

Help Choose ACS Mascot: See page A2

# The Baysider

THURSDAY, JANUARY 3, 2019

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## Helping others emerge from the clutter

### Local resident uses her experience to aid others

BY CATHY ALLYN

Contributing Writer

NEW DURHAM — This is the second in a series of articles featuring people who have stumbled across something that changed their lives.

"I was so overwhelmed I didn't know where to start, so I wouldn't start."

Nancy Estee had a

problem, and she knew it; but she didn't know how to solve it.

"I couldn't understand why I couldn't throw things away," she said. "I just kept moving things from one place to another. I had no idea where to put all of this stuff I still wanted to save, but I'd continue to acquire more."

Hoarding is a com-

pulsion, which means anything is a potential possession and fair game to bring into the home, and the individual will have no intention of throwing anything out. They simply feel they cannot do that.

Hoarding is not collecting. Although collectors may be unwilling to part with anything in their col-

lections, the distinct difference is collectors take significant pride in their collections and the objects are generally organized.

"I came to the point where I was being overwhelmed by my belongings and things were spilling into all areas of the house," Estee said.

True hoarding is a mental disorder, but

the term can seem pejorative. Estee prefers calling her situation "buried in treasures," a phrase she discovered in a program that would change her life.

Getting to the point where she knew she needed help, however, was progressive. "As much as I ever had was as much as I would fill," she said. "It didn't seem like a problem at first, but in the past year I realized how much time I was wasting looking for stuff I knew I had somewhere."

She realized she was missing some sort of connection. "Something's wrong in my brain. I knew it bothered my family members, but now it was bothering me. This was interfering in my living spaces and my brain."

Piles were toppling over, yet her belongings remained a source of comfort and security. And therein lay the basis of what was happening to her.

When she was just 13, Estee's father died suddenly from a brain aneurysm. The change in financial circumstances resulted in the family having to move. All of her stuffed toys and achievement medals from throughout the years had been packed in bags; mistaken for garbage, they had been thrown out.

"I lost all of my personal possessions that meant a lot to me," Estee said. "I'd lost my father, my home, and my

possessions; I vowed that no one would ever take my things away again."

She believes that was the start of what became a hoarding problem. In fact, some sort of trauma is often the instigating factor.

"I would venture to say that trauma as a beginning is higher than the statistics say," Estee said, "because people themselves aren't aware that something happened to them when they were younger."

She cautioned that if people can't pinpoint a trigger that set off the disorder, they should not think they don't assistance. Estee wants everyone to know there is help out there, because she found it.

"I actively sought help in past years," she said, "but I didn't know where to go. You can watch 'Hoarding' or Dr. Phil's episodes on hoarding on TV, but no one tells you how to change your brain."

She knew that's what was needed. "Someone can come in and clear out your stuff, but no one tells you how to keep it clear."

She had begun to doubt her sanity. "I'd spend minutes staring at things and get nowhere; it made me feel crazy. I'd asked myself, what is wrong with me? How did I lose control and who can help me who understands what I'm going through?"

Because of that, she SEE CLUTTER, PAGE A5



© Hutchinshotit Photography

COURTESY PHOTO

### Helping out

Local businesses came together to support Alton End 68 Hours of Hunger. Raffles were held on Dec. 8 that raised more than \$600. Raffles items were donated by many local merchants. Together this community comes through for End 68 Hours of Hunger time and time again. The following business contributed to the raffle baskets and the success of this event: Bella Winni Salon (Erin and Dee), K-9 Creations, Breathe Yoga NH, Vogel Bros. Catering, Lucas Coffee, Hannaford, Cake Creations, Hutchinshot Photography, Brenda (Nonnies Nook), Country Craftsmen, Jetson (Doterra), Wolfeboro Farmers' Market, Alton Auto Wash, Alex Topliffe Detail Service, and Christy (Inspiration for Organization), David Justin and Lindsey Plourde (Magic Fireplace) and Michelle Hamilton.

## Pub Mania 2018 announces team awards

GILFORD — The books are now closed for Pub Mania 2018, with a record \$353,631 raised boosting the Greater Lakes Region Children's Auction to a record amount raised totaling \$580,584. The 31 teams and team captains were saluted at a banquet held at Patrick's Pub and Eatery in late December.

Team captains An-

drea Morin and Jason Bourdeau of the Winnepesaukee Diving Ducks received the Feeding Families Award, collecting 9,912 food items for items for the local food pantry. "This year we got our students at Elm Street School involved, and they really had fun being part of the effort," explained ESS teacher Morin.

Becky Reposa, Jami Bourdeau, Stacy Trites and Kristi Maciejewski of the MVSBBartstool Bankers took the award for outstanding participation. This award is computed by the Pub Mania referees keeping eye on all the teams efforts during the 24 hours as participants are invited to take part in a variety of activities, such as lip sync, karaoke, talent, arts and crafts and more. "We are so grateful for the opportunity to be part of this amazing event to benefit the children and families

in our communities," said Trites.

Last but not least is the Top Dollar award, presented to the team raising the most money. This year, the Laconia HD Iron Butts, captained by Will and Kathy Swart, Anna McCormick and Lyndsey Cole were the top team with \$31,778 turned in.

"We're so thankful for the support of our staff, customers and our Harley Owners Group members," said Will Swart, General Manager. "They have gone the extra mile in our 2018 fundraising efforts and participation in the event. Additionally, a special shout out to Anne and Steve Deli, owners of Laconia Harley Davidson. Their support of our team, and fundraising efforts, help to make this all possible. This is an incredible way for us to give back to the community as SEE PUB MANIA, PAGE A5

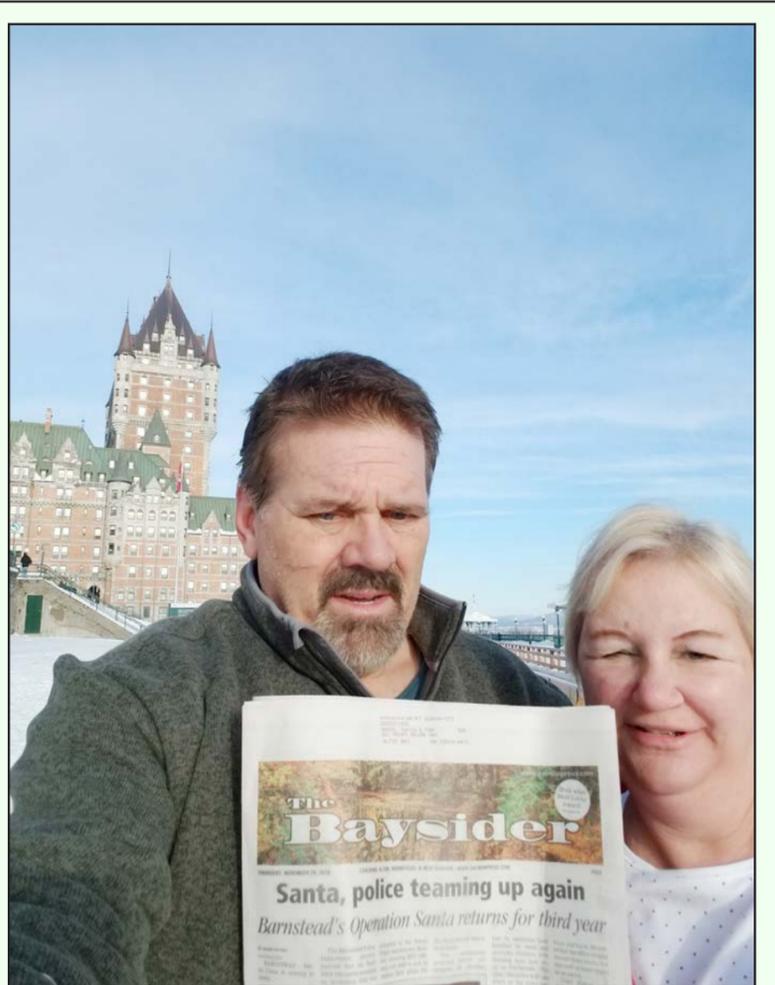
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COURTESY PHOTO

### North of the border

David and Pam Anson of Alton pose with The Baysider in front of Chateau Frontenac in Vieux Quebec City. If you have a photo of you and The Baysider in a unique location, send the photo and pertinent information to baysider@salmonpress.news.

# Help find Alton Central's new mascot

ALTON — Recently, the Alton School Board voted to retire the Alton Central School Mascot “The Apache” and explore replacing it with one that is embraced by both students and the community in the ever-changing and diverse

society. The board is seeking community members to serve on two different committees that will take a leading role in this change process.

The first committee will be responsible for acknowledging and

commemorating the history of the “Alton Apache” and the role it played in the community. The group will brainstorm and develop ways to honor the past and connect the students to the “Apache Pride.”

The second commit-

tee will be charged with determining a new mascot for the Alton Central School that will bring new life and connection to the K-8 student community and the community-at-large.

If you are interested in serving on one

of these committees, please go to <https://www.surveymonkey.com/r/M6TRY8X> no later than Jan. 4. The link for the survey can also be found on the ACS homepage under the “Front and Center” tab at [www.myacs.org](http://www.myacs.org).

Their goal is to have broad cohort representation; committee invitations for membership will be sent by Jan. 7. The first meeting will be held at the Alton Central School Library on Tuesday, Jan. 15, at 6 p.m.

# Lawsuit seeks access to AG’s list of law enforcement officers with credibility issues

BY MELLISA SEAMANS  
Contributing Writer

REGION — Several news organizations and the American Civil Liberties Union of New Hampshire have jointly filed suit to gain full access to the New Hampshire Attorney General’s Exculpatory Evidence Schedule (EES).

The Schedule, commonly referred to as the Laurie List, is a list of about 170 current and former law enforcement officers statewide with credibility issues, and who may not be appropriate to testify in criminal trials. After departmental investigations determine that an officer has harmed their credibility by committing a crime, lying,

or other inappropriate actions such as use of excessive force, it is up to their police chief to place them on the “Laurie List.” The AG’s Office has refused previous requests to make the officer’s names public, arguing the issue that caused the officer to be placed on the list is part of the officer’s confidential personnel file.

New Hampshire Attorney General Gordon MacDonald issued a memo back on April 30 to all law enforcement agencies updating the guidelines for placing an officer on the list. The update clarifies how an officer can appeal being added to the list and how to have their name removed. The AG Office will re-

move names when notified by the police chief that accusations against the officer are unfounded, not sustained or the officer was exonerated. Prior to changes in the procedure, officers could be added to the list while they were under departmental investigation. Now their names are not added until the investigation is complete, but they are expected to self-report to prosecutors if called to testify that they are under investigation.

New Hampshire Governor Chris Sununu celebrated the changes in an April 30 statement, saying, “The new guidance being issued today represents a major step in restoring full due process for our men and women in law enforcement. Our men and women in law enforce-

ment put their lives on the line every day. They protect each of us. They protect our families. And they protect our most basic rights.

“It is time that we do our part in protecting theirs. In these challenging times, with our state in the midst of an opioid crisis, we must give law enforcement every tool possible to aid in their efforts. And more importantly, we must ensure that law enforcement know that they have our support. That is what today is all about. Everyone agrees that bad cops should be taken off the street. But our men and women in law enforcement deserve the benefit of the doubt, and they deserve the same robust due process protections as any criminal defendant would have in court.

Today’s new guidance from the Attorney General will ensure that each and every officer has clear due process rights that they can rely on.”

The Laurie List is named for a 1993 New Hampshire Supreme Court case, State of New Hampshire versus Carl Laurie, which states that prosecutors have to disclose to defendants any known credibility problems related to officers set to testify against them. Laurie was convicted of murdering Lucien Fogg in his Franklin home in the early 1990s. That conviction was overturned in 1995 because prosecutors allowed a police detective who had been disciplined for dishonesty to give key testimony in the trial. Since the case, prosecutors are required to disclose credibility issues to the defense. The name of the list was changed in 2017 to EES.

In an ACLU-NH blog post, Legal Director Gilles Bissonette and legal intern Allison Schwartz argue that, “As police officers are paid by taxpayer dollars, the public has a right to know about these incidents of misconduct. A police officer’s right to keep their misconduct secret certainly does not out-

weigh a defendant’s right to present a full and robust defense.”

According to Carroll County Attorney Michaela Andruzzi, her office maintains a list of 19 officers who served in law enforcement in Carroll County. She provided the list with officer names redacted. Five are Carroll County House of Corrections officers no longer employed by the county whose “date of incident” falls between 2014 and 2017. There are three former and one current Conway Police officers with noted “credibility issues” stemming from 2011-14. There are four former Carroll County Sheriff’s Department officers on the list, all noted as “credibility” with incident dates from 2006-2017. Rounding out the list are the New Hampshire Division of Fire Safety (2015), Wakefield Police (no date or category listed), Ossipee Police Department (Sept. 18, 2018-credibility-no longer employed), Moultonborough Police Department (Oct. 2, 2018-criminal conduct-no longer employed), and an unnamed department (March 29, 2016-derelection of duty, credibility-no longer employed). Andruzzi noted that the one department name was redacted because of the small size of the department making it easy to identify the officer. Also, she pointed out, an officer may have their name added to the list for “criminal conduct” but that does not necessarily mean their conduct was job-related.

The case to make the EES open for public disclosure is making its way through Hillsborough County Superior Court.



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# LCHIP grant conserves land on Tumbledown Dick Mountain

**BROOKFIELD** — Moose Mountains Regional Greenways (MMRG) has been awarded a 2018 New Hampshire Land and Community Heritage Investment Program (LCHIP) grant to conserve 320 acres on Tumbledown Dick Mountain in Brookfield.

On Dec. 7, staff and board from MMRG traveled to Concord to receive the LCHIP award for the Snow Family Conservation Easement, where they were joined by landowner Stephen Snow. The awards were distributed by LCHIP Director Dijit Taylor, LCHIP board member Amanda Merrill and Governor Chris Sununu. In an introductory presentation, the governor highlighted how LCHIP grants enable New Hampshire to preserve the state's historic and conservation assets that enhance the lives of residents and the experience of visitors.

After the event, Snow was beaming because of the recognition from many for his focus on conservation. MMRG Executive Director Patti Connaughton-Burns expressed her delight with the award and noted how



**PICTURED (l to r) at the 2018 LCHIP Awards:** NH State Rep. Dr. William Marsh (Carroll County District 8); LCHIP Natural Resource Specialist Paula Bellemore; landowner Stephen Snow; LCHIP Executive Director Dijit Taylor; MMRG Educational Outreach Coordinator Kari Lygren; NH Governor Chris Sununu; MMRG Executive Director Patti Connaughton-Burns; MMRG board treasurer Ian Whitmore, MMRG board member Kam Damtoft.

competitive the process was, saying, "We learned early on that the number of worthy projects far exceeded the available LCHIP funds in 2018, but we moved forward with the application knowing that this project was an excellent example of LCHIP's values and goals." The Snow Family Conservation Easement was one of 42 projects across the state that received LCHIP awards totaling \$4 million in 2018.

For more than 20 years, Snow has managed his 320 acres of working forest with an eye towards its economic and ecologic enhancement. With partial funding from NH Fish and Game (NHFG), he created 12 acres of meadow habitat for wildlife and is working to convert another 20 acres. He has implemented creative and calculated timber-stand management techniques to nurture today's pro-

ductive forest out of a historic clear cut. He recently completed a loop trail to enhance the hiking experience along woods roads that will be forever open to public access for non-motorized and low-impact recreation and hunting, in accordance with LCHIP grant requirements. Snow has also shared his skills by mentoring a next generation of foresters, including his two sons and many high

school students at the Lakes Region Technical Center.

Connaughton-Burns emphasizes that this region benefits economically from the Snow conservation project because the land protects critical lake watersheds of the pristine Kingswood Lake and Lake Wentworth. The working forest also provides tax revenues to the town of Brookfield. Furthermore, MMRG's Conservation Action Plan maps the property within its Priority 1 Greenway that provides a safe corridor for wildlife movement and as Tier 1 for multiple overlapping Conservation Values. NHFG's Wildlife Action Plan maps the land as top tier for wildlife habitat and The Nature Conser-

vancy's Climate Change Resilience project rates the land as "above average for resilience and connectedness", with 90 acres rated "far above average for connectedness."

In addition to the LCHIP grant, the NH State Conservation Committee recently awarded the project a \$20,000 Moose Plate Grant. Eighty-three private donors have also generously contributed to the project, which is currently just 10 percent shy of the fundraising goal. Donations to help conserve the Snow Family Conservation Area on Tumbledown Dick may be made online at [www.mmrg.info](http://www.mmrg.info) or by mail to MMRG, PO Box 191 Union, NH 03887.

## Blood drive planned in Alton

**REGION** — Emergencies don't take a holiday. The American Red Cross urgently needs blood and platelet donors to make an appointment now to give and help ensure patients can get the treatment they need at a moment's notice.

In Alton, there will be a blood drive on Jan. 10 from 1 to 6 p.m. at St. Katharine Drexel Church on Hidden Springs Road.

Simply download the American Red Cross Blood Donor App, visit [RedCrossBlood.org](http://RedCrossBlood.org) or call 1-800-RED CROSS

(1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age

and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) or use the Blood Donor App.

The American Red Cross shelters, feeds

and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [RedCross.org](http://RedCross.org) or [CruzRojaAmericana.org](http://CruzRojaAmericana.org), or visit us on Twitter at @RedCross.

## Hammond to exhibit works at Tilton gallery

**TILTON** — "I paint a lot more than just humorous and satirical images of pigs," says Duane Hammond, creator of 'Pigs in a Poke', a very funny collection of pastel paintings featuring pigs engaged in human-like activities and situations.

His artistic talent goes far beyond a focus on pigs, which also includes fine art paintings in both watercolors and soft pastels of seascapes, landscapes and cityscapes, plus a variety of other subjects. In 2018, he's received a 'Best of Show' and a 'First Place' award at the Lakes Region Artists Association annual show, and a 'First Place' award from



**AWARD winning nationally recognized artist Duane Hammond, Alton, was selected as 'Artist of the Month' and will be exhibiting many examples of his paintings at the Lakes Region Artists Association Gallery, Tilton during January.**

the NH Pastel Society annual show. Examples of his work were published in numerous publications and a feature article in 'The Pastel

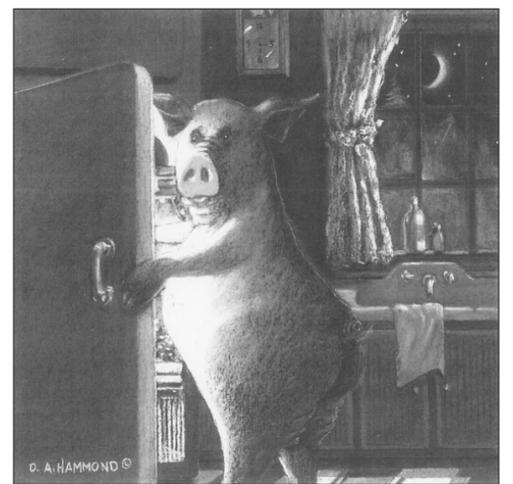
Journal,' a nationally distributed magazine. Hammond's paintings of pigs was also a segment on ABC's, Channel 9, Chronicle. Hammond

is a graduate from the Museum School of Fine Arts, Boston with a degree in Graphic Design. His 'Body of Work' exhibit at the Lakes Region Artists Association Gallery, 120 Laconia Road, Tilton, opens Jan. 3 until Feb. 1, Thursday-Sunday 10 a.m.- 6 p.m.

A special 'meet the artist' reception at the gallery, is Jan. 19, 2-5 p.m. Light refreshments served. Public is invited. For information, contact LRAA Gallery at 998-0029.

### PIG OF THE WEEK by D.A. Hammond

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# Opinion

SECTION A, PAGE 4

THE BAYSIDER, THURSDAY, JANUARY 3, 2019

## Another year begins

Here we go again, another year has begun and The Baysider will once again do its best to provide you with coverage of local news and events. We know that there's a lot of stuff we can't get to and we know that there are mistakes that happen along the way, but we will continue to do cover everything we can and provide that coverage each week. We urge anyone with concerns or questions to please be in touch at [baysider@salmonpress.news](mailto:baysider@salmonpress.news) or 279-4516, ext. 155. We try to respond to each and every e-mail and phone call to let you know that we have received the communication. As a note, e-mail is the best way to reach us. And as a new year begins, the Baysider is excited to continue to serve the communities of Alton, Barnstead and New Durham.

So, we thought we'd offer up our wishes for the new year for the local community.

First and foremost, we wish that all of our readers will have a safe 2018. Keeping family safe is always one of those things that surely everyone wishes for in the new year. We hope our readers are all safe as we head into 2018.

We also send out best wishes for a profitable year for the many local businesses out there that help to support our paper. Advertising is the cog that drives the newspaper business and without the sponsors that buy space each week, we would not be able to provide the news for the community. We hope that all these businesses continue to have good years and that local residents throw their support behind these businesses.

We also wish nothing but plenty of good stories for our team of contributing writers. Our writers do a fantastic job of covering everything that they can get to in the local communities and we thank them for their hard work over the course of the year and we look forward to more stories about the local communities in the coming year.

We wish nothing but the best for the local public officials as they set out on the busy budget season. This is always a busy time and we appreciate the hard work that the local officials do in helping the towns move forward.

This time of year can be challenging in a lot of ways. Many people set goals at the start of the year and they set out to reach those goals with good intentions. Not everyone reaches those goals, but the important thing in our mind, is to have an idea of what you want to accomplish and to work toward it. It's not the end of the world if you don't reach your ultimate goal, but if you set a goal, at least make an effort to work toward it. If you take those first steps, you never know what might happen.

We urge everyone to set some attainable goals for the new year and we wish everyone a safe and happy 2019.



COURTESY PHOTO

### Workout

Pre-schoolers hit the New Durham Public Library for Gym Dandy Day during the holiday break, making good use of the various pieces of equipment on hand. Much of the apparatus has been provided by the Friends of the Library. Adult workouts will transpire during a new Tai Chi series, beginning Wednesday, Jan. 23, at noon.

## Letters to the Editor

### Being a good citizen

To the Editor:

Of the United States [All of us American citizens] in order to form a more perfect union [that means working together toward common goals], establish justice [from amnesty to high crimes and misdemeanors], insure domestic tranquility [no more unrest, distrust, hatred and violence], provide for the common defense [to protect the U.S. against threats to our democracy], promote the general welfare [raise the poverty level, support public education, protect affordable healthcare and protect our environment], and secure the blessings of liberty to ourselves [one citizen=one vote and our 'freedom of speech'], and our posterity [future generations], do ordain and

establish this Constitution for the United States of America."

The USA is and always will be a country "of the people [we must continue to elect representatives to the Congress that represent our views and have our best interests in mind and hold them accountable], by the people [we must exercise our right to vote and to free speech] and for the people [that means all of us]."

[Brackets] are my interpretation of the preamble to the US Constitution. We must honor this document by being good citizens.

Thank you for your consideration

Sandra Burt  
Barnstead

## Pet of the Week

LACONIA — Staying at the New Hampshire Humane Society since July, Feldman has been waiting patiently for his human kindreds to come and take him home. Like his namesake, Feldman is not outrageous, not undisciplined, but he is deeply loving, snuggly and an active investigator. He's a four-year-old mixed breed and his markings bring forth reminders

of Daniel Striped Tiger from Mr. Rogers fame. He is a bit stereotypical when it comes to dogs. Not a fan. Because of his having feline leukemia, he cannot be in a home with other cats. Come and meet and talk with this gorgeous guy who has a lot to say, many stories to tell and lots of love to give. You won't regret discovering that he belongs in your home.



## Auditions for Shrek: The Musical Jan. 27 in Gilford

GILFORD — It's a tale as old as time. An ogre who wants his land back, a beautiful princess looking to be rescued by her Prince Charming, a Lord who appears to be a bit

short-tempered, many beloved fairytale characters, a feisty dragon and a donkey who just doesn't stop talking. Based on the Oscar-winning DreamWorks mov-

ie, the musical brings new life to everyone's favorite green ogre. This zany and entertaining musical is fun for the entire family.

The Streetcar Company, the Lakes Region's longest running community theater group, is excited to announce open auditions for "Shrek: The Musical" on Jan. 27 at the First United Methodist Church in Gilford from 4 to 9 p.m. (4 p.m.: ages 8-13, 7 p.m.: ages 14 and up.)

The large cast contains roles for individuals ages eight to 80. There are, however, very limited roles for ages eight to 10. In preparation for auditions, the show's director, J Alward, stated you will need to sing one verse of a song from a musical (no pop music), bring sheet music for the accompanist to play, be prepared to dance and potentially do a cold read for speaking parts.

Show dates are April 26, 27 and 28 at Inter-Lakes High School auditorium. Rehears-

als are Sundays 3-5 p.m. and 7-9:30 p.m., Mondays 7-9:30 p.m. and Thursdays 7-9:30 p.m. at the First United Methodist Church. Those cast in the production must be able to commit to all production week rehearsals, April 21-25, 6-10 p.m. Cast members will be asked to pay a nominal membership/production fee that will cover dues, insurance and several production expenses.

It truly takes a community to stage a production of this size. Lots of hands and help behind the scenes are needed as well. Anyone interested in volunteering to work on set construction, costumes, lights, hair and makeup, etc., are asked to contact the producer, Raelyn Cottrell, [angels1@metrocast.net](mailto:angels1@metrocast.net) or come to the auditions.

For additional information, "like" The Streetcar Company on Facebook, contact the producer or view the company web site at [www.streetcarcompany.com](http://www.streetcarcompany.com).



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### Meeting Notice Town of New Durham, NH FY 2019 Budget Public Hearing

Notice is hereby given that the New Durham Budget Committee & New Durham Select Board, pursuant to RSA 32:5 I & V; RSA 40:13 II (a) (c) will hold a Public Hearing at 7:00 p.m.

On the proposed 2019 Fiscal Year Town Budget (January 1 through December 31, 2019) at

New Durham Community Room  
6 Main Street  
New Durham, NH 03855

On Wednesday, January 9, 2019

In the event of inclement weather necessitating the cancellation of the planned hearing, or a second hearing it will be held on Thursday, January 10, 2019 at the same time and place.

Posted this 20th day of December, 2018  
/s/ Scott Kinmond, Town Administrator

**CLUTTER**

(continued from Page A1)  
was happy to have her problem diagnosed as a mental disorder. "My mind was so chaotic I couldn't function well."

Then she came upon an article describing the "Buried in Treasures" program, a support group centered on a workbook. "I knew it was what I needed because it addressed questions I had and it described symptoms I related to."

The key points of being buried in treasures are the excessive acquisition of possessions, difficulty in ridding yourself of possessions, and difficulty keeping those possessions organized.

Estee saw herself in the description. "Things were everywhere with no rhyme or reason. When I tried to organize, I couldn't make a decision about where something should go."

Unfortunately, the course was in a city an hour and a half from home. "I could have read the book just on my own," she said, "but I chose to attend the support group. I knew having people around me who have experienced similar hardships would be instrumental in my recovery."

After reviewing the book, Estee said she was "thrilled" how it understood her. "It answered questions for me."

Going in to the first session, she wondered if it was going to be "hokey" or if it would be good. "Within the first hour, it addressed everything I was struggling with. The people there were saying the same things I was going through."

The program was 16 weeks, but Estee was grateful for the lengthy time commitment. "This wasn't going to be a TV episode where all of my stuff was there one day and gone the next because of an intervention. I knew they were going to work on me and not on my stuff."

And it has helped. "I obtained skills and tools from the workbook to help me process the emotional, physical and mental challenges I was facing," she said. "Now I am able to make calculated decisions and am less anxious about discarding things."

There are a host of positive results and

those come from learning new habits. "I'm creating living spaces I can use for what they were intended for."

Estee reports that the workshops taught her how to reduce acquiring, "because picking up things is a habit," and lessen her impulse buying.

"I never thought that the joy and the peace I have from living calmly and being more in control would outweigh the thrill and fun of getting the next deal. I have learned that even if something is free or a bargain, it still comes with a price."

Learning to dig out from under treasures is a "success story in progress." Estee said statistics indicate 73 percent of participants are much or very much improved by the end of the program, but she would put the number even higher.

"The people have bonded and fed off everyone else's success. The group is still going because participants want the accountability and bonds."

Estee said participants learn to make cleaning up a priority. "We spend more time on it, but unless you are retired it will take time to get through your whole house."

Going through the program was definitely life changing for her. "I

have the tools now to make decisions and I'm taking the time to work on the problem. You're going to get out of it what you put into it."

Because her new outlook and capabilities are so profound, she has felt a desire to share. "I was so thankful for the generosity of the person who led our group that I wanted to pay that forward. So here I am, to help others dig their way out of chaos and clutter."

To become a facilitator of a group, Estee attended a three-day workshop in Vermont led by the author of the facilitators' guide. The classes covered working with people with a variety of problems, how to teach, and developing empathy, which Estee has plenty of.

She said she is hoping to help more people stop being burdened by belongings. "Even just one person being as free as I am now would be worth it."

True to her word, she has already scheduled a Buried in Treasures class at the library in her town. She calls it an action-oriented self-help support group. "I'm in the group with you," she said. "I'm just guiding the conversation."

The course is at the New Durham Public Library, meeting from 10 a.m. until noon on Mondays, beginning

Jan. 14 and running through April 29. Estee is extending an invitation to residents of Rochester, Farmington, Barnstead, Pittsfield, Alton and Wolfeboro to attend.

She noted, however, that there is a big difference between being messy and having a true disorder or problem that is interfering with your life. "If the clutter has stopped you in your tracks, you're the person I'm looking for," she said. "You're the one who will get something out of this program."

The class itself is free with a participant's 16-week commitment. A copy of the workbook is required, which can be purchased in class for \$16 or on a person's own through bookstores. No prior reading of the book is required.

To register for the class and discuss your own situation, call Estee at 859-0280.

"You just make a few changes and you see the results," Estee said of her changed life. "Even simply cleaning out your medicine cabinet is a tiny success. I see why I was hanging on to stuff and why I don't need to anymore. This program unclicked a lot of things in my brain. I had all of these things I was getting stuck on, and now I have the key to turn."

**Renowned artist to teach in Tilton**



COURTESY PHOTO

**EDNA GREENFIELD, an accomplished and successful watercolorist will teach watercolor painting at the Lakes Region Artists Association Gallery, Tilton. Course is open to beginners and intermediate students.**

TILTON — Renowned watercolor artist Edna Greenfield will teach a six-week course in watercolor painting, 1 to 3 p.m. every Tuesday beginning Jan. 8, until Feb. 12, at the Lakes Region Artists Gallery, 120 Laconia Road, (Tanger Outlet), Tilton. Her class is limited to eight students and will focus on 'The Building Blocks of Watercolor Painting and Techniques.' Her course is open to both beginners and intermediate students of all

ages. Greenfield has over 27 years of experience painting in both oils, and her preferred medium, watercolors. She's exhibited her work in a museum, given workshops, taught and instructed on how to paint to numerous students. To register and for a list of supplies needed and cost for the course, contact Greenfield at 254-8864 or visit the Lakes Region Artists Association Gallery, Thursday-Sunday, 10 a.m.-6 p.m. to sign up.

**PUB MANIA**

(continued from Page A1)

we are looking forward to Pub Mania 2019."

Each of the 31 teams that make up Pub Mania has one or more captains that build a team of 24 people, one for each hour of the event.

"The team captains are the backbone of this event," says Patrick's co-owner Allan Beetle. "They inspire others to participate and fundraise to help kids here in the greater Lakes Region of New Hampshire. These awards are a lot of fun and help to create a healthy competition amongst some of the teams."

One hundred percent of the funds pass directly to the Children's Auction for distribution to the community. Proceeds from the Greater Lakes Region Children's Auction are used for chil-

dren's basic needs, including food, clothing and shelter as well as for programs and or-



COURTESY PHOTO

**THE 2018 Pub Mania Team Captain Award winners, front (l to r), Will Swart, Lyndsey Cole, Kathy Swart (Anna McCormick missing) of Laconia HD Iron Butts (Top Dollar Award), Andrea Morin and Jason Bourdeau of WYC Diving Ducks (Feeding Families Award) and Stacy Trites (Becky Reposa, Jami Bourdeau and Kristi Maciejewski missing) of MVS Barstool Bankers (Outstanding Participation Award). Pub Mania Referees Shawn and Jennifer Bailey and Allan and Jennifer Beetle in back row.**

ganizations that work to improve the lives of children and mitigate the need for these ser-

vices.

For more information, visit [www.patrickspub.com/](http://www.patrickspub.com/)

pubmania or for the Children's Auction visit [www.childrensauction.com](http://www.childrensauction.com).

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## OBITUARIES

### Stephen A. Bohmiller New Durham volunteer

LOUDON — Stephen A. Bohmiller, 55, passed peacefully in his home in Loudon on Thursday Dec. 13. He was born Feb. 11, 1963 and was raised by Earl and Priscilla Tucker. Steve graduated from Plymouth Carver High School, Class of 1982. He later served his country in the United States Air Force from 1982 to 1986. In 1992, he married Lorie Watson and they had two wonderful children together.

Steve worked as a corrections officer at the Carroll County Department of Corrections, Ossipee for more than 20 years. He had a love for NASCAR while working for the New Hampshire Motor Speedway, Loudon, which wasn't just a job, but was a passion. Steve was a well-known volunteer for the town of New Durham, where he

raised his children.

Steve is survived by his mother, Priscilla; his sons, Justin and his wife Ashley and Timothy; as well as his sisters, Liesa and Heidi; his brother, Freddy; also his one and only granddaughter, Clarissa, many nieces and nephews.

Steve is preceded in death by his wife, Lorie Watson Bohmiller, and stepfather Earl.

Calling hours were held on Sunday, Dec. 30, at Lord Funeral Home in Wolfeboro.

A celebration of life was held immediately after at the Masonic Temple on Trotting Track Road in Wolfeboro. Steve will be laid to rest at a later date.

If you wish to express a condolence or leave a fond memory, please visit [www.lordfuneral-home.com](http://www.lordfuneral-home.com).

### Lois Crowley Avid horseback rider

NEW DURHAM — Lois Crowley, 67, of New Durham, died Saturday, Dec. 22, at Frisbie Memorial Hospital following an aneurysm.

She was born in Quincy Mass., on June 17, 1951, the daughter of Mary and Francis Crowley.

She is survived by her husband, Mark Sennott of New Durham; brother, Christopher Crowley of Wakefield; niece Jillian and nephew Daniel; family by choice the Shields family of New Durham, and many dear friends. She was an avid horseback rider.

# Mark on the Markets

## Hope or know



BY MARK PATTERSON  
Contributing Writer

We can hope that our retirement money invested in the stock market or mutual funds will do well when we are ready to retire. We can hope that Social Security will be there for us when we are ready to retire. We can hope that we are working with an investment professional who understands the difference between accumulation of assets and distribution as income. We can also hope that our retirement money is being managed cost efficiently and appropriately for our risk tolerance and age. We can hope that our retirement income plan is sustain-

able, will provide steady income and has plenty of liquidity. We can also hope that we have the courage to plan for our retirement income and not bury our heads in the sand hoping that it'll all turn out okay. We can also hope that we do not get ill or die without a will or trust in place.

If you fit the category of people who have put off planning, don't feel bad you are probably in the majority. From 2001 until 2011, the markets went nowhere and had a couple of significant draw-downs, (the lost decade). It is human nature to receive your statement from your broker and just toss it in a drawer unopened during bear markets, because we really don't want to see the damage. Many people do not have life insurance because they don't want to face the fact that they may actually die someday. People can also justify not having life insurance or disability insurance believing that they do not need it any more when in fact,

there passing or disability would create a liquidity issue for their families.

Instead of hoping all these things will be okay; why don't we know that they will be okay? You can find out what your Social Security benefits will be depending on when you take them by going to the Social Security government web site. If your 401(k), 403B or IRA are made up primarily of mutual funds that are really designed for accumulation of assets and not for distribution as steady, sustainable income, you may want to consult with an advisor that can show you how to get predictable sustainable income from those investments. Make sure that your assets are also liquid to the extent that you may need money for emergencies. You should mitigate market, credit and interest rate risk with your income plan. The equity markets have been good the last nine years, so it is easy to become complacent and risk your re-

tirement money in the equity markets. Don't rely on the equity markets for your retirement income. The equity markets are more a growth vehicle than an income producing vehicle.

There's a humorous commercial on TV that shows a husband and wife doing every conceivable chore in the house or yard to avoid retirement planning. Across the street sit their neighbors with an insurance salesman who flips around his laptop saying they your retirement plan is all done. Both, in my opinion, are exaggerations. An insurance product alone is not going to solve your retirement planning needs.

Take the time and muster up the courage to look at a retirement plan that is sustainable, steady and design for predictable, sustainable income plus growth.

Mark Patterson is an advisor with MHP Asset Management and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com)

# Financial Peace University coming to Barnstead church

BARNSTEAD — Do you have outstanding credit card debt and can't seem to get it paid off? Do you not have a written budget that shows where all of your expenses and money are going to every month?

If you answered yes to one or both of these questions and you are tired of not managing your mon-

ey in a way that you know you should, then please join the Dave Ramsey's Financial Peace University (FPU) classes that will teach you how to get out of debt and manage your money so that you can begin to experience financial peace.

The nine-week course starts on Wednesday, Jan. 30, at Center Barn-

stead Christian Church from 6 to 7:30 p.m. At the end of the nine weeks you will have a rock solid plan on how to manage your money, and be on the road to real true financial peace. If you have a child that is currently in the Center Barnstead Christian Church Kids For Christ Program, you will re-

ceive a 20 percent discount on the cost of this world class training.

Cost for the course includes all the materials you will need.

Time is short and seats are filling up quickly. To sign up, please call 496-0848 and speak with or leave a message with any questions for Dan Ward.

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**How to Submit Obituaries & Announcements To Salmon Press Publications**

Obituaries and Announcements of special events such as weddings, engagements, and anniversaries are published FREE OF CHARGE in any/all Salmon Press newspapers.

Obituaries can be sent to: [obituaries@salmonpress.com](mailto:obituaries@salmonpress.com)

Wedding, engagement, and anniversary announcements are welcome at: [weddings@salmonpress.com](mailto:weddings@salmonpress.com)

Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor  
Brendan Berube at (603) 279-4516, ext. 111  
with any questions regarding the submission process.

**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](http://www.Ready.gov/blackouts)

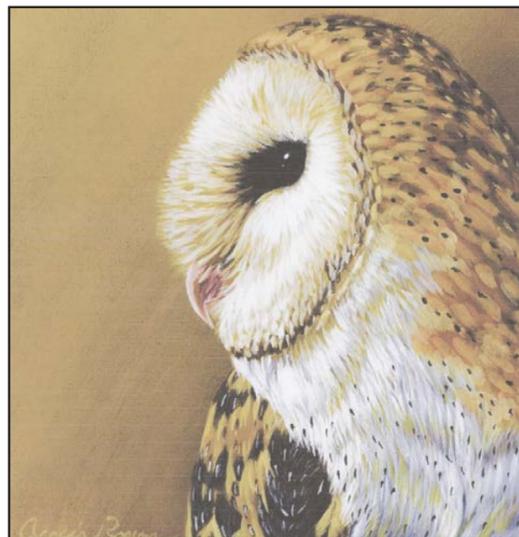
Who to Call → Where to Meet → What to Pack

**Ready**

# Acrylics class at Lakes Region Artists Association Gallery

TILTON — "Painting in acrylics is not only easy, it's also a lot of fun, even for those who believe they don't have any talent or artistic skills," said Acacia Rogers, who'll be teaching a six-week course in acrylic paint-

ing, a course designed for beginners and intermediate artists. The classes will be held at the Lakes Region Artists Association Gallery (LRAA), 120 Laconia Road (Tanger Outlets) suite 132, Tilton, on every Saturday,



COURTESY PHOTO

ACRYLIC painting by artist Acacia Rogers, who will be teaching a six-week course on how to paint in acrylics at the Lakes Region Artists Association Gallery beginning Jan. 12.

beginning Jan. 12, until Feb. 16, 11 a.m.-2 p.m. The course will focus on learning about pigments, the differences between paint brands, types of materials needed, color mixing and on how to create and complete a beautiful acrylic painting to be proud of. To sign up and for a list of materials to bring and cost for the course, contact: [AcaciaRogersArt@gmail.com](mailto:AcaciaRogersArt@gmail.com) or visit the LRAA Gallery, Thursday-Sunday 10 a.m.-6 p.m. to register.

Rogers is a self-taught accomplished artist who for the past 10 years has dedicated her attention to working in a variety of mediums. Her inspiration comes from mostly nature and the natural world particularly animals and wildlife.

Currently her work is on display at the Ceres Gallery, Portsmouth. She is an active member and Vice President of the Lakes Region Artists Association. Visit: [AcaciaRogers.wix.com/Artist](http://AcaciaRogers.wix.com/Artist).

**Church Service SCHEDULE**

**8 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, 473-8914. For more information, please visit [abundant-harvestnh.org](http://abundant-harvestnh.org) or e-mail [ahf@faith.com](mailto:ahf@faith.com).

**ALTON BAY CHRISTIAN CONFERENCE CENTER**  
Sundays throughout the summer 10am-6:30pm; Tues-Thurs 9am; 875-6161.

**BEFREE COMMUNITY CHURCH, ALTON**  
Alton-9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, [www.befreechurch.net](http://www.befreechurch.net).

**CENTER BARNSTEAD CHRISTIAN CHURCH**  
Morning Service 10:00 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 Goeber. 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. Hall. 875-5561.  
Sunday Worship Service 8:00am  
Alton Bay Barnstead 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., Center Barnstead.  
Pastor Nancy Talbot. 776-1820.  
[ccnorthbarnstead.com](http://ccnorthbarnstead.com)

**FIRST CONGREGATIONAL CHURCH UCC FARMINGTON**  
Worship Services 10:00 A.M.  
Sunday School 10:15 AM  
400 Main Street  
Farmington, NH 02835  
Pastor Kent Schneider 755-4816  
[www.farmingtonucc.org](http://www.farmingtonucc.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 Nason.

**PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.**  
Sun. School 9:45am; Church 11am; Evening Service 6pm;  
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

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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](http://www.ststephenspittsfield.com)

**UNITARIAN UNIVERSALIST SOCIETY OF LACONIA**  
Sunday Services and religious education 10:00 a.m.  
All are welcome.  
172 Pleasant St. Laconia • 524 6488 • [uusl.org](http://uusl.org)

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



# For most of us, a life is not so well-planned

The advent of a new year is supposed to be a time of reflection and hope, a time to generate the “best of” or “biggest of” or “most important of” stories in my business - the news business - or to make a wish list for the next 12 months. This is not easy when your first thought is “Wait, what happened to 2018?”

About 50 years ago I was pushing lumber around one afternoon at the Lorden Lumber Company in Milford. I worked in the planing mill, where rough boards were turned into the smooth stuff people buy.

My job was to stand next to Vern Hall, the grader, and double up pieces to make takeaway easier for the guys down the line, and scoot away any pieces Vern marked for cutoff. In this event, I had to yank the piece over to a swing-saw and cut off an inferior end to bump the piece up a grade or two.

+++++

Charlie Long ran the planer, a deafening machine the size of a four-door sedan. On this day, he had hit a copper-jacketed bullet in a rough plank, and had to shut down and take out the dulled knives (which

## NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN

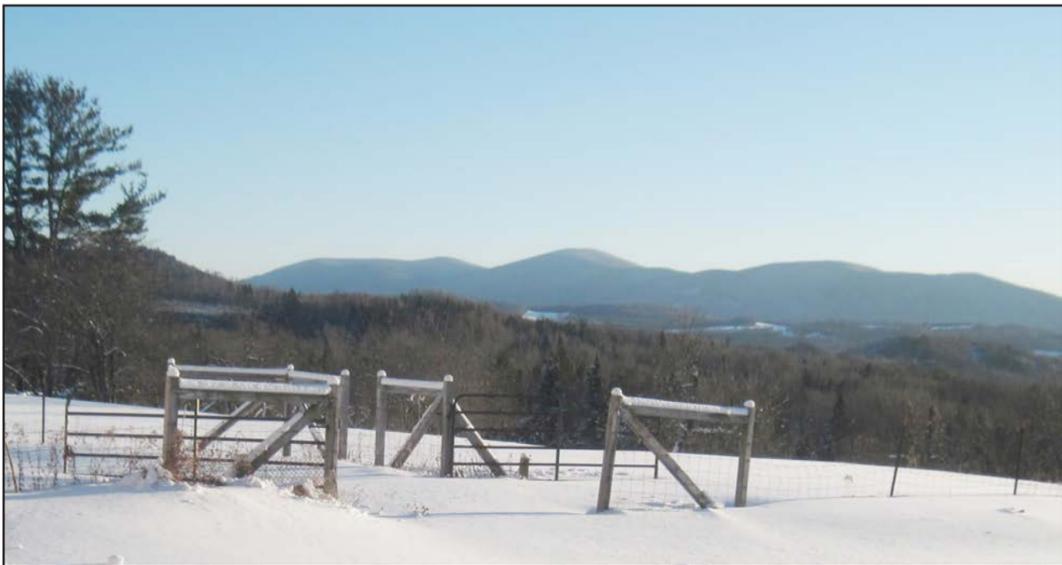


most people would call blades) while he put new knives in.

In all the sawmills and planing mills I ever visited, by the way, operators kept cigar boxes and shoeboxes and the like containing odd things they'd hit. Charlie had a shoebox, which after I got to know him he “shared” with me, as people now so like to say. If Charlie were still around to hear this “share” business, I think, he would throw up.

In Charlie's boxes were copper-jacketed bullets, musket balls (old ones too, the real deal), barbed wire, nails, telegraph wire, baling wire, many a post-war arrowhead, and a few pieces of fluted points. Most of the time, he could spot such anomalies in a rough board before he fed it into the planer, because it caused some sort of bump or stain. When he didn't, the knives got gouged and he had to shut down.

Changing knives took about an hour, and this being a lumber yard and manufacturing line where no time was ever wasted, the entire plan-



JOHN HARRIGAN

**IN MUCH of New Hampshire, away from the interstates, “Keep Out” signs are still a rarity, and the land is open to all on foot.**

ing mill crew was sent out into the yard to tear down stickered lumber. This meant tearing down stacks of lumber that had been drying on thin sticks of wood between layers, and making a pile suitable for the front end of Charlie's machine.

+++++

On this day it was around 20 below. This was back in the days when “wind chill” was not for public consumption. Twenty below meant 20 below.

I'd been out there pushing lumber around for half an hour when I had an inspiration: (a) I didn't want to spend another winter not knowing when I'd have to go out into the freezing cold to push lumber around, (b) I did not want to spend the rest of my life dealing with a never-ending stream of lumber, and therefore (c) I was going to come down with a cold the next day, and spend it pounding around Nashua looking for any inside job I could get.

My last stop turned

out to be the Nashua Telegraph. I had no newspaper experience whatsoever, no college degree (first-year dropout), and couldn't even type. But the Telegraph needed a darkroom trainee. The darkroom was just off the newsroom. I was in.

++++

What moves people to do what they do? On television, which I watch only for news and old movies, there are ads for “a well-planned life.” And I'm thinking “Right, when pigs fly.”

Most of us, I think, are tossed and turned about and around and up and down by currents beyond our control, and just fetch up here, and then fetch up there. Ask people you've only recently met how they started out, and how they wound up where they are today, and you'll get a whale of a story. All you have to do is listen.

My parents, having watched me kick around at bagging groceries, hauling wood, carrying golf bags, dropping out

of college, working at Beecher Falls Factory, and pushing lumber around at Lorden's, never figured me for a job at a newspaper. When I came home one weekend and announced it just before supper, my father almost fell through the floor.

+++++

Today, after many a twist and turn, I'm back in that very same house, still writing and loving it, still loving the very same view.

A couple of guys, one a longtime friend, were working on what began as a small construction job in the house, and during a break started jabbering in some sort of strange tongue, and cuffing each other around. Eventually I recognized the language. “That's TV trash talk,” I kidded. “Cheap stuff. Means nothing.”

Talk turned to life's decisions, and how much money a soul can get. In general, the farther south you go, the better the pay. Both of these guys could dou-

ble their money down around Boston.

What is unofficially known as the Posting Line, where the No Trespassing signs begin to outnumber the acres of open land, is creeping ever northward in New Hampshire. Hunting and fishing friends tell me this. To me the line is around the foot of Winnepesaukee.

“But look at that,” I said, gesturing toward Carleton Hill, and Titus Hill, and the vast country beyond. “You can put your lunch in a pack and draw a bead on a mountaintop and just go, with nary a by your leave to anyone. What's that worth?”

Whereupon we agreed that we were all pretty damned rich, just not the kind of rich you can put in the bank.

*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](mailto:campguyhooligan@gmail.com) or 386 South Hill Road, Colebrook, NH 03576.*

## Democrats will meet on Monday in Gilmanton

**GILMANTON** — Local Democrats and left-leaning Independents are invited to the meeting of the Tri-Town Democrats of Barnstead, Gilmanton and Alton on Monday, Jan. 7, at 6:30 p.m. Join in to learn what part you can play in 2019 to help the Democratic process.

These monthly meetings give you the opportunity to learn about local and state political issues and how you can participate in making a difference. You will share the evening with like-minded individuals, and have the chance to express your opinions and experi-

ences.

The guest speakers will be followed by action items and community organizing. This meeting of the Tri-Town Democrats will be held at the Wagner Barn Guest House at 63 French Road in Gilmanton. Come for socializing and potluck any time between 6:15 and 6:30 p.m.

This meeting is open to all residents of Barnstead, Alton and Gilmanton who consider themselves moderate, liberal or progressive Democrats or like-minded Independents. Potluck items to share are encouraged but not required.

## Hospice volunteer training available in Rochester

**ROCHESTER** — Cornerstone VNA, a non-profit home health and hospice organization, is offering a free training for individuals interested in becoming a hospice volunteer. For as little as 2-4 hours per week, volunteers can offer companionship, respite care and their own unique skills to patients and family members in their community. This comprehensive eight-week hospice volunteer training program focuses on how to provide comfort, support and a reassuring presence to hospice patients and their families. No medical or volunteer experience is necessary to make a positive difference. The next training will begin on Wednesday, Jan. 16, from 10 a.m. to 12 p.m. and will take place every

week until March 6 at the Cornerstone VNA office on 178 Farmington Road in Rochester.

Current Cornerstone VNA hospice volunteers recently shared, “Hospice volunteering has been the most rewarding and humbling experience of my life” and “Hospice visiting has shown me how to be present.” Cornerstone VNA invites individuals to be a part of this enriching and meaningful volunteer experience. To register for this training or for more information

about the Hospice Volunteer Program, please contact Nancy Nicolazzo, Hospice Volunteer Coordinator at 994-7041 or [NNicolazzo@cornerstonevna.org](mailto:NNicolazzo@cornerstonevna.org).

Cornerstone VNA is a non-profit home, health and hospice agency currently serving Rockingham, Strafford, Belknap and Carroll Counties in New Hampshire and York County in Maine. The team at Cornerstone VNA provides skilled nursing, rehabilitative therapies, social work as well as volunteer and

support services through five distinct programs, home care, hospice care, palliative care, life care-private duty and community care. For 105 years, Cornerstone VNA has been committed to bringing services to people of all ages so that families can stay together at home, even when facing the challenges of aging, surgical recovery, chronic or life-threatening illnesses or end of life care. To learn more about Cornerstone VNA, visit [www.cornerstonevna.org](http://www.cornerstonevna.org) or call 800-691-1133.

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## Kingswood graduate to sign copies of her book Saturday

**WOLFEBORO** — Local author and poet Autumn Siders will sign her first book, #nofilter at The Country Bookseller in Wolfe-

boro Saturday, Jan. 5, from 11 a.m. to 1 p.m. Life should be lived with no filter and Siders' collection of poetry and short stories exemplifies that idea and more. #nofilter contains work written over the past 15 years about life, love, nature, cats, and diversity. Siders captures the world through the eyes of youth but with the wisdom of an old soul.

Siders is a Kingswood Regional High

School graduate and familiar face at The Country Bookseller for the last 15 years. She has a BA in English from the University of New Hampshire. In addition to #nofilter, she is the lyricist for original ukulele songs on the CD The Little Things and writes for and maintains the blog “But with the Mind.”

For more information or to reserve a copy of the book, please call The Country Bookseller at 569-6030.

# SPORTS

THURSDAY, JANUARY 3, 2019

THE BAYSIDER

SECTION B, PAGE 1

## WHAT'S ON TAP

The new year brings a full slate of games for the local high school teams as regular season action resumes.

The Prospect Mountain boys' hoop team will be hosting Gilford at 6 p.m. on Friday, Jan. 4, and will visit St. Thomas on Tuesday, Jan. 8, at 6:30 p.m.

The Timber Wolf hoop girls will be at Gilford for a 6 p.m. game on Friday, Jan. 4, and will be hosting St. Thomas at 6 p.m. on Tuesday, Jan. 8.

The Prospect Mountain alpine ski team will be competing at Gunstock on Friday, Jan. 4, at 10 a.m. and will be at Mount Sunapee on Tuesday, Jan. 8, at 10 a.m.

The Timber Wolf unified basketball team will be at Oyster River for a 3:45 p.m. game on Monday, Jan. 7.

At Kingswood, the Nordic ski team will open the season at Great Glen today, Jan. 3, at 2:30 p.m. and will be at Proctor Academy at 3 p.m. on Tuesday, Jan. 8.

The Knight hoop girls will be hosting Con-Val at 6 p.m. today, Jan. 3, and will be hosting Plymouth at 6 p.m. on Tuesday, Jan. 8.

The Kingswood boys' hoop team will be hosting Con-Val on Friday, Jan. 4, at 6 p.m. And will be at Plymouth for a 6:30 p.m. game on Tuesday, Jan. 8.

The Kingswood alpine ski team will be at King Pine for a 10:30 a.m. meet on Friday, Jan. 4.

The Knight hockey boys will be hosting Keene on Saturday, Jan. 5, at 2 p.m. and will be at Spaulding on Wednesday, Jan. 9, at 8 p.m.

The Kingswood swim team will be at Portsmouth on Saturday, Jan. 5, at 2 p.m.

The indoor track Knights will be at UNH on Sunday, Jan. 6, at 9 a.m.

The unified basketball Knights will be hosting Somersworth at 4 p.m. on Wednesday, Jan. 9.



JOSHUA SPAULDING  
JOEY VETANZE makes a save during Kingswood's win over Berlin in the first round of the Peter Hall Christmas Classic.



JOSHUA SPAULDING  
DREW SWINERTON pushes the puck forward during action against Berlin on Dec. 26.

## Goodwin, Danais, Vetanze deliver win in tourney opener

BY JOSHUA SPAULDING  
Sports Editor

CONWAY — For the first time in a number of years, the Kingswood hockey boys got the chance to compete in games over the Christmas break, as the Knights traveled to Conway's Ham Arena for the Peter Hall Christmas Classic starting on Wednesday, Dec. 26.

The first game of the tournament for the Knights was against a solid Berlin team and the Knights got a goal in the third period to take the 2-1 win over the Mountaineers.

Colby Clegg got some early scoring opportunities for the Knights but he was unable to connect. Berlin also got a few chances in the zone but Kingswood keeper Joey Vetanze was able to turn away the Berlin bids. Bailey Savage came through with a chance that went wide of the net. Sam Danais also had a shot that was stopped.

Drew Swinerton joined in on the offensive chances with a good bid in close and Danais had another shot go wide of the net. Kolbe Maganzini also had a shot that was denied. Vetanze made a cou-

ple of solid saves in the Kingswood net as well.

The Knights took a penalty with less than two minutes to go in the first period. Clegg had a nice clear and Nick Potenza also turned the puck out of the zone a couple of times. Vetanze also made a nice save and Cole Emerson and Logan McEvoy got in close on a shorthanded bid as the clock ticked down to the end of the first period.

The second period was divided into two halves of 7:30 each, with new ice made at the 'half-time' intermission. Out of the gate in the first half of the period, Cody Emerson had a shot saved for the Knights. Kingswood took a penalty with 4:44 to go in the frame but just nine seconds later, the Mountaineers also took a penalty to make it a four-on-four situation for 1:51. Potenza had a shot from the point that was denied and then made a great defensive play on a Berlin breakaway, lifting the puck carrier's stick from behind to prevent him from getting a shot on Vetanze.

Both penalties were killed off and McEvoy had a bid denied. The Knights got a power

play chance with 25 seconds to go in the period and the game went to the intermission with no score.

The Knights had a power play for the first 1:35 of the second half of the second period and Potenza had a shot denied. Clegg had a bid stopped and Potenza sent the rebound off the post. Cole Emerson also had a shot denied.

Just as the power play ended, the Knights were able to get on the board, as Potenza fired a shot on net and Gavin Goodwin was able to tip

it into the net for the 1-0 lead with 5:52 to go in the second.

Clegg and Maganzini had bids denied before Berlin was able to tie the score with 4:24 to go. Kingswood took a penalty with 3:38 to go but McEvoy had a couple of shorthanded bids denied while Vetanze came through with a couple of solid saves to help kill off the penalty and the game went to the third period with the score tied at one.

Danais was able to get the final goal of the game in the third peri-

od to send the Knights home with the 2-1 win over the Mountaineers to kick off the tournament. The rest of the tournament was played after the early holiday deadlines.

The Knights return to regular season action on Saturday, Jan. 5, hosting Keene for a 2 p.m. game and on Wednesday, Jan. 9, they visit Spaulding for an 8 p.m. game.

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

## Smith, Bellefleur lead local swimmers at UNH

BY JOSHUA SPAULDING  
Sports Editor

DURHAM — The Kingswood and Prospect Mountain swimming teams took to the Swasey Pool at the University of New Hampshire on Dec. 16 for the Icebreaker Invitational.

Prospect Mountain's Trevor Smith was the best swimmer among the local boys, picking up a pair of third place finishes.

In the 200 Free, Smith swam to third overall in 2:06.67, winning his heat, while Kingswood's Jackson Boudman won his heat in 2:32.63 for 14th place overall.

Smith finished third in the 100 Fly with a time of 1:01.81.

In the 100 Back, Boudman swam to a 13th place finish in a time of 1:21.44 with teammate Braden Viands in 16th place in 1:33.54.

Viands also competed in the 50 Free and swam to 42nd place overall with a time of 33.63 seconds.

Sarah Bellefleur led the way for the Kingswood girls, picking up a pair of top-five finishes.

In the 200 IM, Bellefleur swam to a time of 2:30.94 for second place overall. She added a

fifth place finish in the 50 Free, finishing in a time of 27.95 seconds.

In the 100 Free, Lily Stinchfield finished in 13th place in a time of 1:09.42. Abigail Larkin added a 12th place finish in a time of 6:42.26 and also added a 10th place finish in the 100 Back, finishing in a time of 1:12.96.

The next meet is scheduled for Saturday, Jan. 5, at 2 p.m. at Portsmouth High School.

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

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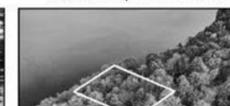
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# Kingswood hockey girls hosting vendor Bingo Friday

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.

## Wolf Pack takes home another curling championship

WOLFEBORO — The Wolf Pack have topped off the Lakes Region Curling Association's most successful season with a flourish as they took the Fall 2018 league championship with an unblemished 8-0 record. The title was the second for the team over the course of the association's three-and-a-half-year history. Members are Eileen Neal, Shirley Alessandroni, Sue Bennett, Denise Cogswell and Joan MaGrath. The quintet emerged from an 11-team field and a roster

of 55 players, the largest to date for the curling association.

The LRCA is currently registering players for its winter 2019 season. Curlers can sign up individually, as couples, or as entire teams of four to six players. The winter season runs from mid-January to mid-March, with matches played Sundays at 5:15 p.m. at Pop Whalen Ice Arena in Wolfeboro. A free and public learn-to-curl session is scheduled for Sunday, Jan. 6, at 5 p.m. No pre-registration



THE WOLF PACK won the Lakes Region Curling Association's recently-concluded season. is required. For more information about the organization's web site at lakecurlingn.org.

## Amy Annis Tournament is Sunday

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.

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## A whole new Olympic experience?

My blog (<https://salmonsportsguy.blogspot.com>) has generally come alive around the Winter Olympics. Or at least when the credential applications and approvals for the Winter Olympics come into play.

However, as we sit in December of 2018, the next Winter Olympics, in Beijing, China in 2022, are a long way away. And the credential process is still more than a year and a half away. However, as of Sunday, there is a new post on the Olympics.

That's because for the first time, I applied for credentials for the Summer Olympics, which will be held in the summer of 2020 in Tokyo, Japan. Having

### SPORTING CHANCE

By JOSHUA SPAULDING



talked to many journalists who've covered multiple Olympics, the summer games not only feature more athletes and more events, but more journalists as well. Going into the process, I was not terribly high on my chances to receive credentials, but I figured just putting my name out there wouldn't be a bad thing and if I didn't get them, that was fine too.

A little more than a month ago I got a call on my phone from Matt Pepin, the Boston Globe Sports Editor. I had the

pleasure of meeting Matt in PyeongChang over the course of the Winter Olympics. He was truly one of the nicest guys you could possibly meet and he helped me make a few connections with local athletes that I wasn't even aware of.

Anyway, Matt was calling to conduct my interview for the credential process. Prior to Sochi, my first Olympic experience in 2014, I was interviewed by a journalist from a newspaper in Buffalo. The idea is that experienced journalists do the interviews and pass along recommendations to the US Olympic Committee, which in turn assigns the credentials to members of the media. I spent some time talking to Matt and explained to him my situation and my plans. I was happy that Matt was my interviewer, since he had seen the work and hours I put in while in Korea and surely could convey that to the powers that be.

At the same time, I also made sure to tell him that I completely understood if I didn't get credentials, since weekly newspapers are low on the list of priority for the credentials. He told me I'd hear by the end of the year.

Sure enough, just last week I received an e-mail from Peggy Manner of the US Olympic Committee, letting me know that the USOC had approved one credential for Salmon Press, meaning if I want it, I can be in Tokyo for the 2020 Summer Olympics.

I am excited for the opportunity, something that's a little bit different. Instead of cold and windy, I have been told

to expect hot and humid in Tokyo in July and August. But at the same time, there are a number of differences to deal with, something I learned when I downloaded the media manuals.

The first two Olympics I attended were in relatively "small" cities but this one will be in a huge metropolis. There will be no media village in which we all live, instead media will be housed in regular hotels around Tokyo. There will be the normal media transportation buses, but we will also get transit cards to use on the subway and trains, which from all accounts, are quite nice.

There is a little trepidation on my part, simply because I know the expense of attending the Olympics can be a bit much. However, I am also eager to see something totally different and to check out the Summer Olympics for once.

And I promise, if all goes as planned and I make the trip to Tokyo in 2020, I will take everyone along with me through stories, columns, blogs and photos.

Finally, have a great day Diane and Frank Sullivan.

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

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