

Student Showcase offers a glimpse inside the classroom

BY DONNA RHODES
drhodes@salmonpress.news

TILTON – Winnisquam Regional High School kept the lights on and threw open the doors on Nov. 21, welcoming parents and the public to see all that is happening in the classrooms.

“This is the third year we’ve done this where we’re letting the kids do the talking,” said art instructor John Larsen. “Rather than just the old standard parent-teacher conferences, this is a great way for them to show everyone what they’re learning.”

There were no special exhibits done in advance. The night instead was filled with open classrooms with some work on display



Winnisquam Regional High School freshmen Jack Sheridan, Brendan Cilley, Noel Licata and Cody Cheng demonstrated their two-wheeled robot for visitors to the WRHS Student Showcase last Thursday evening.

DONNA RHODES

Cheng were challenged in class to develop a robot of their own design. Meeting that challenge, they came up with a robot that ran on just two wheels, that Sheridan said started out as somewhat of a joke. They decided to continue on with the project though, and Licata said it was hard to balance the vehicle at first. Thanks to Cheng, the “elite builder” as the group called him, they were finally able to accomplish their goal.

Students studying French and Spanish also took over part of the Home Economics department to engage their guests in the culinary aspects of their cultural learning.

Students in the French class were busy making crepes for all who attended the evening, while Spanish 2 students presented their own salsa recipes, inviting everyone to vote for their favorite.

Math teachers demonstrated skills

SEE **SHOWCASE**, PAGE A10

Join in the Lakes Region Children’s Auction

BELMONT — It’s almost here! Join us for the 37th Annual Greater Lakes Region Children’s Auction, presented by CruCon Cruise Outlet, Tuesday, Dec. 3-Saturday, Dec. 7 live at the Belknap Mall in Belmont.

The Auction runs from 9 a.m. – 3 p.m. & 6-9 p.m. Tuesday through Friday and wraps up on Saturday 9 a.m. – 1 p.m., culminating with the

appearance of representatives from every Pub Mania team and the announcement of this year’s Auction total.Experience the Auction in person! There’s plenty of parking and lots of great seating. Bring friends and family and be part of the magic and excitement!

Many ways to join the fun
SEE **AUCTION**, PAGE A8

and teachers on hand to speak with adults who attended the event.

English teacher Crystal Bonin’s Myth and Symbols class did have some of their class projects out for everyone to see though.

“The class is about Norse mythology and we went to (Park) cemetery to get inspired,” she explained.

After reading some of the old tombstones, her class was then asked to develop their own myths and present a display that depicted them.

Four of STEM teacher Ron Pilotte’s students brought their latest robot out for a test drive through the halls to show the skills they’ve learned under his guidance. Noel Licata, Brendan Cilley, Jack Sheridan and Cody

Spaulding Youth Center celebrates with Girls Inc. at Women of Achievement Brunch

NORTHFIELD — Spaulding Youth Center was delighted to celebrate with Girls Inc. of New Hampshire at the organization’s 15th Annual Women of Achievement Brunch. The Annual Women of Achievement Brunch honors the remarkable accomplishments of women who serve as



role models for girls everywhere, inspiring them to achieve in school and beyond.

This year, Girls Inc. of New Hampshire honored many of the Women of Achievement award winners over the past 15 years. Susan C. Ryan, President & CEO of Spaulding Youth Center,

proudly attended the event as a former chair of the Girls Inc. of New Hampshire board of directors as well as a 2013 Women of Achievement award recipient. She continues to be an inspiration and role model to girls every day at Spaulding and across the state of New Hampshire.

The event also celebrated the long term and impactful tenure of Cathy Duffy Cullity, CEO of Girls Inc. of New Hampshire. Ms. Cullity will soon be retiring from the organization after advocating and educating the girls of New Hampshire for 23 years.

“On behalf of Spaulding, I was thrilled to attend this wonderful event that celebrated

so many inspirational women in NH, including young women and girls. It was especially meaningful to honor Cathy and all she and the Girls Inc. organization has done for vulnerable girls.” said Susan C. Ryan. “The Girls Inc. experience is focused on empowerment

SEE **BRUNCH**, PAGE A8

Craft fair puts shoppers in the holiday spirit

BY DONNA RHODES
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BELMONT – Last weekend’s Holiday Craft Fair at the Belknap Mall in Belmont was one of many local craft fairs that are putting shoppers in the holiday spirit when they had approximately 60 vendors stationed throughout the mall, each offering great deals on a huge variety of locally crafted items.

Joyce Endee of Gilford was the organizer of the Belmont event once again for 2019, and has brought artisans, crafters and businesses together at the mall for four years now. She said she started her professional career as a school teacher then later went on to become a volunteer for the Humane Society in Nashua. There she helped organize a fundraising craft fair



Joyce Endee of Gilford, organizer of the Belknap Mall Holiday Craft Fair last weekend, was pleased to exhibit some of the fine craftsmanship available during the fair, which included hand painted glass ornaments that are perfect for any holiday tree.

for the animals and has been caught up in the excitement of craft fairs ever since.

“It’s a lot of work but it’s so much fun at the same time and we had a great group of crafters sign up to take part this year’s event here,” she said last weekend.

In her newest career, Endee currently organizes as many as 14 craft fairs throughout the year, including events at the Tanger Outlet Mall Tilton, as well as fairs

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Holidays at the Belmont Library

BELMONT — The Belmont Library invites all fifth through eighth graders to make D.I.Y. holiday gifts on Monday, Dec. 16 at 3 p.m. Reservation requested.

Our non-fiction book group reads “Four Seasons in

Rome” by Anthony Doerr. Discussion Thursday, Dec. 12 at 1 p.m. On the same day that his wife gave birth to twins, Anthony Doerr received the Rome Prize, an award that gave him a year-long stipend and studio in Rome. ‘Four Sea-

sons in Rome’ charts the repercussions of that day, describing Doerr’s varied adventures in one of the most enchanting cities in the world, and the first year of parenthood. Belmont Senior Center book group tackles “Once Upon a River” by Diane Setterfield Tuesday, Dec. 17 at 10:30 a.m. From bestselling author Diane Setterfield, a new mystery as gorgeous, spellbinding and addictively readable as her blockbuster debut “The Thirteenth Tale.” Solstice is a time of dreaming, a time of stories and a time of magic. Our Friday Fiction book group meets on Friday, Dec.

20 at 10:30 a.m. to discuss “Last Christmas in Paris.” New York Times bestselling author Hazel Gaynor has joined with Heather Webb to create this unforgettably romantic novel of the Great War.

Preschool-age storytime features stories, movement, music, and crafts to encourage early literacy skills Wednesday, Dec. 11 and 18 at 10:30 a.m. Bring the whole family! Ladybug Picture Book Award voting takes place through the beginning of the month for preschoolers through third graders.

The Friends are selling packs of ten Christmas cards for a dollar

per pack. Their goal is to sell 105 so they can completely fund the New Hampshire State Parks pass for 2020. Supporters can also become members—details at the circulation desk.

Start vacation with a holiday movie Monday, Dec. 23, at 1 p.m. Snacks will be provided.

Feel like going out of town? The library has passes to NH State Parks and the McAuliffe-Shepard Discovery Center. Contact the library for details. The NH State Parks pass is courtesy of the Friends of the Belmont Library.

The Library will be closed Wednesday,

Dec. 25 and Jan. 1. The Library has limited hours Tuesday, Dec. 24 (10 a.m.-2 p.m.) and Thursday Dec. 26 (1-5 p.m.).

The Belmont Public Library is open six days a week and any time at www.belmont-publiclibrary.org, serving the community with books, digital resources, and cultural programming. In 2018, the library celebrated 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

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Nov. 15-21.

Melissa Sylvia, age 40, current address unknown, was arrested on Nov. 15 in connection with a bench warrant issued by Laconia District Court. Patrick Joseph McDonald, age 26, of Laconia was arrested during the same traffic stop in connection with a warrant issued by Merrimack County Superior Court.

Stephanie L. Pierce, age 36, of Webster was arrested on Nov. 16 in connection with a warrant issued by the Concord Police Department.

William E. Hildreth, age 65, of Belmont was arrested on Nov. 17 for Driving While Intoxicated.

David A. Provencher III, age 26, of Laconia was arrested on Nov. 18 for Driving After Revocation or Suspension.

Leon G. Laroche, Jr., age 50, of Belmont was arrested on Nov. 17 on two counts of owning a dog deemed to be a Menace, Nuisance or Vicious.

Jeremy D. Cook, age 46, of Belmont was arrested on Nov. 19 in connection with a warrant issued by the Rochester Police Department.

Christopher Scott Reed, age 43, of Belmont was arrested on Nov. 19 for Possession of Controlled/Narcotic Drugs and a separate count of Possession of Drugs.

Lorena Ramalho, age 51, of Manchester was arrested on Nov. 20 for Driving After Suspension.

Northfield woman sentenced to 10 years for drug trafficking, firearms conspiracy

CONCORD – Kristina Blake, 29, of Northfield, was sentenced in federal court Thursday, to 10 years in prison for participating in a conspiracy to distribute methamphetamine and a conspiracy to possess firearms during a drug trafficking crime, United States Attorney Scott W. Murray announced.

According to court documents and statements made in court, on Sept. 19, 2018, law enforcement officers encountered Blake and Daniel Irving in a vehi-

cle near a convenience store in Concord, New Hampshire. Officers seized over 50 grams of methamphetamine and two firearms from the vehicle. In addition, drug paraphernalia, including a glass mirror, digital scale, a ledger, syringes and plastic baggies were seized.

Blake previously pleaded guilty on August 15, 2019. Irving was sentenced to 96 months on Oct. 11.

“Methamphetamine is a dangerous drug and dealers should expect to spend years in

a federal prison,” said U.S. Attorney Murray. “Sentences are increased where firearms are involved in the drug trafficking business. In order to protect the people of New Hampshire, will continue to seek lengthy prison terms for armed drug dealers.”

“Kristina Blake made the terrible choice to traffic in this highly addictive stimulant, the abuse of which is epidemic,” said Joseph R. Bonavolonta, Special Agent in Charge of the FBI

Boston Division. “The citizens of Concord can rest easy knowing Ms. Blake is off their streets for the decade to come, and that the FBI and our law enforcement partners remain committed to protecting their city from the scourge of pushers and pistols.”

This matter was investigated by the Federal Bureau of Investigation and the Concord Police Department. The case is being prosecuted by Assistant U.S. Attorney John S. Davis.

Christmas Fair

Come For Gifts, Food & Fun!

Fri. December 6th 5-7pm
Sat. December 7th 9am-12:30pm

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- Christmas Decorations
- White Elephant • Books • Toys
- Jewelry • Goodies • Mrs. Claus' Cafe

Gilford Community Church
Downstairs in the Fellowship Hall
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524-6057

Hall Memorial Library Happenings Tilton/Northfield

Monday, Dec. 2
Chess Club, 2-5 p.m.
New After-School

Board Game Club,
4 p.m.
Not sure what to do

after school? Try out some new games! We will have a bunch of different games perfect for groups, solo, or one-on-one! (Grades 3+)

Tuesday, Dec. 3
Spanish Club, 10 a.m.
Tech Tuesday, 2 p.m. to 4 p.m.

Wednesday, Dec. 4
Storytime, 10:30 a.m.

Friday, Dec. 6
Sit & Knit, 2-5 p.m.

New Items
“Twisted Twenty-Six” by Janet Evanovich
“Don’t Keep Your Day Job: How to Turn Your Passion into Your Career” by Cathy Heller
“Get a Life, Chloe Brown: A Novel” by Talia Hibbert
“Tracking Game: A Timber Creek K-9 Mystery” by Margaret Mizushima
“The Wonders: The Extraordinary Performers Who Transformed the Victorian Age” by John Woolf

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The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

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Ring in the holiday season in Sanbornton

SANBORNTON — Sanbornton non-profits are joining together again this year to present “Christmas in Sanbornton” on Saturday, Dec. 7 from 9 a.m. - 2 p.m. All events are a short drive from each other, in the heart of the Lakes Region’s most picturesque small town.

Christmas craft fair, wreath sale, and cookie walk
Sanbornton Historical Society
520 Sanborn Rd., Sanbornton NH 03269
Local craftsmen and artisans with handicrafts for sale. A Soup & Sandwich Lunch will be available from 11 a.m. to 2 p.m. The fair will also feature the famous SHS Cookie Walk, where you can get a baker’s dozen of home-made treats for just \$4! The Society will also be raffling off a hand-made quilt, a painting by a lo-

cal artist, and an antique doll.
Christmas wreaths are premium double-faced, thickly fashioned, and handcrafted, with doubled needled balsam tips and are made from the freshest New Hampshire greens. Wreaths are decorated with weather resistant red velvet bows.
Proceeds go to the continuing maintenance of the historic Lane Tavern and other SHS projects.

Pancake breakfast & Christmas Mission Fair
Sanbornton Congregational Church, UCC
21 Meetinghouse Hill Rd., Sanbornton
Breakfast, Book, Bake and Baubles Sale
8:30-10 a.m. Breakfast: pancakes, bacon, fruit, refreshments \$6/person. (Under 5 free).
8:30 a.m. - noon sale: Books (Gently used); baked goods (Fresh!);

“baubles” (Christmas items), including new Fairly Traded gifts (Serrv) and olivewood ornaments/nativities from Bethlehem, Israel
Proceeds will go to our Church ministries and to Serrv International (a nonprofit fighting global poverty through fair and ethical trade). For more information: 286-3018; www.uccsanbornton.org
Sanbornton Public Library
27 Meetinghouse Hill Rd., Sanbornton
Book Sale: 9 a.m.-2 p.m.
Story Time: 11 a.m. & 1 p.m.
Crafts: 11 a.m. – 1 p.m.
Annual Country Christmas Fair
1st Baptist Church, 17 Church Lane (Route 127, Exit 22 off 93)
9 a.m. to 2 p.m.
Fair with a variety of vendors: Hand-made

crafts, Christmas gifts, Baked foods and Candies. Continental Breakfast and Lunch (11:30 a.m.-2 p.m. soups, hotdogs and beverages)
Scott Brunt to perform at Praise Assembly of God
TILTON — Praise Assembly of God will be hosting Gospel singer Scott on Saturday, Nov. 30, at 6 p.m., along with other special guests.
Scott’s passion for singing and performing started at a very young age. Growing up, his younger brother and he accompanied their father, Gary Brunt to his concerts and would sing a few songs with him regularly. As a teenager he learned percussion instruments and played with various worship teams. He went on to sing southern gospel in concerts on weekends at churches throughout New England. In 1995, he recorded his first solo project in Vermont which

was produced by Herb Hutchinson (of Herb & Edi Hutchinson). He and his father formed a duet and traveled throughout New England and were joined by his uncle Bob Brunt and formed “The Brunt Family Singers.” He is also a radio DJ and hosted and produced the popular “Saturday Night Gospel Hour” on New Hampshire’s Gospel Radio WVN 91.1 since 1999. Additionally, he has worked as a part-time and freelance DJ on stations such as WLNH 98.3.
He has become known in the area for his deep bass singing voice which stands out in a trio and quartet setting, as well as rich tenor in most of his solo work. His bass sing-

The proceeds of this fair will go to ABC church missions.
ing ranges as low as the “C” note, an octave below the piano keyboard and highest range as a tenor.
He will be singing in concert at Praise Assembly of God with Maine’s most beloved Gospel singing groups: Kindred Hearts and Echoes of Faith. This is a gospel music concert you don’t want to miss! Tell your friends, neighbors and family members. The concert is free to all but a free-will offering will be accepted.
Praise Assembly of God is located at 180 School St., Tilton. If you have any questions, you may call the church office at 286-3007 or access the Web site at www.praiseag.org.

Plan to Attend 24th Annual Hospice Tree of Memories

REGION — Preparations are underway for the 24th Central New Hampshire VNA and Hospice Tree of Memories, a celebration of life and remembrance. This annual event will be held in four locations on Saturday, Dec. 7 at 11 a.m. Locations for this celebration of life ceremony are the lobby of the Medical Arts Building at Huggins Hospital, Wolfeboro, the Wakefield Town Hall, Moulton Farm, Meredith, and the Pearson Road Community/Senior Center, Alton.
Central New Hampshire VNA & Hospice provides an opportunity to remember the lives of family, friends and neighbors by placing an inscribed porcelain dove, a symbol of serenity, peace and tranquility, on one of the lighted trees. In addition, we have found that many local clubs and organizations find this is a wonderful opportunity to honor and remember past members. If you speak to one of the friends of Hospice or family members you will discover that this event brings folks together to share similar feelings of hope and love in a serene setting as they remember and honor a life well lived or a life missed. The touching ceremonies involve lighting of the tree, sharing of music and prayers, words of comfort, reading of names, and placing doves on one of our evergreen trees.
One might ask how

did the Hospice Tree of Memories begin? The reply is that several years ago, Shirley Richardson and her late husband, Bob, while visiting Cape Cod during the Christmas season, had the opportunity to take part in a meaningful ceremony to remember Shirley’s parents. Organized by the local hospice organization, the event included placing an inscribed seashell on an evergreen tree. It was such a profound experience, that Shirley brought the idea to the local hospice organization in Wolfeboro and in 1995, the first Tree of Memories was established. A dove was selected as a symbol of serenity, peace and tranquility. A touching ceremony was created and today, twenty-four years later, that same cer-

emony continues with inscribed, porcelain doves being hung on a special evergreen tree honoring loved ones.
Mark Twain said that grief is the one emotion we cannot share. But that is not true with Central’s staff and volunteers. They do share our grief in that they are supportive in our period of grieving, not only to the patient, but also to the patient’s family in the year following the patient’s death. Central New Hampshire VNA & Hospice supports the patient and the patient’s family by providing nursing, therapeutic, medical psychological, social, and spiritual care and be-
SEE MEMORIES, PAGE A7

NORTHFIELD POLICE LOG

NORTHFIELD — During the time frame of Nov. 11 –17, the Northfield Police Department received 366 calls for service some of which include:
32 Motor Vehicle Stops
18 Assist other Agencies (fire, DCYF, police)
6 Motor Vehicle Complaints
4 Animal Complaints
4 Suspicious Activi-

ties
4 Motor Vehicle Accidents (3 involving a deer)
4 Burglar Alarm Activations
4 Citizen Assists
2 Assaults
2 Welfare Checks
Parking Violations for winter parking ban, General Complaints, Civil Standby, Harassment, Juvenile Complaints, Lost Property, Shots Fired, Road Haz-

ard, Sex Offender Registration, Paperwork Service, Noise Complaint, VIN Verification, Disabled Vehicles and Property/Building Checks.
Taken into custody:
Raymond French 60, of Franklin for Violation of Protective Order.
Dana Gebo 26, of Franklin for Disobeying an Officer.

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STRATEGIES FOR LIVING

Thankful beyond words!

BY LARRY SCOTT

“Thanks be to God,” wrote the Apostle Paul, “who gives us the victory through our Lord Jesus Christ.”

Thanks be to God, indeed! Like the Apostle, my life has been impacted by my relationship with Jesus Christ. He has given me a new perspective on life, a fresh outlook on my future. He has blessed me beyond what I deserve, and I am thankful beyond words!

At the outset, I had a leg up on many of those with whom I have become acquainted. I was born into a Christian family and that gave me a break in life for which there is no substitute. Undoubtedly thousands of babies were conceived at the very same moment I was, but the real me, the eternal part of me, was born to godly parents. Through no choice of my own, I was the beneficiary of a stable, God-honoring home that has had a major impact on my life.

This is not to say that life has always been a walk in the park. Like so many others, I, too, have been to hell and back. But I have discovered, as per the writer of the 23rd Psalm, that “when I walk through the valley of the shadow of death, behold, you are with me.”

I sometimes shudder to think that I might have been born in a foreign setting, to a family and circumstances the complete reverse of what I have experienced. God’s choice? How can I say that when so many others have not been as fortunate? All I can say is that I have been blessed, through no merit of my own, by an advantage in life over which I had no control. And I am thankful beyond words!

Consistent with my own upbringing, my wife and I have done our best to pass it on. And what a family! A college tennis coach, a Marketing Manager, a nurse, a teacher, a Pastor, an insurance manager, a real estate appraiser, a business executive, and five healthy great-grandchildren! And all of them are serving the Lord!

And, finally, I am thankful for the privilege of living in America, truly “the land of opportunity.” Twenty years ago I was recovering from bankruptcy, living on the road driving a long-haul truck, and without a clue as to how my future was going to evolve. Who could have predicted that in five years I would retire, remarry the sweetheart of my youth, own my own home and now, at 80 years of age, be in great health!

Grateful? You’d better believe it! What I share in this column is the product of a life that has seen its highs and lows. My mistakes and failures are legendary, but I have recovered and been given a second chance at life. God, my family, and America have been good to me, and the life I now enjoy is one I will never take for granted.

And it all comes down to this. “Thanks be to God who gives us the victory through Jesus Christ our Lord.” Our God is no man’s debtor; He always gives more than he takes away. I cannot imagine what my life and that of my family would be like were it not for God’s blessing and the influence Jesus Christ has had in each of our lives.

To say I am thankful just doesn’t cut it! What I feel is, indeed, beyond words!

For more thoughts like these, follow me at in-defense-of-truth.net.

Send your letters!

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and phone number.



DONNA RHODES

Nate Holmes sampled some of the salsa made by second year Spanish students Nolan Haskins and Lucas Robdau for last week’s Student Showcase at Winnisquam Regional High School.

WRSD Community Advisory Meetings

BY ROBERT SEAWARD

Superintendent of Schools

Often, members of this community have expressed to me and others that they do not feel they have a voice in how the district is being run or even understand why certain things are happening. Many recognize that there are board meetings and an annual meeting, but that these are fairly structured events where conversation

is regulated and often limited. So where can members of this community go to ask questions, share opinions and seek clarification in an unrestricted environment?

Five times a year, I hold a community advisory meeting in the WRMS library/media center. This meeting is open to all (students, parents, staff, community partners, etc.), has an agenda that is set by

those who attend, and only has one rule, we must be civil in our conversations.

This year, the meetings were/are on October 10, Nov. 14, Jan. 9, March 12, and May 14 from 6—8:30 p.m. All are welcome to attend for as little or as much of the time as possible.

Unlike email, comment boxes, Facebook and other social media outlets, this meeting is an opportunity to come

together to express questions and concerns, have a diverse group of people get engaged in a conversation and actually help shape and enhance the district, hopefully moving us in a positive direction.

It is through meetings like this that people can be heard, share, contribute, and in general continue our vision for...Engaging our Community for Brighter Futures.

North Country Notebook

A poor attitude toward storms, and a reason for an unlit cigar



By JOHN HARRIGAN
COLUMNIST

When I finally sat down to write this, it was snowing hard, but not hard enough to make me feel threatened in any way. It would take a ton of snow to do that, after a lifetime in the snow.

One of the undying non-urban legends is that people of the Far North have a hundred different words for snow. This would make sense if you were running dog teams or having to make snow-houses, things not happening very much now in everyday life, except for tourism and documentaries.

Other non-urban legends are that you can’t cut or burn white birch, because they’re rare and/or “endangered” (wrong); that you cannot pass a snowplow (also wrong); and that it’s okay to drive a mo-



JOHN HARRIGAN

This was a storm a few years ago whose aftereffects didn’t faze me much, and fazed Millie and the Cougar Crossing sign not at all.

torized vehicle on someone else’s land as long as it’s not posted against same (wrong, you need explicit permission).

And then there’s the one about the only thing that can hurt you in the woods being your own stupidity. That one’s mostly true. But anyone can slip and fall, which is how most injuries happen, and I’d have a hard time always chalking that one up to stupidity, having done so more than once. Wait a minute here.

People think “Well, okay, then, what about the bears, huh?” The bears we have are black bears, which unless they’ve been sullied by people’s lax garbage and trash habits are usually interested in only one thing upon encountering people, which is running away. An exception to this is getting between Mom and her cubs, which most often happens when everybody (including the bears) wants to rake the raspberries in—but come on, aren’t we

supposed to know this by now?

Anyway, it was not snowing hard enough to make me anxious enough to call the Winter Storm Worry, Warning, and Watch Team that one of my TV news stations is always carrying on about. What happens, I always wonder, if you call?

Well, the Winter Storm Team springs into action, I’d guess. I have this vision of helicopters hovering, and ropes going down, SEE **NOTEBOOK**, PAGE A7

Gilford couple wins trip to Ireland

GILFORD — It felt like St. Patrick's Day at Patrick's Pub & Eatery in Gilford this past Saturday at their "Take Me to Ireland" Sweepstakes Party. Sponsored by Penny Pitou Travel, Guinness and Woodstock Inn Brewery, the event featured live Irish music, distinctive Irish food and beverage specials, and a packed crowd full of anticipation hoping to win a trip of a lifetime.

Ten finalists were selected from the crowd, followed by a reverse drawing with each finalist receiving a prize, until the Grand Prize winner was selected. Grand Prize winner Jeff Sawyer of Gilford, along with his wife Mary

Beth, were ecstatic about the prospects of traveling to Ireland.

"As each finalist's name got called, she and I would look at each other with wide eyes and in unison our mouths would form a silent 'Oh My God,'" said Sawyer. "I think I went into shock. Everything became surreal and I had a total loss for words. I do remember telling Megan how fast my heart was pumping."

The trip, organized by Penny Pitou Travel of Laconia, sets off March 14 with visits to Dublin, Killarney and Galway with many breath-taking sights along the way.

"This is a true Irish adventure and a perfect introductory trip



COURTESY

"Take Me to Ireland" Grand Prize winner Jeff Sawyer of Gilford (right), with Megan Page, General Manager of Patrick's and Kevin Larson, MC of the Sweepstakes Party. Jeff and his wife Mary Beth Sawyer will be accompanying this Penny Pitou sponsored trip to Ireland during the St. Patrick's Festival in March 2020.

Pines Happenings

Pines Youth Basketball

Registration for Pines Youth Basketball (Grades Kindergarten through 6) has been extended through Friday, Nov. 22, as we still have openings at all levels. This is also to accommodate any sixth graders who want to try out for middle school basketball, Nov. 18 through 20. We have Rec Basketball for children in Grades Kindergarten through Grade 2, and four Traveling Basketball teams, Boys Grades 3-4, Girls Grades 3-4, Boys Grades 5-6, and Girls Grades 5-6. Rec Basketball is \$48.00 for Tilton and Northfield residents, and \$58.00 for non-residents. Traveling Basketball costs \$58.00 per child for Tilton and Northfield residents, \$68.00 per child for non-residents. The Boys' Grades 3 and 4 team starts practices on Wednesday, Dec. 4. Practices for the other three teams and Rec Basketball will start the week of Nov. 25. There are no practices Nov. 27-Dec. 1. Games for Traveling Basketball will start in mid-December. Parents are responsible for transporting children to games. All teams are capped at 22 participants due to limited gym space. Practices and home games are at Southwick School. You may sign up at the Pines, or online through our website. We are still in need of volunteer coaches for both boys' teams and for Grades 5-6 Girls.

Cozy Home Room Sprays Make & Take Class

Join Kara Lunt at the Pines on Monday, Nov. 25, for this new class. She will be showing us how to make room sprays with essential oils. The theme for this class will be Cozy Home. What do you think of when you think of a "cozy home?" Lavender? Orange and cinnamon? Pine or cedar? Come and see what oils Kara brings, and what can be combined to make your home smell cozy. Cost is \$8 per spray bottle, or \$15.00 for two. You pay only for those you make. Class begins at 6:30pm.

Candy Bar Bingo

Come play Bingo for candy bars at the Pines! Families, join us Tuesday, Nov. 26, from 5:45-8 p.m. Each full size candy bar or bag of candy you bring buys you one Bingo card. Participants may have a maximum of five cards in play at once. All ages can play, but children must be accompanied by an adult. Concessions, including pizza, will be on sale. Please let us know you're coming, either via Facebook or by calling the Pines at 286-8653.

Ski and Snowboard Lessons

Sign up at the Pines for Skiing or Snowboarding Lessons at Gunstock Recreation Area this winter. Register now through Friday, December 13. This program is for kids ages 6-19 as of Dec. 31. Participants must register through the Pines first with a \$25.00 registration fee payable to the Pines. Participants will then be given the information and procedure for registering online with Gunstock. The Mid-Week Monday through Friday package is \$169, and includes a Midweek Monday through Friday Season's Pass, with some blackout dates, and four one-hour lessons with free equipment rental if needed. The Winter Prime Package is \$299.00 and includes the four lessons with accompanying free rentals as needed, plus a seven day a week unrestricted Season's Pass with no blackout dates. The lessons will be on Friday nights, Feb. 7 and 14, 2020 and March 6 and 13, but participants may use their passes starting in December when Gunstock opens. Parents are responsible for their children's transportation to and from Gunstock; parents who are interested in chaperoning must sign up at the Pines and fill out a Gunstock waiver form.

School Vacation Days

The Pines is having a School Vacation Camp Day on Wednesday, Nov. 27, when schools

are closed for Thanksgiving travel. We open at 7:00 AM and children must be picked up by 5:30 p.m. In the spirit of Thanksgiving, we'll make Thanksgiving crafts in the morning, focus on what we're thankful for, and celebrate with our own Thanksgiving Lunch. We will play outside as much as we can, weather permitting, so children must have warm outside clothing and appropriate shoes for outside play. The cost is \$37 per child, which includes the lunch. Children will need to have their own snacks and drinks for snack time. This program is for children in Kindergarten through fifth grades. Children must be registered in advance by Nov. 25 at 5:30 p.m., online or at the Pines, and payment is due at registration.

We will also have Vacation Camp days on December 23, 26, 27, 30, and 31. Daily activities and costs for these days to be announced.

Pines Annual Christmas Breakfast
Join us here at the Pines Community Cen-

ter on Saturday, Dec. 7, for our Annual Christmas Breakfast. It's an all you can eat country breakfast of pancakes, French toast, scrambled eggs, bacon, sausages, toast, juice and hot beverages. We serve from 7:30 to 10 a.m., and Santa and Mrs. Claus will be here from 8:30 to 9:30 a.m. The cost is \$6 for adults and \$4.50 for children ages three through twelve. The total cost for an entire family (immediate family) will not exceed \$30. \$1 of every adult ticket sold will be donated to MIX 94.1's

SEE PINE, PAGE A7

to Ireland," said Marie Caprario, Marketing Manager of Penny Pitou Travel. "The trip has sold-out every time we've partnered with Patrick's. Visiting Ireland on the

week of the St. Patrick's Festival makes it extra special."

For more information, visit www.pennypitoutravel.com or www.patrickspub.com.

TOWN OF NORTHFIELD PUBLIC HEARING

The Northfield Open Space Committee will host a hearing to obtain public input on the proposed Open Space Recommendation Plan on Wednesday December 4, 2019 at 6:00pm in the Northfield Town Hall.

The Open Space Plan may be viewed at the Town Hall and online at www.northfieldnh.org



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PET OF THE WEEK

Waiting for a forever home since September 15, 2019

Little Lex was found as a stray locally. When he first came to the shelter, he was very scared and not sure what to make of people. He has since shown us how sweet and kind he can be! Unfortunately, he was found to be FeLV+, which means that he needs to be the only kitty in the home or go to a home with other FeLV+ cats. You can ask the adoptions staff more about what this means for Lex if you are interested. He has had a rough life until this point and deserves a home full of happiness and love and snuggle sessions! If you want to adopt this sweet boy, call Joanna at 603-524-3252 ext. 3312 for more information.



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Paul Edward Adams, 66

NORTHFIELD — Paul E. Adams, 66, born in Bad Nauheim, Germany to Clara Weide Adams and William H. Adams, after suffering a very sudden illness, went to be with his parents and brothers, Billy, Brian and Mathew Adams, grandson Eli Adams and brother in law Drew Dubia.

He graduated in 1971 from Tilton-Northfield High School and entered into the U.S. Navy, serving three years and two Mediterranean tours and was proud to be a Vietnam Veteran and enjoyed the experiences of so many different countries and cultures. He was a lifetime member of the VFW Post #1698, Franklin and American Legion Post 49, Tilton. He spoke fluent German and returned many times to his birth country throughout his life. He continued to enjoy traveling throughout his life, enjoying the opportunity to meet new people and make new friends, which he did so easily.

After the Navy, he returned to Northfield and was employed for many years with Arwoods, Inter-Lakes, Wyman-Gordon and PCC Structural for a total of 32 years, breaking his career up a bit for ten years with a stint as a TSA Supervisor with Manchester Airport.



Paul lived a life of unconditional love, always wanting to find a way to help and take care of anyone that he loved. He had a gift of music and rhythm and demonstrated it throughout his life by playing drums in numerous bands from rock with Looker and many other bands in the 80's, and in the 90's made the switch to country music with Fine Line and Shannon Smith & The Country Caravan. Oh, the stories he would tell! He made so many lifelong friends along the way.

To say he was hardworking and determined would be an understatement, a true testament to his parents, whom he loved so very much.

He is survived by his wife of 25 years, Terry Lynn (Addison) of Northfield; his sister, Brenda Dubia of Northfield; his sister-in-law, Nancy Adams of Northfield; his daughter, Shannon Mace (and Artie) of Plymouth, and grandsons Austin Perth-

el and Devin Ayers; his son, Shane Adams (and Heidi) of Groveland, Fla. and grandsons, Tyler and Levi and granddaughter Emma; his daughter, Stacy Toomey (and Steven) of Campton and grandson Brandon and granddaughter, Taniya; his step-daughter, Brittany Poole (and Sean) of Moultonborough and granddaughters, Kailyn, Keenan and Alanna; his step-daughter, Kristin Doucette (and Mathew) of Northfield and granddaughter, Bree and grandson, Asher; as well as two great-grandsons, Jaxxon and Peter Perthel, along with many aunts, uncles, nieces, nephews and cousins he adored.

These people were the core reason for Paul's existence. He adored his family and friends with a fierce force that could never be broken. We will miss him dearly, but also know that he remains in our hearts and souls.

A celebration of Paul's life will be held on Saturday, Nov. 30, 2019 from 6 to 9 p.m. at the American Legion Post 49, 4 Park St. in Northfield.

Memorial donations in memory of Paul may be made to the Alzheimer's Association, 166 S. River Rd., Bedford, NH 03110.

For more information, go to www.smartfuneralhome.com.

MARK ON THE MARKETS

Advisor versus robot



BY MARK PATTERSON

Robo-advising has become very popular because of the very low fees typically associated with this automated service. I believe there is some merit and a place for Robo-advising. There are just some concerns that I have regarding Robo-advising, first being, we really have not seen how the robot handles a fast-moving downward market or an elongated bear market. I can see Robo-advising being used by young people with a very long time horizon in the markets that are just allowing the robot to rebalance their portfolio and to make algorithmic choices for their money. Where I don't believe Robo works well is for someone inside of 10 years of retirement or doesn't like equity market risk. As we get closer to needing our assets for income, or simply do not have time to recover from a correction in the equity markets, then an advisor or asset manager that is skilled at structuring steady, sus-

tainable and reliable income that mitigates market risk, interest rate risk, sequence of return risk and longevity risk can be invaluable.

I have seen many portfolios that were good candidates for Robo advising. Typically, these portfolios were made up of a family of mutual funds with attached commissions and 12 b1 fees sold by "advisors" who did not take the clients best interests into consideration, but sold funds that their firm was paid to promote. In this instance this clients' money was being passively managed through high cost mutual funds whereas the robot may have done a better job for less fees. I guess what I'm saying is that given the choice of a robot or a typical broker connected to a firm or bank, I might choose the Robo as well. Client money must be managed with the client's best interest first, but can only be done by an advisor who really understands how to manage that money for their client's needs, that includes risk tolerance and purpose.

As I mentioned earlier, we have not really seen how the robot reacts in tough market conditions. The last ten years have seen a couple of bumps but not any major drawdowns in the equity markets. So, complacency is at an all-time

high and money will chase a market nearing a top. Studies also tell us that investors will start to sell near the bottom. A robot will not have an opinion on the direction of the markets, if you should hedge, if you should raise cash levels or start to shift money over to bonds, fixed income or precious metals. It is a good thing that the robot takes your emotions out of the equation, but I'm not so sure that taking a qualified advisor or asset managers emotions, skill and knowledge is a good thing. Time will tell. Robo advising may work for you if your time horizon long and you don't mind market risk in the equity markets or it could work for a portion of your portfolio that is designated for growth but you will not need for income in the next 10 years.

A good asset manager can manage your money using modern portfolio theory, that invest in low to non-correlated asset classes and very low fee investments that are designed to maximize your returns and minimize your risk. Compare that to the low fee robot. It is all about net returns and risk and more important, purpose!

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

International Film Series continues with "Mao's Last Dancer"

LACONIA — The Laconia Human Relations Committee, in cooperation with the Laconia Public Library, offers the film, "Mao's Last Dancer," as the December selection for the International Film Series. It will be shown at 6:15 p.m. on Monday, Dec. 5. This series offers a monthly selection of international films shown from September through June at the Laconia Public Library.

"Mao's Last Dancer" is based on the inspiring true story of Li Cunxin and his extraordinary journey from village life in China to international stardom as a world class

ballet dancer for the Houston Ballet.

In the last days of Mao's grip on China, Li's school is visited by government officials seeking young candidates for dance training. As a young child, through an intervention by his teacher, he is the only one selected from his school for such training. Surviving having to leave his family at the age of 11, brings years of loneliness, physical stress, and great risks professionally as he moves away from China.

This is a story of great courage, hard work, and the result of the outreach of an American ballet

company to Chinese dancers, when China was just struggling to open up to the world. The film is interlaced with short episodes of world-class dancing.

Please check the many films available on the International Film shelf at the library that have been shown over the past eight years. The Laconia Human Relations Committee is a committee of the mayor of Laconia dedicated to expanding our horizons for the appreciation of the diversity found among us and in the wider world. For more information, contact Len Campbell at Lsoup03@gmail.com.

Comfort Keepers

Pneumonia in seniors: Causes, treatments, and prevention

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

As we age, our body's natural defenses become less reliable. As a result, seniors are more susceptible to infection - including pneumonia.

Pneumonia is an infection that affects one or both lungs and can range from mild to severe. For some, pneumonia can be fatal. It is typically caused when bacteria, fungi, or viruses enter the lungs and cause inflammation.

Why Pneumonia is More Common in Seniors

- Changes to the lungs as we age. Seniors can't always effectively clear secretions as well from their lungs. Those secretions can go down into bronchial tubes, causing the infection.
- Weakened immune systems. A senior's

immune system has a harder time fighting off infection, especially if they've gone through chemotherapy, had an organ or bone marrow transplant, or have taken certain medications for an extended period of time.

- Senior health conditions. Some conditions can put seniors at a higher risk. These include diabetes, Parkinson's disease, HIV, cystic fibrosis, asthma and COPD (chronic obstructive pulmonary disease). Surgery can also expose seniors to infections

Signs of Pneumonia

Symptoms can include coughing, fever, chills, shortness of breath, chest pain, coughing, fatigue, and the sudden worsening of a cold or the flu.

Pneumonia Treatments

Typically, a phy-

sician will do a chest X-ray and/or blood test to determine if a senior has pneumonia. In addition to medication, doctors may give the patient fluids, oxygen, pain relief and medical support.


Reducing the Risk of Pneumonia in Seniors

Seniors should discuss pneumonia prevention with their physician to determine the best plan. Some options to help reduce the risk of pneumonia include:

- Get vaccinated. All people over age 65 should get an annual flu shot, as well as a pneumococcal vaccine, a one-time shot that protects against the pneumococcus, or pneumonia bacteria.
- Take steps to quit smoking. Smoking negatively impacts health in many ways, and the lungs receive a significant amount of damage. Those who smoke are at a greater overall risk of pneumonia because the lungs' defense mechanisms become compromised.

- Practice a Healthy Lifestyle. Seniors should follow a physician-approved diet and exercise regimen. This

SEE COMFORT, PAGE A7



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Belknap Mill’s Play Reading Series continues with “Seascape”

LACONIA — After a successful launch of the inaugural Play Reading Series at the Belknap Mill in September, Theatrical Artists-in-Residence Bryan and Johanna Halperin will be back presenting Edward Albee’s 1975 Pulitzer Prize winning play “Seascape.” There will be two performances at the Mill on Friday, Dec. 6 at 7 p.m. and Sunday, Dec.

8 at 2 p.m. Both performances will be followed by talkbacks with the audience. For similar reasons as to their choice of An Enemy of the People for the first reading, the Halperins have chosen Seascape for its relevance to the Lakes Region community. According to Bryan, “Seascape is about evolution. On a micro level,

the drama comes from an older retired couple trying to figure out the next phase of their lives as both a couple and as individual human beings once they are unburdened by kids and jobs. And on a macro level, it’s also an absurdist comedy about two human-sized lizards making their way from ocean to land to decide what the next phase of

their lives will be! Yes, human-sized lizards. With the demographics of the Lakes Region, and New Hampshire as a whole, trending older, a play about aging seems particularly relevant to the community.” On a beach somewhere near an airport, the tranquility of Nancy and Charlie’s afternoon is interrupted by the recurring noise from overhead air traffic and the realization that perhaps their goals for the rest of their lives are not compatible anymore. Charlie is tired and content to relax and do nothing while Nancy believes they are at the beginning of a new adventure in life with the freedom to travel and do what they please. As they argue about their future they are interrupted again by the appearance of Leslie and Sarah, two lizards who join them on the dunes from out of the sea. Leslie and Sarah are engaged in a similar debate about whether to leave the familiarity of the water

for a new life on land. Needless to say, both couples have plenty to learn from each other as they think about how their lives will evolve. Performing in the reading will be actors familiar from stages throughout the Lakes Region and beyond. Charlie and Nancy will be played by Richard Brundage and Debera Lund, while the lizards are played by Matt McGonagle and Katie Dunn. Bryan Halperin will direct and lead the talkbacks. On Friday night he will be joined by special guest Dr. Jennifer Anderson, a psychology teacher at Plymouth State University and Lakes Region Community College. Her class, Adulthood & Aging, examines the physiological and psychosocial development from the beginning of adulthood to end of life. Dr. Anderson’s course explores how we age in all domains of life as well as how the increase of elders in our population affects

all societal institutions, such as political, educational, health-related, religious and economic. At Sunday’s talkback the special guest will be Hank Offinger. Offinger is the Director of Care Management at the Taylor Community. Both guests will share their insights on the play and its relevance to aging in the Lakes Region.

Says Johanna, “Seascape is one of my favorite plays. Its mix of drama, comedy and absurdism hits both the funny bone and the gut and has a surprisingly touching ending. We hope audiences will come laugh while still embracing the emotional depth of the play. And of course, we can’t wait for the audience to share its thoughts on the play at the talkbacks.”

The Play Reading Series is sponsored by The Law Office of David H. Bownes, P.C. and Laconia based architectural firm, Misiaszek Turpin pllc. Tickets are \$5 and admission is free for Belknap Mill members.

COMFORT

CONTINUED FROM PAGE A6

will help bolster their immune system and reduce the risk pneumonia.

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Whether senior clients are recovering from pneumonia or looking to protect themselves, the trusted care team at Comfort Keepers® can help. Our caregivers remind clients to take medication, provide

transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. Above all, our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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About Comfort Keepers
Maintaining senior

health and wellbeing is a priority for the team at Comfort Keepers®. Our caregivers can assist in providing seniors with transportation to and from the doctor’s office or clinics to receive their vaccinations. In addition, caregivers can also work to promote a healthy lifestyle by supporting physician-recommended diet and exercise plans, as well as medication reminders. Contact your local Comfort Keepers office today to learn more.

PINE

CONTINUED FROM PAGE A5

Cash-n-Cans program; Fred Caruso will be broadcasting live from the Pines.

Closed

The Pines Community Center is closed Thursday and Friday, Nov. 28 and 29, for the Thanksgiving holiday.

Meetings and Other Programs at the Pines

Cub Scout Pack #842 Den and Pack Meetings, Mondays, 6 to 8 p.m.

Tilton-Northfield Recreation Council, 2nd Monday, 6 p.m. (or Tuesday when there is a Monday holiday)

Women’s Fitness, Tuesdays and Thursdays, 9:15 to 10:15 a.m.

Zumba with Akiesha, Tuesdays, 5:15 to 6 p.m.

Stretch & De-Stress with Kelly Molloy, Tuesdays, 7 to 8 p.m.

Tilton Northfield Little League Executive Com., 2nd Tuesday, 5:30 p.m.

Winni Whinnies 4-H Club, second and fourth Wednesdays, 6:15 to 8:30 p.m.

Winnisquam Re-

gional Babe Ruth Softball Com, 2nd Wednesday, 7-8 p.m. (no meeting in December)

Cub Scout Pack #842 Com., 6 to 8 p.m., one Wednesday a month, as scheduled

Franklin Visiting Nurses Association Blood Pressure Clinic, 3rd Thursday, 11 a.m. to noon

Senior Lunch, Thursdays, serving at 11:30 a.m.

Zumba Gold with Akiesha, Thursdays, 5:15 to 6 p.m.

Webster Lake Fishing Derby Com., Thursdays, 6 to 7 p.m., as scheduled

Soda Brook Co-op, 3rd Thursday, 6 to 8 p.m.

NOTEBOOK

CONTINUED FROM PAGE A4

and Ninja Turtle-like rescue warriors shining down the ropes, going “Hut-hut-hut” as they rappel to the ground.

But back to reality, even though it’s not as much fun. No Ninja Turtles are coming. The Winter Storm Watch Team is a sham, a nemesis of reality, an aider and abettor to angst, an enabler of shrinks, an example of the symbiotic relationship between hyperactive noisemakers (the TV producers) and neurotic weather-obsessed viewers (you and me).

It’s like the low pressure system spirals they show on the big maps, moving across you and your immediate surroundings. It’s almost a self-perpetuating system. The storms come in, as al-

ways. The TV talking heads hype the living daylight out of even the smallest, merest mention of a low-pressure system. Crisis-conditioned viewers eat it up, boosting the ratings. Advertisers want to be part of all this, of course, with their ads for shovels and galoshes (who knows what galoshes are any more?). TV producers, recogniz-

ing a growth factor when they see one, produce more weather coverage. And on and on, ‘round and ‘round we go.

+++++

It didn’t used to be this way. In the not so very distant past, people had a more practical and pragmatic attitude toward winter. “Gonna snow,” you’d

MEMORIES

CONTINUED FROM PAGE A3

reavement services.

Hundreds of doves are placed on trees each year and remain on the trees throughout the month of December. Proceeds from the sale of doves are used to improve the quality of life for people living in those lakes’ region communities served by Central VNA. A reality of our times is that endeavors such as the Hospice program require community support through donation in order to meet the

increasing needs of over 20,000 residents in over 500 square miles of area served. Tree of Memories letters will be going out soon, but anyone can contact Central directly for information on the “Tree of Memories” by calling 569-2729 or 1-888-242-0655.

To purchase a dove in the name of a loved one or friend contact Central’s Office at 569-2729 or visit our website www.centralvna.org. The deadline

for purchasing a dove is December 3rd. One need not purchase a dove to participate – everyone is welcome to attend this remembrance celebration at any of the four locations

Members of this year’s Hospice Advisory Committee headed by Shirley Richardson, Deb Denby, Barbara Lobdell, Mo Marsh, Ginny Schweitzer, Susan Nentwig, and Jenn Legassie.



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Black Friday Weekend Hours
Closed Thanksgiving
6:00am-8:00pm Black Friday
8:00am-8:00pm Saturday, 11/30
10:00am-6:00pm Sunday 12/1



SHOWCASE

CONTINUED FROM PAGE A1
students were learning and there were opportunities for parents and the public to see what was happening in the science labs and classrooms. The Music Department also conducted a special presentation by both the band and chorus.

"Kids are driving 90-percent of this night," said music teacher Kirk Young.

Afterwards, guitarist



DONNA RHODES

French class students Chance Anderson and Armillie Stickney cooked crepes for the parents and public who attended the Winnisquam Regional High School's third annual Student Showcase last week.



DONNA RHODES

Jayson Sheridan of the Winnisquam Bears Radio station demonstrated the equipment, entertainment and public service information provided by the WRHS radio club during last week's Student Showcase.

(Left) Following a special presentation from Winnisquam Regional High School's band and chorus, guitarist Matt Camerato strolled the halls to entertain people who attended the school's fall Student Showcase.

Mike Camerato strolled the first floor as somewhat of a roaming minstrel, entertaining people with his own talent.

An added addition to this year's showcase was "Winnisquam Bears Radio," which is featured live 24-hours each day now through Live 365 on the App Store and Google play.

Interim Principal Mat Jozokos said the school's new radio station was made possible through a Title 4 Grant and, as part of that grant, features not only music but public service podcasts on topics like school bus safety and other relevant topics.

Senior Jayson Shevlin has been a part of the radio club at the school since it started and said their next goal is to broadcast live from athletic events.

Jozokos said he was pleased with the reception that this year's showcase received in the district. None of the presentations were planned, but were actual looks into what students at WRHS do on a daily basis.

"It's just a great opportunity for the communities and the parents to come in and see all that goes on here in Winnisquam," he said.

Another showcase is planned in the spring.



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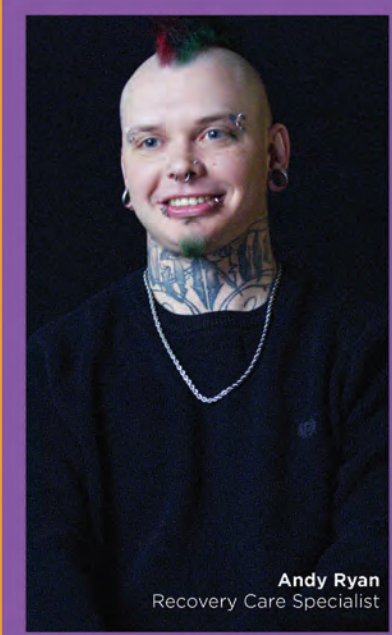

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SPORTS

Raider pair earn volleyball All-State nods

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – This season the Belmont volleyball team was recognized with a pair of players named second team All-State in their senior seasons.

Becca Camire

Becca Camire was the senior captain for the Red Raiders this season, playing starting setter and serving as a leader on the young Belmont squad.

“I feel very honored to have made an All-State team this year,” Camire said. “It shows me that other coaches in the division have noticed and recognized me this year, which is very gratifying. This sport is my passion and to have this recognition is extremely rewarding.”

Camire said there were so many memorable games this season, and that it is hard to choose just one. However, one that stood out was the home match against rival Winnisquam. Winnisquam was the reigning state champion at the time and Belmont managed to take a set from them in an eventual loss. She also recalled the five set match against Sunapee.

Individually she said her personal favorite moment was in a home game against Epping.

“I had an amazing tip, something I had been working on a lot recently, and we all got so excited,” she said.

While the team's 6-10 record didn't show it, Camire felt this season was amazing as a whole for the Red Raiders. She said the team struggled at the beginning as there were coach changes, but the team was able to work through it and compete at a high level.

“All of the girls get along very well and this year has been one of the best in terms of team chemistry,” said Camire. “There was a ton of development from everyone, which was really exciting to watch and be a part of. This season from a personal standpoint has been a year of growth for me as well. Our coach introduced a numbered setting system which was



BOB MARTIN

Hayley Treamer was second team All-State this year.

new for me, but fun to learn. Overall, this season was full of personal development and amazing team chemistry.”

Camire said that since she was a freshman volleyball has been the sport she looks forward to the most. She said she has been grateful for the coaches and teammates to have helped her become the player and person she is and is excited to see what the Red Raiders can do next season.

Camire plans to attend college somewhere in New England, majoring in business management, and hopes to play volleyball at the college level.

Hayley Treamer

Senior libero Hayley Treamer made second

team All-State and she said she is proud of the recognition, as she has come a long way over the past couple seasons.

“My time at BHS has been memorable,” Treamer. “I went from a bench player sophomore year on varsity, to a starting libero my junior and senior year. My junior year I struggled and, not going to lie, had playing time cute while a middle played all around. This pushed me to get better and work harder so I could deserve that position all the time. Now as a senior I have that along with a leadership role on the team.”

Treamer said being named All-State second team was a great

BOB MARTIN

(Left) Becca Camire was a second team All-Stater this season.

feeling, as it puts her in a group of the top players in the division. She said it made all the off-season and pre-season work worth it.

When thinking back on the season, Treamer said the second game against Winnisquam was a highlight. While Winnisquam took the win, Treamer said the Red Raiders' energy was high and the intensity of the first set is something she won't forget.

“Being on the floor when everyone was on top of their game was something I haven't felt playing high school volleyball,” said Treamer. “I also felt like my performance was good and I tried to leave it all on the court.”

While the season didn't end how she would have liked, losing to Epping in the first round of the playoffs, Treamer was happy with the way the team played and thanked them for their strong efforts.

“The team played a huge role in my accomplishment of second team and without them, my coaches, and most importantly my parents, I wouldn't have been able to get that recognition,” said

SEE VOLLEYBALL, PAGE B2

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New coach likes what he saw from Belmont volleyball

BY BOB MARTIN
Bob@Salmonpress.news

BELMONT – The Belmont volleyball team went 6-10 and squeezed their way into the playoffs, and despite the sub-.500 record, coach Andy Edgren said the team grew together and improved week by week.

“With some coaching changes and virtually no organized pre-season, the team overcame these obstacles for an amazing turnaround by season end,” said Edgren, who took over early in the season and coached alongside Polly Camire. “While finishing the regular season 6-10, spectators and opponents alike commented on the marked growth in this year’s team. By the end of the season, the Red Raiders took a game off a strong Winnisquam squad and another game off of Epping in the playoffs, something the team was unable to accomplish in earlier matchups near the start of the season.”

Edgren said the leadership of the four seniors on the Red Raiders allowed the team to be able to gel and ultimately exceed expectations. Belmont



BOB MARTIN

The Belmont volleyball team finished the season with a 6-10 record but coach Andy Edgren saw significant improvement throughout the season and commended the Red Raiders for overcoming adversity all season long.

players bought into a new offensive and defensive system, and had to learn it in a very short period of time. He believes this has laid the foundation for great things to come for Belmont volleyball.

“I’m honored to have

had the opportunity to work with this team,” said Edgren.

Offensively the Red Raiders were led by outside hitter Haley McGlynn and and backup setter Bryhannah Pinard, who Edgren said provided

a “steady and positive presence on the court and off.”

“McGlynn earned dozens of kills from the outside, deftly hitting the line or hard cross at key moments,” said Edgren. “Pinard was not only one of the

team’s most precise passers on serve receive, but also hit well from the right side and set several games for the team.”

Starting setter Becca Camire was a true leader in the captain role as a senior and Edgren praised her for her great defense and assists. Edgren called her the “quarterback” and said she did well learning a complex new offense as she averaged about a dozen assists per game while providing “unparalleled leadership.” Fellow senior Haley Treameer was the team leader in digs every match and saved plenty of balls from dropping in for points against Belmont.

Juniors on the team included outside hitter Liz O’Connell, middle hitter Izzy McDonald, middle hitter Kat Davies and right hitter Mikaylah Stewart. Edgren said they all contributed to the team’s success

and provided strong leadership. They have already begun working with coaches on plans for the 2020 season, which impressed Edgren.

“McDonald and Davies established dominant presence at the net hitting quicks, and opened up the offense for O’Connell and Stewart on the outsides,” Edgren said.

Rounding out the team was sophomore middle and right side Madyson Cryans, who was a “dominant force at the net” that Edgren commended. Fellow sophomore Madeline Johnson showed off her leaping ability and was a powerful outside hitter. Three swing players joined late in the season and made an impact including Madi Paquette, Halla Kirsch and Lilly Carter.

“The coaches are excited to see them develop next year,” said Edgren.



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VOLLEYBALL

CONTINUED FROM PAGE B1

Treameer. “I couldn’t be more grateful for all the hard work everyone put in this season, especially Becca Camire our setter, and our hitters.”

Treameer said she was happy with how she played this year. In the past, she explained, she played intimidated and this year was much different.

“I focused on getting every ball I could and I tried my best to put everything I had into every play,” Treameer said. “In the end it paid off.”

Treameer said the progress that she and her teammates has made is undeniable over the past four years. The team has been through four coaches and players continuously adapted.

“It’s incredible to see how well we respond to the different coaching styles,” Treameer said. “I couldn’t be more proud and happy with how my high school volleyball career has ended.”

Treameer plans to attend college next year and go into education.

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BOB MARTIN

Sana Syed was named second team All-State this season for the Red Raiders.



BOB MARTIN

Deanna Bourque was honorable mention All-State this year as a defenseman.

Three Belmont soccer girls named to All-State teams

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT – The Belmont girls' soccer team put together a solid season this fall, and three players were recognized for their play by being named to the All-State team in Division 3.

Sana Syed

Senior Sana Syed has been the rock of the defense for the Red Raiders for years and this year was no different, as she led the team 10 shutout victories during the regular season. This included a good run of four straight shutouts to close the season. The defense allowed only nine goals all season, which was a big part of the team's 12-3-1 record and fourth place seed in the playoffs.

Syed was a four-year varsity player who has been to the finals, semi-finals and two quarter-finals while with Belmont.

"She has been the anchor of the defense the past three years," said coach Mark Dawalga. "Something about Sana is that she makes her teammates better around her. Losing her to graduation is a big piece but her play left a mark on the program we can build from."

Deanna Bourque

Deanna Bourque was named honorable mention for All-State in her junior season and was another big part of the team's defense. In previous years she was a mid-fielder, but after losing players like Lizzie Fleming to graduation, Dawalga knew defense could be a bit of a void.

"I spoke to her over the summer and she was really cool about it," Dawalga said. "She said, 'whatever it takes, coach.' Her and Sana working together



BOB MARTIN

Becca Fleming was named honorable mention All-State and led the team with 18 goals.

was outstanding. They were really a huge part of why we were as good as we were this season. I see Deanna stepping up into Sana's role. She also makes players around her better."

Dawalga said as a coach you just couldn't ask more for the kind of determination and hard work his defensive unit put forth, and it all started with Bourque and Syed.

"When you have 10 shutouts on defense that really says a lot about how they played," said Dawalga.

Becca Fleming

Becca Fleming was named honorable mention for All-State in what was a big junior season where she provided the brunt of the scoring load with 18 goals and 13 assists. She was the focal point of the team's offense, along with Sierra Bourque and Katie Gagnon, and put some of those close games out of reach with her scoring.

"When we lost our leading scorer in Julianna Estremera, we knew we needed to find a way to make up for more than 20 lost goals," Dawalga said.

New Hampshire ski resorts get an early start

BY TARA GILES

tara@salmonpress.news

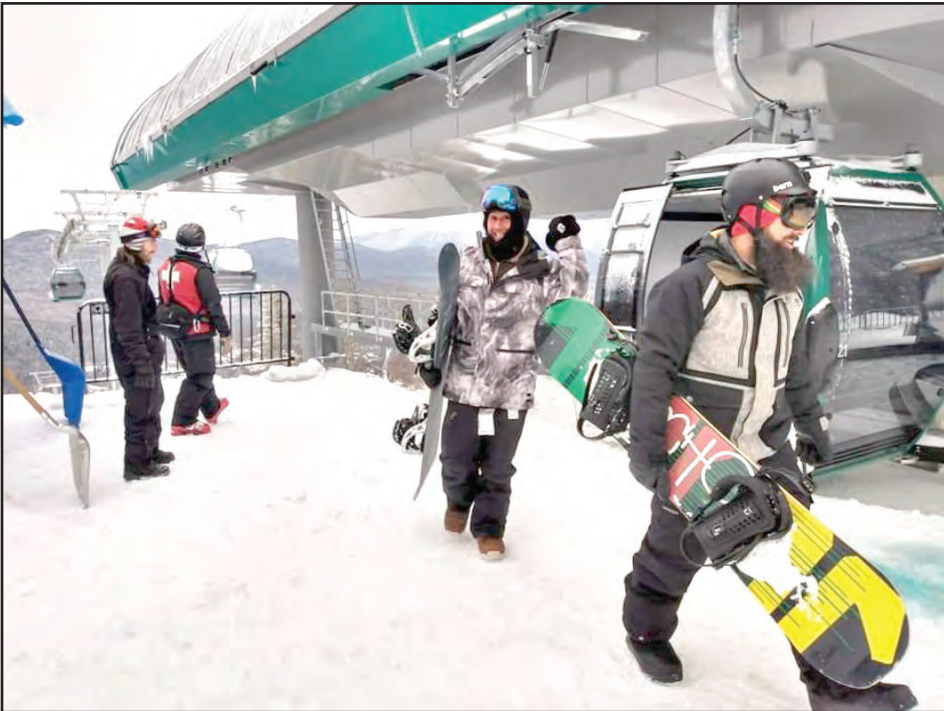
REGION — Last Wednesday the 2019/20 ski season was up and running at Bretton Woods. The following day five trails were opened up, including those off of the new eight-person gondola. Colder than normal temperatures for the season and an early snowfall allowed for the early openings.

At Bretton Woods, opening day was free for roughly three hours to anyone who donated a non-perishable food item, that would in turn, be donated to local food pantries. Those who partook, said the snow was great and not at all rocky, which is typical for this time of year.

As of press time, Bretton Woods now has nine out of 63 trails open, with three out of 10 lifts running. A total of 53 acres out of 468 are open.

Cort Russell, a Franconia local, was the first tele skier to ride the new gondola. "When you want something bad enough the world will conspire," he said. "This is my feeling as I walk away from this season's opening days. It started odder than any previous in that the first turns were on xc skis on the notch trail, while the next day after I caught the fifth chair of the season at Bretton Woods."

Russell added, "However it was the official opening day, that next day, that I was waiting for as BW was



COURTESY

It was opening day at Loon last week, after an early season snowfall hit the region.

set to open their new eight-person gondola to skiers and riders for the first time ever. It's a rare treat to get a first ever seat, car 20 was a once in a lifetime first time ride that I won't soon if ever forget."

The very first opening day for Bretton Woods took place on Dec. 29, 1973 and was advertised as a 1,100-vertical-foot ski area. Back then, the mountain ran two double chairlifts and a T-Bar. There were roughly 30 acres of snowmaking and consisted of seven intermediate runs and one beginner trail. In 1973, a day ticket cost skiers \$8.00. The following year in 1974, a season pass cost \$150.

At Loon Mountain in Lincoln, opening day took place last Friday. Fifteen trails and 92 acres were open over



COURTESY

Bretton Woods was busy on the first day of the season where the new eight-person gondola was up and running.

the weekend.

Wildcat Mountain in Pinkham Notch also opened on Friday. Wildcat is part of Vail Resort Ski areas. Other nearby Vail resorts

include Mount Snow located in Vermont and Attitash in Bartlett. Conditions at Wildcat were also reported to be smoother than is typical for this time of year.



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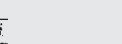


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Stacy Buckley – Superintendent of Schools
Newfound Area School District
20 North Main Street
Bristol, NH 03222

Application is available at:
<http://www.sau4.org/human-resources/employment-information>

WINNISQUAM REGIONAL SCHOOL DISTRICT

The Winnisquam Regional School District Budget Committee seeks to fill two vacancies:

Recording Secretary - part-time position attends Budget Committee meetings and takes minutes. Must be a high school graduate and minute-taking/secretarial experience is preferred.

Budget Committee Member, Town of Tilton - until the next annual meeting of the School District. Those wishing to apply must be a resident of the Town of Tilton and a registered voter.

Interested candidates should send a letter stating their intentions and qualifications by December 2, 2019 to:

**Chairperson
Winnisquam Regional Budget Committee
433 West Main Street, Tilton, NH 03276**

**WINNISQUAM REGIONAL SCHOOL DISTRICT SAU 59
19-20 School Year Openings:**

Elementary Schools
Elementary School Coordinator of Integration Technology – Requires an Elementary K-6 NH Certification, #1811

Winnisquam High School
SPED Teacher
Long Term Substitute SPED Teacher – Must have Teaching Certification
Long Term Substitute Math Teacher – Mid March 2020 – End of school year, must have Teaching Certification
Long Term Substitute Health Teacher – May 2020 – End of the school year, must have Teaching Certification

District Wide
School Social Worker
2nd Shift Custodian
Long Term Substitute ESOL Teacher – Position available immediately, end date TBD. Must have ESOL Teaching Certification
Paraprofessionals – Starting pay \$14.50/hour
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For consideration, send a cover letter, resume, application (www.wrsdsau59.org), copy of certification if applicable, references and transcripts to:

Office of the Superintendent, Winnisquam Regional School District.
433 West Main Street, Tilton, NH 03276
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Salary \$32,000-35,000

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NHMS hosting Gift of Lights starting Thanksgiving night

LOUDON — With the holidays fast approaching, New Hampshire Motor Speedway is getting into the spirit by trading in the checkered flags for 2.5 million twinkly lights during the Gift of Lights presented by Eastern Propane and Oil. The ninth annual event spreads holiday cheer for 35 days with fundraising for the local community from Thursday, Nov. 28, through Sunday, Jan. 5.

This year, the 2.5-mile drive-thru light show is bigger and better with 520 displays and 80 different scenes opening at 4 p.m. daily including Thanksgiving and Christmas. The out of car experience includes the s'mores pit and pictures with Santa Claus on Fridays and Saturdays through Dec. 21.

More than 650 hours went into setting up this year's show including the new Light Co. display with construction working elves, a cowboy Christmas, race cars, a mili-

tary display plus the popular 12 Days of Christmas and the fan-favorite Tunnel of Lights, 130-foot long infield entrance and exit tunnels made up of more than 25,000 lights.

"The holidays are all about traditions, spending time with family and helping those who are less fortunate," said David McGrath, executive vice president and general manager of New Hampshire Motor Speedway. "There's no better way to do all of that than with a visit to the Gift of Lights. We love to see the community come together to help our neighbors while enjoying a festive night out with the family."

Helping the community begins immediately at the front gate. A portion of all admissions proceeds benefit Speedway Children's Charities, the official charity for New Hampshire Motor Speedway, which has distributed \$1.7 million to local

non-profits. On Dec. 15, Yule Light Up The Night, a 2.1-mile fun run or walk with Millennium Running, will kick off at 4:30 p.m. and will also support SCC while giving visitors a unique view of the light show (Gift of Lights has a delayed opening).

For a \$2 discount, visitors can bring three or more non-perishable canned goods for donation to the Loudon Food Pantry. Since the Gift of Lights first started in 2011, food and monetary donations have allowed New Hampshire Motor Speedway to donate more than 93,000 pounds of food providing more than 88,000 meals to locals during the holiday and winter months.

The Loudon Firefighters Association will fundraise by hosting the s'mores pit on Friday and Saturday nights through Dec. 21. Over the last two years, nearly \$6,500 was raised for their off-road utility vehicle

fund for the purchase of a UTV for wildland firefighting efforts, off-road rescues and searches for missing individuals in town.

Coca-Cola night is Dec. 15, after the conclusion of Yule Light Up The Night, and will include the iconic Coca-Cola Santa and caravan. Theme nights allow visitors to get in to the holiday spirit and save \$2 off admissions at the gate by dressing up for Pajama Night (Dec. 4), Military Night (Dec. 11) and Ugly Sweater Night (Dec. 18).

The Gift of Lights will be closed on Dec. 2, 3, 9 and 10. Please visit www.NHMS.com/GiftOfLights for event details. A PDF version of the schedule is available: <https://www.NHMS.com/Documents/Gift-Of-Lights-Schedule-2019.pdf>

For ticket information for all events at New Hampshire Motor Speedway, including the Nov. 28-Jan. 5 Gift of Lights presented

by Eastern Propane and Oil, the June 13-20 Motorcycle Week at NHMS, the July 17-19 Foxwoods Resort Casino 301 race weekend

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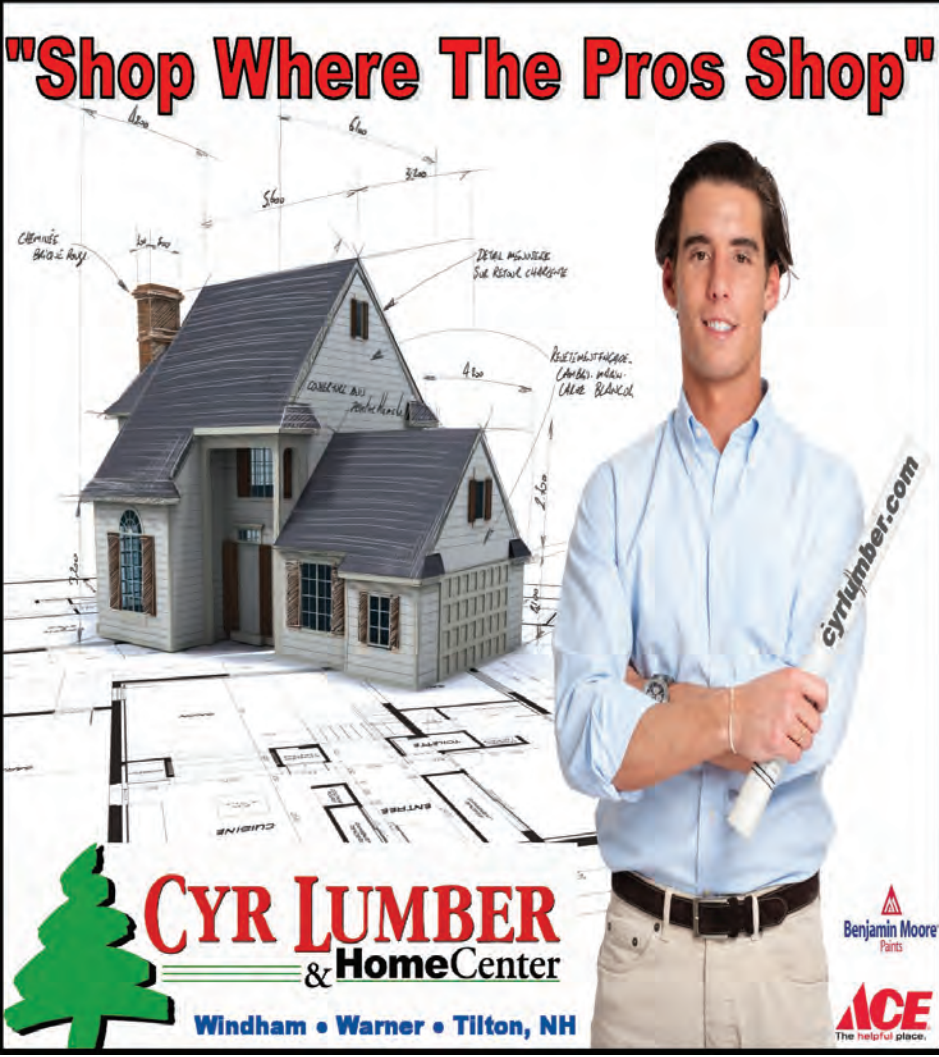
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