



Gilford Steamer

THURSDAY, OCTOBER 13, 2022

GILFORD, N.H.

Local boards looking for volunteers

BY ERIN PLUMMER
mnews@salmonpress.news

REGION — Alton, Barnstead, and New Durham are looking for volunteers to serve on their different boards and committees.

All three towns have listings on their respective websites seeking people to apply for different appointed board positions. These lists might not be up to date and positions might be available for other boards and committees. Contact the respective town for more information on open positions.

Alton is looking for members of the Old Home Week Committee.

They are also looking for members of the Milfoil Committee, which works closely with the NH Department of Environmental Services to find infestations and work out priorities for milfoil mitigation. The committee meets in person every month from May through October, but also meets over Zoom the rest of the year. Contact committee chair David Gould through the selectmen's office.

For information on both these or other positions contact the town administrator's office at 603-875-0229.

Alternate positions are also open on the town's Planning Board and Zoning Board of Adjustment. Alternates replace absent board members in decision and reviews. For more information contact the Planning Department at 603-875-2162 or email plansec@alton.nh.gov.

Barnstead is looking for members of the Capital Improvements Committee. For more information contact the selectmen's office at (603) 269-4071 ext. 4 or the Planning Board at (603) 269-4071 ext. 1057.

Barnstead is also seeking of the Parks and Recreation Commission to help develop special events.

"We are building a volunteer led program so we are always looking for people who are willing to give a season of leadership, help out with a special project, or just help out for an hour or two once a year," read the notice on the town website.

For more information contact the Barnstead Parks and Recreation Department at 802-332-3799 or barnsteadparks@gmail.com.

New Durham is seeking up to three alternates on the Planning Board and one member and up to four alternates on the Zoning Board. They also have two openings on the Conservation Commission and openings on the Meetinghouse Restoration Advisory Committee and the Ethics Advisory Committee.

Any New Durham residents who are interested in open board positions can fill out the Talent Bank Application at https://www.newdurhamnh.us/sites/g/files/vyh1if3526/f/uploads/new_durham_talent_bank_application.pdf or contact town hall. For any questions and inquiries into other vacancies call New Durham Town Hall at 603-859-2091, ext. 1 (the Town Clerk's office).

Roberts Cove Road repairs in progress

BY ERIN PLUMMER
mnews@salmonpress.news

ALTON — Road work is progressing on a section of Roberts Cove Road that is now open to through traffic, with some more work expected this week.

Work on Roberts Cove Road was included as part of the Highway Department's 2022 budget and voters approved the article putting money into the Highway Reconstruction Capital Reserve Fund. According to the minutes of this year's deliberative session, Roberts Cove Road resident Richard Shea said he was happy with the increase to this fund and said the road greatly needed repairs.

The Department of Public Works has been updating residents on the status of the work on its Facebook page.

Public Works announced that a section of Roberts Cove Road was closed between numbers 135 and 143 effective on Sept. 20 for road and bridge construction. The closure was expected to last for two weeks.

SEE REPAIRS, PAGE A13

Gilford freshmen learn teamwork from treetop course



PHOTOS BY ERIN PLUMMER

Gilford High School freshmen navigate a tricky part of Gunstock's Aerial Treetop Adventures.

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — Freshmen at Gilford High School learned valuable lessons in teamwork, communication, and building their confidence all while navigating an obstacle course high in the air at Gun-

stock's Aerial Treetop Adventures.

Freshmen and teachers went to Gunstock on Tuesday morning to do the treetop adventure course as a team building activity.

Guides gave the students harnesses and showed them how to

use their gear, then had them go through a short practice course where they learned the basics of the treetop course. Afterwards students would do the low course and could then move on to the high course.

Phys ed teacher Brandt O'Hara said this

is an opportunity to use some adventure education with the kids. The activity was meant to build confidence and camaraderie with the students, requiring them to work together to go through the course.

Classes also took part SEE TREETOP, PAGE A14

Gilford-Belmont makes history with win in Plymouth

Golden Eagles remain undefeated with 35-14 victory

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — Friday night's tilt on Zoulias Field between the Plymouth and Gilford-Belmont football teams saw firsts on both sides of the ball.

For the Bobcats, it was the first-ever home game under the lights, as temporary lights welcomed the crowd turning out to fight brain cancer in the name of former Bobcat Luc Bisson.

For the Golden Eagles, it was the first-ever win against Plymouth, moving them to 6-0 on the season.

Both teams scored on their opening drives, but it was the Golden Eagles who scored the next two touchdowns and eventually pulled out the 35-14 win.

"We won last week, but we didn't feel we played the way we could," said Gilford-Belmont coach Josh Marzahl. "We wanted to get back on track offensively and defensively, wanted to fix the mistakes we made last week and we did that tonight."

"We did what we wanted to offensively, controlling the clock, but defensively we have to be better," said Plymouth



JOSHUA SPAULDING

Logan Grant hauls in a pass in action against Plymouth on Friday.

coach Chris Sanborn. "That's a good team over there, we've just got to stop making the mistakes."

The Bobcats came charging out of the gate, using the legs of Dylan Welch to march down the field. The Eagles got good defensive plays from Gavin Clark and Michael Macaione, but Plymouth was able to get in the end zone on fourth and four, with Welch running in from 40 yards out. Gianni Ciotti bootied the extra point and Plymouth was on the board with the 7-0 lead.

Gilford-Belmont re-

sponded quickly, as Michael Kitto made three consecutive runs to get the ball to the 20 and Isaiah Reese carried in from there and Logan Grant booted the extra point to tie the score at seven with 6:22 to go in the first quarter.

Matt Cleary, quarterback Luke Diamond and Welch combined to carry the ball on Plymouth's next drive, but the G-B defense was able to hold tight and force a punt to close out the first quarter.

The second quarter began with Kitto carrying the ball down the

field and Reese converting a second and long, getting the ball to the 30. Kitto carried again to get the ball to the 15 and Plymouth's Will Foisy broke up what looked to be a touchdown pass. However, on the next play, Reese carried the ball in and the extra point gave G-B the 14-7 lead with 8:50 to go in the first half.

Plymouth ate up most of the rest of the second quarter clock with their next drive, as Welch and Cleary moved the ball down the field. Stratt

SEE FOOTBALL, PAGE A13

Hunt Leavitt receives 2022 Hank Why Volunteer Award

WOLFEBORO — Joining the New Hampshire Boat Museum's annual auction committee in 2017, Hunt Leavitt recently received the Hank Why Volunteer Award.

"Throughout my life, I have had a passionate affair with boats, both professionally and as an avocation," remarked Leavitt.

This 'affair' began when he was a kid.

"Starting off as a kid water skiing, exploring, and island-camping with my large family, I discovered outboard hydroplane racing and pursued it on and off for more than 40 years," he explained.

During that time, Leavitt also engaged in whitewater canoeing, chartered big sailboats, and restored nearly 100 boats.

"Although much of my business life was in corporate America, I was also president of the Alcott Sailboat division of AMF and owner of McKee Craft, a fiberglass boat manufacturer," he added.

As a volunteer, he said his time has primarily been focused on boat valuation, research, and description development as part of the Museum's auction committee. Admitting surprise at receiving the Hank



Hunt Leavitt (center) with Greg Why (L) and Kathy Why (R).

Why Volunteer Award, named in honor of long-time volunteer Hank Why who passed away in 2021, Leavitt expressed excitement for the future of the New Hampshire Boat Museum (NHBM).

"I think the Museum's future move to Moultonborough is a brilliant plan, providing much more exhibit space, much greater visibility, and the opportunity to tap into a whole new world of members and volunteers," he said.

In April 2022, NHBM announced an expansion to a new location

at 130 Whittier Highway in Moultonborough. According to NHBM Executive Director Martha Cummings, the new location features an existing facility that offers significant benefits. "We will have a

year-round, climate-controlled building for exhibitions and educational programming, greater visibility, and a better space to preserve and display the museum's collection," she noted.

NHBM's continued growth and expansion, however, would not be possible without volunteers like Leavitt, according to Cummings.

"He knows the value of boats and motors,"

she explained. "Hunt can find something interesting to say about a sunfish sailboat to a Donzi motor boat to a Chris Craft...He is quiet but his knowledge is so valuable, and he is first and foremost a tremendously kind and generous person."

When not volunteering his time at NHBM, Leavitt spends his summers on Cow Island with his wife and the rest of the year in Wilmington, N.C.

Founded in 1992 by antique and classic boating enthusiasts, NHBM is committed to inspire people of all ages with an understanding of, and appreciation for, the boating heritage of New Hampshire's fresh waterways. NHBM is sponsored in part by Goodhue Boat Company, Eastern Propane and Oil, Stark Creative, KW Lakes and Mountains, Meredith Village Savings Bank and FL Putnam.

To learn more about NHBM, visit nhbm.org.

Brewster once again offering Smith Center Memberships



WOLFEBORO — Brewster Academy is pleased to announce that it will be re-starting its Smith Center Membership program this fall. This program allows community members within the greater Wolfboro community to use the Smith Center Athletic Facility on Brewster's campus Mondays through Fridays from 6 to 10 a.m. There is a \$200 fee for this membership, and it begins on Oct. 31.

"We know that our neighbors appreciate this option," says Kevin Duffy, Brewster's Director of Security and Life Safety. "We also recognize that there are great fitness, yoga, wellness, and strength training centers in our community that people can join for professional training and a wide variety of wellness programs. We

are not competing with those businesses, but we do like to share our indoor track for people to enjoy when winter weather makes walking or running outside impossible or unsafe."

For more information and to sign up, please attend one of the informational meetings held at Brewster on Wednesday, Oct. 19 at 11 a.m. and Thursday, Oct. 20 at 11 a.m. at the Smith Center in the Turner Hall of Fame Room. Limited parking is available outside the Smith Center main entrance, which faces the lake. There are also parking lots within walking distance at the new Grayson Student Center in the Rogers building (between the Smith and the main Academic building) and at the main visitor lot at 80 Academy Dr.

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Burnt Timber completes expansion



WOLFEBORO — Nearly doubling its space in June as it expanded next door into what had been Mise en Place restaurant, Burnt Timber Brewing & Tavern recently completed interior renovations, highlighted by a new bar area and kitchen. The expanded space also features two dining areas with one designed around a large community table and “a slight-

ly quieter feel,” according to Owner and Head Brewer Eddie Michno. “It’s amazing how far we have come in such a short time,” he noted. “We can accommodate private group gatherings with their own catered menu, and our new bar space provides the perfect setting for our handcrafted cocktails and mocktails.”

Michno credited both staff and community members for putting in substantial “sweat equity.” “My staff rolled with all the new changes, which included an expanded menu, while several customers and staff members stepped up and helped with the construction aspects,” he said. “I also want to say a special thank you to my

crew member Johnny Gillette who did a lot of the work and Jason Denver, owner of Northern Tile, for giving us our beautiful horseshoe bar.” The result, said Michno, is not just a new space and bar, but a new attitude. “I want locals to feel like this is their pub and visitors to the area to feel welcome as they ex-

plore this area,” he said. “I hope this is the first and last stop people make when they come into town.”

Citing walking distance to the Cotton Valley Rail Trail trailhead in downtown Wolfeboro, Michno said Burnt Timber’s expansion better positions it as a tourist and culinary destination.

“You can have a meal or a craft brew in comfort here before exploring the many trails that are accessible—and beautiful this time of year with the leaves—right from downtown Wolfeboro,”

he explained. “You can also just sit back and relax in a restaurant that gives you a glimpse into the local scene here in Wolfeboro.”

A family-friendly brewpub that features live music, catering, full cocktail and food menu, and extensive rotating beer selection, Burnt Timber is located at 96 Lehner St., Wolfeboro. To learn more about Burnt Timber, including its current beer offerings and menu, visit burnt-timbertavern.com

Migratory bird watchers With Ornithologist Scott Weidensaul spot variety of species

NEW DURHAM — On Sept. 25, Moose Mountains Regional Greenways (MMRG) hosted a very special event with expert ornithologist and best-selling author Scott Weidensaul. The event was held at Birch Ridge Community Forest in New Durham, owned since June 2019 by the Southeast Land Trust of New Hampshire. MMRG holds the easement on this property. This is a strong partnership between two regional land trusts and it includes an agreement to host educational events on this property. This is the second year in a row that Weidensaul has led a hawk watch at Birch Ridge and shared

his extensive experience of working with birds in the field across the globe. It was a cold and windy day on the ridge where several species were seen, including: two bald eagles, a couple of kestrels, a flicker, turkey vultures, turkeys and a number of local songbirds. Scott Weidensaul is the author of more than two dozen books on natural history, including the Pulitzer Prize finalist “Living on the Wind” and his latest, the New York Times bestseller, “A World on the Wing.” He is a Fellow of the American Ornithological Society and an active field researcher. Birch Ridge is located

within MMRG’s highest priority Conservation Focus Area. Once proposed for a 220-unit subdivision, Birch Ridge was a priority for the community to protect for more than a decade. It rises over Merrymeeting Lake with stunning views of mountains to the north, including Mt. Washington on a clear day. The property filters clean water to Merrymeeting Lake to the north and Coldrain Pond to the south. It offers essential habitat to wide ranging species such as moose, deer, bear and bobcat, as well as providing nesting habitat for a myriad of resident and migratory birds. Jillian Eldredge, Ex-

ecutive Director, said: “MMRG is so grateful to have benefitted from the expertise and generosity of renowned naturalist Scott Weidensaul in leading this popular hawk watch at Birch Ridge Community Forest for the second year in a row. Our region has a thriving community of migrating birds, including hawks and related species, and it’s a special opportunity to share these experiences with local residents. This year MMRG has hosted a number of bird watching events that have been enormously popular and we look forward to continuing and expanding this programming in the future.”

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A problematic legacy

No one here wants to rewrite history or change long standing traditions; however, with Columbus Day, the chatter about coffee shops and around the workplace has been regarding why we in fact, celebrate the life of a man who many consider to be one of the great villains of history. We all know at this point that Columbus did not discover America, never set foot on North American soil, and did not set out to prove that the world was round. According to history, Leif Ericson discovered Newfoundland roughly 500 years prior to Columbus' voyage. In addition, DNA has proven that Polynesian adventurers landed in South America prior to the Vikings, and certainly prior to Columbus. On his various journeys, Columbus brought technology and trade from the Old World to the New; however, the spread of diseases such as smallpox was devastating to those already living on the islands Columbus claimed to have "discovered." Regarding discovering that the earth is a sphere, that knowledge was already widely known to the people of Columbus' time long before his excursions at sea. In fact, the first globes appeared in 1492, the year he set sail to find what he hoped would be a shorter route to Asia and its riches.

The myth that his intention was to disprove the folk belief that the earth was flat was born in the mind of American writer Washington Irving (of "Sleepy Hollow" fame), who penned a highly fictionalized biography of Columbus in the early 19th Century that became the nation's first literary blockbuster. Columbus' reign over the Caribbean islands resulted in brutal deaths and gross mistreatment of their native peoples. In 1492, Columbus was marked on the Bahamas where a people known as the Arawaks, Tainos and Lucayans lived. Columbus described these people in his diary as handsome, smart and kind. His diary also revealed that these people had no weapons, nor did they have any criminals amongst them. In return for their graciousness in welcoming his expedition, Columbus seized land from the indigenous people and forced them to mine for gold to make his venture profitable for the Spanish monarchy which financed it. In just two years, Columbus killed off half of the original indigenous population. He sold young girls as young as nine into slavery. In his diary, he wrote, "A hundred castellanos are as easily obtained for a woman as for a farm, and it is very general and there are plenty of dealers who go about looking for girls; those from nine to ten are now in demand." The punishment for failing to meet the arbitrary daily quotas of gold imposed by Columbus and his administrators was the loss of a hand, which the victim was then forced to wear around their neck as a warning to their fellow laborers. The treatment of these peaceful people was so brutal that a group of 100 men performed a mass suicide. The torture continued with Columbus at the helm. Men that resisted slavery would lose a nose or an ear or were burned alive. Attack dogs were also used on the men if they did not follow suit. Some of the torture is too gruesome to be mentioned in print. Bartolome De Las Casas, a Spanish friar who accompanied Columbus on one of his voyages to the New World and was appalled at the barbarity he witnessed, "Such inhumanities and barbarisms were committed in my sight as no age can parallel, my eyes have seen these acts so foreign to human nature that now I tremble as I write." Fifty years later, not one native was left on the island. So, why do we celebrate Columbus even considering the atrocities committed under his administration? In 1792, in New York, Columbus was adopted by Italian emigrants as an example of their contribution to American history, and Oct. 12, the day that Columbus and his crew landed in the Caribbean, was selected as a day to honor his legacy. President Benjamin Harrison, in 1892, sought to have Americans celebrate the 400-year anniversary of the voyage. In 1937, Franklin Delano Roosevelt, after persuasion from the Knights of Columbus, proclaimed Oct. 12, be a national holiday. The date was switched to the second Monday in October in 1971. In recent years, there have been protests at Columbus Day festivities. In 1992, in Berkeley, Calif., Columbus Day was renamed Indigenous Peoples Day. The state of Alabama celebrates a combination of Columbus Day and American Indian Heritage Day. In South Dakota, Columbus Day has been replaced by Native American Day, and in the Bahamas and Hawaii, it is called Discovery Day. Re-christening Columbus Day does not erase the fact that it was adopted in the first place as a celebration of a legacy that we now know to be a dark and troubling one, and there are many who continue to wonder whether it should remain a part of our yearly calendar at all.



CATHY FRASER – COURTESY PHOTO

Dig pink

The Prospect Mountain volleyball team did its part to fight breast cancer with the annual dig pink game, which took place Friday night against Mascoma. The Timber Wolves finished out a perfect week, winning all three matches by 3-0 score. Prospect beat Conant on Monday, Franklin on Wednesday and Mascoma on Friday. Next up, the Timber Wolves will host Somersworth on Friday, Oct. 14, at 6 p.m., then visit Epping on Monday, Oct. 17, at 6 p.m. and Moultonborough on Wednesday, Oct. 19, at 6:15 p.m.

Letters to the Editor

Are you tired of Democrats?

To the Editor:

Are you tired of Democrat politicians caring more for climate change than how much you are paying to fill your gas tank, heat your home or buy food and groceries? Are you tired of being called a deplorable racist extremist and a domestic terrorist because you want a normal education for your children and a normal life for yourself? Are you tired of the Democrats working to take away your Second Amendment rights to protect yourself

from violent criminals? Are you tired of being told that if you disagree with the Biden agenda you are being divisive? Are you tired of being forgotten by Democrat politicians and then during election season being told that they have been working to maintain the "NH Advantage?"

If so, then vote for the Republicans. All the Republican candidates have the experience of keeping their promises – in New Hampshire, James Gray for Senate,

David Bickford for Representative – District 3, Mike Harrington for Representative – District 18, Joe Kenney for Executive Council and Chris Sununu for Governor. For the Federal offices, Don Bolduc, US Senate and Karoline Leavitt, US House of Representatives – CD #1. All these Republicans will fight to lower inflation costs on everyday goods and services and heating fuel and gas. They will fight for your children to have a normal education in all school settings, and

they will fight for your right to advocate for and protect your children. They will fight to protect your Second Amendment rights and will fight to secure the southern border to keep fentanyl away from your children and all of us.

Your Republican vote on Nov. 8 will be for positive change in the direction of our country and our state of New Hampshire. Thank you.

Janis Anthes
New Durham

Thanks for supporting Booster Club

To the Editor:

The Timberwolves Booster Club would like to thank the Alton and Barnstead communities for their generous support during our Homecoming Fall barbecue at Prospect Mountain High

School. The support from the PMHS parents, the PMHS administration and local business was truly amazing. Special thanks goes to Hanaford, Alton Village Pizza, Pepperidge Farm, Eastern Propane and

Dunkin' Donuts for donating food and supplies for our festivities. Parents and families were also extremely generous, donating everything that was needed for our special day. The event raised over \$600, which will

go towards equipment needs, team and student recognition, school spirit, and scholarships.

Timberwolves Booster Club
Prospect Mountain High School

Thank you for a successful open house

To the Editor:

The Ladies of the Lakes Quilters' Guild wishes to thank all those involved in making our Open House at the Wolfeboro Public Library on Sept. 26 from 6-8 p.m. a great success. It was a wonderful opportunity to share the many artistic creations of our local quilters and their various quilting techniques. We are thrilled that the

Open House gave us the opportunity to welcome new members, some who are advanced "over the top" quilters, and others who are excited about quilting for the first time. There is room in our Guild for all – beginners to advanced.

A special thank you to the Wolfeboro Public Library for the use of the Helen Bradley Room

for our Open House, to Brewster Academy for allowing us to hang an Open House Banner on their property, to the Salmon Press for publishing our Open House articles and to the Town of Wolfeboro and Alton for permission to place signs in various locations around town. It truly "takes a village" of support and the generosity of time and talent from the Ladies of the Lakes Quilters to have a successful outcome.

quilt donated is made with care and love that we hope is felt by its recipient.

Ladies of the Lakes quilters meet every second and fourth Wednesday of the month at the First Congregational Church in Wolfeboro from 10 a.m. – 2 p.m. We learn from one another as we work on personal or group charitable quilting projects and from programs with renowned quilting experts. Guests are welcome to drop in anytime and see what we are about. A friendlier group you will not meet. Come join us!

Open House Co-Chairs

Susan Bunting
Wolfeboro

Janice Lashnits
Alton

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

Every year, 300-plus children's quilts are donated to David's House for children who are receiving treatment at Dartmouth Hitchcock Hospital in Lebanon. Additional quilts are donated to the Child Advocacy Program of Carroll County for teens, and Comfort Quilts for folks who may have suffered a personal disaster. Each

LETTERS FROM EDWIN

Gardening

Looking over on the dining room table, I can't believe how much effort it took to make those two jars of pasta sauce. If you look way back to the spring, there was tilling, then planting. Weeding and watering throughout the hot dry summer.

One day, I looked to find that a bunch of tomato leaves were eaten off, looking much like the work of a tomato horned worm. I searched and never found it, and never saw any more evidence of it's feeding off my plants. It must have been hunting birds. There are usually more than one. I guess I lucked out this year.

The majority of tomatoes ripened up in a period of about three weeks. Last week I just boiled down a bunch and filled a couple jars and the had enough left over to do some kind of chicken in sauce type thing. This week, I had a bit more time so I went full bore and even used the squeeze machine and got two jars of sauce canned plus a sausage 'n sauce meal. That took three evenings. After working all day, this animated carcass of mine doesn't take kindly to dallying around the kitchen much after supper.

This here garden thing is soon coming to a close. Every day, I go out and pick a bunch of fresh stuff to throw into my pan of mixed together whatever that I'll call supper. Summer squashes are finished, likewise the wax beans. This year, broccoli has been a major waste of garden space. Green beans are doing fine still, as is the Swiss chard. Onions and garlic are already being used and there are some monster beets that have been neglected all summer. Some of the potatoes have called it quits. Just in time for mushroom season.

I went out for a mushroom walk with the cat this afternoon. There was lots of variety, mostly gone past, but I did come home with a hand full of fresh puff balls. As we were walking back to the house it started raining again. We certainly could have used more of this back in August.

This year, after having some success last year, I decided to try corn again. I had it in a six foot high metal fence to deter critters. I'd been warned about the coons and deer. I didn't have an electric fence but I'm new to this crop and could whip up something quick and dirty if needed. It's all a learning experience.

The corn was better this year than last years. Improvements are a nice thing. All seemed well as I took off for a Labor Day long weekend adventure up north. When I got home, my corn patch was trashed. I managed to scavenge a couple of partially eaten ears, cut off the chewed ends and have one last meal ending with corn on the cob.

Since I had spaced out my plantings, there was one section that wasn't close to mature yet so I was contriving my next solution while these continued to grow. In the meantime, I was over a friend's house and mentioned my corn issue. They questioned me about the scene of the crime and quickly identified the culprits. Squirrels. Nobody ever mentioned squirrels before. There's plenty of them around my neighborhood.

In no time, the rest of the immature corn went the way of all the rest. Not one ear had been left un-ripped apart. I could stay home and do target practice to diminish the population of tree rats, which was how one of my friends appropriately referred to them as, but my time is still required to work and produce the income needed to keep the house running, and buy corn.

Every year, I look back at all the work that gardening entails and vow that I won't do so much next year. Then I work toward making the garden larger. It's a sickness, but it's probably one of the better sicknesses of this world. For a couple of months, I'll be flooding my system with fresh organic wholesome produce. The potatoes and onions usually last well into the winter. Last year's potatoes were so plentiful that I still have a few reds left in the freezer. Luckily, last year's broccoli was so plentiful that there's still a bag or two there also.

I may bemoan all the effort that goes into the production, but the results are so good. Farmers never receive just compensation for their labors. Where would we be without them?

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

Just flapping on by with a raven's cocked eye

The thing about ravens is that they like a little fun, and will fly far to find some. I've always thought that my ravens flap over from the nubbles around Whipple Ridge, or maybe Little Diamond, not very far from my house. This is an idle cruise for a raven out for mischief.

They come my way whenever the upper air currents are favorable, or even when they're not, and show up at around 7 in the evening, when the local crows are getting together to go roost. Since crows are just below ravens in the pecking order, roosting is a big secret. It's an even bigger secret for ravens.

Crows will feign panic when ravens drop by, with a cacophony of cawing to prove it. If I've missed the ravens when they're still on high, I'll hear about it from the crows. "Danger!" they'll caw, maybe wishing they'd posted a lookout. "Danger!"

Well, not really. The ravens have been spending the spring and early summer at home, raising their young and teaching them to fly. The crows have been at it too, when they're not eating someone's eggs.

The ravens are most easy to spot under a low-ery sky as they appear from the east, and again

I suspect those nubbles. This generates mail. "What's a nubble," someone will write in, and I reply "Well, it's a high bump of terrain," and let it go at that.

Toward the end of this summer, I heard the crows making a fuss, and sure enough, a couple of ravens whooshed by just over rooftop level, and I was in the right place at the right time to say something. "Argh," I said, or "opff," or maybe "ausplundh," or several other things in raven-speak, and the bird that had buzzed the roof turned back to investigate, but then wheeled and resumed course. I thought I heard it scoff.

"Awguph!" I shouted after it, but before I even got it out the bird was gone, headed off to Hedgehog Nubble. Never mind, I thought, I've called them in before. It always depends on just how bored or bent on mischief a raven will be.

A few years ago, on a soft and rainy day, I was sneaking along under some softwoods, trying to shoot a grouse for supper, when I heard a "whoosh" that said "raven," and craned my neck skyward in time to see it, and it peered down at me and said "Awk," or something like that.

Ravens are more at home in higher country, and I'm on the edge of



A typically scruffy-looking raven, the sort one might see peering down from treetop level. (Courtesy Raven Stock Vector)

it, and thus appreciate the overlap. These great birds have given me years of enjoyment.

Now and then, I've seen pairs teaching their young to fly, an absolute treat. Cruising on high, the parents watch kids being kids. Teenagers on the brink of adulthood climb until they're specks themselves, then fold their wings and tumble toward earth, pulling up a few feet above the ground, and then climbing to begin it all over again.

"Scruffy birds," I like to think whenever I see them way up in the sky, riding the upper air to home or wherever, who knows or can guess, as

far as a raven's eye. (This column is syndicated in newspapers from Concord to Canada. Please address mail, including phone numbers for questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

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Alton Masonic Lodge hosting monthly breakfast Sunday

ALTON — On Oct. 16, the Masons of Winnipisaukee Lodge in Alton will be hosting their monthly Breakfast Buffet, open to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle. With fresh fruit, biscuits and gravy, scrambled eggs, omelets, bacon and sausage, home fries, beans, pancakes, French toast, coffee and juice being served, it is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet. So join them for breakfast between 7:30 and 11 a.m. Cost is \$12. They hope to see you there, always on the 3rd Sunday of the month. For more information, contact Kirby Wood at 603-875-2979.

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GILMAN LIBRARY INVITATION TO BID

The Gilman Library, 100 Main Street, P.O. Box 960, Alton, NH 03809 invites sealed bids from insured contractors to replace 3 furnaces. Work shall be completed 01/15/2023. Bids must be submitted by 10/21/2022. There will be a public meeting on November 1, 2022, at 5:00 PM whereas the bids will be opened, read, and recorded.

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Gilford XC boys and girls win home meet



JOSHUA SPAULDING

Alden Townsend took the win in Gilford's home meet last Thursday.



Georgia Eckhardt led the Gilford girls with a second place finish in a home meet last week.

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Gilford cross country team hosted the Central Lakes meet on Thursday, Oct. 6, welcoming schools from around the Lakes Region, along with outliers Berlin, Bishop Brady and Derryfield.

The Gilford boys and girls both came home with the overall wins, with the boys finishing

with 40 points to Belmont's 50 points and Inter-Lakes with 51. The Gilford girls finished with 21 points for the win, with Belmont in second at 38 points.

Alden Townsend took the top spot in the boys' race, crossing with a time of 17:09.

Carter Forest was right behind him in second place with a time of

17:20 and Aidan Bondaz finished in third place with a time of 17:21.

Gunnar Marvel finished in a time of 19:00 for 16th place overall and Dylan Wright finished out the scoring with a time of 19:14 for 19th place.

Joseph Schelb finished in 20th place in a time of 19:30, Ben Smith finished in 20:16 for 30th

place, Malcolm Breton finished in 20:41 for 32nd place, Dane DeHart was 36th in 21:03, Brody Testa was 37th in 21:03, Ben Wolpin finished in 38th place in 21:18 and Nick Haddock was 39th in a time of 21:46.

Georgia Eckhardt finished in second in the girls' race with a time of 20:16.

Sydney Eastman fin-

ished third overall with a time of 21:09 and Maria Tilley was fourth in a time of 21:12.

Megan Hughes finished in a time of 23:06 for 13th place and Athena Booth finished with a time of 23:30 for 15th place.

Tessa Tanner was 16th in a time of 23:44, Kaitlyn O'Brien was 17th in a time of 24:04,

Maelys Nolet finished in 24:06 for 18th place and Maddy Burlock finished in a time of 25:06 for 26th place.

The Golden Eagles are slated to run at the Capital Area Invitational on Thursday, Oct. 20, at 4 p.m.

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

Deane nets two, Gagnon earns shutout as T-Wolf boys best Rams



JOSHUA SPAULDING

Joe Deane scored a pair of goals in Prospect's 3-0 win over Raymond last week.



Ayden LaChance chases down the ball ahead of a Raymond attacker in action last Monday.

BY JOSHUA SPAULDING

Sports Editor

ALTON — After taking an early lead over the weekend against Belmont, the Prospect soccer boys surrendered two goals in the second half and dropped a 2-1 decision.

Two days later, the Timber Wolves again scored one goal in the second half, this time hosting Raymond. This time the Prospect boys were able to score two goals of their own in the second half and pulled away for the 3-0 win.

"The opportunities were there in the first half to have a couple more," said coach Erick Bourdeau. "We knew if we kept the pressure up, some of them would go in.

"In Belmont, we had the chances early and if it was 2-0 at the half, the momentum may have carried us in the second half," the Timber Wolf coach added. "And the goal relatively early in the second half definitely lifted us up."

Prospect had some early chances, with Cody Stockman and Joe Deane teaming up on a chance, while Prospect also had the first corner kick but could not connect. Raymond had a direct kick chance that Ayden LaChance was able to clear out of the zone. TJ Locke just missed connecting with Kaleb Kennedy for a bid and Locke also had a good defensive stop and sent a nice ball up to Deane.

Raymond came in

with a chance that keeper Ben Gagnon was able to grab and Ethan Caspsalis and Eli Kriete made solid defensive stops for the Timber Wolves. Locke fed Cam Dore for a chance that rang off the cross bar and Cole Stockman fired a couple of chances just over the top of the goal.

Evan McCracken had a good defensive stop and Locke and Dore teamed up for another chance. The Rams had a couple of solid chances, with Gagnon making saves in the net for the Timber Wolves. Locke and Deane just missed connecting on a chance and Gagnon made a diving save on a Raymond bid.

Both teams had corner kicks, with neither

team able to convert and Raymond had a direct kick that Gagnon stopped.

With a little more than 10 minutes to go in the game, Deane was able to finish off a strong run with the first goal of the game and the 1-0 lead. Kennedy had a couple more chances that were denied by Raymond's keeper and Locke had a couple of chances, including one going off the post. LaChance and Caspsalis had some solid defensive stops and Gagnon had a pair of stops on Raymond corners and the game went to the half with Prospect up 1-0.

The Timber Wolves were able to add to the lead just more than two minutes into the second half, as Deane made a nice move past Raymond defenders and Knyte Neathery was able to get to the ball and poke it in the net for the 2-0 lead.

Raymond responded with a shot that Gagnon stopped and Deane had a pair of chances that were denied by Raymond's keeper. Neathery also got in close on

a rebound but was denied. Joey DeJager just missed connecting with Neathery on a chance and Prospect had a corner kick that was turned away.

The Rams came back with a number of strong chances on the Prospect net, with Gagnon making the saves in the net. Locke had a solid defensive stop and Raymond sent another shot wide of the net.

About midway through the second half, Deane picked up his second goal of the game. He made a good run in that the Raymond keeper was able to make the stop. Cody Stockman was there for a follow-up chance, which was also saved, but Deane put home the rebound for the 3-0 lead.

DeJager had a good cross into the box that was cleared out and Raymond responded with their own cross through the box. Deane had another bid denied and Raymond had a couple of bids miss the mark. Deane continued to pressure with a few more chances and Gagnon did

his job in the net, stopping bids from the Rams. Prospect had a corner kick that Dore headed on net, which was stopped by the Raymond goalie. Neathery also had a chance stopped.

Dore had a long shot denied by Raymond's goalie and Gagnon made a leaping save to keep the shutout intact. Caspsalis had another strong defensive play and a Raymond corner missed the mark, giving the Timber Wolves the 3-0 win.


Bourdeau commended Gagnon on his solid work in earning the shutout as he learns his goalie position.

"He has come a long way," the first-year head coach said. "We knew he was great at reacting to balls, he's just learning positioning and where to be. He'll be really good by the time he's a senior."

The Timber Wolves will be back in action on Thursday, Oct. 20, at Campbell for a 4 p.m. game.


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

PETS OF THE WEEK




Jenni

I'm Jenni and I bet you want my number, or the one for the shelter to come adopt me! I am most comfortable around the people I know and would probably do best with adults only. There is potential for me to share a home with a male dog, of course we'd have to meet first. A low traffic home able to help me build my confidence with new people would be best!



Bria

Bria came to us all the way from South Carolina. Her foster says she is sweet and has done well living with other cats.



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Five different scorers lead Prospect past Newfound



JOSHUA SPAULDING

Prospect's Sophia Capsalis tries to get the ball around Newfound defender Lily Karkheck in action last week in Alton.

BY JOSHUA SPAULDING

Sports Editor

ALTON — The Prospect Mountain soccer girls scored just more than five minutes into last Wednesday's rainy match with Newfound and never looked back, capturing a 7-0 win on their home field.

Ella Smith had an early bid go wide for Prospect and Sophia Capsalis and Ava Tibbs made a run as well, with Newfound's Lily Karkheck turning them away in the defensive zone.

With 5:20 gone in the game, Smith delivered a direct kick from outside the box that got past Newfound keeper Mika Austin and into the net for the 1-0 lead. Emma Carlson responded with a good run up the side for the Bears, which was met by good defense from Lani Demers for Prospect. Isadora Robert

made a good defensive stop for the Bears on a run from Prospect's Sarah White.

Alexis Kelley had a good cross for the Timber Wolves that just missed White in front and Prospect had the first corner of the game, which saw Olivia Casale get a shot on net with Austin making the grab. White had a bid that Austin stopped and Robert did a good job clearing the rebound and Olivia Noyes had a shot that was stopped by Austin as well.

Newfound got a bid from Carlson that keeper Reese Burke was able to stop and both Robert and Emily Avery had good defensive clears for the Bears. Bibi McConologue made a good run for Newfound, with Demers stepping up for a good defensive stop, while Abby Argue had a nice cross for the Timber

Wolves that missed the mark in front.

Hannah Bassett and Gretchen Reynolds made solid defensive plays for the Bears, while Abby Breuer had a shot stopped by Austin and Robert was again there to clear the rebound out of harm's way.

With 16:29 to go in the first half, the Timber Wolves doubled the lead, with Argue getting the shot past Austin for the 2-0 lead. Taylor Mooney responded with a great chance at the other end, with Burke making the stop and Prospect had chances from Argue and Noyes that were stopped. Both Robert and Reynolds helped out their keeper with solid defensive clears.

Prospect was awarded a direct kick just outside the box and Noyes delivered the kick on net, with Austin making the



Abby Argue prepares to serve the ball into the box during action last week against Newfound

save. However, the ball got loose and the Timber Wolves crashed the net, with Breuer putting the ball home for the 3-0 lead.

On the play, Austin was hurt, so Serenity Dinger took over in net for the Bears and immediately had to make a solid save on a bid from Kelley. Rebecca Dillon helped out with a good defensive stop as well.

With five minutes to go in the half, White scored on a corner kick and Prospect had the 4-0 lead. Newfound came back with a bid from Leah MacFarland that went wide and Prospect had two chances from Tibbs that Dinger stopped. Karkheck also cleared a corner kick and the lead was 4-0 at the half for the hosts.

The second half saw Prospect come out strong with offensive opportunities from Argue, Smith and Laney Henry, but

the Newfound defense held tough, with Robert leading the way. Mooney made a run the other way for Newfound, only to see Demers make a solid defensive stop. Emily Huckins turned in a strong defensive play for the Bears on a run from Marin Creteau and Dillon had a shot stopped by Burke at the other end. Tori Christie sent a shot wide and Huckins turned back a Breuer run into the zone.

With 24:55 to go in the game, Kelley upped Prospect's lead to 5-0, but Newfound responded with some good chances, as Mooney had a shot go wide, another go high and another stopped by Burke. Kelley just missed connecting with Madilyn Neathery on a chance and McConologue and Carlson connected for a bid at the other end that went wide.

With 11:45 to go in the

game, White picked up her second goal on a shot to the low right and just a minute later, Tibbs sent a long shot on net that eluded Dinger's grasp and the Timber Wolves had the 7-0 lead. Smith missed wide on a corner kick chance and Caspalis had a bid in close that Dinger made a good save on. MacFarland had a late bid for the Bears that went wide and Prospect took the 7-0 win.

Newfound is slated to be in action again on Friday, Oct. 14, at home against Gilford at 3:30 p.m.

Prospect is scheduled to be at Trinity on Saturday, Oct. 15, at 4 p.m. and at Monadnock on Tuesday, Oct. 18, at 4 p.m.

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

Two more shutouts for Gilford soccer girls

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Gilford girls' soccer team continued to show it is a dominant force in Division III, winning two more games by shutout.

The Golden Eagles opened the week at Campbell on Tuesday, Oct. 4, and returned home with a 4-0 win over the Cougars. The game was a battle between top-five teams in the division and both teams came out strong. Gilford controlled the play for large portions of the game and had some good scor-

ing chances, while the Cougars controlled the ball well out of the back but could not generate scoring opportunities.

Gilford scored 10 minutes into the game and took that lead to the halftime break and then scored 15 minutes into the second half and added two more relatively quickly, including a penalty shot, to take the win.

"This was a huge win for our program," said coach Rob Meyers. "We have played a competitive schedule, but have not had any top five teams since early in the

season.

The girls knew they had to come out aggressively and play both ways," the Gilford coach continued. "While both teams had possession, we created a lot of chances off ours and limited Campbell by closing them down quickly and moving the ball to open space when we won it."

Anna Coapland, Allie Kenyon and Gracey Leblanc each had a goal for the Golden Eagles, while Millie Caldon and Kendall Heyman each had assists. Margaret Cummings earned her 10th

shutout of the season with five saves.

Gilford closed the week with a trip to Berlin, returning home with a 6-0 win over the Mountaineers.

The Golden Eagles dominated from the first whistle, scoring two goals in the first half and adding four more in the second half as they continued to dominate play.

"We came out strong, controlled possession and got the result we wanted," said Meyers. "Berlin is a tough team and plays an aggressive

game.

"Our girls responded well, moving the ball to space and playing the body to shield the ball," the Golden Eagle coach added.

Kenyon had two goals and an assist, with Meyers noting that her assist on Leblanc's goal on a quick give and go was one of the nicest goals he'd seen. Caldon had a goal and an assist, Leah Davignon had a goal and an assist, Leblanc and Addy Harris each had a

goal and Maddie McKenna added an assist. Cummings made a pair of saves in the win.

The Golden Eagles will be in action on Friday, Oct. 14, at Newfound at 3:30 p.m. and will be hosting Inter-Lakes on Tuesday, Oct. 18, at 3:30 p.m.

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

Golden Eagles move to 12-0 with two more wins

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Gilford field hockey team continued to dominate the rest of Division III, moving to 12-0 on the season with two more shutout wins last week.

The week began with a home game against defending champion Hop-

kinton, which the Golden Eagles won by a score of 8-0. Aly Pichette had four goals and two assists to pace the offense, while Lexi Shute, Olivia Keenan, Addy Wernig and Ellie Nicolas also scored for Gilford. Coach Dave Rogacki praised the transition game of Lauryn Nash-Boucher

and Keenan as a key part of the dominating win. Gilford finished the week with a 7-0 win on the road at White Mountains. Gilford scored just once in the first half, but exploded for six goals in the second half to pull away for the win. Pichette, Shute, Wernig and Keenan provided

the offense for the Golden Eagles.

Gilford is slated to finish the regular season on Friday, Oct. 14, at St. Thomas at 4 p.m.

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

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Edward Jones: Financial Focus

How should you pay for short-term financial goals?

As you go through life, you will likely have long- and short-term financial goals. But how will your strategies for meeting your long-term goals differ from those needed for your short-term ones?

If you're like most people, your biggest long-term goal is achieving a comfortable retirement. And for this goal, a common strategy is putting away money in tax-advantaged retirement vehicles, such as your 401(k) and IRA. So, how should you go about preparing for shorter-term goals, such as a family vacation, home renovation, wedding or major purchase?

For starters, determine what your goal is, how much you can spend on it and when you'll need the money. Even if you can't pinpoint a precise amount, you can develop a good estimate. Of course, the sooner you start this process, the better off you'll be, because you'll have more time to save.

Your next decision involves the manner in which you save for your short-term goal. Specifically, what savings or investment vehicles should you use? The answer will be different for everyone, but you need to make sure that your investments align with your risk tolerance and time horizon. And you'll want to ensure, as much as possible, that a certain amount of money is available for you at the specific time you'll need it.

If you aren't able to save enough to reach a short-term goal, you have other options — you can borrow what you need, or you can potentially sell investments to cover the cost. How can you decide which choice is best? To help make up your mind, you'll first want to consider some of the most common borrowing options: credit cards, home equity loans, personal loans and margin loans. (A margin loan lets you borrow against the value

of investments you already own). How might each of these loans fit into your overall financial strategy? Will the repayment schedule work with your cash flow and budget?

You'll then want to compare the costs and benefits of borrowing, in whatever form, against selling investments. For example, if you can borrow at a lower interest rate compared to the return you think you can get from your investments, borrowing might be a reasonable choice. You'll also need to consider other factors, such as your credit score, taxes, fees associated with selling investments and time needed to repay debts. If, for instance, selling investments will trigger a large amount of taxes, borrowing might be preferable. You'll also want to consider whether there's a penalty or high costs associated with selling

investments. In addition, if you have a long time horizon for a loan, you may want to sell investments to avoid paying interest for a longer period of time, and thus driving up the overall cost of borrowing. Finally, keep in mind that you may have built an investment mix designed to align with your goals and risk tolerance. If you were to sell any of these investments to meet short-term needs, you would want to consider the need to rebalance your portfolio to maintain your desired asset allocation. As you can see, there's a lot to think about when it comes to paying for short-term goals. But by carefully evaluating your options, you can make the choices that are right for your needs.

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Small group of Timber Wolves run in Gilford



JOSHUA SPAULDING

Eva McCartney leads Victoria Cowser to the finish line in last week's race in Gilford.



Parker Wood runs for Prospect Mountain during last week's race.

BY JOSHUA SPAULDING

Sports Editor

GILFORD — There was no school on Thursday at Prospect Mountain, so the Timber Wolf cross country team was a bit shorthanded for a meet at Gilford.

Parker Wood was the lone boy running for the Timber Wolves, finishing in a time of 22 minutes for 41st place overall.

Margaret Dowd led the way for the Timber Wolf girls, finishing in a time of 24:08 for 19th place, with Page Harding finishing in a time of 25:54 for 29th place overall.

Eva McCartney was 35th overall in a time of 30:24 and Victoria Cowser finished in 36th place with a time of 30:25.

Prospect is scheduled to run again on Saturday, Oct. 15, at Kingswood at 10 a.m.

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



COURTESY PHOTOS

Fun in Foxboro

A mix of Revolution United recreational and competitive teams went to Gillette Stadium to watch the New England Revolution beat Atlanta United 2-1. Following the game, the local players went down on the field to compete in their own games against teams from New England. The players all had fun and enjoyed their time down in Foxboro.



RC GREENWOOD

Back on track

Ashley Sanderson drives the ball over the net during action last week at Winnisquam. The Golden Eagles got a 3-2 win over the host Bears, 15-25, 25-22, 25-23, 20-25, 15-13. Gilford is back in action on Monday, Oct. 17, at home against Milford and Wednesday, Oct. 19, at Pelham, both at 5:45 p.m.



COURTESY PHOTO

Disc golf lessons

Bolduc Park is offering disc golf lessons on Sunday, Oct. 16, at its nine-hole disc golf course at 282 Gilford Avenue on the Laconia/Gilford town line. New Hampshire's top-rated competitive disc golfer, Ian Craveiro of Moultonborough, will lead the lessons. Serious disc golfers can use the three-hour lesson to increase their competitive skills but beginners, youth, adults and family groups are also welcome. Disc golf has a quick learning curve and is a great way to get some outdoor exercise. Sign up for one of the three-hour sessions offered from 10 a.m. to 1 p.m. or 1:30 to 4:30 p.m. The cost is \$40. Youth/family full scholarships are available and made possible by funding from The Greater Lakes Region Children's Auction. Stop in or call the Bolduc Park Clubhouse at 603-524-1370 to sign up for lessons. Call Gail at 603-630-5650 for more information on scholarships and opportunities for lower income youth to enjoy golf, disc golf and cross-country skiing at Bolduc Park.

Sanderson's career high kills leads to sweep for PSU

HENNIKER — Sophomore Lindsey Sanderson (Gilford) smashed a career-high 10 kills as Plymouth State University coasted to a 3-0 (25-18, 25-14, 25-22) win over New England College in a non-conference volleyball match at Bridges Gym on Thursday night.

The Panthers used a 6-0 run to pull away

late in the first set, then scored the first five points of set two and never looked back to take a commanding 2-0 lead. After PSU got out to an early lead in set three, NEC tried to rally pulling to within one midway through the set. Sanderson's kill sparked a 5-1 spurt and the Panthers maintained con-

trol the rest of the way to pick up the win.

Plymouth State improves to 12-3, while NEC dips to 7-13.

Plymouth State held a 10-8 lead in the opening set, but an NEC error, ace from junior Nora Ryan (Groton, Conn.) and Sanderson block with senior Emilee Flanagan (Milton) gave the Panthers some breathing room. NEC came right back to tie the game at 13-13, but PSU regained the momentum. The Pilgrims again tried to rally, cutting the margin to 18-17, but Flanagan's kill led to a six-point run and Ryan's kill closed out the 25-18 win.

Freshman Riley McDonough (Gilford) served the Panthers to a 5-0 lead in set two. NEC pulled to within two, but a service error sparked a 5-0 run as PSU took control. The Panthers continued to stretch the lead as McDonough's back-to-back aces pushed the margin to double figures, 20-10, and Sanderson's kill closed out the 25-14 win.

PSU used a 4-0 run to snap an early 3-3 tie. Senior Natalie Gravelle (Portsmouth) found the floor to make it 12-7, but NEC answered to cut the deficit to one, 12-11. Plymouth State

responded again with kills from Flanagan and sophomore Lilli Stogner (Weare) to push the margin to 17-12. Moments later, Gravelle's kill made it 23-17 and, despite a late Pilgrims' run, PSU held on for the 25-22 victory capped by another Sanderson kill.

Plymouth State served nine aces, with McDonough leading the way with three. Sanderson finished with a career-best 10 kills and hit .320, while Flanagan added seven kills of her own. McDonough posted 12 assists and six digs to go with her strong serving, while freshman Kalista Butler (Phillipsburg, Pa.) added 15 assists and seven digs. Stogner, Ryan and Flanagan all tallied three blocks as the Panthers controlled the net once again. Sophomore Makayla Marucci (Newton, Mass.) led the defense with 15 digs, with Stogner chipping in with 12.

Plymouth State has won all five meetings between the two teams, dropping just two sets in the process.

Advertise Here

HIGH SCHOOL SLATE

Thursday, Oct. 13

WINNISQUAM
Unified Soccer at Exeter; 3:30
Volleyball at Kingswood; 5:45

Friday, Oct. 14

BELMONT
Boys' Soccer vs. White Mountains; 4
Girls' Soccer at White Mountains; 3:30
Volleyball at Mascoma; 6:15

GILFORD
Boys' Soccer vs. Newfound; 3:30
Field Hockey at St. Thomas; 4
Girls' Soccer at Newfound; 3:30

WINNISQUAM
Boys' Soccer vs. Monadnock; 4
Field Hockey vs. Franklin; 4

Saturday, Oct. 15

GILFORD-BELMONT
Football vs. Merrimack Valley; 2
WINNISQUAM
Football vs. Mascoma; 2

Monday, Oct. 17

BELMONT
Volleyball vs. Portsmouth Christian; 6:14
GILFORD
Volleyball vs. Milford; 5:45

WINNISQUAM
Unified Soccer vs. Nashua South; 4

Tuesday, Oct. 18

BELMONT
Boys' Soccer vs. Raymond; 3:30
Girls' Soccer at Raymond; 6
GILFORD
Boys' Soccer at Inter-Lakes; 3:30
Girls' Soccer vs. Inter-Lakes; 3:30

WINNISQUAM
Boys' Soccer vs. Bishop Brady; 4

Wednesday, Oct. 19

BELMONT
Volleyball at Somersworth; 5:45
GILFORD
Volleyball at Pelham; 5:45

WINNISQUAM
Volleyball vs. Kennett; 5:45

Thursday, Oct. 20

BELMONT
Cross Country at Merrimack Valley; 4
GILFORD
Cross Country at Merrimack Valley; 4
WINNISQUAM
Boys' Soccer vs. Derryfield; 4
Cross Country at Merrimack Valley; 4

All schedules are subject to change.

Church Service SCHEDULE

<p>ABUNDANT HARVEST FAMILY CHURCH Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit abundantharvestnh.org or e-mail abhf@faith.com.</p>	<p>FIRST CONGREGATIONAL CHURCH UCC FARMINGTON Worship Services 10:00 A.M. Sunday School 10:15 AM 400 Main Street Farmington, NH 03835 Pastor Kent Schneider 755-6186 www.farmingtonucc.org</p>
<p>ALTON BAY CHRISTIAN CONFERENCE CENTER Sundays throughout the summer 10am-6:7pm; 875-6161.</p>	<p>FIRST FREE WILL BAPTIST CHURCH Sun. School 9:30am; Church 10:30am; Evening Service 6pm; Wed. Prayer Meeting 7pm. Depot St., New Durham; Pastor James Nasson.</p>
<p>BEPFREE COMMUNITY CHURCH, ALTON Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Ruhl, www.befreechurch.net.</p>	<p>PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H. on the Parade in Barnstead Sunday Morning Worship Service for all ages begin at 9:00 a.m. Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings. Pastor Sandy Pierson • 483-2846</p>
<p>CENTER BARNSTEAD CHRISTIAN CHURCH Worship Service 10:00am Bible Study 11:15am Rte 126 next to Town Hall Call or Text (603) 269-8831 centerbarnsteaducc.org</p>	<p>ST. KATHARINE DREXEL 40 Hidden Springs Rd., Alton, 875-2548 Father Robert F. Cole, Pastor. Mass. Saturday 4pm; Sunday 8:30 & 10:30am; Daily Mass Mon., Tues., Wed., Fri., 8:00am.</p>
<p>CHRISTIAN COMMUNITY OF PRAISE C.C.O.P PRAISE GATHERING The Gillingham Community Church 497 Prudence Road, Gillingham, NH ccoppraisegathering@gmail.com</p>	<p>ST. STEPHEN'S EPISCOPAL CHURCH Sunday 9:30, 50 Main St., Pittsfield Rev. Miriam Acevedo, 435-7908 www.ststephenspitfield.com</p>
<p>COMMUNITY CHURCH OF ALTON Prayer Meeting 9:00 am Rev. Dr. Samuel J. Hall, 875-5561. Ray service 8:30am Alton Bay Garage, Alton, NH 10 am Worship Service 20 Church Street, Alton Our services are live streamed on YouTube Sundays at 10 am www.ccoalton.com</p>	<p>UNITARIAN UNIVERSALIST SOCIETY OF LACONIA Sunday services and religious education 10:00 a.m. All are welcome. 172 Pleasant St. Laconia • 524-6188 • usd.org</p>
<p>CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC Sunday School and Worship Services Rev. Rebecca Werner Maccini 063-776-1820 Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m. ccnorthernbarnstead.com</p>	<p>MAPLE STREET CHURCH Sunday Service 11am 96 Maple Street, Center Barnstead NH 03225</p>

Fourth Annual Gilford PTA Hike-A-Thon set For Oct. 15



GILFORD — Hikers of all ages will return to beautiful Mount Rowe for the Gilford District PTA's Fourth Annual Hike-a-Thon Fundraiser on October 15th, the only district-wide fundraiser of the school year. Join

us at the Gilford Elementary Sugar Shack at the beginning of the Nature Trail from 11 a.m.-2 p.m. There will be music, maple cotton candy, yard games, and pie eating contests. Beans and Greens Farm will

be on site selling Wood Fired Pizza! Waters will also be available to hikers thanks to a generous donation by Coca-cola. Gather a group of friends or family and join us on a hike to raise the funds to support our

schools.

We're excited it's time for the hike-a-thon again! After such success last year we're looking forward to seeing what the community and kids can do for our one big fundraiser of the year! We hope everyone will come celebrate with us on Oct. 15! Last year, the Gilford PTA raised 12K in pledges and was able to purchase new playground equipment for the district as well as host a family tubing party at Gunstock!

Participants raise pledges at <https://App.99pledges.com/fund/gilfordhike2022> and then have the choice to hike 1.83 miles up Mount Rowe or the .5mi Gilford Nature Trail. Individuals can earn swag based on pledges. The top three earners will win a \$100

Amazon Gift Card, a \$50 Gift card to Dick's Sporting Goods, or jump passes donated by Altitude Trampoline Park. Participants are invited to do their hikes anytime on or before October 15th. All participants who raise \$25 in pledges will receive a t-shirt with this year's design by Middle Schooler Parker Bell. Additional pledges earn more prizes like sunglasses, a frisbee and chances to win Timberland Backpacks.

Hikers are encouraged to take a selfie at each sponsored "selfie station" along the trails and post their photos to our social media using #GilfordSchoolsHike. Photos will be entered for a chance to win a \$10 Amazon gift card. The Gilford PTA is thrilled to have the incredible sup-

port of many new and returning sponsors for this fundraising event. Thank you MB Tractor & Equipment, Great Clips, Singh Family Dental, ArborTech, 603 Irrigation, On Point Property Solutions, , Autofinders, Neat Method NH, Gold Standard Tree Care, Jordan's Ice Creamery, The West Family, The Legacy Homes Group, GMI Asphalt, Cupples Car Company, Danielle Cook Photography, Hommati #132, Chris Burke Stone Masonry and Drews Affordable Steel Roofing and Shingle Pro.

To register for the 2022 PTA Hike a Thon visit: <https://App.99pledges.com/fund/gilfordhike2022> or visit our Web site: www.gilfordpta.com.

We Care presents Introduction: The Chicago Experience

MEREDITH — On Saturday, Oct. 29 in Meredith, return to the times and events that shaped the "Chicago Transit Authority" the original name of the group that became known simply as Chicago. Introduction: The Chicago Experience, a tribute band that was born of deep admiration and respect for Chicago's artists and their early music, will pay very careful attention to every musical and vocal nuance to deliver the most outstanding Chicago show of any Chicago tribute band! Don't miss the opportunity to experience the raw, unleashed sounds from Chicago's early years, 1968-1978, and the unique sound that made them a legend. Come see Introduction on Oct. 29 and join the Chicago Experience. Doors open at 7 p.m. for general admission seating. The show will begin at 7:30 p.m. Visit the temple Web site www.tbinh.org for more

information and to purchase tickets.

We Care is proud to partner with the Meredith Altrusa Club, a Lakes Region non-profit that is part of Altrusa International, a global service organization. The women of the Meredith Altrusa Club, all volunteers, have worked tirelessly for over 40 years to create the types of programs that lead to a better community. From reading programs for young children to life-care initiatives for senior citizens, the Meredith Altrusa Club has programs and resources that benefit people from all walks of life. One of the most unique offerings is their "Non-traditional Scholarships" for applicants who are at least 23 years of age and looking to improve their job qualifications or further their education. It is through these types of programs that the Meredith Altrusa Club makes

a positive difference in the world around them. Learn more about the organization on their Web site: <https://altrusameredithnh.org/>.

Every We Care benefit concert since 2013 has returned the entire net proceeds to the selected beneficiary with a total raised of over \$135,000 to date. The funds raised come from ticket sales and the generosity of major event sponsors.

This We Care concert fundraising model provides a platform for both the beneficiary and the event sponsors, to bring awareness to the public of their presence, their mission, and their commitment to the importance of community involvement. We Care and Meredith Altrusa thank the major event sponsors for this concert, Miracle Farms Landscaping, Audi Nashua, and Interlakes Family Dental, as

well as the advertisers of "The Lakes Region Business Directory," a digital flipbook that showcases many kinds of businesses in the Lakes Region. From architects to health and wellbeing for humans and their pets and from entertainment to retail, each business is represented with full color advertisements and hyperlinks to the businesses' websites. It is because of these advertisers that Temple B'nai

Israel can reach out into the community and provide the We Care fundraising model for other worthwhile non-profit agencies. The online digital directory is available as a resource to anyone who is looking for reliable goods and services in the Lakes Region. The Lakes Region Business Directory can be found at <https://tbinh.org/lakes-region-business-directory/>.

HIGH SCHOOL SLATE

Thursday, Oct. 13

KINGSWOOD

Volleyball vs. Winnisquam; 5:45

Friday, Oct. 14

KENNETT

Boys' Soccer vs. Milford; 4

Field Hockey at Derryfield; 4

Football vs. Plymouth; 7

Volleyball at John Stark; 5:45

KINGSWOOD

Football at Stevens; 7

Girls' Soccer at Merrimack Valley; 6

PROSPECT MOUNTAIN

Volleyball vs. Somersworth; 6

Saturday, Oct. 15

KENNETT

Cross Country at Kingswood; 10

Girls' Soccer vs. Pembroke; 11

KINGSWOOD

Cross Country Home Meet; 10

PROSPECT MOUNTAIN

Cross Country at Kingswood; 10

Girls' Soccer at Trinity; 4

Monday, Oct. 17

KENNETT

Volleyball vs. Souhegan; 5:30

KINGSWOOD

Volleyball at Campbell; 5:45

PROSPECT MOUNTAIN

Volleyball at Epping; 6

Tuesday, Oct. 18

KENNETT

Boys' Soccer vs. Oyster River; 4

Girls' Soccer at Milford; 5

KINGSWOOD

Boys' Soccer at Merrimack Valley; 6

Girls' Soccer vs. Pelham; 5:30

PROSPECT MOUNTAIN

Girls' Soccer at Monadnock; 4

Wednesday, Oct. 19

KENNETT

Volleyball at Winnisquam; 5:45

PROSPECT MOUNTAIN

Volleyball at Moultonborough; 6:15

Thursday, Oct. 20

KENNETT

Volleyball vs. Plymouth; 5:45

KINGSWOOD

Girls' Soccer vs. Hollis-Brookline; 6

PROSPECT MOUNTAIN

Boys' Soccer at Campbell; 4

All schedules are subject to change.



STUART LEIDERMAN - COURTESY

Show of solidarity

American and Ukrainian flags wave side by side in the breeze in Barnstead.

BUSINESS DIRECTORY

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	NH Route 28	N/A	\$395,000	Adam S. and Cassie Webber	Pamela K. Food
Alton	28 Old Wolfeboro Rd.	Single-Family Residence	\$610,000	Samuel J. and Wendy Huggard	Roger E. Allain and Linda R. Barbic
Alton	21 Peggys Cove Rd.	Single-Family Residence	\$991,000	Joseph M. Quirk	Christina Ferreira
Alton	Rattlesnake Island	N/A	\$650,000	James E. Leach	Vitali and Anya Bondar
Alton	Rattlesnake Island	N/A	\$210,000	Town of Alton	Erik and Susan A. Johnson
Alton	381 Route 11D	Single-Family Residence	\$340,000	Sandra S. and Ellison B. Jackson III	Boulder Lodge LLC
Barnstead	15 New Castle Drive Ext.	Single-Family Residence	\$260,533	William M. and Peter T. O'Toole	Stephen R. and Sally A. Salemi
New Durham	345 Birch Hill Rd.	Single-Family Residence	\$403,000	Frederico A. and Betty A. Corbezzolo	Thomas Gorman
New Durham	356 Birch Hill Rd.	Single-Family Residence	\$280,000	Paul D. and Priscilla B. Millin	Edward and Ann M. Spooner

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 in-

volve 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

Alton Parks and Recreation Community Connection

Volunteers needed- Friends of Recreation

The Alton Parks and Recreation Commission is working on creating a "Friends of Recreation" Committee to assist with improving the Town's recreational facilities and being a pool of volunteers for recreational programs and ideas. The goal of the "Friends of Recreation" Committee is to identify existing parks and recreational facilities that need improvements and upgrades (like the playground at Jones Field; ADA accessibility; trails at B&M Park, etc.) and to make suggestions for the improvements. The

Committee may also be involved in fund raising and applying for Grants and donations. The first "Friends of Recreation" Committee meeting will be held on Wednesday, Nov. 2 at 6 p.m. at the Pearson Road Community Center. The Commission invites interested residents to attend the meeting, and looks forward to hearing the community's input and ideas.

Line dancing lessons
Line Dancing Lessons are on Thursdays from 1:30-3 p.m. through Nov. 3 at the Alton Bay Community Center. Adults of all ages and abilities

are welcome, \$3/season. Register on site.

Yoga Sculpt class with Sheila Marston

An energetic class that is a combination of vinyasa, strength training, cardio and core at the Alton Bay Community Center 6:30-7:30 p.m. on Wednesdays. Bring two sets of weights, water and a yoga mat. Drop in cost is \$12 or \$40 for four weeks.

Weight Training classes- Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight

Training Classes on Mondays and Wednesdays, 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. Learn new exercises to build strong muscles and bones. The next session is Oct. 24-Nov. 16, \$20 per session or \$5 drop in. For more information contact parksrec@alton.nh.gov or 603-875-0109.

Trick or Treat hours
The Town of Alton Trick or Treat Hours are Monday, Oct. 31 from 5-7 p.m. Plan to stop at the Gilman Museum on Main Street between 4:30-6 p.m. for the Mon-

ster Mash Runway, and get your photo taken on the Red Carpet as part of the Parks and Recreation Department's online Costume Parade.

Spectacular Scarecrow Spree

Join community members as we create scarecrows around the Town of Alton now until Oct. 1-31. Take a picture of your scarecrow(s), and post your photo to the Alton Parks and Recreation Face Book Event. Prizes will be awarded for residential and commercial entries by People's Choice. Don't forget to vote for your favorite

scarecrows. Enjoy the Spectacular Scarecrow Spree and look for pop up scarecrows around the Town.

Little Pesaukee's
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 from 9-11 a.m. Starting Oct. 18-Nov. 22. The program is free. Please bring a peanut free snack for your child. For more information, contact parks-rec-asst@alton.nh.gov or 603-875-0109.

ALTON POLICE LOG

The Alton Police Department responded to 135 calls for service during the week of Sept. 25-Oct. 1, including two arrests.

-1 Male Subject was arrested on a Warrant.
-1 Male Subject was arrested for Operating Without a Valid License.

There were 2 Motor Vehicle Accidents.
There were 4 Suspicious Person/Activity Reports on Mt. Major Highway, Mill Cove Road and 2 on Main Street.

Police made 33 Motor Vehicle Stops and handled 5 Motor Vehicle Complaint-Incidents.

There were 91 other calls for services that con-

sisted of the following: 2 Assist Fire Department, 3 Fingerprinting, 1 Assist Other Agency, 1 Intoxicated Subject, 7 Animal Complaints, 4 Juvenile Incidents, 8 General Assistance, 1 Wanted Person/Fugitive, 4 Alarm Activations, 1 Case Work Follow Up, 1 Lost/Found Property, 1 Highway/Roadway Hazard, 6 General Information, 1 Vehicle ID Check, 1 Trespass, 1 Criminal Threatening, 1 Business Property Check, 1 Civil Matter, 1 Wellness Check, 1 Criminal Mischief, 2 Disputes, 1 Disabled Motor Vehicle, 27 Directed Patrols, 2 Motor Vehicle Lockouts, 1 Medical Assist and 11 Property Checks.

Tri-County Republicans meet Wednesday

ALTON – Announcing the Tri-County Republicans' next meeting: Wednesday, Oct. 19, at 7 p.m., 129 Main St., Alton. Please plan to arrive at least a few minutes early due to limited parking and seating. As we head into the mid-term elections in November and given the political landscape, this is an especially important meeting. We encourage members and friends to attend.

In addition to keeping up-to-date with state legislation and events happening at the county and local levels, Tri-County Republicans support local candidates, volunteer in our communities, and supply critical information to make factual and informed choices. We encourage you to become an active member of our group, even if you can only spare an hour or two a month. Every contribution, no matter how small, has a positive impact. This is a great opportunity for you to take an active role to strengthen our efforts as we face the challenges ahead.

Tri-County Republicans is a conservative political group that believes in limited government and the interpretation of the US and NH Constitutions as written. All freedom-loving Republicans, Libertarians, independents and undeclareds from surrounding towns in Belknap, Carroll and Strafford Counties are welcome to participate in our group meetings and events.

For inquiries or more information, please contact Beth Varney or Bob Flannery at: tricityrepublicans@gmail.com.

Farmers Market sponsoring holiday craft fair

BARNSTEAD — Save the date of Nov. 12 from 9 a.m. - 3 p.m. for a Holiday Craft Fair sponsored by the Barnstead Farmers Market. Join us at Barnstead Elementary School. We will have a wide variety of crafters. Plenty of parking. A great opportunity to find unique gift items.

Alton Historical Society to host Annual Meeting Oct. 18

ALTON — The Alton Historical Society will finish up its 2022 season with its Annual Meeting and Election of Officers on Tuesday, Oct. 18 at 7 p.m. in the lower level conference room of the Gilman Li-

brary on Main Street in Alton. All persons with an interest in Alton history are encouraged to attend and we would like you to bring something that you would like to share. You may bring Alton photos, postcards,

stories of the old days or items from your own collection that you would like to talk about.

This will be an informal meeting, and is open to all. It should be an interesting night and you never know what

you might discover. If you are interested in becoming a board member on the Society's board, we have several positions available. Please contact Mary Cornelissen at 603-875-5456.

Tri-Town Democrats hosting Pizza and Politics event Friday

ALTON — Tri-Town Democrats of Barnstead, Gilmanton and Alton will host Pizza and Politics to meet Alton and Barnstead candidates on Oct. 14 from 6 to 8 p.m. at the Alton Bay Community Center, 58 Mount Major Highway, in Alton Bay.

This will be an infor-

mal, relaxed evening in which voters will be able to meet and get to know the great candidates running to represent Alton and Barnstead. All Democratic candidates have been invited.

Pizza, desserts and refreshments will be provided (compliments of

Tri-Town members).

Undeclared voters are encouraged to come (and bring a friend or two) so that they will be able to make an educated choice at the polls on Nov. 8.

Please let us know that you are coming

so that we can provide enough food and refreshments: tritowndems@gmail.com. We look forward to seeing you!

Skylight Dining Room Menu

384 South Main St., Wolfeboro
Please call for reservations
603- 569-2922
Hours: Noon to 1:30 p.m.
Week 1 (Oct. 19-20)
Menu 1 Teriyaki Chicken Stir Fry
Menu 2 Coconut Shrimp
Menu 3 Veggie Egg Roll with Thai Chili Sauce
Choice of Starters: Miso Soup or Salad
Choice of Starch: Pork Fried Rice or French Fries
Vegetable: Ginger Green Beans
Choice of bread: Dill Onion Rolls, Plain
Your choice of any of our homemade desserts

Week 2 (Oct. 25-27)
Menu 1 Shrimp Alfredo
Menu 2 Grilled Eggplant Parmesan (GF)
Menu 3 Pumpkin Ravioli
Choice of Starters : Minestrone Soup or Salad
Choice of Starters: Tossed Salad or French Fries
Vegetables: Roasted Butternut Squash
Bread options: Dill Onion Rolls, Plain
Your choice of any of our homemade desserts

Trick or Treat at Prospect Mountain

ALTON — On Tuesday, Oct. 25 from 5 to 7 p.m., Prospect Mountain High School's National Honor Society will be hosting a Trick or Treat Night. Come with your friends and family to celebrate Halloween at PMHS. There will be games, face-painting, and organizations set up around the school handing out candy. It is a great way to see the school and some of its students.

There will be a local food truck on hand for extra special treats. Costumes are encouraged! It'll be a fang-tastic night!

Gilford Parks and Recreation News

BY HERB GREENE
Director
Gilford Parks and Recreation

Boston Celtics bus trip scheduled for March 1. The Gilford Parks and Recreation Department is sponsoring a Bus Trip to Boston to see the Celtics take on the Cleveland Cavaliers on Wednesday, March 1. Cost of the trip is \$110 per person, and includes round trip motor coach from Gilford and your ticket (section 324 of the balcony) to the game. Our deluxe motor coach will depart from the Gilford High School at 4:45 p.m. for the 7:30 p.m. game. You will have time to visit the pro-shop and get dinner on your own prior to the game.

Seats are limited; a registration form must be completed accompanied by payment and tickets are non-refundable. For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit their Web site at www.gilfordrec.com.

Coed Adult Volleyball continues on Tuesday evenings. The Gilford Parks and Recreation Department is sponsoring a pick-up co-ed volleyball program for adults ages 18 and up, to be held every Tuesday evening from 7 - 9 p.m. in the Gilford Middle School Gymnasium through the spring. There is a

\$1 fee per participant, per evening. No pre-registration is required. For more information, please contact the Parks and Recreation Department at 527-4722.

Bolduc Park Disc Golf programs on Oct. 16. The Gilford Parks and Recreation Department is collaborating with Bolduc Park to offer Disc Golf Lessons this fall for both youth and adults. Lessons will be offered on Sunday, Oct. 16 in two, three-hour sessions. The first session will run from 10 a.m. - 1 p.m. and the second session will run from 1:30 p.m. - 4:30 p.m. Cost: \$40 per session. Both sessions have

limited availability and registrations will be accepted on a first come first served basis. For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit our Web site at www.gilfordrec.com.

Adult Chair Yoga program begins on Nov. 2. The Gilford Parks and Recreation Department is collaborating with Renee Cupples, E-RYT500 Certified Yoga Instructor, to run a 6-week Adult Chair Yoga Program on Wednesdays from 11:00 a.m.-12:00 p.m. held at the Gilford Youth Center. This program begins Nov. 2, and runs through Dec. 7.

Cost: \$50 for all six classes or \$10 daily drop-in fee. For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit our Web site at www.gilfordrec.com to download a registration form.

Fit2Ski: Adult Strength and Stretch Program begins on Nov. 7. The Gilford Parks and Recreation Department is collaborating with the Gilford Youth Center to offer an adult program for outdoor enthusiasts. Fit2Ski is a strength and stretch program geared towards getting adults ready for downhill skiing, cross country skiing and various other out-

door winter activities through different exercises that will focus on agility balance, strength and power. This program will run on Monday evenings from 6 - 7 p.m. at that Gilford Youth Center from Nov. 7 through Dec. 5, and is open to adults of all abilities and skill level. Space is limited and pre-registration is required. Cost: \$25 per participant. For more information, please contact the Gilford Parks and Recreation Department at 527-4722 or visit our Web site at www.gilfordrec.com to download a registration form.

Gilford looking at generator for village water system

BY ERIN PLUMMER
mnews@salmonpress.news

GILFORD — The town is looking into a generator for the Gilford Village water system in case of a power outage.

Town Administrator Scott Dunn and Josh Davis of Aquarian Water Company spoke with the selectmen about options for the system during the Sept. 28 selectmen's meeting.

Dunn said he already met with Davis about the possible generator. He said the pump system does not have a generator backup in case of a power outage and he said it is now a goal to have that installed.

Dunn said after his conversation with Davis, the plan would include five to seven days of pro-

pane on hand to run the generator in the event of a multiday power outage and the company would install two 1,000-gallon propane tanks.

The main location would be in Sara Peck Park. Dunn said he was concerned the tanks would be an eyesore in that area, so they came up with an alternate location by the pumphouse in an area screened with fencing and vegetation.

Davis said after conversations within the company they determined they could put in a single 1,000-gallon tank. He said they know their supplier can keep the tank going and they have more flexible.

Selectman Gus Benavides asked if a single tank would be enough in

case of a disaster where the generator might be used for several days. Davis said the supplier told them they are on the higher priority list.

"Not that I want to add that other one, we need to ask those what if questions," Benavides said. "We've just lived through a global pandemic. Not to be negative but we need to start thinking out of the box. What happens if truly a natural disaster does happen and affects us? I just want to make sure we're not in a situation of, 'Ah, we should have gotten that other tank,' is my only point."

Davis said based on the size of the generator the tank should be able to power it for three and a half days and changes

could be made to run the system at the minimum if needed.

"I don't see a ton of water usage in an emergency, so I think we can work with the community to extend that three and a half to maybe four, four and a half (days) to buy us that extra day to get a delivery out there if need be," Davis said.

Dunn said they were looking for conceptual approval for the one, 1,000-gallon tank on town land screened with fencing, vegetation, or a combination of both.

Board Chair Kevin Hayes said he wanted to see the final plan and Davis could turn it into Dunn for the board to see it.

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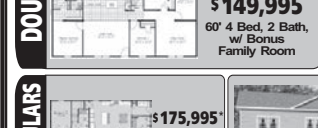


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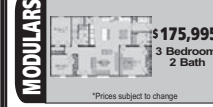




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NOTICE OF FORECLOSURE SALE (RSA 479:25)

By virtue of the statutory powers of sale contained in a certain real estate mortgage deed given by David Marsh McCarthy (hereinafter referred to as the Borrower) having a mailing address of 562 Rattlesnake Island, Alton Bay, New Hampshire 03810 to Thomas Wachsmuth and Camilla Wachsmuth as Trustees of the Wachsmuth Family Trust (hereinafter referred to as the Lender) having a mailing address of 62 Hemlock Drive, Wolfeboro, New Hampshire 03894, dated and recorded on August 30, 2017 at Book 3125, Page 295, Belknap County Registry of Deeds, Thomas Wachsmuth and Camilla Wachsmuth as Trustees of the Wachsmuth Family Trust, as Lender pursuant to and in execution of said statutory powers of sale and for breach of the conditions of said real estate mortgage and the promissory note secured by the same, to wit: failure to make timely promissory note payments when due and for the purposes of foreclosing the same to satisfy the amounts due thereunder, including but not limited to, all costs, expenses and attorney fees incurred by the Lender in connection therewith, will sell at public auction on Monday, October 31, 2022 at 9:00 a.m. on the mortgaged premises the property described in said real estate mortgage deed as follows:

TAX MAP 79, LOT 22

Lot 7 with buildings thereon situate at 562 Rattlesnake Island in Alton, Belknap County, New Hampshire as shown on a plan of land entitled "Lot Descriptions" for "Rattlesnake Island Corporation" recorded on October 24, 1969 at Plan Book 26, Page 2020, reference to which is made for a more particular description.

NOTICE:

For information on getting help with housing and foreclosure issues, please call the foreclosure information hotline at 1-800-437-5991. The hotline is a service of the New Hampshire banking department. There is no charge for this call.

As Borrower (or any other person claiming a lien or other encumbrance upon the premises) you are hereby notified that you have the right to petition the Superior Court for the County in which the mortgaged premises are located, with service upon the Lender, and upon such bond as the Court may require, to enjoin the scheduled foreclosure sale.

Failure to institute such petition and complete service upon the Lender, or Lender's agent conducting the sale, prior to sale shall thereafter bar any action or right of action of the Borrower based on the validity of the foreclosure.

EXAMINATION OF DOCUMENTS:

The mortgage instruments may be examined by any interested person at the offices of Walker and Varney P.C. in Wolfeboro, New Hampshire during normal business hours.

DISCLAIMERS:

Said premises will be sold in an 'as is' condition, with all faults, without any guarantees or warranties whatsoever and subject to all unpaid taxes, rights, easements, covenants, restrictions, attachments, previous out conveyances, liens and encumbrances of any nature entitled to precedence over said mortgage. The Lender further specifically makes no representations nor warranties whatsoever with respect to the title, marketability, insurability, buildability, boundaries, acreage, frontage or other matters contained in the description of said premises or otherwise.

TERMS OF SALE:

A deposit of \$5,000.00 shall be paid by certified check or by bank credit acceptable to the Lender at the time of sale. The balance plus 100% of all transfer taxes is to be similarly paid within 30 days of the sale time being of the essence. Upon receipt of said monies the Lender will tender Lender's agent's standard foreclosure deed. If a successful bidder fails to perform within said 30 day period through no fault of the Lender then all monies paid to the mortgagee shall be forfeited and the Lender at the Lender's option may additionally institute a lawsuit for specific performance and/or for damages including reasonable attorneys fees.

RESERVATION OF RIGHTS:

The Lender and Lender's agents hereby reserve the right (i) to continue the foreclosure sale to such subsequent date or dates as the Lender may deem necessary or desirable, (ii) to bid at such sale, (iii) to reject any and all bids for the property, (iv) to amend, change or announce further terms of the sale before or during the foreclosure sale, with all such changes or amendments being binding upon all bidders, and (v) upon the default or disability of the highest bidder to accept the next highest qualified bidder without re-advertising.

RISK OF LOSS:

From and after the conclusion of the foreclosure sale, all risk of loss or damage to the mortgaged property shall pass to, and be borne by, the successful bidder therefor.

EXECUTION OF ACKNOWLEDGEMENT AND RECEIPT FORM:

The successful bidder shall be required to sign the Lender's agent's standard Purchase and Sales Agreement form at the conclusion of the foreclosure sale.

By its attorneys
Walker & Varney P.C.
By:
Thomas R. Walker

Date: August 30, 2022

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REPAIRS

(continued from Page A1)

On Oct. 4, Public Works announced that the bridge on Basin Road had been completed and was now open to through traffic.

The bridge installation took around 10 days and Public Works thanked Mike Bean Associates of Sanbornton for the design build.

GMI Asphalt, the town's construction company, was at the road this past week to work on the asphalt including reclaiming the surface, grading, and rolling.

Public Works announced on Saturday that grading and reclaiming had been done that day with base paving scheduled for Columbus Day. Laying the top course would be done next followed by drive-

way tie-ins. Motorists were advised to be careful and expect delays.



COURTESY PHOTO
Work is almost done on the Basin Road bridge as part of repairs to Roberts Cove Road. Photo from the Alton Department of Public Works' Facebook page.

FOOTBALL

(continued from Page A1)

Kenny got in the back field for the Golden Eagles as the Bobcats got inside the 10 and on fourth and goal from the four-yard line, the G-B defense held tight, keeping the Bobcats from the end zone and Gilford-Belmont had the 14-7 lead at the break.

The visitors scored on their first drive of the second half, with Reese and Kitto each getting carries. Rees also hit Grant with a key first-down conversion and then found Grant again for the 37-yard touchdown with 9:13 to go in the third quarter.

Plymouth went three and out on their next drive and Gilford needed just two plays to get into the end zone again, as Reese found Grant for a 59-yard touchdown and

Gilford-Belmont had the 28-7 lead.

The Bobcats were able to move the ball a bit on their next drive, but a Macaione sack helped to bring the drive to a stop and G-B took over with a drive to close the third quarter, as Reese hit Grant and Sam Cheek on connections. However, the drive faltered and Plymouth got the ball back.

Welch made five straight carries to get the drive going and then broke through for a 69-yard touchdown run with 7:02 to go and the extra point cut the Gilford-Belmont lead to 28-14. Plymouth tried the onside kick, but Gilford-Belmont recovered. However, the Bobcat defense held tight and forced a punt to get the ball back. They were unable to get anything go-

ing and Gilford-Belmont had one final chance and took advantage, with Kitto carrying the ball in from 13 yards out with less than two minutes to play for the 35-14 lead. Plymouth had one final drive, but they couldn't get going and the Golden Eagles took the win.

"We've never beat Plymouth, they're a powerhouse, they do a lot of things well," said Marzahl. "You don't believe it is over until the last seconds tick off that clock."

The Gilford-Belmont coach noted that Reese is battling back from an injury and it was nice to see him take the next step.

"The offense runs as he runs," Marzahl said. "Our line and running backs do a good job, but having him opens up those holes."

Marzahl praised the play of Luke Jackson, who made some big blocks and opened some holes and Kitto, who he said comes to work hard every day and never complains.

"A lot of people put a lot of effort in (to make the night game happen)," Sanborn said. "A lot of people came through for us."

"It was nice to see some many people show up for Luc, we had a great turnout," the Bobcat coach said.

Plymouth will be at Kennett on Friday, Oct. 14, at 7 p.m. while Gilford-Belmont will be hosting Merrimack Valley on Saturday, Oct. 15, at 2 p.m.

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

Breast Cancer

Prevention & Awareness

7 ways to reduce breast cancer risk

Many women are concerned about the potential for developing breast cancer in their lifetimes. Breast cancer is the second-most common cancer among women in the United States and Canada. Despite that prevalence, there are ways for women to reduce their risk for breast cancer.

While it is impossible to change family history or genetic markers like gene mutations that increase breast cancer risk, the following are seven ways women can lower their risk.

1. Exercise regularly and maintain a healthy weight. Physical activity and monitoring calories can keep weight in check. The Mayo Clinic recommends at least 150 minutes per week of moderate aerobic activity or 75 minutes per week of vigorous aerobic activity. Strength training at least twice a week also is recommended. Being overweight or obese increases a woman's risk for breast cancer.

2. Consume a healthy diet. The link between diet and breast cancer risk is still being studied. However, research suggests that a diet high in vegetables and fruit, and calcium-rich dairy products, but low in red and processed meats may lower breast cancer risk.

3. Avoid or limit alcohol consumptions. Alcohol increases risk of breast cancer, even

in small amounts. For those who drink, no more than one alcoholic drink a day should be the limit. The more a woman drinks, the greater her risk of developing breast cancer, states the Mayo Clinic.

4. Undergo genetic counseling and testing. Women concerned about a genetic connection or family history of breast cancer can speak to their doctor about testing and counseling that could help them reduce their risk. Preventive medicines and surgeries might help those at elevated risk for breast cancer.

5. Limit hormone therapy. Combination hormone replacement therapy for post-men-

opausal women may increase risk of breast cancer, indicates the Centers for Disease Control and Prevention. Similarly, taking oral contraceptives during reproductive years may increase risk. Women can speak with their physicians to weigh the pros and cons of taking such hormones.

6. Breastfeed children, if possible. Breastfeeding has been linked to reducing a woman's risk of developing breast cancer.

7. Learn to detect breast cancer. Women should get to know their bodies so they can determine if something is awry as early as possible. Early detection of breast cancer increases the



chances that treatment will prove successful.

Women can embrace various strategies to reduce their risk of developing breast cancer.

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TREETOP
(continued from Page A1)



Students go through the treetop course as a team building activity.

in some games during parts of the day that also

provided exercises in collaboration.

Evan Northcutt.

Freshman Gabe Bates said he knew this course was at Gunstock and has a lot of fun doing this.

Northcutt said he's glad he took part in this.

"We definitely needed to communicate to each other," he said.

Bates said there were some scary parts of the course, especially one bridge with pieces that went straight up.

Teacher Scott Currier said this was a great activity for the freshmen.

"There was some actual experience where they had to communicate with each other," Currier said.

O'Hara said these students will be in the same classes for the next four years and goal is for the students to develop those relationships and learn those skills they will use during high school.

"I'm really into the idea of adventure education and collaboration," O'Hara said. "I think it's a good segue into what the future can be."

Students took part in the course with their advisories with their teachers joining them in the trees.

"I've been to Gunstock a lot of times and I've never done this before," said freshman

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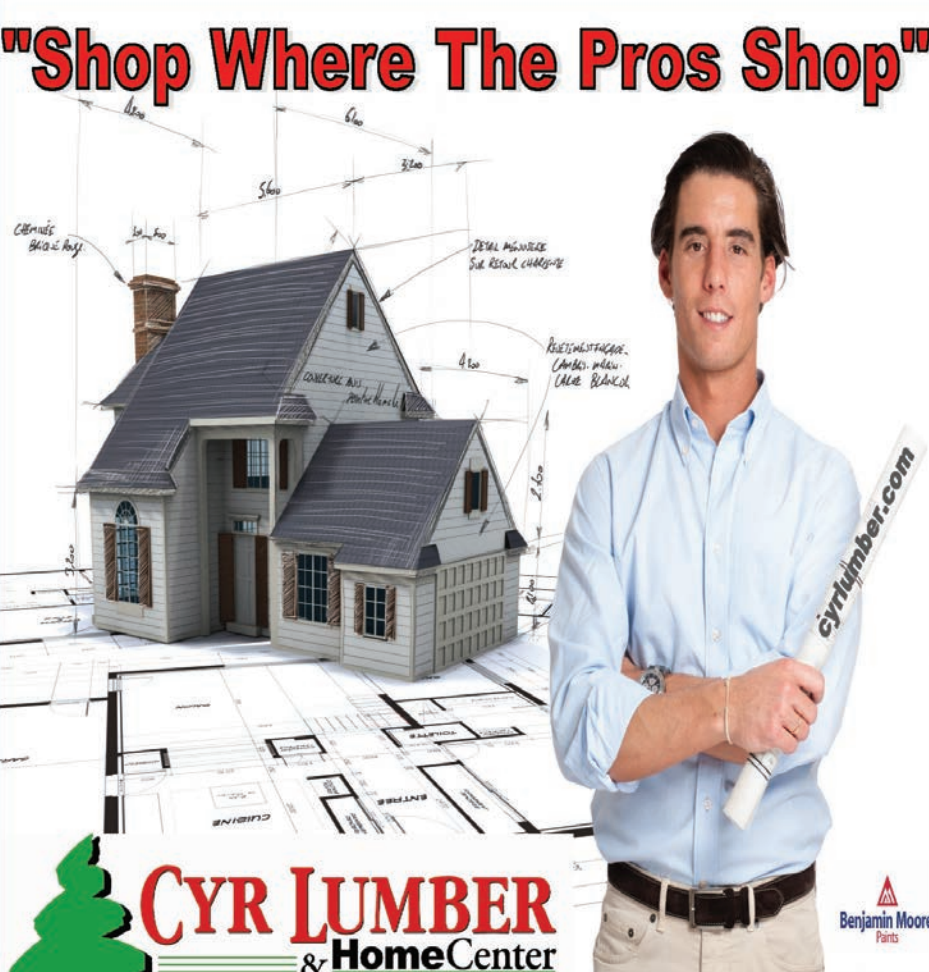
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