

Candidates Night goes virtual in New Durham

NEW DURHAM — Residents will have an opportunity to hear from the people running for Town office in New Durham at a virtual meeting on Thursday, Feb. 25, at 7 p.m.

Sponsored by the New Durham Public Library, Candidates' Night has been an annual event for years.

"It's important that we provide a way for voters to learn about their neighbors who will be helping to run the town," Library Director Cathy Allyn said. "Here is a chance to get to know the folks in charge."

This year, there is a contested race on the ballot, with three citizens running for a position on the Select Board. Candidates will have three minutes to speak on their background, explain why they are running, and describe what they plan to do when elected.

Allyn said people can email the library at newdurhamlibrary@gmail.com to receive the link.

The library also sponsors Supply Chain, a community-wide program that matches up people unable to get to a grocery store with someone willing to shop for them.

Virtual nutrition classes start in March, and crafting equipment and supplies will soon be available for checkout. Middle and high school students and/or their parents can sign up for Pathfinders, a career exploration program.

Call the library at 859-2201 for more information.



SENIORS (l to r), Nate Holiday, Carter Dore, Michael Perry, Alex Ludwig and David Fossett were honored prior to the first home game of the season.

Prospect hoop boys win delayed home opener

BY JOSHUA SPAULDING
Sports Editor

ALTON — After numerous starts and stops, the Prospect Mountain boys' basketball team finally got to play its first home game of the season on Thursday, Feb. 4, welcoming a young Moultonborough team

to Alton.

While the Panthers battled hard against a bigger Timber Wolf squad, the hosts came away with the win by a 49-18 score.

"We're grateful for all the work being done by the administration and staff to allow us to play," said Prospect coach Kieran Gordon. "It's been hard to get in a rhythm, but the guys have been patient and coachable in the process."

"They are a great group of kids to coach," said Moultonborough coach Jim Proko. "I've been doing this a long time, I've had better players but I've never had kids who want to work as much as they do."

The two teams exchanged baskets to start the game, with Michael Perry hitting for the Timber Wolves and Ryan Finnegan for the Panthers. Perry then hit another hoop and finished off his own steal to give the Timber Wolves a 6-2 lead.

Carter Dore continued the Prospect run with consecutive bas-



IAN SANDHAGE pulls down a rebound during his team's game with Moultonborough last Thursday.

kets before Finnegan hit from the free throw line to get Moultonborough back on the board. Ethan Capsalis drained a three-pointer for Pros-

SEE PROSPECT, PAGE A9

Long hair, beard and a miffed judge

ALTON — Attorney, Rotarian and New Durham resident Ron Cook was the speaker-designate at the Alton, New Durham, Barnstead Centennial Rotary Club for its weekly Zoom meeting on Thursday, Feb. 4. He spoke about his long (50 years) and interesting career as an attorney and about other ventures he has engaged in along the way.

He told a humorous story about the time when, as a law student employed by the U.S. Senate in Washington, D.C.;

his job then was to operate an elevator in the U.S. Capitol that carried both visitors and Senators from the underground subway there, to all the floors including the Senate Chamber. A family, mom and dad with their three pre-teen children, got in the elevator but then had to wait a minute for Strom Thurmond, the now deceased senator from South Carolina, to join them. As the elevator reached the third floor and while the door of the elevator began to open, the Senator,

in a very loud and odiferous manner, 'broke wind.' He then turned around, and with a facial expression indicating "it wasn't me," said to the people standing in disbelief "That was disgusting," then walked away, leaving all standing there pinching their noses in a confined area and mistakenly blaming Dad.

After receiving his law degree from Catholic University School of Law, and passing the bar to practice law, Cook's

SEE COOK, PAGE A9



KATHY SUTHERLAND

Knights are back

Brooke Eldridge fires off a jump shot during action last Monday against Laconia. The Knights returned to basketball action with two games against the Sachems, coming up short in both contests. At home last Monday, the Knights fell 55-39 and on Thursday they traveled to Laconia and dropped a 76-46 decision to the Sachems. The Knights are scheduled to visit Gilford today, Feb. 11, at 6 p.m. On Monday, Feb. 15, they will host Plymouth at 6 p.m. and will visit Plymouth on Thursday, Feb. 18, for a 5:30 p.m. contest

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Africa Road	N/A	\$80,000	Leo P. Tremblay and Amy Griffin-Tremblay	Brian C. and Lena M. Letendre
Alton	14 Annie Way	Single-Family Residence	\$488,000	Water Holt RET and Elaine A. Holt	Andrew Vanloo
Alton	35 Ehlen Way	Mixed Use (Residential/Commercial)	\$208,333	Thomas Fry	Luther J. Hyslop
Alton	417 Stockbridge Corner Rd.	Single-Family Residence	\$210,000	Warren Whitehouse	Brendan R. Blackey and Samantha J. Blackey
Barnstead	140 N. Shore Dr.	Single-Family Residence	\$210,000	Jordan and David Tirrell-Wysocki	Mark D. and Jessica Smith
Barnstead	54 Tamworth Trail	Single-Family Residence	\$255,000	Bruce E. and Kenneth Moreau	Cameron N. and Morgan E. Boggs

ABOUT THE REAL REPORT

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

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

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

Join the ABA on the ice for Winter Carnival

ALTON — The Alton Business Association is very excited to bring our community some outdoor winter fun this month. Although our large Winter Carnival event will look a little different this year due to Covid-19 safety concerns, but we're still committed to bringing a few smaller (safer) sponsored events, and we're taking a few events virtual, like our infamous Fundraiser raffle.

Winter Carnival Events Include:

*Ice Sculpture Walking Tour in Alton Bay. Our generous business sponsors have enabled us to hire Ice Designs by Jeff Day to carve three

unique ice sculptures for our community to enjoy. The sculptures will be on display in Alton Bay at the land bandstand, gazebo and in front of the community center. Be sure to bundle up and go for a walk in the bay to check them out. If you take pictures with the ice sculptures, be sure to tag us (@altonbusinessassociation and use #altonwintercarnival). The sculptures will be on display starting late afternoon on Feb. 12-14 (or longer, until they melt)! A huge thank you to our Ice Sculpture event sponsors, without you we could not bring this event to our community: Gold Sponsors: Lakeside Smiles Pediat-

ric Dentistry, Maxfield Real Estate and Robert Butler Financial; Silver Sponsors: Alton Excavation, Alton Motorsports, Seacoast Spine & Sports Clinic and Hertel Self Storage; Bronze Sponsors: Bob Regan, Hunter Taylor/Belknap County Commissioner and Lora Piatti/Cohen Closing & Title!

*Bob House Decorating Contest- Sponsored by Dockside Restaurant -email us at info@altonbusinessassociation.com to enter by Feb. 12. We'll also post pictures of the bob houses on our Facebook page so our community can enjoy from afar!

*Our VIRTUAL Fundraising RAFFLE kicks off on Feb. 7 and closes on Feb. 13 at 11:59 p.m. We have amazing prizes donated from our members and local businesses to include: Alton Circle Grocery, Alton Excavation, Alton Home & Lumber, Catchpenny, Gunstock Mountain Resort, Hannaford, Inspiration for Organization, Irwin Marine, K-9 Kreations, Katie's Kitchen, Northeast Security Agency, Lake Life Brand, Seacoast Spine & Sports Clinic, Shibley's at the Pier, Simple Beautiful Nails and The Little Christmas Cottage! You don't want to miss the opportunity to win so be sure to head over

to our website, www.altonbusinessassociation.com where you can purchase tickets from Feb. 7-13 and winners will be announced on the ice on Feb. 14! (Check out our Facebook event page for a sneak peak of the prizes and more details.)

* The Alton Parks and Recreation Department is sponsoring a Snow Shoe Hike (weather permitting) on Sunday, Feb. 14 at 10 a.m. at the Morse Preserve/Pine Mountain, located on Avery Hill Road, off of Alton Mountain Road. For more information and/or to register contact parksrec@alton.nh.gov or 875-0109. Register by Feb. 11.

*ABA Table on the Ice for brief time to announce Virtual Raffle & Bob House Winners

*Virtual events may be added, so stay tuned to our Facebook Event Page @altonbusinessassociation and Web site.

Thank you so much to our members, local business owners and community residents who help keep this winter fun event alive! Let's continue to spread community pride and cheer and embrace all the outdoor fun the winter season brings!

Alton Parks and Recreation connection

Local, Guided Snow Shoe Hike

The Alton Parks and Recreation Department is sponsoring a free Snow Shoe Hike as part of the ABA Winter Carnival Week, weather permitting. Bring snow shoes to this outdoor experience. Social distancing and COVID protocols will be in place. For more information and/or to register contact parksrec@alton.nh.gov or 875-0109.

Sunday, Feb. 14 at 10 a.m. at Morse Preserve/

Pine Mountain, located on Avery Hill Road, off of Alton Mountain Road. Moderate level, uphill and downhill hike, approximately 45-90 minutes- depending on trails chosen. Enjoy a scenic snow shoe trek through fields and forests, and reach the mountain top with a panoramic view of the Belknap Range and Lake Winnepesaukee. Register by Feb. 11. Parking is available at the Mike Burke parking lot or along the road. Directions: take Route 11 into Alton Bay, turn on to Rand Hill Road. After

three quarters of a mile on Rand Hill Road, take a left onto Alton Mountain Road. After approximately two miles, take a left onto Avery Hill Road. The trail head is located about 500 feet on the left after passing the Mike Burk Trail System.

Exercise Classes

The Alton Parks and Recreation Department is offering free Zoom exercise classes in February for local residents. Classes are held live through Zoom, computer and internet access is

required. Participants must register in advance to receive the class session link. Contact 875-0109 or parksrec@alton.nh.gov for more information.

Weight Training- Adults of All Ages- Mondays and Wednesdays from 1:30-2:30 p.m. Join certified instructor Kellie Troendle lead you through muscle building exercises for a strong body. We will also work on stretching, balance and flexibility. Pre-register at parksrec@alton.nh.gov.

Yoga for Sports- Mondays, 4-4:45 p.m. Exercises designed to increase range of motion, build strength and balance, and improve mental resilience that will help on and off the sports scene. Class runs now through Feb. 22. Pre-register at parksrec@alton.nh.gov.

Ice Skating Rink at Mill Pond

The Town of Alton is sponsoring an ice skating area for public

skating at Mill Pond, across from the Fire Department on Route 140. The rink is maintained by the Town's Grounds and Maintenance Department, and is flooded

by the Fire Department. Rink conditions are weather dependent so please check the ice rink sign to make sure the rink is open.

Local resident named to International Honor Society

MANCHESTER — Local residents are among select students from Saint Anselm College in Manchester, N.H., who have been inducted into the Epsilon Tau at-Large Chapter of Sigma Theta Tau, the International Honor Society of Nursing.

This fall, Sigma Theta Tau inducted 35 students for the 2020-2021 academic year, including Nichole Bourque of Center Barnstead.

The inducted students are expected to graduate in May 2021 from Saint Anselm College with a Bachelor of Science in Nursing.

To be considered for induction into Sigma Theta Tau, students must have completed at least half of the nursing curriculum in baccalaureate programs at an accredited institution of higher education, rank in the upper 35 percent of their graduating class, and have a minimum 3.0 grade point average on a 4.0 scale.

In 1922, six nurses founded Sigma Theta Tau International (STTI), the Honor Society of Nursing at the Indiana University Training School for Nurses, now home of the Indiana University School of Nursing. The society's name derives from the Greek words for love, courage, and honor. Currently, STTI has more than 135,000 active members who live in more than 100 different countries.

About Saint Anselm College

Founded in 1889, Saint Anselm College is a nationally-ranked four-year liberal arts college providing a 21st century education in the Catholic, Benedictine tradition. Located in the greater Boston region in southern New Hampshire, Saint Anselm is well known for its strong liberal arts curriculum, the New Hampshire Institute of Politics, commitment to inclusiveness, a highly successful nursing program, and a legacy of community service.


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A SALMON PRESS PUBLICATION
BAYSIDER STAFF DIRECTORY

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



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February vacation solutions at Prescott Farm

LACONIA – The forecast calls for multiple acute cases of February Vacation “blahs” in 2021. But Prescott Farm is pleased to offer the perfect antidote - “Winter Break Outdoor Explorers.”

Prescott Farm traditionally hosts WildQuest Winter Day Camp which coincides with New Hampshire February Vacation. The Leadership team knew that the realities and risks associated with COVID-19 made a full day camp experience unrealistic for 2021. The solution? A close-to-home, cost-effective, fun series of 2-hour programs to encourage everyone to outside.

Jude Hamel, Executive Director, is especially pleased that Prescott Farm can accommodate the February Break calendar of neighboring school districts.

“Each year we hear from parents and grandparents whose youngsters have February vacation a week ahead of WildQuest Camp. They are looking for programs available during their vacation,” she said. “Until this year, that just wasn’t feasible. We are hoping that the “Winter Break Outdoor Explorers” series is another unexpected ‘pandemic silver lining.’”

Led by Camp Director, Jake Newcomb, the education staff selected some of WildQuest win-

ter campers’ favorite activities and adapted them for vacationing families. There is something new to explore every day from 10 am until noon:

Mondays (Feb. 15 & 22)

Shelters: Stuck in the woods with a storm on the way? Use what is around you to build a warm shelter with guidance from Prescott Farm educators.

Tuesdays (Feb. 16 & 23)

Tracking: Unlock the mystery of clues left behind in the snow. Who was here? Where did they go? Become an animal track detective through a whole bunch of silly fun!

Wednesdays (Feb. 17 & 24)

Snow Science: Prescott Farm is your laboratory as we discover that there is more to snow than sledding and snowballs. In the event of a melt, we will conduct other cool experiments (pun intended!).

Thursdays (Feb. 18 & 25)

Winter Art: Celebrate the beauty of winter with outdoors arts and crafts.

Fridays (Feb. 19 & 26)

Snow-lympics: The snowball roll! The sledging hill sluice! Participate in a variety of fun games and challenges. In the event of a melt, we

will substitute the activities.

“It’s a great way to kick off a vacation day and get everyone in the family active and enjoying time with each other,” Newcomb explains. “And the great news is that the activities we have planned can inspire winter fun for the rest of the season and for years to come!”

Guests are reminded to wear boots and dress appropriately for the weather. COVID protocols, including attendee limits, will be strictly enforced. Early registration is strongly recommended.

For more information or to register, visit prescottfarm.org.

Prescott Farm is a nonprofit 501c3 dedicated to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with over 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland,



pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Na-

ture-Based Preschool and WildQuest summer and vacation camps. For more information about

Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

HRCU hires Gagne as VP of Lending



Ginger Gagne

ROCHESTER — HRCU is pleased to announce that Ginger Gagne has been hired as their new Vice President of Lending. Gagne will be managing all Real Estate and Consumer Lending operations for HRCU.

Gagne brings more than 28 years of valuable

lending experience to HRCU from New Hampshire based, Northway Bank, with her most recent role being Vice President of Retail Loan Operations.

“We are very pleased to have someone of Ginger’s qualifications and lending experience join HRCU. Our loan portfolios have grown year over year and to have someone that can help take us to the next level is very exciting. Solidifying our lending operations will help us achieve many initiatives we have planned for this year and beyond,” said HRCU President & CEO Brian Hughes.

Gagne is a graduate of Berlin High School and

has added many certifications from Freddie Mac, Granite State College, Mortgage Bankers Association, and Jack Henry Systems.

HRCU is a state-chartered and federally insured community credit union that has been serving the New Hampshire community since its inception in 1962. With several locations throughout the seacoast, HRCU prides itself on helping its members achieve their financial goals through convenient, technology-driven, services and a compassionate, personalized approach.

Wolves holding tryouts in March

LACONIA — The New England Wolves Youth Hockey Organization, a NH registered 501c3 organization, is pleased to announce its 2021-22 season tryouts at the Waterville Valley Ice Arena.

The Wolves will be offering one team at the following levels next season: U14 full season, U15 full season, U16 full season, and U18 full season.

U15/U16 full season tryouts ore March 8 from 7 to 8:30 p.m.

U14 full season tryouts are March 9 from 7 to 8:30 p.m.

U18 full season tryouts are March 16, from 6 to 7:30 p.m.

The Wolves will continue to offer their successful U18 split season program, coached by Mike Potenza, with a tryout in Laconia in the middle of March.

So far in 2020-21, the Wolves Youth Hockey teams have enjoyed stellar seasons, each with a dedication to player development. Some highlights so far for the 2020-21 season include:

- Top ranking in NH Tier II U14 according to My Hockey Rankings;
- Top 100 US ranking in U16 Tier I according to My Hockey Rankings;
- U18 Split Season - first place finish in NH Tier III;
- U14 participation in the Fall Beast Showcase;
- Lakes Region Midget Challenge Champions - Wolves U16 full season.

All tryouts are run by the Wolves coaching staff including EHL Head Coach Tim Kunes and General Manager Andrew Trimble.

Players and parents are encouraged to pre-register using the PayPal link on the homepage of the Wolves web site.

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We Will NOT be Undersold

Why we listen to the groundhog

Tuesday, Feb. 2 was Groundhog Day, and it was reported that Punxsutawney Phil came out of his burrow at Gobbler’s Knob, where he saw his own shadow. This means that we will have six more weeks of winter. We’ll take it!

This North American tradition is derived from the Pennsylvania Dutch superstition that if the groundhog sees it’s shadow due to clear weather, it will go back to its den and winter will last just a few weeks longer. If the animal does not see it’s shadow due to the clouds, spring will come early.

This lore originated from German speaking areas where the groundhog is considered the most accurate forecasting animal. Each year, a Groundhog Day ceremony is held in Punxsutawney, Pa., and is always well attended.

The Pennsylvania Dutch, immigrated from German speaking parts of Europe. Groundhog in German is ‘grun’daks.’ In Europe, the Germans had an existing tradition of marking Candlemas as ‘Badger Day,’ where if a badger appeared on a sunny day, casting a shadow, winter would be extended. In some areas a bear or a fox took on the forecasting responsibility.

In Irish folklore, St. Brigid’s Day, Feb. 1, is the first day of spring, which begins the farmer’s year. Seeing a hedgehog was a sign of good weather.

The earliest mention of Groundhog Day appeared in 1840, in the diary of James L. Morris of Morgantown, Pa., who was talking about his German neighbors. In 1886, the observance of Groundhog Day was mentioned in the Punxsutawney Spirit newspaper. It noted, “Up to the time of going to press, the beast has not seen its shadow.” One year later, a group of townspeople went to Gobbler’s Knob in search of the groundhog and so began the tradition. Pre-COVID, gatherings to celebrate in Punxsutawney grew as large as 40,000.

Clymer Freas, who was born in 1867 and passed away in 1942, is said to be the one who created the idea of Groundhog Day. Freas was the Editor of the Punxsutawney Spirit. In 1899, a Groundhog Club was formed in town including a hunt and a feast. It is said that groundhog tastes like a cross between chicken and pork. We’ll pass on finding out.

In 1993, Bill Murray and Andie MacDowell starred in the comedy “Groundhog Day,” which is now considered a cult classic. We must admit to enjoying Mr. Murray more in “What About Bob?” but that’s an editorial for another time. Baby steps.

Letters to the Editor

To the Editor:

The focus of Joe Biden should be the \$1.9 trillion Covid-19 relief bill to help the American people and small business, along with all the states, not just blue ones. First, he should test the GOP in the Senate to see if they will work with him to move this country forward. I personally don’t trust that party to do the right thing for “We the People.” They have repeatedly shown they only move to advance their own agenda of lowering taxes for the wealthiest. How is that working for most of Republican supporters of the former president.

#45? I would find it hard to believe millionaires, and billionaires, were in the crowds who attack the Capital Building on Jan. 6, 2021. Did their parties reduced tax rate make the rioters wealthy? Apparently, the GOP seems holding on to power with use of voter suppression and other means is more important than having fair elections, plus being honest with the public.

I cannot help but notice that of the fourteenth Presidents I’ve lived though, it has only been ones from the GOP that have made statement such as “I’m not a crook,” ‘the American

people can trust me,” “it will trickle down,” “A kinder and more gentle nation” (then starting a middle east war); all the while, they have been found to have their hands in the cookie jar. Not only did the GOP lose all branches of the Federal government; they have lost their moral compass, the ethical center they so proudly state is theirs alone. Given the former president’s supporters, the senators fear losing their seats in 2022, and farther down the road in 2024. The Senators will not find the compass or ethics needed at this crossroad in American

history to do the right thing. Well, I have a few comments for those who the GOP are in fear of.

The supporters of #45, a few wear the swastika, others, wear the American Flag as an article of clothing, capes and the like none shows respect. Others have symbols from other nationalist countries, enemies to America. Most hurtful is the Idea these people severed, our military, and as law officers, who have become radicalized into becoming the American Taliban, the American ISIS, the American Al-Qaeda, etc., the very people whom they fought, when

they were in the service. Frighting for the freedom of others, which is an American export for people of the world that don’t want to live under an authoritarian government. What #45 wanted to establish in this country, perhaps, the rioters, saw how other leaders in foreign lands treated their people wishing they could import that cruelty to America. The inherent hate they learned, growing up here, from bad parents, their friends, or their communities, so when #45 indicated its ok to hate, they bought into it. I’m not sure where they got the Idea, hate is

an American value, I’m not sure were that idea is from, I could never believe what they believe is truth. The GOP is afraid to convict that criminal leader, who made his supporters commit Federal crimes for him, and will collude with him when the Senate fails to convict.

JOHN Q. HENDERSON
BARNSTEAD



Back in action

Ethan Arnold soars toward the hoop during the Kingswood boys’ basketball team’s first home game last Thursday. The Knights returned to action with two games against Laconia, coming up short in both contests. In Laconia last Monday, the Knights fell 70-56 and in the home opener they lost a 64-53 decision to the Sachems. The Knights are scheduled to host Gilford today, Feb. 11, at 6 p.m. On Monday, Feb. 15, they will play at Plymouth at 6 p.m. and will host Plymouth on Thursday, Feb. 18, also at 6 p.m.



LETTERS FROM EDWIN Cold thoughts

sinuses will go berserk, and my extremities are really difficult to keep warm, therefore I opt for mittens, sometimes with liners.

I spent a good amount of time skiing around looking for suitable spots to teach my imagined lesson, then returned to the shack. When asked how it was out there I said fine, just a bit nippy. The weather said wind chill of one degree. That’s cool.

The wind is still howling out there now. I threw an extra piece of wood in the stove when I got home knowing that on nights like this, you need to warm up the chimney to maintain the temperature.

Tonight would have been a great night for a sauna. Cool down is much quicker when there’s a twenty mile an hour wind and a wind chill of negative eleven. It’s actually pretty amazing to be out there in such conditions, your sweat instantly freezes, and you don’t feel cold. Unfortunately, I don’t get home from the mountain in time to light the stove. My son used to do it. He’s since graduated college and moved away.

I just had a flashback memory of a photograph of me standing there in my multitude of snow layers which totally restricted much free motion, probably about three years old, out on a pond with a jigger in my hand, ice fishing with my godfather. I bet my hands and feet were freezing then too. They have always been, but I was smiling. It’s just great to be outside. I definitely wasn’t a stay inside kid.

As the ice gets thicker, bob-houses are now showing up out on all the ponds and lakes. I’ve never had the chance to enjoy such luxurious fishing accommodations. I hear stories, but my experience is restricted to jiggers and tip-ups. I even have a couple of my godfather’s old ice choppers. When he got older, he bought this auger thing. It was a hand cranked gizmo that was supposed to be an improvement. Yes, there were less ice chips in the eye, and you didn’t have to be as careful that it would break through and end up at the bottom of the pond, but it was still quite a manual chore. Those

motorized ones that I see certainly make me want to consider giving it another go.

The old guys used to make their own jiggers. Usually out of broken fishing pole tips. I still have a couple made by my father and godfather. There’s even a broken pole of mine awaiting my creative whims to transform its purpose. I’ve got all the stuff I need but haven’t indulged in quite a many years. It’s the standing around in the cold that gets to me. If I’m skiing at least I’m moving and generating some heat. Standing means freezing hands and feet.

After loading the stove with plenty of wood for the night, I headed up to my room to get ready to hit the sack. But before I did so, I grabbed another blanket from the closet and threw it on my bed. Since I still haven’t put the real fluffy cold weather quilt on the bed yet, I wanted to avoid another episode with the skewer.

E.Twaste
Correspondence welcome at edwintwaste@gmail.com



By JOHN HARRIGAN
COLUMNIST

I have a decent share of old outdoor-themed books, published between the Civil War and World War I, full of florid language and fanciful illustrations. The other night I looked through one and came onto an illustration of an old-time woodsman making camp.

In this scenario, an able-looking man with a walking stick in hand, a camp-axe and knife on his belt, and a canvas pack on his back is striding along a trail in the woods, and comes upon an open glade on a little knoll with softwoods all around, and a burbling brook nearby.

“What a splendid place to make camp!” he exclaims, and shedding his pack, sets to work with his sharp little camp-axe. He builds a lean-to. He cuts small branches off small fir trees to make his bed.

The making of a camp, and talking with the sky

He cuts a pole to go between two trees, to hang his stuff. He clears a place for his fire and encircles it with rocks. He scrounges for a night’s worth of wood.

He pulls his supper from his pack—a chunk of pork, a hunk of bread, a piece of cheese, a flask of brandy or wine. He enjoys his fire for a while, watching embers shoot up into the dark and wondering what’s beyond the great beyond.

Sometimes I think these things are almost lost for good, at least in the Lower 48, at least East of the Mississippi, at least east of the Appalachians. It’s a world of permits, privacy, permission, penalties, prosecution, punishment, prison. Even the thought of making a fire can get you thrown into the slammer.

The farther north you go, in general, the freer the lifestyle, but you buy your freedom with a thermometer. The necessities of coping with life in a cold climate outweigh the law. You are either a little bit crazy or totally at peace, or somewhere in between, but wherever you are, it shows. The climate, as they say, builds character.

There are still places where you can hoist a pack, draw a bead on some distant place, and just go. I know, because I’ve been there. These days I don’t have to go, because I know.

My dreams take me back to a simpler time, a life without limits. There were no back-yard fences. We had the run of the town. If you fell, someone would pick you up. If you did something bad, everyone would know. If you did something good, everyone would cheer. There was no such thing as privacy.

In my dreams, I travel with an old-fashioned pack-basket, made of ash, light as a feather but spacious and strong, with a waterproof cover to shelter its load. In it are a short-handled axe for around camp, my cooking kit, foul-weather gear, bug-dope, a folded tarp, a small first-aid kit, a very light pair of sneakers, and a pair of socks. Atop the pack-basket in a plastic bag is a tightly rolled light sleeping bag.

It is trail gear I’ve had in one form or another all my life, from Clarks-ville Pond and the upper reaches of Deadwater Stream and Labrador

Brook to the high country of the White Mountains, the West, Alaska, and beyond.

I’m traveling through some of the most remote parts of New Hampshire’s North Country with Fish and Game biologist Karl Strong, on the 44-mile Grouse Line Survey. It’s a legendary trip, undertaken by Fish and Game biologists for more than 40 years. Tomorrow, we’ll be joined by the essayist Edward Hoagland. So far, in two days on the trail, we have not seen a single other person.

When I first made this trip, I was 13 and Karl asked me to go simply for the company. This time, I’m a statewide outdoor writer approaching my forties. The first trip was a lot easier on the knees.

Karl and I are setting up camp near Garfield Falls. We are in the middle of an old tote road, all grown up to hardwood saplings, but near softwoods and a brook. We make a quick job of a lean-to. We gather firewood for the night. We cut small fir-branches for our beds, and our talk follows the sparks into the great beyond.

Not so long ago, when



COURTESY
Garfield Falls once was one of northern New Hampshire’s most remote places. Now, after roads open up in early summer, you can drive right to it. (Courtesy Alltrails.com)

it got to be a lot of years since I’d made camp, I decided to sleep on the floor, just so I’d remember. It’s been a while, so I think I’ll do it again soon—lie flat on the floor, with a jacket for a pillow.

I’ll use my lightest sleeping bag. I’ll have to forego the fir boughs for a bed. The dog, if experience rules, will fold herself behind my knees, as she did whenever we went to camp.

And I shouldn’t need any help standing up in the morning. The dog won’t mind the bad words, and in any case, I’ll keep the phone handy.

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

STRATEGIES FOR LIVING

When scars are good

BY LARRY SCOTT

Sitting around a crackling fire in front of her home in Jinja, Uganda, Katie Davis and Mack, her stranger-turned-friend-of-the-family, were reminiscing on the long journey that had brought them together.

Mack turned to Katie and saw she was looking at the enormous scar on his leg. “Mack’s eye caught mine and he smiled. ‘I will wear this scar with me,’ he said, ‘I will wear it wherever I go. And I will think of you. I will always think of you and remember

that God was so faithful to me and that you were faithful too.” (Majors, “Daring to Hope,” p. 93).

After coming to Uganda as an eighteen-year-old, ostensibly to teach, she subsequently settled in Uganda with a people with whom she had fallen in love. In time she adopted thirteen girls who would forever call her “mom.” She soon became a fixture in Jinja, one the people knew they could always come to for help and encouragement.

Katie’s friend Christine, knowing Katie’s heart for the hurting, brought Mack to her

home. “‘I have someone for you to look at.’... I could feel the vomit surge hot in my throat as I caught that first glimpse of his leg: skin burned charcoal black, bone exposed, nothing even still alive enough to bleed.” Katie knew this man. “As the village drunk of Masese, he was a constant annoyance to me. ... He would stumble, swearing, through my Bible study as our group met outside” (Ibid, p. 35).

Katie and Christine took him to the hospital but the doctor was not encouraging. He suggested only two alterna-

tives: they could amputate, or someone could dress the wound daily and hope for the best. But not at the hospital; the nurses had no time for something like that!

Mack’s situation had required him to stay with Katie and her brood, and night after night, Katie had to unwrap the wound, scrape the dead flesh away, clean and rebandage it. But Katie was determined. “Something in me that I could not yet name rose up to fight. ... You will not lose your leg! Not on my watch. And so, I observed and learned as the doctor taught me exactly what to do to give Mack’s leg the best chance of survival” (Ibid, p. 36).

Who would have ever thought that the village

drunk from Masese would recover, learn of the love of God through Katie, become a friend, and a dynamic Christian.

It has always amazed me to note the dramatic changes that come to an individual once they have welcomed Jesus Christ as the Lord of their life. Some people scoff at those who come to Christ when their life is in tatters, but that is, frankly, true of most of us. Our scars are but reminders that for us, our lives are now divided in two periods: BC and AC, before Christ, and after Christ, and the difference must be experienced to be understood. He has given us a new reason to live, a new level of peace and happiness we thought would

elude us forever. As the Apostle Paul said, “For me to live is Christ, and to die is gain!” Right on!

You want to talk about it? Hit me up at rlarryscott@gmail.com.

Letters to the Editor

Seeking your write-in vote

To the Editor:
At the February meeting of the New Durham Public Library Trustees, it was brought to my attention that my term is up this year. I had lost track of time, but I certainly wish to continue as Chairman of the Trustees.

A library is essential to any community and in New Durham it is the social center of the town and therefore even more critical. We are at an important juncture with our library, threading our way through the pandemic.
Therefore, I am run-

ning as a write-in candidate and am soliciting your vote. Please remember the spelling is Meyer, with no “s” on the end.

Thank you,
BILL MEYER
NEW DURHAM

NOTICE TO PUBLIC BARNSTEAD WINTER PARKING BAN

There will be no parking on any public way at any time in the Town of Barnstead from January 1, 2021 – April 30, 2021. Any vehicle found will be towed away at the owners’ expense.

BARNSTEAD SNOW OBSTRUCTION

No person is allowed to place any snow or ice upon the surface of the traveled portion of any Town maintained portion of road or highway. Any person violating this ordinance may be subject to a penalty and fine. RSA 236:20, RSA 47:17, VII and RSA 41:11.



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Jocelyn Theodore promoted to Senior Client Services Specialist

MEREDITH — Jocelyn Theodore has been promoted to Senior Client Services Specialist for NHTrust. In this position, Theodore will be responsible for responding to queries from NHTrust clients and proactively working with them to ensure that they have the information, tools and relationships needed to make the best decisions for their financial future.

“Jocelyn has been a valued member of the team, and has demonstrated an exceptional ability to meet the high levels of service that our clients have come to expect,” said Eulalie Paris, Vice President Operations, Partnerships and Client Experience with

NHTrust. “Because she has experience working with our customers as well as handling many of our administrative functions, she is empowered to be a strong advocate for the needs of each individual client. She understands how everything fits together for each person or organization.”

Theodore joined the firm in May of 2017 as a Wealth Management Assistant. In this time, she has gained significant experience while continuing with formal education programs in the financial advisory arena. As a result, she recently earned her Financial Paraplanner Qualified Professional (FPQP) status.

Whether you’re saving for retirement, planning your estate, managing institutional funds or investing for a personal goal, NHTrust can help. Their team of professional advisors provides customized financial strategies that will help you build wealth and provide future income. Backed by three of New Hampshire’s oldest and strongest community banks - Meredith Village Savings Bank, Merrimack County Savings Bank and Savings Bank of Walpole - NHTrust is committed to exceptional service and support—for their customers and their communities. For more information, please call 603.223.2710 or visit nhtrust.com.



Jocelyn Theodore

NH LAKES proud to announce Belknap Landscape Company as first LakeSmart Service Provider!

REGION — The Belknap Landscape Company understands the value of clean and healthy lakes to our environment, our personal well-being, and our New Hampshire communities and economy. Expanding their efforts to uphold these values, Belknap Landscape has become the first ever NH LAKES LakeSmart Service Provider Partner!

“Belknap Landscape seemed like the perfect fit for the LakeSmart Service Provider Program,” explained Andrea LaMoreaux, NH LAKES Vice President of Programs and Operations. “We

know they deliver great service to their clients and are committed to helping property owners design, install, and maintain landscapes in a lake-friendly way. We’re thrilled they have stepped up to be our first LakeSmart Service Provider.”

The health of New Hampshire’s lakes is threatened by polluted runoff water from yards, malfunctioning septic systems, and excessive salt use on driveways and walkways during winter, and much more. NH LAKES has found most property owners don’t know how their actions in their home

and on their property—whether they live along a lake, or miles away from the nearest one—ultimately affect the health of a lake. Through NH LAKES’ LakeSmart Program, property owners find out how they can take action in their homes and on their properties to live in a lake-friendly way, doing their part to help keep the lake they love clean and healthy. NH LAKES has also found property owners often need the help of a service provider to address areas on their property that aren’t lake-friendly. Through the program, property owners have access to a directory of

lake-friendly living service providers to help them adopt lake-friendly living practices.

“When you live and work in the lakes region, you cannot help but appreciate the lakes that make our area special,” explained Hayden McLaughlin, owner of Belknap Landscape Company. “Whether we’re designing, building, or servicing a lake-front property, we’ve always tried our hardest to safeguard the lakes. Often that meant helping people understand why some practices are harmful and others are important. When I heard about LakeSmart, I was

excited about the approach. It’s about education, actions, and doing the right thing to protect what makes our area great.”

NH LAKES encourages business that can help property owners live in a lake-friendly way to apply to be a LakeSmart Service Provider Partner. There are six service program categories to choose from and a variety of levels of participation available—but there are a limited number of opportunities available. The application period for the 2021 LakeSmart Program ends Feb. 28. Learn more and apply at nhlakes.

org/lakesmart.

Established in 1992, the mission of NH LAKES, a statewide, member supported non-profit organization, is to ensure that New Hampshire’s 1,000 lakes are clean and healthy, now and in the future. To achieve its mission, NH LAKES works with partners, promotes clean water policies and responsible use, and inspires the public to care for our lakes. For more information, visit nhlakes.org, email info@nhlakes.org, or call 226-0299.

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PET OF THE WEEK

This beautiful and sweet girl, hasn’t yet learned that the world isn’t scary. She will need a patient and understanding person to show her positive reinforcement, go at her pace and help her understand that things aren’t so terrifying! Once Lucy warms up to you, holy moly is she just so excited and wants nothing more than to play, and be your best friend.

Lucy would do best in an adult only home and may not do well in a busy environment with frequent visitors. She would do well with a confident dog friend or two at home. Miss Lucy is a little fearful of cats, but may do well with a slow introduction and proper management.

LUCY

Kevin Shaw of Roche Realty Group is Top Producer for 2020



Kevin Shaw

LACONIA — Frank Roche, president of Roche Realty Group with offices in Meredith and Laconia, recently announced that Kevin Shaw of the Laconia office produced a closed sales volume in excess of \$35.5 million involving 76 transaction sides for

the year 2020. Kevin is the top producer for the firm for 2020. “Kevin had another amazing year in sales and was just \$1 million shy of his record-breaking year in 2019 at \$36.6 million in sales volume. Kevin’s sales accomplishments of \$35,534,950 placed him as the number 7 top producer in the Lakes Region Board of Realtors® that ranked 664 members that produced sales. Additionally, Kevin ranked as number 24 in the entire state of New Hampshire Association of Realtors® out of 5,803 statewide realtors that produced sales, according to the New England Real Estate Network, Inc.” Frank Roche indicated

“this is a tremendous accomplishment that he achieved individually, not as part of a team, as reported by a number of other top producers.” Shaw has been practicing real estate with Roche Realty Group for 20 years; just in the last five years alone, he has sold \$130,461,951 in properties involving 341 transaction sides. Shaw was born and raised in the Lakes Region. He has been active in sports programs throughout the years as a coach and referee. Shaw also oversees yearly and weekly rentals. Kevin Shaw can be reached at the Laconia office at 528-0088 or on his cellphone at 387-4778.

Area resident named to dean’s list at Quinnipiac University

HAMDEN, Conn. — Ella Roberge of Alton has been named to the dean’s list for the Fall 2020 semester at Quinnipiac University. To qualify for the dean’s list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester, with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester.

About Quinnipiac University is a private, coeducational, nonsectarian institution located 90 minutes north of New York City and two hours from Boston. The university enrolls 7,000 full-time undergraduate and 3,000 graduate and part-time students in 110 degree programs through its Schools of Business, Communications, Education, Engineering, Health Sciences, Law, Medicine, Nursing and the College of Arts and

Sciences. Quinnipiac is recognized by U.S. News & World Report and Princeton Review’s “The Best 385 Colleges.” The Chronicle of Higher Education has named Quinnipiac among the Great Colleges to Work For(r). For more information, please visit qu.edu. Connect with Quinnipiac on Facebook at facebook.com/quinnipiacunews and follow Quinnipiac on Twitter @QuinnipiacU.

Local group offers free training on talking politics with family

LACONIA — In our polarized political nation, many family relationships are being strained. Close personal relationships can become casualties of the current contentious environment. This struggle with political division can lead families to avoid important discussions, or even cut off lifetime relationships. Braver Angels Alliance of Northern New England (BA NNE) -- a local chapter of the national Braver Angels organization-- will be offering the Families & Politics workshop in a free, online event Saturday, Feb. 6 from 2- 4 p.m. EST. In this workshop you will preserve important family bonds while still being true to your values and political beliefs by:

gaining insight into why family differences over politics are uniquely challenging; identifying common roles that family members play in political conversation, and learning skills for handling family political differences in a constructive way The skills demonstrated in this workshop are based on family dynamics, but are also applicable to challenging political conversations with friends, neighbors and co-workers. Braver Angels is nationwide, secular, bi-partisan, non-profit organization of volunteers that has been working to bridge the partisan divide since 2017 with facilitated bi-partisan workshops, presentations, debates and film

discussions on the important political topics of the day. At the foundation of Braver Angels’ work is the pledge that participants are not trying to persuade others to change their minds, but rather to understand and share diverse perspectives in a civil and constructive manner. Space is limited for this free two-hour workshop, but registration is required. For more information, and a link to the registration site, visit the Events page on the Braver Angels website: braverangels.org (location listed as Portsmouth). For press inquiries contact: Martha Kruse, BA NNE Volunteer Organizer, at muffed@metrocast.net.

Coasterstone products to feature Hammond’s artwork

ALTON — Artist and author Duane Hammond of Alton, who created a series of more than 170 humorous and satirical images of pigs engaged in human-like activities and situations, and CoasterStone, a division of DSH Indiana, Inc., have agreed to terms for the purchase of licensing rights to 5-6 ea.

of Hammond’s original artwork. CoasterStone manufactures a wide variety of products that’ll feature Hammond’s artwork of pigs on mugs, cups, stone based coasters, and trivets, magnets and decals, plus others. CoasterStone sells their products to a wholesale customer base

of more than 3,000 buyers. Pigs ina Poke also has a long-standing licensing agreement with Tree-Free Greetings, an environmentally conscious NH based company producing greeting cards, not on paper, featuring Pigs ina Poke artwork.

UNH announces December 2020 graduates

DURHAM — The following students graduated from the University of New Hampshire in December 2020. Students who received the honor of summa cum laude graduated with a GPA of 3.85-4.0; students who received the honor of magna cum laude graduated with a GPA

of 3.65-3.84; and students who received the honor of cum laude graduated with a GPA of 3.50-3.64. Students are only graduated after the Registrar’s Office has certified that all degree requirements have been successfully completed. Participating in the commencement ceremony is the act of

honoring and celebrating academic achievement. Kate Varney of Alton graduated with a BSCIVE in Civil Engineering. Victoria Baxter of New Durham graduated with a MSW in Social Work

Locke Lake board will not meet this month

BARNSTEAD — Residents of Locke Lake Colony are advised that there will be no Board of Directors meeting in February.

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Knights wrap up the regular season at King Pine



CAROLYN DAY skied in her final home race for Kingswood on Friday.

JOSHUA SPAULDING



CALVIN KINVILLE skied in his final race for the Kingswood alpine team last week.

BY JOSHUA SPAULDING
Sports Editor

MADISON — The Kingswood alpine ski team wrapped up the regular season on the familiar slopes of King Pine, taking on Lin-Wood, Gorham and Moultonborough in the final tuneup for the Division II championships. In the morning giant slalom, the Kingswood girls finished in second place, with Abby Fournier leading the way with a time of 1:02.02 for fourth place. Hadley Larson was next, finishing in 1:05.24

for seventh place and Natalie Marcoulier was ninth in 1:05.61. Bella Pickle rounded out the scoring with a time of 1:08.47 for 14th place. Carolyn Day finished in a time of 1:11.98 for 15th place, Ella Meserve was 16th in 1:12.89 and Brityn Roark was 19th in 1:18.5 to round out the field of Knights. The Knights finished third in the afternoon slalom, led by Charlotte Ling with a time of 1:39.07 for seventh place. Lauren MacPhee finished in ninth place

with a time of 1:44.06 and Larson finished in 11th place overall with a time of 1:51.84. Abbie Heald was the final scorer in the slalom with a time of 1:52.97 for 14th place. Day finished in 16th place in 1:59.62, Fournier was 18th in 2:06.17, Meserve skied to 18th place in 2:13.16 and Roark was 21st in a time of 2:13.77. For the Knight boys in the giant slalom, Robert Hotchkiss led the way for Kingswood, finishing in 59.85 seconds for ninth place.

Cam Yates finished in a time of 1:00.4 for 11th place and Calvin Kinville finished in a time of 1:01.23 for 14th place. David Lehmann finished out the scoring with a time of 1:04.14 for 17th place. Riley Saxby placed 21st in 1:07.79, Max Roark was 22nd in 1:08.47 and

Blake Sandlin was 26th overall in 1:25.43. In the afternoon slalom, Lou Arinello led the Knights with a time of 1:32.73 for sixth place. Hotchkiss was 10th overall in 1:36.7 and Yates finished in 12th place in 1:39.24. Lehmann finished in 14th place in 1:43.63 to

round out the scoring. Kinville finished in 18th place in 1:49.62, Saxby was 20th in 1:52.74, Roark was 21st in 1:54.92 and Sandlin was 24th in 2:02.04. *Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.*

Prospect alpine team wraps up regular season

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The Prospect Mountain alpine ski team battled through the snow in the final meet of the regular season on Friday at Gunstock. The Timber Wolves joined Belmont, Gilford, St. Thomas, Bishop Brady, Kearsarge and Newfound in the race, which featured two runs of giant slalom in the morning and a pair of runs of slalom in the afternoon.

Reese Burke led the way for the Prospect girls in the giant slalom with a time of 1:08.95 for 14th place overall. Abby Swenson was next, finishing in 24th place in a time of 1:13.2 and Grace Simensen was 26th overall with a time of 1:14.23. Amber Fernald rounded out the scoring for the Timber Wolves with a time of 1:17.81 for 30th place. Gabby Greeley finished in 1:29.87 for 35th place overall.

In the afternoon slalom, Swenson was the top finisher for the Timber Wolves with a time of 1:16.66 for 16th place. Simensen finished in a time of 1:19.71 for 20th place and Burke was 25th in 1:24.79. Fernald put up a time of 1:27.88 for 29th place to finish out the scoring for Prospect Mountain. Greeley finished in 35th place overall with a time of 1:50.15. Matt Bonner was the lone Timber Wolf boy competing, finishing in 1:18.63 for 36th place in the giant slalom and 36th place in 1:34.46 in the slalom.

LACONIA — The JBT Game and the Not So Mini One-on One Shootout Competition is back. Cancer hasn't taken the year off and neither will they. This JBT Game and fundraising event will be held in conjunction with the New England Wolves game on Saturday, Feb. 20, at 5:45 p.m. on the ice of Merrill Fay Arena in Laconia as the EHL New England Wolves take on their southern rival, the NH Avalanche. The NH Chapter of the Cure Starts Now and the Wolves are proud to announce this year's roster of shooters: Neil Ravin - Director of PR and Social Media for the EHL; John McKenzie - fan favorite, local coach and father to many; Brit Hart - game day reporter for the EHL; Chris Dey - (with mystery shooter). The 2021 (pandemic version) of the JBT Game will look different than previous years in

order to provide a safe environment. At the game attendance is not encouraged (other than players' parents), keeping in accordance with NH state guidelines, so a free live feed of the game will be broadcast on YouTube (DPPG | JBT Charity Game: New England Wolves vs. New Hampshire Avalanche - YouTube) for JBT supporters, local residents, fans and donators to watch from the comfort of their home. Mask wearing is mandatory. The amount of shooters and duration of the shootout is limited as well. There will be no congregating in the lobby or at the venue sweatshirt sales, so people are encouraged to go online and donate and/or purchase t-shirts and sweatshirts online (Home | The Cure Starts Now). "The Wolves organization would like to personally thank Jesse and the Thompson family for allowing us to hold this event again. 2020 and 2021 have been devastating to charitable organizations who receive donations through events and campaigns," commented GM Andrew Trimble. "Yet cancer is still affecting families, lives and communities

and research needs funding." The JBT Game was started in the 2015-16 season, as the Wolves defeated the Vermont Lumberjacks in a memorable 7-5 event. Since that time, the game has raised more than \$100,000 for the Cure Starts Now foundation, and the local chapter has raised more than one million. DIPG, the cancer that affected John Bradley Thompson, is an inoperable form of brain cancer that leaves families with little to no hope. The Cure Starts Now focuses on the Homerun Cure to all cancers by concentrating the research funding efforts on this deadly form of cancer. With more than \$16.4 million in pediatric brain cancer research funding to date, donors can rest assured that 100 percent of the donation, after credit card processing, will go directly to innovative research. Please join in funding crucial research to save the youngest of warriors. Check out the event page here and consider donating to one of the shooters.

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

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 or e-mail ahbf@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10 am & 7 pm; Tues-Thurs 9 am; 875-0161.

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

CENTER BARNSTEAD CHRISTIAN CHURCH
Worship Service 10:00 am
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PROSPECT

(continued from Page A1)

giving Prospect Mountain a 17-3 advantage heading to the second quarter.

Ian Sandhage got the scoring started for Prospect Mountain in the second quarter but the Panthers got a three from Max Ringelstein in response. After free throws from Deuce Smith and Archambault, Sandhage hit another hoop and Ethan Howe finished off his own steal. Another Sandhage hoop give Prospect a 27-6 lead.

The Panthers got two of the final three baskets of the first half, with

Connor Adams putting back a rebound and Mike Lahey doing the same, while Prospect got a hoop from Sandhage in the middle, making it 29-10 at the halftime break.

The Timber Wolves got a three from Dore to start the second half but Moultonborough answered with a hoop from Ringelstein. After consecutive three-pointers from Nate Holiday and Dore, the Panthers got back-to-back buckets from Ringelstein.

The Timber Wolves closed out the third quarter with a buzzer-beating three-pointer from Willy Warr to take the 41-16 lead to the final

eight minutes.

Howe did all of Prospect Mountain's scoring in the fourth quarter, hitting a pair of three-pointers and a field goal while Finnegan had the lone bucket for the Panthers, finishing off the 49-18 win for Prospect Mountain.

"We still have a long way to go, but I'm pleased with the effort," Gordon said. "We threw some guys into different spots tonight."

"We've only been working on our zone (defense) for like four days," he continued. "Moultonborough was gracious and they played hard."

The Timber Wolves

honored their five seniors prior to the game and Gordon noted they all contributed, with all five starting the game and starting the second half together.

Holiday scored his first varsity points with his second-half three-pointer, Perry and Alex Ludwig brought their intensity and leadership, which Gordon noted will be hard to replace, Dore was Prospect's leading scorer on the night and David Fosssett, who was hurt in an earlier game against Laconia, worked hard for the time he was on the court, but was hampered by the injury.

"They will improve, because they are so young," said Proko, who starts three freshmen on his varsity team. "You know they're going to get better, we'll keep at it."

"They haven't given up at all, so that tells me they're still enjoying playing," Proko added.

Dore and Howe led the Timber Wolves with 10 points each while Ringelstein had nine to pace the Panthers.

The Panthers are scheduled to be at Mount Royal today, Feb. 11, at 5 p.m.

The Timber Wolves are scheduled to be at Belmont today, Feb. 11,

at 6 p.m.

PMHS 17-12-12-8-49
MA 3-7-6-2-18

Prospect 49
Capsalis 1-2-5, Dore 4-0-10, Smith 0-1-1, Holiday 1-0-3, Warr 1-0-3, Perry 3-0-6, Archambault 1-1-3, Sandhage 4-0-8, Howe 4-0-10, Totals 19-4-49

Moultonborough 18
Ringelstein 4-0-9, Finnegan 2-1-5, Lahey 1-0-2, Adams 1-0-2, Totals 8-1-18

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

Comfort Keepers

Winter health risks for seniors

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Spending time with loved ones, enjoying nature and participating in activities can improve quality of life for seniors. However, cold winter weather can create a barrier to many senior's regular schedules. And, it's not just snow and ice that make winter a difficult season for seniors – additional factors include post-holiday isolation, illness, and the physical effect of cold weather.

Knowing what to look for, and creating a strategy for combatting winter health risks, can help seniors maintain positive mental health and physical wellness.

Some factors to consider include:

Winter blues – Cold air and gloomy skies can make anyone feel less cheerful during the winter months. However, depression can have an outsized effect on seniors and their long-term mental health. Creating opportunities for socialization and finding joyful moments isn't just for fun – it can help foster critical connection and combat loneliness. There are a variety of uplifting activities that can be enjoyed during the winter months. These include movie nights, reminiscing by the fire, and getting outside on a rare sunny day.

Winter illness – There are a variety of ways that seniors can be physical-

ly affected by the winter season.

Pneumonia: Pneumonia is an infection that can be dangerous for seniors due to lung issues that come with age, weakened immune systems and conditions that make pneumonia more severe. Older adults should talk to their doctor about healthy lifestyle changes and vaccines that can help.

Joint pain: Joint pain can be more common for seniors in cold conditions – whether they suffer from arthritis or not. Dressing in layers, regulating temperature inside and stretching exercises can help. A healthcare professional can also suggest exercise, medication or other coping strategies.

Heart issues: Heart attacks and high blood pressure are more common in winter because cold snaps increase blood pressure and strain on the heart. The heart must work harder to maintain body heat, while falling temperatures may cause an unhealthy rise in high blood pressure, especially in seniors.

Winter safety – Being mindful of winter safety issues is important for seniors and their families. Cold weather can be more dangerous for those with some health conditions, like Parkinson's disease, diabetes or thyroid problems. Seniors should talk to their doctor to learn more. Other types of accidents or injuries can be avoided

through education too. Examples include being mindful about fall risks, monitoring carbon dioxide levels and preventing hypothermia.

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Please call 536-6060 or visit our Web site at nhcomfortkeepers.com for more information.

COOK

(continued from Page A1)

first position was as a staff attorney for N.H. Legal Assistance in its Berlin office. In his very first appearance in a local court, he faced a judge who, because Cook wore his red hair down to his shoulders and his beard down to his third button, was miffed and the court would not recognize him and forbade him to speak.

After all was said and done, his legal team prevailed and justice was done, all without Cook saying a word as the lead Attorney. Another memorable case and victory was when while living in Berlin, he sued Brown Paper Co. for polluting the Androscoggin River and won his case resulting in the temporary closure of the plant while proper safeguards were put into place. This victory instantly resulted in him becoming a persona non grata in the mill town with many angry residents spending the night circling his home riding on their

snowmobiles while firing shotguns into the air.

He also talked about many other cases he was involved in: one about a man who was injured on the job and ended up a quadriplegic confined to a wheelchair for the rest of his life. The insurance company refused to honor an applicable \$2 million insurance policy, so Attorney Cook sued and won a \$12 million verdict for him. In addition, he tried a case in our N.H. federal court for an entire year before becoming the only successful litigant in the history of Super Fund. In his career he was also a Public Defender, a potter's apprentice, a blacksmith and authored a book about SIDS (Sudden Infant Death Syndrome).

Today, Cook is semi-retired, an active member in Rotary, and still practices law from his home, handling only such matters as he "enjoys."

Cook was introduced by fellow Rotarian Richard Leonard.

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Knight ice boys battle to 2-2 stalemate with Kennett



KINGSWOOD'S BAILEY SAVAGE (back) and Kennett's Colby Hall battle for position in action last Thursday night.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kennett and Kingswood hockey teams have had many a good battle over the past few years. Chalk up last Thursday, Feb. 4, as another one of those battles. The two teams played to an overtime 2-2 tie at the Pop Whalen Arena in a game that was delayed a day due to some

mechanical issues at the arena and also featured a little drama between periods, as the Zamboni started smoking halfway through cleaning the ice between the second and third periods. Rink staff were able to get the Zamboni off the ice, but the teams played the third period with ice that was partially cleared. “We’ve always had a

great rivalry with Kingswood, they play hard,” said Kennett coach Mike Lane. “It was a good solid effort by our guys.” “We didn’t start playing hockey until the lasts 47.2 seconds of the third period,” said Kingswood coach Mike Potenza. “They played eight minutes and 47.2 seconds of good hockey.”

Kennett got the best of the early chances, as Sam Seavey and Jack Robinson getting shots, but Kingswood keeper Oleg Sheahan held tight in the net for the Knights. Cody Emerson came back with a chance at the other end but Kennett came back with more chances from Seavey and Colby Olivier, with Sheahan coming up with the saves.

Braden Cash and Emerson had bids for the Knights that Kennett keeper Bryson Wroblewski stopped both chances. Case Rogers had a nice defensive stop on a Robinson bid in the zone.

The Knights got on the board first, with Rogers firing home a shot from the slot on an assist from Shaw Swinerton for the 1-0 lead with 9:15 to go in the first period.

Nick Potenza and Bailey Savage had chances for the Knights in front but could not convert and Matt Cormier had a bid for the Eagles that was stopped. Robbie Murphy also had a shot stopped by Sheahan and Olivier and Brady Shaw also sent shots on the Kingswood net that the Knight senior was able to stop.

Swinerton made a nice centering pass to Savage but they could not convert. Olivier had a good defensive stop on a Swinerton rush into the zone and Potenza had a shot stopped by Wroblewski. Swinerton had a late shot go wide



KINGSWOOD SENIORS (l to r), Drew Swinerton, Reese Clarke, Nick Potenza, Oleg Sheahan, Bailey Savage and Riley Smith were honored prior to last week's game with Kennett.

and the period came to an end with the Knights up 1-0. Murphy and Colby Hall had early chances in the second period for the Eagles while Olivier made a nice defensive stop on a Potenza bid. Seavey got in on Sheahan for a chance, but the Knight keeper made the stop. Potenza sent a shot on net that was stopped by Wroblewski. Olivier and Hall had bids for the Eagles but they couldn’t find the back of the net.

Ethan Mosher had a shot for the Knights that Wroblewski stopped and Savage and Swinerton also had chances for the Knights.

With 7:39 to go, Kingswood got the game’s first power play and Potenza and Savage had early chances. Noah Keefe had a good penalty kill for the Eagles and Wroblewski had a nice clear from the zone. Potenza and Emerson had chances as well but the Eagles were able to kill off the penalty.

Hall and Murphy teamed up for a chance that Sheahan was able to stop and Olivier had a couple of bids that the Knight keeper turned away. Brady Shaw also had a chance for Kennett, but Sheahan continued to step up.

However, with 1:03 to go in the period, the Eagles were able to tie things up, as Cormier sent a shot over the top of the net. The puck went off the glass and came right back to him and he fired it into the net. Hall and Murphy got the assists on the tally.

Kennett then took the lead with just eight seconds left in the period, as Seavey ripped a shot home on assists from Keefe and James Dumas and the Eagles took the 2-1 lead to the third period.

Kingswood got a power play chance early in the period, but Hall got in alone on a short-handed bid that Sheahan stopped. Olivier was able to make a good clear and Murphy also had a shorthanded bid denied. Savage, Cam Kean and Potenza had chances but the Eagles were able to kill off the penalty.

Robinson had a chance for the Eagles that Sheahan stopped and Emerson and Kean had bids for the Knights. Rogers had another chance for the Knights that Wroblewski turned down,

With 4:38 to go in the game, the Knights were able to pull even, as Potenza made a nice move in front of the net and slipped the puck past Wroblewski on an assist from Swinerton.

Kingswood turned on some more pressure with Riley Smith connecting with Cam DeVito on a chance, while Potenza and Emerson also had chances, with the latter going off the post. Seavey had a bid for the Eagles that Sheahan stopped.

Potenza sent a shot wide of the net on a faceoff win by Savage and Kean had a couple of good chances, with Wroblewski standing tall, sending the game to the end of regulation tied at

two. In overtime, Kingswood was all over the net, with Potenza, Savage and Smith all getting early chances, but Wroblewski held his ground. Potenza had another bid go wide and Savage sent a shot through the crease while Cormier had a centering pass at the other end of the ice that missed connections. Keefe made a nice defensive play in front of the net and Hall had a chance that Sheahan stopped. Murphy also had a shot denied and sent another one wide. Emerson had a couple of chances as well, but neither team could convert and the eight-minute overtime ended with the score tied at two.

“Everyone is doing it with limited practices, so you have to teach and learn and correct mistakes on the fly,” Lane stated. “That’s a challenge.

“But, I think we were better than we were Saturday night in Berlin,” the Eagle coach continued. “We were out of gas in overtime, but I thought we had the better of the play in the first 30 to 45 minutes.”

Lane also noted that Kingswood played well in the overtime period.

“They controlled the play,” Lane said. “They stretched the ice really well and made things tough on our three defensemen.”

“We struggled all night long, this was not the same team we had on Saturday night,” Potenza said. “It was a different mood on the bench tonight.

“There’s a lot of youth showing through on our team this year,” the Knight coach added. “But, when they do what they’re supposed to do, look what happens.”

While he was disappointed in his team’s play, Potenza did praise the play of DeVito.

“He had an outstanding game tonight in all three zones,” the Knight coach said. “He played well, he played hard, he played determined.”

Kennett will be in action on Saturday, Feb. 13, at home against Sanborn at 5:40 p.m., will be hosting Belmont-Gilford at noon on Monday, Feb. 15, and will be at Belmont-Gilford on Wednesday, Feb. 17.

Kingswood will be hosting Berlin-Gorham on Saturday, Feb. 13, at 7:30 p.m.

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

HIGH SCHOOL SLATE

Thursday, Feb. 11

KENNETT
Ski Jumping at Proctor (State Meet); 6
KINGSWOOD
Boys’ Hoops vs. Gilford; 6
Girls’ Hoops at Gilford; 6
PROSPECT MOUNTAIN
Boys’ Hoops at Belmont; 6
Girls’ Hoops vs. Belmont; 6

Friday, Feb. 12

KENNETT
Boys’ Hoops at White Mountains; 6
Girls’ Hoops vs. Farmington; 7:30
Saturday, Feb. 13

KENNETT
Hockey vs. Sanborn; 5:40
KINGSWOOD
Boys’ Hockey vs. Berlin; 7:30
Girls’ Hockey at Pinkerton; TBD
Monday, Feb. 15

KENNETT
Boys’ Hoops vs. Berlin; 6
Girls’ Hoops at Berlin; 6:30
Hockey vs. Belmont-Gilford; 12
KINGSWOOD
Boys’ Hoops at Plymouth; 6
Girls’ Hoops vs. Plymouth; 6
Unified Hoops at Plymouth; 3
PROSPECT MOUNTAIN
Boys’ Hoops vs. Pittsfield; 6
Girls’ Hoops at Pittsfield; 6
Unified Hoops at Winnisquam; 3:30
Wednesday, Feb. 17

KENNETT
Hockey at Belmont-Gilford; TBD
Thursday, Feb. 18

KENNETT
Boys’ Hoops at Berlin; 6:30
Girls’ Hoops vs. Berlin; 6
Nordic Skiing at Jackson; 3
KINGSWOOD
Boys’ Hoops vs. Plymouth; 6
Girls’ Hoops at Plymouth; 5:30
Unified Hoops vs. Plymouth; 3
PROSPECT MOUNTAIN
Boys’ Hoops at Pittsfield; 6
Girls’ Hoops vs. Pittsfield; 6

All schedules are subject to change.



COURTESY PHOTO

Lacrosse clinics

The Laconia Lacrosse Club is gearing up for its 2021 spring season and has begun offering winter clinics on Sunday afternoons and evenings for current and prospective players. The club fields teams for boys and girls in grades one through eight from Laconia and most of the surrounding towns. Interested families should visit the club’s web site and e-mail the club for information about the clinics and the season. Pictured are some of the 10U (third and fourth grade) girls at the clinic on a recent Sunday afternoon at the Laconia Community Center.

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