THURSDAY, JANUARY 4, 2018

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FREE

Town, school leaders share wishes for 2018

BY BRIAN MURRAY

Contributing Writer

REGION New Year's greetings and wishes come in all shapes and sizes. Most have many good things they hope will happen in their lives, as well as those of their friends and families.

Founded in past successes, area town and school leaders have similar hopes and wishes for their communities.

The Baysider reached out to them to share their hopes for all in the coming year.

Two recurring threads in their comments are helping good workers and staffers become great ones and great ones even better, as well as there being a strong and growing base of dedicated volunteers; those magical elements things that make each SEE WISHES, PAGE A9

Planners approve Capital **Improvement Plan**

BY DAVID ALLEN

Contributing Writer

BARNSTEAD The Barnstead Planning Board approved the Barnstead Capital Improvement Plan at its Dec. 7 business meeting. The plan was developed and recommended by the Capital Improvement Plan subcommittee.

The CIP subcommittee spent several weeks interviewing town department heads and school administrators to learn their short and long term capital desires. Committee questions and later discussions centered on the relative urgency and importance of the requests brought to the committee.

When the planning board first established the CIP subcommittee in 2015, the committee looked at the previous six years of capital spending by the town. They found it varied significantly from year to year, with a low of approximately \$950,000 in 2010 and a high of \$1,750,000 in 2014. Over the same period capital spending had averaged a little over \$1.3 million per year.

The planning board set a goal of level taxation for capital expenses and asked the subcommittee to use

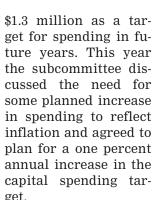
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The subcommittee was fully aware that the one percent figure is not based on any SEE CIP, PAGE A6



COURTESY PHOTO

Baysider under water

Mark and Lyn Sullivan, accompanied by former New Durham residents Bill and Lou McGrew, recently returned from a wonderful trip to Curacao in the southern Caribbean. "Doc" McGrew is also a former teacher at Prospect Mountain High School. While on the trip, Bill and Mark took time out from one of their dives to catch up on the news from home. If you have a photo of you and The Baysider in a unique location, send the photo and pertinent information to baysider@salmonpress.news.



Vacation week action

Ali Brown reaches for a rebound during Prospect Mountain's opening round of the Lakes Region Holiday Hoop Tournament against Laconia. Brown earned All-Tournament honors for her play in the tournament.

Concert benefits End 68 Hours of Hunger

BY KATHERINE LESNYK

Contributing Writer

BARNSTEAD — The Milk and Cookies New Year's Eve Concert, hosted by Chris Bonoli at the Barnstead Town Hall, raised about \$600 for Barnstead's End 68 Hours of Hunger program.

Over the past five years, Bonoli has hosted four New Year's Eve concerts to raise money for local causes, such as raising money for kids to go to local summer camps. This year, she chose to highlight End 68 Hours of Hunger, which provides students at Barnstead Elementary School who are food insecure with backpacks of food on Friday that will last them through the weekend. The organization started in Somersworth in 2011, and has spread to schools across the country. According to Lori Mahar, a coordinator for Barnstead's program, each backpack costs about \$14 to put together. Therefore, about 43

backpacks can be made

for Barnstead students from the donations at the New Year's Eve

concert. North River, a sixpiece band from the seacoast of New Hampshire, played a variety of folk, rock and pop covers ranging from The Wreckers to Leonard Cohen to Colbie Caillat and Jason Mraz. The band got in contact with Bonoli through an event at a Barnstead

church last year. The group is comprised of Dan Poland on guitar, Vicky Poland and Dianne Mc-Millen singing, Brian Randall on keyboard, Tom Kesel on bass and his son Evan Kesel on drums. Evan Kesel is not usually on drums for the band, but he is on break from college and able to play with the band for some

events. Halfway through the performance, Bonoli began to pass out sheets of lyrics to "American Pie" by Don McLean to the audience members in preparation for a sin-

SEE CONCERT, PAGE A9



LESS PLASTIC DAY organizers (I-r), Kingswood Regional High School teacher Karen Payne, Gavin Williams, Emily Shaw, Hanson Matheson, Marianna Palladino, teacher Gordon Lang, Kelly Holland, Hannah Hillsgrove and Eliza Brault.



ELISSA PAQUETTE

DAN HUMER (I) and Gavin Williams, aka Plastic Man, onstage at the Kingswood Arts Center on Dec. 19, participate in a student written play on staunching the flow of plastic into landfills and

Kingswood students set out to curb use of plastics

BY ELISSA PAQUETTE

group of Kingswood Regional High School WOLFEBORO — A students is not only

Barnstead Budget Committee sets upcoming schedule

BARNSTEAD — The Barnstead Budget Committee will meet and hold public hearings and work sessions concerning the budget.

For the school budget, Monday, Jan. 22, will be public input and work session.

Monday, Jan. 29, will be a work session.

Monday, Feb. 5, will be a work session. Monday, Feb. 12, will

recommendations. For the town budget, Thursday, Jan. 11, will

Residential

be a public hearing and

session.

Thursday, Jan. 25, will be a work session.

be a work session. Thursday, Feb. 8, will

All public hearings

be public input and work liams as Plastic Man in

Thursday, Jan. 18, will be a work session.

Thursday, Feb. 1, will

be a public hearing and recommendations.

and work sessions will start at 6 p.m. and will be held in the library at the Barnstead Elementary School. Work sessions will be held as needed by the budget committee.





Driveways • Parking Lots • Roadways

concerned about plastic pollution in the environment the world over, but is taking steps to curb the use of single use plastics in its own backyard.

Students produced a skit on recycling before a full house in the Kingswood Arts Center on Dec. 19, Less Plastic Day, featuring the debut of Gavin Wila full body suit covered in plastic debris that often, they pointed out, doesn't make it into the

recycling bins.

The skit was a prelude to the showing of the documentary "Straws," donated to the school library by the Green Mountain Conservation Group (GMCG), located in Effingham. It inspired at least one member of the group to volunteer to talk to her employer at a local sub shop about providing straws on request rather than automatically, or purchase paper straws.

Another

that of raising money for durable cafeteria trays, and silverware to replace the disposable items presently in use, has come close to meeting its goal with a request for donations from the student body immediately following the skit and movie and the promise of a match from the GMCG. Faculty members added to the coffers.

Karen Deighan, GMCG Education Coordinator, attended the student presentation

and the discussion afterwards in the Media Center as students gathered to Skype with their Italian partner, More Clay-Less Plastic in Friuli, Italy, and they enthusiastically shared and generated ideas to carry forward into 2018.

Teachers Payne and Gordon Lang serve as faculty mentors for the Less Plastic group, and look forward to a continued connection to GMCG.

PMHS students invited to apply for Red Sox Service Scholarship

BOSTON, Mass. — For the eighth consecutive year, the Boston Red Sox Foundation is seeking submissions from inspiring senior students, who are dedicated to making a positive impact in their communities, for the New England Red Sox Service Scholarship. The annual scholarship honors academically-inclined high school seniors who have demonstrated a commit-

ment to community service. Those selected will receive a \$1,000 college scholarship and recognition during a special pre-game ceremony at Fenway Park.

"We are continually inspired by high school students' charitable endeavors and seek to recognize and reward their ongoing dedication to promoting social good," said Linda Henry, Red Sox Foundation board

member. "We are very pleased with the growth of the Service Scholarship program and we are eager to hear about this year's seniors who are going above and beyond in their communities."

The Red Sox Service Scholarship, presented by Jenzabar and sponsored by Ford Motor Company Fund, was first introduced in New Hampshire in 2010 and has since expanded to

honor students in Rhode Connecticut. Island, Maine and Vermont as well. This year, the scholarship program will be available to students in more than 200 schools throughout New England.

Submissions for New Hampshire seniors are due Jan. 12.

For more details and to apply visit, redsoxfoundation.org/service-scholarships.

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Locke Lake board meeting is Jan. 18

BARNSTEAD — The next monthly Locke Lake Colony Association public board of directors Meeting will be held on Thursday, Jan. 18, at 6:30 p.m. at the lodge. These meetings are open to LLCA members only.

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Barnstead Country Store reopens under new ownership

BY KATHERINE LESNYK

Contributing Writer

BARNSTEAD — The Barnstead Country Store reopened under new ownership on Dec. 29 at 5:30 a.m. after being closed for nearly three years, to the elation of Barnstead residents.

The business was purchased by Barnstead residents Jim and Peggy Griffin. On Friday morning, their daughter, Jessica Griffin, maintained the cash register at the front of the store. Renovations began in early October, and Jessica Griffin said that there was work being done "around the clock."

"Everything we took down... there was something else to be fixed," she said. "We overhauled the whole thing."

The Griffins decided to remove the gas pumps outside the store simply to open up space for more parking. As for other changes to the bones of the building, Jessica Griffin and others involved with the renovation process said that there were very few major structural issues, but that they did put in a new artesian well.

The basic layout of the aisles and grocery items is similar to the way it was under the prior ownership, but the entryway is more open and spacious.

There are several aspects of the new store that make it unique. Butcher George Morse will be offering a selection of meats and baker Pam Clattenburg makes baked goods



THE STORE FRONT now does not have gas pumps anymore, but does have more parking spaces.



THE BARNSTEAD Country Store is open again and offers plenty of options for local residents.



THE SEATING area allows patrons to enjoy their meals, socialize and watch the news.



KATHERINE LESNYK

THE MENU board in the restaurant section of the store.

from scratch that will be sold in the store, such as muffins, whoopie pies and cinnamon buns. The butcher shop will be fully operational soon.

There is a selection of fresh produce, but the Griffins have also spoken with Lori Mahar, the director of the Barnstead Farmers' Market, in order to create a collabora-

tion for more local produce.

The restaurant-style section of the store remains, with breakfast options, chicken, pizza, sandwiches and more. Some items feature Barnstead-themed names, such as specialty subs named after local bodies of water.

The store is not offer-

SOME of the baked goods available at the Barnstead Country Store. ing Roadies Chicken, but there is "Jimmy G's

Patrons can also still socialize and enjoy a meal in the seating area. Self-serve coffee is still

available.

Chicken," named after

business owner Jim Grif-

Patty Garnett and Kylie Malm, employees at the store who were sta-

Garnett has another job in healthcare that doesn't allow for much

personal contact with others, due to overnight hours. She added, "For me to come in [to the Barnstead Country Store]... it's refreshing, it's good for the soul to reconnect with your friends you haven't seen for a while."

"Everyone just loves the

store. It's where everyone

comes and sits and has a

cup of coffee, and they catch up and they watch

the news," she said.

"It's kind of like a family feeling," Malm added. She noted that she had witnessed customers coming in who knew Garnett from when she worked at the store before the closure.

"I just love this store," Garnett said. "I'm so glad that Jim and Peggy [Griffin] have opened it again."

Jessica Griffin discussed the benefits she believes the store will have to the community. She emphasized the nostalgia the store will bring for long-time residents of Barnstead.

"I think it will positively impact [the town] by offering a place where [residents] can come for that sense of community again. There's a lot of rich and full memories here."

The store will be open seven days per week, from 5:30 a.m. to 9 p.m.

House Speaker to address Belknap County Republicans

BELMONT — The Belknap County Republican Committee (BCRC) has announced that its next monthly meeting will be held on Wednesday, Jan. 10, at 6:30 p.m. at the Top of the Town Restaurant, 88 Ladd Hill Road, Belmont.

This month's guest speaker will be Speaker of the House Gene Chandler. Chandler, currently in his 18th term representing the town of Bartlett, was recently elected to serve as speaker for the unexpired term of Speaker Shawn Jasper. Jasper was nominated in October by Governor Chris Sununu

to be Agriculture Commissioner, confirmed by the Executive Council in November, and sworn in on Dec. 11. Chandler will share his thoughts about his plans for the 2018 House session, having already made good on his promise to include House members representing various "notches" on the political spectrum to his leadership

In addition to hearing from Speaker Chandler, the committee will be electing a new State Committee member to fill the seat of Rep. Don Flanders, who passed away last September.

Also, the committee will discuss the results of the Jan. 9 primary and the upcoming Feb. 27 special election to fill the remainder of Rep. Flanders' term in the House.

County Belknap GOP meetings are open to all Republicans and Indepenlike-minded dents. Per their usual meeting format, if you're interested in having dinner (at your option) and/ or wish to socialize before the meeting, plan to arrive as early as 5 p.m.

The committee again encourages its members to continue to bring non-perishable food items, which will be donated to local food pantries.

For more information, please check the committee's web site at www.BelknapCountyGOP.org or send an e-mail to alan.glassman@gmail.com.

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ALTON — The Prosthe Alton Town Hall, the pect Mountain High Barnstead Town Hall, or School Class of 2020 is in the reception area at hosting a shoe drive PMHS. The fundraiser fundraiser. All collected is currently taking place shoes will be delivered and will run through to developing countries, such as Ghana, Bolivia, and Haiti. These shoes appreciated. are sold at significantly

lower prices and create

working opportunities.

The sophomore class is

profited with every pair

of donated shoes. Their

goal is to collect 300 bags

of 25 pairs each. Shoes

must be wearable and

have no holes. Please

donate in any of the

white cardboard dona-

tion boxes stationed at

PMHS sophomores

hosting shoe drive

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PIG OF THE WEEK by D.A. Hammond

KATHERINE LESNYK

tioned behind the count-

er taking food orders, dis-

the store in the past, and

said that she missed the

welcoming environment.

Garnett has worked at

cussed the reopening.

Hogwash

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Opinion

Another year begins

Here we go again, another year has begun and The Baysider will once again do its best to provide you with coverage of local news and events.

In this issue, we are excited to feature an article on the Barnstead Country Store reopening after being closed for three years. The store, located next to Barnstead Elementary School, has removed the gas pumps but the store is much the same as locals will remember it.

As we head into the new year, we are also excited to report on the Barnstead Capital Improvement Program as the town prepares for the future with solid planning.

The paper this week also has a story on a fundraiser concert held on New Year's Eve in Barnstead, which raised money for the End 68 Hours of Hunger program at Barnstead Elementary.

Also, this week has a story with a few wishes for 2018 for local officials.

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

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

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

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

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

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

We urge everyone to set some attainable goals for the new year and we wish everyone a safe and happy 2018.



JOSHUA SPAULDING

Holiday action

Cutlas Greeley goes to the hoop in action against Laconia in the opening round of the Lakes Region Holiday Hoop Tournament on Dec. 27. Greeley earned All-Tournament honors for his play in the team's two tournament games.

Letters to the Editor

Give corrupt politicians a pink slip

To the Editor:

The other night, there was a massive ear-splitting cheer that was heard coming from the Koch brothers, the real estate moguls, including Trump and his family, the corporate CEOs, the bankers, the stockbrokers, and the rest of the other 10-percenters.

The best government that big money could buy finally delivered the payback that their campaign contributors were guaranteed. I'm sure the champagne was flowing as the corrupted Republicans worked the room patting each other on the back, while planning their next deception.

The rest of we 90-percenters were tossed the crumbs in an effort to appease "the working class" with a paltry sum that will be rolled-back by 2026. And best of all, we got the old "trickle down" trick that has never worked, and never will.

Oh yes, we also received a \$1,500,000,000,000 addition to the national debt that we 90-percenters, and our children, will now be asked to pay, with interest.

When the corrupted Republicans return to the Washington cesspool after the first of the year, they will start crying over deficit spending, the ever-increasing costs of healthcare, and "entitlement programs" that "the working class" paid taxes for, and are relying on, in order to avoid a life of poverty and bankruptcy when they get older or disabled. It will be the first things they attack on their New Year agenda.

Nov. 6 is fast approaching. Let's get together and give these corrupted Republicans a pink slip before they destroy our country.

Ronald P. Blais Barnstead

Here's to another 25 years

To the Editor:

WEDCO (Wentworth Economic Development Corporation) recently opened its new office at 15 Varney Road in Wolfeboro with an open house attended by dozens representing area businesses, non-profits and town governments. It was wonderful to see old friends, meet new, and, most of all, to hear the collaborative conversations of people so invested in our region.

Special thanks to our volunteer board of directors, People's United Bank and to La Boca and Lucas Roasting who fed and coffee-ed our guests so well at the open house.

For 24 years, WEDCO's sole mission has been to promote and support businesses of all sizes and to create employment opportunities by providing development opportunities and assistance. In 2018, we celebrate our 25th year and look forward to helping more businesses start up, expand and relocate, as well as assisting more grass-roots

community efforts like the Cotton Valley Rail Trail, the Festival of Trees and The Moose, New Hampshire.

We invite entrepreneurs, established businesses, sole proprietors and individuals with ideas for the community good to stop by our new office at the People's United Bank complex and explore how WEDCO's resources can help vision become reality. In the past quarter century, WEDCO loans, business training, mentor-matching and knowledge base have been foundational to successful ventures in Brookfield, Effingham, Farmington, Middleton, Milton, Moultonborough, New Durham, Sandwich, Tuftonboro, Wakefield and Wolfeboro. You can also find us at www.wedco-nh.org

Thank you to all who came to our open house. Here's to the next 25 years.

> Denise Roy-Palmer Executive Director, WEDCO

The Baysider

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New Hampshire Writers' Project coming to Alton

ALTON — A new chapter of the New Hampshire Writers' Project (NHWP) is coming to Alton. The first meeting will take place in the meeting room at the Gilman Library on Monday, Jan. 8, at 7 p.m. Author DJ Geribo will be the organizer for the growing non-profit organization. As the 11th and newest location, Geribo is looking forward to meeting with other NHWP members in the

area.

organization just few months ago, Geribo persuaded her husband, Jim, to drive her to the closest NHWP meeting location at Books-a-Million Concord. Although she enjoyed the group in Concord she knew the long drive was more than she and Jim wanted to drive, particularly during the winter months. That was when she approached

Having joined the

members of the NHWP board about setting up a location in Alton. Barbara Hoover, NHWP Treasurer was thrilled, commenting that the group was "under-served" in the Lakes Region area.

"I have a lot of ideas to bring to the group and have learned much already from the Concord group. I think this will be a fun and supportive group for all writers and would-be-writers in the area.

I'm looking forward to working with other writers and sharing our stories and knowledge to help each other become better writers," Geribo commented.

For more information about the New Hampshire Writers' Project, visit their website at www.nhwritersproject.org. To learn more about the Alton group, e-mail DJ@DJGeribo.com.

Masons plan breakfast buffet on Jan. 21

ALTON — On Sunday, Jan. 21, the Masons of Winnipisaukee Lodge in Alton will be hosting their monthly breakfast buffet, open

to the public, at the Lodge on Route 28, a quarter mile south of the Alton Circle. With fresh fruit, biscuits and gravy, scrambled eggs, omelets, thick sliced bacon and sausage links and patties, home fries, beans, pancakes, Drench toast, coffee and juice being served, it is a perfect time for family and friends to sit down and enjoy an all you can eat breakfast buffet. Join them for breakfast between 7:30 and 11 a.m.

Local high school theater programs team up for performance

WOLFEBORO — On Jan. 7 at 6 p.m., Kingswood Regional High School and Brewster Academy's theater departments will once again be teaming up to present a play in the Kingswood Arts Center. This year, however, Kingswood and Brewster will be welcoming special guest Prospect Mountain High School to their mix.

Each year, Kingswood Theater and Brewster Performing Arts select a weekend to work together. The process is ambitious. Take stu-

dents from each of their schools, hand them scripts and roles, provide two days for them to memorize lines, build sets, create costumes, props and rehearse a show to perform. It's a challenging process that demands both mental and physical stamina. This will mark the sixth time these programs have met to do this. Last year, Kingswood and Brewster welcomed special guest Gilford High School to this experience. This year, Prospect Mountain joins the



The play they have

selected is Oddball, writ-

ten by Lindsay Price

and licensed by Theatre-

folk, Inc. Oddball is a

selection of comedic vi-

gnettes, each about that

one odd person out in a

group. It's a one-act show

that is expected to run

the students from the

three schools will meet

at 9 a.m. in the Arts Cen-

ter. While the students

are engaged in a series of

On Saturday, Jan. 6,

about 40-50 minutes.

KINGSWOOD and Brewster students from previous year's Theater Collaboratives perform their show to the public. This year's performance of Oddball will be performed Sunday, Jan. 7, at 6 p.m. in the Kingswood Arts Center. Tickets are available

Candidate roundtable set for Jan. 10

MEREDITH — On Wednesday, Jan. 10, the Belknap County Democrats will present a roundtable forum with the six Democratic candidates for NH Congressional District 1, the seat currently held by Carol Shea-Porter. The forum will take place at the Meredith Community Center at One Circle Drive in Meredith, with refreshments at 5:30 p.m. and the forum from 6 to 8 p.m. There will be six tables for the public, and the candidates will rotate from table to table, each having

WOLFEBORO — Do

you constantly crave

sugar? Do you have un-

stable energy or have a

hard time focusing? Do

you have a hard time

losing weight or have

excess belly fat? Are

you tired of starting and

failing at your diet New

Year Resolutions? If you

said "yes" to any of these

then sugar could be at

fault. And Patty Walker,

a Registered Dietitian

and Certified Diabetes

Educator has a solution.

a five-week sugar de-

tox program to the local

community over the past

three years. It is a pro-

gram that I developed

myself and I am thrilled

with the results that par-

ticipants have had," says

Walker. Here are what

felt deprived or hungry.

It was easier focusing on

just one thing (sugar).

I feel satisfied, healthy

and accomplished." Les-

lie added, "This sugar detox was a life changing program for me. I was

guided through what to

eat and how much (with explanations as to why), which was extremely

helpful and effective in

reducing cravings for

sugar and carbs. I weigh less and feel better and

see this as a sustainable

practical and easy to do

program with fast re-

sults. You will get many

positive long lasting effects if you make a com-

Jeff said, "It is a very

program for life.

Bill stated, "I never

some people have said:

"I have been offering

six 10-minute conversations.

The candidates are Mark MacKenzie (former Manchester firefighter, former NH president. AFL-CIO currently a NH State Representative Hillsborough); Messmer (a scientist with her own environmental consulting firm, currently a NH State Representative Rye); Terence O'Rourke (Rochester City Attorney, Bronze Star Iraq veteran, former prosecutor in Rockingham and Carroll counties); Chris Pappas

Sugar detox program starts

Jan. 18 in Wolfeboro

mitment to stay with it,

which is easy." Kristi

had this to say about

the program, "I highly

recommend this sugar

detox course to anyone.

Whether you are looking

to learn about healthy

eating, want to kick your

sugar addiction, want to

lose weight (a bonus) or

want to feel better-take

this course." Carol add-

ed, "I have been on every

diet known to man and

this is the first one that

I can look at as an eat-

ing plan I can see spend-

ing my life on." Other

participants noted less

bloating, improved sleep

patterns, steady ener-

gy levels, better blood

sugars and reduction in

three primary phases

where participants will

gradually reduce con-

sumption of carbohy-

drates while removing

sugars, refined grains

and flours and replacing

them with healthy, low

The program involves

medications.

(owner and manager of a restaurant in Manchester, former NH State Representative (two terms), currently on the NH Executive Council); Lincoln Soldati (former Stafford County Attorney, former mayor of Somersworth, Army veteran); and Maura Sullivan (US Marine Corps Iraq veteran, former Assistant US Secretary of Veterans Affairs).

The public is invited to meet the candidates and join the Belknap County Democrats at this round table discus-

glycemic choices. Each

participant will receive

a program handbook,

shopping lists, meal

suggestions, recipes and

food samples. There is

also a private Facebook

page set up for ongoing

weekly at Still Waters

Health and Wellness

Center at 6 Grove St. in

Wolfeboro. The course is

being offered on Thurs-

day nights starting Jan.

18 and ending Feb. 15

from 5 to 6:30 p.m. "Get-

ting a handle on sugar

intake and cravings

would be an amazing

health boost for the New

quired. Participants can

save money with the ear-

ly bird rate if payment is

received one week before

chosen course begins.

Additional information

can be found at www.

ccdnwc.com. Please call

Patty Walker at 520-3176

to register.

Pre-registration is re-

Year," added Walker.

The program meets

support.

ALTON — The Alton Police Department responded to 173 calls for service during the week of Dec. 17-23, including

evidence.

posure and lewdness.

taken into protective custody.

There were 12 motor vehicle accidents.

There were five suspicious person/activity reports on Mount Major Highway, Roberts Cove Road, Stockbridge Corner Road, Main Street

Police made 16 motor vehicle stops and handled seven motor vehicle

complaint-incidents. three

ty from the three schools will divide up roles for each of the students. placing ones from each school in each scene. Immediately wards, the students will

theater games, the facul-

be provided rehearsal spaces and be given the day to plan all movement and work on memorization. In addition to that, they'll also be given access to the set shop and the costume department to select needed set piec-

hazard reports, one sim-

ple assault, six general

information, one vehicle

ID check, two civil mat-

ters, one wellness check,

one criminal mischief, 10

community programs,

one dispute, 56 directed

patrols, four medical as-

sists, 11 property checks,

six paperwork services

and one unwanted per-

to 156 calls for service

during the week of Dec.

24-30, including five ar-

were arrested for simple

arrested for domestic

violence assault and sec-

arrested for driving after revocation or suspen-

ond degree assault.

Two female subjects

One male subject was

One male subject was

One male subject was

arrested for criminal

mischief, domestic vio-

lence assault, second de-

gree assault, obstructing

report of crime or injury

and criminal threaten-

partment

rests.

assault.

sion.

The Alton Police De-

responded

es, props and costumes. They'll have until 8 p.m. on that day to rehearse, with each given some stage time.

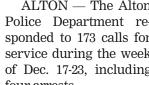
Then on Sunday, the students will meet up again in the Arts Center at 11 a.m. to begin the tech rehearsals for the show. They will have until 5 p.m. to prepare, when the house opens to allow in the audience. Six p.m. is performance

"This is theater at a varsity level," remarks Kingswood faculty member Scott Giessler. "The pressure to perform in a short amount of time is what makes this experience so exhilarating. Friendships and bonds are formed very quickly and the experience is treasure by all."

Kingswood and Brewster have had a great deal of success with this program. In this sixth outing together, their hope is to once again create bonds between each theater program.

Tickets for this event are available at the door. All funds go to cover the expense of the weekend. For more information, potential audience members can visit kingswoodtheater.com.

ALTON POLICE LOG



One male subject was arrested for driving after revocation or suspension

One male subject was

One male subject was arrested for indecent ex-

One male subject was

and Jones Field Road.



four arrests.

and a bench warrant.

arrested for aggravated felonious sexual assault and falsifying physical

There were 133 other calls for services that consisted of the following: One public hazard, neighborhood disputes, three assist fire department, three assist other agencies, one animal complaint, two juvenile incidents, one domestic complaint, nine general assistance,

vehicle accidents. There was one bur-

on Andreson There was one suspi-

cious person/activity on Mallard Drive.

Police made 21 motor rehicle stops and handled four motor vehicle complaint-incidents.

There were 124 other calls for services that consisted of the following: Two assist fire department, two assist other agencies, two animal complaints, missing/runaway juvenile, three domestic complaints, four general assistance, one miscellaneous, one wanted person/fugitive, seven alarm activations, five general information, two civil standbys, three civil matters, three wellness checks, one community program, one dispute, two disabled motor vehicles, 60 directed patrols, one follow-up reporting, two 911 hang-ups, two motor vehicle lockouts, three medical assists, 14 property checks and two paperwork services.

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(continued from Page A1)

historical or economic basis. Their goal was to bring the issue of inflation into future capital expenditure and tax rate discussions. The planning board agreed to the CIP proposal with the understanding that all aspects of the plan will continue to be reviewed on an annual basis.

Capital requests for 2018, to be voted on in March Town and School meetings, were within \$100,000 of the target, but requests for 2019 were more than \$400,000 above target.

The two images titled "Requested by Dept." and "CIP Recommendations" give a graphic sense of the committee's work. The two short columns in 2024 and 2025 will be explained later in the article.

The biggest cost item before the voters in Barnstead at March Town Meeting will be a proposal to build a new police department building. The existing building is too small, does not meet a number of standards for adequate police buildings, and has many other shortcomings. The total cost is estimated at \$900,000. The town has almost \$200,000 in a Capital Reserve Fund (CRF) that can be used as a "down payment." There is no tax impact here because the taxes were paid in past years when the money was placed in the Capital Reserve Fund by warrant article.

The board of selectmen will ask voters to approve a bond to pay the remaining \$700,000. The final terms of the bond have not yet been established but it is reasonable to expect a tax cost next year of around \$100,000 or a little less.

By far the largest share of Barnstead's Capital Improvement

TOWN OF NEW DURHAM

PLANNING BOARD

PUBLIC HEARING NOTICE

Thursday January 11, 2018

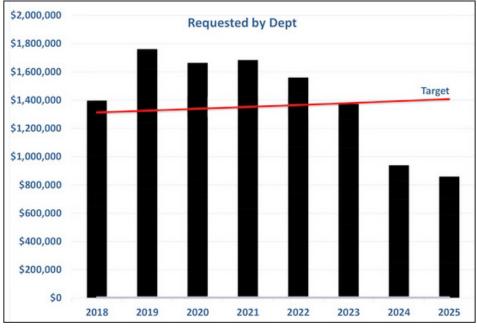
7:00 PM @ NEW DURHAM TOWN HALL

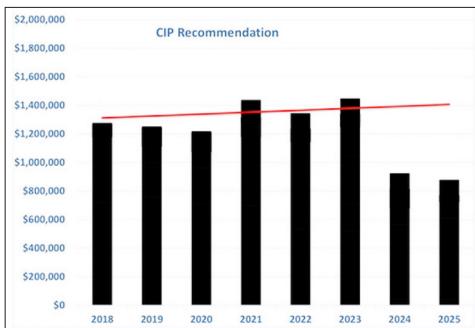
Zoning Ordinance Revisions

Notice is hereby given that the New Durham

Budget Committee & New Durham Select

Board, pursuant to RSA 32:5 I & RSA 33:8





Budget is spent on Prospect Mountain High School. The high school was built in 2003-04 at a cost of \$20 million. All capital costs are shared half and half by Barnstead and Alton. Each town purchased its own bond to pay its share of the cost.

It's important for citizens to understand that when the CIP subcommittee puts together its capital budget, it includes costs such as the high school bond that were voted on in previous years, not just costs that will be voted on this year.

The bond payment Barnstead this year will be \$585,000. The payment decreases each year. The final payment of \$480,000 will be made in 2023. Another \$200,000+ will

be spent on the roof repair bond, beginning to replace HVAC units that are reaching the end of their useful life, and setting aside funds for future building maintenance and athletic field maintenance. Taken together, expenditures for the high school will consume about 58 percent of Barnstead's capital budget in 2018.

The reader most likely noticed two short columns at the right side of each graph. For the first time the CIP extends into the years after 2023 when the final payment is made on the high school bond.

Barnstead squeezed capital expenditures for departments and for Barnstead Elementary School in order to keep its overall capital expenditures at levels acceptable to town vot-

There are several major projects waiting to meet again in late

not so quietly in the wings for "space" in the capital budget. The CIP report identified these as "expansion and improvements of the Barnstead Elementary School, a new and more functional Town Hall, and a shed to protect expensive highway equipment from the wear and tear of the weather, and tax reductions for the citizens of the town."

In order to avoid competing major capital requests from the school board and the board of selectmen in the same year the CIP recommends "that the board of selectmen, the Barnstead School Board, and po-Budget Committee establish a process with significant citizen participation to design a capital spending plan by 2022 that all parties can live with."

The CIP subcommittee also agreed spring 2018 to explore the issue and ways to approach it in more depth.

In other recommendations for capital spending in 2018 the CIP agreed with a proposal from Barnstead Elementary School to withdraw \$90,000 from its Maintenance Capital Reserve Fund (CRF) to replace the roof on the "D" wing of the school, which is used by the seventh and eighth grade classes; and recommended \$80,000 be added back into the fund rather than the \$100,000 proposed by the school board.

The state law that authorizes towns to establish a Capital Improvements Plan is very specific in saying the CIP recommendations are just that: recommendations be considered by the board of selectmen. school board, and budget committee as they establish warrant articles, but in no way binding upon those groups.

PMHS has regularly set aside \$20,000 each year (\$10,000 from each town) for maintenance of athletic fields. This year they requested that amount be increased to \$20,000 per town. Their expenditure plans for the next eight years can be met with the current level of funding, so the CIP recommended keeping the amount level at

\$10,000. The fire department acquired a new pumper fire engine in 2017 and will need to make payments of \$110,000 a year for 2018-2021. The CIP recommends the fire chief's proposal to spend \$128,000 over the next two years to remount the frame and body of ambulance two approach is significantly cheaper than buying a completely new replacement ambulance. The CIP also recommends continuing to set aside \$50,000 a year in the Fire and Ambulance Heavy Equipment and Vehicle CRF.

David Kerr was still new on the job as road agent when he met with the CIP subcommittee and he and the board of selectmen were reconsidering a number highway department strategies and priorities. The CIP recommendations for the highway department were based on the information shared with the CIP at the time, and actual warrant articles at Town Meeting will reflect further planning by the road agent and the BOS.

The CIP recognizes the need for replacement of at least two of the town's ancient snow plow trucks, and recommends this by purchasing used trucks at about one third of the cost of new trucks. Funds will come from the Heavy Equipment Capital Reserve Fund so there will be no tax impact in

The CIP also agreed with the road agent's suggestion that the purchase town 10-wheel dump truck/ snow plow. This will shave at least an hour off the plow time for the longest plow route in town. Currently this route requires a smaller plow truck return from the end of town to the highway department home base to refill its sand and salt load.

The town's heavy loader is no longer functioning. Because it is one of the most critical pieces of equipment for the department, the CIP recommends entering a three-year lease purchase agreement for a new loader, which will cost \$65,000 a year.

Town voters are asked each year to add funds to two capital tentially the Barnstead on a new chassis. This reserve funds: one for bridge repair and one for heavy equipment purchase. The CIP recommends adding \$40,000 and \$60,000 to these CRFs.

> For the last several years the town has voted \$200,000 for road paving. At the time of CIP hearings, the road agent and BOS were considering giving lower priority to repaving and new paving in 2018 in order to catch up on some other needs they felt the town had neglected. For this reason, the CIP recommendation for 2018 is only \$150,000.

Printed copies of the CIP report are available to Barnstead residents at the Town Hall. The full CIP is also available for download from the town's web at http://barnstead.org/boards/planning/index.htm.





/s/ Scott Kinmond, Town Administrator



THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town **Address**

Alton 334 Big Barndoor Island Alton 1 Garden Park Dr. Alton 1800 Mount Major Highway Alton 16 Nutter Dr. Alton 446 Stockbridge Corner Rd. Alton N/A Alton N/A Barnstead 134 Hazel Clark Rd. 245 Province Rd. Barnstead Barnstead 30 S. Shore Dr. Barnstead N/A 86 Miller Rd. New Durham

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

Type Price

Single-Family Residence \$650,000 Single-Family Residence \$100,000 Single-Family Residence \$611,000 Single-Family Residence \$178,466 Single-Family Residence \$149,100 N/A \$11,000 N/A \$393,000 Single-Family Residence \$166,000 Commercial Building \$44,933 Single-Family Residence \$170,000 N/A \$349,933 Single-Family Residence \$313,800

Seller

Marcia L. Hindle (for Marcia L. Hindle 1998 Trust) Elaine E. Bradley Elaine M. Wakely and Donna M. Geer Jason R. and Stacy R. Lauze Weston L. and Alyssa L. Smith Donald S. Brock and FNMA Mary Maguire Alan F. and Anne M. Doherty Daniel E. and Cecile Dion Kenneth Barton Thomas C. and Carolyn G. Lehman Michael D. and Pamela A. Tunks Angela D. Frenzel and FNMA

Buyer

Janet M. Boucher Marla and Mark Baldassare Katie L. Knapp Rand Hill Realty LLC Maria and Shaun G. Niljssen Donna J. Cote (for Donna J. Cote 1993 Trust) Brenten T. Austin and Kathryn L. Fox Clear Creek Properties Steven T. and Emily D. Wilson John J. Molloy and Larisa D. Miller-Molloy Andrew J. and Kimberly R. Dexter

usually the first listed in the deed. Sales might involve 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.

Moose Mountains RunAround is Jan. 20 at Abenaki

additional parties or locations. Prices are usually based

on tax stamps and might be inaccurate for public agen-

cy sales. Refer to actual public documents before forming

opinions or relying on this information. Additional pub-

licly recorded information on these sales, prior sales and

WOLFEBORO The fourth annual Moose Mountains Run-Around snowshoe race is scheduled for Saturday morning, Jan. 20, at Abenaki Ski Area in Wolfeboro. The public is invited to join in, or to just come watch and cheer on the racers. Children aged 12 and under can participate in the new Kids Snowshoe Shuffle, a non-competitive, fun activity.

This morning of fun in the snow was organized by race director and MMRG board member Dan Coons as a fundraiser for Moose Mountains Regional Greenways (MMRG). The snowshoe race starts at 9 a.m. and covers a loop course of approximately four miles with moderate (500') elevation change, traversing a combination of open fields, ski trails and single track. Snowshoe walkers are also welcome to register and participate.

The Kids Snowshoe Shuffle will start immediately after the snowshoe race finishes, around 10 a.m. Kids will make their way around an obstacle course on snowshoes; a limited number of loaner snowshoes sized for kids will be avail-

Race competitors' snowshoes must adhere to USSSA minimum size specifications of 120 square



GIANNA LINDSEY - COURTESY

THE MOOSE MOUNTAINS RUNAROUND will take place on Jan. 20 in Wolfeboro.

inches. Rental Dion snowshoes will be available but must be reserved in advance by contacting Coons at 520-8533 or trailrnr@ yahoo.com. The snowshoe race registration fee is \$20 in advance or \$25 on race day. Register in advance at www. mmrg.info. will be presented to the top two finishers in each age group as well as to the overall male and female winners. Amenities include the heated ski lodge and complimentary postrace food. There is a suggested donation for the kids' activity.

Volunteers are needed to help with registration, timing the race, directing racers along the course, serving refreshments and Kids Snowshoe Shuffle. To volunteer. MMRG Education Coordinator Kari Lygren at 978-7125 or info@mmrg. info. MMRG is grateful to volunteers who make such fundraisers both fun and successful.

Moose Mountains Regional Greenways is a land trust and educational outreach organization serving the seven towns of the Moose Mountains Region: Brookfield, Farmington, Middleton,

Milton, New Durham, Wakefield and Wolfeboro. Activities like snowshoe race the take advantage of the excellent opportunities for winter outdoor recreation in the region. Preserving such opportunities through conserving open spaces is an important part of MMRG's mission. MMRG thanks business sponsor Wolfeboro Oil, as well as Huck's Hoagies, Made on Earth and Nordic Ski for donations of food and prizes.

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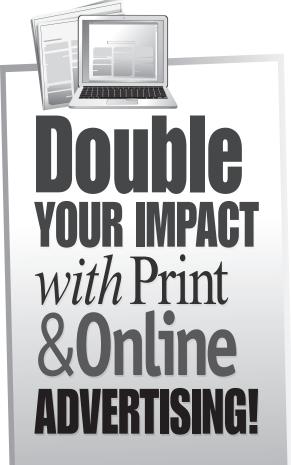
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or Beth at 279-4516 EXT. 110



Mark on the Markets

2018 resolve



BY MARK PATTERSON Contributing Writer Almost every one of

us have a New Year resolution. Some are major do-overs and some are subtle changes that we may have wanted to do, but just got put off. Many of our resolutions are about our health and fitness levels. For myself, I would like to exercise more often and maybe drop a few pounds, which is very likely a common

resolution. I am going to attempt to be somewhat smarter than in the past and work my way into a more structured routine of exercise and not go all out right from the get-go saddling myself with an overuse injury. The temptation is to go really hard for a couple of weeks to get through that sore phase when

ing to the stress. But that is difficult for our de-conditioned bodies to absorb, often resulting in that injury that

puts our quest for fitness on the back-burner until the next New Year. Because our fitness quest is on hold we might as well just say "to hell with that diet" too.

Photography class for kids being held at NDPL

NEW DURHAM — The New Durham Public Library will offer an exciting new afterschool photography program for students in grades four through eight.

Led by professional photographer Sue Lyndes, Focus! will concentrate on different guidelines of photography, and much of the content of the four weekly classes will be based on the students' interests.

"We'll cover the basics," Lyndes said, "such as composition, perspective, and the rule of thirds."

The rule of thirds proposes that an image should be imagined as divided into nine equal parts by two vertical and two horizontal lines, and that important elements be placed along these lines or their intersections to create more energy and interest.

Lyndes said awareness of these fundamentals is the foundation of photography.

"We'll also ploy Native American words of wisdom to center on our connection to the people and nature around us through mindful practices of photography," she said.

Mindfulness in photography is a way of developing what is known as the "photographer's eye" by learning to really notice the forms, light, shadows, and patterns around

Participants learn how to scope out details and make choic-

THE NORTH COUNTRY'S LARGEST HUNTING, FISHING, & OUTDOOR RECREATION SHOW es about where to place their attention.

"The kids will find interesting objects that they might not have noticed before," Library Director Cathy Allyn said, "and then they can start playing."

Playing with composition and changing photographer's vantage point will definitely be important elements of Focus! ses-

"I have the feeling

all over around here," Allyn said.

The program is free, but registration is necessary. Students should bring a digital camera or phone if they have one, but Lyndes and the library will supply cameras for those who do not.

Classes are Mondays from 3:30 to 5 p.m. on Jan. 22 and 29 and Feb. 5 and 12. A small snack will be provided. Call 859-2201 to register or they will be climbing for more information.

Congressional candidate to address local Democrats

BARNSTEAD Join in on Monday, Jan. 8, and kick off the new year by getting involved locally. For local Democrats, this year is all about electing Democrats to office and their meetings will focus on town, state and national candi-

Come hear Mindi Messmer speak on Monday. She's one of six candidates in the running to fill Carol Shea-Porter's seat for U.S. Congress in District 1. She's currently a NH State Representative and has a background in science. Messmer, serving in her first term in the New Hampshire House, is an environmental consultant who has worked extensively in the Seacoast area and at the State House on public health and drinking water issues.

The guest speaker

will be followed by action items and commu-

Barnstead, Gilmanton and Alton will be held at the Barnstead Town Hall at 108 South Barnstead Road in Barnstead. Come for socializing and potluck any time between 6:15 and 6:30 p.m. The meeting runs from 6:30 to 8:30

The meeting is open to any and all residents of Barnstead, Alton and Gilmanton who consider themselves moderate, liberal or progressive Democrats or like-minded Independents. Potluck items to share are encouraged but not required. For more information, e-mail starryheather@ hotmail.com or visit the "Barnstead, Alton, and Gilmanton Democrats" Facebook page.

Well you can all probably figure that I have an analogy cooking up here, and you are correct. Another big resolution is the "want to get my financial life in order." I have clients that typically are very intelligent people who are very motivated in their lives and business who do not have the most fundamental financial planning task under way. We typically start this journey together, with me being the chief organizer and constant voice keeping the ball rolling to update and consolidate all the stuff that is just so boring and tedious for them to get to. I actually warn them in the beginning of this process, that if we start this, we are going to finish this. A file of their life insurance. long term care, even health and Medicare policies are consolidated with the names and contacts of family and beneficiaries. In the event of a health crisis or accident I want everyone to know where this information is kept. Any wills or trust documents should also be in a location that

ly when need be. The end result of this arduous exercise in planning and organization is a happy cli-

can be accessed quick-

"keeps me up at night"

So, if you want to start this journey you must gather all your policies together. If you can't find them all, contact the carrier and get a duplicate. Then call your planner that is well versed in what is going on with life insurance, disability and long term care policies. The insurance industry has created some very good products with multiple benefits. If you have not seen these products, I suggest you look at them.

Your investment portfolio should have a purpose that aligns with your objectives and is properly structured for the level of risk you can tolerate, but more important is the ability to create steady sustainable income if that is your objective. You can't rely on the equity markets going up for sustainable income.

If you need help with your planning and organization, or would like to see some of the asset-based life and LTC policies, you may call our office and we will be glad to help.

Mark Patterson is a planner and asset manager with MHP Asset Management. can be reached at 447-1979 or mark@mhp-asset.com

nity organizing. ent that can cross that This meeting of the task off their mental Tri-Town Democrats of

Dana Winslow Thomas US Army veteran

OBITUARY



ALTON Dana Winslow Thomas, age 89, of Alton, died Dec. 30, at Wolfeboro Bay Center, surrounded by his loving family.

Born Sept. 13, 1928 in Newton, Mass., son of Harold William Thomas and Marion (Bean) Thomas, he resided in Belmont, Mass., a graduate of Belmont High School, and also resided in Newton, Mass. He resided in Alton since 1962. Dana grew up coming to Lake Winnipesaukee, having summered here since the 1930s. He was a builder of wooden runabout boats, racing on the Big Lake in younger vears.

United States veteran, served during the Korean war.

Dana was a retired automotive technician, he had worked at McGreevy's and Cantin's in Laconia and at Banks in Concord.

Survived by his wife of 60 years, Nancy (Stewart) Thomas and their five children: Elaine Thomas of Farmington, Joanne Thomas of Laconia, Brad Thomas of Westbrook, Maine, Annette Thomas of San Diego, Calif., and Mark Thomas of Alton. He is also survived by granddaughter Tanya Thomas of South Berwick, Maine and cousins Gordon Mann of Meredith and Shirley Nelson of Cheshire, Conn.

A graveside service will be held in the spring at New Riverside Cemetery in Alton. If desired, memorial donations may be made in his memory to the American Parkinson Foundation. Cremation care by Peaslee Alton Funeral Home, to express condolences, please visit www. peasleefuneralhome.



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or e-mail abfc@faitb.com ADVENT CHRISTIAN CHURCH

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oughout the summer 10:am & 7pm; Tues-Thurs 9am; 875-6161 BEFREE COMMUNITY CHURCH, ALTON

Alton-9:30 a.m. Sun. Meeting at Prospect Mountain School. Pastor Sam Huggard, www.befreecburch.net. CENTER BARNSTEAD CHRISTIAN CHURCH

Morning Service 10:00 am. Adult Sunday School 9:00 am. Sunday School for all age am. Rte. 126 next to Town Hall. Pastor Brian Gower. 269-8831.

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THE AUDIENCE participates in a singalong with the North River band and Chris Bonoli.



KATHERINE LESNYK

DAN and Vicky Poland sing for the North River Band in Barnstead on New Year's Eve.

CONCERT

(continued from Page A1)

galong with the band. Following the singalong was an intermission, when attendees could get baked goods and coffee. Bonoli took a moment during intermission to acknowledge the reopening of the Barnstead Country Store and to encourage the audience to support the business.

Bonoli would like to host another concert in February.

"I think I'm either

going to have a 'Snow and Ice' concert or a Valentine's Day concert...I think what we're going to try to do is acknowledge all the guys that plow because they are the unheard-of heroes," she said after the concert.

There is occasionally a fall concert, but Bonoli mostly has them in the winter. "The wintertime is a good time because there's not a lot going on and people just love having a concert close to home," she said.

KATHERINE LESNYK (Right) VICKY POLAND "Hallelujah."

and Dianne McMillen clasp hands at the conclusion of

WISHES

(continued from Page A1)

school and town successfully "click."

While many school leaders were unable to be reached during school break for holiday season, we are certain they will agree with the sentiments of their peers.

Following are the written responses received.

New Durham Town Administrator **Scott Kinmond**

"The town has begun to create and recharge community committees, commissions and groups - for example, cyanobacteria mitigation steering committee, parks and recreation commission, 1772 Meetinghouse restoration committee, and Boodey Farmstead committee to name a few.

"It is great to see "new" and "long serving" involved community members getting involved in collaborating on the charge/mission of their groups.

"We hope to see more who have time to serve. participate and to share their knowledge and experience to join in to maintaining the beauty, help these new and long standing groups good work to fulfill the committee, commission or groups charge/mission

"We wish for continued positive energy, collaboration with community members and our neighboring communities government leaders to all work towards common goals for continued quality service to our residents and guests."

Alton Town Administrator **Elizabeth Dionne**

"As the town administrator for Alton, I feel confident in saying that everyone associated with the town government such as the board of selectmen, employees and all the volunteer boards, wish for everyone to have a healthy, happy and safe 2018.

"Jointly we all strive to make everything safe for the residents and visitors. Maintaining a good workplace and a fun town to live in, travel through, or visit are our top priorities.

"We are all looking to the future while quaintness and charm of the town.

"Our website has various possibilities for folks to get involved with in what makes Alton special. We are currently seeking volunteers to participate in a recreational facility subcommittee, various "alternate" positions and more. Please visit our web site home page at www.alton.nh.gov.

"Coming soon will be a list of available elected positions.

"So please join us by taking advantage of these opportunities in the town of Alton. You count and your input will be valued.

"And don't forget to say hello to any town employee the next time you see one. That kind greeting goes a long way and I am quite sure it will be reciprocated.

"I wish you all a wonderful 2018."

New Durham School Principal Kelly Colby-Seavey

"New Durham School staff, students and parents have been working together to improve student behavior over the past few years.

"We have continued our efforts this year and are focusing on mindful practices, where staff and students are asked to consider their social. emotional, and physical states. If we are tired, hungry, or upset, it is hard to be ready to learn, or even as teachers, hard to focus on the needs of students and families.

"Our fifth and sixth grades, working in a team with the school counselor, our reading specialist and our Earthkeepers staff are spearheading this effort.

"My hope as principal of NDS is to continue to improve our practices in this area throughout the school, and to continue to work as a collaborative body over the coming year.

"The New Durham School community reaches beyond the walls of the school, and represents a dedicated group of area professionals and organizations all working to better the lives of local children.

IiPrizio G

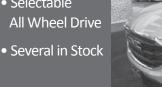
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How to be prepared, on the cheap, for when the next storm comes along

John Harrigan is off this week. This column originally ran on Jan. 2, 2014.

In the past I've touched on the subject of being prepared for winter's worst. Most power outages last for only a few hours, but as recent experiences have shown, once in a while entire towns or neighborhoods or rural areas can be without power for several

I live in a high and rugged rural countryside where power lines run in long stretches through woods and along tree-lined back roads, and despite the utility crews' best maintenance, it's a given that a tree or limb is going to knock the power out during a storm every now and then. This means that several times a year I'm going to be without electricity and so it's a matter of fact that I have to be prepared.

This is so much a part of rural life that I hardly give it a thought, and so it's easy to assume that other homes the length and breadth of the state are ready too, but endless news reports indicate otherwise.

The other day I was talking with longtime camp-mate Skip Costello, who lives in Fremont, and he said "How come the media **COUNTRY**

NOTEBOOK By JOHN HARRIGAN

don't tell people how to be prepared?" I figured he meant me.

First, when I lose power, I lose water, which comes not from a municipal supply (no problem there, the water is pressure-delivered to your home) but from a deep well with an electric pump at the bottom. This can be a pain in the butt, in more ways than one. And so all year long, 24-seven, as people are maddeningly fond of saying, I keep two five-gallon pails full of water in the downstairs bathroom, to refill the toilet tank after each flush.

This is a simple thing, but admittedly does not fit in with House Beautiful's bathroom décor. Other more inventive minds might figure out a way to camouflage the pails. I don't know, put a plank over them and fringe it with some of those lacey thingies and decorate the top with figurines, maybe little ducks and chickens, or a little basket of smelly stuff, or fake flowers. This is not a Guy Thing.

Aside from decorative challenges, five-gallon pails evapo-

SEE ALL WE HAVE TO OFFER



THE BACK barnyard was a mess after sleet and rain hit. How to be prepared for long-term power outages that can result?

rate, which helps with the humidity levels in your home, which means (basic physics here) that you need to peer into your buckets now and then to check the water level, and if necessary scoop out dead flies and all other sorts of winged, legged, non-legged, crawling or inching or creeping creatures with a slotted spoon (I never said this was for the faint-hearted) and top them off. Once a month does the trick.

Second, on my list at least, is light. It's no fun to wake up in the dead of night and find yourself without

light, and go stumbling and crashing into furniture on a desperate dash to the bathroom, where some things of a personal nature are easy to find after some fumbling but others

There is a cheap fix to this scenario, which is (alarums here) a flashlight. Now, who out there has not gone down to the local hardware store or Wally World for, say, a wing nut, and believe me there are plenty of those around, of the warm-blooded variety, and not seen flashlights that are cheaper than a gallon of gas? I'm always buying them because (a) they're always getting lost, or purloined by family and friends, or run over, and my policy is to keep one in every room and by every doorway, a legacy from our mentally challenged days when we had all sorts of livestock, and so believe me. I'm a flashlight

mogul. Thus because I have three bedrooms there are three big flashlights upstairs (unless purloined), and three more at entry doors downstairs and I'm so obviously possessed by this flashlight thing that I even hide a couple

boots (they're pretty big barn-boots, the really clunky and stupid-looking kind, and so can accommodate a nine-volt flashlight).

And then we come to lanterns, because you can't just keep flashlights on all the time on account of these things called "batteries," which have about the half-life of a piece of meat dropped onto the floor of a dog-ruled

domicile. So there are two simple, relatively cheap options here, oil lamps or gas-fired camp lanterns. I say "relatively compared to medical bills resulting from blindly crashing into furniture or, worse, missing the handrail on the stairs.

I'm fond of what people still refer to as kerosene lamps, which these days are actualrefined, almost odorless oil, because they give off a soft glow and say to the storm "Take that." I have one of these in every room. You can pick up old and elegant lamps at yard sales and flea markets (always check the wick control) or get new Cheapo Depot lamps that are shoddily made Somewhere Else and look, well, cheap and shoddiwork just fine.

But for the real Magilla, especially if you are desperate to read the paper or a book, sally forth to the nearest sporting goods mercantile and cough up under 50 bucks or so for a camping lantern. These are run by high-octane pressurized fuel from small canisters, and one with two mantles looks like the sun coming up, great for reading or playing pitch on the kitchen counter while the power line crews roar back and forth trying to find the

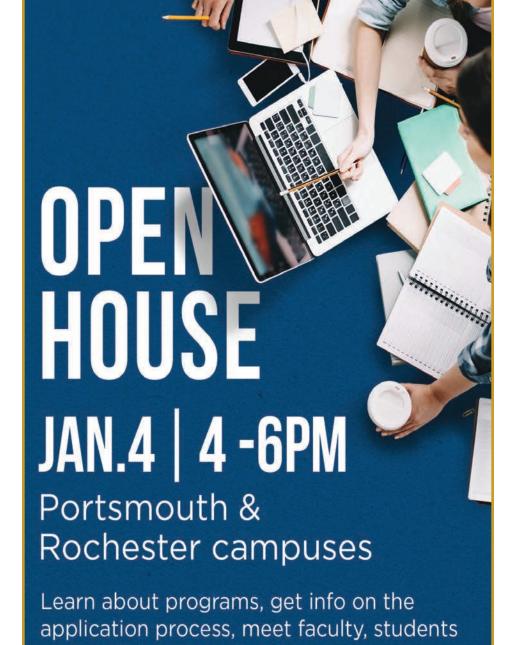
Finally, heat. Of all the things I read about that people have to endure in the aftermath of a storm, this one bothers me the most. Save sticking your head in the oven or ponying up major money to have a generator wired into your home, what to do?

My suggestion is (a) purchase a highly efficient, virtually odorkerosene-fired, high-output, non-electric heater, and (b) place it in the lowest part of your home. These are relatively cheap. (Has anyone noticed how blithely I've used "relatively cheap" in this diatribe? Compared to what? Well, shivering to death and frozen water pipes and flooding the entire lower half of your house.)

It is an axiom that cold air seeks its lowest level, and hot air rises. As an example, when the power goes out and I can't run my outdoor wood furly fueled with highly nace, which requires electricity to run the damper and two small circulating and if I don't want to bother with keeping two fireplaces going, I can stoke up a midsize wood stove in the Fish and Game Room, which is at the lowest and farthest end of the house. Once this little gem of a stove is fired up in good shape and really hauling the mail, cold air from the entire house slithers down from upstairs to downstairs and then down another three feet into the F&G Room, while wonderful, soothing, satisfying, blissful warm air rises into the house like cavalry to the rescue (trumpets here).

Okay, I've got to include batteries and candles and bottled water, too, because the earnest make-amountain-out-of-amole-hill newscasters and weather gurus are always including them in dire Winter Storm Watch Weather Ninja Turtle Team advisories, and I'll seem like a wing nut, which I actually am, if I don't.

This column runs in 13 weekly papers covering the northern two-thirds of New Hampshire and parts of Maine and Vermont. John Harrigan's address: Box 39, Colebrook, NH 03576, or campguyhooligan@ gmail.com



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SECTION B, PAGE 1 THURSDAY, JANUARY 4, 2018 THE BAYSIDER

Sachems start strong, roll past Prospect girls

BY JOSHUA SPAULDING

Sports Editor

GILFORD — If there's a time to lose for the first time, the Christmas tournament is probably it.

The Prospect Mountain hoop girls were dealt their first loss of the season on Wednesday, Dec. 27, in the Lakes Region Holiday Hoop Tournament in Gilford, dropping a 66-35 decision to a strong Laconia team.

"We looked like a whole new team," said coach Rick Burley. "But that happens on Christmas break.

"Practice yesterday was ugly, so I sort of expected this going in," the Timber Wolf coach added.

After Tiffany White hit a pair of free throws to tie the game at two, Laconia came back with two hoops to go up by a 6-2 score.

Ali Brown answered

WHAT'S ON TAP

With 2018 now here, the local high school teams will be in action in a number of venues in the com-

ing week. The Prospect Mountain and Kingswood alpine ski teams will be at Gunstock for a 9:30 a.m. meet on Friday, Jan.

The Timber Wolf girls' basketball team will be hosting Gilford for a 6 p.m. game on Friday, Jan. 5, and will be at Franklin for a 7 p.m. game on Tuesday, Jan. 9.

The Prospect hoop boys will be at Gilford for a 6 p.m. game on Friday, Jan. 5, will be hosting Franklin at 6 p.m. on Tuesday, Jan. 9, and will be hosting Sanborn at 6 p.m. on Thursday, Jan. 11.

The Prospect Mountain indoor track team will be at UNH on Sunday, Jan. 7, at 9 a.m.

The Kingswood Nordic ski team will be in action at Great Glen today, Jan. 4, at 2 p.m. and will be at Plainfield for a 2 p.m. meet on Tuesday, Jan. 9.

The Knight girls' hockey team will be at Keene for a 2:20 p.m. game on Thursday, Jan. 4, and will be at Oyster River for an 8 p.m. game on Tuesday, Jan. 9.

SEE ON TAP, PAGE B2

with a three-pointer and Prospect was within one at 6-5 but the Sachems closed out the first quarter on a 13-0 run, draining five hoops and three free throws to take a 19-5 lead to the end of the quarter and didn't look back.

The Sachems got the first hoop of the second quarter to extend their run to 15-0 before Brown drilled another three-pointer to get the Timber Wolves back on the board.

However. Laconia went on another 13-0 run, this one featuring five hoops and a three-pointer and the lead grew to 34-8 before White hit three free throws to get the Timber Wolves back on the board.

Mackenzie Burke hit a pair from the line but Laconia answered with a hoop and free throw for a 37-13 lead. Burke hit two more free throws but the Sachems finished out the quarter with the final hoop for a 39-15 lead at the halfway mark.

Laconia got off to a quick start in the third quarter as well, hitting a hoop, three free throws and a three-pointer to



JOSHUA SPAULDING MACKENZIE BURKE puts up a shot during holiday tournament

stretch the lead to 47-15.

action in Gilford on Dec. 27.

Hannah Racine got Prospect's first hoop of the second half with just less than three minutes to go in the quarter. Laconia got the next basket but Brown came back with a hoop for the Timber Wolves to make it 49-19. The Sachems hit the final two baskets of the third quarter and took the 53-19 lead to the final eight minutes.

Prospect had its best quarter of the game in the final frame but it



JOSHUA SPAULDING

HANNAH RACINE works around a Laconia defender in action Dec. 27 in Gilford.

the surging Sachems.

Burke hit a hoop to start the fourth quarter and after a Laconia hoop, Brown drained a three-pointer. Laconia hit another basket but Brown and Burke

wasn't enough to reel in hit back-to-back hoops to make it 57-28. The Sachems got two free throws and a pair of field goals to stretch the lead to 63-28 before Brown got the Timber Wolves another basket.

SEE **GIRLS**, PAGE B8

Timber Wolves can't get past Laconia

BY JOSHUA SPAULDING

Sports Editor

GILFORD — For the second time in less than a week, the Prospect hoop boys had to take on Laconia.

At the Lakes Region Holiday Hoop Tournament on Wednesday, Dec. 27, the result was much the same as the final regular season game of 2017, as the Sachems took a 61-35 win.

"Our defense was better than it was last time,' said coach Joe Faragher. "Obviously the score doesn't show it.

"It's just a matter of being inconsistent," the first-year Timber Wolf coach said. "That goes with inexperience and youth."

The Sachems came out of the gate with the first 10 points of the game, hitting four baskets and two free throws to go up 10-0 before Keegan Unzen got the Timber Wolves on the board with a hoop with 3:13 to go in the first quarter.

After another Laconia hoop, Cutlas Greeley hit a basket for the Timber Wolves. The Sachems hit another hoop and



JOSHUA SPAULDING

CUTLAS GREELEY drives to the basket during tournament action in Gilford on Dec. 27.

Unzen got his second basket of the game. After two more Laconia free throws, Randy Dyer hit two free throws for Prospect Mountain to make it 16-8 but the Sachems

drilled a three-pointer as the first-quarter buzzer sounded and took a 19-8 lead after one.

Laconia got the first hoop of the second quarter before Unzen and



JOSHUA SPAULDING

RYKER BURKE passes the ball around a Laconia defender in action Dec. 27 in Gilford.

Luke Mostoller had back-to-back baskets for the Timber Wolves to make it 21-12. Laconia answered with a three-pointer and a hoop to push the lead to 14 before Unzen drilled another hoop.

After a Laconia basket, Greeley hit a hoop and Aaron Haynes hit a free throw to make it 28-17. The Sachems got one more free throw to close out the first half and Laconia had the 29-17 lead at the break.

The Sachems got the first three baskets of the third quarter and upped the lead to 35-17 before an Unzen hoop got the Timber Wolves on the board. Laconia hit a free throw but Unzen came back with another hoop for the Timber Wolves.

From there, the Sachems went on a 13-0 run through the middle SEE BOYS, PAGE B8



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Undefeated Bears too much for Knight girls

Sports Editor

GILFORD — It wasn't the prettiest game on either side, but the opening round of the Lakes Region Holiday Hoop Tournament went to Newfound as the undefeated Bears knocked off Kingswood by a 65-28 score on Wednesday, Dec. 27.

"Sometimes I feel like it's always a learning curve," said Newfound coach Karri Peterson. "Some of them are still learning how to play the game.

"When everything they were doing was through the high post, we have to take away the high post," she added. "That learning curve where they understand what we're trying to do without us saying it 80 times.

"We stunk the place up," said Kingswood coach Dan Chick. "It should've been 60 (point difference) the way we played.

"When you stand around and watch the game when you're supposed to be playing, this is the kind of results you get," the Knight coach continued. "You can watch the game from the stands or the bench, but not from the floor."

The first quarter was fairly even and the Knights had an early lead, but a strong second quarter from the Bears opened up a decent halftime lead and they cruised from there.

Amanda Lapar got Kingswood on the board first with a basket but Ashlee Dukette answered for the Bears. Kingswood got two free throws from Eliza Brault and one from Meghan Lapar to open up the 5-2 lead but a Madison Dalphonse three-pointer tied the game at five.

Dukette put back a rebound and Bailey Fairbank added a hoop in the final minute as the Bears took the 9-5 lead after one quarter.

Jasmine Peterson opened the second quarter with a hoop for Newfound but Grace Saunders responded by putting back a rebound for Kingswood. Savanna Bony drilled three-pointer and Dukette hit another hoop and Newfound stretched the lead to 16-7



NEWFOUND'S ASHLEE DUKETTE pulls down a rebound between Kingswood's Amanda (left) and Meghan Lapar in tournament action in Gilford Dec. 27.

before Kingswood came back with hoops from Saunders and Amanda Lapar to cut the lead to

Dalphonse responded by hitting her second three-pointer of the game and after a Saunders free throw at the other end, hit a field goal to make it 21-12. Brault got a hoop for the Knights but Dukette and Dalphonse each added baskets to push the Newfound lead to 25-14.

Meghan Lapar got Kingswood back on the board but the Bears got the final two baskets of the first half, with Peterson and Dukette getting the points and Newfound led 29-16 at the halftime break.

A Peterson steal and hoop started the third quarter before Abby Coulter hit a free throw for the Knights. Ashtyn Cameron added a hoop for Kingswood to make it Knights made the trek 31-19 but Bony started an to Durham on Tuesday, 8-0 Newfound run with a three-pointer. After a Dalphonse basket, Bony hit another three-pointer to make it a 20-point lead for the Bears.

Brault got a free throw for the Knights but Bony and Dukette had back-toback hoops for the Bears to continue to build a lead. Brault and Meghan Lapar hit hoops for the Knights and Bony finished off the third quarter scoring, as she drilled a hoop and a three-point-

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er to make it 48-24 after three quarters of play.

Peterson hit two free throws and a basket to start the fourth quarter before Meghan Lapar got the Knights on the board. Bony hit another hoop and Saunders responded with a basket for the Knights. Dukette and Bony hit back-to-back three-pointers and the onslaught continued for the Bears, as Dukette hit a noop and a three-pointer to close out the scor-



ABBY COULTER puts up a shot during her team's game with Newfound on Dec. 27 in Gilford.

ing at 65-28.

Bony led all scorers with 21 points, with Dukette adding 20 points and 21 rebounds and Peterson putting in 10 points and eight assists. Meghan Lapar, Saunders and Brault led the Knights with seven points each.

Peterson noted her team has not been getting to the free throw line as much as she would like, making their job harder.

"We've had five free

throws in the last few games combined," she said. "Nobody is going to the basket, they're settling for outside shots.

"We don't have the inside presence, so we don't draw a lot of fouls," Peterson continued. "We're one person short against the 2-3."

Chick noted that he thought the Lapar sisters worked hard at both ends, but other than that saw a lot he didn't like.

"They're (Lapars) in

basketball shape and it shows," Chick said. "Everybody else should be in basketball shape but it's not showing.

"The frustration is mounting," he added. "We're 1-3 in the regular season and we easily

could be 3-1." Kingswood moved on to play Moultonborough in the consolation round while Newfound moved on to play Gilford in the semifinals, both taking place after early deadline on Thursday.

Kingswood will be back in action on Friday, Jan. 5, at Timberlane at 6:30 p.m.

Newfound will visit Inter-Lakes on Friday, Jan. 5, at 6 p.m. and Berlin on Tuesday, Jan. 9, at 6:30 p.m.

> NRHS 9-20-19-17-65 KRHS 5-11-8-4-28

Newfound 65

Peterson 4-2-10, Dalphonse 5-0-12, Fairbank 1-0-2, Bony 8-0-21, Dukette 9-0-20, Totals 27-2-65

Kingswood 28

M. Lapar 3-1-7, Brault 2-3-7, Saunders 3-1-7, Coulter 0-1-1, Cameron 1-0-2, A. Lapar 2-0-4, Totals 11-6-28

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

Gosselin, Chatigny lead Knights in Durham

BY JOSHUA SPAULDING

Sports Editor

DURHAM Kingswood track team was scheduled to compete at the University of New Hampshire on Saturday, Dec. 23, but Mother Nature forced the postponement of the meet and instead, the

Tucker Gosselin led the way for the Knight boys in the 55 meters, as he won the preliminary round with a time of 6.84 seconds and then came home second in the finals with a time of 7.04 seconds. Drew Roiter finished in 17th place overall in 7.74 seconds.

Devan Wade picked up a couple of points in the 300 meters, finishing in fifth place overall in 41.34 seconds, with Chris Nelson finishing in 18th place in 46.74 seconds.

Cannon Newbury got a point for the Knights in the 3,000 meters, finishing with a time of 13:05.24 for sixth place overall.

Wade also added a point in the long jump, as he leaped 16 feet, 3.75 inches to take sixth place overall. Gosselin was not far behind in 8.75 inches.



JOSHUA SPAULDING

Spaulding

Joshua

TUCKER GOSSELIN (center, left) finished second in the 55-meter dash at UNH the day after Christmas.

finish in the 1,000 meters with a time of 3:16.44.

Hannah Chatigny scored the only points for the Knight girls on the afternoon. Chatigny finished sixth in the 55-meter hurdle preliminaries in 10.64 seconds and then moved up to third place in the finals in a time of 10.54 seconds.

Caitlin Carpenter finished in 17th place in the 55-meter dash in a time of 8.54 seconds, while Elizabeth Morrison and Chatigny finished tied for eighth place in the 300 meters with a time of 49.54 seconds.

Carpenter picked up an eighth place finish in the long jump with a distance of 13 feet, 7.5 inches.

The Knights were in action after early deadline on Dec. 30 at UNH and will be competing at Plymouth State University on Saturday, Jan. 6, at 10 a.m.

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

ON TAP

CONTINUED FROM PAGE B1

The Kingswood hockey boys will be hosting Dover at 7 p.m. on Saturday, Jan. 6, at 7 p.m. and will be at Portsmouth for a 6:30 p.m. game on Wednesday, Jan. 10.

The Kingswood boys' basketball team will be hosting Timberlane at 6 p.m. on Friday, Jan. 5, and the Knight hoop girls will be at Timberlane for a 6:30 p.m. game on Friday, Jan. 5.

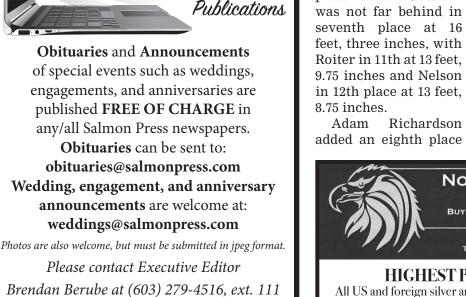
The Knight indoor track team will be at Plymouth State on Saturday, Jan. 6, at 10 a.m.

The Kingswood swim

team will be at Portsmouth for a 2 p.m. meet on Saturday, Jan. 6. The Knight wrestlers

will be at Keene on Saturday, Jan. 6, at 10 a.m. and at Milford at 6 p.m. on Wednesday, Jan. 10.

The Kingswood unified hoop team will be at Somersworth for a 3:30 p.m. game on Wednesday, Jan. 10.





Main St., Plymouth, NH 536-2625.



Big third quarter leads Knights past Bears

BY JOSHUA SPAULDING

Sports Editor

GILFORD — In a game of runs, it's best to have one or two more than the other team and that's just what happened for the Kingswood boys' hoop team on Wednesday, Dec. 27, as the Knights opened the Lakes Region Holiday Hoop Tournament against Newfound.

The Knights started the game with a 10-1 lead and withstood runs from the Bears that saw them take the lead early in the second and cut the gap to just seven at halftime.

However, Kingswood outscored Newfound 24-2 in the third quarter to pull away and took the 63-36 win.

"We wanted the first run of the game and the first of the second half and we had both of them," said Kingswood coach Dan Place. "Now we have to work on closing out quarters."

"I don't have the depth they have," said Newfound coach Tom Bourdeau. "In the second half we just came out and passed it to the wrong-colored shirt."

Mason Dalphonse got Newfound on the board with a free throw to start the game but Kingswood scored the next 10 points. Richard Curran got the first basket for Kingswood then Josh Duntley followed by finishing off his own steal. After a pair of Russ Lucia free throws, Duntley finished off another steal and Erik Madden added a basket to stake Kingswood to a 10-1 lead.

James Shokal got Newfound on the board with a three-pointer, starting a 9-0 run to end the quarter, with Colby Miles following with a free throw and Dalphonse hitting a three-pointer and a field goal to make it 10-10 after one quarter of play.

Dalphonse hit another hoop to open the second quarter scoring, giving Newfound a 12-10 lead but Matt Place hit a pair of three-pointers to put the Knights back in front. After a Duntley hoop, Place drilled another three-pointer for a 21-12 lead for the Knights.

Duntley finished off another steal and Liam Morrissey added a basket as Kingswood upped the lead to 25-12.

However Justin Shokal hit two free



JOSHUA SPAULDING

NEWFOUND'S TYLER BOULANGER leaps between Kingswood's Sam Cochrane (left) and Russ Lucia to battle for a rebound in action Dec. 27.

throws with three minutes to go to start an 8-2 Newfound run to close out the second quarter. Miles hit a hoop and two free throws to cut the lead to 25-18 and after Sam Cochrane put back a rebound for the Knights, Spencer Lacasse finished out the first half scoring for Newfound with a hoop to cut the lead to 27-20 at the break.

It was all Kingswood in the third quarter, as the Knights scored the first 21 points of the second half to take control of the game.

Curran hit a free throw and a hoop to start the half and then Madden finished off his own steal. Madden then hit a three-pointer and another field goal to stretch the lead to 37-20.

Morrissey hit a hoop and Duntley finished off a Lucia steal for another hoop. A Dante DeSousa free throw continued Kingswood's run and Brogan Shannon and Davis Ekstrom hit back-to-back threes to make it 48-20.

Dalphonse got Newfound's first points of the second half with 1:15 to go in the third quarter but Shannon ended the quarter with his second three-pointer to make it 51-22 for the Knights after three quarters of



ERIK MADDEN soars to the hoop in action Dec. 27 against Newfound.

Shannon finished off a nice feed from Ekstrom to start the fourth quarter before Stine Williams converted a threepoint play for Newfound. Lucia had a pair of hoops for the Knights, sandwiched around a hoop from Lacasse at the other end.

Williams finished off his own steal before Cochrane put back a rebound for the Knights. Justin Shokal hit a free throw and Williams finished another steal with a basket.

A steal and hoop for Justin Shokal made it 59-34 but Billy Peterson hit two hoops for the Knights. sandwiched

around a basket from Cam Anderson at the other end to close out the scoring at 63-36.

Dunley had 10 points to lead the Knights, while Dalphonse had 10 points to lead the Bears.

"At the half, we talked about the need to take better shots and look for uncontested shots," said Place. "They (Newfound) did a good job in the first half, they made us take shots we didn't want to take.

"We just had to survive their runs and try to have more runs than they do," Place added.

Bourdeau noted that he kept a constant rotation in and out in the sec-

ond half in an attempt to make a point.

"Every turnover, they got yanked, trying to send a message," Bourdeau said. "You have to think about it.

"We had a good film session but I guess we have to do better," the Bear coach add-"Moultonborough should be interesting to see."

The Bears moved on to play Moultonborough in the consolation round and Kingswood faced Gilford in the semifinals, both after early deadlines on Thursday.

Newfound returns to action at Laconia on Friday, Jan. 5, at 6 p.m. and will be hosting Berlin at 6:30 p.m. on Tuesday, Jan. 9.

The Knights will be taking on Timberlane at home on Friday, Jan. 5, at 6 p.m.

KRHS 10-17-24-12-63 NRHS 10-10-2-14-36

Kingswood 63

Curran 2-1-5, Shannon 3-0-8, Ekstrom 1-0-3, Duntley 5-0-10, Madden 4-0-9, Lucia 2-1-5, Morrissey 2-0-4, DeSousa 0-1-1, Place 3-0-9, Peterson 2-0-4, Cochrane 2-0-4, Totals 26-3-63

Newfound 36

Justin Shokal 1-3-5, Anderson 1-0-2, Miles 1-3-5, Dalphonse 4-1-10, Williams 3-1-7, Lacasse 2-0-4, James Shokal 1-0-3, Totals 13-8-36

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

Timber Wolves ski at Bretton Woods again

BY JOSHUA SPAULDING

second time in a week. 1:46.46 to round out the in the morning giant at 10 a.m. the Prospect Mountain alpine ski team traveled to Bretton Woods for a meet.

In the meet on Dec. Gabriela d'Empaire-Poirier led the way for the Timber Wolf girls in the morning giant slalom with a time of 1:25.53 for 27th place overall.

Amanda Gagne was next for Prospect, finishing in 31st place in 1:26.8 and Kaci Gilbert was the third scorer with a time of 1:32.37 for 38th place.

Anna Francis rounded out the Prospect scoring with a time of 1:39.6 for 43rd place overall.

48th in 1:43.23 and Nao-CARROLL — For the mi Ingham was 51st in field of Timber Wolf

> The girls ran just one run of slalom in the afternoon and again d'Empaire-Poirier led the way with a time of 49.34 for 23rd place.

> Gilbert was next, finishing in 51.53 for 28th place and Francis was the third scorer with a time of 56.03 for 36th

Gagne rounded out the scoring for the Timber Wolves with a time of 56.91 for 39th place overall.

Ingham finished in 45th place in a time of

Abby Swenson was 1:01.45 to finish up the Timber Wolf girls.

> slalom, Tyler Bredbury led the way in a time of 1:20.74 for 21st place overall.

> Colby Bisson was second for Prospect in 1:20.8 for 22nd place and Max Tuttle was 49th overall in 1:35.17.

> Lucas Therrien rounded out the scoring with a time of 1:36.99 for 51st place.

Josh Keslar was the final Timber Wolf completing his runs, finishing in 1:43.95 for 56th place.

The Timber Wolf boys did not record any times in the afternoon slalom.

The Timber Wolves will be in action on Fri-

Joshua Spaulding can be reached at 279-4516, For the Prospect boys day, Jan. 5, at Gunstock ext. 155 or josh@salmonpress.news.

Abenaki searching for lacrosse coaches

WOLFEBORO — Abenaki Youth Lacrosse is in search of coaches for the 2018 season. The season runs from early April to late June. Practices are twice per week, and games are on Sundays. Players range from first through eighth grade. Coaches are needed for all levels, particularly for the girls' teams. Abenaki will pay for all coaches to become a US Lacrosse certified coach. If interested, please e-mail abenakilacrosse@gmail.com.

Ice fishing seminar is Jan. 10 in Concord

CONCORD — Mark your calendars and plan some new adventures for the upcoming ice fishing season. New Hampshire Fish and Game is hosting a free ice fishing seminar on Wednesday, Jan. 10, at the New Hampshire Fish and Game Department, 11 Hazen Drive in Concord. The talk begins at 7 p.m.

The featured presenter will be New Hampshire fishing guide Tim Moore. In his talk, Moore will explain the tools

and techniques he uses to catch white perch and lake trout through the ice. You'll get the latest insights on equipment and gear, where to finds these fish, and strategies for angling success. Both experienced ice anglers and those new to the sport are welcome.

"Step up your ice-fishing action this winter by learning how to target these exciting fish," said Moore. "Whether you prefer jigging or tip-up

fishing, this seminar will have something for you."

Moore is a full-time New Hampshire fishing guide and outdoor writer, as well as a state and world record holder. He has fished the waters of New Hampshire for more than 30 years. He conducts fishing seminars from Maine to Minnesota and guides hundreds of ice anglers each year from around the world in search of lake trout and white perch.

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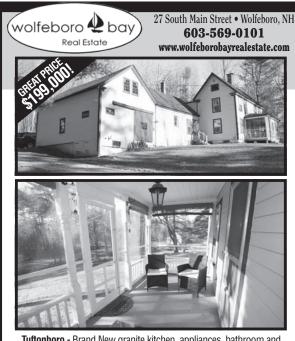




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- Reviewing all building and shorefront applications to ensure compliance with local, state and federal regulations, before turning them over to the Building Inspector.
- Attend monthly Zoning Board of Adjustment meetings and work with them to ensure compliance of all conditions.
- Maintain weekly hours (currently Thursday from 9am to 2pm) available to the public. Must be able to work 10-20 hours per week
- · Make periodic site visits to review all active building and excavation sites.
- Assist residents in filling out town applications.
- Respond to complaints of zoning violations.

Experience and knowledge of the Freedom Zoning Ordinance is preferred but not required. Training will be provided. Pay consummate with experience.

Submit application and/or resume in a sealed envelope by January 4, 2018 to: Karen Hatch, Town Administrator, P.O. Box 227, Freedom, NH 03836 Electronic submission to: karen@townoffreedom.net

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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

eat as a family

teens who regularly

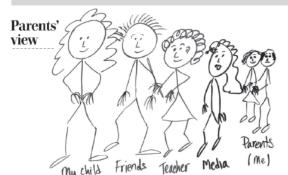
(5-7 times per week)

are **33** percent less

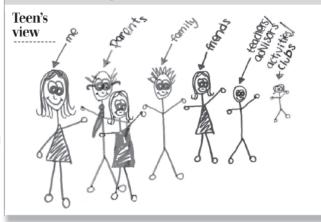
likely to use alcohol.

Most parents don't realize they are the No. 1 influence in their children's lives.

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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• 1540: KING HENRY VIII OF ENGLAND MARRIES ANNE OF CLEVES.

• 1946: VIETNAM HOLDS ITS FIRST EVER GENERAL

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• 1960: IN IRAQ,

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ANSWER: SECURE NETWORK

Computer Safety Word Find

Find the hidden words in the puzzle.

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DA	TΑ			L	OCK			Р	RIVA	.CY
DEL				ON	ILIN]	Е			ECU	
FIL	ES			PAS:	SWO!	RD			SHAI	RE
X A	C	T	P	R	W	R	G	P	Е	L
J U	U	Z	Z	A	E	T	R	P	R	O
D T	Q	Ο	J	T	S	I	Z	E	U	C
V A	M	L	U	S	V	S	G	R	C	K
S S	T	P	C	A	T	N	W	S	Е	I
I A	M	A	C	Е	F	F	X	Ο	S	Е
W O	W	Y	K	I	E	I	P	N	R	S
C E	N	I	L	N	O	T	Y	A	Е	D
I N	T	E	R	N	E	T	E	L	S	P
S H	A	R	E	E	P	В	I	L	Y	Е
T F	U	W	C	F	U	F	Z	R	Е	A
Y Z	I	G	G	Q	F	G	Н	N	X	D

Get Scrambled

Unscramble the words to determine the phrase.

BYCRE CSEYUTIR



BREACH

a break in a form of defense



ENGLISH: Data

SPANISH: Información

ITALIAN: Dati

FRENCH: Données

GERMAN: Information



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YNƏMEK: COWLOLEK KELBOYKD

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have

you hooked from the moment you square off, so sharpen your

pencil and put

your sudoku savvy to the test!

Answer: Cyber Security

A B C D E F G H i J K L M N O P Q R S T U V W X Y Z

Determine the code to reveal the answer!

Solve the code to discover words related to baking. Each number corresponds to a letter. (Hint: 7 = e)

25 7 9 1 Α.

Clue: Calculate

1 14 15 16 В.

Clue: Blend together

10 19 7 6 C.

Clue: Cooking device

22 7 1 1 7 21 16 D.

Clue: Sweet treat

SUDOKU

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

Level: Advanced

Here's How It Works:

Answers: A. measure

 \mathcal{B} .

sift

C

oven

D. dessert

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!

www	G	8	2	6	Þ	3	9	L
2	Þ	2	G	9	ε	8	ande	6
9	ε	6	L	amb	8	Þ	2	S
8	9	9	dose	3	S	6	7	Þ
L	S	Þ	6	8	9	9	3	, dans
ε	6	-mak	9	Þ	7	G	8	2
g	8	2	ε	7	6	- A	Þ	9
ħ	2	9	8	9	seed.	S	6	3
6	done	3	Þ	2	9	7	S	8

ANSWER:

A big year now in the rearview mirror

A new year is here and with it brings the end to what was a pretty decent year, at least in my part of the world.

I deemed 2017 as the year when I stepped out of my comfort zone. I did a number of things this past year that I had never really tackled before. or at least that I hadn't done in a long time and I must say, this left 2017 as a year to remember.

One of those things that I did that was out of my comfort zone this past year was the new diet and exercise regimen. After a visit to the doctor early in the year, I realized that the exercise I was doing was not going to be effective if I didn't change my eating habits. I was putting in an hour at the gym every morning and I was not losing weight. In fact, the visit to the doctor's office that provoked the major change saw a weight gain on my part.

I spoke with Erica Bickford of Wolfeboro, who works with Beachbody On Demand and she recommended the 21-Day Fix, which I started on May 1. The first big change was the grocery shopping. I spent a lot more time in the store, going from my one or two trips a month to at least once a week. My grocery bill went up a bit, with the addition of fresh chicken, turkey and lots of fruits and vegetables. While I was eating many of those things before, I wasn't buying them and preparing them myself.

The program got off to



a good start on my end, as the weight started to come off and I even had to spend less time in the gym each day, going to a half hour each day instead of an hour. All told. so far. I have dropped about 40 pounds and I've been running the program since the start of May (though there have been weeks where I took a break). I've hit a bit of a plateau in the weight loss, but I will also admit that I have strayed from the diet a bit at times, which could lead to that.

That being said, that was a huge change for me and one that I feel is certainly for the better.

The other big thing that took me out of my comfort zone was auditioning for the summer musical at the Village Players Theater in Wolfeboro. I'd done some walkon small roles here and there but mostly worked backstage for productions since 2009, but I determined in late 2016 that I would audition for the summer show the next year. Of course, the summer show usually isn't a musical, but I decided to take the chance anyway and much to my surprise, I got a significant part in 25th Annual Putnam County Spelling Bee.

After auditions, the singing and dancing was certainly a challenge, with the dancing really proving to be a major test. Doing both at the same time was even more complicated, but

walking off the stage after opening night was a feeling like I hadn't had in a long time. I will truly chalk that show up as one of my favorite experiences of my life. It was so much fun that I even auditioned for The Music Man this past fall (and rightfully got a much smaller role).

And truth be told, there was one more thing that took me out of my comfort zone this year, but that will be left for another time.

Here's hoping 2018 brings more great adven-

Finally, have a great day Adam Chick.

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The Stone Chuckers became the first team to repeat as league champions following completion of the Lakes Region Curling Association's Fall 2017 season. From left are curlers Bill Connors, Mike Turner, Susan Weeks and Rick Weeks; absent was team member Bud Booth. The LRCA is currently registering curlers for the coming Winter 2018 season, which begins Jan. 14 and will coincide with curling events at the 2018 Winter Olympics in South Korea. Also planned is a learn-to-curl event for the public on Sunday, Jan. 7, at 5 p.m. at Pop Whalen Ice Arena in Wolfeboro. The two-hour event is free. For more information about the LRCA, as well as registration forms, visit lakescurlingnh.org.

GIRLS

CONTINUED FROM PAGE B1

After a Laconia free throw, Burke hit one from the charity stripe and then Lanni McGrath had a basket. Laconia added another hoop and Burke closed out the day's scoring with a pair of free throws to make it 66-35 for the final.

Brown led the Timber Wolves with 15 points on the night and Burke add-

"We just weren't running our offense," Burley stated. "We knew they (Laconia) play manto-man."

The Timber Wolf

coach also noted there were other problems that his team couldn't get past.

"It was just a lack of hustle too," Burley said. "We didn't get back on defense and things just didn't go our way."

The Timber Wolves returned to Gilford the next day to take on Winnisquam in the consolation round, which took place after early deadlines.

The Timber Wolves will return to regular season action on Friday, Jan. 5, when they host Gilford at 6 p.m. On Tuesday, Jan. 9, the Timber Wolves will be at Franklin at 7 p.m.

PMHS 5-10-4-16-35 LHS 19-20-14-13-66

Prospect 35

White 0-5-5, McGrath 1-0-2, Racine 1-0-2, Brown 6-0-15, Burke 2-7-11, Totals 10-12-33

Laconia 66

Dewitt 4-3-11, George 7-2-18, Daly 2-4-8, Mello 1-1-3, Howe 5-0-10, Gaspa 1-0-2, Cormier 3-2-8, Stevens 3-0-6, Totals 26-12-66

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BOYS

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of the quarter, with four baskets and five free throws doing the damage, extending the Laconia lead to 49-21 before Haynes hit a hoop for the Timber Wolves to get them on the board.

The Timber Wolves got two more hoops to close out the quarter, as Greeley and Haynes each had baskets for a 49-27 score after three quarters of play.

The Sachems drained a three-pointer to start the fourth quarter before a Greeley rebound and hoop got the Timber Wolves on the board. Laconia hit a three-pointer and Mostoller came back with a basket for Prospect. After two more Laconia hoops, Mostoller hit another basket and

the Sachems got another hoop. Brandon Stellon closed out the scoring with a hoop for the Timber Wolves to finish out the 61-35 final.

Unzen finished with 12 points to lead the way for the Timber Wolves, while Greeley added eight points.

"It comes back to us hurting ourselves," Faragher said. "Turnovers, missed free throws or missed bunnies and giving up easy baskets."

The Timber Wolves were only three of 17 from the free throw line.

"I know there's improvement, but it never seems to happen as quickly as you want it," the Timber Wolf coach continued. "Now it's

about getting some reps." The Timber Wolves moved on to play Winnisquam in the consolation round of the tournament after early deadlines on Thursday.

Prospect Mountain is scheduled to visit Gilford on Friday, Jan. 5, for a 6 p.m. game and then host Franklin at 6 p.m. on Tuesday, Jan. 9.

PMHS 8-9-1-8-35 LHS 19-10-20-12-61

Prospect 35

Greeley 4-0-8, Dyer 0-2-2, Stellon 1-0-2, Mostoller 3-0-6, Haynes 2-1-5, Unzen 6-0-12, Totals 15-3-35

Laconia 61

Petel 2-0-5, Dee 3-2-8, Chandler 9-0-21, Paiva 2-4-10, Lefebure 1-0-2, Steele 3-0-6, Lennon 0-3-3, Brooker 1-2-4, Chaisson 1-0-2, Hebert 1-0-2, Totals 23-11-61

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