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

Fish and Game gives Downing's Landing update

BY AIMEE TERRAVECHIA

Contributing Writer

ALTON — As construction at Downing's Landing wraps up for the season, the New Hampshire Fish and Game (NHFG) has shared updates about the timeline and scope of the project, quelling residents' concerns about winter access and raising additional questions about the 2020 summer season.

Graaskamp serves as the project co-

ordinator with NHFG, and he recently shared updates to the project via e-mail.

The NHFG set their sights on Downing's Landing due to its location on Lake Winnipesaukee. "Downing's Landing is the only free, state controlled public access ramp on Lake Winnipesaukee," Graaskamp stated. "It receives high volume use during the summer and required refurbishment to

improve the level of service to meet this need." It is this refurbishment that has left many Alton residents asking questions about the construction. Recent delays have pushed out the timeline of the project out until

The original timeline included a planned closure running through Columbus Day, however the discovery of buried debris has delayed construction at the site.

Despite the delays, NHFG is confident that the planned improvements will benefit residents. "We believe the upgraded boat access facility will enhance the water-recreation opportunities associated with the town to everyone's benefit and enjoyment," Graaskamp said.

The new timeline still allows for winter access. Many residents have raised concerns about using the location for ice fishing, and other seasonal recreational activities. The site has served as a point of entry for the town's Winter Carnival in the past as well.

"The ice fishing access from this property will be similar to past years," Graaskamp said.

He did note, however, that access will be restricted to the stretch of sandy terrain adjacent to the ramp. "We will not be able to remove the loose stone covering the ramp," he said. Graaskamp also urged residents planning to use the area for winter access to the lake to use caution. "Any person using this property does so at their own risk and are responsible for ensuring their own safety. The NH Fish and Game Department makes no warranty or claim that the site is safe and suitable for any activity or purpose by the public," Graaskamp noted. "These caveats are true of any NHFG access

location or property." Although Graaskamp

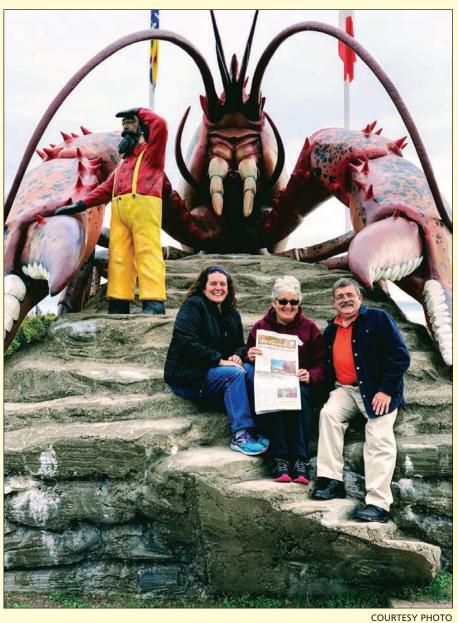
Harvest Happenings coming

for Alton's Halloween

noted that the overall scope of the project remains relatively unchanged, they are still considering what changes will be made to parking at Downing's Landing. "To afford safe and efficient passage around the small 0.8-acre property, about 16 trailer-vehicle tandems and about three cartop spaces are being considered for the site," Graaskamp said. "The final parking layout and count has not been established." Graaskamp also noted that an ADA-compliant space would be available in the finished parking

The current projected timeline includes resum-

SEE DOWNINGS, PAGE A9



Lobster and the Baysider

The Bothwicks and Dvers in New Brunswick. Canada having fun at Fundy and enjoying lobster while reading the Baysider. This spot marks the highest tides in the world and largest lobster in the world. If you have a photo of you and The Baysider in a unique location, send the photo and pertinent information to josh@salmonpress.news.

Help construct new trail at Jones Field

ALTON — The Loop Trail is envisioned as a scenic, dog-friendly walking trail around the perimeter of Jones Field. When complete, it will skirt Jones Field, traverse along the old B

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& M Railroad path overlooking the marsh of the Merrymeeting River, which has astounding flora and fauna and loop (as suggested by its name) back to its point of origin.

Jones Field is located off Letter S Road across of the Alton Public Works Department and is home to fields where Alton kids play t-ball, softball and baseball. Jones Field can also be accessed as a pedestrian via Riverlake Street, which begins near J.P. China in Alton Bay. Ample parking is available in each location.

The pedestrian way is part of the Quannippi Trail, which is presently being developed from the Alton Bay Community Center to Liberty Tree

Park near the Route 140 Fire Station.

The Loop Trail will be a relatively flat, of moderate ability and a perfect diversion for parents accompanying their children to practice or games at Jones Field. It is also envisioned as an easily-accessible stroll for citizens and visitors of all ages.

Volunteers sought to clear out the new trail on Saturday, Oct. 26, and Saturday, Nov. 2, at 9 a.m. Volunteers should meet at the north end of Jones Field and should bring work gloves, brush cutters, a chainsaw (if you're capable of using one) and a small Bobcat or similar (if you have one) to help with rough portions of

SEE TRAIL, PAGE A9

phies will be provided

downtown will transform for this year's Halloween, featuring a brand new communitv-wide festival called Happenings, sponsored by the Alton Association in collaboration several community groups, town departments and local businesses.

Contests

Pumpkin lighting and decorating contest will take place in front of Town Hall. Residents who want to participate are asked to drop off their pumpkins either between 4 and 6 p.m. on Wednesday, Oct. 30, to register, or the night of the event from 4 to 5 p.m. on Thursday, Oct. 31. Prizes will be awarded for two categories, youth and adult entries. Troby Catchpenny and voting will be organized by PinPoint Local.

Business fall decorating contest is being sponsored by the Alton Business Association. Snap a photo of your store-front decorations, or decorate a scarecrow and display it at Ginny Douglas Park on Main Street. Share with the ABA on social media for a chance to win best decorations for this year's Harvest Happenings. Award ceremony will take place in front of Town Hall on the night of Harvest Happenings.

Activities

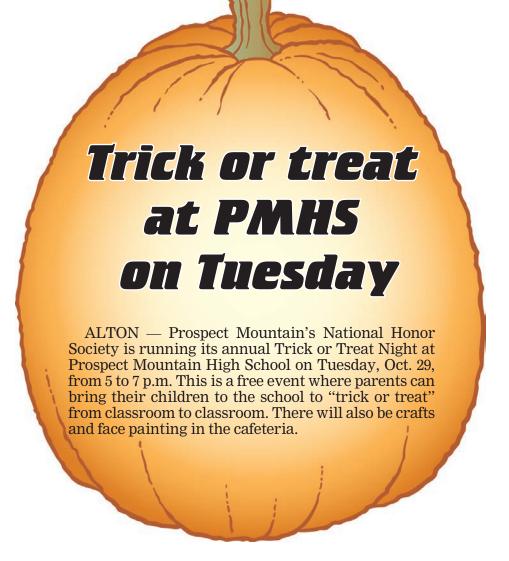
Trick or Treating will take place throughout town from 5 to 7 p.m. Visit houses and local businesses on Main Street to join in the other fun.

Trunk or Treating will take place in the parking lot of Lakeside Dental. Several school groups and organizations will be there to hand out candy from 5 to

Face painting and "Monster Makeovers" at Monument Square. They have a couple of volunteers who will be happy to provide free face painting for kids on Halloween night.

Free yard games will take place at Monument Square. Residents are invited to pick up a game with their neighbors in-between trick-ortreating. Cornhole sets provided by Alton Parks and Recreation and other games provided by Little Jimmy's Italian Ice of Alton.

Wand decorating SEE HALLOWEEN, PAGE A9





GEORGE MURPHY - COURTESY PHOTO

Colors of fall

Alton Bay was full of fall colors before last week's storm brought down many of the leaves in the area.

Haunted trails in New Durham on Halloween

NEW DURHAM — Halloween Haunted Trails will take place at the New Durham Meetinghouse on Thursday, Oct. 31, from 6 to 7:30 p.m.

Donations are greatly appreciated and visitors are invited to walk through the woods at their own risk, though children under 14 must be supervised.



November 2, 2019 7:30pm

Inter-Lakes Auditorium Rt. 25, Meredith, NH

TCHAIKOVSKY - Piano Concerto No. 1 TCHAIKOVSKY - Symphony No. 2 **ROSSINI - Barber of Seville Overture**

TICKETS - \$20 Adult / \$10 Student www.LRSO.org 800-838-3006

Laconia - Greenlaw's Music Meredith - Innisfree Bookshop



Seven town mixer coming Nov. 7

NEW DURHAM Moose Mountains Regional Greenways (MMRG) will hold its seventh annual 'Seven Town Mixer' on Thursday, Nov. 7, from 5:30 to 8:30 p.m. at New Durham Elementary School, 7 Old Bay Road, New Durham. Guest presenters Barbara Richter, Executive Director of NH Association of Conservation Commissions, and Charlie Bridges, Chair of the Birch Ridge Community Forest Citizens Committee, will discuss town forests, community forests and their benefits. The program will also feature networking and information-sharing by municipal officials from MMRG's seven service towns: Brookfield, Farmington, Middleton,

come. At first glance, the terms 'town forest' and 'community forest' may sound superficially interchangeable, but in New Hampshire, they

Milton, New Durham,

Wakefield and Wolfe-

boro. The public is wel-

are quite distinct. Bridges summarizes the difference, "Community forests result from a dedicated federal funding program (the Community Forest Program of the US Forest Service), whereas town forests are defined in NH state law and designated by a town's governing body."

Bridges will speak about the Community Forest Program that made possible the recent creation and conservation of the 2,000-acre Birch Ridge Community Forest in New Durham, owned by Southeast Land Trust of New Hampshire (SELT), with a conservation easement held by MMRG.

Richter will discuss the benefits of setting aside town-owned lands as town forests based on information from the Town Forest Inventory project completed with UNH and the Northern Forest Center. Richter remarks, "I'll also cover some examples of forest management projects that conservation commissions have been involved in."

Members of town select boards, planning boards, conservation commissions and other municipal officials are all invited to attend this unique educational event that brings town officials together. The evening will begin with networking and complimentary refreshments. This event is free and open to the public but pre-registration is required. For more information, call MMRG EduLygren at 978-7125 or e-mail mmrgnh@gmail.

MMRG, a non-profit land trust, works to conserve and connect important water resources, farm and forest lands, wildlife habitats and recreational land and offers regular educational opportunities to inform all ages about the benefits of the region's natural resources. More information and a calendar of upcoming events are available at www.mmrg. info.

Halloween fun at 1772 Meetinghouse

NEW DURHAM — A haunted and old-fashioned spooktacular is in the works for Halloween night at the 1772 Meetinghouse on Old Bay Road.

Often the site for ghostly historical performances and frightful trails on All Hallows' Eve, the Meetinghouse and grounds will once again host a variety of activities for every age from 6 to 7:30 p.m. on Oct. 31.

Inside the building, join in the fun with a cupcake walk, pumpkin ring toss, and photo booth. Ever tried eating a doughnut on a string? Here's your chance. Of course the candy will be plentiful for trick-or-

treating. You can also enjoy popcorn, hot cocoa, and cider, courtesy of Meredith Village Savings Bank.

Wander down to the Old Stone Pound, if you

Prove your courage by walking the haunted trail. Bring a flashlight, but it's up to you whether to use it or not. You won't be scared, will you?

Ample parking is available on the Meetinghouse grounds. The event is free, but donations are appreciated. Children under 14 must be supervised.



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Hassan visits Lakes Region Technology Center



ELISSA PAQUETTE

LAKES REGION Technology Center Principal Bruce Farr, KRHS senior Nate Overall, teacher Scott Meserve, US Sen. Maggie Hassan and KRHS senior Jackson Walsh discussed the value of the precision manufacturing in career development.

BY ELISSA PAQUETTE

Contributing Writer

WOLFEBORO — The Lakes Region Technology Center (LRTC), located in the Kingswood Complex in Wolfeboro, received a visit from US Sen. Maggie Hassan on Oct. 1. Hassan, who worked to pass bipartisan legislation that updated the Carl D. Perkins Career and Technical **Education Improvement** Act, came to spread the word on funding for states to implement high-quality career and

technical education pro-running the cash regisgrams.

In turn, Work Based Learning teacher Jennifer French and LRTC staff, offered students in the marketing, culinary arts, computer networking and precision machining classes the opportunity to share their educational experiences with Hassan.

Marketing students Caroline and Savannah Thomas talked with Hassan in the school depot store, where they have acquired

ter and maintaining the

"Has the hands on

experience helped you?" asked Hassan. Caroline quickly responded, "I've learned more in this class than

any other." The two both said they have jobs outside of school in which they are able to apply what they are learning and have their sights set on continuing their education

in business.

Hassan said that is

the goal, to align the technical education curriculum for a successful transition from high school to college and on to a chosen career, and as she left for the Skylight Dining Room where she would soon talk to culinary arts student Lillian Bouwen, she asked them to send her any ideas they wished to

Bouwens and Hassan spoke as the Wolfeboro Community Television camera rolled and a coterie of educators, in-

share.

cluding GWRSD Superintendent Kathy Egbert, LRTC Principal Bruce Farr, Hassan's Deputy Communications rector and a security member, French and this reporter, looked on. Such an experience could be unnerving to a high school senior, but Bouwens made talking about her educational pathway look easy.

Down the hallway and on into the computer networking classroom, students Tyler Mahler, Thomas McGee, Aaron Stanard and Isaac Garry were gathered to share their enthusiasm for problem solving alongside Information Technology (IT) Director Jacob Eveleth, an engagement made readily available by the IT department's proximity within Kingswood High School.

Garry, a member of the robotics team, said the robotics program has been gratifying and fits in with his desire to major in engineering at UNH.

"We're looking to you guys to help with cybersecurity," the Senator told them, as their conversation continued.

She spoke of its importance and the need for people with technology experience to explore the field. The computer networking class has allowed them to get a jumpstart, students said, and they are looking forward to expanding their expertise.

The precision manufacturing classroom, run by teacher Scott Meserve, was next. Seniors Nate Overall and Jackson Walsh learning G Code programming wasn't easy, but they "fell in love with it." They spoke against a backdrop of the district's substantial investment in machinery.

The LRTC has the highest enrollment in its history, said Farr. Three hundred-twenty dents from Alton, Barnstead, Moultonborogh, Farmington and the seven towns of the Governor Wentworth Regional School District (Brookfield, New Durham, Middleton, Ossipee, Tuftonboro and Wolfeboro) are able to choose from 14 programs.

In addition to the programs Hassan visited, are agricultural science, auto collision repair, auto science technology, construction trades, careers in education, graphic design, health sciences, hospitality and tourism, multimedia, and theatre stagecraft.

Workshop on pet health on Nov. 2

NEW DURHAM — Ever wonder why your pet is on medicine but isn't improving? How did the illness happen to begin with? What can you do to help heal your little friend?

The New Durham Public Library is hosting a workshop on Saturday, Nov. 2, from 10:30 a.m. to Lowry, who says there is a time and a place for both conventional and alternative medicine.

ferent avenues available for animals' health and wellness.

Participants at this free event will learn

12:30 p.m. with Michele about reiki, acupressure, energy work, communication, nutritional choices, supplements, emergency care, integra-Holistic Options for tive medicine and how Animals will explore difto be your animal's best advocate.

"We'll talk about the many options available from holistic veterinary care to holistic practitioners, as well as various alternative modalities and how they work," Lowry said.

The root cause of illness, toxicity in the body, and the emotional component to healing your pet will also be covered.

This is a question and answer workshop.

The library loves animals, but the event is for pet owners only. Call the library at 859-2201 for more information. Registration is not required.

Choose Love Movement presentation at PMHS Nov. 6

ALTON — The Jesse Lewis Choose Love Movement is a social and emotional learning program that teaches educators and their students how to choose love in any circumstance and helps them become connected, resilient and empow-

Come join Scarlett Lewis, the mom of Jesse Lewis, who was killed in his first grade classroom at Sandy Hook Elementary School in Newtown, Conn. in December 2012.

Using her son's example of courage, Scarlett Lewis decided to become part of the solution to the violence today and started a worldwide movement to choose love. She started the Jesse Lewis Choose Love Movement to foster the understanding that with the right tools, people can educate and encourage individuals to choose loving thoughts over angry thoughts.

Scarlett Lewis will be at Prospect Mountain High School's auditorium on Nov. 6 with pizza and drinks provided by End 68 Hours of Hunger of Barnstead at 6 p.m. and the presentation starting at 6:30 p.m.

For more information, visit jesselewischooselove.org.

Gilman Library open house is Friday

ALTON — The Friends of the Gilman Library will be hosting an open house on Friday, Oct. 25, from 10 a.m. to 4 p.m. to celebrate National Friends of the Library Week.

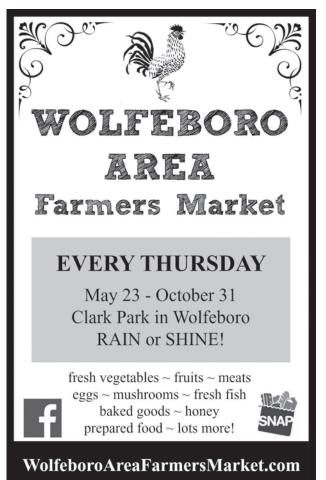
There will be homemade cookies and cider served all day. Books, DVDs and seasonal décor are avail-

able to buy at the Friends Corner. You may also join the friends or renew your dues at this time.

This day will be the last day for the fall raffle. Tickets are available for your choice of three prizes: A beautiful fall crocheted afghan for those cooler days ahead, a colorful sewn quilted Halloween banner, or a festive handmade pumpkin.

Come spend some time and see all that the Gilman Library has to offer.









We Will NOT be Undersold

Opinion



CATHY ALLYN

Something sweet

All ages pitched in to prepare, serve and clear the first Senior Lunch of the season in New Durham on Saturday. Town employees sponsor the monthly events at the New Durham Fire Station Community Room for residents 60 years old and over. Future dates are Nov. 23, Jan. 18, Feb. 15, and March 21. Call Town Clerk Stephanie MacKenzie at 859-2091, extension 1, for more information.

Showing support

A newspaper is only as successful as the communities in which it is based and we feel grateful to be part of the Alton, Barnstead and New Durham communities. The communities have supported us in numerous ways over the course of the last decade-plus and we are appreciative of everyone who has contributed to the success of

There are many ways people contribute to the paper's success. Some people write a column on a weekly or monthly basis (Mark Patterson, John Harrigan, Vivian Dion), some people send press releases representing various groups throughout the local communities, which we are able to publish each week. Others are contributing writers for the paper, covering meetings and other events throughout the local communities.

But possibly the most important contributors to the newspapers are the advertisers, the businesses in the local community that continue to purchase advertising space in the paper each week.

Advertising is the key to any newspaper, as it is the revenue from advertising that allows the paper to be printed. Obviously, because the paper is free, we don't make money from subscriptions, but even for papers that aren't free of charge like ours is, advertising is the key mode of income. There are many local businesses that have been with us for a long time and we couldn't be more grateful for their support over the years.

For those unfamiliar with exactly what goes into a newspaper each week, the ads are paid space, where businesses can get their message out. These ads are traditionally found at the bottom of each page of the newspaper (besides this one). Businesses pay for ad space based on the size of the ad and our layout people place the ads on pages and then the editorial items (press releases, photos and stories) are placed in the space above the ads. The ads come first and then we fill the rest of the space with the content sent in by readers or writers.

As the print journalism field continues to make adjustments to the changing economic times and the prevalence of online news, there are many advertisers who have continued to trust in us and we thank them for their loyalty and support.

And we'd like to ask that the readers of our newspaper take a look at the paper each week and check out the ads. And if you have business to do, we'd be appreciative if you chose to do business with someone who advertises with us. If advertisers know that people see their ads, they will continue to place those ads. There is a wide variety of businesses advertising services in the paper each week, plus a number of different ads running in the classified section (after the sports section). Your support for us by supporting our advertisers is always appreciated.

The community must work together to be successful and newspapers, advertisers and customers are all part of that togetherness.

Barnstead Historical Society meets tonight

BARNSTEAD — Did you know Barnstead had two private volunteer fire companies for many years? Join the Barnstead Historical Society on Oct. 24 at the Town

Hall to hear some of the many stories from both the Barnstead Parade and Center Barnstead Fire Companies. A potluck supper will be held at 6 p.m., followed by

members of both companies sharing some of their memories at 7 p.m. A short business meeting will be held after the main event to wrap up the year, including elec-

tion of officers for 2020. If you have any questions, feel free to call Denise at 269-5871.

Celebrate at Alton Legion Friday

ALTON — Join Alton American Legion Post 72 for a Halloween party on Friday, Oct. 25, at the lodge, located on Route 28 just north of the Alton Traffic Circle.

The kitchen will be open from 5 to 8 p.m. and there will be a costume contest and tons of fun. The Marcy Drive Band will be playing starting at 7:30 p.m.

Call 875-3461 for more information.

Locke Lake parking ban begins Nov. 1

BARNSTEAD — Locke Lake Colony Association will have a parking ban on all colony roads beginning Nov. 1 through April 30, 2020.

This is necessary to be able to plow effectively. If cars are left in the roadway and obstructing this work, they will be towed.

MMRG bonfire event set for Oct. 25

MILTON — As part of its 'MOOSE-ies for Families' series, Moose Mountains Regional Greenways (MMRG) will offer a family bonfire evening of nature-related children's games and other fun activities next to a roaring bonfire on Friday, Oct. 25. Two years ago, a bonfire evening was the kick-off event for 'MOOSE-ies for Families' and it has become a favorite tradition in that program. The series of six family activities per year was developed for children and their families to have fun together outdoors while learning about the natural world.

Each of the past two years has featured two separate bonfires: one roaring blaze, exciting for families to watch, and a second quieter campfire where children could roast marshmallows. Activities have included participatory music-making and games based on wildlife or nature themes. This year's family bonfire evening will once again offer games and other types of fun led MMRG staff and volunteers. In addition, there will be unstructured time, emphasizes MMRG Educational Outreach Coordinator Kari Lygren. "Kids are so imaginative; we'll see what they come up with as well." She adds, "Last year, families were having so much fun, they didn't want to leave."

The bonfire evening will take place from 5:30 to 7:30 p.m. at a private venue in Milton. Children of all ages are welcome with their families

but pre-registration is required. The event is free for MMRG member households; non-members will need to join (see below) to be eligible for the full 'MOOSE-ies for Families' program of events. For more information, directions, and to pre-register, call Lygren at 978-7125 or email mmrgnh@gmail. com.

'MOOSE-ies for Families' stands for Members Only Outdoor and Social Events for Families. Families can join MMRG at www.mmrg. info/become-a-member/ or call 473-2020 to inquire about available scholarships. The next 'MOOSE-ies for Families' event is a walk to gather greens and make seasonal decorations on Saturday, Dec. 1. MMRG

would like to thank MRP Manufacturing, LLC in Pittsfield for sponsoring the 2019 'MOOSE-ies for Families' series and the Dorr Foundation, which supported the program with a grant.

MMRG, a non-profit land trust, works to conserve and connect important water resources, farm and forest lands, wildlife habitats, and recreational land in Brookfield, Farmington, Middleton, Milton, New Durham, Wakefield and Wolfeboro. MMRG also offers many educational opportunities to inform all ages about the benefits of our region's natural resources. For more information and a calendar of upcoming events, visit www.mmrg.info.

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Cast and crew gearing up for Once Upon a Mattress



EMILY JUDKINS - COURTESY PHOTO

CHRISTIAN BOUDMAN (minstrel), Jonathan Babon (Sir Harry), Phoebe VanScoy-Giessler (Queen Aggravain), Emily Marsh (Princess Winnifred) and Max Gehring (Prince Dauntless) are preparing for the opening night of Once Upon a Mattress on Nov. 1 at the Village Players Theater.

WOLFEBORO — The Village Players fall musical, Once Upon a Mattress is in the final weeks of rehearsal as the cast and crew prepare for the Nov. 1 opening night.

Longtime Village Player Emily Marsh will be portraying Princess Winnifred, the role that gave Carol Burnett her Broadway debut and a Tony Award nomination.

Dauntless, who must be married before anyone else in the kingdom can tie the knot, is portrayed by Village Player newcomer Austin "Max" Gehring.

Prince Dauntless' parents, Queen Aggravain and King Sextimus the Silent, will be portrayed by Village Players veterans Phoebe VanScoy-Giessler and Bob Tuttle. Veteran Village Player Christian Boudman will be the show's narrator in his role as the minstrel.

The role of Lady Larken features Kimmi Adjutant, who starred as Mary Middleton in last year's production of The Drunkard while Sir Harry is being portrayed by Jonathan Babon, who may be best known in Village Players circles for his portrayal of Seymour in Little Shop of Horrors and Sir Lancelot in Monty Python's Spamalot.

Village Players newcomer Christopher Dudley received the role of the jester while veteran Village Player Paul

Stewart will portray the wizard. Joyce Wood, Andrew Long and Samantha Gagne will help open the show as the pantomime queen, prince and princess. Gagne will also be portraying Lady Merrill, while fellow newcomer Lizzie Fogg will be playing Lady Lucille and Beth Marsh will be Lady Rowena.

Newcomer Anna Jortikka will be in the role of Princess number 12 as well as Lady Mabelle. Veteran Village Player Corky Mork will be playing Sir Studley and Jordan Canney, in his second Village Players show, will portray Sir Luce. Emily Judkins, also in her second Village Players show, will be portraying the kitchen wench while newcomer Madeline Adams will be part of the ensem-

Once Upon a Mattress was written as an adaptation of the Hans Christian Andersen fairy tale, The Princess and the Pea. The music was written by Mary Rodgers, with lyrics by Marshall Barer and book by Jay Thompson, Dean Fuller and Barer. It opened off-Broadway in 1959 and moved on to Broadway.

The show will run the first two weekends of November, with 7:30 p.m. shows on Nov. 1, 2, 8 and 9 and 2 p.m. shows on Nov. 3 and 10.

Kathleen Hill is helming this production with the assistance of Chelsea Stewart. The production staff includes producer Joshua Spaulding, costume designer Bobbi Boudman and her dedicated crew, set designer Russ Ellis and a crew of set construction builders, lighting director Cate Poole, music director Julie Carbone, choreographer Dudley, house manag-

er Ester Roakes, props master Phoebe VanScoy-Giessler, poster designer Stefanie Marsh, program designer and ticket guru Carol Bense and makeup and hair artists Chelsea Stewart and Michaela Andruzzi.

Once Upon a Mattress is sponsored in part by Richard J. Neal, DMD.

Vendors sought for robotics team's holiday fair

ALTON — The Prospect Mountain High School Team 319 Boosters is holding its third annual holiday craft and vendor fair on Saturday, Dec. 7, from 9 a.m. to 2 p.m. at Prospect Mountain High School. Vendors and crafters are still wanted. For information on table space, please contact Michelle Kelley at MKelley5199@metrocast.net. Information can also be found at www.frc319.com.

Bat program at Gilman Library today

ALTON — Please ioin in at the Gilman Library for an afternoon with Jerry Schneider's bat program. This event is scheduled for Oct. 24 at 3:30 p.m., on the lower level, in the Agnes Thompson Meeting

Room. Schneider, the creator of the award-winning Butterfly Game, presented the butterfly program

three years ago. He has offered nature programs in schools and libraries for the past 12 years, throughout the Northeast, the Midwest and the Atlantic Seaboard. The Butterfly Game received a National Parenting **Publications** Award in 2004.

Schneider brought the wonderful world of bats to audienc-

wonderful slide photographs by Merlin D. Tuttle, former president of Bat Conservation International. This program features the echolocation calls of bats.

What is echolocation? How loud is it? Why can't people hear bats when they are echo-locating? The bat program introduces audiences to local and tropical bats, the

at the Gilman Library Vampire Bat, and many es since 2003, using the

MATTHEW FASSETT – COURTESY PHOTO

Conserving

Program chair for the Alton, Barnstead, New Durham Centennial Rotary, Bob Regan (right) thanks Chairman of the Board of the Lakes Region Conservation Trust, Russ Wilder, for his talk at Rotary's Thursday breakfast meeting. Wilder informed Rotarians about the work of the LRCT overseeing hiking trails throughout the region. His power point presentation included photos and information about Alton's three LRCT hiking trails, Trask Swamp Preserve, Knights Pond Conservation Area and the Cotton Hurd Conservation Area. All in all, the LRCT protects, improves and maintains more than 100 miles of hiking trails for nature lovers and students of all ages to explore, see scenic breathtaking views, hear the call of loons, encounter wildlife and visit lakes, ponds and streams. Hiking maps for all trails are available by visiting the LRCT office, 156 Dane Road, Center Harbor, or download maps at Irct.org/explorelearn/trail-maps/. Rotary President, Duane Hammond (left), also thanked Wilder for his presentation.

more of the only flying mammals. Via slides and taped bat calls, audiences move beyond old stereotypes, to understand the vital roles of bats in the environment.

Attendees will see slide photos of the Big Brown Bat, the Silver-Haired Bat, and the Desert Red Bat. Eyes will light up at such phenomenal creatures as Townsend's Big-Eared Bat and the Pallid Bat. A t-shirt craft will follow the slide show. Children may purchase a heavy white tee shirt for \$4 or bring their own.

Schneider is a former teacher and children's librarian. He has two grown children and lives with his wife and dog, Zoe, in the Northeast Kingdom of Vermont.



ANNUAL THANK&GIVING BA&KET&

Another year has gone by with Thanksgiving right around the corner. I am informing everyone that Operation Blessings has transferred their organization to Alton Community Services. Donations would still be gratefully accepted in the form of cash, check or money orders. You can now make donations still payable to "Operation Blessings" but mailed to Alton Community Services, P.O. Box 43, Alton, NH 03809.

If you are interested in helping distribute baskets, or can suggest the home of a shut-in or a needy family, please contact Chris Racine at 603-833-3482 or Amy McDonald at 603-998-7729.





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Families enjoy time under the moon

MILTON — What can you do outside in the dark? A lot, it turns out, as discovered by a dozen parents and children who joined Moose Mountains Regional Greenways (MMRG) for a Family New Moon Walk on a warm September evening at Branch Hill Farm in Milton Mills. The outing was part of MMRG's 'MOOSE-ies for Families' program of six nature-related activities per year, designed for families to have fun outdoors together and to encourage a new generation of conservationists.

As twilight fell, families walked along a woods road through the Branch Hill Farm forest. One child picked up a pine cone, which became an opportunity to identify and learn about pine trees. When the forest transitioned from softwoods to deciduous. trip co-leader Tom Gardner pointed out the differences between leafy trees and trees with needles. Other senses came into sharper focus as twilight deepened. When co-leader Kari Lygren pointed out the soft moss under their feet, one little girl opted for the full sensory experience and lay down in it. Further along, where the path opened up to a field, everyone spontaneously grew quiet and listened.

The destination was a secluded meadow enclosed by woods, perfect for stargazing while lying on blankets or for frolicking around on the grass. Kids had a great time chasing and capturing crickets while adults enjoyed seeing the stars gradually appear in



AMY GARDNER - COURTESY PHOTO

KIDS RUN in the field under the moonlight.

the darkening sky and learning to identify various constellations. Everyone was interested in trying the red flashlights (red cellophane taped over the light bulb end), which made it easier for eyes to adapt to the dark.

Earlier, Gardner had

discussed how our eyesight is based on rods and cones and why red and white light has different effects. He gave examples of animals with different types of sight: nocturnal animals, such as owls, bats and raccoons, that come out and hunt only at night; crepuscular animals such as deer, active at dawn and dusk; and the many

diurnal animals that humans are familiar with because we're all out and about during daylight hours. By the time families made the walk back from the field to their cars, night had fallen and children noticed they could see better when the lights stayed off or only red lights were used.

Reflecting on the evening, Lygren reported, "We threw out most of the structured activities we had planned, because kids were having so much fun playing in the field and being outside in the dark. That's the point after all, for us to enjoy and value what nature has to offer us!"

'MOOSE-ies for Families' stands for Members Only Outdoor and Social Events for Families, a membership benefit for MMRG member families. Upcoming MOOSEies events include a bonfire evening of stories, music and games on Friday, Oct. 25, and a Saturday morning walk to gather greens and make natural decorations on Dec. 1. Families can join MMRG at www.mmrg. info/become-a-meminquire about available scholarships. **MMRG** would like to thank MRP Manufacturing, LLC in Pittsfield for sponsoring the 2019 'MOOSE-ies for Families' series, and the Dorr Foundation, which supported the program with a grant.

MMRG, a non-profit land trust, works to conserve and connect important water resources, farm and forest lands, wildlife habitats, and recreational land in Brookfield, Farmingber/ or call 473-2020 to ton, Middleton, Milton,

New Durham, Wakefield and Wolfeboro. MMRG also offers educational opportunities to inform all ages about the benefits of our region's natural resources; see www. mmrg.info. Branch Hill Farm/Carl Siemon Fam-Charitable Trust works to protect open space and working forests and to educate the public about sound forestry, conservation and agricultural practices; www.branchhillfarm.org.

Central NH VNA and Hospice hosts annual meeting

ing an overflow crowd Emily Clement entertained and inspired attendees with her stories peppered with life lessons and wisdom. "Activate your superpowers and you will move in a powerful direction."

During the Annual Meeting program, Central New Hampshire VNA and Hospice staff recognized individuals that have gone above and beyond the expected this past year in their service to Central New Hampshire VNA & Hospice, to our communities and throughout the State of New Hampshire.

Named after one of the agency's founders and longtime healthcare advocate, Alida Millham, the Millham Leadership Award was given to Dr. Vercin Ephrem, President of the Medical Staff at LRGHealthcare for his continued lead-

REGION — Address- ership in providing high quality healthcare to Region.

The Shirley Bentley Outstanding Clinician Award is given each year to clinicians that embody the values of longtime friend of the agency Shirley Bentley, this year the award was given to Sarah Magee in recognition of her continued caring, compassion and professionalism in her position, as well as her enthusiasm for learning.

The Leavitt/Knight Volunteer of the Year Award, named after agency founders Charlotte Leavitt and Doreen Knight who both valued and understood the importance of volunteers in an agency like ours

was given to volunteer and retiring President on Wednesday evening, New Hampshire's Lakes of the Board Gina Finocchiaro in recognition of her commitment to the care and well-being of our community, both as a trustee and as a volun-

> Central New Hampshire VNA and Hospice continues to be a leader in providing quality care to those in need throughout the Lakes Region. The Annual Meeting also included the election of new trustees voted onto the board, which included Kristin Snow and Robin Michaud. Officers elected included President Kristin Gardiner, Vice President David Huot. Treasurer Susan Houghton and Secretary Mark Edelstein.

COURTESY PHOTO

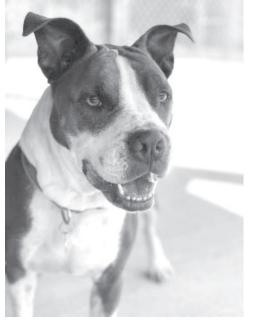
Newcomers

On Sept. 26, the Lakes Region Newcomers Club kicked off its 41st year at the Inn on Main in Wolfeboro. More than 70 LRNC members enjoyed an evening of dining and dancing with music provided by No Limitz. LRNC is a social organization filled with a large variety of special interest groups as well as events and activities, including art and music venues, game nights, theatre and sporting events. The club is open to new and long-time residents of the Lakes Region both seasonal and year round. To learn more about the club, please visit www.lrnc-nh.com. Pictured (I to r), LRNC Co-Presidents Al and Sue Stevens of Alton Bay with LRNC members Elaine and Mark Giansanti of Wolfeboro at the LRNC September Dinner.

Toby has been waiting since July 30th for a new home...that's a pretty long while. He is a handsome, 4-year-old, 75 pound Bull/Terrier mix who is looking for an active home without other dogs and with children over 10 years of age. He is anxious around men and paper towels likely because he suffered abuse before he was rescued. He has no experience with cats. He loves to run and play fetch. He is current on vaccinations, neutered and microchipped and beyond excited to move into a home of his own soon.

PS - Check out our NEW 3 minute video!





OHRV safety class is Nov. 9 in Pittsfield

PITTSFIELD — The Suncook Valley Sno-Riders will be holding their annual safety class on Saturday, Nov. 9, at the Pittsfield Community Center, Pittsfield, Broadway Street entrance. Class time is from 8 a.m. to 3 p.m. but please arrive between 7:30 and 8 a.m. to sign in. A parent

in and are encouraged to attend if they wish to do so. Students must be 12 years old by the end of the riding season. Lunch will be provided. Please contact Joe Hough at 269-2270 or skidoo_boy@ yahoo.com to sign up and reserve a spot.

needs to sign the child



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town **Address** Type Alton 51 Indian Shore Rd. Single-Family Residence Alton 192 Main St. Single-Family Residence 11 Marsha Dr. Alton Single-Family Residence Mount Prospect Road N/A Alton Alton 59 Rustic Shores Rd. Single-Family Residence Alton N/A (Lot 3) Barnstead 1 Beaver Ridge Rd. Single-Family Residence Barnstead N/A N/A Barnstead N/A N/A New Durham 36 N. Shore Rd. Single-Family Residence New Durham 223 N. Shore Rd.

\$650,000 \$65,200 \$165,000 \$57,000 \$375,000 \$500,000 \$239,000 \$80,000 \$60,000 \$300,000 Single-Family Residence \$560,000

Price Seller

Edward C. Brodmerkle Trust Wilmington Savings Fund Society Christopher C. Thomson Patricia L. Diliberto Lawrence C. Holt Mark F. Nutting and Pamela A. Miller Dalpra Fiscal Trust and Anthony M. Dalpra Walnut Harvest LLC Grey Rocks NT and Mary T. Demichaelis John E. & C.J. Lavin RET

Buyer Smethurst Fiscal Trust and William Smethurst BKK Alton LLC Eric J. McGrath N. Jane Corbett RET Gary R. and Suzanne Brunelle Joseph Kevin Callahan Estate and Barbara J. Westbrook Kiki J. and Raymond D. Schmalzi Michael A. and Angela N. Boyd

Scott M. and Aimee Curran Jonathan Spooner Joseph W. and Sarah A. Pace Craig A. Wisneski and Elise D. Matefy

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

Rondeau awarded the Jennifer Wierwille Norton **Advocacy in Action Award**

Alton resident Schelley Rondeau, Central New Hampshire VNA and Hospice's Pediatric Program Coordinator, received the Jennifer Wierwille Norton Advocacy in Action Award at New Futures 2019 Annual Awards Celebration. New Futures is a non-partisan, non-profit organization that advocates, educates and collaborates to improve the health and wellness of all New Hampshire residents through policy change.

Rondeau received the accolades for her determination and advocacy in support of a Senate Bill for Medicaid Home Visiting. This past year, Rondeau testified in support of home visiting in both the House and Senate, as well as at a budget hearing. She submitted a letter to her local newspaper, and she and her husband, Wolfeboro Police Chief Dean Rondeau, recorded a radio ad to ask legislators to support home visiting programs.

Rondeau is an inspiration, a compassionate advocate, and someone who cares deeply about keeping Granite State kids healthy and safe. In her role as the Central New Hampshire VNA and Hospice Pediatric Nurse Program Coordinator, Rondeau has helped countless children and families build life skills



LISA DUPUIS, CEO of Central New Hampshire VNA and Hospice and Schelley Rondeau, Pediatric Program Coordinator.

and resilience.

"As a pediatric nurse coordinator in Carroll and Belknap counties, I have been involved with New Hampshire's Home Visiting program since it was a pilot program back in the early 90s," Rondeau says. "To be able to education and support young families to develop into productive New Hampshire residents is a dream everyone has a piece of."

Providing care to New Hampshire's Lakes Region since 1918, the mission of Central New Hampshire VNA and Hospice is "Promoting dignity, independence, and well-being through the delivery of quality home health, hospice and community-based care services." Central New

Hampshire VNA and Hospice serves Lakes Region communities in Belknap and Southern Carroll County and provides home care (nursing and rehabilitation services in the home); pediatric care (direct health care, education and support services for children and families); and a comprehensive, teambased hospice program. Central New Hampshire VNA and Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the state of New Hampshire. The agency is governed by a volunteer board of trustees and supported by private and corporate donations. Visit on the web at www.centralvna.

Duggan enrolls at St. Lawrence cent of St. Lawrence stumake successful transi-

CANTON, N.Y. — St. Lawrence University welcomed Brianna P. Duggan of Alton as a member of the Class of 2023. Duggan attended Prospect Mountain High School.

St. Lawrence University welcomed 620 students, including 56 international students, to the Class of 2023 as well as returning and transfer students. Fifty-five perdents come from outside of New York state, and 77 percent graduated in the top-25 percent of their high school class. Each first-year stu-

dent at St. Lawrence participates university's nationally-recognized First-Year Program, one of the oldest living-learning programs in the country. The FYP helps students tions from high school to college. Students live together as cohorts and are taught by faculty teams, developing the writing, speaking and research skills needed for college. Students continue to develop these skills in a spring First-Year Seminar.

Fall semester classes began on Aug. 28.

Last exhibit of the year opens at Wright Museum

WOLFEBORO — In September, The Last Good War: The Faces and Voices of World War II opened at Wright Museum, its last exhibit of the 2019 season.

"It's a remarkable exhibit with very powerful visuals," explained museum Executive Director Mike Culver. "If you have not visited us this year, this exhibit alone is worth the trip."

The exhibit features photographs of World War II veterans by Thomas Sanders, who traveled the nation to record in pictures and words experiences from those who fought the "last good war."

The exhibit has already made an impression on residents from Taylor Community, which is co-sponsoring the exhibit with The Weirs Times. As part of the sponsorship, nearly two-dozen residents recently visited the museum for a special tour of the exhibit with Culver.

"It was wonderful to have them here with many Taylor residents from 'the greatest generation' themselves," said Culver. "This exhibit is important because it shows and tells stories from the greatest generation. We need these stories before we lose direct contact with them and that seminal period of American history."

Previous exhibits at Wright Museum this year included Esquire Magazine: The World War II Years and Righting a Wrong: Japanese Americans and World War II, developed by the National Museum of American History and adapted for travel by the Smithsonian Institute

Traveling Exhibition Service.

"It's been a wonderful year of exhibits at The Wright," added Culver. "I hope we can encourage anyone who has not seen the current exhibit to visit and experience 'the greatest generation' via both image and word."

The Last Good War: The Faces and Voices of World War IIruns through the end of the museum's season Oct. 31.

The region's leading resource for educators and learners of all ages on World War II, Wright Museum features more than 14,000 items in its collection that are representative of both the homefront and battlefield.

To learn more, visit wrightmuseum.org.

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Robert Francis Smith Passionate about football

WOLFEBORO — On Oct. 14, Robert Francis Smith passed away surrounded by his family, following a long battle with prostate cancer.

Born Jan. 10, 1942 in Cambridge, Mass. to the late Hubert A. Smith and Eleanor Mahoney Smith, he grew up in Arlington, Mass. and was a multisport athlete at Arlington High School. He went on to graduate from the College of Communications at Boston University. He served his county in the US Army Reserves from 1964 to 1970. He moved to Andover, Mass. where he and his first wife Eleanor Doyle Smith raised five children. He served on the Andover School Committee and was active in both Little League and youth hockey programs.

Robert had a long and successful career as a manufacturer's representative in the plumbing, heating, and cooling industry. He was the recipient of several awards including Manufacturer of the Year for the Plumbing Heating Cooling Contractors (PHCC) of Maine, New Hampshire and Massachusetts. He was passionate about football and was a football official for 51 years, retiring after the 2018 season. During his last few years, he served as a technical advisor and communicator in the replay booth for the Ivy, Patriot and Colonial Leagues. Although he officiated many important games like Harvard vs Yale, the 150th meeting of Lehigh vs Lafayette at Yankee Stadium, and URI vs Villanova in Milan. Italy. his fondest memory was a Division III game when Bates



beat Bowdoin, ending one of the longest losing seasons in college football history.

Following his marriage to Corrine Dubel Smith in 1987, he moved to Wolfeboro and they made their home on Rust Pond. He enjoyed boating, skiing, walking, hiking and golf. He was a member of the Kingswood Golf Club. He also enjoyed hiking in the Southern Alps where he and Corrine spent three months a year at their home on the South Island of New Zealand. They were both members of the Wakitipu Walkers and Arrowfield Golf Club.

Besides his parents, Robert is predeceased by his brother Philip Smith, his brother Clifford "Terry" McKeon, his first wife Eleanor Doyle Smith, and their first born infant son.

He is survived by his loving wife of 33 years, Corrine Duel Smith; daughter Catherine Smith of Boston; son Robert F. Smith Jr. and his wife Deana, (Annemarie, Michael, Elias and Josephine) of Haverhill, Mass.; daughter Elizabeth Smith (Gisele) of Lowell, Mass.; son Philip Smith of Lowell, Mass.; daughter Eleanor Smith and

husband Kris Stevens (Connor, Finnian and Doyle) of Lowell, Mass.; step-daughter Gwen Taguet and her husband Jean François (Tristan and Sofia) of Queenstown, NZ; step-daughter Gretchen Russell and her husband Allen (Hunter and Hayden) of Tuftonboro, and stepson Greg Shannon and his wife Keri (Brogan and Ryder) of Wolfeboro. He is also survived by his beloved sister, Anne Marie Sweeney and her husband Jack of Laconia and Fort Meyers, Fla.; and his brother's wife Judy Smith of Laconia. In addition, he leaves and exceptionally close and extended family of cousins, nieces, nephews and special friends met all over the

Robert will be remembered as a loving and devoted husband, a wonderful father, and a cherished grandfather "Pop Pop." He was a true friend to anyone who crossed his path and was a gifted storyteller.

A mass celebrating his life was held at St. Katharine Drexel Church in Alton on Monday Oct. 21. Calling hours were Sunday, Oct. 20, at the Baker-Gagne Funeral Home on Mill Street in Wolfeboro. Donations can be made to the Franciscan Children's Hospital in Brighton, Mass.

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

Please share your condolences, messages, stories and sign an online guest book at www. baker-gagnefuneralhomes.com.

Norma Pilkington Dedicated volunteer

WOLFEBORO Norma Pilkington, 89 of Haines Hill Road, passed away Sept, 28 at the Wolfeboro Bay Center.

Norma, the daughter of the late George A and Yvonne (Levesque) Eastwood Sr., was born in Rhode Island she was a graduate of Rhode Island School of Design and received her Master's Degree at RIC.

She had many jobs while going to school and raising her family. She drew ads for some Rhode Island department stores, wrote verses for the Paramount Line Card Company. waitressed at Howard Johnson's, taught ball room dancing as well as competed, taught art in the Woonsocket School System and later joined her husband running Woonsocket Typewriter

Living in Rhode Island, she worked for many organizations and fundraisers. After she retired with her husband, they continued to volunteer for such places as Red Cross, Meals on Wheels, Huggins Hospital and Caregivers. She gave her heart and soul to her church she loved and community she lived in.

Norma was a great artist, seamstress, quilstoryteller and friend.

She is survived by son and daughter in-law Philip and Donna Pilkington of East Douglas. Mass.; a daughter, Penny Heartwell and her fiancé Lou Tourmele of Bowdoinham, Maine; a daughter. Melanie Buel of Wolfeboro. She also leaves seven grandchildren Caleb (Kelsey) McVey, Ally (Jon) Jamieson all of Maine. Tayler (Adam) Hughes of Massachusetts, Courtney Pilkington (Miguel Diaz) of Tennessee, Sarah Pilkington of New Hampshire, Jared Pilkington SGT of Camp moved to Wolfeboro and Lejeune, N.C. and Luke

Pilkington of Massachusetts; six great-grandchildren, Olivia, Quinn, Caty, Maisie, Rose, Ellery and Nolan.

Norma was pre-deceased by her husband and dance partner Edmund "Ted" Pilkington, son in-law Tony Buel, brother George A. Eastwood Jr., and a sister, Elaine Eastwood.

A memorial service will be held at 1 p.m. Saturday, Nov. 2, at the First Christian Church of Wolfeboro.

Donations can be made in her memory to the Central NH VNA/ Hospice, PO Box 1620, Wolfeboro, NH 03894.

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

Please share your condolences, messages, stories and sign an online guest book at www. baker-gagnefuneralhomes.com.

Church fair is Nov. 2 in Barnstead

BARNSTEAD — The annual Pumpkin and Pine Church Fair will be held on Nov. 2 at the Congregational Church of North Barnstead on North Barnstead Road, Center Barnstead. Please join in for the old fashioned church fair, wonderful cafe, pies and other baked goods, Silent auction and wonderful treasures from near and far will also

wall hanging was made by Helen Fitzgerald and will be in the silent auction. Some other items include furniture, gift cards, a handmade quilt and a Christmas tree skirt. You will find jewelry, children's items, household goods, handmade items and collectibles, Christmas decor, items from Ghana, Africa including items made from their beautiful babe available. A lovely tik fabric and jewelry as

well Cabot Farm cheese from Vermont. The fair is held from 9 a.m. to 2 p.m. and the half price hour (of most items) is at 1 p.m. The auction winners will be announced at 2 p.m. The fair, held annually, raises funds to assist many ministries both here in NH and globally. They accept cash, checks and credit/ debit cards.



Sunday, October 27, 5:30-7 p.m. St. Katharine Drexel Parking Lot

Located on Route 28 between Alton and Wolfeboro

- a fun, free event for children, youth, and families
- Bring your friends!
- Come in costume and Trunk or Treat
- Celebrate community, friends, family, and

"All Hallow's Eve"

Hallowe'en began as a Christian holiday—a "holy day"—called "All Hallow's Eve," meaning the evening before All Saints' Day. Children dressed up as their favorite saints and went door-to-door for treats.

Today children can dress up and receive treats at a fun, safe, community event. Children, friends, and families can come in costume. Families and friends can decorate their cars' trunks and give out wrapped treats.

To host a car "TRUNK" full of treats, contact the parish office at 603-875-2548 or email Gertrude Hammond at gertrude.hammond@stkdrexel.org.



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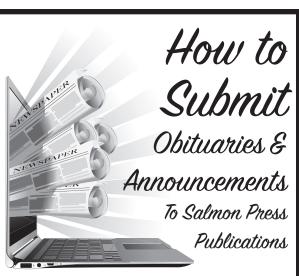
MARK ON THE MARKETS It's just math

BY MARK PATTERSON Contributing Writer Why does risk mat-

ter? The risk that I am re-

ferring to is investment risk made up primarily of market risk when dealing with equities or





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Photos are also welcome, but must be submitted in jpeg format. Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 101 with any questions regarding the submission process.



stocks and interest rate risk as well as credit risk when dealing with bonds or fixed income.

Concepts that I've expressed in previous articles are dealing with quantifying risk and reporting returns. Let me talk about two portfolios made up with a variety of asset classes. We can assign each portfolio with a standard deviation, (difference from the middle), which measures the volatility and a range of upside and downside of potential returns. Portfolio one has a wide standard deviation (more risk and potential return) and portfolio two has a lesser standard deviation.

Portfolio number one started with \$100,000 and had a wonderful first year return of 60 percent.

The second-year portfolio one sustained a 40 percent loss. The average return for this portfolio over two years is 10 percent. Not a bad return.

Portfolio number two started with the same \$100,000, a 30 percent first year return but a 10 percent second year loss.

Again, a 10 percent aver-SEE MARKETS, PAGE A9

Revs United sponsoring Alton youth basketball

ALTON — The town of Alton Trick or Treat hours are Thursday, Oct. 31, from 5 to 7 p.m.

Revs United youth basketball program

Revs United is sponsoring youth basketball for grades K-6. Games on Saturdays, and weeknight practices. Practices start Dec. 9. Games are Jan. 4-Feb. 22. For more information and to sign up by Nov. 8, go to www.revsunited.com.

Spectacular Scarecrow Spree

community members as they 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. Enjoy the Spectacular Scarecrow Spree and look for pop up scarecrows around the town.

Line dancing lessons Line dancing is held at the Alton Bay Community Center on Thursdays from 1:30 to 3 p.m. through Nov. 14. Adults of all ages and abilities

are welcome, register on

Little Pesaukees Play-

The Alton Parks and Recreation Department is sponsoring a drop-in playgroup for 0-5 years old at the Alton Bay Community Center on Tuesdays and Thursdays from 9 to 11 a.m. The program is free and follows the ACS calendar year. Please bring a peanut-free snack for your child. For more information, contact parksrec@ alton.nh.gov.

Pre-K Picassos

The Alton Parks and Recreation Department is sponsoring an art program on Wednesdays in November for 2-5 years old from 10:15 to 11 a.m. at the Alton Bay Community Center. Program activities includes finger painting, sculpture making and sensory art projects. Sign up by Nov. 1.

Board games night

The Alton Parks and Recreation Department is sponsoring a variety of interactive games on Saturday, Nov. 9, at the Pearson Road Community Center from 5 to 7 p.m. Join the fun playing ping pong and billiards with your family and friends. Play classic board games like Monopoly, Clue and Life or try something different like Catch Phrase, Apples to Apples, card games and more. Drop in anytime to play. Light refreshments and games will be provided. For more information about this free program, conparksrec@alton. nh.gov.

Exercise classes Intermediate Yoga with Sheila Marston meets Wednesdays, 7-8 p.m. at the Alton Bay

Community Center.

Zumba classes with Sherry Meyer meets Mondays and Wednesdays at the Alton Bay Community Center from 8 to 9 a.m.

Weight training class with KT is Mondays and Wednesdays at the Alton Bay Community Center from 1:30 to 2:30 p.m. Class starts Nov. 4. Use light weights to help build strength, muscle and bone density. Enjoy the movements to make your body stronger. Includes all major muscle groups and stretching too. Try a class for free.

DOWNINGS

(continued from Page A1)

TRAIL (continued from Page A1)

the trail. It should be noted that volunteers should wear some orange as it will be the

start of hunting season.

Those who would like to help out are asked to RSVP to Kelly Sullivan

at Kelly@altonexcavation.com or 875-2725 or Jon Downing at jhdnjd@

THE LOOP TRAIL will circle the Jones Field complex in Alton.

MARKETS

(continued from Page A8)

age return over the twoyear span, again, not a bad return.

But let's look at the compounded annual growth, which is measuring dollars not average returns.

Portfolio one, \$100,000 invested after one year is equal to \$160,000, 40 percent loss of \$60,000 brings our dollars down to \$96,000.

Portfolio two, \$100,000 with a 30 percent return equals \$130,000, followed by a 10 percent loss or \$13000 brings us down to \$117,000.

prefer portfolio number two, how about

So, you can see that bringing down the risk or standard deviation in a portfolio will lead to superior returns of real dollars.

This concept very important not only understand, but to implement in your own portfolio especially as we approach a time in our lives that we may depend on these

assets for income. What these numbers illustrate is a simple concept of avoiding big losses, which will almost always reduce potential upside. If your advisor is attempting to build your portfolio with a variety of non and low correlated asset classes, which will lower the standard deviation or volatility and risk in a portfolio, using very low-cost or no cost investment vehicles such as exchange

traded funds or individual stocks and bonds, you can assume they are probably working for your best interest.

Risk management is only part of the story. The purpose of your money is more important than risk assessment in my opinion. It's very easy to answer questions to create a risk profile which is typically matched up to a corresponding prefabricated portfolio. But if you answer questions that match you up a growth portfolio and income is needed soon; your portfolio will not be designed what its purpose really

It is common for my client that is near or in retirement to reminisce about the returns of their investment portfolio 25 years ago, as a retail broker I was not really concerned about losses at that time either. I didn't really understand the concept of compounded annual growth versus average

returns. Staying away from big losses in your investment portfolio not only maintains your monetary capital but preserves emotional capital.

Mark Patterson is an advisor and portfolio manager with MHP Asset Management and can be reached at 447-1979 or





ing work in the spring of 2020, where a separate team will remove buried debris from the area. At that point, NHFG will be able to better evaluate the timeline

The NHFG is focused on completing Downing's Landing before moving on to their next project. "The next refurbishment project is anticipated for the Ashley Ferry ramp along the Connecticut River in Claremont," Graaskamp said. But he noted that work would not begin there until the project in Alton was finalized late in 2021.

HALLOWEEN

(continued from Page A1)

workshop will take place at Monument Square. All supplies will be included and this fun dropin event can be done in between trick or treating. This candy-free arts and crafts project will be sponsored by Catchpen-

Spooky books will be available at the Gilman Library to check out. The library will also have candy for those who are trick-or-treat-

The Great Scarecrow Spree is taking place throughout town. Have you noticed fun scarecrows out and about? Set up one in your yard and snap a photo to share with Alton Parks and Recreation. See the Parks and Rec newsletter for more details.

Photo ops

A Pumpkin Patrol photo op inside an Alton Police cruiser with School Resource Officer Kristen Guest will take place in front of the Alton Police Station.

Halloween photo booth will be set up in front of the Gilman Museum on Main Street. family-friendly This stop will be a great spot to take a seasonal photo. The photo booth is provided by Alton Parks and Recreation.

The Great Pumpkin is at Monument

Square. Come and take a photo with a 700-lb Al-

ton-grown pumpkin. A Ghosts of Town Hall display will be set up on the right side of

Town Hall. Perfect to stop by and snap a photo with your little ghosts and goblins.

Treats

Free refreshments will also be at Monument Square, provided by Aroma Joe's of Alton. Parents can grab a cup of cider while kids fill up their candy bags.

Candy will be available at most downtown businesses for trick-ortreating.

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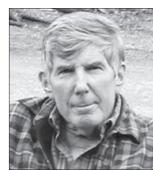
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Birds, bobcats, and courage and a seasonal note or two



By John Harrigan **COLUMNIST**

I've always admired two creatures of the wild for their pluck the mother partridge (ruffed grouse) and the bobcat. I know, I know, "partridge" and "ruffed grouse" are not technically or scientifically interchangeable.

Still, to settlers from England, Ireland and Scotland, it was always "partridge," and the vernacular stuck. I can remember riding in to the logging camps at the junction of the East Branch and Deadwater Stream with Blondie Meserve, with a box of shotgun shells on the front seat, in easy reach. "Cartridges for partridges," he said with a big grin, even though both terms were, to the persnickety, incorrect.

A hen with a clutch of chicks traveling all around with her, learning how and what to peck at, will rush an intruder (you, startled half to death) all puffed up, wings outstretched, hissing beak extended like a timber rattler. You back off, looking around for the Medevac copter.

And then there's the bobcat, which at an average adult male weight of 22 pounds or so is far smaller than you are, but doesn't seem to know it. I've had to come face to face with captive bobcats a couple of times, and they spent the entire time hissing, growling and spitting, and trying to think up ways to kill

On the subject of bobcats, I try to stick to

in-state topics here but could not help noting a neat bobcat story from west of the Mississippi.

A father and son were fishing a remote pond in Montana earlier this month when a juvenile bobcat swam toward their boat, obviously struggling and in trouble, and the men sensed that it was about to go down.

They maneuvered their boat over to the cat and scooped it up with a big fishing net. They tried to dry it off and warm it up on the way to the landing, but it spent the entire time snarling, hissing and growling until they released it on shore.

Phone scam department:

I also avoid social issues in this space, but this topic hardly fits that description. It is a predator-prey situation.

New Hampshire has a higher percentage of elderly people than the national average, and the elderly are more prone to falling prey to fast-talking con-artists. Police all over the state often ask the media to spread the word about the most recent gimmick.

Twice now I've received phone calls from someone purporting to be my grandson, in jail (in Mexico) and in need of money for bail and flying home, fast. The thing is, I have only one grandson, he's French-Irish. and he doesn't sound like he's from West Tex-

Other scams include fundraising calls from police or fire department "support" organizations



THE DOG on the porch is Millie, in Scan Mode. The boulder is a glacial erratic, moved with hydraulics after 15,000 years up in Ancestors' Field. The picnic table is one of two, soon to be stored for the season. The shadow is more Millie.

(legitimate fundraisers are likely to be someone you know) and fly-bynight roofers and paving companies (ditto).

And then there are the "your rights under Medicare" outfits. These sound like government-associated panies on the TV ads, but are not. They offer benefits that are already available, at extra cost. They are nothing but barkers for high-priced

"benefits package" companies, shilling for extra services you'll have to pay for.

Seniors simply need to be warned about these calls. Children, grandchildren great-grandchildren, do your elders a kindness with a few words to the wise.

Seasonal notes:

We've had five or six good, hard frosts now. This is supposed to happen. It's the middle of October. Any day now: First snow, which won't stick because the ground's not frozen. Yet.

It was a whale of a foliage season. The colors held on and so did the leaves, despite rain and high winds.

The fine smell of wood smoke is ever more in

the air.

Water in dogs' dishes is frozen at dawn. So are the dogs, which say, like Cold War spies in the thrillers, "Time to come in from the cold."

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



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MATTHEW FASSETT – COURTESY PHOTO

To the dogs

The Alton, Barnstead, New Durham Centennial Rotary has gone to the 'dogs.' Well, not completely. But it did raise money thru Rotary's 'Paint a Puppy' art contest, enough to donate \$500 each to the Alton and New Durham Police K-9 Corps, and \$500 to the Barnstead Police for erecting a flagpole at its newly built police station. At the Rotary's weekly breakfast meeting, receiving their checks are; (I to r) Rotary Treasurer Scott Littlefield as presenter, Alton Police Officer Christian Johnson, Barnstead Chief of Police Paul Poirier and New Durham Chief of Police Shawn Bernier standing beside the President of the Alton Rotary, Duane Hammond. The Alton Rotary is a non-profit service organization serving the communities of Alton, Barnstead and New Durham. It raises money to save and improves lives in these towns, and doesn't expect nor accepts any form of a quid pro quo from its contributions.

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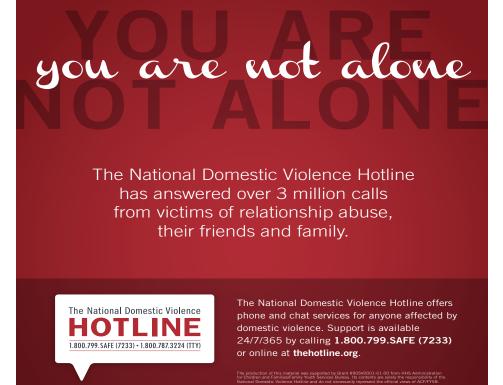
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7 Think Pink

Join these local businesses in supporting breast cancer awareness this October!

Breast cancer signs and symptoms



Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer

they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

• Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being

similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

- Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.
- Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early di-

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Debunking common myths associated with breast cancer

Cancer claims the lives of millions of people across the globe every year. But the fight against cancer is anything but hopeless, as the World Health Organization notes that between 30 and 50 percent of all cancer cases are prevent-

Learning about cancer is one of the best ways for people to protect themselves from this deadly disease. Researchers continue to learn more about cancer everyday and routinely discover that information once thought to be accurate was actually off-base.

Despite researchers' best efforts, some myths about cancer still prevail. Some of these myths are about cancer in general, while others refer to specific cancers, including breast cancer. Myths about breast cancer can be as harmful as accurate information is helpful, so learning the truth and debunking those myths can be an important part of women's preventive approach to breast cancer.

• Myth: Drinking milk increases your risk for breast cancer. The American Cancer Society notes that early studies raised concerns that drinking milk from cows treated with hormones could increase a person's risk for breast cancer. However, ensuing research failed to find a clear link between the two. In fact, a 2002 study published in the International Journal of Epidemiology found no significant association between dairy fluid intake and breast cancer

- Myth: Lumps indicate breast cancer. The National Breast Cancer Foundation, Inc.® says that only a small percentage of breast lumps turn out to be cancer. However, abnormalities or changes in breast tissue should always be brought to the attention of a physician.
- Myth: Mammograms cause breast cancer to spread. This myth is rooted in the incorrect notion that breast compression while getting a mammogram causes the cancer to spread. However, the NBCF insists that cannot happen. In fact, the National Cancer Institute touts the benefits of mammograms while the ACS recommends women between the ages of 45 and 54 get mammograms every year. For additional breast cancer screening guidelines, visit the ACS at www.cancer.org.
 - Myth: Women with

a family history of breast cancer are likely to develop breast cancer, too. This myth is dangerous because, if taken at face value, it can give women with no family history of breast cancer a false sense of security. However, the NBCF notes that only about 10 percent of individuals diagnosed with breast cancer have a family history of the disease. The Centers for Disease Control and Prevention note that a woman's risk for breast cancer is higher if she has a first-degree relative, including a mother, sister, daughter, or even a male family member, who have had the disease. But breast cancer can affect anyone, regardless of their family

history. Information is a valuable asset in the fight against breast cancer. Learning to decipher between accurate and false information can be especially valuable.



Educating young women about breast cancer

At the age of 12 to 15, many young women are experiencing the body and life changes that accompany adolescence. It can be difficult to imagine that breasts that are just beginning to develop may contain cancer. But such is the reality for some girls.

The majority of women who receive a breast cancer diagnosis are over the age of 40. Experts at Monroe Carell Jr. Hospital at Vanderbilt University note that only 5 percent of breast cancer cases are found in women under the age of 40. However, the hospital recently treated a 14-year-old girl who found a lump and learned she had a rare form of breast cancer called a phyllodes tumor. In 2009, a 13-year-old from Little Rock, Ark. found a quarter-sized lump in her right breast, while a 19-year-old student at the College of New

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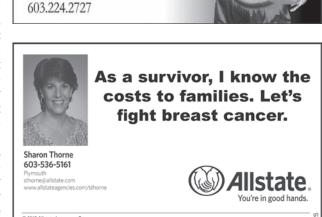
Jersey was diagnosed with cancerous cells and underwent a bilateral mastectomy.

Though such cases are rare, it behooves teenage and adolescent girls to familiarize themselves with the disease and be mindful of their breast health.

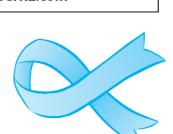
Some organizations have increased breast cancer messages for young girls, and it is not uncommon to find young women participating in runs and fundraisers for breast cancer research. Some organizations even conduct breast cancer workshops to educate young women about breast health. Dorothy Paterson of Texas, a former Girl Scout leader who was diagnosed with breast cancer herself, began conducting workshops for Girl Scouts in 2007. The idea isn't to scare girls into believing they have the disease, but rather to increase their awareness of changes in their bodies that may or may not be

Some parents worry that educating children about breast cancer may cause them to worry unnecessarily, especially considering a young girl's risk of developing breast cancer is so minimal. Just as with older women, adolescents and teens should realize that eating healthy foods, exercising, avoiding alcohol and tobacco, and maintaining annual physical exams with a doctor are key ways to reduce the risk for cancer.











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Legion hosting Halloween party Sunday

ALTON — On Sunday, Oct. 27, from 1 to 4 p.m., the American Legion Post 72 in Alton will be hosting their annual children's Halloween party. There will be treats, games etc. It is free but they ask that if you can afford it to make a donation to the food pantry, there will be a box at the entrance to the hall. Donations are optional. Bring your little ones and have a ghoulish time.



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SPORTS

THE BAYSIDER THURSDAY, OCTOBER 24, 2019 SECTION B, PAGE 1

WHAT'S ON TAP

Regular action mixes with postseason action in the coming weeks for the local high school teams.

The Division II field hockey tourney opens today, Oct. 24, at 3 p.m. and continues Sunday, Oct. 27, at 2 p.m., both at the home of the higher seed. The semifinals are Thursday, Oct. 31, at 5 and 7 p.m. at Bill Ball Stadium in Exeter.

The Division II and III boys' soccer tournaments kick off on Wednesday, Oct. 30, at the home of the higher seed at 3 p.m.

The Division II girls' soccer tournament will start on Thursday, Oct. 31, at 3 p.m. at the home of the higher seed.

The Division III girls' soccer tournament opens on Tuesday, Oct. 29, at the home of the higher seed at 3 p.m.

The Division III volleyball tournament opens on Wednesday, Oct. 30, at 6 p.m. at the home of the higher seed.

The Division II volleyball tournament opens on Thursday, Oct. 31, at the home of the higher seed at 6

The cross country state championships are Saturday, Oct. 26, with the Division II girls at 10 a.m. and Division II boys at 10:40 a.m. and the Division III girls at 1 p.m. and boys at 1:40 p.m.

Prospect Mountain soccer boys will wrap up the season at Raymond today, Oct. 24, at 4 p.m.

The Timber Wolf girls' soccer team will be hosting Conant on Friday, Oct. 25, at 4 p.m. for the regular season finale.

The Prospect volleyball team will finish the regular season at Inter-Lakes at 6 p.m. on Friday, Oct. 25.

The Kingswood girls' soccer team will be hosting Coe-Brown at 7 p.m. today, Oct. 24, for the final game of the regular season.

The boys' soccer Knights will be hosting Stevens at 6 p.m. on Saturday, Oct. 26.

The Knight volleyball team will be hosting Pelham today, Oct. 24, at 5:45 p.m.

football Knights will be hosting Pembroke at 7 p.m. on Friday, Oct. 25.

White, Haynes compete in Division II State Meet

BY JOSHUA SPAULDING

Sports Editor

CARROLL — While the Prospect Mountain golf team didn't qualify for the Division III championships, Timber Wolves were able to send two golfers to the state meet, which was held at the Mount Washington Resort on Tuesday, Oct.

Joel White led the way for the Timber Wolves, as he finished with a plus-26 score of 98 over the 18 holes.

Aaron Haynes finished with a plus-49 score of 121 to round (Right) JOEL WHITE putts on the eighth hole at Mount Washington Resort last

out the field of Timber Wolves competing in the state tournament.

Derryfield won the Division III tournament with a score of plus-32 while Bow finished with a plus-37 to take second and Plymouth was third at plus-

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

with Lara Renner in a

time of 23:35 for 40th

place and Jillianne

Simpson finished in a

time of 29:55 for 52nd

will be running in the

Division III State Meet

on Saturday, Oct. 26,

at Derryfield Park in

Manchester. The girls

run at 1 p.m. and the boys run at 1:40 p.m.

Sports Editor Josh-

ua Spaulding can be

reached at 279-4516,

ext. 155 or josh@sal-

The Timber Wolves

place.





Mott, Dowd pace Timber Wolves at Merrimack Valley

BY JOSHUA SPAULDING

Sports Editor

PENACOOK — The Prospect Mountain cross country team finished up the regular season with a race at Merrimack Valley on Friday, Oct. 18. The race was originally scheduled for a day earlier but had to be postponed due to weather.

In the varsity boys' race, Michael Mott led the way for the Timber Wolves with a time of 18:52 for 31st place overall.

Dennis Simpson was right behind him, finishing in a time of 18:56 for 32nd place and Frank Dowd was next, finishing in a time of 19:18 for 36th place overall.

Deuce Smith was the fourth Timber Wolf, finishing in a time of 20:05 for 47th place overall and Luke DeRoche finished in a time of 21:11 for 71st place. Peter Dowd was 72nd overall in 21:12 and Liam White was the final Prospect runner, finishing in a time of 21:59 for 77th place

overall. Veronica Dowd led the way in the girls' varsity race, finishing in a time of 20:36 for 11th place overall.

Hannah Capsalis finished in a time of 22:59 for 35th place





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Knights pick up third win of the season

BY JOSHUA SPAULDING

Sports Editor

PENACOOK — The Kingswood football team, after a couple of tough losses, got back on track on Friday night, traveling to Penacook and edging Merrimack Valley by a 14-13 score.

The game was supposed to be played on Thursday night but due to the storm that rolled through the area, the game was postponed until Friday evening.

"We got it done, bounced back in the second half," said Knight coach Paul Landry. "The kids were great, they worked really hard."

The hosts scored the game's first points, scoring getting a field goal and a touchdown with the extra point but the Knights came back and got their own touchdown from Jackson McCullough. With kicker Brian Winn unavailable in the first part of the game, Landry lined running back Devan Wade up as a kicker and then had Wade run the ball in for the two-point conversion, making it 10-8 after the first half.





COURTESY PHOTOS A DAY AFTER beating Merrimack Valley, the Kingswood football team performed some community service at The Nick on Saturday.

That two-point conversion would turn out to be pretty important.

The Pride then added their second field goal of the night in the third quarter and upped the lead to 13-8 but Kingswod didn't back down. Early in





Cathy Grondin at 575-9125

or email: cathy@salmonpress.news

the fourth quarter, McCullough scored his second touchdown of the game and though the Knights didn't get the extra point, they still took the 14-13 lead and held on for the

The Pride had the ball with two minutes left in the game and looked to be driving toward a game-winning touchdown but Patrick Runnals came up with a huge interception, getting the Knights

the ball back and they

were able to run out the clock from there.

"It was a hell of a

battle," Landry said. In addition to his two touchdowns, Mc-Cullough also had a

big day defensively,

coming up with four

sacks. "He had a hell of a game," Landry said.

The Knights now turn their attention toward the penultimate week of the regular season and a matchup with Pembroke.

"We're not

yet," Landry said. "We plan on giving Pembroke everything we can," Landry said. "They're a feisty team, they like to put it in the air."

The Knights and Spartans will take to the Alumni Field turf on Friday, Oct. 25, at 7

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

She-Wolves kick off new season on Nov. 1

fall and that means it hockey time. The Wolfeboro She-Wolves are excited to begin the 22nd year of women's hockey in Wolfeboro. They welcome ladies of all hockey levels, young and old, veterans and new play-

They have some exciting changes to the 2019-2020 season beginning with new coach Rich Neal. They received a lot of feedback from players and their interest in having a coach to help us improve the team's skating and hockey skills. They reached out to Neal and he gracefully accepted the offer to coach half of the 16

WOLFEBORO — It's practices. So, for all of basis for half season you interested in improving your skating and hockey skills get ready to learn.

> The season begins on Friday, Nov. 1, at 8 p.m. with a 60-minute coached session followed by 30 minutes of scrimmage. For other ladies with limited time and others who travel far and may not be able to attend all the practices, they offer a "half season" pricing allowing you to attend any eight coached practices/scrimmages or potential games. Please note that roster spots for games and tournaments are open to full-season members first and then on a first come/first serve

members. The annual She-Wolves Tournament will be the weekend of March 20-22, so please mark your calendars. They'll need all team members to volunteer and/or join the tournament committee to make this their best tournament ever.

Please arrive at the first practice early around 7 p.m. on Nov. 1 to join them for some pizza, to get registered and meet the new coach.

If you have any questions, contact Mel Fink at mel@ironfit. com or Valerie Murray at valerierun24@ yahoo.com.







THE KINGSWOOD GIRLS finished second in the home meet last week.

JOSHUA SPAULDING

THE KINGSWOOD BOYS won their home meet last Thursday afternoon.

Knight boys win Kingswood Invitational

Girls finish second to Kennett

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — The Kingswood cross country team played host to its lone home meet of the season on Thursday, Oct. 18.

Mother Nature proved to be a bit of a problem, however, as the day's storm caused two of the teams to cancel on the event, leaving just the Knights and the Kennett Eagles to compete on the afternoon.

The Kingswood boys captured the win on the afternoon and the Knight girls came up just one point short of Kennett.

The Knight boys were led by Joseph Wasson, who came home second overall with a time of 18:14.

Oleg Sheahan was in next for the Knights, finishing in third place in 18:49, edging out Casey Arsenault at the finish, as Arsenault finished in fourth place in 18:58.

Matthew Perkins finished in sixth place overall with a time of 19:11 and Tim Huckman rounded out the scoring for the Knights with a time of 19:14.

Lou Arinello finished in eighth place overall with a time of 19:18 and Robbie Bourdeau also cracking the top 10, finishing in 10th place in 19:58. Mark Stanard finished in a time of 20:21 for 11th place with Cannon Newbury in 14th place in 21:13 and Matthew Finneron in

JOSHUA SPAULDING **ELIZABETH** (Right) MORRISON charges to the finish line on Thursday afternoon.



SENIORS (I to r) Joseph Wasson, Patrick Murphy, Sarah Bellefleur and Elizabeth Morrison were honored after the team's home meet on Thursday.





17th place in 21:39 and Patrick Murphy in 21:41 for 18th place. Joshua Paraskos finished in 20th place in 23:15, Warren Blaney was 21st in 23:56 and Braden Viands finished in 27:17 for 24th place overall.

The Kingswood girls finished one point behind the Eagles, with Rosemary Carpenter leading the way with a time of 21:35 for second place overall.

Carolyn Day ran to third place in a time of 21:57 and Sarah Carpenter was Kingswood's third finisher, crossing in 22:10 for fifth place.

Anabelle Nelson was next in, finishing with a time of 22:27 for eighth place and Elizabeth Morrison also finished in the top 10, rounding out the scoring with a time of 23:19.

Lily Stinchfield finished in a time of 24:32 for 12th place, Ashley Diamond finished in 14th place in 25:30 and Sarah Bellefleur rounded out the field of Knights with a time of 25:54 for 17th place overall.

The Knights will move on to the Division II State Meet, which takes place on Saturday, Oct. 26, at Derryfield Park in Manchester. The girls run at 10 a.m. and the boys run at 10:40

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

JOSHUA SPAULDING (Left) LOU ARINELLO leads Robbie Bourdeau during Kingswood's home meet last



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TEACHER and coach Jimmy Wares and JV soccer players (I to r) Michael Wainwright, Kevin Menici and Owen Souza worked on the base for the victory bell, a gift from the class of 2019.



JIMMY WARES watches as members of his JV soccer team work on the base of the victory bell.

JV soccer players helping

give Kingswood 'victory bell'

BY JOSHUA SPAULDING Sports Editor

WOLFEBORO — Due to a typographical error in a name in last week's edition, we are running this story again with the correct name. We

apologize for the error. While the Kingswood field hockey team was busy playing Merrimack Valley on Alumni Field on Saturday, there was a group of JV soccer players working alongside their coach just outside the fence near the scoreboard.

The players and coach Jimmy Wares were working on installing the class gift

from the Class of 2019. The victory bell will hopefully be ready for the final week of the soccer teams.

class advisor for last year's graduating class, renovating homes before he became a teacher and soccer coach, so the work was nothing new to him.

He mentioned to his team that there was an opportunity for some community hours and on the first week of work, seven members of the team showed up and they dug two feet down and mixed 2,000 ponds of concrete to construct the base.

members of the team were on hand to put regular season for the the cement blocks in place and then place ap-Wares, who was the proximately 250 bricks around the cement blocks. The kids worked together to mix the concrete and put the bricks in place with the concrete.

> The 18-inch bell will sit on top of the cement blocks, held in place by a wooden arch that Wales is planning to build in his shop. The brick and cement block base will be topped with a 750-pound piece of granite that the athletic department paid for.

Wares said thought he might have This Saturday, five to get into bribery to get his team to help with the project, but the kids showed up without any incentive offered.

"I have a great team," Wares said.

Sports Editor Josh-

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



IT WAS A FULL house at Caroline's Comedy Club in New York City for the Survivor Know It Alls.

Off to New York, this time with a little rain

was able to enjoy a little

food and company before

heading to the comedy

club near Times Square

for the live event. Rob's

podcasts are always en-

joyable, whether or not

we get a good episode

of Survivor or not. This

time around, we got a

great episode, with a

huge blindside and plen-

ty of drama (plus the fun

that Boston Rob and San-

dra always bring to the

people in the club watch-

There was about 300

screen).

SPORTING

CHANCE

By JOSHUA SPAULDING

A couple of times every year, I hop a train for New York City for a Rob Has a Podcast live event where we watch Survivor and a panel of former players take the stage and discuss the episode with podcast hosts Rob Cesternino and Stephen Fishbach. I've been making these trips for about five years now, traveling to New York, Philadelphia, Boston and Los Angeles for Survivor events and it's always a good time seeing friends I've made over the years at these events.

Each time I head to New York, I try to see something different. I've been up the Empire State Building, to the observation deck at 30 Rock, to the Sept. 11 Memorial and the Brooklyn Bridge, among other places. The events I go to are traditionally held near Times Square, so I've seen that many times now.

This time, I decided I want to see a little of Central Park. It was threatening rain for most of the morning and afternoon so after grabbing a bite to eat (Shake Shack is delicious), I made my way toward Central Park. I walked around a portion of the park for a while before heading back into the city streets. The rain started after I had visited the park, but once it did, I stopped and bought an umbrella to help keep everything dry.

held at a bar just off of Times Square. There I was able to catch up with a number of the friends I've made over the years at these live events, including two of my favorite podcasters, Mike Bloom and Josh Wigler, who were on location for the start of the current season of Survivor.

While in New York, I got the e-mail stating that the Division II golf championships had been postponed, so it changed by plans for Thursday. I still had to catch the 2:40 a.m. train out of Penn Station and got to Boston before 8 a.m. and then hopped the bus to Concord and eventually home and I was still able to get to the Kingswood cross country meet later that afternoon.

All in all, another great trip to New York and another fun Survivor event. The next one is coming up on December, but that will be a bit longer trip.

Finally, have a great day Sarah Christian.

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

PMHS seeking cheerleading coach

High School in Alton is looking for a cheerleading/spirit squad coach for the upcoming winter season.

ALTON — Prospect Mountain Anyone interested in more information can contact Athletic Director Corey Roux at 875-3800.

PSU hosting softball clinic Nov. 16

Plymouth State University head softball coach Bruce Addison has announced the program will hold a fall clinic for high schoolaged student-athletes in mid-November.

The event will take place on Saturday, Nov. 16, at 9 a.m. at the Bank of New Hampshire Field House at ALLWell North and is designed to provide an opportunity for skill development, training and competition.

Clinic participants

have the option to register for individual sessions or the full clinic. Session one will include pitching and catching only. All pitchers will need to bring a catcher. Session two will include fielding, hitting, live scrimmage and question and answer session with current Plymouth State softstudent-athletes and coaches. Those interested in attending both sessions should register for the full clinic.

The cost for the clinic is \$100 and includes a PSU softball tee shirt. Athletes are encouraged to bring all necessary equipment: bats, gloves, cleats, sneakers, batting gloves, softball pants, catcher's equipment (if necessary), batting helmet and water bottle.

Interested athletes can register online (https://tinyurl.com/ PSUSoftballClinic-Fall19) and can contact Addison (beaddison@ plymouth.edu) for additional information.

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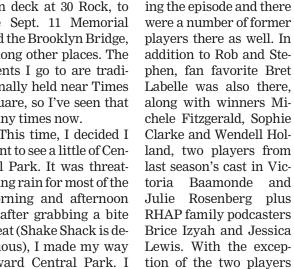
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from last season, all of the former players at this year's event had been to live shows in the past.

I had plans to meet up with some fellow podcast fans for dinner and

After the episode aired, the Survivors spent an hour or so discussing the episode and then we all headed a few blocks over for the

after-party, which was



BEN BALDWIN'S jersey and a banner with his retired number hang on the wall at the start of the Ben Baldwin Hockey Tournament on Saturday.



BACK BAY MITES warm up prior to the start of their first game during the weekend's tournament.



BAILEY SAVAGE drops the puck for a game between Rochester and Dover on Saturday.

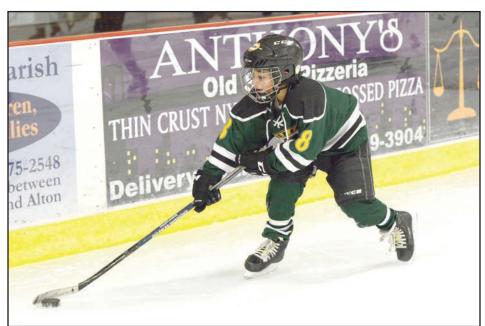


JOSHUA SPAULDING

A DOVER player takes to his knees to reach a puck in action Saturday morning.

Remembering Ben

Second annual bockey tournament played in bonor of Ben Baldwin



JOSHUA SPAULDING

JOSHUA SPAULDING SATURDAY'S tournament action featured cross-ice games.

THE BACK BAY mites took part in Saturday's tournament at Pop Whalen Arena.



JOSHUA SPAULDING



JOSHUA SPAULDING

BACK BAY AND LAKES REGION played to start the Ben Baldwin Hockey Tournament on Saturday. JENNY BALDWIN skated with some of the mite players during Saturday's tournament.

BY JOSHUA SPAULDING

Sports Editor WOLFEBORO The reason for the teams gathering at the Pop Whalen Arena in Wolfeboro was one of tragedy, but for the second year in a row, eight mite hockey teams took to the ice of the arena in honor of Ben Baldwin.

Baldwin, who passed away in an automobile accident in 2018, was a young hockey player for Back Bay Hockey and after his death, a hockey tournament was organized to support the Ben Baldwin Scholarship, which offers financial help to kids who want to participate in youth sports.

Kingswood boys' hockey coach Mike Potenza, who has taken a lead role in organizing the Ben Baldwin Hockey Tournament, noted that the teams that were part of the tournament last year came back and they were joined by a team from Dover to fill out the eight-team schedule. Potenza said that he is hoping to possibly expand the tournament to 10 teams. And he noted that the sponsors that were on board this year returned and a lot more people signed up to support the tourna-

"The sponsorship money has far exceeded what we did last year," Potenza said. "We're going to be in good position to help a lot of kids. It's doing what it's supposed to do."

The sponsorships came from all over the New England area, which allowed the money that the teams paid to play to go directly into the scholarship fund. The screen printer who printed the tournament shirts gave the organizers a discount and every kid who played got a shirt.

"I've been so blown away by the amount of money that has come

in and I believe it's because of the cause," Potenza said. "People really get the fact that it's for the kids and really step up because it's for the kids.

"Word of mouth is getting out about what we're doing and people want to be contacted, people want to be involved," the Knight coach said.

Amongst the volunteers helping to run the tournament were members of the Baldwin family, including Ben's parents, Rich and Kate and his sister, Jenny and members of the Kingswood boys' hockey team, which Potenza said is

just part of what the team does to help the community. At one point, when one of the tournament teams arrived late due to a scheduling miscommunication, the Kingswood boys and Jenny Baldwin took to the ice to play against the Back Bay mites.

"It's about learning the game, not about the competitiveness," Potenza said, noting that there were crossice games and full-ice games and coaches were allowed to be on the ice to help teach

the game. "It's about celebrating Ben's love for sports," Potenza said.

In addition to the hockey, there was food for sale and there were a number of great raffle items thanks to local businesses and residents. Among the raffle items was a Bruins jersey signed by last year's Stanley Cup Final team, another Bruins jersey signed by Boston legend Ray Bourque and tickets to a Bruins game to watch from the alumni box with former Bruin and local resident Steve Leach.

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



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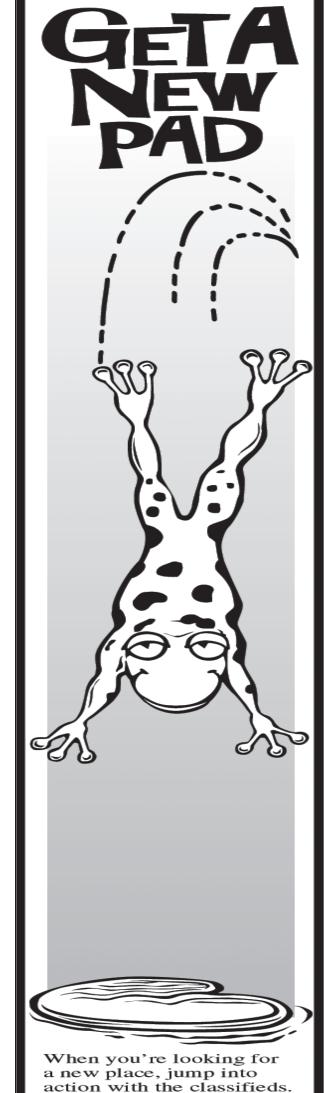
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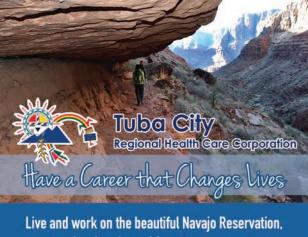


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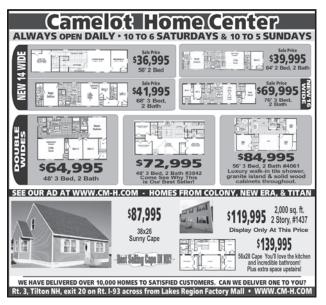
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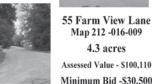
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GOV. WENTWORTH HWY. \$625,000



Colony Club, this home enjoys fantastic views of the 14th green & fairway and maintains a classic style with a fireplace, great room, formal living room, 3-season porch & more

VIEW DRIVE \$875,000



TUFTONBORO: One of a kind 3-acre island property boasts a 4 bedroom/3 bathroom home, 225 feet of water frontage, dock, boathouse, hot tub, outdoor shower, incredible views and more!

COW ISLAND \$1,299,000



MOULTONBOROUGH: Sited on the grounds of Bald Peak

TUFTONBORO: 92.1 acres atop a 3.5 - 4 million cubic yard sand bank that is fully permitted for industrial sand removal! The property has been core tested and has two SANDY KNOLL ROAD \$3,900,000

WOLFEBORO: This 1.2 acre lot offers privacy due to its location at the end of the road, yet it's close to town and only a short walk to the beach!

APPLEWOOD DRIVE \$55,000 TUFTONBORO: Marvelous 6 acre building lot in the

beautiful hamlet of Melvin Village offers privacy, yet it's conveniently located in the village close to the town beach. GOV. WENTWORTH HWY. \$165,000

II MLS

LET US GUIDE YOU HOME







Tuftonboro! Winter Harbor, Lake Winnipesaukee waterfront condo. This updated interior unit has 3 finished levels of living space, two deeded deep water docks, first floor bedroom and over 500 feet of water frontage. Open House Saturday 10/26 from 11-2!





Wolfeboro Waterfront! Over 5 acres of land and 170 feet of water frontage on tranquil Sargents Pond. This quaint cabin is on a full foundation, has a full basement and is insulated! Drilled well and septic in place. Ready for your finishing touches.

Visit our new "live" webcam at: www.wolfebore



MEREDITH OFFICE 97 Daniel Webster Hwy (603) 279-7046

LACONIA OFFICE 1921 Parade Road (603) 528-0088

VISIT US ONLINE: WWW.ROCHEREALT



TUFTONBORO: 2-story cottage w/ 250' of shorefront, breakwater & dock. \$399,000



CTR. HARBOR: Commercial space w/ high visibility. Solid lease in place. \$349,900



LACONIA: Sizable 2-family w/ 4BR unit & 3BR unit. Separate utilies & garage. \$289,000



LACONIA: Move right in! Updated home w/ 3BR. Back deck & fenced in yard. \$215,000



GILFORD: 1BR Lakes Region get-away condo. Updated & fully furnished. \$69,900



MEREDITH: Price reduced! 3BR/3BA home on 3 acres w/

beach rights. \$430,000



2BR/2BA townhouse available immediately. \$1,500/mth



118 Morrill St., Gilford: 3R/3BA renovated ranch on gorgeous lot. \$329,000 MLS# 4776108

WOLFEBORO 569-3128

⚠ MLS.

CENTER HARBOR 15 Railroad Ave. 319 Whittier Hwy

ALTON 108 Main St. 875-3128 253-9360







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BEAUTIFUL Year-round 3BR Cottage on Melvin Bay in Tuftonboro featuring 200' of SW frontage. Waterfront features your own boat ramp and long views of the lake and mountains. Oversized garage can store seaplane! Call 569-3128

\$1,325,000 (4773203)



Lake Winnipesaukee **CLASSIC** Seasonal Cottage with 336' frontage in protected Tommy's Cove. Generous deep water docking, State approved 4BR septic system, all in an excellent Meredith location.

\$849,000 (4775381)

Call 253-9360



of this contemporary styled Lake Winnisquam home located in a peaceful setting offering southwestern exposure and sunsets in Laconia.

\$799,900 (4763780)

COME AND ENJOY the maintenance free living **TUFTONBORO**

> marina and beach on Lake Winnipesaukee. \$584,999 (4775989) Call 253-9360

> This rare 3 bedroom, 2-1/2 bath contemporary ranch

with many upgrades shows quality and craftsmanship

throughout and located within walking distance to



MEREDITH // Impeccably maintained exquisite country estate. Open concept living, original features with the ease of modern amenities. 12+ acres, mountain views, rolling fields and 30 x 40 shop. An excellent offering!



MOULTONBOROUGH // Amazing opportunity to live in the sought after Lands End Assoc. that offers a large contemporary 3+BR home, detached 1-car garage w/storage above, large boat slip, private beach, tennis court & outdoor



MOULTONBOROUGH // kitchen, master bath updated with ceramic tile, marble. Perfect for year round or summer home.



Spacious WOLFEBORO // 2BR raised ranch EFFINGHAM // Located on a lake road 3BR/1.75BA home on .93 acre in in desirable Wedeln Association in Suissevale beach community. Granite Winter Harbor. New improvements, kitchen macter bath undated with nicely landscaped on .50 acre. Waterfront neighborhood gorgeous beach and docks.



Call 253-9360

near Province Lake, 2 bedroom, 1 bath, double wide on its own land. Golf course nearby



cathedral ceilings, stone fireplace and sun room sits on 30 acres. Needs some work but has great potential. \$229,000 (4758236) Call 875-3128

RENTALS

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Halle McAdam @ 253-9360 (CH Office) Jennifer Azzara @ 875-3128 (Alton Office)



ALTON // Nice 1.04 acre lot located in a quiet neighborhood just off 28A/East Side Dr. Deed access to Lake Winnipesaukee. Driveway, septic plan, lot has been cleared

\$52,500 (4729993) Call 875-3128 western views of mountains. Sloping lot has expired septic design and a perc test. Enjoy swimming at Gilford Town Beach. Easy access from Rt. 11-A. \$33,500 (4636885) Call 875-3128

\$28,000 (4717674)

your dream home in this nicely wooded .23 acre corner lot in the private beach access community of Suissevale. Lots of Amenities

ALTON BAY // Come build your dream getaway in Alton Shores. Deeded beach access, quiet road, walking distance to beach.

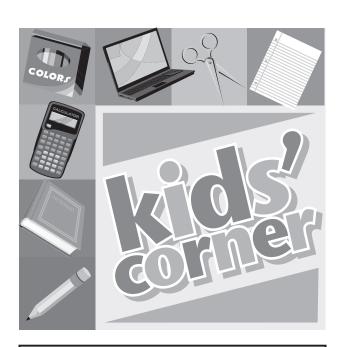
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\$27,500 (4778920)

Call 253-9360





FIELD TRIP VISITORS CAN LOOK AT PAINTINGS, SCULPTURES AND MUCH MORE AT THIS PLACE.

ANSWER: ART MUSEUM

What's the Difference?

There are four things different between Picture A and Picture B. Can you find them all?





smopuim & spy uspq is missing 3. More flowers are in the field 4. The Answers: I. Wheel is all black 2. Boy's neck strap

THIS DAY IN...

- 1415: THE BATTLE OF AGINCOURT TAKES PLACE DURING THE HUNDRED YEARS' WAR.
- **1940**: BENJAMIN 0. DAVIS SR. BECOMES THE FIRST AFRICAN AMERICAN GENERAL IN THE UNITED STATES ARMY.
- 1983: THE UNITED STATES INVADES THE CARIBBEAN NATION OF GRENADA.



FIELD TRIP

a trip made by students to study something firsthand

NGLISH: Travel

SPANISH: Viajar

ITALIAN: Viaggiare

FRENCH: Voyager

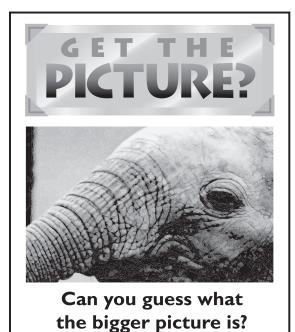
GERMAN: Reisen



VISITORS SEE COSTUMED PEOPLE WHO SHOW WHAT LIFE WAS LIKE **DURING CERTAIN**

Answers: A. sweet B. seeds C. produce D. pick

PERIODS OF TIME.



ANSWER: BABY ELEPHANT

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have

you hooked from the moment you square off, so sharpen your

pencil and put

your sudoku savvy to the test!

A B C D E F G H i J K L M N O P Q R S T U V W X Y Z

Determine the code to reveal the answer!

Solve the code to discover words related to fruit. Each number corresponds to a letter. (Hint: 21 = e)

1 7 21 21 23 Α.

Clue: Taste like sugar

B. 1 21 21 19 1

Clue: Develop into a plant

17 8 13 19 12 24 21 C.

Clue: Grown foods

17 9 24 25 D.

Clue: Choose

SUDOKU

4	3						7	
					4			3
			7					
9		4					A	2
	7			9				
dooo			2					8
2				posson@r.			5	
7					2	3		ageocoage
	8			5				6

Level: Advanced

Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The

more numbers you name, the easier it gets to solve the puzzle!

9	S	6	L	G	t	and	8	ε
quan	Þ	ω	2	8	9	9	6	L
L	G	8	6	and	ε	9	Þ	2
8	6	2	9	Þ	S	ε	9	dame
9	ω	ヤ	9	6	mak	2	Z	8
7	mah.	9	3	L	8	7	9	6
Þ	9	umå	8	ε	L	6	S	S
ε	8	Ğ	Þ	S	6	L	mah	9
6	1	7.	L	9	Ç	Ω	8	b

: **HANSNA**

Laconia Lacrosse Club hosts free clinic

LACONIA — The Laconia Lacrosse Club hosted a free clinic for both boys and girls on Saturday, Oct. 12, at the Laconia High School lower field.

"Lacrosse is a fastpaced sport that a lot of parents never played, so getting their kids into it is a less obvious choice," says girls' coach Rose Marie Marinace. "I started coaching because my daughter wanted to play, and I've rarely met a kid who doesn't like it once they've been taught the basic skills. It's exciting and it's challenging. It makes you proud to be successful at it, but it's definitely a game that requires a team spirit to be successful."

For the last eight vears. Marinace has been coaching for the Laconia Lacrosse Club. and her husband, Paul has been coaching for four years. "Paul has the temperament for the younger girls," she says. "He's competitive, but adds in piggy back rides and cookies. His 8U and 10U teams have been undefeated the past two years and the girls I inherited in the 12U have learned to play together as teammates who like each other—it makes a wonderful difference to coach them when they

get along." Club president Mike Holmes was on hand to work with the boys who showed up. Holmes and his twin, Nick, played lacrosse as kids in Laconia and now they continue to coach together. "The boys' game is very different from the girls'

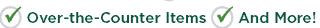
Free clinics will continue on Sunday nights beginning in January and February before the start of the season in March. Google "Laconia Lacrosse Club" or e-mail laconialacrosseclub@ gmail.com to get on the mailing list and for more information.



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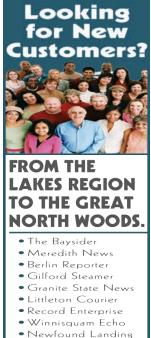
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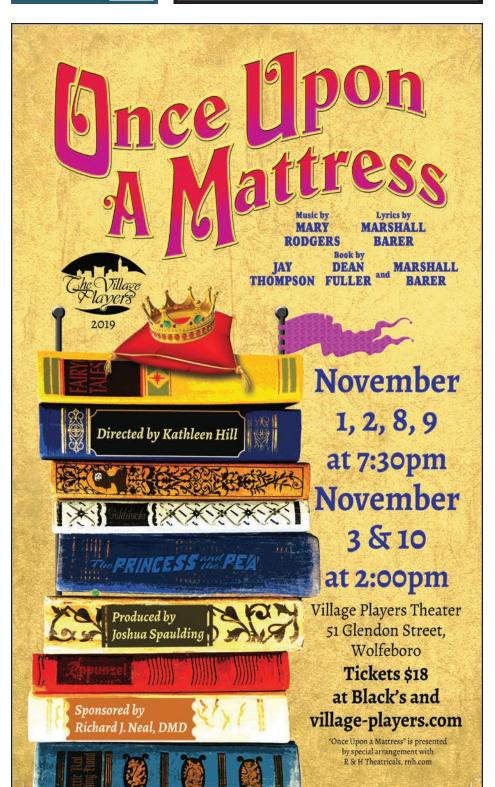
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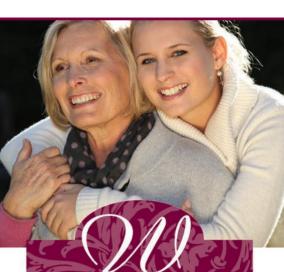
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