

2018: The Year in Photos



'Tis the season... for early deadlines

The offices of the Winnisquam Echo will be closed Monday and Tuesday, Dec. 31 and Jan. 1, in observance of New Year's Day.

To ensure that our Jan. 3 edition arrives in subscribers' mail boxes on schedule despite these holiday closures, our usual submission deadline for those weeks is being moved up two business days.

Any press releases, letters to the editor, and obituaries intended for publication in the Jan. 3 edition must be in our hands no later than at 4 p.m. on Thursday, Dec. 27 to be considered for publication. As always, submissions can be dropped off in person at our offices, located at 5 Water St. in Meredith, or e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

For information on the holiday deadlines for display advertising, please contact Beth Tobyne in Sales at 279-4516, ext. 110 or beth@salmonpress.news.

The staff of the Winnisquam Echo thanks our readers and advertisers for their cooperation with our holiday schedule, and wishes our community a safe and very happy holiday season.

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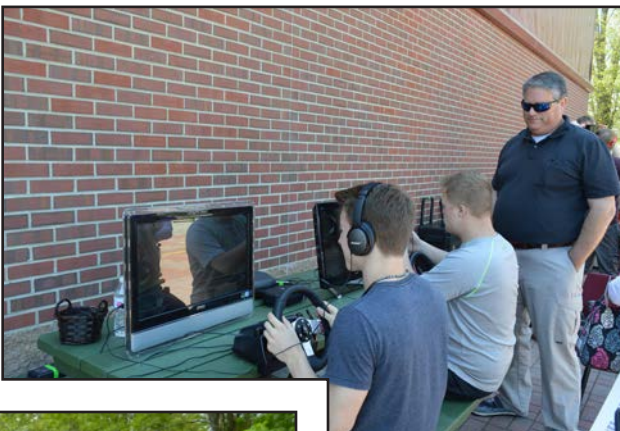
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Opinion

A4 Thursday, December 27, 2018

WINNISQUAM ECHO

STRATEGIES FOR LIVING

A way forward... through the shadows of defeat

On the evening following his defeat to Bill Clinton in a bid for a second term as President of the United States, George H. W. Bush agonized. He “needed a way forward through the shadows of defeat.” It is to his credit that he returned to a few core truths that had always guided him.

“‘Be strong,’ he told himself in his living room musings, ‘be kind, be generous of spirit, be understanding, let people know how grateful you are, don’t get even, comfort the ones I’ve hurt and let down, say your prayers and ask for God’s understanding and strength, finish with a smile and with some gusto, do what’s right and finish strong.’ With that, the 41st President of the United States retired for the night.”

So begins author Jon Meacham in “Destiny and Power” (page xvii) as he opens the story of one of America’s great men.

His musings that evening marked the end of a remarkable political career. From the heights of power to heart-rending defeat on Nov. 3, 1992, George H. W. Bush would live to see his reputation rise as America came to appreciate the impact of this one man on the history of these United States. His death, on Nov. 20 at the age of 94, uncovered accounts of his life that were truly impressive.

Life has a way of throwing us some very wicked curves. Not a one of us makes it through life without encountering times of deepest despair and distress. It is during those times of testing that we discover strength of character and the ability to hold steady until things change.


In a now widely reported 2009 letter to Sam Palmisano, then CEO of IBM, George Bush wrote, “I cannot single out the one greatest challenge in my life. I have had a lot of challenges and my advice to young people might be as follows.

“Don’t get down when your life takes a bad turn. Out of adversity comes challenge and often success; Don’t blame others for your setbacks; when things go well, always give credit to others; Don’t talk all the time. Listen to your friends and mentors and learn from them; Don’t brag about yourself. Let others point out your virtues, your strong points; Give someone else a hand. When a friend is hurting, show that friend that you care; Nobody likes an overbearing big shot; As you succeed, be kind to people. Thank those who help you along the way; Don’t be afraid to shed a tear when your heart is broken because a friend is hurting, and, Say your prayers!”

I can think of few better directives coming from a man who practiced what he preached. George H. W. Bush found a way forward, and despite his setbacks, he left the world a better place.

As I face the new year, I am reminded of a statement Jesus made during the tumultuous times in which he lived. “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” The future may be uncertain, but I remain confident: it’s going to be a great year!

For more thoughts like these, please follow me by subscribing to indefenseoftruth.net.



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PET OF THE WEEK

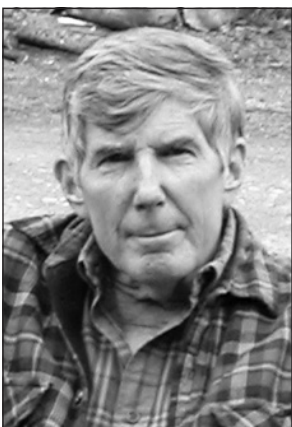
COONEY

Cooney, a totally precious 14 year old tuxedoed lady will be a beautiful addition to anyone’s family. This purr machine loves snuggles, plenty of sunshine to warm in and a comfortable bed to enjoy her senior years. She does have a thyroid condition, which is easily managed through her diet. She is good with other cats and enjoys a good long chin rub. Cooney has been with us since early October after being given up by her owner due to a living arrangements change. Visit with this curious, hypnotic green eyed beauty and experience the absolute joy of giving your heart and home to such a sweet and deserving cat.



NORTH COUNTRY NOTEBOOK

No marks on this carpet, and a goodbye to 2018



By JOHN HARRIGAN
COLUMNIST

This morning, as the New Year neared, I looked out one of the front porch windows to see something not all that common—an unbroken blanket of new snow across the landscape, with nary a track upon it.

The foreground of unbroken snow led me to the Mohawk valley and up Carlton Hill Road and then to the distant range of mountains and ridges the geologists have always referred to as the Blue Mountain Pluton.

The only reason I know this is because, back when the nation was searching for geologically stable places away from major population centers to store radioactive waste, the Blue Mountain Pluton was on the “maybe” list. I was newspapering down below at the time, and nuclear waste was a hot issue, so the sight of the town of Columbia there on the list made me sit up and take notice.

Anyway, it turned out that places like Nevada and Utah were deemed better suited for entombing radioactive stuff, and I’m glad that Bunnell Mountain,



JOHN HARRIGAN

No dog, child or even pitiful little creature has ventured across this new coat of snow, with what scientific types have long called the Blue Mountain Pluton dominating the skyline.

nee Blue Mountain, remained unmarred by major road building and tunnel construc-

tion and a gazillion lights, and remained what it is and I hope will always be, a back-

drop for a view that has become imbedded in heart and soul.

SEE **NOTEBOOK**, PAGE A5

MARK ON THE MARKETS

Ending the year on a low note



BY MARK PATTERSON

Going back to the summer time this year, our 401(k)s, 403 B’s and brokerage accounts were doing very nicely, and the “wealth effect” was in full swing. The wealth effect is simply psychological state when people feel they

have more money to spend when they retirement money, typically stock mutual funds, are doing well. This is the time that as an advisor, I hear from certain clients that their neighbor is doing much better than them in the stocks. Having been in this business for 24 years it is just part of the cycle of joy, elation followed by distraught to those who are not properly invested for their risk tolerance, but more importantly the real purpose of the money.

You see, when the markets are doing well, most people will tell you that they do not mind market risk. But I can tell you as an advisor that far too often, these are the first people that flinch at any minor correction in the markets. If you have read the column for any length of time you could probably remember me writing, “I assume a new client is risk-adverse, until proven otherwise.” It is a proven investor behavior theory that we want to buy stock at market highs and sell at market lows.

A typical risk tolerance questionnaire, in my opinion, is just the very beginning of the information that I need to assess a well-constructed portfolio that meets the client’s needs more than their wants. For instance, a client tells me that they need what equates to 8 percent of their retirement portfolio as income but they did not want to draw down principal. That is simply not possible without risking principle. As a portfolio manager, I am able in this interest rate environment, to provide my client with a steady sustainable income in the 5 percent range. This is not obtained through capital appreciation, but through cash flow from a bond portfolio of investment grade bonds. You can buy high-yield, or junk bonds however there is a high degree of credit risk associated with these bonds. They are also highly correlated to the stock market, not the bond market. My strategy has been to take the amount of money needed to provide

SEE **MARKETS**, PAGE A5

Send your letters!

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Or, you can e-mail us at echo@salmonpress.news
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January brings a fresh start at the Belmont Public Library

BELMONT —The Belmont Library got new carpet in December. When you stop in, be sure to appreciate the change!

Want to start crafting in the new year? Shela Cunningham is leading a three session knitting workshop on Saturdays in January that will allow you to complete two different designs. Register before the first class on Saturday, Jan. 5. There is a \$20 cost for materials.

Our non-fiction book group meets on Thurs-

day, Jan. 10 at 1 p.m. to discuss “The Year of Reading Dangerously” by Andy Miller. An editor and writer’s vivaciously entertaining, and often moving, chronicle of his year-long adventure with fifty great books (and two not-so-great ones)—a true story about reading that reminds us why we should all make time in our lives for books. Pick up your copy at the desk.

The Friends of the Library are excited to be looking into acquiring an official non-profit sta-

tus. They will be meeting on Friday, Jan. 11 at 2 p.m. to discuss this and other plans. The Friends are eager to welcome new members.

The Belmont Senior Center book group is reading “Artemis” by Andy Weir on Tuesday, Jan. 15 at 10:30 a.m. at the Senior Center. Jasmine Bashara never signed up to be a hero. She just wanted to get rich. Not crazy, eccentric-billionaire rich, like many of the visitors to her hometown of Artemis, humanity’s first and only

lunar colony. Just rich enough to move out of her coffin-sized apartment and eat something better than flavored algae. Rich enough to pay off a debt she’s owed for a long time. So when a chance at a huge score finally comes her way, Jazz can’t say no. The trouble is, engineering the perfect crime is just the start of Jazz’s problems. Because her little heist is about to land her in the middle of a conspiracy for control of Artemis itself. Copies are available at the Belmont

Senior Center and the library.

Bath oil is a luxurious way to pamper, fragrance and moisturize the skin. Treat your body to a relaxing bath with bath oil you have made yourself at the library Wednesday, Jan. 16 at 5:30 p.m. Please let us know you are coming so we have supplies for everyone.

Our Friday Fiction book group tackles “Behold the Dreamers” by Imbolo Mbue on Jan. 18 at 10:30 a.m. A compulsively readable debut

novel about marriage, immigration, class, race, and the trapdoors in the American Dream—the unforgettable story of a young Cameroonian couple making a new life in New York just as the Great Recession upends the economy. This is an Oprah’s Book Club pick.

Middle school students can design their year with vision boards on Wednesday, Jan. 23 at 5:30 p.m.

Preschool-age storytime features stories, movement, music, and crafts to encourage early literacy skills Wednesdays at 10:30 a.m. LEGO Build is Saturday, Jan. 5, from 10 a.m.-noon. Creating a vision board is more than merely cutting out magazine pictures and gluing them onto a board. The tool consistently reminds you of your goals. It’s a great way to focus attention on what you want to do.

Preschoolers and parents can come enjoy Pixar’s “Incredibles 2” on Friday, Jan. 25 at 10:30 a.m. with snacks and crafts.

The library will be closed Tuesday, Jan. 1 and Monday, Jan. 21.

The Belmont Public Library is open six days a week and any time at www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. In 2018, the library celebrates 90 years in the same building and 125 as Belmont’s community library.

For more information, contact: Eileen Gilbert 267-8331 bpl@belmontnh.org PO Box 308 Belmont, NH 03220

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Monday, Dec. 31
Special Library Hours, 10 a.m.-2 p.m.
Patron Appreciation Day, 10 a.m.-2 p.m.
Drop by for food, drinks, games and a chat... and check out books and movies too.

Tuesday, Jan. 1...
Happy New Year
We Are Closed... wishing you a wonderful 2019!

Wednesday, Jan. 2
Story Time, 10:30 a.m.

Friday, Jan. 4
Sit and Knit, 2-5 p.m.

Saturday, Jan. 5
Let’s Go Lego, 10 a.m.
New Items
“A Carnival of Losses: Notes Nearing Ninety” by Donald Hall
“Free Motion Meandering: A Beginner’s Guide to Machine Quilting” by Angela Walters

“Pele: A Biography” by Lew Freedman
“Things I Wish I Knew Before My Mom Died: Coping with Loss Every Day” by Ty Alexander
“Imagine It Forward: Courage, Creativity and the Power of Change” by Beth Comstock
“Waging Heavy Peace: A Hippie Dream” by Neil Young

NOTEBOOK

CONTINUED FROM PAGE A4

Unbroken snow is unusual because usually people and their pets have been out and about, or wild creatures have been out there trying to make a living. Deer, for instance, often cavort around the apple trees, but on this morning they had ap-

parently slept in and had not yet punched in their time-cards for the day’s work of cavorting.

But ah, you say, what about the small creatures--the mice and chipmunks and squirrels that can soon have unbroken snow looking like an entrance to a Walmart?

We were on our sec-

ond cup of coffee when an object crossed my field of vision, traversing just the corner of an eye, and I said “What was that?” even though I was pretty sure it was a hawk. It was a big bird and moving fast, over the rooftop before I knew it.

Raptors are accustomed to finding small creatures around my

yards and barns, especially the front yard, where if they get tired of trying to catch something that’s moving they can swoop down and grab something that isn’t.

This is because we put dead mice from the traps in the house out on the fenceposts, where hawks and owls can see them. When the

talons make their grasp there’s not even a pitiful little squeak, which somehow reminds me of the way the old year’s coming out, and the New Year in.

(This column runs in newspapers from Concord to Quebec and parts of Maine and Vermont. Letters, with contact information for questions, welcome at campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

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MARKETS

CONTINUED FROM PAGE A4

a steady sustainable cash flow, and with the remaining money try to obtain capital appreciation through stocks potentially using some “options” strategies for income.

The whole point of this article is; that if you

are properly invested in a portfolio designed for your risk tolerance, but more importantly a purpose, then and only then,

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Chaz Hibbert of Winnisquam grapples with Will Zachistal of Bow on Wednesday night.



Andrew McKinnon has impressed coach Tom Osmer in his senior season.

Bear grapplers do battle with larger schools

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — The Winnisquam wrestling team had a quad meet at Concord High School and a head-to-head meet with Bow at home on Dec. 15 and Dec. 19, but unfortunately for the Bears the team couldn't come away with a win.

On Dec. 15, the Bears lost 46-30 to Exeter, 48-30 to Massabesic, Maine and 67-6 to Concord High School.

"Obviously all three schools have much larger student bodies than Winnisquam," said coach Tom Osmer. "Each is more than double in size. It was a good experience for our team to wrestle these schools. It gave our kids an opportunity to get some non-divisional matches and to see how they match up with the Concord and Exeter kids that they may need to go through in February at the Meet of Champions if they are going to earn All-State honors."

On Dec. 19, the Bears lost 70-0 in a



dominating match by Bow.

Osmer said he has been impressed by the wrestling of 138-pound freshman Evan Power, who he said is enthusiastic and applies what is coached to him during matches.

Sophomore Chaz Hibbert also wrestled well in 220-pound and 285 weight classes.

"Chaz has a great gas tank and can push the pace of the match,"

said Osmer. "It's his first year as a full time starter so he's still developing his style. He's got a great mental outlook for a young wrestler. Chaz does a great job not obsessing over winning and losing, and is much more concerned with trying his moves and learning from his matches I expect this will really help accelerate his development."

Senior Andrew

Mann seals first win for Bear boys

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — Senior Kyle Mann has been the scoring leader for the Winnisquam basketball team for the past three seasons, and on Tuesday night he showed why with a buzzer beating layup to beat Mascoma Valley, 49-47.

The Bears jumped

out to a big 18-7 lead after one quarter and were up 35-20 at half-time. After playing the best half of basketball of the early season, the Bears stumbled in the third quarter and only scored four points, making it 39-28. While Mascoma had a huge fourth quarter, outscoring Winnisquam 19-10, the Bears rallied at the end to take the win.

The game was tied with 20 seconds to go after Mascoma had a scoring surge to go along with Winnisquam committing some costly turnovers and missing shots. Mann then found a gap as time was winding down, drove to the basket and put it off the glass and in for the victory.

"It was a good first half- at both ends of the floor I thought we did a great job," coach Kev-

in Dame said. "We had good spread of scoring, shared the ball and got stops. In the second half we didn't do a lot of that, but it was good to get the win."

The dramatic win was the first victory for the Bears of the season, and Dame said it was definitely a big confidence boost for the team going into winter break.

"We needed this game for sure," said Dame. "I was glad we were able to hold on. Hopefully we can work on some things we aren't doing so well and get everyone healthy for the rest of the season."

Mann and Gunnar Horman were the scoring leaders with 12 points apiece. Phil Nichols chipped in with nine points in the win.

SEE **HOOPS**, PAGE B10

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Red Raider hoop teams both rally to beat Franklin

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT — The Belmont boys’ basketball team is off to a 4-0 start, but coach Jim Cilley knows there is plenty that the team needs to be done to be considered one of the top teams in Division 3.

While he has full confidence in his squad, he knows the team has plenty to prove. So far, so good for the Red Raiders who most recently knocked off Franklin 63-59 in a come from behind victory.

Belmont and Franklin always seem to play each other tough and this time was no difference. The Golden Tornadoes came out firing and led 36-16 at halftime.

“It was a classic case of coming off a really big win on Friday, then couldn’t use the gym on Friday, and maybe we got a little complacent after the

3-0 start and getting a big win on the road,” said Cilley. “I don’t think we came out with the sense of urgency or effort that we wanted to. Defensively we were really poor in the first half.”

Cilley said instead of going into the locker room and getting on the players for the performance, he had a softer approach and discussed how to turn things around properly. The team responded perfectly and came out completely different in the second half.

Belmont was down as many as 22 points but the Red Raiders focused on matchups and not allowing easy opportunities to score, and Belmont chipped away at the lead by scoring 47 points in the second half. It was 46 to 44 at the end of three, and Belmont had found its rhythm.

Cilley attributed the comeback to strong play and senior leadership by Griffin Embree, who found ways to score and distribute the ball. The fourth quarter saw back-and-forth action, with the two teams tied 58-58 late.

With 22 seconds left, Aiden Rupp hit a three-pointer and then Matt Thurber was able to get some key rebounds and the Red Raiders hit free throws down the stretch to put the team up three. Rupp ended up making free throws at the end to go up by four points and secure the win.

“It was a good comeback win for us,” said Cilley. The Red Raiders benefited from a couple starters getting double/doubles in the win. Rupp had 24 points and 11 rebounds while Embree had 14 points and 11 assists.

Jackson Ruelke had six points and Caleb Burke had five points.

Cilley also said he got some great production from Tommy Galambos off the bench, specifically in the third quarter where he brought energy. Mike Sprague also played well defensively off the bench.

“Those guys did the little things it takes to win,” said Cilley. “Nothing that shows up really in the stats, but they played their roles perfectly. These are the thing that make them valuable contributors on a good team.”

The Belmont boys’ basketball team played Hopkinton after deadline. Next up for the Red Raiders is the Lakes Region Holiday Basketball Tournament beginning on

Dec. 27.

The girls’ basketball team also picked up a win last week with a 40-25 victory over Franklin. The Red Raiders were down 18-16 at the half but really picked things up in the second half to take the win.

Julianna Estrem-era led the team with 14 points. She was 4/4 from the free throw line and had a pair of three-pointers. McKenzie Donovan and Katie Galambos had seven points apiece.

Coach Mark Dawalga said the team came out sluggish but woke up in the second half thanks to energy by Lizzie Fleming and Galambos.

“Their pressure on the ball really helped out intensity and for everyone to get in the rhythm,” said Dawal-

ga. “Our defensive effort in the second half was great and really changed things around.”

This was the second straight win for the Red Raiders, who are 2-3 heading into the holiday break. Dawalga said it was a good win for Belmont but he knows there is work to do if the team wants to make a push in the state tournament this year.

“They are working hard in practice and getting better,” said Dawalga. “This was a good win to grow as a team.”

The Red Raiders are in the Lakes Region Holiday Basketball Tournament beginning on Dec. 27. Next up in the regular season is a home game against Monadnock on Jan. 2 at 6 p.m.

Belmont swimmers compete at UNH

By BOB MARTIN
Bob@Salmonpress.news

DURHAM — Swimmers from Belmont High School participated in the Icebreaker Invitational at the University of New Hampshire on Dec. 16, with the boys’ team placing 10th and the girls’ team in 17th.

In the boys’ 50-yard free, Logan Wineriter had a time of 24.42 for second place. He was third in the 100-yard

breaststroke with a time of 1:10.18.

In the girls’ 100-yard fly, Chloe Wineriter was 17th with a time of 1:25.22. She was also ninth in the 100-yard backstroke with a time of 1:12.79.

In the girls’ 100-yard free, Anna LaDue was 33rd with a time of 1:15.32. In the girls’ 100-yard breaststroke, LaDue was 22nd with a time of 1:37.39.

LACONIA — The weather may be frightful, but the boys and girls of summer are getting warmed up.

For the first time, Laconia Little League will offer winter training camps for players of all levels in preparation for next season.

“Laconia Little League has a solid group of talented young players coming up through the ranks,” League President Joe Dee said. “We listened to them and their parents and realized they wanted even more instruction.”

For players 9-12 who plan to compete in the Majors Division next

season, the league is offering professionally coached camps on Mondays from 5:30 to 7 p.m. beginning on Jan. 7 at the Concord Sports Center.

For players 8-12 who intend to compete in either the Minors or Majors Division, the league is offering a 10-week program on Sunday afternoons at Laconia Middle School from 3:30 to 5:30 p.m. beginning on Jan. 6. These sessions will be coached by Plymouth State University players and coaches.

The last three sessions of this camp will be open to tee-ballers and instructional pitch

athletes to learn more about the game.

Eligible players can attend both camps. Each camp is limited to 20 participants.

Registration for both the camps as well as next season opens on Wednesday, Dec. 19. Those who register early for next season will receive a discount on the registration fee.

Families from Laconia, Gilford, Gilman-ton, Belmont, Alton and other surrounding communities can register at the league’s newly revamped website, LaconiaLL.org.

The plans build off of a successful 2018 All-Star campaign in which

the league’s team fared well with a record of 4-4, as well as a recently-concluded fall baseball exhibition season.

“There’s a lot of momentum building behind Laconia baseball right now,” Dee said.

Dee said the league wants to get a handle on registration numbers for next season as early as possible to focus the camps on the players’ needs.

More information can be found on the league’s social media channels facebook.com/LaconiaLittleLeague, instagram.com/laconialittleleague, and @LaconiaLittleLeague on Twitter.

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Bears kick off indoor track season

BY BOB MARTIN
Bob@Salmonpress.news

PLYMOUTH — The Winnisquam Regional High School indoor track team kicked off its season on Dec. 15 at Plymouth State University, with the boys' team placing seventh out of 10 teams, and the girls 10th out of 11 teams.

Winnisquam sent a fairly small team to the competition, hence the rankings at the lower end. However, individually there were several highlights for the Bears.

For the girls' team, Joy Roberts had a leap of four feet, eight inches, which was good for second place in the high jump.

Faith Gosselin was fourth in the 1,500-meter run with a time of 5:33.1.

In the 55-meter hurdles, Ilijana Markelic was 10th with a time of 11.11 and Roberts was 13th with a time of 11.38. In the 55 meters Roberts placed 19th with a time of 8.69 and Markelic was 25th with a time of 8.98.

For the boys' team, Dylan Robert took second place with a time of 2:53.85 in the 1,000-meter run. Right behind him was Riley Mann with a time of 2:54.85 for third place. Evan Griffin placed 10th with a time of 3:04.38.

In the 600-meter run, freshman Sheamus Dunn placed seventh with a time of 1:43.52.

In the 55 meters, Ryan Bellville was 20th with a time of 7.79, Ma-



Joy Roberts was involved in several events for the Winnisquam indoor track team last weekend, including the 55-meter hurdles.



Mason Ivester ran the 55 meters for Winnisquam in the opening indoor track meet.



Colton Wilsie sprints for the Winnisquam last weekend.

PSU softball offering numerous clinics

PLYMOUTH — Plymouth State University head softball coach Bruce Addison announced the dates for the team's annual clinics on Wednesday.

The first clinic is scheduled for Sunday, Jan. 27, with special guest coaches Dick Blood and Harold Sachs.

Blood, a 1975 graduate of then Plymouth

State College, recorded 606 wins and five Ivy League titles during his tenure as head coach at Cornell University. He will lead a hitting clinic from 9 to 11 a.m.

Sachs led Salem High School to a record 18 state championships and accumulated nearly 600 wins before moving into a role of pitching coach at Mer-

rimack College. He will direct a pitching clinic from 11:30 a.m. to 1:30 p.m.

Additionally, Plymouth State softball coaches and players will lead four separate three hour-long clinics throughout February. Clinics will take place from 10 a.m. to 1 p.m. on Feb. 3, 9, 17 and 23.

All clinics take place in the Bank of

New Hampshire Field House at ALLWell North on the Plymouth State campus.

For additional information, including individual costs, team discounts and preregistration instructions, please refer to the Plymouth State softball web page (<http://athletics.plymouth.edu/sports/sball/index>).

Amy Annis Tournament in Gilford in January

GILFORD — The annual Amy Annis Volleyball Tournament is scheduled for Sunday, Jan. 6, starting at 10 a.m. and will take place in both the Gilford Middle School and High School gymnasiums. This fundraising event is a recreational co-ed volleyball tournament for high school age students through adults. All proceeds go to the American Cancer Society and the Amy Annis Scholarship Fund.

This scholarship is given annually to a graduating senior. The entry fee is \$100. There is a 12-team limit and will be on a first registered basis. Twelve teams will be playing on three courts and each team will be guaranteed three matches in pool play and one match in the tournament round.

To register a team or find out more information, please contact Joan Forge at forge@worldpath.net.

Kingswood hockey girls hosting vendor Bingo Jan. 4

WOLFEBORO — Bring the whole family for a night of fun. The Kingswood girls' varsity ice hockey team is hosting a vendor Bingo night, Friday, Jan. 4, at 6 p.m. in the cafeteria at Kingswood Regional High School, 396 S. Main St.

Vendor Bingo is played the same as traditional bingo. However, the prizes are from various vendors who have donated a product. Vendors including 31 Bags, Tupperware, Glam Candy and Pampered Chef will also have their products on

display for purchase. There will be a minimum of 10 Bingo games played, a 50/50 raffle and food available for purchase.

All proceeds will benefit the girls' ice hockey team, a self-funded athletic program. See the Lady

Knights in action at their next home game vs. Con-Val High School on Dec. 31, 2:10 p.m. puck-drop at Pop Whalen Ice & Arts Arena, 390 Pine Hill Road, Wolfeboro.

Kingswood Legends hockey game is tonight

WOLFEBORO — On Dec. 27, Kingswood Athletics and the Kingswood Alumni Association will host "Kingswood Legends" at Pop Whalen Ice Arena for an ice hockey alumni game. The game is open to all ice hockey players who have graduated from Kingswood Regional High School. Teams will be divided by "odd" year graduates

vs. "even" year graduates.

The Kingswood Department of Athletics along with the Kingswood Alumni Association is looking forward to hosting the alumni and their families in what will surely be a fun event. The cost to participate is \$20 with checks being made payable to Kingswood boys' ice hockey.

The puck will drop at 7 p.m.

If you're interested in playing or have questions, please reach out to Lenny Moore via e-mail at nemo@metro-cast.net.

To register, please visit the Kingswood Athletics web site at www.kingswoodhsathletics.org and click on the Legends Game under Announcements.

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In 1999, Maxfield Real Estate established the “We Care” Program to celebrate our 45th anniversary. Through this program, we contributed a percentage of our commissions to local charities. Over the past 20 years we have donated more than \$1,044,760 to non-profit organizations that benefit the Lakes Region area. This year, the “42” agents in our Wolfeboro, Center Harbor and Alton offices were pleased to donate \$80,760 to 72 different charities, including: Alton Food Pantry, Altrusa of Meredith, Castle Preservation Society, Central NH VNA Hospice, Child Advocacy Center, End 68 Hours of Hunger, Got Lunch!, Greater Lakes Region Children’s Auction, Great Waters Music Festival, Lakes Region Conservation Trust, Lakes Region Humane Society, Life Ministries Food Pantry, Make-A-Wish Foundation, Meals on Wheels, New Durham Food Pantry, The Nick, Wentworth Watershed Association, Wolfeboro Police Department Canine Unit.

The following Maxfield agents shared in the “We Care” Program

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North Country Home Health & Hospice Agency

THE EXECUTIVE ASSISTANT

The Executive Assistant serves as the primary point of contact for internal and external constituencies on all matters pertaining to the Office of the President. The Executive Assistant also serves as a liaison to the board of directors and management team; organizes and coordinates executive outreach and external relations efforts; and oversees special projects. The Executive Assistant must be creative and enjoy working within a small, entrepreneurial environment that is mission-driven, results-driven and community oriented. The ideal individual will have the ability to exercise good judgment in a variety of situations, with strong written and verbal communication, administrative, and organizational skills, and the ability to maintain a realistic balance among multiple priorities. The Executive Assistant will have the ability to work independently on projects, and must be able to handle a wide variety of activities and confidential matters with discretion.

REQUIREMENTS:

The qualifications for the Executive Administrative Assistant are:

- Bachelor's degree preferred
- Strong work tenure: five to 10 years of experience supporting C-Level Executives, preferably in a non-profit organization
- Experience and interest in internal and external communications, partnership development, and improving operational efficiencies
- Proficient in Microsoft Office (Outlook, Word, Excel, and Power Point), Adobe Acrobat, and Social Media web platforms strongly preferred.
- Strong organizational skills that reflect ability to perform and prioritize multiple tasks seamlessly with excellent attention to detail
- Very strong interpersonal skills and the ability to build relationships with stakeholders, including staff, board members, external partners and donors
- Expert level written and verbal communication skills

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North Country Home Health & Hospice Agency

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Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)


DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts



Who to Call → Where to Meet → What to Pack



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Belletetes has an immediate opening in our Ashland Lumber location for a full-time delivery driver. The hours are Mon-Fri. and some weekend days required. Must have a valid driver's license with a clear driving record. As part of the job requirement, a DOT medical card is required (employer will assist candidate in obtaining medical card). Heavy lifting is required.

You may apply in person to Dan Uhlman or download a **driver application** from our website. All applications should be submitted to:

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NCH

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north country

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Minimal 26 hours required;

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WASH YOUR HANDS!

IT'S THE BEST WAY TO STOP SPREADING GERMS



WHY

- MOST (98%) INFECTIONS ARE SPREAD BY HANDS
- CLEAN HANDS HELP PREVENT YOU FROM GIVING YOUR GERMS TO SOMEONE ELSE

WHEN

- AFTER USING THE BATHROOM
- BEFORE TOUCHING ANY FOOD
- BEFORE YOU EAT ANYTHING
- AFTER SNEEZING, BLOWING YOUR NOSE, COUGHING, OR TOUCHING YOUR FACE
- AFTER PLAYING WITH TOYS USED BY OTHERS

HOW

- USE SOAP AND WARM WATER IF YOUR HANDS LOOK DIRTY
- USE WARM WATER AND SOAP
- RUB HANDS ALL OVER FOR A COUNT OF TWENTY
- DRY THEM WITH A PAPER TOWEL
- IF YOUR HANDS DON'T LOOK DIRTY YOU CAN USE ALCOHOL-BASED HAND RUB

New Hampshire Department of Health and Human Services
Division of Public Health Services
www.dhhs.nh.gov

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What’s the Difference?

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

A



B



Answers: 1. Missing second hand 2. Extra dots in center of hat 3. Two blue ribbons on right 4. The “8” on clock is now “6”

THIS DAY IN...



HISTORY

- 1776: GEORGE WASHINGTON CROSSES THE DELAWARE RIVER AT NIGHT IN A SURPRISE ATTACK ON HESSIAN FORCES.
- 1868: CONFEDERATE VETERANS ARE GRANTED UNCONDITIONAL PARDONS BY PRESIDENT ANDREW JOHNSON.
- 1926: HIROHITO BECOMES EMPEROR OF JAPAN. HE REMAINED EMPEROR UNTIL HIS DEATH IN 1989.

New Word

GALA

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HOW MANY TIME ZONES EXIST ACROSS THE GLOBE?

ANSWER: MORE THAN 24

How they SAY that in...

- ENGLISH: Party
- SPANISH: Fiesta
- ITALIAN: Festa
- FRENCH: Fête
- GERMAN: Party

Did You Know?

“AULD LANG SYNE” IS A SONG ABOUT CHERISHING OLD FRIENDSHIPS AND TOASTING GOOD WILL IN THE YEAR AHEAD.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: PARTY NOISEMAKER

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to winter.
Each number corresponds to a letter.
(Hint: 2 = e)

A. 22 10 18 15 15 1 19 14

Clue: Fierce snowstorm

B. 18 4 2 14

Clue: Frozen

C. 3 21 26 7 24

Clue: Windy

D. 7 2 25 16 2 19 1 7 21 19 2

Clue: Thermometer reading

Answers: A. blizzard B. iced C. gusty D. temperature

SUDOKU

9				5	1	8		
				9				2
			6				7	5
				1	9			7
	7		3			6		
		5	7			3		
2					6			
			2					
5	8	6						

Level: Intermediate

Here’s How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

1	2	7	4	3	9	6	8	5
6	9	4	5	8	2	3	7	1
8	3	5	6	7	9	4	2	1
4	1	3	2	6	7	5	8	9
9	5	6	8	4	3	2	7	1
7	8	2	9	1	5	4	6	3
5	9	7	3	2	6	8	1	4
2	4	1	7	9	3	5	6	8
3	8	6	1	5	4	7	2	9

ANSWER:



BOB MARTIN

Patrick Carr had a great senior season playing tight end, and received second team All-State recognition.



BOB MARTIN

Quarterback Alex Cheek made second team All-State this year.

Trio of G-B football players earn All-State

By BOB MARTIN

Bob@Salmonpress.news

REGION — The Gilford/Belmont football team was led by a group of strong sophomores and seniors this season, and three of them made the Division 2 All-State team for their solid work on the gridiron this past fall.

Tight End Patrick Carr was recognized for his strong play during his senior season for the Golden Eagles. He was a primary receiver with 32 catches, five touchdowns and more than 400 yards receiving. Coach Josh Marzahl described him as an “elite receiving option” who was an im-



BOB MARTIN

Jonathan Mitchell made second team All-State and was a defense force all season for Gilford/Belmont.

Looking back on a busy year

This is the final column of 2018 so it's time to take a look back on what was a busy year with plenty of excitement.

Of course, first and foremost on the list in 2018 was my second trip to the Winter Olympics. After traveling to Sochi back in 2014, I truly didn't expect to get another chance to see an event of that magnitude. Sochi was a great experience and I was hopeful to get another chance to travel to the Olympics but I wasn't terribly optimistic. However, I put my name in the running for credentials for the 2018 Winter Olympics in Pyeongchang, South Korea. And as it turned out, I was approved and February brought about 16 hours of traveling from Boston to Toronto to Seoul.

This time around things went even smoother than in Sochi. The wireless service in Pyeongchang was spectacular, allowing me to connect to the office and get my regular work done in addition to experiencing everything

SPORTING CHANCE



By JOSHUA SPAULDING

that Pyeongchang had to offer. The weather was much colder than it was in Sochi, which initially took me by surprise, but in the long run, it was much like being at home in New Hampshire in the winter time.

The two weeks on the other side of the world came during the alpine state championships so I missed out on a few more championships for the Kennett Eagles. I got home in time to see the Kennett Nordic teams ski to championships. Additionally, I got to see the Kennett hockey team make its way to the Division III finals while the Kingswood hockey boys skated their way into the Division II semifinals.

The spring sports season brought some more success, which included the Kennett softball and baseball teams both playing in the Division II semifinals on successive

days. The spring season transitioned into the summer, which was also fairly busy thanks to some non-work events.

In June, I rented a car and headed out west to spend some time with my brother in Lander, Wyo. It was great to get away for a little bit and it was really nice to see a lot of the country along the way. A highlight was the stop at the Field of Dreams in Dyersville, Iowa.

In August, I missed out on the annual Granite Man Triathlon in Wolfeboro to attend the wedding of one of my good friends from college, Steve Smith. I was honored to be in his wedding and it was a nice day on top of a mountain in Lempster.

Summer transitioned into fall and the fall sports season once again saw the Plymouth football team make its run to the Division II championship. It was nice to cover a game on the turf at the University of New Hampshire again.

And of course, the fall transitioned into the

winter sports season, which is rolling along into the holiday tournaments as this goes to press, surely to bring even more fun times in the coming months.

Finally, the last month of the year brought some good news. Last week I received an e-mail from the US Olympic Committee telling me that my credential request for the Tokyo Summer Olympics in 2020 had been approved. So it looks like I'll be taking in my first Summer Games, assuming the funding works as it should.

Finally, have a great day Mellisa Seamans.

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, Newfoundland, 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.

portant part in every game to help the team win or keep things close.

Alex Cheek was named second team All-State as a sophomore for his play behind center as the team's quarterback. He finished with 1,400 passing yards and 11 touchdowns in the air. He also had 350 rushing yards giving him about 1,750 all-purpose yards. With this being only his second season on varsity, the future is very bright for Cheek. Marzahl commended him for his two gaming winning

drives and leading the offense throughout the season.

Jonathan Mitchell made second team All-State as a linebacker in his sophomore season. He was a beast this year on defense, tallying up a ridiculous 145 tackles including 10 tackles for a loss. He also had an interception and helped force and recover several fumbles.

“He was a force on the defensive side all season and helped turn around the defense from a year ago,” said Marzahl.

Lakes Region Holiday Hoop Tournament starts today

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Lakes Region Holiday Hoop Tournament will be taking place at Gilford High School and Gilford Middle School starting today and running through Saturday.

The tournament opens today with four games in the high school gym and four games in the middle school gym.

In the middle school, the Kingswood and Newfound girls will kick things off at 11:30 a.m. followed by the Kingswood and Newfound boys at 1 p.m.

Following those two games, the Belmont girls will be taking on Moultonborough at 2:30 p.m. and the Belmont and Moultonborough boys will play at 4 p.m.

In the high school, things kick off with Laconia and Winnisquam girls doing bat-

tle at 11:30 a.m. and the Laconia and Winnisquam boys following at 1 p.m. The host Golden Eagles follow, with the Gilford girls taking on Prospect Mountain at 2:30 p.m. and the Gilford boys taking on Prospect Mountain at 4 p.m.

The tournament continues on Friday, Dec. 28, with consolation games in the middle school gym at 11:30 a.m. and 2:30 p.m. for the girls and 1 p.m. and 4 p.m. for the boys.

Also on Friday, Dec. 28, are the tournament semifinals, with the girls' games at 11:30 a.m. and 2:30 p.m. and the boys' semifinals at 1 p.m. and 4 p.m.

The tournament finals will take place on Saturday, Dec. 29, with the girls playing at 4:30 p.m. and the boys following at 6 p.m.

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

HOOPS

CONTINUED FROM PAGE B1

Horman was also credited by Dame for playing great defense down the stretch.

Winnisquam plays in the annual Lakes Region Holiday Basketball Tournament in Gilford beginning on Dec. 27 against Laconia at 1 p.m.

The Winnisquam girls' basketball team had a tough loss to Mascota on the road, by a score of 60-23 on Tuesday, and the Bears have now lost the first four games of the season.

The Bears only managed to score one point on a Megan Cote free throw in the first quarter and trailed 11-1, but Winnisquam woke up

for its best quarter of the night in the second quarter by scoring 13 points and holding Mascota to 12. Cote had eight of her 14 points in the quarter and it was a 23-14 game at halftime.

However, the Bears scored only nine points in the second half and Mascota cruised to victory.

“Tough road game,” said coach Brian Allard. “All the loose balls and second chances did not go our way tonight. Defensively we played ok but could not get it done on the offensive end.”

Next up for the Bears is the Lakes Region Holiday Basketball Tournament, which takes place at Gilford High School on Dec. 27.

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