

Alton Central School seeking mascot volunteers

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 committee 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 communi-

ty-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.

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.

Donation yoga class being held on New Year’s Day

ALTON — Donation Yoga Flow class will be held on New Year’s Day with instructor Sheila Marston. Start the new year off by giving back to the community. Donation class at the Alton Bay Community Center on New Year’s Day, Jan. 1, from 4 to 5 p.m. All donations will be given to the food pantry in Alton. Class will be for all levels, if you have always wanted to try yoga, join in this beautiful space to start the new year off taking care of you and donating to a great cause. Modifications will be offered. Stretch, breathe and feel great for 2019. Zumba classes with Sherry Meyer are held Mondays and Wednesdays at the Alton Bay Community Center from 8 to 9 a.m. Local walk or snowshoe program The Alton Parks and Recreation Department is sponsoring a local snowshoe walk on Saturday mornings led by Ruth Arsenault.

Join community members on a walk or snowshoe walk each week from 10 a.m. to 12 p.m. Walks will be held in local parks and will be easy to moderate. The free program is ongoing. Meet at the Alton Bay parking lot. For more information and/or to register for this program, e-mail your name and contact information to Ruth at bernieruth1977@aol.com. Ice skating rink at Mill Pond The Parks and Recreation Department is planning to create an ice skating area at Mill Pond, across from the Fire Department on Route 140 this winter, weather permitting. Volunteers are needed to help clear snow and flood the rink. Please contact the Alton Parks and Recreation Department at parksrec@alton.nh.gov or 875-0109 if you are interested in donating your time to assist with maintenance of the outdoor rink.



Unified opener

Coach Richard Fortier talks things over with his Prospect Mountain unified hoops team during the season opener on Dec. 17. See the story and more photos on the back page of the B section.

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ALTON BUDGET COMMITTEE
PUBLIC HEARING
TOWN OF ALTON, NH
January 9, 2019 7:00 PM
Snow Date: January 10, 2019 (if necessary)
ALTON TOWN HALL
1 Monument Square
2nd Floor Meeting Room
Alton, NH 03809

The Alton Budget Committee will hold a Public Hearing on January 9, 2019 at 7:00 PM at the Alton Town Hall, 1 Monument Square, 2nd Floor Meeting Room, Alton, NH 03809. The Public Hearing is in reference to the proposed 2019 School Operating Budget and Warrant Articles.

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New Year’s Eve concert in Barnstead

BARNSTEAD — Come and join in for the New Year’s Eve Milk and Cookies “Parlor Concert” at the Barnstead Town Hall. The concert this year will feature Chris Bonoli and Roy D’Innocenzo from 7 to 9 p.m. and the theme will be “all the songs I can’t remember the words to.” All are invited, reservations are

not necessary. Come and sing American Pie at intermission and enjoy some milk and cookies along with other beverages. Regardless of the weather, the concert will go on and everyone’s invited. All proceeds will be donated to the Memorial to Public Works Employees being constructed in Concord to commemorate all the pub-

lic works employees who have died on the job. Any public works

employee and their families may attend for free.

Barnstead Farmers’ Market seeks board members

BARNSTEAD — The Barnstead Farmers Market was voted WMUR’s number three Best Farmers’ Market in NH for 2018. The market is growing and they need more board members for the 2019 season. They are seeking business owners, business minded individuals or individuals who have some background or experience within the

farming or agriculture industry. The board needs individuals who are motivated to help them move to the next level of success. If this is you, please contact Lori Mahar, President of the BACFM at 269-2329 or lorimahar@tds.net. Please visit www.barnsteadfarmersmarket.club for more information about the market.

New Year's Eve party Monday

ALTON — Join the American Legion Post 72 family for a fun-filled New Year’s Eve party on Monday, Dec. 31. Dinner will be served from 5 to 8 p.m. Menu includes your choice of prime rib or lobster served with

dinner salad, baked potato and vegetable. The Cameron Drive Project will play, there will be a 50/50 raffle, prizes and party favors along with a champagne cocktail at midnight. Please call 875-3461 for more information.

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Democrats meet in Gilmanton on Jan. 7

GILMANTON — All local Democrats and Independents are invited to attend January’s meeting of the Tri-Town Democrats of Barnstead, Gilmanton and Alton.

Guest speakers are followed by action items and community organizing. 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 experiences.

The Jan. 7 meeting will be held at Wagner Barn Guest House, 63 French Road, in Gilmanton. Come for social-

izing and potluck any time between 6:15 and 6:30 p.m.

This meeting is open to all residents of Alton, Barnstead and Gilmanton who consider

themselves moderate, liberal, or progressive Democrats or like-minded Independents. Potluck items to share are encouraged but not required.

YOGA

(continued from Page A1)

abuse and sexual assault.”

She spent a lot of her time traveling around the country, training people to recognize and respond to child abuse. “I was also a part-time hostage negotiator for several years.”

That position employed active listening, which is a good life-skill, but “the stress started to take its toll,” and at the age of 44, she required heart surgery.

A major health problem was a clear indication to slow down. Despite having no prior experience with yoga or meditation, Cronin said she thought she’d give yoga a try.

“I instantly felt more relaxed and wanted more,” she said. “I got hooked on it; it was truly life changing.”

Her police friends noticed a change, and Cronin made a complete break from her earlier life. Simply practicing yoga wasn’t enough, however; she became a teacher, for an understandable reason.

“I’m a fixer. The benefits were so profound with my own personal health that I really felt a calling to be able to share this with people.”

She chose Kripalu training, a word that means ‘compassionate.’ “It’s a different kind of yoga,” Cronin explained. “It’s slower paced, with more meditation.”

In fact, she refers to it as “meditation in movement. You tune in and listen to your body, never going beyond your own edge or forcing yourself into a pose.”

The 200-hour program she went through in Stockbridge, at the largest yoga teaching training facility in North America, pulls students from all around the world. “I lived there for a month going to classes with people from South Korea, Serbia, Australia, all over.”

The yoga she practices is for everybody because it is for every body. “It teaches you to be compassionate toward yourself,” Cronin said, “accepting your body and where it is, and then being all you can be. You go into your variation of the pose and that’s exactly where you need to be.”

From yoga teaching training, Cronin went straight to the police academy to give recruits the life skills to deal with the stress. “My healing was so profound that I needed to share; it’s such a stressful job.”

In conjunction with Harvard Medical School, Johns Hopkins University, and Brigham and Women’s Hospital, Cronin helped conduct a research study at a police academy in Massachusetts. The results, pub-



COURTESY PHOTO

YOGA instructor Susan Cronin of Alton works with a class in Delray, Fla. Cronin credits yoga with changing her life completely.

lished in 2013 in the International Journal of Yoga Therapy, indicated just what she would have suspected.

“I taught a pilot study of six yoga classes to recruits. They found that after the classes, participants had decreased perceived stress, increased mood, decreased tension and fatigue, and a trend toward decreased anger.”

Research supports the health benefits of yoga. “Many of these health benefits are present after just one class,” Cronin said. “When the three elements of deep breathing, physical postures, and the deep relaxation at the end are combined, you get physical and mind benefits.”

She said it’s quite a difference from using, say, a treadmill at the gym. “Put those three things together and that’s when the magic happens.”

Unfortunately, there has been no follow-up with police academy recruits. “The police haven’t been able to find the time or resources to include yoga as part of the training,” Cronin said, “but I’m hopeful that a long-term

study could be done. I’d love to be a part of that study if they continued with yoga.”

Until that time, she is feeding her passion of reaching “seniors and people with health issues who wouldn’t necessarily go into a yoga studio.” She often works with small groups of stroke victims, or people with Parkinson’s and other disabling diseases.

Knowing that yoga is good for conditions such as that comes from personal experience. “In 2007, I found out I had multiple sclerosis. Again, yoga save my life.”

Cronin is symptom free of the disease and attributes that to eating only organic plant-based foods and yoga practice. “Lots of yoga, which is deeply healing for the mind and the body.”

She teaches beginning yoga at Breathe Yoga in Alton, at the Alton Senior Center, and periodically at the New Durham Public Library. She has also taught for the National Federation of the Blind, and for the past six years, has used Skype to reach students all across the country.

life.”

Cronin likes to say, “If you can breathe, you can do yoga; I can accommodate any health issue.”

She often runs up against those who are hesitant to try yoga. “I tell them to give it a try, to come to a couple of classes and give it a chance; you have nothing to lose by giving it a try.”

Usually she finds that once a person gets through the door, they are sold on yoga. “After one session, you’re in a better mood,” she said. “Try a beginner class, which is a safe, gentle place.”

She invites perspective students to just come and observe, if they’d prefer, and reminds them they never have to get on the floor in her class. “You can do it in a chair if that’s what you need.”

Cronin can’t say enough about the benefits of the practice that changed her life. She asserts that personal relationships are also improved. “It makes you calmer, so you have more patience. Yoga translates off of the mat into your life.”

She often wonders how she managed all of those stressful years while being “out of whack. Yoga brought that balance that was so needed for my life,” she said. “We should all look for that balance.”

“I can come up with a customized plan tailored to a person and their health needs. People use a laptop, iPad, or smart TV to Skype. It’s worked out better than I could have ever expected. They have my undivided attention step by step.”

Cronin Skypes weekly with one woman who has been blind since birth. “I talk her through the session and she feels the health benefits.”

Speaking of health benefits, she stated she could “write a book” about what her students credit yoga with. “They tell me they don’t need their pain medication anymore or have been able to cut back; I’ve had people walking with a cane when they start and in a few months, don’t need it any longer; those who start in a chair wind up being

able to sit on the floor and get up and down unassisted, which is a big deal for seniors.”

Most people gain a greater range of motion and many say they sleep better.

“I hear comments every day about how much better they feel, that they are calmer. Yoga makes you less reactive to things so you can handle stress in a calmer way. It’s a perfect fit for seniors or anyone with health issues. It’s all about feeling better and improving your quality of

PORTRAITS • WEDDINGS • SCENICS • EVENTS

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Thank you for 2018

This is our final issue for 2018 and we want to thank all of those people who made the past year possible.

The newspaper industry as a whole has struggled the last few years. While other publications have shuttered the doors, we have continued on and we work hard to make sure we have a decent product for you every Thursday and we appreciate the support of those who appreciate our newspaper. Yes, there are mistakes and we apologize for those errors when they do come around, but overall, we believe our paper is the best it can be.


The advertisers are indeed the ones that make the newspaper world go around. Without advertisers, there's no way to pay for the newsprint that is needed to print these papers each week. The many local businesses whose ads you see throughout this paper are huge contributors to our success and we couldn't be more grateful for all of them for being part of our newspaper. We hope that as you go out and about in your community in the new year that you take time to seek out those businesses that advertise here and let them know you saw their ad in the Baysider.

We also wouldn't be able to put our paper together without the work of some great local residents who have stepped up to write for us. We've found that the people we have working for us on a part time basis have done a fine job of filling those gaps. Mark Foynes, Cathy Allyn and David Allen have delivered us stories that tell the news of Alton, Barnstead and New Durham. We are grateful for their work. And we are grateful that we had another fantastic summer of writing from Katie Lesnyk and are happy to have her back on our pages for the next few weeks (starting with this issue).

We also have a great staff that works behind the scenes and in the community to help this paper continue. Our advertising manager Cathy Cardinal-Grondin is out in the community connecting with local businesses who want to advertise and her assistant, Beth, helps to keep in contact with all of those businesses throughout the year. Our distribution manager, Jim Hinckley, makes sure that the papers make it from our printing plant in Massachusetts to your local stores and post offices every week. He oversees a group of drivers that bring the 11 Salmon Press publications all over the state and the work he and his crew do, in all kinds of weather, is greatly appreciated. Additionally, the paginators in Meredith, including Julie Patti, Jane and Tim, help bring the whole paper together each week and their work is appreciated. And Ryan, Sam and Abi work in our accounting office and keep the business moving along in the right direction.

And of course, we want to thank the readers of the Baysider who pick up the paper every week or have it delivered to their mailbox. Our community newspaper relies on the community for input and your letters, press releases and photos have been an integral part of the paper this year and your support by simply reading the Baysider each week is appreciated. We remind local residents that indeed you can have the paper delivered to your mailbox in any of our three communities, just e-mail sam@salmonpress.news.

And with that, we bid adieu to 2018 and welcome 2019 with open arms.



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COURTESY PHOTO

A helping hand

RE/MAX By The Lake and Marrakech Express Salon and Boutique, both located at 141 Main St. in Alton, collected more than 160 food items at their annual holiday party / open house and donated them to the Alton Community Service food pantry. They wish everyone a happy holiday season.

NOTES FROM WINDY HOLLOW

A fox trotting on thin ice

BY VIVIAN LEE DION

Contributing Writer

I never expected to see movement on the pond, because the shiny ice is translucent and paper thin. Yet, there he was, a healthy-looking red fox trotting along at a fine pace. He is on a mission and knows exactly where he's going with his bushy tail out straight. I couldn't see the white tip on the fox's tail but that's okay because I enjoy watching the wildlife whether near or far.

Foxes do not hibernate in the winter, although have been known to "seek shelter for a couple of days. They resume their normal activities once the weather passes." National Geographic explains: "Like a cat's,

the fox's thick tail aids in its balance, but it has other uses as well. A fox uses its tail (or "brush") as a warm cover in cold weather and as a signal flag to communicate with other foxes. They also signal each other by making scent posts, urinating on trees or rocks to announce their presence."

Making it safely to the other shore, he quickly disappears into the woods looking for food, shelter or perhaps a vixen (female fox).

As a British news service tracks the Year of The Fox, it explains the January activity: "January is the breeding season, and the dog fox will shadow every move of the vixen.

More daytime activity increases as the mating season approaches. Both the dog fox (male) and vixen will only have a short amount of time in which they will be able to mate, so the dog fox will mirror every move of the vixen to ensure he will be there when the time is right."

Getting back to thin ice, I received an e-mail that informed me of two successful rescues on Pleasant Lake. Then, it continues, "The New London Police Department was nice enough to forward along the following webpage about ice safety from NH Fish and Game. There's a video and pamphlet on the page. It's essential information to review if

you're going to be on the ice, <https://www.wildlife.state.nh.us/outdoor-recreation/ice-safety.html>.

"The thickness of the ice on Pleasant Lake can vary greatly from spot to spot so you cannot check the thickness in one place and assume it's that thick everywhere. We want everyone to be as safe as possible while recreating on the lake and not to do anything that puts your safety, your neighbor's safety or the safety of our local first responders at risk."

Please use caution when venturing on the ice. Have a safe and Happy New Year.

Vivian Lee Dion of New Durham is a writer and speaker.

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

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No marks on this carpet and a goodbye to 2018

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

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

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

Anyway, it turned out that places like Nevada and Utah were deemed better suited for entombing radioactive stuff, and I’m glad that Bunnell Mountain, nee Blue Mountain, remained unmarred by major road building and tunnel construction and a gazzilion lights, and remained what it is and I hope will always be, a backdrop for a view that has become imbedded in heart and soul.

NORTH COUNTRY NOTEBOOK

By JOHN HARRIGAN



+++++

Unbroken snow is unusual because usually people and their pets have been out and about, or wild creatures have been out there trying to make a living. Deer, for instance, often cavort around the apple trees, but on this morning, they had apparently slept in and had not yet punched in their time-cards for the day’s work of cavorting.

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

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

Raptors are accustomed to finding small creatures around my yards and barns, especially the front yard, where if they get tired of trying to catch something that’s moving they can swoop down and grab something that isn’t.

This is because we put dead mice from



JOHN HARRIGAN

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

the traps in the house out on the fenceposts, where hawks and owls can see them. When the talons make their grasp there’s not even a pitiful little squeak, which somehow reminds me of the way the old year’s coming out, and the New Year in.

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

Blood drives planned in Alton and Barnstead

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.

There will be two local blood drives in the coming weeks.

From 9 a.m. to 2 p.m. on Monday, Dec. 31, come to the Barnstead Parade Fire Station at 305 Parade Road to give blood.

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 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 iden-

tification 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 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 or CruzRojaAmericana.org, or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).



COURTESY PHOTO

Friends of Music concert

Organist extraordinaire Hector Olivera returns to the Wolfeboro Friends of Music concert series on Jan. 13, 2 p.m. at the First Congregational Church of Wolfeboro.



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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Bly Ave.	Residential Developed Land	\$10,000	David D. and Pauline Pittman	Nicholas W. Cinelli
Alton	11 Cynthia Dr.	Single-Family Residence	\$145,000	Ryan L. Heath LLC	Realty Mountain LLC
Alton	454 E. Side Dr.	Mobile Home	\$100,000	Roberta Vuyfowecz	Joseph A. and Robin L. Duyon
Alton	181 Heron Point Rd.	N/A	\$147,395	Merrymeeting River MHP	Andrew S. and Kathleen P. Tryon
Alton	121 Main St.	Single-Family Residence	\$163,000	Travis M. Wiley	Ronald E. Larson
Alton	12 Smith Point Rd.	Single-Family Residence	\$324,400	Tedeschi Contracting LLC	Richard A. and Linda D. Williams
Barnstead	Kent Lane (Lot)	Residential Open Land	\$80,000	Robert C. and Maryellen F. Monahan	John J. and Donna V. Nicholson
Barnstead	23 Rogers Rd.	Single-Family Residence	\$197,000	Brandy and Thomas Pelletier	Delaney Jackson and Nicole Caron
Barnstead	27 Winchester Dr.	Residential Open Land	\$243,533	Peter H. and Karen A. Bemis	Susan L. Bergeron and Jonathan J. Hall
New Durham	6 Brightwaters Dr.	Single-Family Residence	\$699,000	Robert F. and Christine M. Hicks	Cheryl and Douglas Gault
New Durham	41 Davis Crossing Rd.	Auto Repair	\$225,000	Solon Realty Co. LLC	Heith A. Prentiss

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are

usually the first listed in the deed. Sales might involve additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and

data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium.

BARNSTEAD

(continued from Page A1)

presence. Montgomery offered to call the AG's office the next day (Dec. 19) to obtain more details about the alleged traffic delays before scheduling a time to meet with the selectmen. She relayed from the message that Barnstead is not the only town the AG would like to speak with regarding the general election.

Later, Mahar discussed a two-day conference about municipal governments that she recently attended. She mentioned a program that was spoken

about during one of the workshops that encourages citizens to become more engaged in local politics. A case study with the system is being done in a few New Hampshire towns, and Mahar requested that the rest of the board also review the presentation in order to learn more about the system. Mahar is also going to create a more formal report about the municipal governance system and present it at a future board meeting.

The public input session began 10 minutes earlier than scheduled,

at 5:50 p.m. With no comments or concerns from the public, Duane posed a question to a representative from the highway department in attendance in the audience. Duane asked if there will be enough sand for the remainder of December, given the current weather pattern over the month so far, and the highway department representative said that there will likely be enough as long as there isn't any more sleet. \$30,000 worth of sand is allegedly going to be used for the roads over the month

of December, with 20 truckloads going out after each storm, and more truckloads going out to redo the school bus routes for ensured safety.

The first topic after the public input session was a section of trees along Garland Road for which residents have informed the local government need to be removed but would fall over the road and on top of a stone wall across the road. There are ribbons marking the trees, and plows regularly hit the large trees. The representative from the highway

department in the audience said that the department does not have the proper-sized saws to cut down the large trees. He also confirmed that either the trees will go down over a snowmobile trail and need to be quickly removed or over the road and into trees and a stone wall on the other side. The highway department is going to be asked to seek bids from third-party companies who have the ability to remove the trees.

A public hearing then occurred in order to discuss the acceptance and expenditure of \$34,283.55 from the Federal Emergency Management Agency

(FEMA) in response to an Oct. 2017 weather event that impacted the Barnstead area. The funds will come in the form of a reimbursement to the town into the general fund for work that has already been done. The motion to accept and expend the funds was approved.

Lastly, representatives from the Barnstead Fire Department (BFD) spoke with the selectmen regarding job titles for the department's new firefighters/EMS providers, solidifying that they matched the qualifications that each of the three named employees had.

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Mark on the Markets



By MARK PATTERSON
Contributing Writer

Going back to the summer time this year, our 401(k)s, 403 Bs and brokerage accounts were doing very nicely, and the “wealth effect” was in full swing. The wealth effect is simply psychological state when people feel they have more money to spend when they retirement money, typically stock mutual funds, are doing well. This is the time that as an advisor, I hear from certain clients that their neighbor is doing much better than them in the stocks. Having been in this business for 24 years it is just part of the cycle of joy, elation followed by distraught to those who are not properly invested for their risk

Ending the year on a low note

tolerance, but more importantly the real purpose of the money.

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

A typical risk tolerance questionnaire, in my opinion, is just the very beginning of the information that I need to assess a well-constructed portfolio that meets the client’s needs more than their wants. For instance, a client tells me that they need what equates to eight percent of their retirement portfolio as income but they

did not want to draw down principal. That is simply not possible without risking principle. As a portfolio manager, I am able in this interest rate environment, to provide my client with a steady sustainable income in the five percent range. This is not obtained through capital appreciation, but through cash flow from a bond portfolio of investment grade bonds. You can buy high-yield, or junk bonds however there is a high degree of credit risk associated with these bonds. They are also highly correlated to the stock market, not the bond market. My strategy has been to take the amount of money needed to provide a steady sustainable cash flow, and with the remaining money try to obtain capital appreciation through stocks potentially using some “options” strategies for income.

The whole point of this article is; that if you are properly invested in a portfolio

designed for your risk tolerance, but more importantly a purpose, then and only then, you will be able to ride out the highs and lows of not only the stock market but the bond market. You must have a blend of non-correlated asset classes that don’t all go up or down at the same time, but in the long run, mute the gains and losses in your portfolio.

I hear many people say, “I’ll make that change when my stocks are back up again.” First mistake in the statement is that they will make the change to a balance portfolio. It is likely that this person will not sell them because they believe they’re probably going to new highs again. Second mistake is that they are waiting for the stocks to go back up again to recent highs.

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

OBITUARY

Cecil A. Williams US Army veteran



NEW DURHAM — Cecil A. Williams, 83, of New Durham, passed away peacefully early Monday morning, Dec. 17, surrounded by his wife of 36 years and his daughter. Cecil was born Nov. 21, 1935 in Malta, Montana to the late Carol (Kroger) Williams and Edmund Williams.

Cecil was a graduate of Miliken University in Decatur, Ill.

He proudly served his country during the Korean conflict as part of the 82nd and 11th Airborne Divisions of the United States Army. After serving his country he became a member of the Decatur Police Department and joined Mueller Co and Jones Chemical as a successful salesman and sales manager.

Cecil knew the value of giving back to his community and put service above self throughout his lifetime. His volunteer service was wide-ranging. He was a volunteer fireman for the Greece Lakeshore FD in Greece, N.Y. He served on the Litchfield zoning boards and as a selectmen for the town of Litchfield, where he lived for 30 years. Cecil was also active in St. Francis of Assisi Parish in Litchfield, serving his church in many capacities. He was also a member of The Nashua Rotary Club. As a member of the Knights of Columbus in both Hudson/Litchfield and New Durham, he served as a Grand Knight of the organization and member of the Fourth Degree of the Knights.

In 2010, Cecil and his wife, Connie moved to New Durham, where he immediately became a contributing member of that community, serving on the town zoning board and volunteering at the Wright Museum in Wolfeboro. His true passion was serving the parish of Saint Katherine Drexel in Alton. His lasting memory will be the outdoor Stations of the Cross monuments, which stands today on the grounds of the parish.

Cecil is survived by his wife, Constance J. (Trombly) Williams of New Durham; his two daughters, Cristen (Williams) Santa, her husband, Alan Santa and Cherie Williams both from Olathe, Kan.; his step-daugh-

ter, Catherine Mary (Sullivan) Schofield and her husband Kirkland Schofield of Nashua; his step-son, John S. Sullivan, Jr and his wife Carrie of Nashua; 10 grandchildren, Jacob, Hannah and Avery Sloan of Kansas, Emma Williams of Kansas, Sheala (Schofield) Deciccio, Samuel and Alex Schofield of Nashua and Aidan, John and Caroline of Nashua. He also enjoyed three great-grandchildren, Lacey and Finley Schofield of Nashua and Audryanna Deciccio of Nashua. He is survived by two sisters, Hilda and her husband Frank Michael of Bellevue, Wash. and Helga and the late David Schink of Mt. Vernon, Wash. as well as a sister-in-law, Dr. Catherine (Trombly) Latham and John Latham (deceased) of Walpole, Mass. Other relatives include brothers-in-law Frank H. Trombly, Jr and his wife Betty Trombly (both deceased), James J. Trombly (deceased) and his wife Denise of Punta Gorda, Fla., William R. Trombly and wife Bette (Riley) Trombly (both deceased) both of Manchester, and Daniel G. Trombly of Franklin. He is also survived by several nieces and nephews.

Calling hours at Lambert Funeral Home and Crematory, 1799 Elm St, corner of North St, Manchester, were Thursday. A mass of Christian burial was celebrated on Friday in St. Katharine Drexel Church, 40 Hidden Springs Road, Alton. Burial will be in Litchfield in the spring.

Because the church is filled with Christmas flowers, the family has asked for those wishing to donate to the Community Hospice House in Merrimack, which can be found online at www.hhnc.org or 210 Naticook Rd. in Merrimack, NH 03054.

To send an online message of condolence, please go to www.lambertfuneralhome.com.

Hospice volunteer training begins Jan. 16

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.

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 or call 800-691-1133.

National Honor Society hosting coat drive at PMHS

ALTON — The PMHS National Honor Society is holding a coat drive, which provides coats to any students that need them in the building. At the end of last year, all of the extra coats were donated,

so we are looking for a whole new batch. Any new and/or lightly used coats, hats, mittens and gloves can be dropped off in the PMHS main office. Any and all donations would be greatly appreciated.




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



**8 am Worship Service
Community Church of Alton
20 Church Street, Alton**

<p>ABUNDANT HARVEST FAMILY CHURCH Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union. Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit abundant-harvestnh.org or e-mail ahfc@faith.com.</p> <p>ALTON BAY CHRISTIAN CONFERENCE CENTER Sundays throughout the summer 10am & 7pm; Tues-Thurs 9am; 875-6161.</p> <p>BEFREE COMMUNITY CHURCH, ALTON Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, www.befreechurch.net.</p> <p>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 Goeer. 269-8831.</p> <p>COMMUNITY CHURCH OF ALTON Prayer Meeting 9:00 am Christian Education for all ages, nursery-adults, 9:00 am. Rev. Dr. Samuel J. Hodo. 875-5561. Sunday Worship Service 8:00am Alton Bay Barnstead July 1-Sept 2 10:00am 20 Church Street</p> <p>CONGREGATIONAL CHURCH OF NORTH BARNSTEAD UCC Sun. School and Worship Services, 10:00AM, 504 N. Barnstead Rd., Pastor Nancy Talbot, 776-1820, ccnorthbarnstead.com</p> <p>FIRST CONGREGATIONAL CHURCH UCC FARMINGTON</p>	<p>Worship Services 10:00 A.M. Sunday School 10:15 AM 400 Main Street Farmington, NH 02835 Pastor Kent Schneider 755-4816 www.farmingtonnhucc.org</p> <p>FIRST FREE WILL BAPTIST CHURCH Sun. School 9:45am; Church 11am; Evening Service 6pm; Wed. Prayer Meeting 7pm. Depot St., New Durham; Pastor James Nelson.</p> <p>PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H. on the Parade in Barnstead Sunday Morning Worship Service for all ages begin at 10:00 a.m. Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings. Pastor Sandy Pierson - 483-2846</p> <p>ST. KATHARINE DREXEL 40 Hidden Springs Rd., Alton, 875-2548 Father Robert F. Cole, Pastor. Mass Saturday 4pm; Sunday 8:30 & 10:30am; Daily Mass Mon., Tues., Wed., Fri. 8:00am.</p> <p>ST. STEPHEN'S EPISCOPAL CHURCH Sunday 9:30, 50 Main St., Pittsfield Rev. Miriam Acevedo, 435-7908 www.ststephenspittsfield.com</p> <p>UNITARIAN UNIVERSALIST SOCIETY OF LACONIA Sunday services and religious education 10:00 a.m. All are welcome. 172 Pleasant St. Laconia • 524 6488 • uusl.org</p> <p>MAPLE STREET CHURCH Sunday Service 11am 96 Maple Street Center Barnstead NH 03225</p>
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Power Outage Tips

BEFORE

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

DURING


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

AFTER


- Throw out unsafe food

www.Ready.gov/blackouts


Who to Call




Where to Meet



What to Pack



Ready



Busy start to 2019 at New Durham Public Library

NEW DURHAM — The new year will be off to a busy start at the New Durham Public Library.

First Steps for newborn to three-year-olds resumes on Thursdays at 10:30 a.m. followed by Storytime at 11 a.m.

Beginning Jan. 7, patrons are invited to drop in on Monday evenings from 6 to 7 p.m. to work one-on-one with a staff member on Ancestry.com.

“We’ve all been looking up information on our own ancestors,” Library Director Cathy Allyn said of staff, “to find some fun facts to make up a display. It’s not all a question of just getting the names of your grandmother, great-grandmother, great-great grandmother; it’s about discovering family lore that might be mistaken, or coincidences, or finding second cousins you never knew about.”

One staff member found maps of property her relative owned in the early 1800s. “It really does make you feel closer to these people,” Allyn said.

The library provides Ancestry.com for free, but often people need help navigating the system. “We have someone on staff who has done it for years with her own family, so we consider her to be expert at it,” Allyn said. “We’d like the public to come in and find out how enjoyable digging through your roots can be.”

On Jan. 11 at 11:15 a.m., another group of well-read toddlers will be honored at the 1,000 Books Before Kindergarten

graduating ceremony. “This is our third group of children who have had 1,000 books read to them,” Allyn said. “We couldn’t be prouder of these families, so we go all out for the kids at this event.”

Anyone suffering from compulsive acquiring and saving, often referred to as hoarding, should know there is help at hand. A peer-led self-help and empowerment group to overcome clutter will meet at the library before opening hours on Mondays from 10 a.m. to 12 p.m. Jan. 14 – April 29.

The weekly workshops will discuss and practice skills in the

book, Buried in Treasures. The program is free. A copy of the book is required, and can be purchased in class for \$16 or through bookstores or Amazon.com.

Registration is limited to 15 members on a first-come, first-served basis, and participants from all surrounding

towns are welcome. This is not a class for people who need a little more organization in their lives, but those who have a real problem that reduces the quality of their lives.

Contact Nancy Estee at 859-280 to sign up or ask questions.

Mystery Book Club

meets the first Wednesday of each month at 7 p.m. and Book Club meets the third Monday at 7 p.m.

In the coming months, the library will

offer basket weaving, pottery classes, and children’s LEGO classes and a detective program. Call the library at 859-2201 for more information.

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SPORTS

THURSDAY, DECEMBER 27, 2018

THE BAYSIDER

SECTION B, PAGE 1

WHAT'S ON TAP

Holiday tournaments take center stage before the regular season gets back in action at the start of the new year.

The Prospect Mountain and Kingswood hoop teams will take part in the Lakes Region Holiday Hoop Tournament in Gilford starting today, Dec. 27. The Kingswood girls (11:30 a.m.) and boys (1 p.m.) take on Newfound and the Prospect girls (2:30 p.m.) and boys (4 p.m.) take on Gilford. The tournament continues on Friday, Dec. 28, and Saturday, Dec. 29.

The Kingswood hockey team is also in action in the holiday tournament hosted by Kennett. The Knights play their second game today, Dec. 27, at 4:45 p.m. against John Stark-Hopkinton. The tournament wraps up on Friday, Dec. 28.

The Kingswood and Prospect Mountain indoor track teams are competing at Plymouth State on Saturday, Dec. 29, at 10 a.m.

SEE ON TAP, PAGE B3

Defending champs pull away from Timber Wolf boys

BY JOSHUA SPAULDING

Sports Editor

ALTON — The Prospect Mountain hoop boys have opened the season with some good battles and that continued against the defending Division III champs on Tuesday, Dec. 18.

However, as they had in the first two games, little things came back to bite the Timber Wolves and they dropped a 61-41 decision to Somersworth.

"With 20 turnovers, you're not going to win many games," said coach Joe Faragher, noting that the 20 turnovers was actually a season-low for his squad. "It's been self-inflicted wounds all year."

"The effort has been there in every game and practice," the Timber Wolf coach said. "Now it's about taking the effort and combining it with focus and details."

The visiting Hilltoppers jumped out to an 8-0 lead out of the gate before Brandon Stellon got Prospect's first hoop of the game. Somersworth scored two more hoops and then Randy Dyer drained a three-pointer to cut the lead to 12-5.

After Somersworth drained another basket, Cutlas Greeley hit a three to close out the scoring for the first quarter with the visitors



JOSHUA SPAULDING
KEEGAN UNZEN drives to the hoop in action against Somersworth last week.

up by a 14-8 score. Out of the gate in the second quarter, the "Toppers hit a hoop and a three-pointer to stretch the lead to 19-8 before Greeley hit a hoop for the Timber Wolves. After another "Topper basket, Keegan Unzen put back a rebound to make it 21-12.

Somersworth answered with another basket before Dyer drained his second three-pointer of the night, cutting the lead to 23-15. After the

"Toppers hit another basket, Stellon sank two free throws to keep the Timber Wolves within striking distance at 25-17. However, Somersworth drilled a three-pointer with time ticking away and the visitors had the 28-17 lead heading to the halftime break.

The "Toppers hit the first basket of the second half but hoops from Unzen and Greeley got the Timber Wolves on the board, cutting the lead to 30-21. However,



JOSHUA SPAULDING
JOHNATHAN JOY goes hard to the basket against Somersworth on Dec. 18.

the visitors went on a 9-0 run to pull away, upping the lead to 39-21. Unzen hit another hoop for the Timber Wolves but the "Toppers went on another run, this time scoring nine points in a row to push the lead to 48-23.

A Dyer three-pointer closed out the scoring in the third quarter and Prospect tailed 48-26 heading to the final eight minutes.

Somersworth scored the first basket of the fourth quarter but then

the Timber Wolves went on a run of their own, scoring the next eight points. Unzen put back a rebound to start the run and then finished off his own steal for another hoop. Sam Reynolds hit a baseline runner and Johnathan Joy put back a rebound to close out the run, cutting the lead to 50-34.

After the visitors hit another basket, Joy hit a hoop and Greeley drained a free throw.

SEE HOOPS, PAGE B5

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JOSHUA SPAULDING
COLBY CLEGG had a pair of goals in Kingswood's win over Oyster River last week.



JOSHUA SPAULDING
ANDY MCMULLEN controls the puck in the corner in action last week against Oyster River.

Knights survive late scare to knock off Oyster River

BY JOSHUA SPAULDING
Sports Editor
WOLFEBORO — At the start of the season, Kingswood boys' hockey coach Mike Potenza said that his top line would produce plenty of points this season.

On Wednesday, Dec. 19, the line of Sam Danaïs, Colby Clegg and Nick Potenza put seven points on the board, scoring all four of the team's goals in a 4-3 win over Oyster River. Keeper Joey Vetanze did his part as well, turning back 44 Bobcat shots to earn the win.

"This is a big turnaround for Joey from the Dover game," said Potenza. "He was putting too much pressure on himself. We talked about just enjoying his senior year and not trying to do more than he has to do."

Vetanze was test-

ed right out of the gate as the Bobcats came charging and made a bid to take the early lead. The Knights took a penalty less than a minute and a half into the game and Potenza and Danaïs started the penalty kill strong and then Vetanze turned away a couple of bids before the penalty was over. Danaïs had a good look in the zone that was blocked and Vetanze made another save.

With 9:51 to go in the first, Danaïs lit the lamp for the Knights, putting them up 1-0 with a nice move in close on the Oyster River goalie. The Knights continued the pressure, with Potenza and Andy McMullen getting shots on net and Potenza and Danaïs teaming up on a bid in close.

The Knights doubled the lead with 5:38 to go,

as Danaïs made a nice feed from behind the net to Clegg, who stuffed the puck into the net to make it 2-0. Vetanze made another save and then Clegg, Danaïs and Cole Emerson moved the puck on net at the other end. Vetanze made three more saves to close out the period and the Knights took the 2-0 lead to the second period.

The Knights wasted little time getting on the board in the second period, as Danaïs fed Clegg just 11 seconds in to make it a 3-0 lead for the Knights.

Then, less than a minute later, the Knights pushed the lead again, this time with Potenza going top shelf on a feed from Danaïs to go up 4-0.

The Knights got their first power play of the game with 12:21 to go and Clegg had a couple

of good chances and Potenza had a shot denied.

The Bobcats were able to take advantage of a Kingswood line change with 7:27 to go, getting a two-on-one breakaway and putting the puck past Vetanze to cut the lead to 4-1. The Knights took a penalty with 4:39 to go in the period. Danaïs had a good clear and Potenza made a nice bid into the zone. Vetanze also turned away a couple of chances and the Knights killed the penalty. Emerson and Danaïs had late chances but the period drew to a close with Kingswood up by the 4-1 score.

The third period saw the visitors come battling back. Vetanze made a couple of big saves and Clegg and Potenza had scoring chances. Erick Skelley had a nice clear but with 9:02 to go in the

game, the Bobcats cut the lead to 4-2. Potenza came back and just missed Danaïs and Clegg in front of the net and the trio came through with more chances but could not convert.

The Knights went on the power play with 3:04 to go in the game but a penalty just more than a minute later made it four-on-four with 1:51 to go. The visitors then took advantage of the power play with 22 seconds to go, finishing off a shot from the slot to make it 4-3. However, the Knights were able to hold on and the Knights took the 4-3 win.

"They tried their best to give that one away," said Potenza of the rough third period. "It's the reverse of what we usually do, we usually get stronger as the game goes on."

"But a win is a win, as

long as you take a step forward every game," the Knight coach continued, noting that the lines were a bit mixed up in the first period but once they got their rotation set in the second period, things started going more smoothly.

The Knights are taking part in the Peter Hall Christmas Tournament in Conway and will be playing their second game of the tournament today, Dec. 27, at 4:45 p.m. against John Stark-Hopkinton at the Ham Arena. The tournament concludes on Friday, Dec. 28.

The Knights return to regular season action on Wednesday, Jan. 2, at 6:30 p.m. at Laconia.

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

Kingswood hockey girls hosting vendor Bingo Jan. 4

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

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

Chef will also have their products on display for purchase.

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

All proceeds will benefit the girls' ice hockey team, a self-funded athletic program. See the Lady Knights in action at their next home game vs. Con-Val High School on Dec. 31, 2:10 p.m. puck-drop at Pop Whalen Ice & Arts Arena, 390 Pine Hill Road, Wolfboro.

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JOSHUA SPAULDING

Correction

Last week's front page photos were printed in error. At left is Justin Perrin throwing the shot put and at right is Gracie Hardie in the long jump. The Timber Wolves will be back in action on Dec. 29 at Plymouth State University at 10 a.m.

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Knight alpine skiers kick off season at King Pine

BY JOSHUA SPAULDING
SPORTS EDITOR

MADISON — The Kingswood alpine team played host to the first race of the season on Wednesday, Dec. 19, at King Pine, welcoming Carroll County rival Kennett to the Madison ski area.

The teams skied a total of six runs on the day, with each two runs counting as one giant slalom race.

In the first race of the day, Jillian Luby led the Knight girls with a time of 1:08.98 for third place overall.

Allison Bean was second for the Knights and eighth overall in 1:14.49 and Kristy Meyer finished in ninth place with a time of 1:15.14.

Sami Hotchkiss rounded out the scoring for Kingswood with a time of 1:15.77 for 10th place overall.

Tayghen Gelinass finished in 11th place in a time of 1:15.87, Rachael Paraskos was 15th in 1:20.3 and Alyssa Dow finished in 18th place in a time of 1:26.31.

Bean led the way in the second race of the day, finishing in fifth place overall in 1:12.05.

Gelinass skied to eighth place overall in a time of 1:13.4 and Meyer was ninth overall in 1:15.71.

Hotchkiss rounded out the scoring for the Knights with a time of 1:16.28, which placed her 10th overall.

Paraskos was 13th overall in 1:19.09, Dow was 18th in 1:25.59 and Luby finished in 20th place in 1:45.63.

Luby was the top finisher in the third race, finishing in fifth place in a time of 1:08.84.

Bean finished in sixth place with a time of 1:09.49 and Gelinass was eighth overall in 1:12.67.

Hotchkiss rounded out the scoring for the Knights with a ninth place finish in a time of 1:13.57.

Meyer finished 11th in 1:14.21, Paraskos was 12th in 1:15.96 and Dow took 17th place in a time of 1:22.15.

For the boys in the



JOSHUA SPAULDING
ALLISON BEAN had a solid day for Kingswood at King Pine on Dec. 19.



JOSHUA SPAULDING
NICK LAMIE was one of the top skiers for the Kingswood alpine team last week.

first race, Jackson Walsh took top honors with a time of 1:10.81 for seventh place overall.

James Donovan finished in ninth place with a time of 1:12.19 and Nick Lamie was third for Kingswood and 10th overall in 1:12.59.

Luke Shapiro rounded out the scoring for Kingswood with a time of 1:13.1 for 11th place overall.

Josh Shapiro finished in 13th place in 1:13.77, Matt Gouthier was 18th in a time of 1:18.4, Robbie Hotchkiss was 20th



JOSHUA SPAULDING
JILLIAN LUBY won two of the three races at King Pine last Wednesday.



JOSHUA SPAULDING
LUKE SHAPIRO races for Kingswood during the giant slalom last week.

in 1:24.45, Camden Colson placed 21st in 1:26.77, Lou Arinello was 22nd in 1:32.33, Noah Shatzer finished 24th in 1:40.66 and Calvin Kinville placed 25th in 2:44.74.

Lamie took the top spot for Kingswood in the second race with a

time of 1:10.59 for seventh place.

Walsh finished in ninth place in 1:11.12 and Donovan raced to 10th place in a time of 1:11.22.

Luke Shapiro rounded out the scoring again for Kingswood, finishing with a time of 1:13.24 for

12th place overall. Josh Shapiro was 14th in 1:14.03, Kinville was 16th in 1:15.54, Arinello finished in 20th in 1:17.78, Shatzer placed 21st in 1:18.23, Gouthier was 23rd in 1:19.61, Hotchkiss finished in 1:25.07 for 25th place and Colson was 26th in 1:28.15.

Lamie led the way in the final race as well, finishing in 1:06.31 for fourth place overall.

Walsh was seventh overall and second for Kingswood in 1:07.66 and Josh Shapiro finished in eighth place in a time of 1:09.47.

Donovan rounded out the Kingswood scoring with a time of 1:09.51 for ninth place overall.

Kinville was 13th in 1:11.08, Shatzer finished in 18th place in 1:15.71, Arinello was 19th in 1:15.96, Gouthier was 21st in 1:18.5, Colson was 23rd in 1:22.59, Luke Shapiro was 24th in 1:23.63 and Hotchkiss was 25th in 1:26.

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

Looking back on a busy year

SPORTING CHANCE



By JOSHUA SPAULDING

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

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

This time around

things went even smoother than in Sochi. The wireless service in Pyeongchang was spectacular, allowing me to connect to the office and get my regular work done in addition to experiencing everything that Pyeongchang had to offer. The weather was much colder than it was in Sochi, which initially took me by surprise, but in the long run, it was much like being at home in New Hampshire in the winter time.

The two weeks on the other side of the world came during the alpine state championships so I missed out on a few more championships for

the Kennett Eagles. I got home in time to see the Kennett Nordic teams ski to championships. Additionally, I got to see the Kennett hockey team make its way to the Division III finals while the Kingswood hockey boys skated their way into the Division II semifinals.

The spring sports season brought some more success, which included the Kennett softball and baseball teams both playing in the Division II semifinals on successive days. The spring season transitioned into the summer, which was also fairly busy thanks to some non-work events.

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

Dreams in Dyersville, Iowa.

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

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

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

Finally, the last month

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

Finally, have a great day Mellisa Seamans.

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

HOOPS

CONTINUED FROM PAGE B1

Somersworth answered with a hoop and a free throw. Joy hit two from the line for Prospect before the "Toppers had a hoop and a free throw. Joy finished off a nice feed from Reynolds for Prospect's final points of the night and the visitors hit the game's final bucket for the 61-41 final.

"We can't give them 20 extra possessions," Faragher stated. "Somersworth is a good team, they have a culture of winning and they came in with the mentality they can beat anyone.

"We are still in the process of getting guys to be competitive and getting in the right spots," the Timber Wolf men-

tor continued. "The key thing here is improving and trying not to take a step backwards.

Faragher noted that continued improvement is what he wants from his team and he believes their work will get them there.

"We have to continue to improve," he said. "But it never comes as quickly as you want it to.

"We know we have work to do to be competitive with teams. We're taking steps in the right direction but we have work to do still."

Unzen led the Timber Wolves with 10 points, Dyer added nine and Joy and Greeley each chipped in with eight.

The Timber Wolves will be in action in the

Lakes Region Holiday Hoop Tournament in Gilford starting today, Dec. 27, taking on Gilford at 4 p.m.

PMHS 8-9-9-15-41
SHS 14-14-20-13-61

PMHS 41
Greeley 3-1-8, Dyer 3-0-9, Reynolds 1-0-2, Stellan 1-2-4, Joy 3-2-8, Unzen 5-0-10, Totals 16-5-41

SHS 61
Gray 9-3-22, Hamilton 5-0-12, Perrault 1-0-2, Levesque 2-0-5, Gitau 1-0-2, Johnson 9-0-18, Totals 27-3-61

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

ONTAP

CONTINUED FROM PAGE B1

The Kingswood girls' hockey team will play at Con-Val on Saturday, Dec. 29, at 5:10 p.m. and will host Con-Val on Monday, Dec. 31, at 2:10 p.m.

The Kingswood hock-

ey boys will be at Lebanon on Wednesday, Jan. 2, at 6:30 p.m.

The Knight hoop boys will be at Sanborn on Wednesday, Jan. 2, at 6:30 p.m. and the Knight hoop girls will be hosting Con-Val on Thursday, Jan. 3, at 6 p.m.

The Kingswood unified hoop team will be at Dover at 4 p.m. on Wednesday, Jan. 2.

The Nordic Knights kick off their season on Thursday, Jan. 3, at 2:30 p.m. at Great Glen Trails in Pinkham Notch.

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2MIN 2XDAY




Easier than getting them to eat something green.



It's not easy being a parent, but here's something simple you can do. Spend two minutes twice a day making sure they brush; it could help save them from a lifetime of tooth pain. Make it fun, text MOUTH to 97779 to join the 2MIN2X Challenge.

2MIN2X.org



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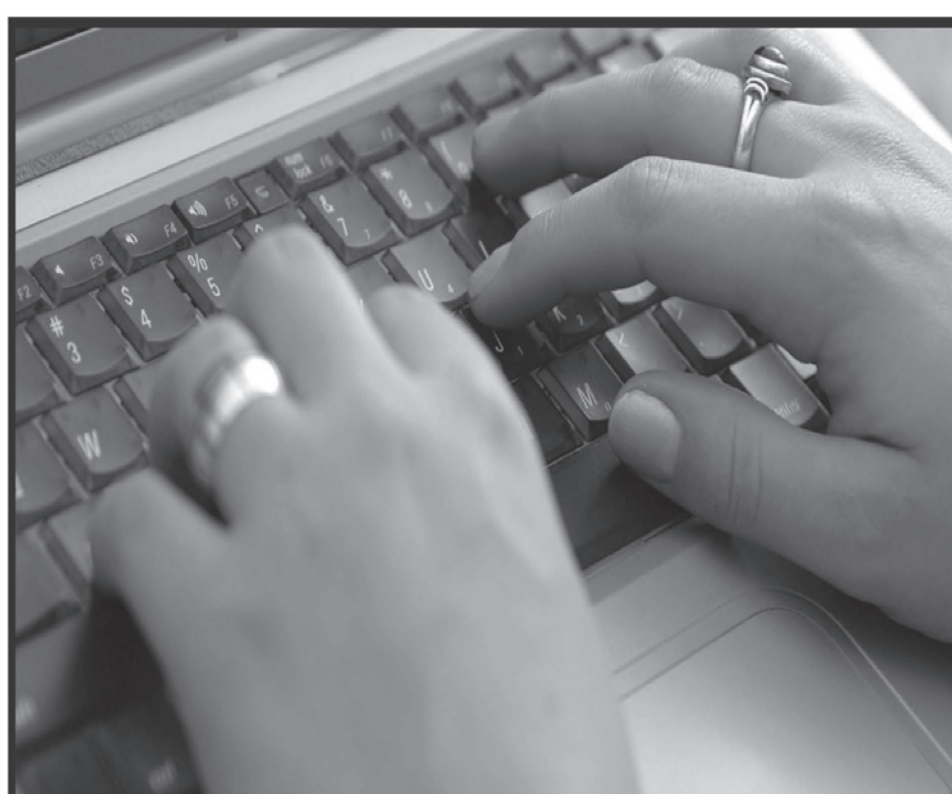
In 1999, Maxfield Real Estate established the "We Care" Program to celebrate our 45th anniversary. Through this program, we contributed a percentage of our commissions to local charities. Over the past 20 years we have donated more than \$1,044,760 to non-profit organizations that benefit the Lakes Region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

The following Maxfield agents shared in the "We Care" Program

<p>Jennifer Azzara Betty Ann Bickford Diane Booth Annie Brown Robert Buchanan Carol Bush Steve Bush Lynne Butler Maureen Clifford David Countway</p>	<p>Kristin Currier Bronwen Donnelly JoAnn Fuller Paula Fuller Jeannie Lacey Lisa LaFreniere Ed Marudzinski Chip & Tina Maxfield Halle McAdam Pat Meehan Lisa Merrill</p>	<p>Joy Messineo Pam Miller Tricia Monaghan Jon Parker Randy Parker Steve Patriquin Fred Perry Jep Possee Clem Regan Zannah Richards</p>	<p>Rick Schwartz Terry Small Shawn Snyder Mary Lee Spicer Anne Stanford Amy Stanley Tony Triolo Donna VonGunten Becky Whitcher Denise Williams</p>
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Happy New Year from everyone at **Maxfield Real Estate / Island Real Estate**

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EOE

Encouraging news:




Central to this media campaign to eliminate underage drinking is the encouraging news that studies show parent disapproval is the **No. 1** reason children choose not to drink alcohol. Parents empowered can trump peer pressure.

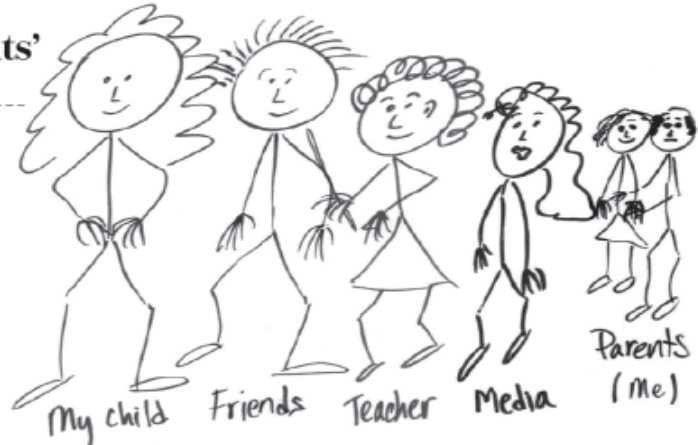
The most effective parenting techniques are among the most simple, including:

- Set clear rules about no underage drinking
- Know where your children are and whom they are with
- Know your children's friends
- Ensure your children's social environments are alcohol-free
- Have daily, positive communication and interaction with your children
- Eat dinner together

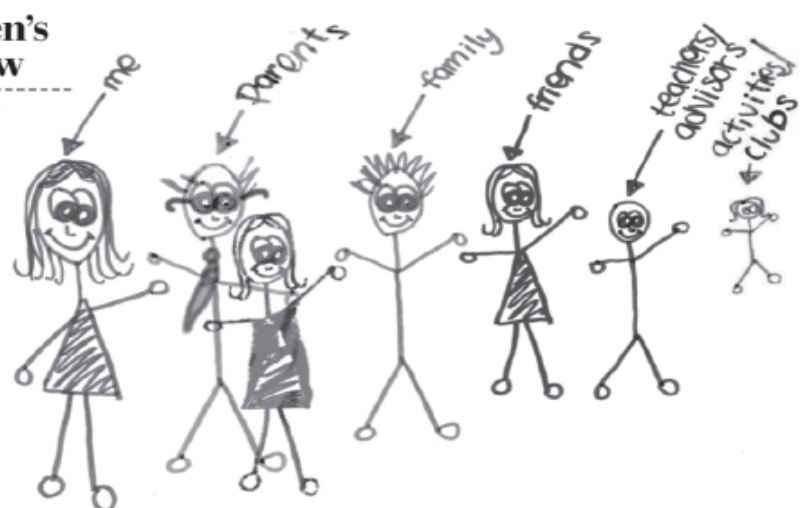
Research shows teens who regularly eat as a family (5-7 times per week) are 33 percent less likely to use alcohol.



Parents' view



Teen's view



When parents were asked to draw the greatest influences on their teens, they placed themselves last.

When teens were asked to draw the major influences in their lives, they placed their parents first, before peers and activities.

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What's the Difference?

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

A



B



THIS DAY IN...



HISTORY

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



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HOW MANY TIME ZONES EXIST ACROSS THE GLOBE?

ANSWER: MORE THAN 24

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



ENGLISH: Party

SPANISH: Fiesta

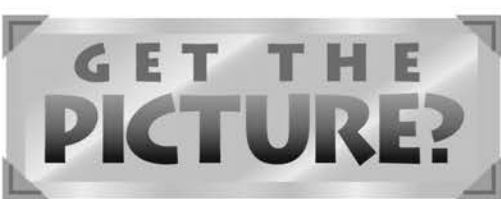
ITALIAN: Festa

FRENCH: Fête

GERMAN: Party



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



Can you guess what the bigger picture is?

ANSWER: PARTY NOISEMAKER

CRYPTO FUN

Determine the code to reveal the answer!

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

A. 22 10 18 15 15 1 19 14

Clue: Fierce snowstorm

B. 18 4 2 14

Clue: Frozen

C. 3 21 26 7 24

Clue: Windy

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

Clue: Thermometer reading

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

SUDOKU

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

Level: Intermediate

Here's How It Works:

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

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

ANSWER:

Unified Timber Wolves fall to Berlin in opener

BY JOSHUA SPAULDING
Sports Editor

ALTON — The task was a tough one in the opening game of the season for the Prospect Mountain unified basketball team.

The Timber Wolves had to take on an experienced Berlin team, a squad that is traditionally one of the top teams in the state.

The Mountaineers scored the first 20 points of the game, including all 18 points in the first quarter when they took the 18-0 lead.

After the visitors scored the first hoop of the second quarter, Jasmine Emerson came up

with a steal on the defensive end and Jilli Nason got Prospect's first basket of the season. After two more Mountaineer hoops, Emerson added another hoop and the Timber Wolves trailed 24-4 at the halftime break.

Emerson scored the first hoop of the second half to get the hosts on the board but Berlin answered right back with the next four baskets to up the lead to 32-6.

Johnny Gray drilled a hoop for the Timber Wolves to close out the scoring in the third quarter and Prospect trailed 32-8 heading to the final eight minutes.



JOSHUA SPAULDING
JOHNNY GRAY (center) is congratulated by Jilli Nason (left) and Alina Hardie after hitting a hoop in action last week.

Gray got the first hoop of the fourth quarter to get Prospect on the board but Berlin got five more hoops to close out the 42-10 win.

Emerson and Gray each finished with four

points to lead the Timber Wolves on the afternoon.

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



JOSHUA SPAULDING
JASMINE EMERSON puts up a shot in action last week against Berlin.

Kingswood Legends hockey game is tonight

WOLFEBORO — On Dec. 27, Kingswood Athletics and the Kingswood Alumni Association will host “Kingswood Legends” at Pop Whalen Ice Arena for an ice hockey alum-

ni game. The game is open to all ice hockey players who have graduated from Kingswood Regional High School. Teams will be divided by “odd” year graduates vs. “even” year

graduates.

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

The puck will drop at 7 p.m.

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

To register, please visit the Kingswood Athletics web site at

www.kingswoodhsathletics.org and click on the Legends Game under Announcements.



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RECYCLE



COURTESY PHOTO

Knights helping out

Kingswood alpine ski team senior captains (l to r) Jillian Luby, Sami Hotchkiss, Kristy Meyer and James Donovan pose with food donated at the food drive held prior to the season's first race at King Pine last Wednesday.

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