



Budget committee OKs New Durham warrant: See page A3

THURSDAY, JANUARY 23, 2020

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FREE

Filing period has opened for local office

BY JOSHUA SPAULDING

Editor REGION — The filing period for local town and school offices started on Wednesday and will

continue through Jan. 31. All those interested in running for any of the open positions should visit their town hall to

sign up.

Alton

In Alton, there will be two seats for three years

each on the board of selectmen up for election.

There will be two seats as trustee of the trust funds open, one for

three years and one for two years.

There will be three library trustee seats up for grabs, two for three years and one for two years.

The position of moderator for two years will be on the ballot.

There will be one three-year seat on the budget committee up for grabs.

On the planning board, there are two seats available for three years each.

There is one seat available as a supervisor of the checklist for six years.

On the zoning board, there will be two seats for three years and one seat for two years.

Alton School Board has two seats up for election, one for three years and one for two years.

The positions of moderator, clerk and treasurer are all on the ballot, each for one-year terms.

The Alton town clerk's office has noted that the office will be open until 5 p.m. on Jan. 31.

Barnstead

The Barnstead Board of Selectmen will have three seats available in the coming election, two for three years and one for two years.

A three-year term as road agent is also on the ballot in March.

There are three positions open on the budget committee, two for three years and one for two years.

The planning board has two three-year terms available for election.

A two-year seat as moderator will also be on the ballot.

The overseer of public welfare position is available for a one-year term.

A three-year seat as trustee of the trust fund is open.

There are two seats available as supervisor of the checklist, one for six years and one for four years.

One spot for three years is available as a library trustee.

Barnstead's budget committee has three openings, one for two years and two for three years.

SEE ALTON PAGE A11



BAY-COURTESY PHOTO

Baysider anniversary

David and Marilyn St. Cyr of Alton celebrated their 50th wedding anniversary in December 2019 while visiting Disneyland Paris. Pictured above, David and Marilyn are standing in front of Sleeping Beauty Castle at Disneyland Park. They enjoyed experiencing many of the park's attractions, shows and entertainment, which are both similar and different compared to the parks located in the United States. If you have a photo of you and The Baysider in a unique location, send the photo and pertinent information to josh@salmonpress.news.

School board prepares for deliberative session

BY KATHERINE LESNYK

Contributing Writer

ALTON — The SAU 72 school board met on Tuesday, Jan. 13, at Alton Central School (ACS) to discuss the upcoming Feb. 1 deliberative session and provide a variety of updates from several areas of the school.

Superintendent Pamela Stiles said that it is customary for the board to review the articles at the meeting before the deliberative session and decide who will make a motion on and second each article, and provide

the board members with background information on the articles that they will be responsible for. She said that before Article 2, it is standard for her to give a "state of the school" update and a brief overview of the budget. Each board member selected articles to make a motion on and articles to second motions on.

Regarding a future cafeteria upgrade, board chair Karen Kharitonov suggested that the school hold an open house so that people can see the

cafeteria and why the upgrade is needed. It was decided that there will be an open house if there are a lot of questions on the proposal.

Stiles also gave the buildings and grounds report. She said that there was work on the boiler done over the holiday break and it is now up and running and in compliance. Principal John MacArthur added that the stage was improved and refinished over break as well.

"Our stage may be little, but we can do a lot

more on it now," he said.

Stiles reported that the new after-school child care program started that day with five children registered and one community member sharing their talents with the students.

"We're hoping that we'll have more registration as time goes on," she said.

She also discussed the implementation of para-educator meetings that started last year.

"It's a really nice way to uplift the support group that makes a

tremendous difference in this building, and they're really enjoying that," she said, noting that the meetings give the para-educators a chance to talk about their different areas of expertise, share ideas and "generate their own agendas."

Under action items, the resignation of one staff member was accepted, and the board reaffirmed a unanimous poll vote on Dec. 13 regarding the language of Article 2 and articles for special education and

buildings and grounds.

Stiles introduced to the board some changes to the New Hampshire Family and Medical Leave Act (FMLA).

"We currently have a family and medical leave policy, however, the state of New Hampshire just passed its own Family and Medical Leave Act... attorneys are calling this the 'baby FMLA' part of it," she said.

Eligibility for FMLA requires that employees have worked for 1,250 hours for 12 months,

SEE FILING PAGE A10

Climber aiming for new heights

DAUGHTER OF NEW DURHAM RESIDENT SETS LOFTY GOAL IN ALPS

BY CATHY ALLYN

Contributing Writer

NEW DURHAM — Would there be any signs in childhood that

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your little one is destined to become not only an athlete, but a world class athlete?

Speaking of his older daughter, Morwenna Barclay, John Laurie of New Durham responded immediately, "Oh, yes. There is a reason there are six years between her birth and my younger daughter's."

Apparently, he had more than an inkling that his little one would be forever active.

"She never slept through the night until she was about four. When she started moving on her own, she crawled by lying on her back and pushing herself along."

Morwenna, or Mo as she is referred to, has come a long way since then; but she has continued to pursue her athletic endeavors with her absolutely very own approach.

Her most recent undertaking is to be part of the first all-female team to climb all 82 peaks in the Alps that tower more than 4,000 meters.

But she covered lots of ground prior to this latest project.

Raised in Scotland, Mo proved to be an all around talented sports-women who played a variety of sports in school, such as basketball and volleyball, and even trained with the Scottish



COURTESY PHOTO

MORWENNA BARCLAY, favorite mountaineer of John and Elaine Laurie of New Durham, relaxes while ice climbing. She and two teammates are in the process of summiting all 82 peaks above 4,000 meters, or roughly two and a half miles, in height in the Alps.

women's rugby squad.

Her mother Norah was an excellent tennis player and Mo transferred to Millfield School

in England, an institution specializing in developing sports talent, with the idea of working on her tennis game.

While waiting for the new indoor court arena to be built as part of the Nick Bollettieri training

SEE CLIMBER PAGE A10

Barnstead police arrest man after shooting reported

BARNSTEAD — On Tuesday, Jan. 14, at 11:35 a.m., Barnstead Police received an emergency call from a man who had been told by another that a woman had been shot inside a home at 119 Beaver Ridge Road. Barnstead Detective Sergeant James Sullivan responded to the area where he located a male subject walking around outside in a crouched down stance and holding a shotgun in one hand and a 9mm Glock handgun in the other. The individual was incoherent, hallucinating and appeared under the influence of a narcotic substance. Det/Sgt Sullivan was able to coach the subject to put down the two weapons and while searching the subject, found a third loaded .380 caliber handgun hidden in the individual's waistband along with a knife.

Officers from Alton and Gilmanton arrived on scene and assisted in searching the home, finding everything in order and no one to have been harmed. The individual taken into protective custody was identified as Timothy Gauthier, 39, of 119 Beaver Ridge Road, Barnstead. Barnstead Police seized a loaded Stevens Shotgun with 10 rounds, loaded Glock 9mm with one magazine and 14 rounds of ammunition, loaded Ruger 380mm with two magazines and 13 rounds of ammunition, as well as a knife.

Gilman Library named Hannaford beneficiary

212 words

ALTON — Gilman Library has been selected as a beneficiary of the Hannaford Helps Reusable Bag Program for the month of January. The Hannaford Helps Reusable Bag Program, which launched in April 2014, is a reusable bag program that facilitates community support with the goal to make a difference in the communities where shoppers live and work.

Gilman Library was selected as the January 2020 beneficiary of the program by store leadership at the Hannaford located at 80 Wolfeboro Highway in Alton. Gilman Library will receive a \$1 donation every time the \$2.50 reusable community bag is purchased at this location during January.

Established in 1892, as Alton Free Public Library, at a location above a drugstore in Monument Square, it was moved in 1951 to a brand new brick building at 100 Main St. and dedicated as the Gilman Library. Expanded in 1997, this library is continually evolving to meet the ever-changing needs of the community. The library's mission: "The purpose of the Gilman Library is to enrich the quality of life through nurturing the joy of reading and lifelong learning by addressing the informational, educational and recreational needs of the community."

Learn more about Gilman Library by visiting gilmanlibrary.org. For more information on the Hannaford Helps Reusable Bag Program, visit hannaford.bags4mycause.com.

Selectmen deal with election, town meeting issues

BY KATHERINE LESNYK
Contributing Writer

BARNSTEAD — With town meeting season approaching, much of the Jan. 14 Barnstead Board of Selectmen meeting was spent discussing warrant articles and election preparation.

The first informational item of the meeting regarded the logistics of the upcoming elections. Chairman Edward Tasker explained that there was a fear from the New Hampshire Attorney General's (AG) Office that the current election location — the town hall — would deter people from voting due to the chance of long lines and the availability of parking.

"In a nutshell, we've been informed that the facilities we have here and the methodologies that we use are slowing down the voting process, and the fear, of course, is that people won't vote if they have to wait in line, and we have responded that we've added additional parking this year and we're looking into the possibility in the very near future of adding an addition onto this building. In the interim, we have asked to meet with the school board, because, as you might

guess, the elections in September and November are going to be quite large — and this building will not meet those requirements. We don't even have enough voting booths... Hopefully that will be a temporary fix, not a final fix," Tasker said.

The AG office has approved the temporary plan.

Town Administrator Karen Montgomery introduced five potential warrant articles. First, the Lakes Region Planning Commission has offered to survey town roads for \$7,500, and Montgomery said that the proposal could be added to the budget or made into a warrant article. Selectman Rick Duane noted that it only addresses town-maintained paved roads.

Selectman Lori Mahar suggested asking the road agent for his perspective, and Montgomery said that the board has until Feb. 5 to add monetary items to the town budget, so there is more time to discuss it.

The board then discussed a proposal to change the highway department capital reserve fund so that instead of


requiring a warrant article to expend funds, the board of selectmen would be agents to expend funds, therefore making the department able to make mid-year repairs without needing a warrant article.

A proposal for a special revenue fund for the fire department for ambulance and fire rescue would require a two-thirds majority vote and a public hearing.

The next warrant article the board discussed was a request from Parks and Recreation to put \$5,000 in a capital reserve fund for improvements to the ice rink and developing a park and playground. Mahar, the Parks and Recreation selectmen's representative, said that the board should "100 percent support" Parks and Recreation, and a motion was approved to add a warrant article to be discussed at the town meeting to add \$5,000 to Parks and Recreation's capital reserve fund. There is currently \$48,000 in the fund, and Parks and Recreation will also be asking at the town meeting to pull a maximum of \$14,000 from the fund to start working on projects.

The final discussion point under informational items was about the option for the town to revert a segment of road near Half Moon Lake along Route 28 back to the abutters on that road. The decision would require a warrant article and a public hearing before the town meeting. A motion for Montgomery to write a warrant article proposing to "dispose" of the piece of property and give it back to the abutters was approved by the board.

Under new business, the board approved a motion for Tasker to sign generator and IT contracts for town buildings, and the holiday schedule for 2020 was approved. Mahar asked Montgomery if the holiday schedule would be posted on the town web site soon, because the schedule includes a timeline for when people can run or apply for a position or submit a warrant article. Montgomery said that it would be, and that it's also included in the annual town report.



COURTESY PHOTO

Valentine's "sweet" hearts

These are samples of what participants in New Durham Public Library's Valentine's Day cookie decorating class will bring home - okay, they'll eat these, but they will bring home decorating techniques that'll make them look like professionals, with no expense and no artistic talent necessary. Call the library at 859-2201 for more details on this free Jan. 29 class and to register.

Storybook Tea Party at Oscar Foss Jan. 31

BARNSTEAD — Dress up as your favorite storybook character and join in at the Oscar Foss Memorial Library on Friday, Jan. 31, at 4 p.m.

for a magical afternoon fit for a fairytale with stories, songs, crafts and tea. Finger sandwiches and light desserts will be served with caffeine free tea and juice. Children ages 4-8 are welcome to attend. Pre-registration is required. Reserve your spot online or by calling the library.

Fine Free February
It's time again for Fine Free February at the Oscar Foss Memorial Library. Bring in a non-expired unopened donation to the food pantry and have up to \$20 in late fines forgiven from

your account. Fees for lost or damaged items are not eligible for forgiveness.

Take Your Child to the Library Day

Feb. 1 is bring your child to the library day. Cozy up on bean bags in the children's section to read some books, play on their train table or build an impressive tower with Legos. The librarians are always happy to get you acquainted with their collection and start your child on their own literary adventure that will last a lifetime. All are welcome to enjoy the family friendly environment, and any child six and over can sign up for their own library card.

Yoga at the Library
Mary Ellen Shannon, RYT offers two yoga classes at the library every Tuesday afternoon, Simply Yoga at 4:15 p.m. for beginners and an all

levels class at 5:30 p.m. Please wear comfortable clothing and bring a yoga mat. If you have blocks and straps, please bring those also. Classes are by donation and all are welcome and encouraged to attend, regardless of ability to donate. Shannon has been a resident of Barnstead for 18 years and a yoga practitioner for even longer. If you have further questions, please contact her at 269-5030.

Please call the library at 269-3900 or visit oscarfoss.org for more information about the library's programs or events. There is always something happening at the Oscar Foss Memorial Library. Library hours are Tuesdays and Wednesdays from 10 a.m. to 6 p.m., Thursdays and Fridays from 12 to 8 p.m. and Saturdays from 10 a.m. to 1 p.m. The library is closed Sundays and Mondays.



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Budget committee gives OK to warrant

BY CATHY ALLYN
Contributing Writer

NEW DURHAM — The New Durham Budget Committee approved the town's operating budget and the financial articles on the town warrant at its public hearing held Jan. 15 at the community room.

Chairperson Terry Jarvis indicated the process started with a joint budget committee and board of selectmen meeting. The budget committee also takes public and department head input and the recommendations of the Capital Improvement Projects Committee into consideration as it deliberates the budget.

A small group of town employees attended the hearing, along with two residents who serve on committees.

Jarvis read each line

of the operating budget, but there was no significant discussion. The heftiest rises from last year were seen in elections and registrations, due to the increase of number of elections in 2020, and the highway and solid waste departments.

The budget committee approved the town's total operating budget at \$3,205,062. The default budget is \$3,126,291, a difference of \$78,216.

Jarvis moved on to the financial articles on the warrant: Article 6, the operating budget; Article 7, regarding \$330,000 for the purposes of a road program with \$117,000 to come from Highway Block Grant Aid and the remaining \$213,000 to come from taxation; Article 8, to place the sum of \$197,000 into previously estab-

lished public works related Capital Reserve Funds; Article 9, to place the sum of \$18,000 into previously established public safety related capital reserve funds; Article 10, to place \$20,000 into the Water Quality and Milfoil Treatment Capital Reserve Fund; Article 11, to place the sum of \$35,000 into previously established facilities related Capital Reserve Funds; Article 12, to place the sum of \$55,000 into previously established computer systems and office equipment, records management, and town buildings and improvements Expendable Trust Funds; and Article 14, to withdraw \$7,200 from the J.C. Shirley Timber Trust to fund contributions to Health and other agencies, such as Cornerstone VNA, CAP

of Strafford County and Haven.

The budget committee approved the articles.

The board of selectmen is in agreement with all of those approved, save Article 11. Language on the warrant indicates the select board does not recommend Article 11.

Cecile Chase, the board's representative at the hearing, said selectmen are recommending \$25,000 be added to the 1772 Meetinghouse Restoration capital reserve fund, rather than the budget committee's figure of \$10,000.

The Deliberative Session will be held Monday, Feb. 3, at 7 p.m. at the New Durham School, with a snow date of Feb. 4.

Election of town officials and voting on all of

the warrant articles will be Tuesday, March 10, from 8 a.m. to 7 p.m. at the New Durham School.

Open positions are: one selectman for a three-year term, two budget committee members for three years, one cemetery trustee for three years, one library trustee for two years, one library trustee for three years, two planning board members for three years, one supervisor of the checklist for five years, one trustee of the trust funds for three years, two zoning board of adjustment members for three years, one zoning board of adjustment member for one year, and the moderator for two years.

Articles 2 through 5 are amendments to the Town Zoning Ordinance recommended by the planning board.

Article 13 reads: To see if the town will vote to change the purpose of the existing "Gravel" Capital Reserve Fund, said purpose expanded for the exploration, mining and acquisition of gravel for use by the New Durham Department of Public Works, and designate the board of selectmen as agents to expend.

A two-thirds vote is required to pass Article 13.

Reached later for comment, Jarvis expressed "a big thank you" to Town Administrator Scott Kinmond, department heads and board and committee chairpersons for the hard work necessary in creating a budget.

ELISSA PAQUETTE

Certified

Lakes Region Technology Center Hospitality and Tourism students Jade Seery, Natasha Carpenter, Natasha Bamford, Jayden Davis and Kaylee Krutilek recently received the Certified Guest Service Professional (CGSP®) designation, the highest acknowledgment of awarding-winning guest service for employees in the hospitality and tourism industry. Teacher Jannine Cameron (fourth from left) says the award provides recognition for those individuals who know how to deliver exceptional service and create memorable experiences.



GWRSD deliberative session Feb. 1, budget down a tick

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — Residents within the six-town Governor Wentworth Regional School District are encouraged to attend the Deliberative Session on the Fiscal Year 2021 budget, scheduled for Saturday, Feb. 1, beginning at 10 a.m. in the Kingswood Arts Center. Amendments to warrant articles can be made during the session before the budget is finalized for voter approval in March.

The budget is down nearly one percent (.92 to be exact), which amounts to a decrease of around \$503,000. Chairman of the Board Jack Widmer said the decrease is due mostly to retirement of a number of senior employees.

Different this year, is the state's vote in the 2019 legislative session (HB4) not to reduce the stabilization grant by four percent as has been its practice yearly since 2012. Towns will now receive 100 percent of the FY2012 stabilization amount.

Also, legislative adjustments to the state adequacy grant formulation based on income levels, numbers of special need students, English as a second language learners and number of third grade students whose state reading assessment rated below the proficient level, resulted in FY 2020 increases for Brookfield, Effingham, New Durham and Ossipee of, respectively, \$26,578, \$85,695, \$41,767 and \$287,834.

A one-time increase included in the adequacy number for FY2021 for Brookfield, Effingham, New Durham and Ossipee, yielded respectively \$5,631, \$80,146, \$22,214 and \$108,186.

Tuftonboro and Wolfeboro did not qualify for any additional grant aid.

The total of the increases in state grant aid came to \$660,501 for 2020 and \$24,464 for 2021.

The employee expense line decreased by 1.59 percent. There was also a .96 percent decrease in the general fund budget total, but there were increases of 1.84 percent in the other expenses category and .14 percent in debt service status. The annual building and maintenance warrant article re-

mains steady at \$200,000, and the turf field reserve of \$60,000 is the same as last year as well.

Looking at budget figures, Widmer noted that the employee expense total is the largest portion of the budget by far (\$40,220,754), followed by the general fund, which supports infrastructure

throughout the district (\$7,834,411), debt service (\$3,600,613) and warrant articles (\$260,000).

At the conclusion of Widmer's review of the budget during the Jan. 13 board meeting, school board member Jim Pitman, representing Effingham, complemented the level of budget scru-

tiny. Ossipee representative Dana Streeter, approved "the level of budget work" as well. He commented that he was hoping the budget could be reduced for the sake of the taxpayers and "that's been done."



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We Will NOT be Undersold

Opinion

Your town needs you

The filing period for all local offices, both town and school district in all three towns we serve, began on Wednesday.

Too often we find that the town and school elections feature uncontested races and in some cases, nobody seeking the spot on the ballot. This is disconcerting to us in many ways.

We are well aware that there are a wide variety of opinions on how to run the town and the school in our communities. We get letters from many different residents touting their ideas, speaking out against ideas proposed by elected officials or supporting ideas from officials.

However, when the time comes to put their money where their mouth is, too often local residents don't back up their talk. The ballot remains empty and then they complain for another year about not liking what a certain official or officials are doing.

This is the chance for everyone to get their voice heard, to let it be known what you believe would be best for the town or the school district. This is a chance to fight for what you believe in.

In our opinion, if you don't vote in an election, you have very little right to criticize the officials who are making the decisions. You had the chance to do your part and you didn't do it. By not casting a ballot, you are saying you don't care, so you have no right to criticize.

Some can be send for running for a town or school position. People who run for these positions don't do it for the money. They do it because they care about their community and they want to make a difference in how things are run. If you believe things aren't going in the right direction, you have a right to speak up and once a year, you have a chance to put your name on the ballot and let people know what you would do differently if you were in the elected position.

We know many members of our community are passionate about issues, on the local, state and national scene. We know there are tons of opinions out there on how things should be done.

Yet, when the ballots come out, there's one person running for school board, one person running for selectmen and nobody running for planning board or budget committee. It's disheartening. All these people who are so passionate with varying opinions decide somebody else will have to fight their battle.

We know that not everyone can afford the time to step up and serve, but if you are someone who believes in your community and wants what is best for its residents, you should find a way to make yourself available to the community. If you are unsure, start with a smaller, less time-consuming position and see how you enjoy public service.

You just might find that it is something you enjoy and something that makes you feel like even more of a part of the community. And when that happens, everybody wins.



ELISSA PAQUETTE

Serving it up

The Lakes Region Technology Center's Skylight Dining Room serves visitors on Tuesdays and Thursdays from 12 to 1:30 p.m. Culinary Arts students Sabrina Kratovil (front right) and Breana Bilodeau served at the regular Thursday buffet on Jan. 9. For more information, call 569-2922.

Letters to the Editor

Selectman has conflict of interest

To the Editor:

Selectman Chase recently violated the town's ethics policy. At the Dec. 31 meeting, Selectman Chase voted on an issue that involved the town's lawsuit against her next-door neighbor. If the town wins this case, she will benefit personally. So, she has a conflict of interest in this case.

Her voting on this matter is a violation of the New Durham ethics policy, which states at Section II: A: iii: "A public servant shall recuse himself/herself in any

matter in which he/she or an immediate family member have a personal interest which may directly or indirectly affect or influence the performance of his/her duties." When all selectmen are sworn in, they sign a document stating that they have read the ethics policy, so Selectman Chase should have known to recuse herself.

Selectman Chase and her family have a personal, financial interest and she should not have voted on this.

The NH Supreme Court decision in Ather-

ton v. City of Concord, 109 N.H. 164 (1968) explained, "The reasons for this rule are obvious. A man cannot serve two masters at the same time, and the public interest must not be jeopardized by the acts of a public official who has a personal, financial interest which is, or may be, in conflict with the public interest."

By Selectman Chase being involved in this case, she puts her personal benefit ahead of the town's interest.

Unfortunately, ethics policies are not binding,

so no board (including the board of selectmen) has the authority to bind other members to the ethical guidelines. This is per an opinion published by the New Hampshire Municipal Association.

So, the only remedy for the town's residents is to have more people who are interested in helping the town sign up to run for selectman in March.

JANIS ANTHES
NEW DURHAM

Thanks to Winter Carnival sponsors

To the Editor:

The Alton Business Association would like to thank their sponsors, donors, and members for their support for the upcoming 2020 Alton Bay Winter Carnival.

Gold-Level Sponsors include Alton Excavation, Empowering Solutions, Cyr Realty Group-Keller Williams Coastal and Lakes and Mountains, Maxfield

Real Estate, Meredith Village Savings Bank, New Hampshire Distributors, LLC, Northeast Security Agency, Alton Circle Grocery, TD Bank and TDS.

Silver-Level Sponsors include Janet Sienko of Berkshire Hathaway HomeServices Verani Realty and Roche Realty Group, Inc.

Bronze-Level Sponsors include Alton Coun-

try Store, Breathe Yoga NH and RBF Wealth Advisors

The Alton Business Association has also received donations from Breathe Yoga, East Coast Flight Craft, Lake Life Brand, NASWA, the NH Boat Museum, The Olde Bay Diner and Seacoast Sports Injuries. Their donations will support prizes for raffles and contests taking place during

the Winter Carnival. Thank you to all of the sponsors, donors, members and community organizations that work together to make this family-friendly annual event a reality for Alton residents.

ALTON BUSINESS ASSOCIATION
ALTON

Letters to the Editor

Thanks to Legion, Alton community

To the Editor:

The American Legion Riders of Post 72 Alton, would like to thank the American Legion family of Post 72 for their support and donations to "coats for kids." I would also like to thank the donations made anonymously and all the donations made by the Alton community. This was the Riders seventh annual coat drive and the most successful. Due to the overwhelming response, the Riders were able to give 54 coats to our children in our community. Thank you so much and we will see you next year.

LISA ROJEK
AMERICAN LEGION RIDERS SECRETARY/CHAIRMAN
COATS FOR KIDS
ALTON

TOWN OF BARNSTEAD SUPERVISORS OF CHECKLIST

The Supervisors of the Checklist will be in session on Tuesday, February 4, 2020 at the Barnstead Town Hall from 7-7:30 pm for additions and corrections to the voter checklist for the Presidential Primary Election. This will be the last time to register to vote before election day on February 11, 2020. You may register with the Town Clerk any time before February 4th. There is no change of party at this time.

Supervisors of the Checklist

Judith L Forsyth
Marjorie J Terry

BAY-Letter, Buonfanti 1/23

HEADLINE:
332 words

To the Editor:

I was born in my home,
Those days the roads were graveled,
No TV, no radio, no phone,
No car seat, cribs or cradles.
There was poverty, no money, no jobs,
No food, no shelters, limited laws.
I was fortunate though,
To have what I did.
I had a bed to sleep in.
When I was a kid.
I watched my parents earn the keep,
So my brother and I,

Would be able to eat.
I helped with the chores,
Walked to the stores,
Carried sacks of grain,
Never once did I complain.
I had one pair of shoes,
One plain dress,
Nothing to choose,
But it was the best.
I walked to school every day,
There was no buses going my way.
Summer breeze,
That made me pleased.
Fall winds blew the leaves,
Winter winds that took its toll,
Spring time sun shine that warmed the soul.
Walking to work be-

fore I learned to drive,
Didn't have a car til I was 25.
Time marches on I'm all grown up,
With a husband n kids,
A house n a pup.
Worked all my life,
For my family, I slaved,
Being a good wife,
To my husband I gave.
I was a waitress,
For years at a time,
Took on jobs,
And saved my dimes.
I stayed at home,
Making Christmas lights,
I helped out at church,
Serving coffee and bites.
I mended socks,
And knitted quilts,
To lower the cost,
To save on the bills.

Made the meals,
Cleaned the mess,
Cured the heals,
But I confess.
The days were cold,
The nights were colder,
I am feeling old,
And getting older.
I think,
How did I manage all that?
It's not a movie; not a book,
It's all a fact.
You asked how I traveled the miles,
And how my time was spent?
So, I say to you my child;
"It's not the miles that I traveled,
It's where the miles where I went."
FRAN BUONFANTI
ALTON

Volleyball offered Thursdays in Alton

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

Exercise classes
Intermediate Yoga with Sheila Marston is Wednesdays, 7-8 p.m. at the Alton Bay Community Center. Focus is on several breathing tech-

niques, postures and proper alignment.

Zumba classes with Sherry Meyer are Mondays and Wednesdays at the Alton Bay Community Center from 8 to 9 a.m. A fun, cardio workout that will get you moving.

Weight Training
Class with KT is Mondays and Wednesdays at the Alton Bay Community Center from 1:30 to 2:30 p.m. Use light weights to help build strength, muscle and bone density. Try a class for free.

Ice skating rink at Mill Pond

The town of Alton has opened an ice skating area at Mill Pond, across from the Fire Department on Route 140. The rink is maintained

by the town's grounds and maintenance department and is flooded by the fire department. Rink conditions are weather dependent so please check the ice rink sign to make sure the rink is open.

Ice skate swap

The Alton Parks and Recreation Department is sponsoring a community skate swap. If you have new or used ice skates that are in good condition you can bring them to the Parks and Recreation office at 328 Main St. during normal business hours 7:30 a.m.-3:30 p.m., Monday-Friday and drop them off for others to enjoy, all sizes will be accepted. Once a collection of skates are received, they will open

up the free skate swap for the community.

Little Pesaukees Playgroup

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

Survey up on Alton recreational facility

ALTON — Alton residents, your input is needed. A desire to expand the recreational opportunities available in the town of Alton was documented by the community group "All In For Alton." The selectmen for the town of Alton have responded by organizing a committee to determine if the community would like to see a recreational facility built. What are your thoughts? Please visit www.surveymonkey.com/r/5V7PJNY to provide your view.

Alton Dance Academy hosting open house

ALTON — The Alton Dance Academy located at 7 School St. will be hosting a fitness event on Jan. 31 starting at 6 p.m. The open house is a chance to check out the adult fitness classes for ages 16 and up. They offer everything from low impact, to high intensity. Come to try it, watch or ask questions. Alton Dance Academy is a non-judgement zone ready to help you get your workout in. Childcare will be provided for their event, so don't let that hold you back. Zumba class, barre, pilates, and strong by Zumba, will be classes that are being demonstrated. If you have ever wanted to check it out, come see them. They ask you bring water and shoes that haven't seen the outdoors. They look forward to helping you do something for yourself. Call 875-3623 for more info. This event is free. Check out the Facebook page for other info about dance classes for children, summer camps, recital and more or visit altondanceacademy.com.

Meat Bingo set for Jan. 26

NEW DURHAM — When Celebrate New Durham Day rolls around this summer, the New Durham Parks and Recreation Department wants to have a big bang of a time with fireworks.

With an eye toward that, Recreation Director Celeste Chasse will

be holding a series of Meat Bingo events. Talk about a win-win situation; a fundraiser where participants can win money and packages of fresh, delicious meat.

Sunday, Jan. 26, folks are invited to drop by the New Durham School from 4 to 6 p.m. to join in

the fun. With 16 one-dollar games and two games at two dollars, players have an opportunity to win pots of \$25 or \$50, as well as packages made up of four different kinds of meat. Selections include portions of chicken breasts, stew beef, Italian sausage, slab ba-

con, marinated turkey tips, ground beef, ribeye, pork chops, New York strip steak and much more.

The meat is supplied by Johnson's Seafood and Steak. Players can take part in any number of games.

Letter to the Editor

Throwing healthcare system into chaos

To the Editor:
When Trump makes a statement, the truth is often the exact opposite of what he says. His recent tweet, "I was the person who saved pre-existing conditions in your healthcare," is a perfect example. While campaigning, Trump called Obamacare a "disaster" and vowed to repeal it. As soon as he was elected, he tried to pass legislation to accomplish just that. In addition to weakening protections for pre-existing conditions, the proposed law eliminated the mandate, allowed waivers for essential health benefits, increased premiums for older Americans and repealed some Medicaid expansions. Although Republicans controlled Congress, their effort to replace Obamacare was a colossal failure.

When his initial attempt to destroy Obamacare did not work, Trump began undermining and dismantling it piece by piece. His appointees, Alex Azar of Health and Human Services and Seema Verma, Administrator of the Centers for Medicare and Medicaid Services (CMS), have assisted

in that endeavor. Since elected, Trump has reduced federal funding for enrollment advertising by 90 percent, cut personnel, shortened the enrollment period and posted negative messages about Obamacare. He also discontinued federal payments for subsidies under the law, increased out-of-pocket limits and made fewer Americans eligible for premium tax credits.

In 2017, Trump signed an executive order loosening regulations on short-term health insurance plans ("junk" plans). These plans now allow insurers to sidestep pre-existing conditions and essential health benefits. As a result, the plans are cheaper and entice healthy people away from the exchange, leaving sicker people in the risk pool and driving up costs. CMS estimates that 1.6 million people will have short-term insurance by 2022.

Trump's Tax Cuts and Jobs Act reduced the penalty for not buying healthcare to zero, effectively eliminating the individual mandate. According to the Congressional Budget Office,

this action increased premiums an average of 10 percent and will continue to raise premiums, making coverage less affordable for people who do not qualify for subsidies.

The U.S. Census Bureau reports that, for the first time in 10 years, the number of uninsured Americans has risen – by two million from 2017 to 2018. Many healthcare advocates believe Trump's attempts to cripple the law greatly contributed to the increase.

Eliminating the mandate encouraged Republicans in 20 states to bring suit in an attempt to have the entire law thrown out. The Trump administration joined that lawsuit. Republican-appointed judges have ruled favorably for the plaintiffs and the case is now before the U.S. Supreme Court and could be heard this year. The administration recently filed a brief urging the Court to take its time in ruling on the case. The reason for re-

questing this delay is glaringly obvious. 2020 is an election year. If the Court rules against Trump, the objective of the lawsuit will be front page news across the country. If Trump wins, a popular law will be struck down, a law that provides insurance to 10s of millions of people and essential benefits like pre-existing conditions to all Americans, and our entire healthcare system will be thrown into utter chaos.

JANE WESTLAKE
BARNSTEAD





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PET OF THE WEEK

WILLA

Hi, I'm Willa! I am a 6 month old mix from Lubbock, Texas. I already know sit and I'm very food motivated! I am super sweet and playful and would love some exercise and training! I can be a little fearful of other dogs at first but with proper introduction I am very playful! Willa would be best in a home with kids 12 and older and of course she may chase cats for fun until properly trained!





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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	N/A	N/A	\$20,000	June W. Sanborn RET and Harold W. Sanborn	Michael and Karen Bradley
Barnstead	14 Enfield Lane	Single-Family Residence	\$154,000	Douglas E. and Theresa M. Finnemore	Wendy Scott
Barnstead	55 Millsfield Lane	Single-Family Residence	\$126,000	James E. Henson and Deutsche Bank National Trust Co.	

ABOUT THE REAL REPORT

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

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

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

Alton Central students win spelling, geography bees



ALTON CENTRAL'S geography bee contestants.

COURTESY PHOTO

BY SHAY CASSILY
ACS Curriculum Director

ALTON — Recently, students at Alton Central School competed in both the Scripps National Spelling Bee and National Geographic's GeoBee. We would like to congratulate the following students.

On Jan. 9, Zoe-Jane Ranson, a sixth grader, out-spelled 19 other students to win the ACS Spelling Bee. Seventh grader Marissa Hikel was the runner-up. Congratulations to them and

to all the students who participated. Ransom will represent ACS at the regional competition hosted by the New Hampshire Union Leader. This will take place on Saturday, March 7, at 1 p.m. at the Silver Center for the Arts at Plymouth State University in Plymouth. State winners move on to the Scripps National Spelling Bee finals in Washington, D.C.

On Jan. 15, students participated in the school GeoBee. Randall Preston, a seventh grade

student won first place, with Jack Griffin, sixth grade and Connor Chapman, fifth grade, finishing second and third, respectively. Preston will take an online qualifying test; up to 100 of the top test scorers in each state then become eligible to compete in their State GeoBee on March 27. Winners of the State GeoBees receive an all-expenses-paid trip to participate in the GeoBee national championship in Spring 2020.



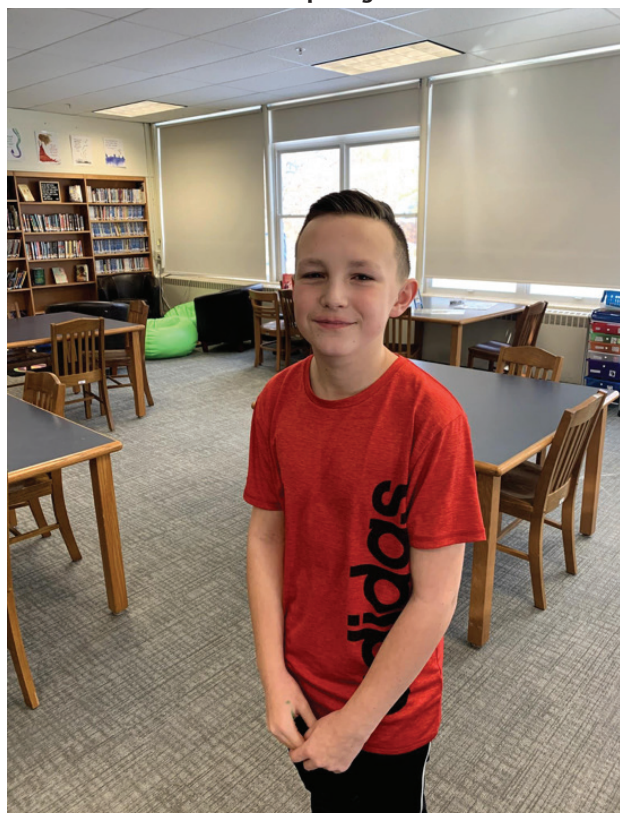
RANDALL PRESTON, Jack Griffin and Connor Chapman were the top three in the geography bee at Alton Central.

COURTESY PHOTO



ALTON CENTRAL SCHOOL'S spelling bee contestants.

COURTESY PHOTO



RANDALL PRESTON III won Alton Central's geography bee.

COURTESY PHOTO



ZOE-JANE RANSON won the Alton Central spelling bee.

COURTESY PHOTO



MARISSA HIKEL and Zoe-Jane Ransom were the ACS spelling bee finalists.

COURTESY PHOTO

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First, I'll make climate change my number one priority. I've spent the last decade beating the big oil companies and fighting for climate justice. I'll declare a national emergency on day one of my presidency to give the climate crisis the attention it deserves.

Second, I'll support term limits for Congress. Congress shouldn't be a lifetime appointment, and by enacting term limits, we'll give the people the power to hold our elected officials accountable. It's time for Congress to deliver on health care for all; a wealth tax; a free, quality education; sensible gun laws; and more.

Third, I'll cut taxes by 10% for 95% of taxpayers by making sure the wealthy and corporations pay their fair share — giving every American the chance to thrive.

If you're ready to solve the climate crisis, take back our democracy, and reform our tax system, join our campaign.

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OBITUARY

Erick A. Thorell Had passion for fitness

BOW — Erick A. Thorell, 37, of Bow, passed away unexpectedly on Monday, Jan. 6.

Born on Aug. 2, 1982 in Manchester, he was the son of Allan and Janet (Applegate) Thorell of New Durham.

Erick grew up in Hooksett and graduated from Kingswood Regional High School in Wolfeboro. He went on to attend Plymouth State and was able to pursue his love of playing football. He was a weightlifter and body builder, competing in several competitions over the years. He enjoyed being outdoors, whether it was hiking, archery hunting, skiing, boating or water-skiing. He worked many years as a painting contractor with his father at A.C. Thorell Custom Painting and was in the process of establishing his own business. He had a passion for fitness and was a certified personal trainer as well. Despite living most of his life in New England, he had a love for Colorado and was an avid Denver Broncos fan. His true passion in life though was spending time with his three children, who were the center of his world. He was an amazing father and husband and he will be sorely missed.

He was predeceased by his maternal grandmother, Eva Chomack Applegate, as well as his paternal grandparents, Andrew Charles and Abbie Kosch Thorell.

He is survived by his loving wife, Dr. Jennifer



Duprey of Bow; his son, Jackson Allan; daughters, Olivia Catherine and Elizabeth May; his brother, Andrew Thorell III of Thornton and his children Corvedia Kane and Aviana Kane; maternal grandfather, Edward Applegate, Jr.; mother-in-law, Cathy Duprey and grandmother-in-law, Patricia Farrington of Medway, Maine, sister-in-law Heather Duprey and her husband Kevin and daughter Kaley of Hollis, Maine and his brother-in-law, Bryan Duprey and his wife Vanessa of Millinocket, Maine. He is also survived by his beloved dog, Hayden also known as "Guppy."

Calling hours were held on Monday, Jan. 13, from 4 to 7 p.m. in the Petit-Roan Funeral Home, 167 Main Street, Pembroke. A service followed at 7 p.m. In lieu of flowers, donations may be made in Erick's memory to Hope for NH Recovery, P.O. Box 358, Manchester, NH 03105. To share a memory or offer a condolence, please visit www.petitroan.com.



BY MARK PATTERSON

Contributing Writer

Any financial advisor, broker or investment advisor will typically try to assess the amount of risk that their client is willing to accept. There are of variety of methods and questionnaires used to attempt to accomplish the risk assessment as accurately as possible. Over time, I have found that what the client tells me in the calm of my office and how they feel during difficult markets can be very different. The typical negative reaction is two and a half times greater in a bad or declining market than client's feelings in good or up market. Current

MARK ON THE MARKETS

Risk and you

research states that up to 80 percent of people that have investment accounts carry far more risk than their true risk tolerance levels.

Ever since March 9, 2009, the fear levels of investors have been very low, which drives complacency. The benchmark S&P 500 index is used to determine "BETA" in a stock, mutual fund or exchange traded fund that primarily hold stocks. If a stock or fund has a number higher than one, it is more volatile than the benchmark S&P 500 index. If the number is lower than one it is less volatile, simple as that. Advisors like myself that designed portfolios typically using stocks, ETFs, bonds and options will try to match the objectives of the portfolio with the client's risk tolerance and needs. One of the most common curiosities that I see in the portfolio, typically of mutual funds, is that a client needing income from their investments is in an accumulation vehicle such as a growth

stock mutual fund. Risk tolerance and objective and purpose for your money are very distinct and many times different portfolios. Purpose for the asset is more important than the risk tolerance almost all the time.

There are all kinds of risk involved with investing money. Market risk, credit risk, liquidity risk, interest rate risk and the risk that is not discussed as much as it should be which is sequence of returns risk. Sequence of returns risk is critical for those approaching retirement. Market performance is key when you start subtracting assets as income from those assets if they are not designed for sustainability. What used to be the four percent rule, in other words taking out four percent of your assets per year to live on has now become the 1.6 percent rule partly because of the low interest rate environment.

As stated earlier, most people carry much more investment risk than they were aware

of. Finding that true risk tolerance and matching it up to a portfolio that fits the needs of the clients is paramount. But you as the client also must realize that if you have your advisor set up your portfolio for limited risk, that will typically come with limited growth conversely a lot of potential growth may come with a lot of risk.

For an honest and maybe enlightening risk assessment, go to my website, www.MHP-asset.com, go to risk analysis. The software "Riskalyze" will give you a risk number between one and 99, one being the least amount of risk that you're willing to accept, 99 being the most. It asks about real dollar numbers versus percentages. You may be surprised what your true risk tolerance is versus how you are invested.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-asset.com

STRATEGIES FOR LIVING

On dreams, peace of mind and self-respect

BY LARRY SCOTT

Contributing Writer

I call it, "Strategies for Living," – my take on life – but I can hear my critics now: "Come on, Scott. What you are peddling is the same old religious garbage we have been hearing for ages. Talk to me about life, about success, about achieving my dreams, about peace of mind about self-respect. Talk to me about that and you will have my attention." But hold on. That, in fact, is what this column is all about. Let me explain.

To understand my perspective, I need to highlight a fundamental point of view. It is my conviction that the Creator has endowed us with three distinct elements that make us who we are. Known as body, soul and spirit, we are physical, intellectual and spiritual beings. My view is that success in life, success that leads

to genuine peace, prosperity and purpose, will be found only when all three of these fundamental aspects of our being are held in balance and harmony.

The critical issue here, however, is that one of these three aspects of our personhood will inevitably predominate. We will most generally live our lives directed by our physical, our intellectual or our spiritual interests. Whatever aspect of our real selves we choose as the driving force in our lives will have a profound influence of the other two. Balance and harmony between all three is the ideal and certainly possible, but it seldom comes easy. You and I must make some tough choices; to be our very best will demand self-discipline, determined effort, and honesty. And, perhaps, just a bit of intellectual

curiosity.

As you have no doubt already noted, the spiritual aspect is the predominant force in my life. But please note: I have little interest in writing about religion. Religion, as I define it, is what we do to influence, pacify and secure the blessing of our deity. Christianity, on the other hand, is not about we do to influence God; it is about what God has done for us. We may reject or just ignore Him, but He loves us so much He is committed to help us discover and develop our potential to its very best. And that is important to me. That perspective has had a profound influence on what I have done with my body and its demands, on how I have developed my intellect, and on how I have travelled my spiritual journey.

The bottom line here is that if I am to help

anyone become the very best they can be – and to that I am committed – I must bring God into the picture. We need an objective standard of authority that will give direction to how we satisfy our physical, our intellectual and our spiritual needs. My life would have been a shattering disaster had I chosen to ignore these principles. And if I'm wrong, if there is no God and if my religious convictions are without merit, I have benefited by the self-discipline and the sense of direction I have found in the Bible and in my faith. Little wonder that it comes through in my writing.

My point here is that the religious tone to this column has life in all of its aspects in view. Stay with me. We have lots to talk about. And, as always, hit me up if you wish at rlarryscott@gmail.com.

DAR Good Citizens to be honored Saturday

WOLFEBORO — On Saturday, Jan. 25, at 10 a.m., The Winnepesaukee Chapter-Daughters of the American Revolution will honor four local students at the DAR Good Citizens Award ceremony. All are welcome to attend at All Saints Church in Wolfeboro.

The Winnepesaukee Chapter encompasses four schools, Prospect

Mountain High School in Alton, Kingswood Regional High School and Brewster Academy in Wolfeboro and Moultonborough Academy in Moultonborough. Each school selects one student that exemplifies DAR Good Citizen qualities of dependability, service, leadership and patriotism to an outstanding degree. One student will then be se-

lected to compete for the New Hampshire Good Citizen Award.

The Daughters of the American Revolution is a non-profit, non-political volunteer women's service organization dedicated to preserving American history and securing America's future through education and promoting patriotism. Any women 18 years or older, regard-

less of race, religion or ethnic background, who can prove lineal descent from a patriot of the American Revolution is eligible to join.

For more information on becoming a Daughter of the American Revolution, call or e-mail Regent Susan Fossum at 581-9675 or WinnepesaukeeDAR@gmail.com.

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Yang visits Wolfeboro to make his case

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — Wolfeboro's Great Hall hosted the town's third visit from a 2020 Presidential candidate in two weeks on Friday afternoon, Jan. 10, a testament to the importance of New Hampshire's First in the Nation primary in shaping the race for the Democratic nomination.

Lawyer, business man and entrepreneur Yang stepped up to the stage to share his plan to "turn the clock forward" and build an economy from the ground up. The slogan "Humanity First" emblazoned in white letters on the black shirts of Yang's young staffers

speaks to his stated belief that "each of us has intrinsic worth. Our worth is not based on our market value."

In his vision, markets exist to serve common goals and values, such as clean air and clean water, and the value of work such as that of his wife, who is now a stay at home mom to their two sons, and those who are caregivers, artists and volunteers is recognized even when the market assigns it no monetary value.

"In the world we are living in today," said Yang, "someone born in the 1940s is likely to be better off than their parents. Someone born

in the 90s has a 50/50 chance of achieving that progress." The founder of Venture for America, a non-profit that encourages the entrepreneurial efforts of thousands of young people across the country, said a technological revolution (automation and artificial intelligence) is in progress and we need to prepare to meet those challenges.

Wearing a MATH button on his lapel, an acronym for Make America Think Harder, Yang explained his idea of giving every person \$1,000 a month, a form of supplemental income that he says is actually not new. The purpose is to support households



ELISSA PAQUETTE
PRESIDENTIAL candidate Andrew Yang spoke to the crowd in the Wolfeboro Great Hall on Friday afternoon, Jan. 10. His visit was the third visit to Wolfeboro from a presidential candidate in two weeks.

and keep local economies going with a flow of money across the country, not just in the areas where incomes are already high. The originator was Thomas Paine, said Yang. And in recent years, Jamie Dimon of JP Morgan has encouraged the concept of a "guaranteed income floor" to revitalize the economy.

A woman in the front row raised her hand to ask, "Would that mean that everyone would get \$1,000 a month?"

"Yes," he answered. "But where would it come from?"

"It sounds like a lot," Yang admitted, but "re-

member the four trillion dollar bailout of Wall Street?" he asked rhetorically. "It would be a quantitative adjustment, but we have the resources," he asserted, as he predicted that the Gross Domestic Product (GDP) would increase by 700 billion a year along with measures of increased health and educational opportunity.

In the remaking of the D.C. culture, Yang said he recommends term limits of no more than 12 years, enough time to establish experience and relationships to attain goals but not enough to become entrenched, and a requirement of at

least 10 years before a legislator could work for industry. That would allow a legislator to make decisions without being influenced by personal interests.

Fees for speeches would be eliminated as well, otherwise, said Yang, human nature being what it is, it would be hard not to have it in the back of one's mind when in office.

In conclusion, Yang emphasized the outsized impact of a vote in the New Hampshire primary compared to other states, and asked for the audience's votes on Feb. 11.

Kierstead, Guyer honored at Clarkson

POTSDAM, N.Y. — Tucker Robert Kierstead of Alton Bay, majoring in mechanical engineering, was named a Presidential Scholar for the fall 2019 semester at Clarkson University.

Presidential Scholars must achieve a minimum 3.80 grade-point average and carry at least 14 credit hours.

Tim S. Guyer of Alton, majoring in software engineering, was named to the Dean's List for the fall 2019 semester at Clarkson University.

Dean's List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours.

As a private, national research university, Clarkson is a leader in technological education and sustainable economic development through teaching, scholarship, research and innovation. They ignite personal connections across academic fields and industries to create the entrepreneurial mindset, knowledge and intellectual curiosity needed to innovate world-relevant solutions and cultivate the leaders of tomorrow. With its main campus located in Potsdam, N.Y., and additional graduate program and research facilities in the New York Capital Region, Beacon, N.Y., and New York City, Clarkson educates 4,300 students across 95 rigorous programs of study in engineering, business, the arts, education, sciences and health professions. School alumni earn salaries that are among the top 2.5 percent in the nation and realize accelerated career growth. One in five already leads as a CEO, senior executive or owner of a company.

Trites not seeking reelection to school board

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — Wolfeboro representative Stacey Trites announced during the Jan. 13 meeting of the Governor Wentworth Regional School District board that she has chosen not to run for reelection.

"It was a difficult decision," Trites said, but after more than a decade of service, she is ready to turn her attention to other projects.

"If someone wants to serve the best interests of the students of the district, this is a great place to do it," she said. School Board Chairman Jack Widmer and Superintendent Kathy Cuddy-Egbert praised Trites for her commitment to education and said they would miss having her on the board.

For those interested in running for a school board position, the dates for filing for school district office are Jan. 22 through January 31. Seats on the ballot this year are those held by Dr. James Manning representing Brookfield, newly sworn in James Pittman of Effingham, Wendi Fenderson of New Durham, and the open Wolfeboro seat of Trites.

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COURTESY PHOTO

Graduate

Arielle Atkins Kim, of Dallas, Texas, recently graduated with her Masters of Medical Science Physicians Assistant Program at Emory University, Atlanta, Ga. She received the number one ranking Academic Achievement Award for completing the program with a GPA of 4.0, she also received the Pi Alpha Honor Society award for Physicians Assistants. She will be returning to Dallas and will be working in spine surgery with Texas Spine Consultants, Addison, Texas.

Jan. 30 deadline for NHEC board of directors nominations

REGION — Members of the New Hampshire Electric Cooperative, Inc. (NHEC) interested in being considered for nomination to the organization's board of directors should submit their materials to the nominating committee by 4:30 p.m. on Jan. 30. More information is available on NHEC's web site at www.nhec.com.

"We are seeking qualified members with diverse personal, professional and geographical backgrounds," said Steve Camerino, NHEC's president and CEO. "NHEC is a member-owned, non-profit organization and serving on the board of directors is one of the ways our members can have a direct impact on how this democratically controlled organization is run. It is an important and rewarding job."

Board members are elected to three-year terms. Three of the eleven seats are up for election this year. Election ballots will be sent to all members in May. Those elected will be seated at the Annual Meeting of Members, to be held on Monday, June 22.

The nominating committee meets numerous times to review the applications and interview candidates for the board of directors. After completing the process, they nominate a slate of candidates to be included on the ballot. Only current members of NHEC may serve on the board of directors. The candidates selected will be identified on the ballot as having been nominated by the nominating committee.

NHEC members interested in serving on the board of directors may contact Sharon Yeaton at 536-8801, or yeaton@nhec.com, for a candidate packet.

Governor Wentworth Regional School District REQUEST FOR PROPOSAL

The Governor Wentworth Regional School District is seeking sealed bids for the sale of the following equipment located at the Lakes Region Technology Center, 384 South Main St., Wolfeboro, NH. This equipment includes:

1. ABDICK Model 9870/9870D Offset Duplicator
2. Powermatic Jointer Model 60
3. Powermatic Shaper Model 26
4. Powermatic Disc/Belt Sander Model 30B
5. 18" Delta Drum Sander, 1.5 hp
6. Shopsmith-18" Jigsaw, 11" Bandsaw

This equipment is available for inspection **by appointment only**. Please contact Janice Hempel at the Technology Center at 569-4361 to schedule an appointment. This equipment is sold "as is" with no warranty or guarantee regarding its operation. Purchasing is done at the buyers' risk.

Required bid forms can be obtained by contacting Sandy Libby at 569-1658 and are also located at the Tech Center.

Completed bids must be sent or delivered to the SAU #49 Office, PO Box 190, Wolfeboro Falls, NH 03896, physical address: 140 Pine Hill Rd., Wolfeboro, NH, no later than 2:00 pm, Tuesday, February 4, 2020. The bid must be submitted on the GWRSD bid form, enclosed in a sealed envelope, clearly marked "Equipment Bid."

No email or facsimile bids will be accepted. Winning bidder must remove equipment by Friday, February 7, 2020.

The Governor Wentworth Regional School District reserves the right to reject any and all proposals pertaining to this project. Questions regarding the equipment specifications contained in this request for proposal should be directed to Janice Hempel, LRTC, (603) 569-4361 while proposal submission procedures may be directed to Sandy Libby (603) 569-1658.

Church Service

SCHEDULE

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

ABUNDANT HARVEST FAMILY CHURCH
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 475-8914. For more information, please visit abundant-harvestnh.org or e-mail ahf@faith.com.

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

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

CENTER BARNSTEAD CHRISTIAN CHURCH
Morning Service 10:50 am.
Adult and Teen Bible Study 11:15 am.
Sunday School for all ages 10:00 am.
Rte. 126 next to Town Hall.
Pastor Brian Goevee: 269-8831.

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

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC
Sun. School and Worship Services, 10:00AM, 594 N. Barnstead Rd., Pastor Nancy Talbot, 776-1820, ccnorbarnstead.com

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON

Worship Services 10:00 AM
Sunday School 10:15 AM
400 Main Street
Farmington, NH 05835
Pastor Kent Schneider 755-4816
www.farmingtonhucc.org

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

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

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

ST. STEPHEN'S EPISCOPAL CHURCH
Sunday 9:30, 50 Main St., Pittsfield
Rev. Miriam Acevedo, 435-7908
www.ststephenspittsfield.com

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA
Sunday services and religious education 10:00 a.m.
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172 Pleasant St. Laconia • 524 6488 • unsl.org

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

CLIMBER

(continued from Page A1)

camp at the school, Mo set her sights on mountain biking.

"I had done mountain biking with her," Laurie said. In fact, when she was 16, the pair of them cycled 964 miles over 17 days from one end of Britain to the other.

Mo never looked back. She became the first female school captain of cycling at Millfield and went on to ride for the Helly Hansen/Red Bull/Giant mountain bike team, representing Scotland.

"She was number two in the country," Laurie stated.

Her ultimate goal was to ride in the 2004 Olympics.

To get an idea of what kind of all-out athlete she is, Laurie recounted that while in training, Mo was interviewed on television by Olympic athletes. One asked her how she had arrived that day and she answered that she'd come by bike.

The interviewer, as well as Laurie, was flabbergasted, as she had biked 20 miles to get there before even starting training.

A leg injury, however, derailed her plans for the Olympics. Disappointed but undeterred, Mo moved on to climbing and mountaineering.

The extent of Laurie's taking credit for her interest in climbing goes only so far as "clambering over rocks at the beach with her; if anything, I'm afraid of heights. But I did take her as a child up her first mountain, on my back."

She met another climbing fanatic, Jamie, who had been at Bangor University at the same time she had been studying sports science there.

"They hadn't really known each other then," Laurie said.



COURTESY PHOTO

TREKKING up a sheer mountain face is exactly where Morwenna Barclay wants to be. With the support and love of her family in New Durham, she leads mountaineering groups, teaches ice climbing, and scales mountains for her own pleasure.

But sparks are possible hanging hundreds of feet above the ground, and Mo and Jamie married.

"Settling down" is not in either of their vocabularies. They both became instructors at the Edmund Hillary Climbing Centre in Turangi, New Zealand for two years. When they returned to the U.K., Jamie retrained as a medical doctor and Mo furthered her instructing in climbing.

Currently, as a freelance climber, she moves with the seasons. During the summer, she serves as a mountain leader qualified climbing instructor at the Plas y Brenin climbing center in North Wales.

Laurie explained that she "takes people up mountains at all levels of climbing. To be able to do that, she has to prove that if someone is injured, she can bring them down the mountain skillfully herself."

Mo spends the winters in Scotland as an ice climbing instructor.

"She lives in her van," Laurie said, "along with her beloved border collie, Rolo. He goes everywhere with her, except

up the mountains."

Jamie, too, divides his time. A doctor in North Wales, he is also a member of a mountain rescue team but is now in South Africa for two months, where he is volunteering outside of Cape Town in emergency medicine.

Which brings us to Project Alpine Spirit, the attempt to summit those 82 peaks; a climbing feat that Mo and her teammates Lou Beetlestone and Rebecca Coles hope will not only bring personal satisfaction but will highlight the achievements of past female alpinists, often unacknowledged.

The project is being filmed and the ladies' Facebook page has a vast number of followers. Climbing in the summer of 2019, they have brought their total number of 4,000ers to 56, more than any other British women have climbed in a single year.

"They'll get back to it once the snow has broken in the Alps," Laurie said.

He said his reaction when Mo first told him of the task ahead of her with Project Alpine Spirit was, "Go for it, girl."

But privately, Laurie is aware that "it's a high risk sport. I love it, with trepidation."

Mo has had falls in the past, including a major one in 2002. "In the Lake District, her climbing partner fell and knocked her off," he said.

She fell 130 feet, and it took an entire rescue team and helicopter to extricate her.

"She had bleeding in her brain and lost her sense of smell. She was lucky to survive."

Laurie said her body survived "because she was unconscious before she hit."

But a second after he related that tale, he quickly provided an example of his daughter's indefatigable and inexorable nature.

"In another fall, she broke her cheekbone, but before they could operate and put in an artificial piece, the swelling needed to go down. Her doctor instructed her to go home and rest."

Once again flabbergasted, he went on, "So what did she do? She took a climbing group up a mountain."

Laurie said Mo's response when he admonished her about not taking the prescribed rest was, "Well, lots of people go climbing for their holiday."

Her stepmother, Elaine Laurie of New Durham, speaks as little as possible about Mo's climbing.

"She does worry about Mo," Laurie said. "We both have to put it in the back of our minds and not think about it, or else we'd never sleep."

Mo's achievements are a major source of

pride, though, and she excels in areas other than sports. While up in the crags and crevices of the Alps, she has been documenting her team's travails with sketches of uncommon beauty.

It seems that Millford School is also an eminent art institution.

"She won the top prize for her year," Laurie said. "We have some pictures here at the house that she's done, and all of her school books from when she was a kid." He said the doodles she did as a youngster on the sides of the pages are "great."

Art talent runs in the family; Laurie's younger daughter Rhiannon is also an accomplished artist. She works as an architect in London for the world's largest architectural firm.

Mo's choice is being outside, though, and she knows what's best for her. Laurie said he once prompted her to apply for a job at a bank.

"On her way to the interview, she called me up in tears to say, 'Dad, I just can't go in. It feels like prison.'"

Some spirits need to soar.



COURTESY PHOTO

DELIGHTING her Facebook fans, Alpinist Morwenna Barclay sketches and posts her depictions of the mountains she climbs as part of Project Alpine Spirit.

FILING

(continued from Page A1)

according to Stiles, but New Hampshire just instituted a new part.

"This is for employees who have worked at least 12 months and they've worked at least

900 hours... so there's a smaller number of hour requirement in taking FMLA in New Hampshire than it is for the federal," she said.

Stiles also explained a "loophole" in the policy.

"The way the attor-

ney was explaining it, was that I could go out on New Hampshire FMLA for 900 hours, and I could also go the 1,250... if I work more, I could take another extended leave. So, I can, in essence, get double the FMLA time," she said. "So, I'm sure they'll be re-looking at this, but this is New Hampshire's addition to the national FMLA."

Changes to the school FMLA policy to follow the New Hampshire requirements, as well as some wording changes, were approved.

Lastly, MacArthur

announced that anonymous donors who have given to the school before have provided another donation. He said that after they saw how last year's donation was used, including new logos and additional ski scholarships, they wanted to donate to the school again. The board accepted the \$7,725 donation and extended their thanks for the gift to the school.

The next Alton School Board meeting will be on Feb. 10 at 6 p.m. in the ACS library.



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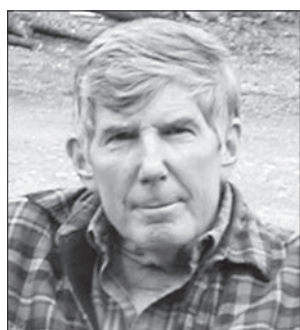
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Electric trucks far behind buyers and a bobcat visits Washington



By JOHN HARRIGAN
COLUMNIST



THE RIVIAN electric pickup, with its fold-down step serving as a seat for man and dog, and easier access to rooftop and bed.



TESLA'S Cybertruck will, the company says, offer good range and the ability to read the road.

I'm on the leading edge of the Baby Boomer tsunami, meaning well into geezerhood. I'm also a prime candidate for an EV (electric vehicle) pickup, on account of carbon-footprint guilt-trips and all that. I'd buy or lease one in a heartbeat.

Well, don't be still, my beating heart, because a search for EV pickups turns up zilch, nada, nothing. The only make and model even close to rolling out of a production line is the Rivian, an all-new-vehicle venture by design-mogul R.J. Scaringe and backed by Ford, Amazon and a host of other heavy-hitters. It will have a range of more than 400 miles, reach 60 mph in three seconds, and carry a beginning price of \$69,000, minus tax credits. Tesla, meanwhile, is scrambling to start producing its Cybertruck, said to sport an "angular, futuristic design." There are at least six other EV pickups in the offing.

I think this is another

case of the public being way out in front of the politicians, pundits and pollsters. The EV industry has made great strides in reducing battery size and increasing range and power; meanwhile, charging stations are sprouting like mushrooms in the night.

As happy as I am with my truck, I'd jump ship in a hot second if I could get hold of an EV pickup that would get me from frozen tundra to public transportation. I'm ready, and so, I'd bet, are plenty of others. It's the future, and as everyone loves to say, the future is now.

+++++

When bobcats do unusual things, like hanging around backyard birdfeeders or strolling along downtown streets, it's often because cyclic

prey populations have crashed and hunger overrides caution.

Not so with the bobcat that showed up on a trail camera in Washington, D.C. this past Nov. 9, part of a network of cameras maintained by naturalists to see what kind of creatures might be calling the city's green spaces home, or just passing through.

But the bobcat's appearance came as no great surprise to those who focus regionally and nationally on wild felines great and small. Bobcats inhabit all of their ancestral range in North America, save (mostly) for highly urbanized areas, where noise, traffic, household pets and large concentrations of people are just not the bobcat's bag.

Bobcats are largely nocturnal, and unlike coyotes, are not omniv-

orous, and do not readily adapt to humans and their activities. The D.C. bobcat generated lots of attention because it was seen as such an interloper.

To which I'd add, in bobcat-speak, "Get out of town, especially that town, for your own good."

+++++

It took presidential candidate Elizabeth Warren's "peaches and cream" complexion to bring it to the fore, but at last someone used "regimen" correctly, instead of the so-often misused and abused "regime." These days, "regime" refers to a government run by a military strongman or demigod dictator. "Regimen" is a routine, as in a workout at the gym.

A columnist and tele-

vision pundit wondered, in a Cosmopolitan piece, how Warren maintains her apparently youngish complexion. Warren replied that a cousin told her the secret was to use Pond's cold cream and never wash her face.

Cosmopolitan then surveyed some skin care specialists. "My aunt had the exact same regimen and had similarly fantastic skin," said Jennifer Mancuso, a dermatologist at Michigan Medicine. "That being said, this skin-care regimen certainly doesn't work for everyone."

Right away here, we're expected to take women in politics seriously (who can't?) and we have a major article in a women's magazine focusing on the candidate's complexion? Huh. But at least it gets us out of the regimen of regime.

+++++

A note from reader Jane Moody Labbe of Intervale referred to snow

and its sometime strange formations. I, for one, have seen snow-rollers, which occur with sticky snow that is pushed into a downhill roll by the wind. The result looks like a hand-muff.

"If you look at the snow coming off the roof," she said, referring to a photo of my main barn, "it looks like a heart." She sent a clipping, and so it did.

The photo also showed part of my house, a farmhouse of common design built around 1860. It has floor-joists hewn out of red maple, probably right on the front lawn.

"The old farm houses like the one I grew up in, and yours," she added, "have real heart. These big houses they build today are very cold, nothing warm and cozy."

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

Susan Morse to present program in Wolfeboro

WOLFEBORO — Moose Mountains Regional Greenways (MMRG) will present renowned wildlife expert and photographer Susan Morse for a weekend of events that will delight all who are fascinated by North American native wildlife, especially the elusive cougar. On Friday, Feb. 21, Morse will give a 75-minute slide show introduction to cougar biology and ecology at Kingswood High School auditorium in Wolfeboro. Two wildlife tracking workshops on Saturday, Feb. 22, will provide opportunities for learning from the expert in a small group setting out in the local woods.

Cougars are unques-

tionably returning to eastern North America, with cougar dispersals and occupancy now documented in a growing list of eastern states and provinces. Along with their magnificent photographs of cougars in the broad diversity of habitats where she has studied them, Morse will give the lowdown on the latest confirmations of cougars in the east, including the suitability of wild habitats from Maine to Georgia.

Morse's workshops and lecture/slide shows are popular throughout New England. Jane Winn of Berkshire Environmental Action Team affirmed, "We bring Sue Morse back every year with different programs,

but the cougar presentation attracts the most people. And she always adds something new! It's both entertaining and educational and has her amazing photos of cougars of all ages." Winn concluded, "You're going to love her presentation."

The wildlife tracking workshops are part of Morse's award-winning 'Keeping Track' program that teaches concerned adults and children to observe, interpret and record evidence of wildlife in their region. Participants will get to explore our local forests, identifying and tracking native species while asking questions and learning from Morse's lifetime of ex-

perience. MMRG volunteer Cindy Barstow, who has taken several 'Keeping Track' walks, offered this description, "She's great at bringing alive all the nature stories happening right outside your home every night."

"The Cougar Returns to the East" slide show on Friday, Feb. 21, starts at 7 p.m. at Kingswood High School Performing Arts Center auditorium, 396 South Main St, Wolfeboro. Tickets are available at the door or in advance online at www.mmrinfo.com.

The Keeping Track workshop will be offered on Saturday, Feb. 22, participants may choose a workshop from 9 a.m. to 12 p.m. or from

1 - 4 p.m. Advance registration is required by 5 p.m. on Wednesday, Feb. 18, online signup is available at www.mmrinfo.com or call MMRG Education Coordinator Kari Lygren at 978-7125. Participation is limited to 20 people in each workshop so early registration is encouraged. Workshops will require moderate hiking and other outdoor physical activity in potentially inclement weather. The location within MMRG's seven town service area will be chosen based on conditions just prior to the event.

MMRG, a non-profit land trust, works to conserve and connect important water re-

sources, farm and forest lands, wildlife habitats, and recreational land and offers regular educational opportunities to inform all ages about the benefits of the region's natural resources. More information and a calendar of upcoming events are available at www.mmrinfo.com. MMRG would like to thank Meredith Village Savings Bank and Eastern Propane for sponsoring this Sue Morse program of events. Space is still available for additional sponsors. Businesses interested in learning more about sponsorships may contact Jill Eldredge, Executive Director, at jill.mmrinfo@gmail.com.

ALTON

(continued from Page A1)

The Barnstead School Board has three seats open, two for three years and one for two years.

The positions of moderator, clerk and treasurer are all available, all for one-year terms.

New Durham

There will be one three-year seat available on the New Durham Board of Selectmen.

There are two seats open on the budget committee, both for three years.

The John C. Shirley Cemetery Trustees have one opening, available as a three-year term.

There are two posi-

tions available as library trustee, one for three years and one for two years.

The seat as moderator is available for a two-year term.

For the planning board, there are two three-year seats available.

There is one five-year seat available as supervisor of the checklist.

For trustee of the trust funds, there is one three-year seat available.

There are three seats available on the zoning board, two for three years and one for one year.

The Governor Wentworth Regional School District has four seats

available in the upcoming election. The seats from Brookfield and Wolfeboro and one at-large seat are all for three years and there is a two-year seat from Effingham.

The position of moderator is available for a one-year term.

Those New Durham residents seeking school district seats can get filing papers at the school district office, located at 140 Pine Hill Road in Wolfeboro.

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



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Busy day of events scheduled for Alton Bay Winter Carnival

ALTON — The Alton Business Association has announced a tentative list of events and activities for the 2020 Alton Bay Winter Carnival.

Chowder-Fest with entries from local restaurants will take place from 11 a.m. to 2 p.m.

Caricature artist Erica Golter will be available from 10 a.m. to 3 p.m. for portraits.

Horse sleigh rides, sponsored by TDS, will take

place from 10 a.m. to 3 p.m.

Bed race contests, sponsored by MVSB and presented by the Prospect Mountain High School FBLA will begin at 1:30 p.m.

A Princess and Prince Parade presented by the Alton Dance Academy will take place on the ice at a TBD time.

Yoga on the Ice with Breathe Yoga will take place from 11 a.m. to 12 p.m.

A beer tasting tent will be open for of-age adults from 12 to 3 p.m.

“A Buck a Puck” (aka Hockey Puck Shoot) presented by the Alton Rotary will take place on the ice from 10 a.m. to 3 p.m.

Ice sculpture demos by Jeff Day of Ice Designs will take place from 11 a.m. to 2 p.m.

The bob house decorating contest presented by Cyr Realty Group-Keller Williams Coastal and Lakes and Mountains will take place throughout the day, with judging at 1 p.m.

Live DJ will be playing from 10 a.m. to 3 p.m.

Ice skating will take place on the ice throughout

the day.

Kids’ games such as cornhole and bean bag toss games will take place throughout the day. Kids’ crafts will also be available.

Food and drink booths will be open from 10 a.m. to 3 p.m.

Ice rescue demos presented by the Alton Fire Department will take place from 10 a.m. to 3 p.m.

Helicopter rides will be available from 10 a.m. to 3 p.m.

Hot chocolate and s’mores from the Mt. Major Snowmobile Club will be available from 10 a.m. to 3 p.m.

Free food (donations welcome) will be available at the ABA tent.

Multiple food vendors will also be serving up some delicious dishes throughout the day.

The Alton Business Association is still looking to add more events. If you’re interested in sponsoring or running an event, please e-mail info@altonbusinessassociation.com.

The Art Place

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603 569-6159
theartplace.biz




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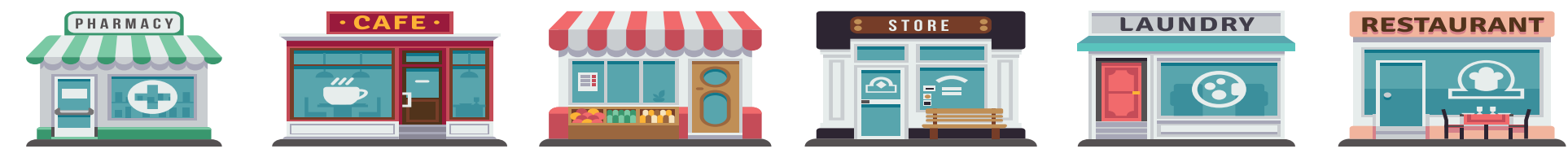
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SPORTS

THURSDAY, JANUARY 23, 2020

THE BAYSIDER

SECTION B, PAGE 1



JOSHUA SPAULDING
ANDREAS ARGIROPOLIS fires off a shot in action against Spaulding last week.



JOSHUA SPAULDING
KOLBY DUBISZ looks to pass the ball during action against Spaulding.



JOSHUA SPAULDING
JILLIAN NASON celebrates a hoop in the fourth quarter of her team's game with Spaulding.

Spaulding's height too much for unified T-Wolves

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain unified basketball team played its first home game of the season on Monday, Jan. 13.

While the Timber Wolves put up a good fight in the second half, Spaulding's height advantage allowed the Red Raiders to jump out to a big early lead and then hold on for the win by a 42-20 win.

The Red Raiders hit the first two baskets of the game to get a 4-0 lead before Jillian Nason got

Prospect's first hoop of the game.

It was the lone basket of the quarter for the Timber Wolves, as the visitors went on to score eight more points in the quarter and finished out the first frame with a 12-2 lead. Andreas Argiropolis did come down with a big defensive rebound for the Timber Wolves in the quarter.

The second quarter started with the visitors still on a role, as they scored 14 points in a row out of the gate to up the lead to 26-2, though Kolby Dubisz did come up

with a nice steal for the Timber Wolves.

Ben Cormier had the first hoop of the quarter

for the Timber Wolves, the lone basket for the

hosts in that frame and

SEE UNIFIED, PAGE B2

WHAT'S ON TAP

A full slate of games is on the docket as the month comes to a close.

The Prospect Mountain girls' basketball team will be hosting Campbell at 6 p.m. on Friday, Jan. 24, and will be at Newfound for a 6:30 p.m. game on Tuesday, Jan. 28.

The Timber Wolf hoop boys will be at Campbell for a 6 p.m. game on Friday, Jan. 24, and will be hosting Newfound at 6 p.m. on Tuesday, Jan. 28.

The Prospect skiers will be in action on Friday, Jan. 24, at 10 a.m. and will be at Sunapee at 1 p.m. on Monday, Jan. 27.

Prospect's unified basketball team will be hosting Farmington at 4 p.m. on Monday, Jan. 27.

The Prospect and Kingswood indoor track teams will be competing at the University of New Hampshire on Sunday, Jan. 26.

The Kingswood alpine team will be hosting a meet at King Pine on Friday, Jan. 24, at 9:30 a.m.

The Knight hoop boys will be hosting Pelham at 6 p.m. and will be hosting Coe-Brown at 6 p.m. on Tuesday, Jan. 28.

The Kingswood girls' basketball team will be at Pelham at 6:30 p.m. on Friday, Jan. 24.

The unified basketball Knights will be hosting Spaulding in a 4 p.m. game on Monday, Jan. 27.

The Kingswood hockey girls will be hosting Berlin at 5 p.m. on Saturday, Jan. 25 while the Knight hockey boys will be hosting Winnacunnet at 7 p.m. on Wednesday, Jan. 29.

The Kingswood swim team will be at Portsmouth for a 2 p.m. game on Saturday, Jan. 25.



KATHY SUTHERLAND

A close one

Prospect Mountain's Julia Leavitt puts up a shot during Prospect Mountain's 29-27 win over Inter-Lakes on Friday, Jan. 17. The Timber Wolves will be back in action on Friday, Jan. 24, hosting Campbell at 6 p.m. and will be at Newfound on Tuesday, Jan. 28, at 6:30 p.m. The Timber Wolf boys fell 63-54 to the Lakers. They will be at Campbell on Friday, Jan. 24, and hosting Newfound on Tuesday, Jan. 28, both at 6 p.m.

Vendor Bingo Friday to support Kingswood hockey girls

WOLFEBORO — The Kingswood High School varsity girls' ice hockey team will be sponsoring Vendor Bingo on Friday, Jan. 24. The event will be held at the Kingswood Regional High School cafeteria, 396 South Main St., Wolfboro. This event will include door prizes, special raffle items from several area vendors. To name a few donated items along with items that can be purchased are

US Borne Books, Norwex, Tupperware, Magnetic Raven Moose, Paparazzi, Color Street Nails, Boxxity, Sanctuary Girl, Avon, Wooden Spoon, Sentsy, and many more.

Admission is free. Bingo cards will be by donation and can be picked up at the door. There will be a minimum of 10 bingo games. Bake sale and the best of all is the several vendors that will be on hand to show case their

products. Doors open at 5:30 p.m. with the first game beginning at 6 p.m.

All proceeds from the evening will help the girls' varsity ice hockey team. Please come out and show your support of these girls and enjoy a great evening of fun and chance. If you are unable to make this event, please watch the newspaper for additional fundraisers coming in the future. The team needs

to raise approximately \$20,000 for the season. Anyone unable to attend but would like to donate to help offset the cost are welcome to contact the Kingswood Athletic Department.

For more information on this event or other upcoming events for the girls' ice hockey team, contact the Kingswood Athletic Department or call Jess at 387-7921 or e-mail grmntn.jess@yahoo.com.

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Late hoop lifts Bobcats past Knights

BY JOSHUA SPAULDING
Sports Editor

PLYMOUTH — Amanda Daugherty is the Plymouth girls' hoop team's lockdown defender.

But on Tuesday, Jan. 14, it was her offensive prowess that got the spotlight.

Daugherty drilled a three-pointer with 1:05 to go in the game, moments after Kingswood had tied things up, then was one of three Bobcats hitting free throws in the final minute to seal the 50-42 win for the Bobcats.

"She's our best defender," coach Dave Levesque said of Daugherty. "Anything she gives us on offense is a bonus.

"She had missed a shot just before that, so it was nice to see her have that big moment at home," Levesque added.

"It's still turnovers with us," said Kingswood coach Marty Garabedian. "They were told to do some things and some do and some don't.

"If one person doesn't do their part in a play, it makes it difficult," the Knight coach continued. "Hopefully they use it and move on."

Kingswood got out to the early lead after Jordan Levesque hit the first hoop of the game for Plymouth. Annalise Cataldo, Ana Ekstrom and Alexis Copp all followed with hoops for the Knights and Ekstrom added a free throw to give Kingswood a 7-2 lead.

Levesque added another hoop and then Gwen Merrifield drained a free throw to cut the lead to 7-5. Kingswood's Rachel Bonneau hit a hoop and a free throw to stretch



JOSHUA SPAULDING
KINGSWOOD'S CATIE SHANNON plays defense against Plymouth's Jordan Levesque in action last week.

Kingswood's lead to 10-5.

Levesque and Ekstrom exchanged free throws and then Cataldo and Merrifield exchanged field goals, giving the Knights the 13-8 lead after one quarter.

Plymouth got out to a quick start in the second quarter with Merrifield getting the first hoop and then Daugherty following with consecutive baskets, the second coming off her own steal, putting the Bobcats into the lead at 14-13.

Grace Saunders put back a rebound for the Knights to put them back in the lead but Merrifield finished off a nice pass from Elaina Manson to put the Bob-

cats back in front.

Catie Shannon drilled a three-point-er to give Kingswood an 18-16 lead before Levesque hit a hoop for Plymouth to tie the game. A Cataldo basket gave Kingswood a 20-18 lead but the Bobcats got the final three points of the quarter, with Levesque hitting two free throws and a three-pointer to give Plymouth a 23-20 lead at the halftime break.

Saunders got the Knights back within one with the first basket of the second half but Levesque and Merrifield both put back rebounds to give Plymouth a 27-22 lead.

Cataldo and Saunders each had free throws for the Knights

get the final hoop of the quarter and it was 36-10 heading to the final eight minutes.

After the visitors scored the first basket of the fourth quarter, Nason put the ball in the hoop after a good rebound from Jeremiah Winslow.

Spaulding hit another hoop but Nason answered at the other end. After a Red Raider basket, Argiropolis scored the final three baskets

of the game, cutting the final score to 42-20.

Nason and Argiropolis each finished with eight points to lead the way for the Timber Wolves.

Prospect is set to be in action again on Monday, Jan. 27, hosting Farmington at 4 p.m.

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



JOSHUA SPAULDING
ALEXIS COPP rises toward the basket in action in Plymouth last week.

but Molly Edmark answered at the other end with a pair of free throws and a hoop for a 31-24 lead for the Bobcats.

Shannon hit her second three-pointer of the night to cut the lead to four but Merrifield got a pair from the charity stripe for the hosts. After Bonneau hit two from the free throw line for Kingswood, Edmark knocked down another hoop for Plymouth.

Kingswood would score the final four points of the third quarter, as Saunders got a hoop and then Shannon converted a Saunders steal, cutting Plymouth's lead to 35-33 heading to the final eight minutes of the game.

Manson got Plymouth on the board to start the fourth quarter but Shannon answered with a three to cut the lead to one. After a Merrifield basket, Shannon brought Kingswood back to within one with a hoop.

Levesque sank a three-pointer to put

the Bobcats up by four points but Saunders came back and drained consecutive baskets for the Knights, tying the game at 42 with 1:50 to go.

Daugherty then did her thing, calmly draining a three to put the Bobcats up by three and then Manson came up with a steal to get the hosts the ball back.

Daugherty and Levesque each hit two free throws in the final minute and Merrifield added another to seal the 50-42 win.

Levesque led all scorers with 19 points and Merrifield added 14. Shannon led the Knights with 13 points and Saunders finished with 11 points.

"Before the game and at halftime, I told them when you're playing a team that's 0-5, they're going to keep coming," Levesque said. "Kingswood does not stop coming. Every time we threw a punch, they counter-punched."

The Bobcat coach

was pleased with the balanced attack from this squad, with two players in double figures and others close.

"We were more balanced across the board," he said. "Molly (Edmark) hit a couple of big shots for us.

"But we struggle with rebounding," he continued. "And we're still not shooting as well as we can, but we made the shots we needed to."

"At least we're starting to score some points," said Garabedian. "That has been a struggle for us.

"And some of the girls are really picking up their defense," he continued. "The more we have five people out there playing defense, the better it will go.

"We've been talking about effort and hustle and getting back," he added.

Garabedian also noted that Shannon has a good shot so the team is looking to get her the ball.

"She's a good shooter so we're trying to get her in a good position to get some shots off the ball," he said.

The Bobcats will be back in action on Friday, Jan. 24, at home against ConVal at 6 p.m. and will be at Manchester West at 6:30 p.m. on Monday, Jan. 27.

The Knights will be in action on Friday, Jan. 24, at Pelham at 6:30 p.m.

PRHS 8-15-12-25-50
KRHS 13-7-13-9-42

Plymouth 50
Daugherty 3-2-9, Merrifield 5-4-14, Levesque 6-5-19, Manson 1-0-2, Edmark 2-2-6, Totals 17-13-50

Kingswood 42
Copp 1-0-2, Ekstrom 1-2-4, Bonneau 1-3-5, Saunders 5-1-11, Cataldo 3-1-7, Shannon 5-0-13, Totals 16-7-42

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

UNIFIED

CONTINUED FROM PAGE B1

Spaulding took a 26-4 lead to halftime.

Nason scored the first basket of the third quarter but Spaulding answered with four hoops in a row to continue to stretch the lead.

Cormier hit another hoop and after a Spaulding basket, Argiropolis hit a hoop for the Timber Wolves. The visitors did



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Lacrosse demo days coming to Inter-Lakes

MEREDITH — Come see if lacrosse is for you. All area first through eighth graders, boys and girls, are invited to Lakes Region Lacrosse Club's Demo Days at Inter-Lakes High School. All skill levels are welcome, with US Lacrosse-certified coaches on hand to get you ready for the spring 2020 season. The clinics are free and will be held at the ILHS gym on Feb. 1 and 15 and March 7. Boys will run 2-3 p.m. and girls will run 3-4 p.m. Newbies and returning players alike are welcome. Registration is required. Visit www.lrlacrosse.org for details and to register.

Learn-to-curl program starts Feb. 5

WOLFEBORO — Following up on a very successful Fall program, Feb. 5, 12, 19, and 26 at Pop Whalen Ice Arena in Lakes Region Curling and the Wolfeboro Department of Parks and Recreation are offering a four-week learn-to-curl program for beginners. The hour-and-a-half sessions will take place on

Wednesday mornings, Feb. 5, 12, 19, and 26 at Pop Whalen Ice Arena in Lakes Region Curling and the Wolfeboro Department of Parks and Recreation are offering a four-week learn-to-curl program for beginners. The hour-and-a-half sessions will take place on

be on hand to provide coaching and organize matches among participants. For information and to register, visit the Parks and Rec web site (www.wolfeboronh.us/parks-recreation) and click "Register Now." Sign in to your account or create one on the site to access the registration form. On the form, search for "curling" and then click "Register" for Session 2. For information about the Olympic sport of curling, visit the Lakes Region Curling web site at lakescurling-nh.org.



Shorthanded Knights plow past Raiders

Potenza, Danais net hat tricks in victory

BY JOSHUA SPAULDING

Sports Editor

WOLFEBORO — It was almost like the ice was tipped a little.

A total of 12 goals were scored in the Kingswood boys' hockey team's game with Spaulding on Wednesday, Jan. 15, at the Pop Whalen Arena and 11 of them were scored on the end of the arena closest to Abenaki Ski Area.

The good news for the Knights is that they were the team scoring on that end of the ice in two of the three periods, which resulted in a 9-3 win over the Red Raiders.

"They took their foot off the gas and started to look past them in the second period," said Knight coach Mike Potenza. "And Spaulding started to jump past them."

Potenza went in to battle with just 14 players available, three of which were goalies, meaning there were 11 players skating out. The team was down to just two of its regular defensemen, forcing Cody Emerson to move back to the blue line to help out.

"Cody stepped back and logged a ton of minutes on defense," Potenza praised.

The Knights wasted very little time getting on the board, as Colby Clegg made a nice feed to Nick Potenza, who buried the shot just 1:16 in for the 1-0 lead.

Kingswood kept pressuring, with Potenza and Will Danais sending shots wide of the net and Emerson and Potenza each having shots stopped. Gage Lamontagne turned away a Spaulding bid at the other end.



SHAW SWINERTON breaks in on net to score during action against Spaulding.

JOSHUA SPAULDING



NICK POTENZA had a hat trick in Kingswood's win over Spaulding last week.

JOSHUA SPAULDING

The hammer comes down

It isn't really baseball season, but without a question baseball has been a dominating topic in my social media feeds, in the newspapers and on the radio the last few days.

Of course, when baseball is dominating the discussion during the winter months, there's a good chance it's not for a good reason.

The Red Sox and manager Alex Cora parted ways after his name was released as part of the investigation into the Houston Astros and sign-stealing allegations in the 2017 season. While the Red Sox are also under investigation and no decision had been handed down by Major League Baseball as I wrote this, it was a safe bet that Cora was going to get at least the same amount of suspension (one year) as his former boss, Astros manager AJ Hinch, received. And there's a chance he would've received more since the report seemed to indicate that Cora was the person who came up with the system to try and steal signs from opposing teams.

First and foremost, the use of technology to steal signs is against the rules and Cora had been warned before about doing it. So the simple fact that he was doing it again in Boston is rea-

SPORTING CHANCE



By JOSHUA SPAULDING

son for him to receive a punishment from Major League Baseball.

However, it seems to me that MLB's punishment of the Astros went a little over the top, especially when you compare it to their reaction to other problems within the organization.

Major League Baseball essentially slapped the hands of some of the biggest steroid users in the game, seemingly denying that there was a problem when it was quite obvious that there were issues. Steroid users (also breaking the rules) received suspensions of varying lengths, but MLB never really came down hard on any of the major offenders.

Numerous players have been arrested for domestic violence and yet have received minor suspensions for their actions. Yes, this is outside of the game, but the players are still part of Major League Baseball and by not coming down on them, MLB is almost saying what they did is OK.

Commissioner Rob Manfred has instead chosen sign stealing to be the issue on which to plant his flag and make a

big stand. Hinch and his general manager were both suspended a year and subsequently fired by the Astros. That action really left the Red Sox with no choice unless they wanted to face extra scrutiny from all sides this coming season.

But why now? Why is the commissioner making this his big fish? My guess? He doesn't have to deal with the players' union. A few years ago Manfred said a pitch clock was coming, no questions asked. The players' union balked and he folded like a cheap tent. The players' union has a good deal of power and the commissioner is afraid of upsetting it.

Along came an issue that doesn't necessarily involve players (why Carlos Beltran has not received the same scrutiny as Cora and Hinch is beyond me), so here was Manfred's chance to prove he's the big man on campus without upsetting the players' union.

Yes, Alex Cora broke the rules. Yes, he deserved to be punished, as did AJ Hinch. But a year ban seems like a lot to me given the position MLB has taken on past issues.

After last season, a total disaster for the Sox, I wondered why Alex Cora was not getting any heat. Had John Farrell been at the helm of the team that

had last year's results, he easily would've been fired. But Cora seemed to get no heat and that seemed strange to me.

I was intrigued to see how he got his team to bounce back this year. I guess that's somebody else's job to handle now.

Finally, have a great day, Christian and Bobbi Boudman.

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

With 8:54 to go, the Knights struck again, starting a string of three goals in less than two minutes. Clegg fired a shot from the goalie's left for an unassisted tally to start the run.

Just more than a minute later, Shaw Swinerton got in on a breakaway ahead of the Spaulding defense and buried the puck for the 3-0 lead, with Clegg picking up the assist.

The Knights went on the power play with 7:11 to go and just eight seconds later, Potenza ripped a shot from the point that found the back of the net for the 4-0 lead.

The Raiders came back with a chance that went wide and had some help from Emerson with a good defensive stop. Danais had a shot go over the top of the net.

The Knights took their first penalty with 3:10 to go and after Lamontagne made a save and the defense helped out with a couple of stops, the visitors were able to put their first goal in the net with 2:11 to go.

Potenza sent a shot wide, Logan McEvoy got in close for a couple of chances and Danais had a shot go wide while Lamontagne had a late save and the Knights took the 4-1 lead to the second period.

Potenza, Swinerton and Danais had early chances in the second period, as did Cam Kean while Lamontagne held tight in the net with a number of saves, keeping the Knights in the 4-1 lead.

The Knights took a four-minute penalty with 4:14 to go and less than a minute later, the visitors were able to cut the lead to 4-2. Kingswood was able to kill off the rest of the power play, with Lamontagne making a couple of saves and Swinerton and Danais getting shorthanded attempts.

However, moments after the penalty was killed, Spaulding was able to get in and score on a rebound with 1:30 to go, cutting the lead to 4-3 at the end of the second period.

After a tough second, the Knights wasted little time in putting things in order in the third period, as they scored three times in the first two minutes of the period.

Danais started the scoring 48 seconds into the period, as he skated into the zone and buried a shot to the top corner for the 5-3 lead.

After McEvoy and Danais teamed up on another bid, Clegg lit the lamp for the second time just 24 seconds later on an assist from Potenza.

Danais scored the third goal of the period exactly two minutes into the period, making a nice move on the goalie and burying the puck for the 7-3 lead, with Kean picking up the assist.

McEvoy, Danais, Po-
SEE HOCKEY, PAGE B8

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GSIL is seeking a PCA in Effingham for our consumer who is a soft spoken woman with a keen humor, who loves computer games, social networking and genealogy. We are seeking someone who is honest, kind and has some medical background to help with daily needs, but willing to train the right person. Many shifts available 8-12 and 2-4:00 pm and 6-8:00 pm, flexible on times but some tasks are time sensitive. One shift or a full day! Pay is \$10.75/hr. Please contact Ashley at 603-568-4930 for more information. GSIL is an EOE.

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General Help Wanted

The homeowners association of Property Owners Association at Suissevale, Inc. is currently seeking applications from qualified persons interested in providing support to the Business Manager, as the Administrative Assistant. This position will be directly interacting with Association member, contractors and the Board of Directors.

Candidates must have:
 -Proficiency in verbal and written skills.
 -Proficiency in computer skills - Microsoft Office, Word, Excel, Power Point.
 -Experience with graphics and WEB based postings is highly desirable.
 -Strong organizational skills, filing, including electronic document filing.
 -Must be timely and reliable.
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 -Assisting with scheduling and supervising the summer staff.

This is a 20-30 hour a week position. More hours are required during the summer months. Usual work schedule: Monday, Wednesday, Friday and Saturday 9:00 am to 3:00 pm.

Applications will be accepted until the position has been filled. Please send cover letter explaining why you feel you are qualified for this position and a resume to: Suissevaleom@gmail.com.

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Part-Time Help Wanted

Library Assistant - Gilman Library, Alton, Part-Time, must be flexible, days, evenings, weekends. Experience preferred. For more information visit our website at gilmanlibrary.org. Submit resume and references to PO Box 960, Alton, NH 03809, leave at the circulation desk, or email gilmanlibrary@metrocast.net

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Real Estate



Equal Housing Opportunity
 All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination."
 (The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll free at 1-800-669-9777 For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275. You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

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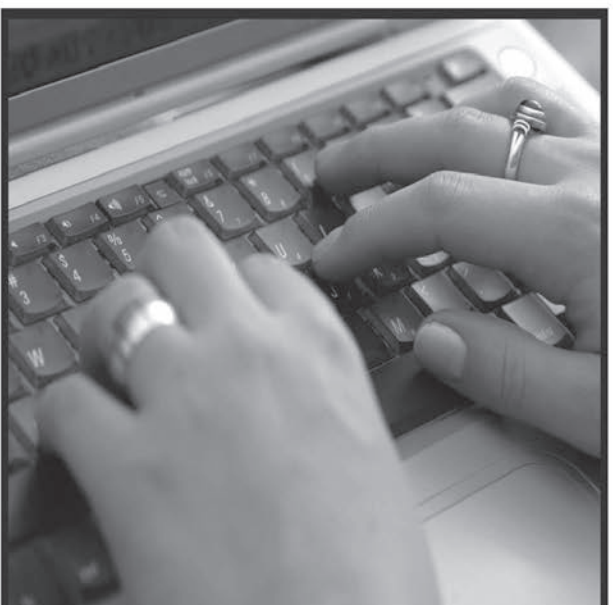
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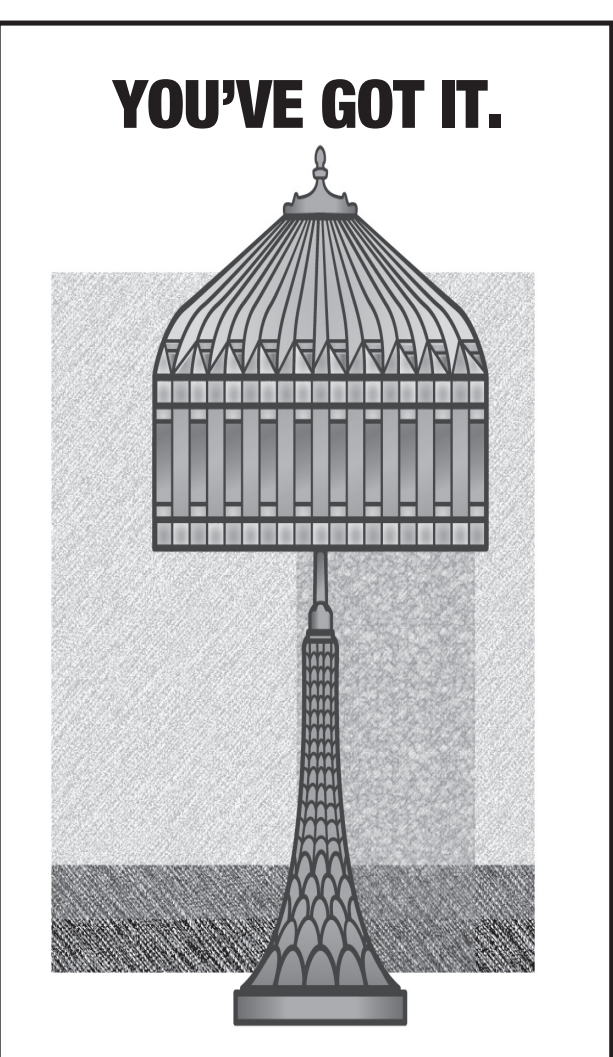
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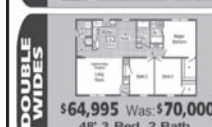
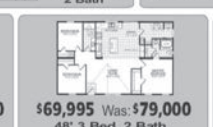



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BANKRUPTCY AUCTION

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Central Office Personnel: Human Resources/Payroll

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Human Resources/Payroll person manages the District's payroll, employee benefits, and purchasing tasks. The HR/PR manager works collaboratively in the District Central Office with the Business Administrator, Data Manager, Accounts Receivable Assistant, Grants Coordinator, and Administrative Assistants. There is a comprehensive job description on the SAU36.org website. This is a 261-day salaried position with a generous benefits package. Start Date: June 1, 2020

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Classifieds



JOSH SHAPIRO races for Kingswood in the giant slalom at Cranmore last week. JOSHUA SPAULDING



HANNAH CRANE scored for the Knights in the giant slalom and slalom at Cranmore. JOSHUA SPAULDING



LOU ARINELLO carves through the giant slalom course last week at Cranmore in North Conway. JOSHUA SPAULDING



HADLEY LARSON scored for the Knights in the giant slalom last Friday at Cranmore. JOSHUA SPAULDING

Knights brave the cold at Cranmore

BY JOSHUA SPAULDING
Sports Editor

NORTH CONWAY — The Kingswood alpine skiers didn't let Friday's frigid temperatures keep them off the slopes, as the Knights headed to Cranmore Mountain Resort in North Conway for a meet hosted by Ken-

nett. In addition to the Eagles, the Knights also competed with Pembroke, Bow, Moultonborough, Merrimack Valley and Gorham.

For the boys in the morning giant slalom, Cameron Yates led the way for the Knights, finishing in fifth place

overall with a time of 49.84 seconds.

Jackson Walsh was next, finishing in 50.67 seconds for 11th place overall and Calvin Kinville finished in 52 seconds for 16th place overall.

Josh Shapiro rounded out the scoring for the Knights, finishing

in 18th place in a time of 52.11 seconds.

Lou Arinello was 20th overall in a time of 52.79 seconds, Luke Shapiro finished in 21st in 53.2 seconds, Noah Shatzer was 24th in 53.8 seconds, Matt Burch was 36th in 59.05 seconds and Robbie Hotchkiss finished in 1:42.79 for 48th place overall.

After finishing third in the morning giant slalom, the Knights finished fourth in the afternoon slalom.

Walsh led the way for Kingswood with a time of 1:23.08 for ninth place.

Josh Shapiro finished in 1:27.61 for 15th place and Arinello finished in 16th place overall in 1:29.82.

Luke Shapiro rounded out the scoring with a time of 1:35.39 for 22nd place overall.

Hotchkiss finished in 25th place overall with a time of 1:38.66,

Shatzer skied to 29th place in 1:41.27 and Burch was 40th in 2:17.96.

The Knight girls finished in third in the morning giant slalom with Tayghen Gelinias leading the way with a time of 52.87 seconds for 10th place.

Hannah Crane was 14th overall in 54.59 seconds and Abby Fournier finished in 57.16 seconds for 23rd place.

Hadley Larson finished the scoring for the Knights, finishing in 1:02.85 for 29th place.

Abbie Heald was 30th in 1:03.03, Alyssa Dow placed 31st in 1:03.18, Carolyn Day was 33rd in 1:04.59, Logan Jeddrey placed 34th in 1:05.2, Rachael Paraskos was 37th in 1:11.43 and Allison Bean finished in 43rd place in 1:58.66.

The Knights moved up to second place in the afternoon slalom,

led by Bean's fifth place finish in a time of 1:26.97.

Gelinias was 10th overall in 1:38.7 and Crane finished in 14th place in 1:41.0.

Paraskos finished out the scoring with a time of 1:41.15 for 15th place overall.

Fournier was 24th in 1:54.01, Day was 25th in 1:55.01, Larson finished in 26th place in 1:55.51, Natalie Marcoulier was 28th in 1:57.18, Heald finished in 32nd place in 2:04.48 and Dow was 34th in 2:06.5.

The Knights will be hosting a meet on Friday, Jan. 24, at King Pine Ski Area in Madison at 9:30 a.m. Kennett, Pembroke, Plymouth and Portsmouth are scheduled to appear.

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

HOCKEY

CONTINUED FROM PAGE B3

tenza and Josh Paraskos continued the offensive attack for the Knights and Lamontagne held tight in the net. Kingswood took a penalty with 9:06 to go but Lamontagne led the way in killing off the penalty.

Kingswood went on the power play with 6:25 to go and just 11 seconds later, Clegg fed Danais, who finished off his hat trick with a rip from the side of the net for the 8-3

lead.

Potenza finished off the scoring by closing out his hat trick with 2:27 to go on assists from Swinerton and Clegg for the 9-3 final.

"We got the game we expected out of our big guys," coach Potenza said, noting that Clegg and Nick Potenza combined for 10 points. "And Cam (DeVito) and Josh (Paraskos) got out and killed a penalty, which was a good opportunity to work on that for them."

With so many people

out of the lineup, Potenza was unsure of how things would go, but came away pleased with the game.

"I'm happy with the way the guys played tonight," the Knight coach said.

The Knights will be back in action on Wednesday, Jan. 29, at 7 p.m. at home against Winnacunnet.

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

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