alternate highway routes to make the trek north easier for tourists and would help to avoid traffic jams.

At first, the term 'leaf-peeper' or 'peeper' was used in a derogatory way, however now it is used to lure tourists who want to partake in leaf-peeper tours, or receive a leaf-peeper discount.

In New Hampshire, more than ten million visitors will enter the state during foliage season and will spend approximately \$1.5 billion.

We hope that you all take the time to slow down and enjoy Autumn before talk of Jack Frost nipping at your nose surfaces.

### Shining a new light on our Whimsy Corner project

The Whimsy Corner project in the Reading Room at the Gilman Library was funded by the American Rescue Plan Act, made possible by the Institute of Museum and Library Services and the New Hampshire State Library. Designed to support the Reimagining School Readiness State-Wide Initiative.



COURTESY

## LETTERS FROM EDWIN

### Cruising

I think I'm finally de-stressing. I've been straight out since April. The handy man business has been booming. All summer I've been trying to keep track of where I put things. I have become very methodical about making special places that things go to make sure I don't misplace anything.

Also, this summer, I joined up with a wonderful group of musicians and once again find myself dancing with my bass all night. It was back in 86 that my ears decided to make me reconsider giving them so much sonic abuse and I quit playing loud music. Since then, there have been new hearing assist systems developed that allow me to once again play music.

When you work for yourself, there are things that you need to pay attention to that most people don't. Like social security, it comes out of most people's paychecks. I bet they'd pay more attention to their deductions if they had to write a check. But self employed people not only pay the employee portion, but the employer's portion also. So we pay twice as much as most. Even though I'm

supposedly retired, and collect my SS check every month, I still need to pay myself employment tax.

I wish that they could just come out with a flat tax that makes sure that everybody has to pay some tax. No deductions. No way around it. Everybody wants their mortgage deduction. I take advantage of the mileage deduction. I get to deduct over fifty cents per mile I travel for business purposes. It really adds up.

I keep my mileage book over the sun visor of my truck. Attached is a yearly calendar where I write everything I do every day. Otherwise, I'd never know what I did when I get around to doing bills. This lack of recall is totally taxing.

Now that I'm in a band again, I have another set of mileages to keep track of. The other night, I had practice, so I put the mileage book in my shirt pocket. It was one of those cool days, so I had a jacket on. I remember it not wanting to easily slip into the pocket.

After supper I headed off to practice and when I got in the car, it wasn't in my

pocket. I started retracing my paths, checking out places where I would have put it along the way, or where it could have fallen. I couldn't find it anywhere. This is a crucial packet of documentation. All my business info for going on nine months of the year. I grabbed a note pad and noted the miles and headed to practice.

After looking more when I got home, I went to bed still devoid of my misplaced items. As I woke up the next morning, I remembered having to relieve myself so I went off and watered a tree. I thought that if it hadn't gone into the pocket, it may have fallen out somewhere between the truck and the tree. I checked that theory after breakfast. Still no solution.

I was going nuts. I'm always forgetting things, but this was important. Piecing together all my various after work activities I was getting worried. If it got dropped somewhere in the cellar I may never find it. It's a disaster area. I had already searched the truck multiple times. Kitchen and bedroom too. No luck.

Reenacting replacing some tools I had

taken from my automotive toolbox, I looked up on top of the water-less hand cleaner and there it was. Thank you, Lord, on my knees! I would have found it next time I worked on my car. Mission accomplished, but I was so stressed out. That inner spring had been tightening for a couple of days. I needed a break.

It had been years since I went on a schooner cruise. I knew that would do, and checked their schedule. There last three day cruise ended next Wednesday, the day I had a five o'clock set up time for a gig. It's a three and a half hour drive and they're supposed to return to port by ten. I figure that I'll have enough time. If everything works out as planned.

Since daylight is too bright for my display, I'm sitting in the galley trying to get this letter written after having spent a glorious day flying around Penobscot bay in a hundred year old windjammer. Everything I need is in the car. I'm not going to worry about getting to the gig.

E.Twaste  
Correspondence welcome at [edwintwaste@gmail.com](mailto:edwintwaste@gmail.com)

## Letters to the Editor

### Keep it simple

To the Editor:

It's amazing how many Democrat supporters write letters that ramble on and on. Some simply parrot the propaganda heard and read on anti-conservative media. And insult

conservatives. Most never give sources, or use unreliable sources such as Wikipedia. Or the infamous "unknown source" tag. Too many contain so many topics, readers are confused. Others often ignore the main point in

letters they respond to. Others often ignore the main point in letters they respond to.

What happened to the days of writing short concise sentences and paragraphs? And getting right to the point so

readers understand the intent of the letter? One or two or issues per short letter allow readers to absorb main points.

Respectfully,

Jim Raschilla  
Alton Bay



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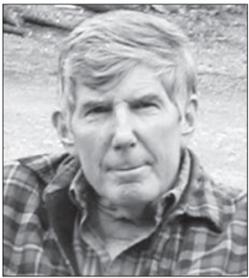
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# While humming silent bawdies, hunters bumble onto bodies



By JOHN HARRIGAN  
COLUMNIST

*(This could get a whole lot worse, we might stumble into verse)*

Hunters began heading into the woods Oct. 1, with the beginning of the upland game season. "Upland game" means mainly ruffed grouse and snowshoe hare, and the release of pen-raised birds for the pheasant season.

This last is indeed a put-and-take program, with Fish and Game's oft-stated goal being

*t's no good to yelp about it, he can't really, you know, help it*



COURTESY  
Elmer Fudd, in all his meaningful best. This is not me, or at least I hope not. (Courtesy — Disney)

that as many birds as possible wind up in the hunter's bag. Pheasants are not native to New Hampshire and cannot survive winters except in the mildest parts. Any birds killed by predators or the elements are seen as wasted, even though in theory there is no such thing as waste in Mother Nature.

Any mention of the pheasant program is bound to bring calls for its demise, it being seen as the epitome of stretching the resource (the habitat) rather than curtailing human use (hunting). It is regarded as akin to stretching a pond by stocking it so people can fish for trout.

To be fair, pheasant hunters pay for stretching the resource by buying a special pheasant stamp—in the best sense, we're told, of "let the user pay." Of course, this doesn't cover such incidentals as law enforcement.

Stretching a resource is not cheap. Hatchery fish, for instance, cost big bucks. I can remember when pheasants the state raised in its own pens at the Brentwood Game Farm were something like \$3 a copy. The last time I checked around it was \$7.50 a bird. These days I'm afraid to look.

+++++

Hunters are the Snidely Whiplashes of the outdoor world, because ever-fewer people hunt (at least as a percentage of the population), and ever-fewer people have any family tradition or understanding of the hunt.

Much of public perception is based on the old "non-consumptive" user thing, the hiking community's fave, except for the bothersome fact that some hikers have also been hunting since they could hold a gun, like me. But let's let that go for a moment.

Show me a "non-consumptive" user. The last time I looked, everything from vehicles and gas (getting there) to granola bars and even the lug-soles for waffle-stompers carried an environmental price-tag. In fact, upon close inspection I don't think

there's any such thing as a free lunch, unless maybe it's your actual lunch, like, bean sprouts, from your own little patch of beans.

+++++

A few decades ago, when I owned three newspapers and was a hard-bitten (polite term) editor, I used to write incredulous editorials about newcomers who called 911 because they heard gunshots around the first of October. Didn't they know it was opening day of bird-season?

No, they didn't, any more than they'd know that mid-November might be the beginning of deer season. Neither did they know it was somehow "okay" to see people out tramping around on snowshoes and carrying shotguns right up to the Ides of March (Caesar's bad hair-day).

Increasingly, people didn't know anything at all about hunting, except for the fear factor. It was all about big bad men, out there in the woods with their big bad guns (never mind that plenty of women hunt too).

Every year, because it helps further the cause, I write about the fact that hunters constitute an army in orange scouring the woods for various clues, one spinoff being the solving of crimes. Lots of bad actors think they can hide loot or other evidence in the Empty Woods, and hunters, who tend to notice things, find stuff.

Ergo, most police departments have a cross-file called Hunters' Finds, or something like that, depending on the apostrophe. "Hunter Stumbles onto Cracked Safe," the headline goes, or much worse.

I mention this kind of thing often enough that longtime readers kid me about it. "Hey Harrigan," they say. "You gonna tell us how to take care of cast-iron frypans again?"

It's like a garden, I say. Every ten years or so you have a whole new generation of readers (you hope), and a whole new crop of editors, who'll put finger to temple and think "Hey, that looks familiar..."

Just add water, directly on the brain.

(Please address mail, including phone numbers for questions, to [campguyhooligan@gmail.com](mailto:campguyhooligan@gmail.com) or 386 South Hill Rd., Colebrook, NH 03576.)

+++++

It was all plenty enough for yet another TV documentary or sit-com. Cue the gap-toothed cousin and the hillbilly music.

## Letters to the Editor

Joe and Sinema, this one's for you

To the Editor:  
Today, the news from the US Capital is bleak, for several reasons. When our lawmakers work only for themselves, the country and its people, no matter what their party, suffer. So we have almost a looming shutdown, the bill for the physical infrastructure, which will help rebuilding the crumbling structures, roads, bridges, etc., and the \$3.5 trillion reconciliation bill, which promises to repair, for one thing the horrible tax bill the Republicans passed under the last guy, a loser if you will. This expensive bill will supposedly transform the nation, making it a better life for the majority, and they say it's paid for. Selling points such as childcare so women can get back to work, paid vacation, upgrades

to the Internet, cybersecurity, and many other perks, such as Medicare improvements for eye, ears and the mouth. This last item would help me, so I guess am all in to get these bills passed.

By the time this letter is published, if the Baysider feels it is worthy of being printed, we will know how the government has either helped 'We the people' or just done what, for the most part, they have done my whole life helped themselves. I was around (on planet earth) when President Johnson signed the civil rights legislation, it really had no personal impact on me, but it did help protect the rights of many to vote, hold a job, and get public assistance, when it was needed. From what I recall, it was a bipartisan effort to get those bills to the President's desk. Very much unlike today, where it is one political

party, who is trying to help the people on the street, or so they tell us. Whereas with the other party seems more concerned with what will happen to the tax rates for the rich and corporations than they are working towards a fair deal for the many. There are a few who seem to me to say they are in the party who claims to be for the people, but who do not support the goals of that party. Spouting to be concerned about the cost, I think, they are more interested in what the contributions they will receive or lack thereof, if they vote against these two bills as they now stand. The lobbyists are holding us all hostage, they've been around as long as I can remember.

We call this politics. I call it a crime, of one or more, or all, the Congressman/Congresswomen, and Senators, who work so hard

to continue to get nothing done for the people. The back and forth between each party when they have the power has got to stop. If, in the next election, we don't vote out those in power now who only work for themselves, we will never regain a country we all hope will work for our own self interest and the good of the all the people. I do not worry that I will be replaced by a person whose skin color or religion is not the same as mine. I worry about my children not being able to choose what type of control their government will have over their lives. I worry that this country will stop swearing an oath to the constitution and start oath-taking for a creep. We should know by the time you are reading this how the voting went.

Respectfully,  
John Q. Henderson  
Barnstead

## Historical Society plans Stuart Merrill memorial dedication

BARNSTEAD — The Barnstead Historical Society is pleased to announce that, after many COVID-related delays, a permanent memorial to Stuart "Twink" Merrill is finally ready for the public!

In addition to serving as a founding member of the Barnstead Historical Society, Twink was also an elected member of the Trustees of the Trustfund, 40 year veteran of NH Fish and Game, as well as Barnstead's own version of Ancestry.com long before there ever was an Ancestry.com. His dedication to the history of Barnstead was legendary.

Through the generous donations of many, a granite bench has been procured and a dedication has been scheduled for Saturday, Oct. 16, at 10 a.m. outside the Old Town House, located between the Center Fire Station and the Town Hall. All are invited to attend. Please call Denise Adjutant at 269-5871 with any questions. We look forward to seeing you!

**FIX IT!**

**Handy Dad fixes things.**

**Leave a message and play telephone tag.**

**Gunnar 269-3616**

NEW HAMPSHIRE

## BOAT MUSEUM

Vintage Boats, Lake Memorabilia  
Family Activities, and More!

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### VIRTUAL LECTURE SERIES

**October 14 at 7pm**

**The Red Rose Crew: A True Story of Women, Winning, and the Water with Daniel J. Boyne**

Learn about the first camp-based US women's eight selection, under Harvard men's coach Harry Parker, and their surprising run to a silver medal at the 1975 World Championships.

**November 11 at 7pm**

**The Technological Revolution in Rowing with Jim Dreher**

Crew racer, coach and engineer. Jim has helped revolutionize the sport with high-performance carbon composite parts and has developed a wealth of experience with the sport.

All lectures are FREE. Please visit [nhbm.org/lecture-series](http://nhbm.org/lecture-series) for more information about the complete series and to register.

This project was made possible with support from NH Humanities, in partnership with the National Endowment for the Humanities.

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Christ suffered for you, leaving you an example, that you should follow in his steps. 1 Pet. 2:21

## THE Making OF A Model

On Becoming a Living Image of Jesus Christ

R. Larry Scott

When Larry Scott returned home from work Monday evening, July 16, 1984, he noticed that familiar objects were missing, and his home was strangely quiet. It was the moment he had dreaded for weeks; his wife had left him. It was his first evening as an ex-husband, the end of his career as a minister, and the beginning of a solitary existence that would last twenty years.

This is the story of a troubled life. It is also, however, the account of a man who rose from the mire to live again.

What you have here is a message of hope ... evidence that when God is in control, all things do, indeed, work together for good. The maturing process is sometimes traumatic, always life-altering, but, under God's direction, inevitably rewarding.

The author's perspective will challenge you to believe that, no matter how difficult the journey, God can bring about beauty from the ashes of your life.

And make of you, too, a living model of Jesus Christ.

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eBook: \$7.99 Paperback: \$9.99

# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	143 Alton Shores Rd.	Single-Family Residence	\$280,000	Philip H. Hamel RET	Steven F. Tambini
Alton	19 Barbara Dr.	Single-Family Residence	\$269,600	William K. and Lisa A. Maloney	Scott Dugas and Mary Pham
Alton	231 Cooke Rd.	N/A	\$489,000	Bethal Builders LLC	Jill A. Neilson and Amber B. Casale
Alton	182 Frank C. Gilman Highway	Single-Family Residence	\$432,800	Ryan L. Heath LLC	Gregory and Christine M. Fuller
Alton	128 New Durham Rd.	Single-Family Residence	\$245,933	Susan Mary Jacklin Estate and Mary P. Sears	Lisa S. Lewis
Alton	32 Swan Lake Trail	Single-Family Residence	\$364,000	Michael V. and Lori A. Wright	Lisa S. and Edwin S. Underhill
Alton	N/A	N/A	\$3,200,000	Thomas S. and Anna M. Hedekin	46 Rum Point LLC
Barnstead	40 Bay Dr.	Single-Family Residence	\$297,000	Michael Machitelli	James Lenihan
Barnstead	56 Crest Ridge Dr.	Single-Family Residence	\$239,933	Side By Side Entertainment Inc.	Brodyn G. Varney
Barnstead	17 Windsor Way	Single-Family Residence	\$270,000	Rebecca L. and Albert Richards	Amanda Jones and Nicholas Manley
Barnstead	N/A (Lot 9)	N/A	\$282,533	Mildred Holton	Abbotts Flipz LLC
New Durham	Birch Hill Road	N/A	\$75,000	Elizabeth Meyer	Lynne and Richard Martel
New Durham	113 Birch Hill Rd.	Single-Family Residence	\$400,000	Michael P. Gramzow	Tyler and Debra K. Haugh
New Durham	294-a Kings Highway	Single-Family Residence	\$430,000	Raylene J. Davis	Joseph Stevens

## 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)

# Mowers to address Tri-County Republicans Oct. 20

ALTON – The Tri-County Republicans look forward to hearing from guest speaker and Congressional Candidate (CD 1), Matt Mowers, at their Oct. 20 meeting.

The son of a bartender and construction worker, Matt Mowers grew up in a middle-class family that knew what hard work and patriotism looked like. He is running for Congress to reaffirm our American values for the next generation. As Mowers and his wife Cassie raise Jack in Gilford, he hopes for a country in which his son can walk home safely from school,

where he can speak his mind and debate issues freely in pursuit of truth, and where his education will give him opportunity.

As the Senior White House Advisor at the State Department in President Donald J. Trump's Administration, Mowers advised the U.S. Secretary of State and was engaged with issues including stemming the tide of illegal immigration, defeating ISIS, making America energy independent and ensuring religious freedom. Later, he helped lead the \$6 billion United States' global HIV/AIDS program (PEP-

FAR) which has saved more than 15 million lives and led to 2.6 million babies being born HIV-free. In that role, he engaged world leaders, faith-based organizations and the private sector to enhance outcomes, while working to secure unanimous, bi-partisan support in Congress to re-authorize this life-saving program. He also spearheaded efforts to bring humanitarian assistance to the people suffering under the socialist regime in Venezuela, a country he lived in briefly during his childhood.

Tri-County Republicans hosted a 9/11 20th anniversary sunset Candlelight Vigil at the Alton War Memorial. Thank you to Beth and Peter Varney for arranging for the decorations, candles and two ladder trucks (one from New

Durham and one from Alton) that displayed a gigantic American flag held over the War Memorial. Readers were: Greg Anthes (New Durham), Ric Perrault (Rochester & Alton Bay), Jason English (Alton), Phil Witmann (Alton), and Hal Shurtleff (Alton). Pastor Sam Hollo prayed for America. Special thanks to Russ Sample for lending his voice to lead everyone in "Oh Beautiful for Spacious Skies" and "God Bless America," and for a beautiful rendition of "Amazing Grace" played on the bagpipes by Alton Fire Department Captain Patrick O'Brien. Many were moved to tears on this sad occasion, but with that came hope for a new tomorrow.

A crowd gathered on Sept. 15 to welcome Congressional Candidate (CD 1), Julian Acciard,

as the featured speaker. Candidate Acciard is a United States Marine Corps military policeman and OIF veteran who graduated from Timberlane Regional High School in Plaisitow, and was stationed at Camp Pendleton, Calif. Acciard is married with three children and resides in Derry. He has worked with Republicans on messaging and believes citizens need to hold Republicans accountable for what they say. He has posted on his website his plans to address the issues of our debt, a specific tax plan, his concerns about the social war in our education system -- particularly the teaching of critical race theory, the need for a moratorium on immigration, and a foreign policy of peace through

strength. Tri-County Republicans is a conservative political group that believes in limited government and the interpretation of the US and NH Constitutions as written. All freedom-loving Republicans, Libertarians, independents and undeclareds from surrounding towns in Belknap, Carroll and Strafford Counties are welcome to participate in our group meetings and events. Our next meeting is scheduled for Wednesday, Oct. 20 at 6:30 p.m. at 129 Main St., Alton. Due to limited parking please plan to arrive at least a few minutes early. For inquiries or more information, please contact Beth Varney or Priscilla Terry at: [tricountyrepublicans@gmail.com](mailto:tricountyrepublicans@gmail.com).

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## ALTON POLICE LOG

ALTON — The Alton Police Department responded to 140 calls for service during the week of Sept. 19-25, including one arrest.  
-1 Female Subject was arrested for Driving After Revocation or Suspension.

There were 4 Motor Vehicle Accidents.  
There was 1 Theft from Letter S Road.  
There were 2 Suspicious Person/Activity Reports on Wolfeboro Highway & Main Street.  
Police made 15 Motor Vehicle Stops and handled 2 Motor Vehicle Complaint-Incidents.  
There were 116 other calls for services that consisted of the following: 2 Fraudulent Actions, 1 Stolen Property, 1 Endangering/Threatening, 5 Employment Fingerprinting, 5 Assist Other Agencies, 9 Animal Control, 3 Domestic Complaints, 6 General Assistance, 3 Miscellaneous, 4 Alarm Activations, 1 Noise Complaint, 3 Lost/Found Properties, 1 Highway/Roadway Hazard, 2 General Information, 1 Vehicle ID Check, 2 Trespass, 3 Civil Matters, 3 Wellness Checks, 30 Directed Patrols, 2 Follow-Up Reporting, 7 Medical Assists, 1 Property Check & 21 Paperwork Services.

## PETS OF THE WEEK

**Gannon**  
Meet Gannon! This big doofus loves to play, go for walks and eat treats. He's an inexperienced fella who needs an experienced owner to help him learn his manners! Gannon isn't a big fan of other dogs or cats, so he's seeking to be the only pet in his new home. Because Gannon is inexperienced with petting and handling, and he's still learning to share his things, he will do best in a home without children. Gannon is currently being treated for a skin condition that may or may not resolve with his current treatment plan. His adopters should speak to their veterinarian, and be prepared for the possibility that Gannon will need to take medication or be on a prescription diet for the rest of his life.  
If you are looking for a mature dog who needs help learning what love is really all about, then ask us about Gannon!

**Meeko**  
Hello, my name is Meeko. I arrived at NH Humane as a stray and have bonded well with my friends here at NH Humane. I am a sweet and affectionate boy looking for a home to call mine. I would do well in most homes with proper introductions.

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# STRATEGIES FOR LIVING

## On the darkest of days

BY LARRY SCOTT

Sitting in my office one Saturday afternoon, I was relaxed, listening to music my wife had on in the living room. Bill Gaither and his Vocal Band has always been a favorite of ours but one song that afternoon brought back dark memories of a time I shall never forget. As the quintet began to sing, "At the Cross," an old Christian hymn, I broke into tears. I remembered well the day I first heard this same rendition sung by the Vocal Band. I was half-way across Texas in my 18-wheeler going nowhere with my life. Where I picked up the cassette with that particular song I do not know. I just know that as the Vocal Band started to sing, something electric began to happen. "At the cross, at the cross, where I first saw the light, and the burdens of my heart rolled away. It was there

by faith I received my sight, and now I am happy all the day." But I wasn't. Far from enjoying my ride through life, it was a time of trauma, uncertainty, and despair. I began to sing with them. The song was well-known, a hymn with which I was familiar from my youngest days. I began to sing with them but never made it through the chorus. I wept uncontrollably, and for a few moments, the cab of my truck became a sanctuary. I remember shouting, amid the tears, GOD! WHAT DO YOU WANT ME TO DO? And, although I am not given to hearing voices, not even from God, a thought passed through my mind that had all the earmarks of a divine word. "All I want from you is the gift of a holy life." And then, silence. That day marked the beginning of my reconstruction. Slowly, and

without fanfare, I began to put my life back together. There is reason behind the deep-felt appreciation I have for what God has done in my life. Few people know how far I have come from the lowest of all lows. No, it wasn't drugs, or alcohol, or women, and my conscience is clear. But I had single-handedly destroyed what could have been a successful career, I had made some terrible choices, and life had thrown me out with the garbage. You would be amazed at how many of us who preach the Gospel, sometimes with such enthusiasm we come across as "just another fanatic," have, in one way or another, been to hell and back. When we talk of what God can do in a man's life, we often speak from experience; we have been there. When I reflect on where my sweetheart and I are today it chal-

lenges believability. If you knew me better, you could easily understand my love for Jesus Christ. Standing unrecognized in the shadows, but watching carefully over my progress, He was

there. My friends will tell you I am no fanatic, but I am deeply grateful for what God – and I know it was God – has done in my life. He is a God of second chances, a God of the impossible,

and the thoughts about which I write are more than empty words. They are the story of my life. You want to talk about it? Hit me up at rllarryscott@gmail.com.

## News from Barnstead Parks & Recreation

**BARNSTEAD** — A few weeks ago, The Baysider published a front page article describing the Barnstead Parks & Recreation Commissions plans for a Family Park and Nature Playscape. The Commission is delighted to announce that Barnstead has been formally awarded a \$75,000 grant from the federal Lakes and Water Conservation Fund to help pay for the construction of the Park. The Commission will work over the winter to finalize design, construction details, and permitting and plans to break ground in the spring of 2022. The Nature Playscape is specifically designed to encourage creative play by children of all ages: play that will challenge and support growth in body, mind, and spirit. The Lakes and Water Conservation Fund is managed federally by the U.S. Department of the Interior and in New Hampshire by the New Hampshire State Parks Division. The NH State Parks manages the application process and selected about a dozen projects from around the state to recommend for federal funding. The Department of the Interior almost always agrees with the state recommendations. The Commission is busy planning for the annual Trunk or Treat program on Saturday, Oct. 30 from 4-6 pm. Check out our Facebook page for more details. We need volunteers who want to decorate their trunk. Let us know at barnstead-parks@gmail.com. Sadly, our Parks & Rec Coordinator for the last couple of years, Rhiannon Fee has moved on. So we are looking for an action oriented candidate for the position, somebody who wants to help us keep building Barnstead Parks & Rec into a program that serves all our citizens regardless of age and interest. Check out our job information on the Barnstead Parks & Rec Facebook page or email barnsteadparks@gmail.com.

## Elmira College welcomes Sophie Wallace for fall term

**ELMIRA, N.Y.** — Sophie Wallace, of Alton is among the new and returning students enrolled at Elmira College for Fall 2021. Congratulations and welcome to Sophie and all Elmira College students. Founded in 1855, Elmira College is a private, residential, liberal arts college offering 25-plus majors, an honors program, 17 academic soci-

eties, and 18 Division III varsity teams. Located in the Southern Finger Lakes Region of New York, Elmira's undergraduate and graduate student population hails from more than 20 states and nine countries. Elmira is a Phi Beta Kappa College and has been ranked a top college, nationally, for student internships. The College is also home to the

Center for Mark Twain Studies, one of four historically significant Twain heritage sites in the U.S., which attracts Twain scholars and educators from around the world for research on the famous literary icon. Proud of its history and tradition, the College is committed to the ideals of community service, and intellectual and individual growth.

### GOVERNOR WENTWORTH ADULT EDUCATION FALL 2021

The Governor Wentworth Continuing Education program is pleased to offer the following classes to the community. Most classes will be held at the Kingswood High School Complex unless noted differently on the schedule. The location of the class will be emailed to participants prior to the start of class.

Course Name	Start Date	# of Weeks	Days	Time	Location	Instructor	Cost
<b>1 How to Play Guitar 2</b>	Oct 25-Nov 15	4	Monday	5:30-6:30pm	TBA	Mel Epstein	\$60
A continuation of Guitar 1, this class will take you through the end of the first Guitar Method book, work on a number of well-known popular songs, introduce you to new notes, chord and more sophisticated melodies and strum patterns. Please bring guitar and a copy of Hal Leonard's "Guitar Method Book 1" by Lil Rev and Easy Songs for Guitar by Lil Rev (book only - at Amazon) to the first class.							
<b>2 How to Play Harmonica 2</b>	Oct 25-Nov 15	4	Monday	6:45-7:45pm	TBA	Mel Epstein	\$60
This course continues from Harmonica 1 and will focus in greater depth on each of the individual holes of the harmonica. You will work with many songs of increasing complexity, learning how to play notes of different lengths and with more complicated timing. Each song is presented in both standard musical notation with hole numbers and arrows. By the end, you will be very comfortable with handling and playing a common 10-hole diatonic harmonica. Bring to first class a 10-hole harmonica in key of C (stamped on top cover) and a copy of Mel Bay's Deluxe Harmonica Method by Phil Duncan-both items available online.							
<b>3 How to Play a Ukulele 2</b>	Oct 25-Nov 15	4	Monday	8:00-9:00pm	TBA	Mel Epstein	\$60
This course continues from Ukulele 1. It will introduce you to new notes, new sets of chords, more sophisticated melodies and more strum patterns. We will also learn a number of popular songs. You will become an advanced beginner on the ukulele. Bring your ukulele and please purchase ahead of class (if not already owned): Hal Leonard "Ukulele Method Book 1" Lil Rev (book-only); Hal Leonard "Easy Songs for Ukulele" available at Amazon.							
<b>4 Eggshell Mosaics</b>	Oct 26-Nov 9	3	Tuesday	6:00-8:00pm	TBA	Naoko Sears	\$25
Learn the basics of the beautiful art of eggshell mosaic. Topics will cover caring for eggshells, the painting of eggshells, choosing the picture you like and the actual creation of your own eggshell mosaic and framing. Naoko has created these works of art for many years and has extensively exhibited at shows and fairs throughout the area. Learn the basics of a new art! A \$10.00 materials fee will be payable directly to the instructor the first night.							
<b>5 Who Goes There?</b>	Nov 1-15	3	Monday	7:00-8:00pm	TBA	Barbara Bald	\$35
Ever want to know what visits your backyard at night? During the day? What sleeps under your shed? Care to help children identify the tracks and signs of the animals with which we share the land? We will examine prints, track patterns, stride & straddle in snow, look at pelts, skulls & scat, & become familiar with resources that can help decode stories on the land. No science experience is necessary. <b>This class will be taught on zoom for the first 2 sessions. The last session will be in person and the time determined by the class and their schedules.</b>							
<b>Demo with Gingerbread</b>						See note	
<b>6 Amy</b>	Nov 18	1	Thursday	7:00-8:30pm	below	Amy Knapp	\$35
In a historic Wolfeboro barn, Gingerbread Amy, as seen in New Hampshire Magazine and New Hampshire Chronicle, will demonstrate the "happy, drama-free" way to create gift-worthy gingerbread cottages using her signature floorplan. The lucky drawing winner will go home with the cottage at the end of the "class" which is more like a fun night out with friends. Cheese and Crackers. BYOB. Class will be held at: 518 South Main Street, Wolfeboro							
<b>7 Rag Rug Class</b>	Oct 27-Nov 3	2	Wednesday	5:30-8:30pm	TBA	Cathy Clifford	\$78
Create a colorful 2x3 rag rug using a loom and t-shirts. All supplies are included. If you would like a specific color please contact me so I can tell you what to bring. Email: adulteducation@sau49.org for sample pictures. Facebook: Cathy L. Clifford, Artist							
<b>8 Resin Mermaid Art Class</b>	Nov 10	1	Wednesday	5:30-7:30pm	TBA	Cathy Clifford	\$75
Let your inner mermaid flow while creating this 18x24 beautiful wall art using resin and other materials. All supplies are included and there are 2 styles to choose from. Email: adulteducation@sau49.org for a sample picture. Facebook: Cathy L. Clifford, Artist							
<b>9 QuickBooks</b>	Oct 26-Nov 9	3	Tuesday	6:30-8:30pm	TBA	Mal Blodgett, CPA	\$90
How to get started using QuickBooks - Desktop Version: basic setup, entering information, customizing and generating reports. QuickBooks will be demonstrated on screen and course materials are provided. If you want to follow along in class bring your own laptop and copy of QuickBooks Desktop.							
<b>Starting a Small Business</b>	Oct 27-Nov 3	2	Wednesday	6:30-8:30pm	TBA	Mal Blodgett, CPA	\$60
Learn the basics of starting a small business in New Hampshire. Topics will include: choosing the type of tax entity, registering your business name, hiring independent contractors, hiring employees, insurance and filing requirements. Strategies for managing your business will also be introduced.							
<b>11 Toastmasters International</b>	Oct 26	Ongoing	Tuesday	6:30-8:00pm	TC104	Jannine Cameron	\$50
Toastmasters International is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Our local club, Lakes Region, meets the second and fourth Tuesday evenings at the Tech Center and it can be attended online. Guests are always welcome to join our fun, interactive meetings where we practice planned and impromptu speaking, leadership and critical listening skills. At only \$50.00 every 6 months (plus a \$20 joining fee), TI is a great way to prepare for job interviews and presentations and build your confidence to lead others in all situations. Please email jcameron@govwentworth.k12.nh.us with any questions. <b>*** The following classes will be offered at Yoga 4 Life Studio, 615 Center Street, Wolfeboro, NH For more information call 569-9642.</b>							
<b>12 Beginners Yoga with Pam</b>	Oct 26-Nov 16	4	Tuesday	5:30-6:30pm	***	Pam Swanick	\$55
Come learn the basics of yoga, this includes alignment, stretching, breathing and simple yoga sequences that will allow you to safely progress as far as you'd like to go.							
<b>13 Rise and Shine Yoga Flow</b>	Oct 26-Nov 18	8	Tuesday and Thursday	6:00-7:00am	***	Martin Beylin	\$90
Awaken your body with this vinyasa flow that focuses on movement and alignment. You will leave each class feeling focused and invigorated! No better way to begin your day!							
<b>14 Tai Chi with Eric</b>	Oct 28-Nov 18	4	Thursday	3:30-4:45pm	***	Eric Chamberlain	\$55
Learn the basics of Tai Chi from a master who has taught for many years. He will gently guide you through each movement with caution and ease so that you can truly learn from your experience and build a strong foundation for advancement.							
<b>15 Chair Yoga with Pam</b>	Oct 28-Nov 18	4	Thursday	12:30-1:30pm	***	Pam Swanick	\$55
Attainable by all, this chair yoga class is a wonderful alternative if you have difficulty getting up and down off of the floor. We do a lot of yoga and stretching while seated, as well as standing poses, balancing and core strengthening.							
<b>16 Restorative &amp; Yin Yoga</b>	Oct 27-Nov 19	4	Friday	5:30-6:30pm	***	Martin Beylin	\$55
Come relax and unwind while doing restorative yoga poses using blankets, bolsters and other props which allow deep stretching to release and fully stretch your muscles and relax your mind. This practice will leave you feeling like a new person.							
<b>17 Spinning with Gretchen</b>	Oct 27-Nov 17	4	Wednesday	4:00-5:00pm	***	Gretchen John	\$55
Get your cardio on with a cycling class! This is an introduction to spinning class that will teach you the basics of using the bike as well as how to safely spin and be able to work your way up!							
<b>18 Spinning &amp; Pilates</b>	Oct 27-Nov 17	4	Wednesday	7:30-8:30am	***	Courtney Carrier	\$55
Cardio, Pilates, and Stretching! What better way to begin your day?							
<b>19 Bowls</b>	Oct 27-Nov 17	4	Wednesday	7:00-8:00pm	***	Garry Simmons	\$55
Bathe yourself with the therapeutic and vibrational sounds of magical bowls that are played for you live. The healing benefits are endless through this self-guided meditation which can be done either seated or lying down.							
<b>20 Men's Yoga</b>	Oct 28-Nov 18	4	Thursday	5:30-6:30pm	***	Martin Beylin	\$55
The class is offered by a male instructor who will teach you all of the correct poses, cues and breath patterns that will guide a new yogi towards comfortably practicing with a yogini. Class focusing on men, women are also welcome.							
<b>21 YogaFit</b>	Oct 29-Nov 19	4	Friday	4:00-5:00pm	***	Pam Swanick	\$55
This playful class allows you to get deeper into your practice and poses as well as safely getting into inversions with the use of a feet up trainer. Keep your back, body and practice strong! Space is limited (unless you have your own chair). Great for athletes.							

**ADULT EDUCATION INFORMATION:** Please use the registration form below. Space is on a first serve basis. GWAE reserves the right to cancel a course, substitute teachers, or make changes to the time and location, but efforts are made to keep the course as advertised. The classrooms are set to provide social distancing and masks must be worn at all times while inside the Kingswood campus buildings.

1. Mail completed form & payment to: Adult Ed Program, 396 S. Main Street, Wolfeboro, NH 03894 Or drop off at KRHS
2. Classes can be canceled if a minimum enrollment is not reached. Please sign up at least 1 week before class starts.
3. GWRS assumes no responsibility for accidents, injuries, or for any personal property left in the building.
4. For further information or to offer a class call 569-2055 #1007, or email: adulteducation@sau49.org.

**YOU WILL BE NOTIFIED IF A CLASS WILL NOT RUN. PLEASE SUPPLY YOUR TELEPHONE NUMBER AND EMAIL ADDRESS BELOW. CLASSES WILL NOT RUN IF SCHOOL IS NOT IN SESSION.**

NAME: \_\_\_\_\_ TELEPHONE NUMBER: \_\_\_\_\_  
 EMAIL ADDRESS: \_\_\_\_\_  
 First Course #: \_\_\_\_\_ Course Name: \_\_\_\_\_ COST: \_\_\_\_\_  
 Second Course #: \_\_\_\_\_ Course Name: \_\_\_\_\_ COST: \_\_\_\_\_  
 Make checks payable to: Governor Wentworth Adult Education or GWAE.  
 Mail to: Adult Ed, Kingswood High School (KRHS), 396 S. Main Street, Wolfeboro, NH 03894

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OBITUARIES

Barbara Burrill Moulton 81



Alton, NH- Mrs. Barbara Burrill Moulton 81, of Alton, beloved wife of Stanley K. Moulton, died peacefully on Tuesday September 14, 2021, at Laconia Hospital after a brief illness.

Born in Nashua, she was the daughter of the late L. Fay Burrill and Elizabeth (Melendy) Burrill. She attended school as a child in Bedford before graduating from Littleton High School as valedictorian in 1957. She went on to graduate from UNH in Durham; first with a bachelor's of music in music education, then with a master's of education, and finally with a Certificate of Advanced Graduate Studies in education. She went on to earn a master's of divinity from Andover Newton Theological Seminary in Newton, MA.

A dedicated member of church congregations throughout NH and VT, she could frequently be found at the organ or piano, sharing her lifelong love of music, a friendly smile, and her strong faith with others. She was most recently a member of the Congregational Church of North Barnstead, U.C.C. Her family and church fellowship were always foremost in her mind, and she drew strength from those relationships as she pursued challenging opportunities throughout her life. She credited her independent-minded aunts as her formative inspirations and lifelong role models; she created many opportunities for herself by taking initiative. Once on a track, she planned ahead and maintained the self-discipline to reach her goal. She instilled these values in her children and watched each with pride as they grew up and created lives and families of their own.

Mrs. Moulton was a

Send all obituary notices to Salmon Press, by e-mail to obituaries@salmonpress.news

teacher for over 30 years, and it was through teaching that she met her husband and fellow teacher Stanley at Hilltop School in Somersworth. She married Stanley, who had been raising his three young boys, Rockwell, Carl, and Kasey as a single father and they both set out together as a young family to pursue teaching opportunities. They moved to California and taught at the schools supporting Vandenberg AFB, during which time they adopted their daughter Susanne. They returned to NH and settled in Alton, where she opened a private kindergarten for dozens of students in her home on Route 140. She then returned to teach elementary school students for the next two decades, across many primary grades. Mrs. Moulton gave birth to their youngest son, Daniel and continued to teach at Belmont Elementary before finishing her career in Rochester at East Rochester and Chamberlain Schools.

She retired from teaching in the 1990's and sought to continue her lifelong love of traveling. She used her early retirement years to explore the world with her son, Daniel; along with Stanley, the three of them took months-long trips across dozens of states to visit natural and historic landmarks. She also traveled multiple times to Israel and enjoyed a visit to her brother Donald during his time as a professor in England. The wide-ranging travels of her children and grandchildren were a constant source of pride for her.

Mrs. Moulton was always eager to learn more about the world around her and share those les-

sons with others. As an avid birdwatcher and fan of her natural surroundings, she lovingly maintained the lawns and gardens at her home in Alton, where she relished the opportunity to host visitors in all seasons. Her home was frequently filled with the rich sounds of her lifelong classical piano expertise. In her later years, Mrs. Moulton kept a keen eye on the progress each of her seven grandchildren, as well as serving as a maternal figure to the many members of their large extended family across the United States. Special occasions were often marked by her beautiful letters, poems, and packages of handmade and hand-knitted items made with love by "Grammy Barbara."

She was a prolific writer, and her poetry and prose brought joy over great distances with thoughtful reflections on her life and the shared moments of her family.

In addition to her husband, with whom she shared 56 years of marriage, she is survived by a daughter, Susanne Maguire and her husband, John of Manchester; four sons, Rockwell Moulton and his wife, Giselle Falkenberg of Seattle, WA; Carl Moulton and his wife, Patricia of Saco, ME; Kasey Moulton of Somerville, MA; and Dan Moulton and his wife, Sadie of Huntsville, AL; seven grandchildren, Cara, Dylan, Naphtali, Audrey, and Elise Moulton, Tzuria Falkenberg, and Ian Maguire; a sister, Janet Burrill Dunham of Annapolis, MD; and many nieces and nephews. She was also the sister of the late Donald Burrill of Bedford, NH.

A private service will be held at a later date.

If desired, memorial donations may be made in her memory to the National Audubon Society: <https://act.audubon.org/a/donate>

Cremation care by Peaslee Alton Funeral Home. To express condolences, please visit: [www.peasleefuneralhome.com](http://www.peasleefuneralhome.com)

October 4, 1939- September 27, 2021

Dean went to heaven on September 27th at Concord Hospital after a brief illness surrounded by his loving family. Born October 4th, 1937 in Woburn Massachusetts, the youngest son of Harold and Ethel Finethy. Dean graduated from Woburn High in 1955. One of the most infamous classes in the history of Woburn High. Dean met the love of his life Patricia Anne Richardson Finethy in 1956. They were married October 31st, 1959. "Trick or Treat". Dean was a member of the Alton Bay H2O Ski Club. He enjoyed many years of boating, waterskiing, swimming on Lake Win-



nipesaukee and sunset cruises on the Sweet Water on Halfmoon Lake. Dean was a member of the Pittsfield Pounders golf league. He enjoyed playing horse shoes. Dean was a master carpenter, "no job too tough for Dean". Dean was always willing to help out a friend, neighbor, or family member. If he knew of a project in the

neighborhood he was there to lend a helping hand. He was a member and former president of the Alton New Durham Lions Club. Dean leaves his wife Patricia Anne of 61 years, predeceased by his son Dean Finethy Jr in 2010, daughter Sharon and husband Bruce Waterman, daughter Paula and husband Rick Sykes, son David and Debbie Finethy. Nine grandchildren and six, soon to be seven great grandchildren.

A celebration of life will be held Sunday October 10th at the Grapone Center 11am to 2pm.

Arrangements made by Waters Funeral Home Director David Pollard.

# Winnies and Wright Museum to partner in October

WOLFEBORO — In October, Winnies, which offers the first slipper sock/oversock combination on the market, is the Wright Museum's Business Partner of the month. The partnership is part of the museum's Business Partner program.

"This is a fun way for us to work with local businesses and spread the word," said The Wright Executive Director Mike Culver.

During the month of October, Winnies will provide a 20% discount on its products with the promo code, WRIGHT. In return, the museum will provide half-off admission for up to two people in one party with a Winnies receipt, dated Oct. 1 through Oct. 31.

Kara Brunetta creator of Winnies, expressed excitement in working with The Wright. "I believe in the importance of remembering histo-

ry, and I feel lucky our local town has such a wonderful museum for generations to enjoy," she said. "It is an honor to partner with the Wright Museum."

Culver said this is the first time the museum has worked with Winnies.

"It's great to work with a local entrepreneur who is actively promoting Wolfeboro itself," he said. "I'm amazed at her product."

Brunetta said the idea of Winnies was conceived at her cottage in Wolfeboro on "a chilly winter's evening in 2017." At the time, she was enjoying time with her family in front of the fire, venturing in and out to bring in firewood throughout the night.

"Each time, I had to take my cozy, thick slipper socks off to put my shoes on," she noted. "The more trips in and out over the season, arms filled with firewood and struggling to remove my shoes at the door, I knew there had to be a better way...Winnies, named after Lake Winnepesaukee, was born."

To learn more about Winnies, visit [winniesocks.com](http://winniesocks.com).

The region's leading resource for educators and learners of all ages on World War II, the Wright Museum features more than 14,000 items in its collection that are representative of both the homefront and battlefield. To learn more about The Wright, visit [wrightmuseum.org](http://wrightmuseum.org).

**Church Service SCHEDULE**

**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 [abundantharvestnh.org](http://abundantharvestnh.org) or e-mail [ahf@faith.com](mailto:ahf@faith.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 Ben Raub, [www.befreechurch.net](http://www.befreechurch.net).

**CENTER BARNSTEAD CHRISTIAN CHURCH**  
Worship Service 10:00am  
Bible Study 11:15am  
Rte 126 next to Town Hall  
Call or Text (603) 269-8831  
[centerbarnsteadchc.org](http://centerbarnsteadchc.org)  
Pastor Brian Cover.

**COMMUNITY CHURCH OF ALTON**  
Prayer Meeting 9:00 am  
Rev. Dr. Samuel J. Hall, 875-5561.  
Bay service 8:30am Alton Bay Cazabo, Alton, NH  
10 am Worship Service  
20 Church Street, Alton  
Our services are live streamed on YouTube  
Sundays at 10 am  
[www.ccoallton.com](http://www.ccoallton.com)

**CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC**  
Sun. School and Worship Services  
603-776-1820  
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH  
and live streamed on Zoom Sundays at 10 AM  
[ccnorthbarnstead.com](http://ccnorthbarnstead.com)

**FIRST CONGREGATIONAL CHURCH UCC FARMINGTON**  
Worship Services 10:00 A.M.  
Sunday School 10:15 A.M.  
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 9:45am; 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

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Sunday 8:30 & 10:30am;  
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**ST. STEPHEN'S EPISCOPAL CHURCH**  
Sunday 9:30, 50 Main St., Pittsfield  
Rev. Miriam Acevedo, 435-7908  
[www.ststephenspittsfield.com](http://www.ststephenspittsfield.com)

**UNITED METHODIST CHURCH**  
Rt. 171 at Tuffanboro Corner.  
Sunday services 10:30 am. Church 603-539-8058

**UNITARIAN UNIVERSALIST SOCIETY OF LACONIA**  
Sunday services and religious education 10:00 a.m.  
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**MAPLE STREET CHURCH**  
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# Belknap Mill Society offers knitting classes

LACONIA — The Belknap Mill Society's Textile Workshop Series continues this fall with a three part program focused on knitting. The program will be held at the Belknap Mill in the Rose Chertok Gallery, located on the third floor. For the safety of all, masks will be required. Workshop participants can register for each individual program or the entire series.

From Fleece to Yarn: Introduction to Preparing Wool and Spinning Presented by Donna Kay. Donna has been studying traditional knitting for 30 years. 'Folk' knitting is her passion, and she loves passing her skills and knowledge on to others. This program will be held Wednesday, Oct. 20 from 5:30 to 8:30 p.m., and is open to ages 12 and older. Participants will learn how to prepare sheep fleece for spinning using small hand tools and the basics of using a hand-spindle to spin yarn to take home. All workshop materials are supplied and participants do not need to have experience in knitting to attend. The

fee for this workshop is \$5.

The Circular Knitting Machine: Yesterday and Today Tour and demonstration will be held Wednesday, Oct. 27 from 5:30 - 7:30 p.m. This workshop is open to all ages and participants will receive an in-person docent guided tour of the Belknap Mill's Knitting Exhibit to learn how socks were produced through the late 19th and early 20th century in Laconia. A demonstration with Jim Grant, via Zoom, from Good Karma Farm in Bethel, Maine will follow introducing and encouraging participants to learn what circular knitting machines are making today! Register early as this class is limited to 20 participants. The fee for this workshop is \$5.

Introduction to Knitting Socks is the final workshop in the series with Donna Kay and will be held on Wednesday, Nov. 3 from 5:30 - 8:30 p.m., and is open to ages 12 and older who have some knitting experience. Donna will teach how to knit a small sock from start to finish, how

to turn a heel and shape the gusset and toe. Participants must supply their own yarn and needles. A materials list will be emailed to each participant after registering. Sock patterns and handouts will be supplied as well as a pattern for adult size socks to take home. This class is limited to 12 participants. The workshop fee is \$25.

Donna Kay is a knitting instructor, designer and accomplished hand spinner. Known for her patient teaching manner, she delights in sharing her knowledge and passion with her students. Donna designs for her company, Tree of Life Designs, and is a frequent contributor to Interweave Knits, PLY and Spin Off. She resides on a farm in New Hampshire with her husband, horses, a flock of sheep and a growing herd of spinning wheels.

Good Karma Farm in Belfast, Maine is the home of Jim, Amy and Zoe Grant, along with a host of Icelandic sheep, alpacas, turkeys, dogs and cats. Jim spins every bit of yarn that they

produce and is an expert at making socks on a circular sock machine. He is a many generation Mainer and was born in Cumberland, Maine. We encourage you to learn

more about Jim and Good Karma Farm at: <https://www.goodkarmafarm.com/>

For more information or to register for a class, please visit our web-

site [www.belknapmill.org](http://www.belknapmill.org) or call 603-524-8813. To register visit: [www.belknapmill.org/textile-workshops](http://www.belknapmill.org/textile-workshops).

## Temple B'nai Israel of Laconia presents Five O'Clock Shadow Oct. 23

LACONIA — We Care of Temple B'nai Israel presents a return engagement of Five O'Clock Shadow (focs.com) on Oct. 23 at the newly refurbished Colonial Theatre in Laconia. The show will begin at 7:30 p.m. Tickets for reserved seats are \$31 per person and \$16 for students with ID. For everyone's safety, reserved seating will be physically distanced, and masks are required at all times when in the theatre. More information about tickets and safety precautions are at <http://www.tbinh.org>.

Five O'Clock Shadow is one of Boston's premiere vocal groups that began as a simple cappella group and morphed into a vocal powerhouse when they learned how to mimic drum sounds and instruments such as trumpets, harmonicas, and guitars. With their rock-solid leads and harmonies,

they create unique vocal textures that excite, entertain, and inspire audiences of all ages. Prior to performing at The Colonial Theatre, FOCS will be teaching a master class at Plymouth State University for student a cappella groups, Vocal Order and Mixed Emotions who will lead off the show and begin a one-of-a-kind musical journey that is not to be missed.

This is a chance to enjoy a solid musical experience in a grand historical setting. The Colonial Theatre first opened in 1914 during the glory days of vaudeville. After 87 years of operation, the theatre closed in August of 2002. The restoration of the Colonial began in March of 2016 and the grand opening took place on Aug. 27. The new Colonial Theatre was designed with the patrons in mind. The seats are comfortable with more than enough

leg and elbow room to enjoy a two-hour performance. Literally, there isn't a bad seat in the house.

Net proceeds from the concert will benefit The Bridge House (tbhshelter.org) a non-profit agency providing information and referral services, emergency shelter, food, job training, transitional living support, and aftercare services for men, women, and families to help build the skills needed for healthy independence. Bridge House also offers specialized services for veterans and financial assistance through "NH Funds 4 Our Vets." The Bridge House's goal is to end homelessness, one family at a time.

We Care and Bridge House thank our sponsors, Audi Nashua, Miracle Farms Landscaping, Bank of New Hampshire, and Hannaford.



COURTESY

### Community "Duck"orating exhibit returns to Belknap Mill

The Belknap Mill's Community "Duck"orating Exhibit returns this October! Decorated Ducks will be displayed at the Fifth Annual Riverside Duck Derby on Saturday, Oct. 16, along the Winnepesaukee River in Rotary Park. A wooden duck is just \$25, and all proceeds will benefit the Belknap Mill's 2022 Community Programming. Ducks can be purchased online or at the front desk. Finished ducks should be returned to the Mill no later than Friday, Oct. 15. To register, visit [www.belknapmill.org](http://www.belknapmill.org).



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# Timber Wolves compete in Jeri Blair Invitational

BY JOSHUA SPAULDING

Sports Editor

BELMONT — The Prospect Mountain cross country team competed in the Jeri Blair Invitational on Friday, traveling to Belmont to race with Hopkinton, Bow, Mascenic, Gilford, Hollis-Brooklin, Bishop Brady, Lin-Wood, Trinity, Monadnock and host Belmont.

The Timber Wolves finished seventh in the girls' race and eighth in the boys' race.

Veronica Dowd led the Prospect girls with a 20th place finish in a time of 23:45. Hannah Capsalis finished in 28th place overall in a time of 24:39 and Amber Fernald finished with a time of 26:30 for 42nd place.

Emily Shurtleff ran to 46th place in a time of 26:47 and Eve Roberge finished out the scoring with a time of 28:25 for 64th place.

Jillian Simpson finished in 71st place in a time of 29:12, Emily Siegler finished in 72nd place in a time of 29:216 and Charlyze Locke crossed in 29:54 for 73rd place. Chloe Kane finished in 81st place in 34:09 and Gwen Kane was 88th overall in 40:32.

In the boys' race, Dennis Simpson was Prospect's top finisher in a time of 18:48. Joey Howlett finished in 21:06 for 41st place, Deuce Smith was 45th place in 21:23, Liam White finished with a time of 23:08 for 68th place and Ethan Pursley rounded out the scoring with his time of 23:10 for 69th place.

The Timber Wolves are slated to compete at Gilford on Friday, Oct. 8, and will be at Inter-Lakes on Thursday, Oct. 14.

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

## HIGH SCHOOL SLATE

Thursday, Oct. 7

KINGSWOOD  
Field Hockey vs. Sanborn; 7  
Volleyball vs. Manchester West; 6  
PROSPECT MOUNTAIN  
Boys' Soccer vs. Raymond; 4

Friday, Oct. 8

KENNETT  
Cross Country at Plymouth; 4  
Field Hockey at Derryfield; 4  
Volleyball vs. Stevens; 5:30  
KINGSWOOD  
Cross Country at Plymouth; 4  
Football vs. St. Thomas; 7  
PROSPECT MOUNTAIN  
Cross Country at Gilford; 4  
Girls' Soccer vs. Berlin; 4  
Volleyball vs. Souhegan; 5:45

Saturday, Oct. 9

KENNETT  
Football at Gilford-Belmont; 2  
Girls' Soccer at Kingswood; 10  
KINGSWOOD  
Girls' Soccer vs. Kennett; 10

Tuesday, Oct. 12

KENNETT  
Boys' Soccer at Oyster River; 4:30  
Field Hockey vs. John Stark; 4  
Girls' Soccer vs. Oyster River; 4  
KINGSWOOD  
Boys' Soccer at Coe-Brown; 4  
Field Hockey at Portsmouth; 4  
Girls' Soccer vs. Coe-Brown; 6:30  
PROSPECT MOUNTAIN  
Boys' Soccer at Trinity; 4  
Girls' Soccer at St. Thomas; 4

Wednesday, Oct. 13

KENNETT  
Volleyball at Kingswood; 6  
KINGSWOOD  
Volleyball vs. Kennett; 6

Thursday, Oct. 14

KENNETT  
Field Hockey at Bow; 4  
Girls' Soccer vs. Kingswood; 6  
KINGSWOOD  
Girls' Soccer at Kennett; 6  
PROSPECT MOUNTAIN  
Cross Country at Inter-Lakes; 4  
Volleyball at Manchester West; 5:45

All schedules are subject to change.

# Alberto's pair lead Knights over Pythons

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — The Kingswood boys' soccer team came through with a hard-fought 3-1 win over Pelham on Saturday afternoon.

Brayden Rapoza scored on a cross from Dominic Alberto just

one minute into the game to get the Knights off to a 1-0 lead.

Alberto added another goal and Vinny Butka also added a goal as the Knights moved their win streak to three games.

With his two goals against the Pythons, Alberto now has eight

goals on the season.

The Knights will be at Coe-Brown at 4 p.m. on Tuesday, Oct. 12.

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

## Symptoms

FROM PAGE A2

- skin dimpling or puckering
- a lump or swelling, which is typically (but not always) painless
- nipple retraction
- redness or scaling of the nipple or breast skin
- discharge from the nipple, which may be clear or blood-tinged

The American Cancer Society advises that sometimes breast cancer can spread to the lymph nodes under the arm or around the collar bone and cause a lump or swelling in these locations. The protrusion

may be noticeable even before the original tumor in the breast is large enough to be felt.

Men should realize that enlargements or issues affecting both breasts (not on just one side) typically is not cancer. Enlargement or changes to both breasts in men can be caused by weight gain, medications or heavy alcohol consumption.

Types of male breast cancer

Various types of breast cancer can affect men, according to the Mayo Clinic:

- Ductal carcinoma:

Cancer that begins in the milk ducts. Nearly all male breast cancer is ductal carcinoma.

- Lobular carcinoma: Cancer that begins in the milk-producing glands. This type is rare in men because they have few lobules in their breast tissue.

Especially rare types of breast cancer that can occur in men include Paget's disease of the nipple and inflammatory breast cancer.

Diagnosis

BreastCancer.org says that a small study of breast cancer in men found that the average time between first symptoms and diagnosis was about 19 months. This can be startling because early diagnosis can be vital to survival. Through the realization that breast cancer can happen to men and more education and awareness, men can feel more comfortable about discussing changes to breast tissue with their doctors.

Male breast cancer is a very real occurrence, albeit a rare one. It is important that men take any abnormalities in their chests seriously.



COURTESY

## Fall Craft Fair at Tanger this weekend

Don't miss the Lakes Region Fall Craft Fair at Tanger Outlets in Tilton on Sept. 25 & 26, Saturday 10 a.m. to 5 p.m. and Sunday 10 a.m. to 4 p.m. There will be more than 90 fabulous exhibitors including chainsaw black bears & demos, beautiful soy candles, macrame chairs, handsome leather jewelry, wooden crafts, amazing nuts & bolts artistic creations, recycled sweater mittens, books with autographs, fabric creations, handcrafted tiles, wreath designs, handmade soaps, string art, gourmet foods, New Hampshire maple syrups, gourmet honey, amazing animal photography, decorative lanterns, primitive decor, fine art, florals, sublimation tiles & trivets, and lots more! Rain or shine under canopies. Friendly, leashed pets welcome! Located: 120 Laconia Rd., Tilton, Exit 20 off I-93 & bear left. More information: Call Joyce, (603) 387-1510, or visit [www.joycescraftshows.com](http://www.joycescraftshows.com). Please social distance. See you there!

## TOWN OF NEW DURHAM PLANNING BOARD

### PUBLIC HEARING NOTICE

TUESDAY, OCTOBER 19, 2021

7:00 PM @ NEW DURHAM TOWN HALL

## Revisions to the Zoning Ordinance

You are hereby notified that a Public Hearing will be held by the New Durham Planning Board on Tuesday, October 19, 2021 at 7:00 pm. The hearing is regarding proposed revisions to the Zoning Ordinance to Article XIV. Shorefront Conservation Overlay District. If you have any questions, please contact Robin McClain at [ndlanduse@newdurhamnh.us](mailto:ndlanduse@newdurhamnh.us) or the Planning Board.

Town Hall, P O Box 207, 4 Main Street,  
New Durham, NH 03855-0207, 603-859-2091

## !! NOTICE !!

Alton Water Works  
(603) 875-4200

**FIRE HYDRANT FLUSHING**  
**OCTOBER 12<sup>TH</sup> THRU OCTOBER 13<sup>TH</sup>**  
**NIGHT TIME FLUSHING**

**will occur TUESDAY night**  
**between the hours of 9:00 pm to 5:00 am.**

Alton Water Works would like to reassure its customers that the water is safe to drink and any discoloration should clear up after the water is run for a few minutes.

## TOWN OF NEW DURHAM PLANNING BOARD

### PUBLIC HEARING NOTICE

TUESDAY, OCTOBER 19, 2021

7:00 PM @ NEW DURHAM TOWN HALL

## Changes to Impact Fees

You are hereby notified that a Public Hearing will be held by the New Durham Planning Board on Tuesday, October 19, 2021 at 7:00 pm. The hearing is regarding changes to Article XIX. Impact Fees. If you have any questions, please contact Robin McClain at [ndlanduse@newdurhamnh.us](mailto:ndlanduse@newdurhamnh.us) or the Planning Board.

Town Hall, P O Box 207, 4 Main Street,  
New Durham, NH 03855-0207  
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## TOWN OF NEW DURHAM PLANNING BOARD

### PUBLIC HEARING NOTICE

TUESDAY, OCTOBER 19, 2021

7:00 PM @ NEW DURHAM TOWN HALL

## Changes to Planning Board Rules of Procedures

You are hereby notified that a Public Hearing will be held by the New Durham Planning Board on Tuesday, October 19, 2021 at 7:00 pm. The hearing is regarding changes to the Planning Board Rules of Procedures to allow electronic participation by members of the public in Planning Board meetings. If you have any questions, please contact Robin McClain at [ndlanduse@newdurhamnh.us](mailto:ndlanduse@newdurhamnh.us) or the Planning Board.

Town Hall, P O Box 207, 4 Main Street,  
New Durham, NH 03855-0207, 603-859-2091

# Up and down week for Knight golfers



**WILL CRANE** putts for Kingswood at North Conway Country Club last Thursday afternoon.

BY JOSHUA SPAULDING  
Sports Editor

**NORTH CONWAY** — It was a bit of a roller coaster week for the Kingswood golf team, with a very strong performance at Cocheco Country Club and then a not-so-strong match in North Conway.

“Tuesday, I felt like we played our best match of the year,” said coach Jeremy Fuller. “There were a ton of birdies and we controlled our golf ball tee to green.

“I was really looking forward to coming up to North Conway to play St. Thomas (again),” the Knight coach continued. “We had played the course earlier in the year and I figure it set us up for a pretty good advantage over St. Thomas.

“Regretfully, it didn’t turn out that way,” Fuller noted. “St. Thomas was a completely differ-

ent team and so were we.”

Fuller said that he wasn’t sure if it was the weather or something else, but the ball striking and putting were not as sharp as earlier in the week and St. Thomas had improved tremendously from earlier in the week.

The Knights finished the day Thursday with a 213, which placed them second behind St. Thomas (202) and ahead of host Kennett (231).

Henry Saunders had the best score of the day for the Knights with a 41 from the top spot, including his final hole of the day, hole four, which he birdied.

Tyler Sprince finished with a 42 from the third spot in the lineup and Michael Palmer in the second spot and Will Danais in the fourth spot both finished with 43s to place as the third and

fourth scorers.

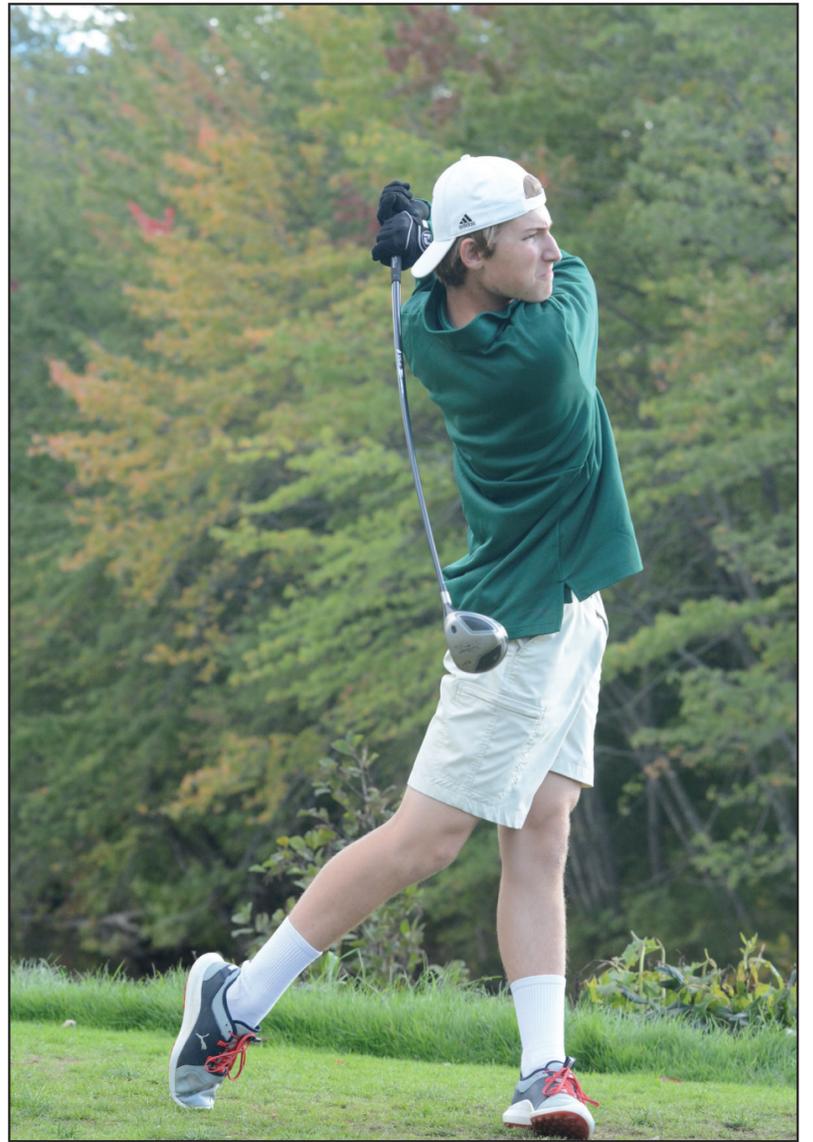
Will Crane rounded out the scoring for the Knights with a score of 44 from the sixth spot.

Brady Clarke in the fifth spot and Christos Zavas in the seventh spot both had 45s and Quin Dickey rounded out the field of Knights with a 47 from the eighth spot. Zavas had a birdie on hole five.

“Even with the 1-1 record today, it was a wonderful afternoon on the golf course,” Fuller said. “Ed (Bradley, Kennett coach) and North Conway were great hosts.”

The same three teams, joined by powerhouse Oyster River, teed off at Cocheco earlier in the week and the Knights finished in second place with a 197 behind Oyster River’s impressive 178. St. Thomas had a 213 and Kennett had a 235.

Saunders and Palmer led Kingswood, both



JOSHUA SPAULDING

**TYLER SPRINCE** tees off on the fifth hole at North Conway Country Club last week.

with 37s from the top two spots in the lineup.

The next three scores were all 41s, with Sprince in the third spot, Danais in the fourth spot and Clarke in the fifth spot rounding out the scoring for the Knights.

Max Roark finished

with a 45 from the seventh spot, Crane had a 46 from the sixth spot and Dickey had a 50 from the eighth spot in the lineup.

The Knights wrapped up the regular season after deadline Tuesday at home. They will be competing in the Division II

State Meet on Thursday, Oct. 14, at Rochester Country Club.

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

## Arinello, DeNitto pace Knights in Kennett Invitational



JOSHUA SPAULDING

**KARLA DUREAU** runs for Kingswood in Saturday’s Kennett Invitational.

BY JOSHUA SPAULDING  
Sports Editor

**CONWAY** — The Kingswood cross country team made the trip to Conway on Saturday for the annual Kennett Invitational. The Knights were joined by teams from Oyster River, Portsmouth, Berlin, Gorham, Pembroke, Pittsburg-Canaan, Plymouth, Spaulding, White Moun-

tains and host Kennett.

The Kingswood boys finished in seventh overall on the day, with Oyster River taking top honors in both the boys’ and girls’ races.

Lou Arinello led the way for the Kingswood boys, finishing in a time of 19:35 for 23rd place overall.

Warren Blaney finished in 31st place in



**LOU ARINELLO** led the Kingswood boys Saturday in Conway.

20:17 and Matt Perkins was Kingswood’s third scorer with a time of 20:44 for 35th place.

Austin McAllister finished in a time of 21:48 for 42nd place and Tyler Olkkola finished in a time of 22:14 for 48th place overall.

In the girls’ race, Marcella DeNitto finished in a time of 23:42 for 24th place overall.

Karla Dureau finished in a time of 24:33 for 32nd place and Lauren MacPhee placed 36th overall with a time of 24:56.

The Knights are slated to be at Plymouth on Friday, Oct. 8, for their next race.

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



**MARCELLA DENITTO** was tops for the Kingswood girls in Saturday’s Kennett Invitational.



**MATT PERKINS** runs in the Kennett Invitational Saturday afternoon in Conway.

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# Job Fair connects organizations with volunteers



PHOTOS BY ERIN PLUMMER  
Amy Kivimaki and Tom Goulette from CASA talk about the organization during the Belknap County Volunteer Job Fair.

BY ERIN PLUMMER  
mnews@salmonpress.news

GILFORD — Organizations and potential volunteers had the opportunity to meet in one place thanks to the first Belknap County Volunteer Job Fair at Gunstock.

Representatives from several different organizations around the region with focuses on conservation and food security set up tables in the main lodge on Sunday afternoon from 11 a.m.-1 p.m. and spoke with potential volunteers.

This was the first fair held by the Belknap County Conservation District (BCCD). Donna Hepp, chair of the BCCD's Volunteer Board, said this was a way to bring many different organizations with a similar focus together with volunteers.

"While we all wear different hats, one of the things we're all focused on is volunteers," Hepp said.

The BCCD received a grant from Volunteer New Hampshire to create a part time volunteer coordinator position, which Hepp said not only helps the commission but also helps any other organization in Belknap County focused on conservation and food assistance. The position

will create tools and opportunities for connecting volunteers with organizations.

The fair was meant to be a form of outreach to connect organizations with potential volunteers.

"Volunteerism in Belknap County is alive and well, but it's hard to find where those opportunities are," Hepp said.

The event also included a volunteer appreciation event where around 80 volunteers from around the county were recognized for their work.

There were also outdoor demonstrations where potential volunteers saw the work they could be doing in trailblazing, stream restoration, nature trail maintenance, and other resources that can all be found at Gunstock. Hepp said Gunstock is a significant resource for Belknap County and they have a great partnership with them.

The BCCD's Web site will also have a one stop location for resources and tools for volunteers and organizations. Visit [belknapccd.org](http://belknapccd.org) for more details.

NH Lakes was looking for volunteers, especially people to serve as Lake Hosts. Lake Hosts will

stay at different docks and landings, meet with boaters, and inspect vehicles for any potential invasive plant species. Lake Hosts will check trailers, boats, trucks, and any other vehicle or piece of equipment going in the water and can find plants in hidden places such as wheel wells.

Kat Kelleher, Conservation Program Assistant with NH Lakes, said quite a few people came up to the table and asked about NH Lakes.

"We had a lot of people who were interested in getting involved with the program," Kelleher said.

She also said there were many people interested in seeing if Lake Hosts could be posted at different waterbodies that didn't have them yet.

Grafton County Master Gardeners, a program of the UNH Cooperative Extension, were also at the fair. Master gardener Bonnie Miller said the group is looking for master gardeners to help with many different community projects across the state. In Grafton County, master gardeners helped plant flower beds around solar panel projects in Plymouth and Bethlehem, worked in a community garden in Littleton, and



Kat Kelleher talks about the work of NH Lakes and the Lake Host program.

many other tasks.

Miller said this is an opportunity for people with different interests in gardening and agriculture including plants, bees, chicks, and others. Every county in the state except for Strafford County has a master gardener program. Potential master gardeners can take an eight-to-12-week course through the Cooperative Extension and learn many different skills. Miller herself has been a master gardener since 2005.

## ROTARY

(continued from Page A1)

District, Plymouth State University office of Engagement, and Plymouth Soap Works. If you would like to make a monetary donation for socks please send checks written out to ILMHS In-

"I had quite a few people that stopped in, some of them have taken some of the flyers," Miller said.

Court Appointed Special Advocates (CASA) was looking for volunteers. Volunteers with the organization will act as officers of the court and check in on children in the foster care system and who have been victims of abuse.

Volunteer Amy Kivimaki said CASA was asked to come to the fair because they are on the frontlines of addressing food insecurity.

"The fair has been wonderful for us, very, very worthwhile," Kivimaki said.

Her and fellow volunteer Tom Goulette spoke with many people about the program and around six people had signed up by 12:30 p.m.

"It's perfect, I was surprised," Kivimaki said. "Tom and I thought we'd be sitting here talking to each other for two hours, (but) it's been nonstop."

teract Service Club and mail to 1 Laker Lane Meredith, NH, 03253. With

Sock Drive written in the memo line. The Alton Centennial Rotary Club meets every Thursday morning for

breakfast at the Alton Community Seniors Center. For information on becoming a member, call Membership Chair, Duane Hammond, 603-569-3745.

## HAPPENINGS

(continued from Page A1)

at the library this month on Friday, Oct. 15 at 4 p.m. There will be crafts, snacks, and fun with Miss Jerissa.

Time Out! Coffee and Connections for Parents and Guardians. This group will meet at the library this month on Wednesday, Oct. 20 at 1 p.m. Time Out! gives parents and guardians an opportunity to collaborate on car pools, play dates, or just meet up to chat. Coffee and light refreshments will be served.

Local Lore Nite at OFML is happening! On Thursday, Oct. 21, come prepared to share your stories of local

hauntings and strange happenings around the fire at the Parks & Rec sandpit back behind the library. The festivities begin - weather permitting - at 6 p.m., and the makings for s'mores will be provided!

The library is having a Lock-In Night! This unique event is for ages 14-18 and will be happening Friday, Oct. 22 from 7:30 - 11 p.m. Sponsored by our Teen Advisory Group, the evening will include pizza and snacks, a movie, crafts, flashlight tag, and scary stories!

Join Miss Jerissa for a special Storytime Halloween Party on Wednesday, Oct. 27 at

10:30 a.m. Listen to Halloween stories, make Halloween crafts, and wear your costume so you can join in our Halloween Parade around the library!

The Teen Advisory Group is meeting this month on Thursday, Oct. 28 at 4 p.m. The purpose of the Advisory Board is to encourage young adults (ages 12-18) in the community to come together and work toward planning interesting and relevant young adult programs at the library. Participants will receive great resume-building experience as well as community service hours.

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# NH Humane Society engages MVER to deliver medical services

LACONIA — In light of the recent departure of the medical director at the New Hampshire Humane Society, Meredith Place Veterinary Emergency (MVER) has been engaged to provide veterinary services to help ensure that N.H. Humane can fully attend to the animals that are currently under their care. This service is currently in place to ensure that all animals at N.H. Humane receive the attention they need and deserve.

“At N.H. Humane we thank all current and past employees and volunteers for their selfless commitment to animal care, to our mission of finding responsible and caring forever homes, and providing shelter for lost, abandoned and unwanted animals,” said Charles Stanton, executive director of N.H. Humane. “We are grateful for the work everyone does here to fulfill this mission and always put the care of our animals at the forefront and believe the interim veterinary solution with MVER is a great alignment. We will use this as an opportunity to review and refine our organizational structure.”

The formal partnership with MVER in Meredith includes having Dr. Ashley Dunn serve as interim staff veteri-

narian.

“N.H. Humane provides such an important role in our community for the welfare of homeless animals and it is a privilege to assist the organization in that mission as part of this new partnership with MVER,” Dr. Dunn said. “Since my career in animal welfare started with shelter medicine, I am excited to be part of this set of solutions for the organization.”

Additionally, N.H. Humane announced that Shayla Donnelly, a current employee, has been promoted to take on additional responsibilities in the daily operation and management of the organization.

“Dr. Dunn, Shayla Donnelly, and MVER bring a wealth of animal welfare knowledge to the organization, and we couldn’t be more thrilled to add these compassionate and dedicated professionals to our expanding team,” Stanton said. “Having these resources in place will allow us to be very thoughtful about how we approach the search for a full-time veterinarian while reviewing our overall organizational structure in line with future expansion plans that are in the works.”

As part of that expansion,

N.H. Humane recently announced that it is rolling out its new Humane Education program. This new effort will focus on teaching the importance of kindness to animals and each other through guided interaction with animals. It includes hiring a field investigator who

will focus on abuse and neglect cases as well as dog fighting and puppy mill investigations. An announcement is also forthcoming on a newly hired Animal Pathway Manager to assist in expediting animals getting through our system and into loving homes.

About N.H. Humane Society

Founded in 1900, N.H. Humane Society (N.H. Humane) is dedicated to finding loving homes and providing shelter for lost, abandoned, and unwanted animals. NHHS works tirelessly to prevent cruelty to animals, implements educational

programs, and provides services to promote responsible pet ownership and the human-animal bond. Located in Laconia, N.H. Humane has the fourth highest adoption rate in New England.

## N.H. Humane Fund Drive builds resources to combat animal abuse

LACONIA — New Hampshire Humane Society plans to add a field investigator to its team to assist in animal abuse and neglect investigations. For 121 years, the Humane Society has been combatting animal abuse, neglect, and abandonment but plans to expand its resources to help prevent future cases of animal abuse and neglect. A fundraising campaign to make this effort a reality is underway and nearing its goal to make this a reality.

“Unfortunately, cases of animal abuse and neglect are too commonplace and grab headlines because they are so heartbreaking,” said Charles Stanton, executive director of the New Hampshire Humane Society. “This was the case recently in the Lakes Region when we learned of a horrifying case in which numerous kittens

were murdered. Defenseless animals deserve better and that’s one reason why our staff, board, and amazing volunteers are working to build critical Humane Education programs and hire a new field investigator.”

New Hampshire Humane Society recently sent out a mid-year appeal letter to its numerous supporters to raise funds for this effort. The successful drive netted nearly \$40,000, leaving a need of another \$35,000 to fund the planned programming. The Humane Education program will focus on teaching the importance of kindness to animals and each other through guided interaction with animals. The investigator will focus on abuse and neglect cases as well as dog fighting and puppy mill investigations.

“We are determined

to create sustainable solutions to make our region a safe, loving and kind place for all of us and our families. Just as pets rely on us, New Hampshire Humane Society relies on the community,” Stanton said.

The work done through the Humane Education program will compliment additional services that are being supported through a grant from the Pets for Life program. New Hampshire Humane Society was one of the few New England sites to be asked to join this national initiative and will receive support for Pets for Life through the Humane Society of the United States. The program delivers door-to-door pet care services and resources to families in need, with an emphasis on underserved and under-resourced communities. To date, the pro-

gram has served 220,000 pets across the country.

Donations for the Humane Education program, Field Investigator position, or Pets For Life activities in New Hampshire can be made online at NHHumane.org.

About N.H. Humane Society

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PREVIEW: Thursday, October 14th from 2:00 to 4:00 p.m., Tuesday, October 19th from 9:00 to 11:00 a.m.



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Gorgeous 4BR/3BA home at Long Bay on Lake Winnepesaukee. Screened in farmers porch, large kitchen/dining area, cozy living room with FP, HW oak flooring on 1st level, grand master en suite w/ walk-in closet & unfinished, 3rd level (with stairs.)

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WHO'S WHO IN LUXURY REAL ESTATE

\* Statistics obtained from NEREN for the past 23 years since 1997 for all real estate firms reporting sales in the entire state of NH during that time.



**PROGRAM ASSISTANT I**

The State of New Hampshire, Department of Safety, Division of State Police - Marine Patrol Unit has a full time vacancy for Program Assistant I. This position is 37.5 hours per week and is non-exempt.

**SCOPE OF WORK:**

Performs diverse administrative duties in support of Marine Patrol by processing transactions for the general public, entering data and information into databases, and preparing and maintaining various documentation.

**MINIMUM QUALIFICATIONS:**

Education: High school diploma or high school equivalency credential. Each additional year of approved formal education may be substituted for one year of required work experience.  
 Experience: Three years of experience in a responsible clerical position, including experience in customer service and data entry.  
 License/Certification: None required.

**SALARY:**

Labor Grade 12  
 30,576.000 - 35,587.50 USD

**LOCATION:**

Gilford, NH

Applications must be submitted by Wednesday, 10/20/2021.

Job ID #22281: For complete job posting and to APPLY TODAY go to [www.nh.gov](http://www.nh.gov) (Online Services, State Employment).

For more information, please contact: [Stephanie.D.Colcord@dos.nh.gov](mailto:Stephanie.D.Colcord@dos.nh.gov) or call (603)227-2135.



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**\$1.50 per hour shift differential on 3rd shift.**

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- RN E.D., Charge, Night Shift
- Patient Access Representative
- Patient Access Manager
- Patient Access Specialist
- LNA/Unit Coordinator
- RN Nurse Manager
- ED Nurse Manager
- ED Technician/LNA
- Physical Therapist
- LNA
- Cook

**PART-TIME**

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- Environmental Services Technician

**PER DIEM**

- Cook
- LNAs – RNs – Certified Surgical Tech – Medical Assistant
- Patient Access Representative

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[WWW.UCVH.ORG](http://WWW.UCVH.ORG)  
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 181 Corliss Lane, Colebrook, NH 03576  
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Learn more about the NH Veterans Home on our website ([www.nh.gov/veterans](http://www.nh.gov/veterans)) and view our Facebook page ([www.facebook.com/nhveteranshome](http://www.facebook.com/nhveteranshome)) to see the NHVH team working together to serve our Veterans.

- Ensure the facility and its operation are in compliance with all life safety, clinical care, and support programs to meet or exceed all standards and regulations through internal Quality Assurance programs and external audits and surveys.
- Serves as the Home's liaison and representative to State, Federal and other officials. Also serves as the Commissioner and Department Head in the New Hampshire State Government.
- Plans, develops and secures necessary resources for existing operations, new facilities and capital improvements; coordinates the development of the Home's biennial budget, appears at finance hearings and legislative budgetary committees as requested.
- Promotes the Veterans Home and its programs to veterans and community groups; primary liaison with residents, their families and the general public; oversees and often personally performs fundraising and public relations activities.
- Actively participates in Veterans Home, Nursing Home, Veterans Administration, and related groups to increase financial, political, and community support and awareness in veterans' health and long term care issues.
- Advances the Home's mission and goals as developed by the Strategic and Master Plans.

**Preferred Qualifications:**

**Education:** Master's Degree in Health Care, Business, Public Administration or in a related field.

**License required:** N.H. Nursing Home Administrator's License.

**Compensation:** \$85,514 - \$119,184 (Position #9U102)

**How to apply:** Submit a cover letter and resume for this position to: [vethomebomchair@gmail.com](mailto:vethomebomchair@gmail.com)

**Contact:** For questions about this opportunity, please contact Paul J. Lloyd at (603) 715-5579.

**BOYS**

(continued from Page A1)



ETHAN CAPSALIS fires the ball out of the box in action against Laconia.

that was also blocked. Prospect had a corner kick that was cleared out of the zone and Perrin McLeod had a shot stopped. Joey DeJager and Locke teamed up for a bid that missed the mark and Capsalis came out and made a nice grab in front of the net. Stockman had a direct kick that was saved by the Laconia keeper.

DeJager had a crossing pass cleared from the zone and Perrin McLeod and Chris Cox made solid defensive stops at the other end. Laconia had a bid go wide of the net and Locke and DeJager just missed connecting on a chance. Micah Swenson made a good clear of a crossing pass in front and the Sachems had a direct kick that missed the mark.

DeJager sent Joseph Deane in on a bid that was cleared and then DeJager had his own shot stopped by the Laconia keeper. DeJager

and Locke teamed up for a bid that was stopped and Locke had another chance stopped. DeJager also had a crossing pass cleared.

Laconia finished out the half with a direct kick that was cleared out by the Laconia defense and the game went to halftime with the Sachems up 1-0.

Deane had an early shot go wide in the second half, then Laconia had a bid go wide as well. Ryan Warr had a good clear and Capsalis came out and grabbed another Laconia chance. Cox had a couple of good defensive stops and Locke had a shot stopped by the Sachem keeper.

Laconia had a corner chance that missed the mark and Swenson sent a shot wide of the net at the other end. Locke sent a shot wide and Kaleb Kennedy sent a shot over the top of the net.

The Sachems were able to double the lead

midway through the half, as an attacker made his way through the defense and fired a shot to the back of the net for the 2-0 lead. DeJager came back with a shot that went wide of the net and the Sachems had a direct kick that the Timber Wolves blocked. Stockman also had a shot blocked at the other end and Warr and Locke just missed connecting on a chance.

Prospect came through with three corners in a row, with Stockman making a nice cross on one and DeJager sending a shot

on net on another. Warr had a nice defensive stop and McLeod had a good clear and then sent a direct kick into the zone at the other end. DeJager had another cross that was cleared and Warr and Deane teamed up for a chance. Capsalis had a late save but the Timber Wolves couldn't get on the board and Laconia

had the 2-0 win. "TJ played well and hustled up front, we just couldn't support him," Halvorsen said. "I think we did well in possession, we just weren't able to finish.

"A couple of mistakes in the back cost us," the Timber Wolf coach said. "If we can get healthy and get guys back, it will

get better." Prospect is scheduled to be in action again today, Thursday, Oct. 7, at home against Raymond at 4 p.m. and will be at Trinity at 4 p.m. on Tuesday, Oct. 12.

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

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# MVSB announces James D. Sutherland Memorial Scholarship recipients

MEREDITH — MVSB (Meredith Village Savings Bank) is pleased to announce the 2021 recipients of the James D. Sutherland Memorial Scholarship. The scholarship is awarded annually to one graduating senior from high schools

located in towns and cities where MVSB has a branch.

This year's recipients include:

- Annabelle Eisenmann, of Gilmanston, attending Bridgewater State University
- Katherine Al-

len, of Laconia, attending New Hampshire Technical Institute

Ryan Mason, of Moultonborough, attending University of New Hampshire

Ashley DeRuvo, of Holderness, attending Cleveland Institute of Art

Justin Maynard, of Alton, attending Champlain College

Emma Richardson, of Meredith, attending the University of Southern Maine

Sara Grace Barba, of Rye, attending University of New Hampshire

Ruth Allard, of Middleton, attending University of New Hampshire

The Sutherland Memorial Scholarship was established in memory of James Sutherland, who served as President and CEO of MVSB from 1982-1996. Scholarship recipients represent the MVSB company values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. Students interested in applying for the 2022 scholarship are encouraged to con-

tact their guidance of-

ice. Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For over 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth,

Portsmouth or Wolfeboro, call 800-922-6872 or visit [mvsb.com](http://mvsb.com).

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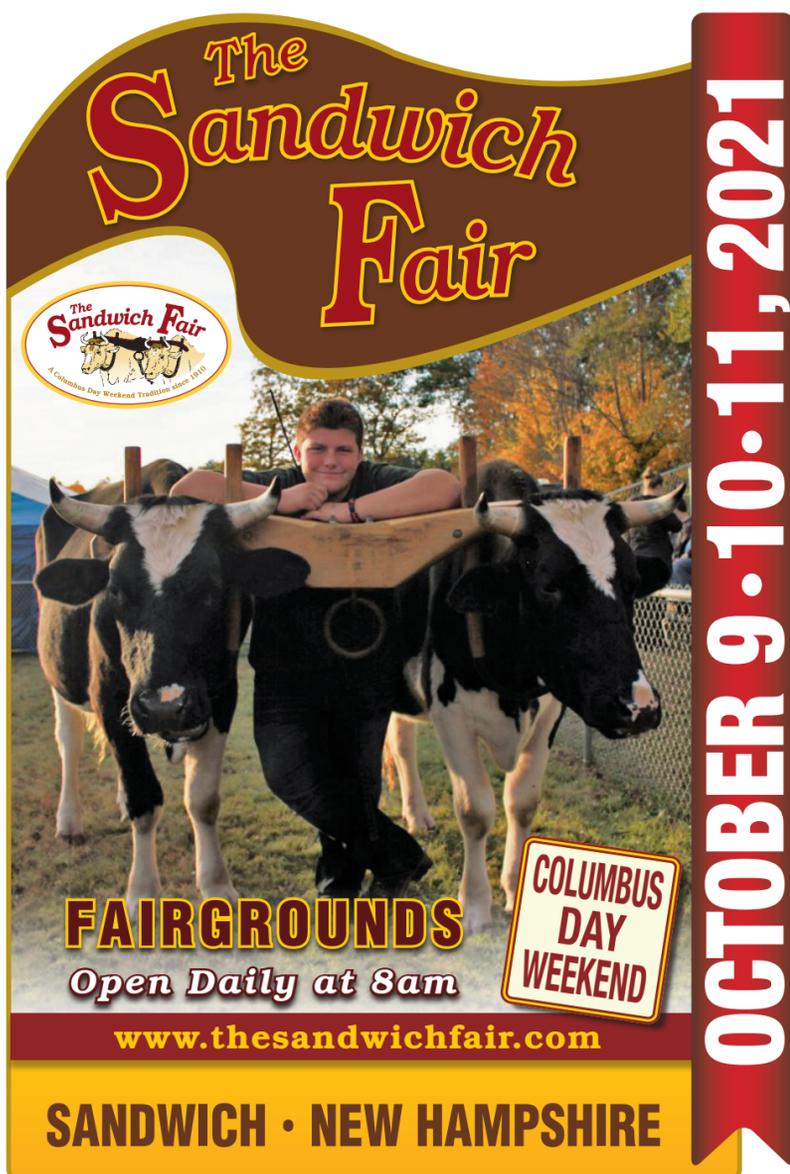
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