

School Winter Sports Schedules Inside

Winnisquam Echo

THURSDAY, DECEMBER 6, 2018

SERVING TILTON, NORTHFIELD, BELMONT & SANBORNTON, N.H.

FREE

Tilton rings in the holidays

BY DONNA RHODES

dhrhodes@salmonpress.news

TILTON – Families lined Main Street in downtown Tilton last Saturday evening for a night of holiday festivities and fun as they awaited the start of the annual Christmas parade and Santa’s arrival.

As the sunset, the excitement level rose in all the boys and girls but it wasn’t long before the first of the brightly lit floats made their way into town. The Tilton and Northfield Police led the parade through the town by, calling out holiday wishes to all. Behind them were floats and marching groups from the local scouts,

DONNA RHODES

(Right) Samantha O’Donnell and three-year-old Abigail were among the hundreds of smiling faces at the parade in downtown Tilton last weekend. “We’re ready for Christmas,” Samantha said.

Spaulding Youth Center, the Winnisquam Regional High School FFA and Interact clubs, Tilton-Northfield Rotary and several other area businesses and community organizations. The Make-A-Wish Foundation was back again this year with another spectacular float and the Laconia Indian Historical Association also took part in the festivities wearing beautiful Jingle

SEE TILTON, PAGE A8



Franklin open for business — and kayaking — on First Day

FRANKLIN — New Year’s Day, kayaks, and the rushing rapids of the Winnepesaukee River all converge in Franklin for what has become a tradition, First Day Franklin. Tuesday, Jan. 1, 2019 marks the 39th anniversary of kayakers splashing and slicing through snow and ice-filled class IV rapids to usher in a new year. Each year more spectators gather to see the sight. Downtown businesses will be open for eating, drinking, and shopping.

Paddlers will take to the water between 10 a.m. and 1 p.m. with novice and intermedi-

ate boaters paddling the “Upper” Winnepesaukee from Route 140 to the Train Station in Northfield. Advanced boaters will paddle the “Lower” Winnepesaukee from Cross Mill Road in Northfield to downtown Franklin taking out at Trestle View Park. See video of past events online at <https://www.youtube.com/watch?v=st-6g6z1-9NY> and <https://www.youtube.com/watch?v=S2J3eIQwGk&t=20s>.

Choose Franklin invites all businesses, organizations and groups to be a part of the festivities. Organizations can reserve table space

in the heated tent, free of charge, by calling 380-0246. Be a part of the festivities, inform spectators of your winter activities, and help welcome the Merrimack Valley Paddlers and Friends of the Winnepesaukee River as they paddle down the river in Franklin, Northfield and Tilton.

Spectators are encouraged to attend, with best viewing at Trestle View Park, which is the take out point for paddlers on the lower section of the river. The park will feature a heated tent with coffee, cocoa, chili and “Hop-pin’ John,” provided by

Choose Franklin, the Franklin Outing Club and Franklin Savings Bank, along with information about the wealth of activities being put on by area organizations this winter. Spectators can walk, snowshoe or ski to viewing areas on the Winnepesaukee River Trail to watch paddlers coming down the class III and IV rapids.

Choose Franklin is the main sponsor of First Day Franklin and welcomes co-sponsors for the event. Franklin Fire Department, Franklin Parks & Recreation, Aubuchon Hardware and Franklin Storage Com-

SEE FRANKLIN, PAGE A9



COURTESY Two Laconia residents and their dog were able to escape without injury when their SUV burst into flames in Belmont last week.

Car fire gives Florida-bound couple a scare

BY DONNA RHODES

dhrhodes@salmonpress.news

BELMONT – Just a few miles into their journey to Florida for the winter, a Laconia couple and their dog were lucky to escape uninjured when their vehicle, towing a U-Haul trailer, burst into flames last Thursday.

Belmont Police Captain Richard Mann said the driver reported that he was having mechanical issues and could not maintain his speed, so he pulled into the Major Brands Plaza parking lot to see if he could determine what was wrong with the vehicle.

“No sooner did the couple park and get themselves and their dog out of the vehicle, the Ford SUV became engulfed in flames,” Mann said.

SEE FIRE, PAGE A8



DONNA RHODES

Upon his arrival, Santa and all the good boys and girl of Sanbornton gathered on the town bandstand for a moment before he led them inside the Old Town Hall to meet with them one at a time.

Sanbornton celebrates the spirit of the season

BY DONNA RHODES

dhrhodes@salmonpress.news

SANBORNTON – The Old Town Hall building

in Sanbornton overflowed with holiday cheers last Sunday when young and old gathered

to enjoy a number of community events.

Kicking things off for the afternoon was San-

bornton musician Audrey Budington, who is an accomplished violin player. As adults en-

joyed her performance, children had fun making crafts and decorated SEE SANBORNTON, PAGE A8

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Visiting performers have Belmont High School holiday gathering swinging

BY DONNA RHODES
dhrhodes@salmonpress.news

BELMONT – The Windham Swing Band came to Belmont High School to perform for the 2018 Holiday Gathering last Sunday, entertaining a crowd of more than 50 people with some of their classic brass tunes and a mix of holiday favorites.

As everyone enjoyed the concert, they were also invited to enjoy a delicious Trifle Dessert bar. Chunks of vanilla or lemon cakes, brownies and ginger-

bread were available for people to mix with other treats of their choice. To add to the mix were toppings like mini-marshmallows, cherry pie bits, cinnamon and brown sugar, crushed peppermint candies or crème de menthe pieces. All of that was then covered with a dab of pudding and whipped cream.

The event was also videotaped by Lakes Region Public Access, and will be available for viewing at www.lrpa.org under the Video On Demand tab.



Donna Rhodes
The Windham Swing Band drew a crowd to Belmont High School last Sunday for an upbeat holiday musical celebration.

As 2019 nears, there are plans for a number of upcoming community events in cel-



Donna Rhodes
Irene Mackes assisted Lee Cheshire as he created a tasty treat at the Trifle Dessert Bar during last Sunday's Holiday Gathering in Belmont.

to keep an eye on the town's Web site, www.belmontnh.org, for advisories on other ac-

tivities and ways they, too, can take part in the yearlong celebration.

Town of Sanbornton announces 2018 tax rate

SANBORNTON — The 2018 tax rate for the Town of Sanbornton has been set at \$19.32. Town Administrator Katie Ambrose stated "With the 2018 revaluation the assessed value of the town increased by 34.11 percent, which contributes to a decrease in the tax rate. The final tax rate is a \$4.31 or 18.24 percent reduction from the 2017 tax rate, which was \$23.63. All portions of the rate decreased, with a \$1.53 reduction in the Munic-

ipal portion from last year, a 29-cent reduction in the County portion, a \$1.98 reduction in Local Education and State Education was set \$.51 lower than 2017."

The 2018 tax rate breakdown is as follows:

- Municipal: \$7.46
- Local Education: \$8.83
- State Education: \$1.91
- County: \$1.12

BELMONT POLICE LOG

BELMONT — The Belmont Police Department responded to 112 calls for service and made the following arrests during the week of Nov. 23-30. Please note that the names of juveniles, and those of individuals taken into pro-

ductive custody but not formally charged with a crime, have been withheld from publication.

Crystal G. Buckley, age 40, of Canterbury was arrested on Nov. 23
SEE BELMONT, PAGE A9

SANBORNTON POLICE LOG

SANBORNTON — The Sanbornton Police Department responded to 63 calls for service during the weeks of Nov. 24 and Dec. 1. The breakdown was as follows:

Four alarm activations, four animal involved incidents, two requests to assist another department, one report of criminal trespassing, one report of disorderly conduct, one fire/medical call, one report of fraud, two house checks, one domestic incident, one report of criminal threatening, one landlord-tenant dispute, six money re-

lays, seven motor vehicle accidents, one motor vehicle summons, three motor vehicle warnings, two requests for police information, two reports of reckless operation, nine road hazard complaints, one robbery, one service of a court summons, one sex offender registration, and seven reports of suspicious vehicles and/or activity.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 474 calls for service and made the following arrests during the week of Nov. 26-Dec. 2. Please note that the names of juveniles, and those of individuals taken into protective custody but not formally charged with a crime, have been withheld from publication.

Arrested during this time period were Michael Hann (in connection with an outstanding warrant), Emmanuel Medrano (for Driving Under the Influence), Nathan Moore (for Burglary, Theft, and Loitering/Prowling), Citlyn Sottile (in connection with an outstanding warrant), Daniel Bain (in connection with an outstanding warrant), Peter Sylvestre (in connection with an outstanding warrant), Dustin Bright (for being a Felon in Possession of a Weapon), Destiny Harrington (for Possession of Drugs and Endangering the Welfare of Another), and Felix Colon (as a Fugitive From Justice).

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Week of 12/7 - 12/13

RALPH BREAKS THE INTERNET PG Fri.&Sat.: 12:45, 3:45, 6:45, 9:30 PM Sun.-Thurs.: 12:45, 3:45, 6:45 PM	DR. SEUSS' THE GRINCH PG Fri.&Sat.: 12:30, 2:45, 5:10, 7:20, 9:30 PM Sun.-Thurs.: 12:30, 2:45, 5:10, 7:20 PMT
FANTASTIC BEASTS: THE CRIMES OF GRINDLEWALD PG-13 Fri.&Sat.: 1:00, 4:00, 7:00, 9:50 PM Sun.-Thurs.: 1:00, 4:00, 7:00 PM	Spider-Man: Into The Spider-Verse Thursday 12/13 at 5:00pm Come try our new luxury leather recliners with footrests Find us online at: BarnZs.com facebook

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COURTESY

Breakfast with Santa

Emma and Brody were among the many young boys and girls who enjoyed the traditional breakfast with Santa and Mrs. Santa at the Pines Community Center in Northfield last Saturday morning.

HALL MEMORIAL LIBRARY

Tilton/Northfield Monday, Dec. 10
Chess Club, 3-5 p.m.
Trustees Meeting, 5 p.m.
Open to the Public
Scrabble, 6 p.m.
Use your words.

Tuesday, Dec. 11
Spanish Club, 10 a.m.
Tech Tuesday, 2-4 p.m.

Wednesday, Dec. 12
Story Time, 10:30 a.m.
Gingerbread
Scrabble, noon
Time Time, 3 p.m.
Let's Play Stuff!

Thursday, Dec. 13
Candy Sled Races, 4 p.m.
For Kids and Teens
- We provide the candy, you create the sled! The

sled that travels the furthest down our race course takes home the prize. Everyone gets to keep their candy sled.

Friday, Dec. 14
Sit and Knit, 2-5 p.m.
Saturday, Dec. 15
Let's Go Lego, 10 a.m.
Make-n-Take with a theme - Create a Sleigh
Take home what

Holiday Well Wishes Pages

Running December, 20th

In Five Local Papers:

Plymouth Record

Meredith News

Winnisquam Echo

Gilford Steamer

Newfound Landing

Deadline:
December 14th

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Christmas comes to Tilton

ALL PHOTOS BY DONNA RHODES



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NEWSPAPER

NEWSPAPER

Opinion

A4 Thursday, December 6, 2018

WINNISQUAM ECHO

STRATEGIES FOR LIVING

The King is back!

What follows is the opening statement of my forthcoming book – which I hope to publish by late 2019 – *The Making of a Model*.

The King is back! For four hundred years there had been no prophet in Israel. God was there, but He had gone silent. Then, suddenly, from out of the wilderness, there was heard the voice of one crying, “Prepare the way for the Lord, make straight paths for him. Every valley shall be filled in, every mountain and hill made low, the crooked roads shall become straight, the rough ways smooth. And all mankind will see God’s salvation” (Lk. 3:4-6).1

And then, unannounced and without fanfare, there He was! He looked so common, so ordinary, but this One was a different kind of Man. Heaven could no longer remain silent. “You are my Son, whom I love; with you I am well pleased” (Mk. 1:11). John the Baptist could but remark, “Look, the Lamb of God, who takes away the sin of the world!” (John 1:29). The King was back in Zion!

There were healings, there were celebrations, and the voice of God was heard again. “Love your enemies ... take up your cross ... your sins are forgiven ... come unto me and I will give you rest.” This was not the expected message; something new was happening. Not even the prophets understood what was about to take place. But God, in Jesus Christ, had returned, in Person, to his people. The King was back!

I must tell you that the Person and the ministry of Jesus have been my passion for the last 50 years. In pursuit of God, I soon learned that, although I may never fully understand God, what I can know of Him was exemplified and disclosed in Jesus. Accordingly, then, I have spent much of my life driven by a passion to know and understand Jesus in all the fulness of his glory and to share my discoveries with my generation.

If I am to develop my theme successfully, it is imperative that, from the beginning, we are clear as to the model God has given us to emulate. Jesus was the prototype. He was the man I am meant to be. That privilege was first given to Adam and we know what he did with his calling.

But the plan of God was not to be thwarted. He gave us a new model, a perfect man, whom we could follow in every facet of our lives. The call to be living models is no pipe-dream. In Him we find the pattern of what we are meant to be and in Him we discover the strength to make our journey a success.

I agree with N. T. Wright, whom I quote often in this book. “I have been particularly concerned to put into the minds, hearts, and hands of the next generation of thinking Christians the Jesus-shaped model of, and motivation for, a mission that will transform our world in the power of Jesus’ gospel” (Wright, *Challenge*, p. 11).

Consequently, much of my formal study has focused on Jesus: his life, his theology, and his message. He is what my life ... and this book ... is all about.

For more thoughts like these, please follow me on my blog at indefenseoftruth.net.



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Telephone: (603) 279-4516

Fax: (603) 279-3331

Frank Chilinski, President & Publisher

Ryan Corneau, Business Manager

Brendan Berube, Editor

Donna Rhodes, Reporter

Josh Spaulding, Sports Editor

Bob Martin, Sports Reporter

Tracy Lewis, Sales Representative

Jim Hinckley, Distribution Manager

Julie Clarke, Production Manager

Email: brendan@salmonpress.news

Classifieds: classifieds@salmonpress.news

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PET OF THE WEEK - NOVA

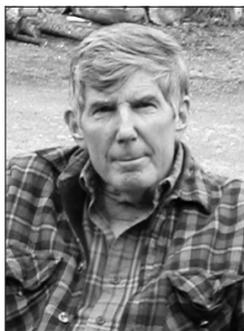
Her perpetual smile is engaging, her energy is inspiring and her gentleness a love. Nova, the six year old American Staffordshire mix, always seems to have a smile from ear to ear, especially when people come to visit. She is incredibly smart, even knows the command

for walking backwards. She is a gentle walker and does well with children over eight. Nova is indeed one of the more super dogs looking for her forever home and people. She will be a loyal friend and companion and always will be ready for a great game of tug.



NORTH COUNTRY NOTEBOOK

A word that's worthy of George H.W. Bush



By JOHN HARRIGAN
COLUMNIST

When I heard that George Herbert Walker Bush had passed on, I couldn't help but smile. I suppose we all should envy such a thing--a smile made of memories and affection.

As for words, plenty have been spoken these past few days, with many people, of all political stripe and persuasion, smiling (and once in a while, crying). They described George Bush as humble, self-effacing, unassuming, patriotic, loyal, thoughtful, brave, traditional, open-minded, and true.

I have a word of my own to add to that list. But first, a vignette or two.

Here was a guy who celebrated his 80th birthday by jumping out of an airplane, and then he did the same on his 90th. And here I am at a mere 71, creaking around and complaining (okay, so I'm on wheels while nursing a spiral-fractured femur). What will I do for my 80th? I'd settle for just being here.

From first-in-the-nation candidate to the presidency, George Bush had a soft spot for Colebrook. At some point during a campaign swing north, his entourage went into the Colebrook House and stumbled into a toast and roast event to honor

Doc Brungot, the territory's longtime veterinarian. He described the scene as robust. “I was swept into it all,” he recalled, “and met what seemed like the whole town.”

George Bush and I were running partners, sort of, meaning that he and I went running--once in Jefferson (1980), and once in Washington, D.C. (1986). The two experiences were vastly different, one featuring crows and cows, the other featuring a speeding motorcade and Secret Service agents who demonstrated running while heavily armed.

The George Bush I knew was kind and considerate, and immensely conversational, meaning not that he talked all the time but that he could converse on just about any subject. For instance, just before the Jefferson run I'd seen a magazine article about a new kind of drilling bit, and asked



George H.W. Bush suited up in his Grumman Avenger, ca. 1944. (U.S. Navy photo)

if he knew about it. He did.

The first time we went running together, it was because the Bush campaign thought it would look good for

a youngish-looking George Bush to be seen running with an even younger publisher, compared to Ronald Reagan, a nice guy who gimped

SEE NOTEBOOK, PAGE A9

MARK ON THE MARKETS

Hidden gems

current investment portfolio. The hidden gems that I find are usually in the client's current advisor's disclosure documents that I simply pull off the Internet. In other words, the documents are available to anybody who cares to look. The first thing I look for in those disclosure documents is something called “revenue-sharing,” but have also seen it referred to as partnership programs.

This is where the broker dealer sells shelf space, or promotes certain mutual fund company funds for a fee that ultimately the client pays for.

As a registered investment advisor, I am held to fiduciary obligation when working with my clients. I have stated in the past that you should ask your current advisor if they are working for you as a fiduciary as opposed to working for their firm. If they say yes that they are working for you as a fiduciary, ask for it in writing. I have talked to financial advisors who believe that the list of funds that they can choose from is just a list of good funds, not

knowing their firm was limiting them to funds where the firm makes additional revenue from their “partners.” Your current advisor may not be disingenuous about revenue-sharing, but just may not be aware that their firm engages in it.

So, you may say, “it's not a lot of money, they need to make money as well.” The point being, the brokerage firm or advisory that is collecting these revenue-sharing fees are not, in my opinion, doing what's best for the client, which is the essence of fiduciary. So, you may be placed into funds where your overall expense ratio is .80 basis points, when in fact a low-cost exchange traded fund at .04 basis points would have been a better choice for you the client, but not the advisor firm or brokerage. So, you're paying for the asset managers or fund managers services, and that you may be paying a “relationship fee” to the advisor that often is over one percent of the value of the assets called their “management fee.” But they are not managing

SEE MARKETS, PAGE A9

Send your letters!

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Spaulding Youth Center welcomes Chief Robert Cormier to board of directors

NORTHFIELD — Spaulding Youth Center is pleased to announce Tilton Chief of Police, Robert (Bob) Cormier, has joined its board of directors.

Chief Cormier is a 36-year veteran of law enforcement. In 1982, he graduated from the Metropolitan Police Academy in Boston, Mass. He has also worked in the Woburn, Mass. Police Department and was a member of the MBTA Police Department Special Operations Team. Chief Cormier also worked at the Los Angeles Police Department, where his divisions included the 77th Street Division, Hollywood Division, Foothill Division, Devonshire Division, Oakwood Task Force Pacific Division and LAPD Vice Unit. In New Hampshire, Chief Cormier served as



Chief Robert Cormier

Supervisor at the Plymouth Police Department and has been the Chief of the Tilton Police Department for the past 11 years.

Chief Cormier is actively involved with Special Olympics New Hampshire, where he served as the New Hampshire Law Enforcement Torch Run Director. It was at a Special Olympics event where he first learned about Spaulding Youth Center and met students and staff members. He became more familiar with the organization after attending its annual Thanksgiving Luncheon, where he enjoyed interacting with Spaulding students and learning more about how staff and supporters work together to provide a safe and loving community. With his history of having a strong passion

for helping children with intellectual and physical disabilities, Chief Cormier was asked to join the Spaulding board of directors. In this role, he hopes to help students become more involved and engaged in the community and vice versa by focusing on community relations and development.

"We are honored and excited to welcome Chief Cormier to our board of directors," said Michael Ventura, Spaulding's Board Chair. "Chief Cormier's 34-year tenure in law enforcement, along with his involvement in various local non-profit organizations, shows his unwavering commitment to our community. His dedication, passion and enthusiasm will make a fantastic contribution to our diverse board."

Chief Cormier is a graduate of the 245th Session of the FBI National Academy, FBI LEEDA Command Institute and member of the National Academy Associates and the FBI Law Enforcement Executives Development Association. He is also a past president of the New Hampshire Chiefs of Police, a vice president of the New England Chiefs of Police, and member of the IACP Patrol Tactics Committee. Chief Cormier graduated from Boston State College School of Law Enforcement and Northeastern University School of Criminal Justice. Chief Cormier also recently completed Southern New Hampshire University's Leadership in Public Administration Program, a 12-credit master-level program for public administration leaders.

The Spaulding Youth Center board of directors is comprised of volunteers from the human services, corporate, investment, and philanthropic sectors of our state. To learn more about the Spaulding Youth Center board of directors, visit <https://www.spauldingyouthcenter.org/about-us/leadership/>.

About Spaulding Youth Center

Spaulding Youth Center is a leading provider of services for children and youth with neurological, emotional, behavioral, learning and/or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Services include academic, behavioral health, residential, foster care, health and wellness and family support. Spaulding Youth Center is a tax-exempt 501(c)(3) nonprofit. For information about Spaulding Youth Center, visit www.spauldingyouthcenter.org.

U.S. Cellular celebrates remodeled Tilton store

TILTON —To better serve the Tilton community, U.S. Cellular has remodeled its retail store at 75 Laconia Rd.

COURTESY

(Right) Celebrating the Tilton Store remodel completion at US Cellular, Caitlin Jones-Store Manager cuts the Lakes Region Chamber's blue ribbon with the Tilton team of retail wireless consultants including Jonathan Isacco-Area Sales Manager; and Ted Fodero- Meredith Insurance Agency & Lakes Region Chamber board member.



in Tilton. Customers can now shop for the latest technology from Apple, Samsung, LG, Google and Amazon in a high-engagement layout.

"We are excited to welcome the Tilton community to our new store to speak with our tech experts about finding the right plan and devices for their needs," said Jonathan Isacco, area sales manager for U.S. Cellular in New Hamp-

shire. "Our customers are always at the forefront of our decisions, and this new store was designed with them in mind. We will continue to invest in the latest technology to make sure our customers have access to the best devices and plans to stay connected wherever they are."

The new store was built with modern features and allows customers to personally interact with the technology and devices on display. It has a large 1,943 square-foot showroom and features multiple areas where customers can have hands-on access to the newest devices, smart home solutions and consumer electronics from popular national brands.

U.S. Cellular invested \$180,000 in this store and it employs five associates. Currently, U.S. Cellular is looking to hire an additional

SEE U.S.CELLULAR, PAGE A9

Christian Smith recognized during Resident Assistant Appreciation Day

NEW LONDON — Colby-Sawyer College President Susan D. Stuebner has declared Nov. 28 as Resident Assistant Appreciation Day at Colby-Sawyer. Christian Smith of Sanbornnton, a member of the class of 2020 majoring in business administration, is one of 25 Resident Assistants being recognized and thanked for outstanding work

supporting all students, developing communities based on individual responsibility and respect for others, and providing opportunities for student learning.

About Colby-Sawyer College

Colby-Sawyer College is a comprehensive college that integrates the liberal arts and sciences with professional preparation. The college's fac-

ulty, staff and students strive for excellence in an engaged teaching and learning community that fosters students' academic, intellectual, and personal growth. With a strong emphasis on learning outcomes, including breadth and depth of knowledge, self-growth, creative and critical thinking, and effective communication, Colby-Sawyer pre-

pares students to thrive post-graduation and make a positive impact upon a dynamic, diverse and interdependent world.

Founded in 1837, Colby-Sawyer is located in the scenic Lake Sunapee Region of central New Hampshire. Learn more about the college's vibrant teaching and learning community at www.colby-sawyer.edu.

Franklin Unitarians plan distinctive Holiday event, the Santa Lucia Tea

FRANKLIN — The Franklin Unitarian Universalist Congregation will be holding its Annual Santa Lucia Tea on Dec. 8 at 4 p.m. This distinctive holiday event celebrating Santa Lucia (Saint Lucy), and originates in Sweden, where Santa Lucia is celebrated as the patron saint of light.

Traditionally, Santa Lucia's feast day was marked by lighting fires and candles, symbolizing the return of the longer days of winter. Traditional Swedish ceremonies also involve candles and lights, and that is true of the Santa Lucia Tea in Franklin. The Social hall is adorned with traditional Swedish Christmas decorations, including angel chimes and many candles. The big Christmas tree is lit in the background. Women from the congregation serve tea and a host of sweet treats.

As night falls, the lights dim, a hush falls, and the ceremony be-



COURTESY

The Franklin Unitarian Universalist Congregation will be holding its Annual Santa Lucia Tea on Dec. 8 at 4 p.m.

gins. First come the Star Boys and Girls, younger children clad in white and carrying silver stars atop small staffs. Then "Santa Lucia" appears wearing a white dress with a red sash, and a beautiful crown of real, lit candles. Singing the Santa Lucia song, she hands out special saffron rolls (prepared according to the traditional recipe) to everyone gathered. After the ceremony, she

makes her exit and the evening continues with a variety show featuring members of the congregation.

In recent years the program has included instrumental music, poetry readings, dance performances, and the choir singing silly songs. After the talent show, everyone sings holiday carols, this year accompanied by Libby Danahey, one of the congregation's musicians.

The UUCF Santa Lucia Tea, PAGE A9

Town of Northfield Zoning Board of Adjustments

Monday December 17, 2018 at 7:00 pm
Town Hall, 21 Summer Street

AGENDA

1. Minutes – November 26, 2018
2. Gloria Blais Trustee of the Gloria Blais 2014 Trust – Application for a Special Exception to allow agricultural use on 79.3 acres located at 134 Cross Mill Rd (Map R04 Lot 14) in the Commercial Industrial Zone.
3. Other Business

additional information can be found at www.northfieldnh.org

TOWN OF PLYMOUTH

Full-Time

Clerical/Bookkeeper position

The Town of Plymouth is seeking applications for a full-time individual for general clerical duties and position of Bookkeeper.

Duties include payroll and accounts payable and receivables. Provide outstanding, friendly customer service both at the counter and on the phone. Observe strict confidentiality of all company records and financial information and safeguard against unauthorized access to such information at all times. Performs other related duties as required.

Desired minimum qualifications preferred, are a High school diploma with computer and bookkeeping experience especially payroll. Knowledge of municipal operations or an equivalent combination of education and experience, which demonstrates possession of the required knowledge, skills, and abilities of payroll and accounts payable/receivable functions. Strong computer skills required. Attention to detail a must.

The Town of Plymouth is an Equal Opportunity Employer.

To Apply:

Submit: Cover letter and resume to Paul Freitas, Town Administrator, Town of Plymouth 6 Post Office Square, Plymouth, NH 03264. Applications will be accepted and reviewed until position is filled.

Lorraine Proctor, 94

NORTHFIELD — Lorraine Proctor, 94, formerly of Northfield, passed away peacefully at Mtn. Ridge Center, Franklin, on Nov. 26, 2018.

She was born in Northfield on Jan. 25, 1924, the daughter of Henry J. Ketchum and Eva M. (Theberge) Ketchum. She graduated from Tilton-Northfield High School in 1944. She worked for more than 35 years in the waxing department of the Arwood Corp., where she was their first ever female supervisor.

Following her retirement, she worked part time as a lunch lady at the Tilton and Northfield schools where she was known by many of the children as "Grammy Lunch Lady." She was a lifelong communicant of St. Mary of the Assumption Church, St. Gabriel's Parish in Tilton. Family members include two sons, Winston Savage and wife Monique of Laconia and George Savage and wife Donna of Franklin; four grandsons (Scott M. Savage, Scott R. Savage, Joel Savage and Adam Savage); also, three great-grandsons and two great-granddaughters; as well as loving nieces and nephews.

She was predeceased by her husbands, Fred Savage and Harold Proctor; two brothers, Henry H. Ketchum and Robert Ketchum; as



well as well as three sisters, Norman Gorman, Elizabeth Guyer and Mae Bourgeois. She was a lifetime member of The American Legion Auxiliary, Post 49, Tilton-Northfield, where she held most all state and local offices. She was also a long-time member of the Belknap-Merrimack Salon of the 8-40. She loved traveling, gardening, spending time with her family and her dog Lilly.

Visiting hours were held on Thursday, Nov. 29, 2018 from 5-7 p.m. at Paquette-Neun Funeral Home, 104 Park St., Northfield. A Mass of Christian Burial was celebrated on Friday, Nov. 30, 2018 at 10 a.m. at Assumption Church, Chestnut St., Tilton. Spring burial will be in St. John Cemetery, Tilton. Donations in Lorraine's memory may be made to St. Gabriel's Parish, PO Box 490, Franklin, NH 03235 or the Franklin Animal Shelter, 19 Rescue Rd., Franklin, NH 03235.

For an online guestbook, please visit www.neunfuneralhomes.com.

The Merrimack and MVSB to host annual Mitten Tree drives at all offices

MEREDITH — With cold weather moving in and the holidays approaching, sister banks, Meredith Village Savings Bank (MVSB) and Merrimack County Savings Bank (the Merrimack), will collect mittens, hats, gloves and scarves for their annual Mitten Tree drives. A donation of \$2 for every item collected through Dec. 31 will be awarded to the New Hampshire Food Bank, and earmarked for the communities served by the Banks.

New handmade or store-bought mittens, hats, gloves and scarves can be dropped off at MVSB and the Merrimack from now through Dec. 31. Non-profits who are in need of mittens, hats, gloves and scarves should contact the Bank office closest to them. Complete lists of offices and hours are available at mvsb.com and themerrimack.com.

"The Mitten Tree is an annual tradition we've proudly hosted since 1979," said Rick Wyman, President of MVSB. "It's a simple way for community members to get in the spirit of the holidays



COURTESY

All branches of Meredith Village Savings Bank and Merrimack County Savings Bank are collecting cold-weather mittens, hats, scarves and gloves from now through Dec. 31.

while aiding those in need of food and warm winter wear this time of year."

"The Mitten Tree is a wonderful community program," said Linda Lorden, President of the Merrimack. "We're proud to contribute to the NH Food Bank, who help in the feeding and educating of tens of thousands about food insecurity and hunger."

Meredith Village Savings Bank and Merrimack County Savings Bank are mutual community banks without private owners or

stockholders. They have remained steadfast in fostering the economic health and well-being of the community for more than 150 years and share in the values that guide all of their actions: accountability, mutuality, excellence, respect, integrity, teamwork and stewardship.

The Merrimack has been serving the people, businesses, non-profits and municipalities of Central and Southern New Hampshire since 1867. To learn more, visit any of the local branch offices located

in Bow, Concord, Concoocook, Hooksett or Nashua, call 1-800-541-0006 or visit themerrimack.com.

MVSB has been serving the people, businesses, non-profits and municipalities of the Lakes Region and Central New Hampshire since 1869. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 1-800-922-6872 or visit mvsb.com.

LRGHealthcare kicks off holiday season by giving

LACONIA — Despite the rain and wind last week, LRGHealthcare welcomed the holiday season through the gift of turkeys through the gift of turkeys for all employees and providers.

Members of the LRGHealthcare Leadership Team were outside in the bitter wind and pouring rain at Lakes Region General Hospital, Franklin Regional Hospital, Laconia Clinic, and Hillside Medical Park to hand out hundreds of frozen turkeys. All employees of LRGHealthcare, including those at the off-site practices, were each welcomed to stop by and take home



COURTESY

Chris Blake (far left), Maintenance associate at LRGHealthcare, helped deliver 200 turkeys weighing in at 20 pounds and up frozen turkeys to St. Vincent de Paul in Laconia. An additional 60 turkeys were donated by LRGHealthcare employees to the City of Franklin Park & Recreation Department.

a 20-plus-pound frozen turkey.

As an alternative, employees were also given the option to donate their turkey to those less fortunate in LRGHealthcare's communities. In all, LRGHealthcare

employees are proud to share they donated 260 turkeys to St. Vincent de Paul in Laconia and the City of Franklin Parks & Recreation Department.

"We're so proud of the hard work and commitment shown by our

employees and providers each day, that we really wanted to give them a gift this holiday season," stated Kevin W. Donovan, LRGHealthcare President and CEO. "What better way to kick off the holidays than by

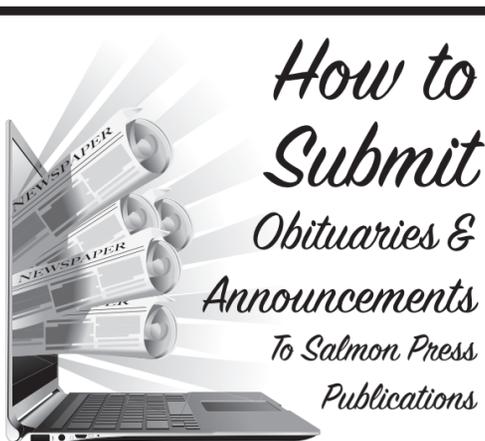
giving back to those we count on each day? And, we couldn't be prouder of those employees who then gave back to the community by donating their turkey to those who need it most."



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

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 111

with any questions regarding the submission process.

Franklin VNA & Hospice wants to help you deal with holiday stress

FRANKLIN — Franklin VNA & Hospice realizes that stress, anxiety and depression go hand in hand with the holidays for some people. The holidays present a dizzying variety of demands – parties, baking, cleaning and shopping just to name a few!

They would like you to know that you can minimize the stress that come with the holidays with some practical tips. Putting these simple tips to use could help you enjoy the season more than you thought you would!

1. Acknowledge your feelings. It is OK to feel

sad, grief and/or overwhelmed, as well as any other feeling, especially if you have lost a loved one or you cannot be with loved ones this year. If you need to cry or express your feelings in a healthy way, allow yourself to do so.

2. Reach out. Seek out community, religious or other social events if you feel lonely. Volunteering to help others is a great way to lift your spirits as well as build new friendships! These new friends will serve to broaden your universe and diminish your stress.

3. Be realistic. Life

is not a movie! The holidays don't have to be, and in all honesty most likely will not be, perfect! Families change and grow - in turn changing traditions and rituals. Choose a few to continue, let go of ones that no longer bring you joy, and be open to creating new ones, which requires flexibility on everyone's part.

4. Set aside differences. The holidays are a time to try to accept family members and friends as they are! Set aside grievances until a more appropriate time for discussion, or truly let go of

the issues if possible.

5. Stick to a budget. Happiness cannot be bought. Before heading out to shop for food or gifts, decide exactly what you can afford to spend and then stick to that! Creating debt will only increase stress.

6. Plan ahead. Plan specific days for all activities – shopping, baking, visiting friends, wrapping gifts etc. This will help prevent the last minute dashes to the store for forgotten ingredients or gifts. Plan your meals out & make a list before heading to the grocery store. This will

also help avoid those impulse buys which can blow your budget.

7. Learn to say no! Friends and coworkers will understand if you can't take part in every project or activity. Agreeing to something you cannot afford, or have no time for, will increase your stress level! It's ok to say no!

8. Keep your health on track! Holidays do not translate to free-for-all. By maintaining your healthy eating habits and exercise routines you will keep your stress and guilt levels under control. This in-

cludes getting the proper amount of sleep each night!

9. Take a break for yourself. Make time just for you. Even if all you can carve out is 15 minutes a day to be completely alone, take it! This may help to refresh you enough to deal with everything else. Clear your mind, slow your breathing and restore your mind by doing something that makes you happy. Try reading a book, take a walk at night to look at the stars, listen to your favorite type of music – if it makes you happy then allow yourself that time!

10. Seek professional help if you need it. Despite your best attempts you may still be feeling persistently sad, anxious, unable to sleep, over sleeping, feeling irritable and hopeless and unable to deal with routine chores. If these feelings last, or interfere with your ability to live your life the way you want, speak to your doctor or a mental health professional. There is no shame in asking for help!

Franklin VNA & Hospice wants to help everyone have the best holiday season possible! Please take care of yourself and if you see or know someone that struggles with the holiday season, reach out to them. You could be the one thing that turns that person's day around.

You have a choice in your homecare provider. Choose local. Choose Franklin VNA & Hospice.

Golden View resident's artwork chosen for NHHCA Convention

MEREDITH—Golden View resident Margaret Wareing has been painting since she was a little girl. Some of her beautiful landscapes now hang in her room at Golden View for friends, family and staff to enjoy.

When the New Hampshire Health Care Association announced they were looking for art submissions for their 2019 Member Masterpiece Calendar art contest, it was only natural to submit one of the paintings Margaret created while living at Golden View.

Wareing chose her painting of Nubble Lighthouse in York, Maine to be submitted to the contest. The submitted works of art were displayed at the NHHCA Annual Convention & Trade Show on Sept. 12. Attendees of the event voted for their favorite pieces created by nursing home and assisted living residents living throughout the state. Margaret's painting, along with 13 other works of art, were



Pictured, from left to right: NHHCA's Director of Communications Kristen Schmidt, Golden View's Administrator Rosemary Simino, Golden View resident Margaret Wareing, Golden View's CEO Jeanne Sanders, and NHHCA President & CEO Brendan W. Williams.

chosen to be featured in the NHHCA's 2019 Member Masterpiece Calendar.

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SANBORNTON

CONTINUED FROM PAGE A1

ing cookies.

A photo booth was set up for family photos and many people enjoyed a beautiful ceramic Christmas Village that was on display.

Following Budington's hour of classical music, the Boston Post Cane was awarded to 98-year-old John Wilson then Belmont guitarist and entertainer Paul Kluett took the microphone for a while. He played a variety of upbeat holiday and children's songs that even inspired a few boys and girls to add to the entertainment with some dance moves of their own. After several songs, Kluett advised the children to grab their coats as he broke into the song they perhaps were all waiting for, "Here Comes Santa Claus."

Once they were ready, they headed outside to the bandstand where they sang "Jingle Bells" as they watched for Santa's arrival aboard a brightly decorated engine from Sanbornton Fire Department.



DONNA RHODES
The songs of guitarist Paul Kluett had young boys and girls up on their feet and dancing at Sanbornton's Holiday Party last weekend.

After greeting them all and posing for a group photo, Santa took a seat inside the town hall where one by one he spoke with all the children on hand that day.

Many adults said they were very pleased with all the efforts that Sanbornton Recreation

Department Coordinator Julie Lonergan and her volunteers put into making this year's event so enjoyable for all.

"She really went above and beyond and just did a fantastic job putting this all together," praised librarian Marcia Haigh.

TILTON

CONTINUED FROM PAGE A1

Dresses and other Native American regalia.

After Santa and Mrs. Claus lit the downtown

tree the crowds then made their way to Riverview Park where one-by-one the boys and girls were able to sit with Santa and tell him their Christmas wishes.

There were refreshments available to help ward off the night chill and finally fireworks lit up the sky to cap off the special event.



DONNA RHODES
Violinist Audrey Budington performed before a full house at the Old Town Hall during last Sunday's Holiday Party celebration.

Happy Holidays and Welcome in the New Year 2019 with a free market analysis!

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FIRE

CONTINUED FROM PAGE A1

The car had come to a stop close to the building, so one quick thinking business own-

er pulled the plaza's fire alarm system when he became concerned that the flames might spread to the plaza.

Crews from both Laconia and Belmont were

both called to the scene. Heavy black smoke and flames were visible from the Laconia Bypass, bringing traffic to a crawl along the busy Route 3 corridor as fire fighters worked to douse the flames.

Despite their quick response, the car was destroyed, and a 25-by-30-foot section of vinyl siding of the north end of the plaza suffered some heat damage as well.

There were no personal injuries as a result of the incident, and fortunately, the couple had another vehicle at their home. They were able to get a ride back to Laconia, then returned to hook up the trailer, which was not damaged, and continue their trip.

"We certainly hope the rest of their southern trip is safe and uneventful," said Belmont Police.

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Edward Jones: Financial Focus

Take Advantage of Tax Diversification

As an investor, you will have access to accounts that are taxed differently from one another. And it's possible you could benefit from tax diversification by owning accounts in these three categories:

Tax-deferred – Tax-deferred accounts include the traditional IRA and a 401(k) or similar employer-sponsored retirement plan. When you invest in tax-deferred vehicles, your money can grow faster than if it were placed in an account on which you paid taxes every year. You also may get a tax deduction for contributions you make

today. When you start taking withdrawals from these tax-deferred accounts, typically during retirement, the money is usually taxed at your ordinary income tax rate.

Taxable – Taxable investments are those held in a standard brokerage account, outside your IRA or 401(k). While you can put virtually all types of investments into a taxable account, you may want to focus on those considered to be most tax-efficient. So, you could include individual stocks that you plan to hold, rather than actively trade, because you will not get taxed on the capital gains

until you sell. You also might consider mutual funds that do little trading and generate fewer capital gain distributions. This is important not only in terms of controlling taxes, but also because the taxes on these distributions can reduce your investments' real rate of return.

Tax-free – When you invest in a Roth IRA/Roth 401(k), you don't get an immediate tax deduction, but your earnings, as well as your withdrawals, are tax-free, provided you do not start taking withdrawals until you're 59 ½ and you have had your account at least five years.

(However, income restrictions do apply to Roth IRAs.)

So, given the difference in how taxes are treated in these accounts, how can you choose where to put your money? For example, when would you contribute to a Roth IRA or Roth 401(k), rather than a traditional, tax-deferred IRA or 401(k)? If you are in a high tax rate now and expect it to be lower in retirement, a traditional IRA may make more sense, as you potentially get a sizable benefit from the tax deduction. But if you are in a lower tax rate now, you have most of your retirement investments in tax-

deferred accounts, and/or you can afford to forego the immediate tax deduction, you might find that the Roth IRA/Roth 401(k), with its tax-free withdrawals and earnings, ultimately will make more sense for you. But since no one can predict where tax rates will go in the future, having money in different types of accounts – i.e., tax diversification – can be beneficial.

If you only focus on traditional, tax-deferred accounts, you could end up with larger tax bills than you anticipated when you retire and start tapping into these accounts, particularly when you must start taking withdrawals – called

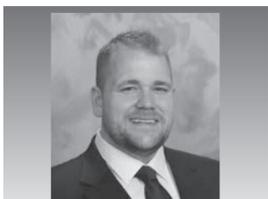
"required minimum distributions" – when you reach 70 ½. By having money in accounts with different tax treatments, you may have more flexibility in structuring your withdrawals during retirement, based on your year-to-year tax situation.

There's no formula for achieving an ideal tax diversification. You'll want to consider your own needs and circumstances in choosing the right mix of taxable, tax-deferred and tax-free accounts. Ultimately, taxes should not drive all your investment decisions – but they should not be ignored, either.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.



Devon Gay
Financial Advisor
(603) 279-3284 Meredith, NH



Ben Wilson, AAMS®
Financial Advisor
(603) 524-4533 Laconia, NH



Christopher D. Stevenson
Financial Advisor
(603) 253-3328 Moultonborough, NH



Keith Britton
Financial Advisor
(603) 279-3161 Meredith, NH



Jacqueline Taylor
Financial Advisor
(603) 279-3161 Meredith, NH

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Member SIPC

History and Culture Day for Leadership Group

REGION — Leadership Lakes Region, the non-profit leadership experience, held its annual History and Culture Day recently. The full day's activities included a tour of the Wright Museum in Wolfeboro, the Lakeport Freight House Museum, a leadership discussion using leadership styles from the movies at Laconia Public Library, the history of Laconia's Motorcycle Week and a presentation on the history and work of the Laconia Historical and Museum Society.



Leadership Lakes Region graduates and presenters John Beland (left) and Pat Tierney (right) join current class members Mark Cote and Kate Luczko at History and Culture Day.

The jam-packed day was capped off with a narrated tour of the Colonial Theater Renovation project led by Leadership Lakes graduate, Jared Guilmett. The group enjoyed a delicious luncheon generously provided by Cactus Jack's restaurant of Laconia. Speakers during the day included Wolfeboro Chamber Director Mary DeVries, Historical Director Louise Horsken and Wright Museum

Director, Dr. Michael Culver. Members of the board at the Lakeport Freight House Museum regaled the group with anecdotal stories of the importance of Lakeport to the history and economic foundation of the greater Lakes Region. Numerous artifacts and personal memorabilia were on display, and one Leadership Lakes attendee was heard to describe the Museum as "a hidden gem of the Lakes Region". Several class members purchased 2019 historical calendars at the Freight house in

support of the Museum's fund-raising program.

John Beland, graduate and board member of Leadership Lakes, then conducted a class discussion of the leadership style demonstrated by the actors in the movie "Gettysburg." Beland's presentation followed words of welcome to the Laconia Library from Director Randy Brough. Next up on the agenda was Jennifer Anderson, Director of the Laconia Motorcycle Association, who traced not only the history of Bike Week but the economic impact of

the event as well as the challenges as more and more recreational motorcycle events are scheduled around the country. Jennifer was followed by the Executive Director of the Laconia Historical and Museum Society, Pat Tierney who detailed the on-going efforts of his group to preserve the history of the City of Laconia and the region. A short walk followed to the Colonial Theater where Guilmett conducted the tour assisted by colleague Rob Turpin of the firm Misiaszek, Turpin LLC and Belknap Economic Development Council Director Justin Slattery. In addition to Guilmett and Beland, Tierney and Slattery are also Leadership Lakes Region graduates. The entire day was planned and organized by Leadership Lakes Program Coordinator Jennifer McLean and a team of 2018 graduates; Kristy Badger, Nate Hanson, Mike Sitar and Willow Furey.

MARKETS

CONTINUED FROM PAGE A4

the assets, they are only managing the relationship with you!

Fees do not matter as much to the client when the markets are doing well as they have been. It is often not till the

markets go flat or negative, like the very recent volatility, when the fees become a point of contention between the advisor, the firm and the client.

When I reveal the fees that the client is paying all-in, to their current advisor, it is usually an eye-opening percentage

for the client.

Potentially, a more surprising situation for the client involves the potential risk to their portfolio from what they were told was a conservative portfolio mix. Market, interest rate and credit risk along with sequence of returns risk can pose

a major threat to your financial future. If you want to learn more about these risks and how they pertain to you and your family, contact my office!

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

NOTEBOOK

CONTINUED FROM PAGE A4

around and looked a hundred and ten.

At some point during the run, a friend of the Bush family leaned out a car window and took some pictures. One photo ran in newspapers all over the country. Campaign staffers made a gigantic life-size blow-up and set it up in the lobby of Concord's New Hampshire Highway Hotel, where most of the politicians and out-of-state media were staying. I've always wished I'd snagged it before it disappeared into a landfill.

Eight years later it was Mr. Vice President, and during a visit with Bush staffer Ron

Kaufman I mentioned an upcoming trip to Florida to visit friends and relations. The Veep had issued me a standing invitation to go for a run in Foggy Bottom.

"You should drop him a note," Ron said, so I did.

Three weeks later, I was in a condo on Ormond Beach when my ancient aunt took a telephone call and turned to me, eyes wide through Coke-bottle lenses, and said "It's the White House." Well, okay, maybe she was a little more excited than that, worthy, even, of an exclamation point.

So I diverted my trip to National Airport, and the Veep and I went by motorcade to an Episcopal boys' school, and

ran on the school track, and later had cheese and crackers and a couple of beers at the Vice Presidential Residence.

"Don't drape your arm over the side of your chair or Millie might bite," Barbara Bush warned. (My dog is not named for their dog.)

But you know, it was the same George Bush I'd met in 1980, and the same George Bush who had kept in touch over the years, and it was the same George Bush--now President Bush--who called me at the Democrat one afternoon in 1992 to ask how I thought he was doing in his run against a nobody named Bill Clinton. Not so very well, I said, or words to that

effect. But it was a fact.

There is a hesitancy in some guys to use certain words even when totally appropriate, lest a guy come across as overly sensitive (I'm stubbing my toe in the dirt here). But I haven't yet seen the word I'd use to describe the George Herbert Walker Bush I knew, what kind of man he was, which is "Sweet."

(This column is syndicated in newspapers from Concord to Canada and circulates in parts of Maine and Vermont. Letters, with contact information in case of questions, are welcome via campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

TEA

CONTINUED FROM PAGE A5

cia Tea will be on Saturday, Dec. 8 at 4 p.m., in the Unitarian Universalist Meeting House at 206

Central St. in Franklin, the yellow and brown building just over the bridge from downtown Franklin next to the Peabody Home and the VFW hall.

U.S.CELLULAR

CONTINUED FROM PAGE A5

part-time retail wireless associate in Tilton. Interested individuals can learn more by visiting <https://www.uscellular.jobs/>. The Tilton store is open from 10 a.m. to 7 p.m. Monday through Saturday and noon to 5 p.m. Sunday. For more information, contact the store at 286-2353.

The Lakes Region Chamber is a private,

non-profit organization striving to create and promote a more engaged community and thriving economy for the businesses in the Lakes Region. For more information about the Lakes Region Chamber and other resources they provide, contact Joanne Haight, Membership Manager at 524-5531. For a directory of local businesses or a list of community events, visit LakesRegionChamber.org.

BELMONT

CONTINUED FROM PAGE A2

on two counts of Possession of Controlled/Narcotic Drugs.

Ryan Grumbling, age 28, of Gilmanston was arrested on Nov. 23 for Driving While Intoxicated.

William Ayers, age 52, of Alexandria was arrested on Nov. 24 in connection with an outstanding bench warrant issued by Plymouth District Court.

Morgan Fontaine-Wilmot, age 24, of Belmont was arrested on Nov. 24 in connection with an outstanding warrant issued by the Gilford Police Department.

Nichole R. Brackett, age 30, of Belmont was arrested on Nov. 25 for Possession of Controlled/Narcotic Drugs.

Jordan Smith, age 20,

of Laconia was arrested on Nov. 26 for Unauthorized Use of a Propelled Vehicle and Taking Without Owner Consent.

Cassandra Kay Stanley, age 30, of Belmont was arrested on Nov. 26 for Possession of Controlled/Narcotic Drugs.

TJ Marchand, age 21, of Laconia was arrested on Nov. 26 in connection with an outstanding warrant issued by the Carroll County Sheriff's Department.

Brian Bilodeau, age 59, of Concord was arrested on Nov. 29 for Driving After Revocation or Suspension and in connection with an outstanding bench warrant issued by Franklin District Court.

Laura K. Knox, age 37, of Belmont was arrested on Nov. 29 for Driving While Intoxicated.

FRANKLIN

CONTINUED FROM PAGE A1

pany provide supplies, tables, heat and electricity for the event tent.

For more information, to reserve a table for your organization,

to volunteer to help with the tent or refreshments, to be a sponsoring partner, or be involved in any way, please contact: Dan Darling of Heartstring Media by phone at 380-0246, or by email: dan@heartstringmedia.com.



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Hand hygiene is the most important component of infection control and prevention

FRANKLIN — Every year, an estimated two million patients get a hospital-related infection. 90,000 die from their infection. Many infections are transmitted on the hands of health-care personnel (CDC, 2013).

Hand hygiene is the simplest implementation of Standard Precautions. It can reduce the transmission of health-care-associated infections – to your patients and you.

The increasing severity of illness and complexity of treatment, superimposed by multi-drug resistant (MDR) pathogen infections, are animating health care practitioners (HCPs) to revisiting time-tested basics of infection prevention measures such as hand hygiene. There is scientific evidence

supporting the observation that if correctly implemented, hand hygiene alone can significantly reduce the risk of cross-transmission of infection in healthcare facilities.

Hand hygiene is an educational priority for team members as well as our patients. Educational interventions directed towards the compounded risks of contagion transmission address the clear evidence that during care, hands become grossly contaminated with pathogens upon patient contact. Alcohol hand gel or foams is the simplest and most convenient method of decontaminating hands and thus decreasing HAIs. When intensifying the emphasis on infection prevention, you have the opportunity to champion the simplici-

ty of infection control to every team member. Together you can change the paradigm of surveillance to continuous process improvement. Supporting an environment that promotes effective data feedback are some of the important measures that lead to a reduction in contagion transmission.

One of the reasons microbes have survived in nature is probably their simplicity: a simple genomic framework with genetic encryption of elemental survival strategies. To combat these microbes, clinicians will have to follow underlying, straightforward protocols of infection prevention. Clinicians can inculcate the simple, basic and effective practice of hand hygiene in their daily patient care activities.

Sources: Centers for Disease Control and Prevention (2013). Hygiene Fast Facts. Retrieved from https://www.cdc.gov/healthywater/hygiene/fast_facts.html.

Franklin VNA & Hospice is an independent, non-profit organization established in 1945 to

serve the Home Health care needs of the community. They provide home care, Hospice, clinic and community education services to Andover, Belmont, Boscawen, Canterbury, Franklin, Hill, Northfield, Sanbornton, Salisbury, Tilton, Webster and surrounding towns, as requested.

For more information on services, donations, sponsoring a Memorial Brick or partnering with them for a stronger level of support for the Teuscher-Wilson Hospice Garden, call Franklin VNA & Hospice at 934-3454 or visit www.FranklinVNA.org.

Chamber seeking nominations for local business awards

MEREDITH — Each year, the Lakes Region Chamber recognizes businesses for their economic development, construction or improvements in the Lakes Region or Twin Rivers regions at their Annual Awards Luncheon & Membership Meeting. This year, the Lakes Region Chamber will recognize businesses at a special 100th annual meeting on Jan. 30, 2019 at Church Landing in Meredith.

The Chamber is seeking nominations for organizations that have remodeled, renovated or rebuilt in the 2018 calendar. Categories for eligible businesses are: retail (large or small); commercial; municipal; industrial; and non-profit.

Three recognition awards are presented. The Golden Trowel Award is presented to a business to recognize their accomplishments for rehabilitation, addition, new landscaping,

maintenance or other visible improvement. The Golden Hammer Award will be given to an organization for any noticeable construction completed in 2018. The third award is the Environmental Award, presented to a business that has made efforts and investments to being environmentally friendly, sustainable or green.

“The Lakes Region Chamber is so excited to recognize businesses for these prestigious accomplishments,” stated Karmen Gifford, Chamber President. “It is so important to acknowledge local businesses that have a vested interest in our local economic development. They have invested in the real estate which is an investment in community re-development making positive changes in our communities. We are proud to present these recognitions and pleased that it attracts a sell-out event each year for busi-

nesses to celebrate together.”

To nominate a business, go to the Chamber website at LakesRegionChamber.org. Completed forms including a minimum of one photograph may be submitted electronically or mailed to the Lakes Region Chamber, 383 South Main St., Laconia, NH 03246. Deadline for submissions is Dec. 21.

Lakes Region Chamber represents more than 500 businesses located in over 24 cities and towns. The mission of the Chamber is to create value for the members through collaboration and education that promotes an engaged community and thriving economy for the businesses in New Hampshire's Lakes Region. For additional information, contact Lakes Region Chamber at 524-5531, visit them on the Web at LakesRegionChamber.org or follow them on social media.



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SPORTS

THE WINNISQUAM ECHO
SalmonPress.com

Riberdy named D4 Coach of the Year

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — The Winnisquam football team had a dream season by winning the Division 4 state title and running the table with an undefeated record. The accolades keep rolling in with coach Pat Riberdy named coach of the year and 10 players named to the Division 4 All-State team.

"This is an honor to be named and it is pretty exciting," said Riberdy. "It's a great honor for the kids. They love it and it helps the program as a whole. They worked hard this year so we are really excited to be recognized for the hard work being put in. It's pretty awesome."

Riberdy said this group of All-Staters are players who showed leadership all season and worked hard to push the team to greatness. He said they led by example on and off the field and are fully deserving of recognition.

"They went out there and played the best they always could and made the difference on and off the field," said Riberdy. "It's a great honor and well deserved. These kids worked their butts off. This is a boost to their confidence and also shows other players they can work hard and be recognized when they step up."

The Bears were also honored for being the "most improved high school team" at the annual Jeff Francoeur Huddle which is sponsored by the Joe Yukica chapter of the National Football Foundation and College Hall of Fame. The Bears went 1-7 due to an injury plagued campaign in 2017 and this year the team was dominant through and through.

First team All-State

Phil Nichols, QB:



BOB MARTIN

(Left) Pat Riberdy was named Division 4 coach of the year after a perfect season.

61/115, 1,102 passing yards, 12 touchdowns, four interceptions

46 rushes, 722 yards, 15.7 yards per carry, nine touchdowns

Angelo Glover, RB: 63 carries, 1,106 yards, 6.96 yards per carry, 14 touchdowns

Gunnar Horman, WR: 32 catches, 605 yards, 18.9 yards per catch, nine touchdowns

Caden Remillard, DL: 48 total tackles (33 solo, 15 assists), two sacks

Kobe Briand, LB: 74 total tackles (52 solo, SEE FOOTBALL, PAGE B3)

Four Raider soccer girls named to All-State teams

BY BOB MARTIN

Bob@Salmonpress.news

BELMONT — The Belmont girls' soccer team was the number one seed heading into the playoffs and much of the success for this year's team revolved around the outstanding play by the team's four All-Staters: First teamers Lizzie Fleming and Julianna Estremera, as well as second teamers Sana Syed and Katie Gagnon.

Lizzie Fleming

Fleming had an outstanding senior season and was the team's rock on defense. She said being named All-State was an achievement she has long strived for as an athlete, but playing defense can be tough to get recognition since there are few stats involved. While she admitted it wasn't easy she said it was huge that she was not only named All-State, but will also be playing in the Lions Cup game in Vermont in July.

Looking back on the season, Fleming said the most memorable game was against



BOB MARTIN

Lizzie Fleming made first team All-State in her senior season.

Campbell. In what she called the "best overall team win," Fleming said it was the first game that everyone played as a team and pushed the Red Raiders in the right direction.

"Campbell is a very good team so pulling out a win was exactly what we needed as a group to push us back on track," said Fleming.

Fleming said it was hard having three coaches in four years, but she was happy that coach Mark Dawalga stuck with the program through ups and downs, and was a positive influence. She said the outpouring of support from Dawalga, the community, teachers and parents is something she will always remember.

Fleming also thanked Syed for being the "best sweeper around."

"I've played with her for the past three years and she just always knew where I was going to be and when I needed her help," said Fleming. "The way her and I meshed on the field will be one of the things that I miss most about playing for coach Dawalga. It's sad to see my days on Belmont's soccer pitch come to an end but I'll still be there cheering on my teammates and seeing my sister (Becca) carry the Fleming name on the field."

Dawalga said Fleming will be a difficult player to replace, but he is happy that she helped shape the defense that Belmont has relied on so heavily.

"She is a great player and has been a huge part of our program here in Belmont," said Dawalga.



BOB MARTIN

Julianna Estremera was the team's leading scorer and made first team All-State in her senior year.

Julianna Estremera

Estremera, who received the most All-State votes, is not only a fantastic athlete who, but also someone who Dawalga said is a "great student and a great kid." For the second year in a row Estremera achieved first team All-State and was also the team's leading scorer with 17 goals, but Dawalga noted that it isn't just about the statistics.

"There are kids out there scoring 40 goals or so, but she was always our main threat and did a lot to help the younger kids," Dawalga said. "A lot of what she did is unnoticed. The stats don't really reflect how important she was to us. She worked hard and was a huge factor in the program over the past four years."

Dawalga said Es-

tremera has always been a difference maker that has helped bring the program to where it is today.

"I think the world of her," said Dawalga. "She is a team player who wants to win more than anyone. She has this 'It factor' and will run through a wall or do what it takes to win. Her competitiveness is incredible. She is a well-rounded student and to me she is what a student athlete is all about."

Losing an offensive force with speed, power and awareness like Estremera is admittedly difficult, Dawalga said. It will take multiple people to fill this void, but Dawalga said the team has been fortunate to have her lay the framework to build upon.

SEE SOCCER, PAGE B12

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BOB MARTIN

Troy Gallagher was a second team All-State defenseman last year for Belmont/Gilford and will be a key player on the team this season.



BOB MARTIN

Hayden Parent had a big sophomore season and is expected to be a top player for the Bulldogs this winter.

Parent takes helm for B-G Bulldogs

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA — The Belmont/Gilford hockey team is coming off another strong season where the team lost in the semifinals to Kennett, and while the team has some holes to fill, new coach Jason Parent feels the team can make another strong playoff push this year.

Parent has been the assistant coach for Belmont/Gilford the past two seasons. He grew up in Berlin and played hockey at Berlin High School, as well as New Hampton Prep. He has been involved in hockey his whole life and has two sons and two daughters who play hockey.

The Bulldogs have the lofty task replacing the ample production provided by last year's Division 3 player of the year Harrison Parent, who had 128 points over his career. Last year he had 26 goals and 25 assists for Belmont/Gilford at the forward position.

Fortunately the team brings back Troy Gallagher for his senior year. The defenseman made second team All-State last year, and while he was a force at the defensive end he also provided some offense with six goals and 12 assists.

Hayden Parent, who is the brother of Harrison and son of Jason, is expected to continue to be a top player for the Bulldogs this season. Last year he made amazing strides in his sophomore season and excelled with six goals and 21 assists. He was third on the team in points and made an immediate impact when he was on the ice.

Junior Cameron Jarvi is also expected to be a major contributor in his junior season, with Parent saying it could be a break out year. Last year he had four goals and nine assists. Joey Blake also had a strong sophomore campaign with eight goals and 11 points and will be a big part of the team's

offense at the forward position.

Defenseman Liam Lacey was identified by teammates as an inspirational leader at the end of the season and should be a spark for Belmont/Gilford as well.

The team graduated goalie Cody Hodgins, who will be tough to replace after posting a .897 save percentage over his career with

a 2.35 goal against average. However, the team had two solid goalies waiting in the wings that got some quality ice time last year in sophomores Colin McGreevy and Bobbie Brodeur.

The team is young with eight new freshmen, but coach Parent said they have plenty of hockey experience and he expects each shift to have a new ex-

citing player to watch in 2018-2019. Parent's goal for this year is to make another deep run into the playoffs and have a top four finish.

"The 2018-19 seasons is going to rest on backs of a large freshman class of experienced players who have come up through the Laconia Lakers Youth Hockey Organization," said Coach

Parent. "If those players can get up to speed quickly and our veterans can continue to improve and provide sound leadership, then BG will make another deep playoff run in 2019."

Belmont/Gilford opens the season against Moultonborough/Inter-Lakes at Merrill Fay Arena in Laconia on Dec. 12 at 6:15 p.m.

New coach takes helm for Winnisquam hoop girls

BY BOB MARTIN

Bob@Salmonpress.news

TILTON — The Winnisquam girls' basketball team started the season on the road against rival Franklin on Nov. 30, and while the Bears fell 47-44 due to a slow start, the team showed grit by staying in the game and keeping things close.

The Golden Tornadoes came out strong and were up 16-5. Coach Brian Allard, who has been coaching or 18 years but is in his first season with Winnisquam, said that there were unforced turnovers by his team, as well as some foul trouble. In the second quarter, Winnisquam was down 28-8 but the Bears had a nice run

to close the half to make it 32-18. Winnisquam surged in the third quarter by outscoring Franklin 14-9 and midway through the fourth quarter the Bears closed the gap to one point.

Winnisquam had five straight chances to take the lead but the Bears had trouble putting the ball in the basket. With 16 seconds left and Winnisquam down by three, the Bears had a pair of chances to tie things up but missed two three-pointers.

"I was very proud and praised the team for a great effort on a comeback that fell just a little short," said Allard.

Leading the Bears in scoring was junior

guard Megan Cote with 18 points. Other main contributors were seniors Casey Lang and Sarah Seymour who had six and five points respectively.

This year's team is made up of seniors Hannah Blackburn, Aubrey St. Onge and Jessica Holt at guard, as well as forwards Skylahr Knopka, Lang and Seymour at forward. Cote is the lone junior.

Sophomores include Alexis Hamilton at forward and Makenzie Foster at guard. Freshman are Kalyse Allar-Foote, Sophia Day and Emma Griffin- all at forward.

Winnisquam struggled last season with a 1-17 record, and Allard

hopes the team can work together to find their strong points to get in the winning column. He said progress is key this season and his goal is for the team to get better and better each week, and make the playoffs.

"The team is very inexperienced so we will be a work in progress as the season goes along," said Allard. "We hope to improve each time we take the court. As players get more time on the court together and gain experience we could surprise a lot of people."

Winnisquam hosted Inter-Lakes on Dec. 4 after deadline. Next up for the Bears is a 7 p.m. home matchup against Fall Mountain on Dec. 7.



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Belmont hoop girls open up against champs

BY BOB MARTIN

BOB@SALMONPRESS.NEWS

BELMONT — The Belmont girls' basketball team opened up its season on the road against defending state champion Conant on Nov. 30, and while the team was handed a tough 73-37 loss, coach Mark Dawalga said he was pleased with how the Red Raiders handled a difficult opponent on the road.

"Conant is a very good team and gave us many challenges," said Dawalga. "Very proud of our team's overall effort."

Conant came out firing and led early with a 24-7 lead after one quarter and a 36-16 lead at the half. The Red Raiders were outscored 22-12 in the third quarter and Conant cruised to the easy win.

Leading the Red Raiders was Julianna Estremera, who is a senior coming off an All-State season last year. She had 18 points in the win. Estremera had a trio of three-pointers and was three for four from the free throw line. Other contributions came from Elaina Hoey with seven points and Morgan Hall with five points.

"Playing the defending state champs on the road is always a tough opener," Dawalga said. "Conant return four of five starters from last season title run and there experience really showed early on. We will



BOB MARTIN

Julianna Estremera is coming off a second team All-State nod and should be a force for Belmont in her senior year.

continue to work hard in practices and build on what we learn on Friday, as our schedule does not get any easier with games against Gilford and Newfound this coming week."

The Red Raiders are coming off a season where the team went 7-12, but a bright spot was Belmont was 6-3 at home. Estremera is coming off a great season where she averaged about 18 points per game. She had nine games with more than 20 points and was a star in the playoffs with a 27 point performance against Sanborn. Estremera had 381 total

points last year and she ended the season only 331 points away from reaching the big milestone of 1,000 points.

Estremera should be the focal point of the offense this season, and she will also use her quickness to be pesky on defense. Hoey is coming of a great freshman year where she had nine points per game while also being a leader in the rebound department. Hall and Molly Sottak are expected to also be big parts of the team after great freshman seasons.

This year the team has four returning se-

niors in Estremera, Makenzie Donovan, Lizzie Fleming and Katie Galambos. Kathryn McClure is a senior that is new to the team.

"We will lean on our seniors early on as we get everyone up to speed," said Dawalga. "We have a lot of work to

do and the weather certainly has not help."

New players include sophomore Emma Roberts and freshmen Alexis Donovan and Jaylin Alderman. Dawalga said the effort being put forth by the players young and old should bode well for the team this winter.

"We have a group who has been working very hard this preseason and looking forward to getting the season started," Dawalga said.

Belmont played Gilford on Dec. 5 after deadline. Next up for the Red Raiders is Dec. 7 at home against Newfound.

Waterville Valley to host moguls US Freestyle Championships

PARK CITY, Utah — The East Coast will play host to the nation's best freestyle skiers when they compete for national titles this season. The aeriels competition will take place in Lake Placid on Jan. 26, and moguls competitions will take place at Waterville Valley Resort on March 16-17.

The Olympic Jumping Complex in Lake Placid, N.Y. is one of aerial skiing's most iconic venues and has hosted freestyle World Cup events every year since 1985. Last year's champions were Harrison Smith (Pittsford, N.Y.) and Morgan Northrop (Haymarket, Va.) and Northrop will look to defend her title in 2019. The results of the U.S. championships will have a direct impact on the 2018-19 competition season. Results from the Jan. 26 event will be weighed with results from the Jan. 19 World Cup event in Lake Placid, and will help determine the U.S. Aerials World Championships team.

"The Olympic Jumping Complex is excited to be hosting the 2019 U.S. Freestyle Championships. The venue takes tremendous pride in hosting World Championship, World Cup and national championship events that go a long way towards many athletes' dreams of someday representing the United States in the Olympic Winter Games. Come on out and cheer America's best as they

compete for the title of U.S. Champion," Tony Carlino, Olympic Jumping Complex General Manager.

The moguls U.S. Freestyle Championships will be held at Waterville Valley Resort March 16-17 and will include mogul and dual mogul events. Brad Wilson (Butte, Mont.) will look to defend both the men's mogul and dual mogul titles. Women's mogul champion Keaton McCargo (Telluride, Colo.) retired after the 2018 season, but Tess Johnson (Vail, Colo.) is

the reigning champion in dual moguls.

"Waterville Valley Resort was proud to host the 2018 U.S. Freestyle Championships last March. It was a great event showcasing amazing athletes. The entire Waterville Valley community is thrilled to be hosting the U.S. Freestyle Championships again this season. As the birthplace of freestyle skiing, this event holds a special place in everyone's hearts," Matt Hesser, Senior Director of Marketing for Waterville Valley Resort.

FOOTBALL

CONTINUED FROM PAGE B1

22 assists), one pass deflect, two forced fumbles

Second Team All-State

Cameron Roberts, DL: 38 total tackles (25 solo, 13 assists), five fumble recoveries, one sack

Evan Judkins, LB: 51 total tackles (33 solo, 18 assists)

Brycen Wiles, SS: 58 total tackles (43 solo, 15 assists), two forced fumbles, three sacks

Mason Fellows, OL

Honorable Mention Garret Mango, WR: 15 catches, 341 yards, 22.7 average, two touchdowns



COURTESY PHOTO

Registration under way

With the fall 2018 curling season largely in the rearview mirror, the Lakes Region Curling Association is now registering players for its winter 2019 league. The winter league brings weekly curling matches to Pop Whalen Ice Arena in Wolfeboro from January to March (except Super Bowl Sunday). Matches take place from 5:15 to 7:15 p.m. on Sunday evenings. For men and women of all ages and fitness levels, curling is a sport that combines skill, teamwork, and strategy. LRCA matches put a premium on friendly competition, sportsmanship, and fun. Participants can join individually, as couples, or as entire teams. There's no equipment to buy, and new members get an introduction to the basics of the game at a learn-to-curl session before the season begins. Registration for the winter season begins now. For more information and for registration forms, check out the LRCA's web site at lakescurlingnh.org.

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Girls Varsity Basketball

- H 12/7/18 Vs. Gilford HS
- H 12/11/18 Vs. Newfound Regional HS
- H 12/14/18 Vs. Monadnock Regional HS
- A 12/18/18 Vs. Franklin HS
- H 1/4/19 Vs. Berlin HS
- A 1/8/19 Vs. Gilford HS
- H 1/11/19 Vs. St. Thomas Aquinas HS
- H 1/14/19 Vs. Hopkinton Middle/HS
- A 1/18/19 Vs. White Mountains Regional HS
- A 1/25/19 Vs. Interlakes HS
- H 1/29/19 Vs. Winnisquam Regional HS
- A 2/1/19 Vs. Hillsboro Deering HS
- A 2/5/19 Vs. Somersworth HS
- H 2/8/19 Vs. Laconia HS
- A 2/12/19 Vs. Winnisquam Regional HS
- A 2/15/19 Vs. Raymond Schools

Coed Unified Varsity Basketball

- H 1/5/19 Vs. Interlakes HS
- H 1/5/19 Vs. White Mountain Regional HS

Girls Varsity XC Skiing

- H 1/3/19 Vs. Fall Mountain Regional HS
2X2X1K Team Skate Sprint

Boys Varsity XC Skiing

- H 1/3/19 Vs. Fall Mountain Regional HS
2X2X1K Team Skate Sprint

Girls Varsity Alpine Skiing

- A 1/12/19 Vs. Gilford HS @ Gunstock
- A 1/26/19 Vs. Gilford HS @ Gunstock

Boys Varsity Alpine Skiing

- H 1/3/19 Vs. Fall Mountain Regional HS
2X2X1K Team Skate Sprint

Boys Varsity Basketball

- A 12/7/18 Vs. Newfound Regional HS
- A 12/11/18 Vs. Prospect Mountain HS
- A 12/14/18 Vs. Monadnock Regional HS
- H 12/18/19 Vs. Franklin HS
- A 12/20/18 Vs. Hopkinton Middle/HS
- A 1/4/19 Vs. Berlin HS
- H 1/8/19 Vs. Gilford HS
- A 1/11/19 Vs. St. Thomas Aquinas HS
- H 1/18/19 Vs. White Mountain Regional HS
- H 1/25/19 Vs. Interlakes HS
- A 1/29/19 Vs. Winnisquam Regional HS
- H 2/1/19 Vs. Hillsboro Deering HS
- H 2/5/19 Vs. Somersworth HS
- A 2/8/19 Vs. Laconia HS
- H 2/12/19 Vs. Winnisquam Regional HS
- H 2/15/19 Vs. Raymond Schools
- A 2/19/19 Vs. Gilford HS
- H 2/22/19 Vs. Conant HS

Boys Varsity Hockey

- A 2/6/18 Vs. Somersworth HS
- A 12/12/18 Vs. Interlakes HS
- A 12/12/18 Vs. Moultonborough Academy
- H 12/15/19 Vs. Hollis Brookline HS
- A 12/19/18 Vs. Berlin HS
- A 12/22/18 Vs. Monadnock Regional HS
- H 12/28/18 Vs. Londonderry HS
- H 1/2/19 Vs. Laconia HS
- A 1/5/19 Vs. Kennett HS
- H 1/12/19 Vs. Moultonborough Academy
- A 1/14/19 Vs. Hollis Brookline
- A 1/19/19 Vs. Pembroke Academy
- H 1/21/19 Vs. Monadnock Regional HS
- A 1/26/19 Vs. Kearsarge HS
- H 1/30/19 Vs. John Stark Regional HS
- H 2/2/19 Vs. ConVal Regional HS
- A 2/6/19 Vs. Laconia HS
- H 2/9/19 Vs. Sanborn Regional HS
- H 2/16/19 Vs. Berlin HS
- A 2/20/19 Vs. Kennett HS



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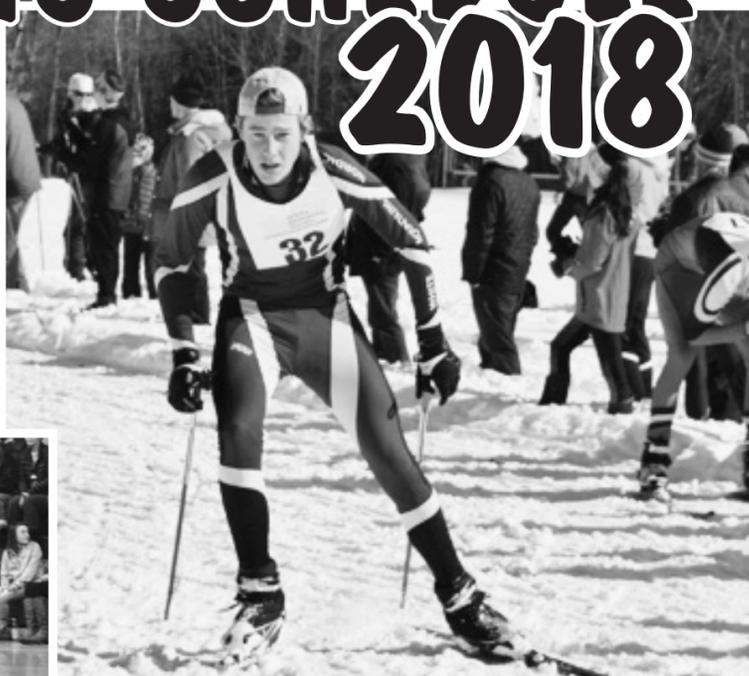
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Winnisquam Regional High School WINTER SPORTS SCHEDULE 2018



Girls Varsity Basketball

A	11/30/18	Vs. Franklin HS
H	12/4/18	Vs. Interlakes HS
H	12/7/18	Vs. Fall Mountain Regional HS
H	12/11/18	Vs. Hillsboro Deering HS
A	12/14/18	Vs. Campbell HS
A	12/18/18	Vs. Mascoma Valley Regional HS
H	1/4/19	Vs. St. THomas Aquinas HS
A	1/8/19	Vs. Newfound Regional HS
H	1/15/19	Vs. Prospect Mountain HS
A	1/18/19	Vs. Raymond Schools
H	1/22/19	Vs. Berlin HS
A	1/25/19	Vs. Monadnock Regional HS
A	1/29/19	Vs. Belmont HS
H	2/1/19	Vs. Franklin HS
H	2/5/19	Vs. Gilford HS
A	2/8/19	Vs. Somersworth HS
H	2/12/19	Vs. Belmont HS
A	2/15/19	Vs. White Mountains Regional HS

Boys Varsity Ice Hockey

H	12/12/18	Vs. Kennett HS
A	12/15/19	Vs. Monadnock Regional HS
H	12/19/19	Vs. Pembroke Academy
H	12/22/19	Vs. Sanborn Regional HS
H	1/2/19	Vs. Gilford HS
A	1/9/19	Vs. ConVal Regional HS
H	1/12/19	Vs. Hollis Brookline HS
H	1/23/19	Vs. Moultonborough Academy
A	1/28/19	Vs. John Stark Regional HS
H	1/30/19	Vs. ConVal Regional HS
A	2/1/19	Vs. Pembroke Academy
H	2/6/19	Vs. Gilford HS
A	2/9/19	Vs. Hollis Brookline HS
A	2/13/19	Vs. Moultonborough Academy
A	2/20/19	Vs. Berlin HS
H	2/23/19	Vs. Kearsarge HS

Unified Basketball Coed Varsity

A	1/10/19	Vs. Lin Wood Public School
A	1/25/19	Vs. Belmont HS

Boys Varsity Basketball

A	12/7/18	Vs. Fall Mountain Regional HS
H	12/14/18	Vs. Campbell HS
H	12/18/18	Vs. Mascoma Valley Regional HS
A	1/4/19	Vs. St. THomas Aquinas HS
H	1/8/19	Vs. Newfound Regional HS
H	1/11/19	Vs. Somersworth HS
A	1/15/19	Vs. Prospect Mountain HS
H	1/18/19	Vs. Raymond Schools
A	1/22/19	Vs. Berlin HS
H	1/25/19	Vs. Monadnock Regional HS
H	1/29/19	Vs. Belmont HS
A	2/1/19	Vs. Franklin HS
A	2/5/19	Vs. Gilford HS
A	2/8/19	Vs. Mascenic Regional HS
A	2/12/19	Vs. Belmont HS
H	2/15/19	Vs. White Mountains Regional HS
A	2/19/19	Vs. Interlakes HS
H	2/21/19	Vs. Franklin HS

Boys Varsity Wrestling

H	12/5/18	Campbell HS
A	12/8/18	Vs. ConVal Regional HS
A	12/12/18	Vs. White Mountain Regional HS
A	12/15/18	Vs. Concord HS
H	12/19/18	Vs. Bow HS
A	12/22/18	Vs. Concord HS
A	12/28/18	Vs. Middlebury Union HS
A	12/29/18	Vs. Middlebury Union HS
A	1/5/18	Vs. Windham HS
A	1/9/19	Vs. ConVal Regional HS
H	1/12/19	Vs. Open Date
A	1/16/19	Vs. John Stark Regional HS
A	1/19/19	Vs. Merrimack HS
H	1/23/19	Vs. Pelham HS
H	1/23/19	Vs. Pelham HS
A	1/26/19	Vs. Concord HS
A	1/30/19	Vs. Mascoma Valley Regional HS
A	2/6/19	Vs. Newport HS
A	2/9/19	Vs. Hollis Brookline HS
A	2/16/19	Vs. Open Date - D3 State Meet
A	2/23/19	Vs. Open Date- Meet of Champions

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 Gifford \$769,000 Stunning contemporary with in-ground pool, 5.73 acres buffered by woods, desirable 1st floor master suite. MLS# 4724984 Ellen Mulligan 603-387-0369	 Moultonborough \$369,900 Move-in ready! A nice level 5+ acre parcel on the corner of Kent Road and Ossipee Mtn Road. MLS# 4686900 Kay Huston 603-387-3483
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 MEREDITH: A truly special and unique property on 6 park-like acres that features a lovely home, dock, boathouse, breathtaking views & more. Recent updates include a new kitchen, master bath and roof. ADVENT COVE ROAD \$3,750,000	 WOLFEBORO: A must see on Lake Winnepesaukee, the 4BR/3.5 BA home offers a beautiful kitchen and master bedroom with waterside deck. Amazing entertaining spaces to enjoy inside and outside! WYANOKE GATE LANE \$1,395,000
 MOULTONBOROUGH: Situated on the grounds of Bald Peak Colony Club, this home enjoys fantastic views of the 14th green & fairway and maintains a classic style with fireplace, 3-season porch & more. VIEW DRIVE \$1,350,000	LAND TUFTONBORO Recently reduced! This waterfront land offers the best of it all with a 1.32 acre lot in a quiet cove with access to the main part of the lake. Basin Drive.....\$195,000 WOLFEBORO A 1.2 acre lot with privacy at the end of the road, yet close to town and a short walk to the beach. Aplewood Drive.....\$59,000 WOLFEBORO This half acre building lot is close to downtown and the town beach. The driveway is already in and a septic design is available. Highland Terrace.....\$57,000

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 MOULTONBOROUGH // Gorgeous 3BR/3BA Custom Contemporary on 1.38 acres, just steps away from Ridgewood Country Club. Open Concept, 1st floor Master Suite, Cathedral Ceiling, Fireplace, Tennis Court, amazing views. \$399,900 (4706475) Call 253-9360	 NEW DURHAM // Rustic cottage on the shore of Merrymeeting Lake. Brand new metal roof, 2 sheds for all your toys. Picturesque Views!! Not many of these left for under \$300,000. \$289,000 (4602711) Call 875-3128	 ALTON // Antique Post & Beam Colonial on 27 acres. 3 bedrooms, 2 bathrooms, 4 fireplaces, pine floors, exposed beams. Cathedral Great room. Oversize garage. Perennial gardens. Private pond and several brooks. \$375,000 (4686681) Call 875-3128	 MEREDITH // This wonderful in town 3-4 bedroom New Englander, with 2-story barn, is ready for a new owner! Located right in the quaint village area and at Lake Winnepesaukee. \$264,000 (4705684) Call 253-9360	 ALTON // Contemporary 2,554 sq ft water-access home on a paved town-maintained road. 3 bdrms & 2 baths with a fireplace in the living room. Brand new gas furnace & on-demand hot water. \$207,500 (4727095) Call 875-3128	 GILMANTON // Charming 3BR/1.5BA log home, located in Whispering Pines Association, on .89 acre with beach access and mooring rights on private Crystal Lake beach. \$227,000 (4728214) Call 875-3128
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LACONIA: Just Renovated! 3-BR, 2-BA, 1,430 sf New Englander home. **\$189,900 #4725020**

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MEREDITH: Larger mobile home w/ master suite. Wood stove, deck & shed. **\$69,500 #4715364**

LITTLE BEAR ISL: Island home + bunk houses w/ 200' of shoreline & dock. **\$675,000 #4717798**

GILFORD: Almost an acre in Gunstock Acres. Great amenities nearby. **\$25,999 MLS# 4707243**

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Moultonborough, NH -
3-BR cape on a level, triple lot with attached 2 car garage in a private setting. Built by a reputable local builder, this would make a great resort or permanent home. Minutes to the beach, golf and sportsman club and snowmobile trails. Home faces the Suissevale common land. **MLS # 4728509 | \$300,000**

Moultonborough, NH -
This 3-BR open concept home has hardwood floors, tiled baths, a propane fireplace, a large kitchen with hickory cabinetry and double doors that open to the lakeside deck. Enjoy wonderful views of Lake Winnepesaukee and the mountains from this "gold coast" home on Kona Bay. **MLS # 4728159 | \$865,000**

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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 teens who regularly eat as a family (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.

Parents' view

My child Friends Teacher Media Parents (me)

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

Teen's view

me Parents family friends teachers advisors activities clubs

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Center Harbor Police Department HELP WANTED

The Town of Center Harbor, a small community located in the Lakes Region of New Hampshire, is seeking a dedicated community-oriented individual to serve as a full-time police officer. This position requires a variety of shifts including days, nights, weekends and holidays. All department members split on call hours which requires officers to live either in town or in a boarding community. The Center Harbor Police Department is a progressive department that values training and officer development and enjoys a low turnover rate. This position will be offered to the right motivated individual along with a competitive salary and benefit package commensurate with experience. Applicants must be 21 years of age, possess a high school diploma or equivalent, a valid driver's license, be a U.S. Citizen, and have excellent communication and writing skills. The testing portion of the hiring process includes: a physical agility test, written examination, oral board, medical examination, psychological and polygraph examination. The Chief of Police reserves the right to waive certain portions of the testing phase for current New Hampshire Certified Police Officers. Resumes are to be sent attention:

Chief Mark C. Chase
Center Harbor Police Department
PO Box 140
36 Main Street
Center Harbor, NH 03226
mchasecpd@metrocast.net

This position will remain posted until filled. The Center Police Department is an equal opportunity employer.

INTER-LAKES ELEMENTARY SCHOOL VACANCY

2nd Shift Custodian (Full Time) 2:45 PM-10:45 PM, M-F

Please visit our website for support staff application at:
www.interlakes.org/employment.html

All applications should be submitted to:

Ashley Dolloff, Human Resources Director
ashley.dolloff@interlakes.org
Inter-Lakes School District
103 Main Street, Suite 2, Meredith, NH 03253

EOE

Application Deadline December 14, 2018

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WINNISQUAM REGIONAL SCHOOL DISTRICT SAU 59 Current Openings:

- Long Term English Substitute Teacher – WRHS Mid January – April 2019 NH Teaching Certification required
- Grade 3 Interim Teacher – Southwick School for the remainder of the 18-19 school year
- Computer Lab Paraprofessional – Union Sanborn School, starting pay \$13.36/hour
- Long Term Kindergarten Substitute Teacher – Union Sanborn School – mid March through end date TBD. NH Teaching Certification required
- Paraprofessionals – District Wide, starting pay \$13.36/hour
- Food Service Associates, starting pay \$10/hour
- Substitute Teachers, paras, nurses, custodians

*** Applications accepted through 12/14/18 ***

For consideration, send a cover letter; resume, application (www.wrsdsau59.org), copy of certification if applicable, and references to:

Office of the Superintendent,
Winnisquam Regional School District,
433 West Main Street, Tilton, NH 03276

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Phone: (603)388-4236

EOE

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Town of Wentworth Administrative Assistant Position

The Town of Wentworth is currently seeking applications from qualified persons interested in providing support to the Office of Selectmen, as the Administrative Assistant. This is currently a 32 hour a week position. Salary is commensurate on experience. Individual insurance benefits included.

Candidates must have:

- Proficiency in verbal & written skills
- Proficiency in computer skills
- Strong organizational skills
- QuickBooks software skills
- Knowledge of preparing budgets
- AR/AP & Payroll
- Mapping & Assessing
- Coordinating Meetings & taking Minutes

This Position also includes:

- Preparation/collation of Annual Town Report
- DRA Financial reports
- Processing Welfare, Veteran, and Low-income applications
- Preparing quarterly & yearly taxes
- Processing Timber reports
- Coordination of Audit support services
- Use of Assessing Software
- Coordinating/scheduling Assessor's property reviews
- Ordering supplies
- Coordinating Town Office building repairs/services

*Additional responsibilities can be discussed at time of interview or as Select Board feels the need to.

Applications can be obtained on the Town website at <http://www.wentworth-nh.org/index.html>, or at the Town Offices during regular business hours on Tuesday 1-5 pm, Wednesday & Thursday 9 am – 1 pm. Applications will be accepted until the position is filled. Wages are based upon qualifications & experience.

Please send Cover Letter, Resume, and completed application to:

Town of Wentworth
Attn: Board of Selectmen
PO Box 2
Wentworth, NH 03282

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(603)388-4236
Apply On-line at www.ucvh.org
181 Corliss Lane, Colebrook, NH 03576
603-388-4236
EOE

LAKES REGION COMMUNITY SERVICES

Lakes Region Community Services is seeking a full or part time Direct Support Professional to work in a Plymouth residential home. Hours are 3rd shift and weekends. Responsibilities would include providing support and care to a male with autism. Experience working with autism is preferred, but not necessary. Training provided. Interested candidates must have a minimum of a HS diploma/GED, four door vehicle, auto insurance, and the ability to pass background checks. Please visit www.lrcs.org to apply.

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Trolley Bus Drivers Needed

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Have questions? Call Gail at 677-8600

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Positive attitude individual wanted for general house cleaning, pet care, shopping and miscellaneous errands. Must love dogs and be available for occasional overnight dog-sitting. AWD vehicle required. \$12 to \$15+ per hour plus mileage reimbursement. Compensation commensurate with experience and enthusiasm. Plymouth/Campton area. Email resume to

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GSIL is seeking compassionate, dependable individuals to assist consumers with personal care and daily living tasks in their homes. Experience not necessary as training will be provided. Pay rate is \$10.25/hr. Please contact Ashley at 603-568-4930 or atruong@gsil.org for more information

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The homeowner's association of Property Owners Association at Suissevale, Inc. is currently seeking applications from qualified persons interested in providing support to the Business Manager as Administration Assistant. This is a year round position. The person in this position will be directly interacting with the association members, contractors and service people.

This is currently a 25-30 hour a week position. More hours are required during the summer (June, July and August). Usually work schedule: Monday, Wednesday, Friday and Saturday 9:00 am to 3:00 pm. There is some flexibility in days work, except the third Saturday of each month is a required work day.

Candidates must have: Proficiency in verbal and written skills.. Proficiency in computer skills- Microsoft office, Word, Excel, PowerPoint.

Strong organizational skills, filing, electronic document filing. Coordinating meetings and taking monthly Board of Directors minutes.

Assist Business Manager in billing and mailings.

Applications can be obtained from the Suissevale Business Office or by emailing Suissevaleom@gmail.com. Applications will be accepted until the position is filled. Please send cover letter, resume and completed applications to:

POASI
17 Langdorf Street
Moultonborough, NH 03254

Real Estate



Equal Housing Opportunity
All real estate advertising in this newspaper is subject to

The Federal Fair Housing Law which makes it illegal

"to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, r an intention to make any such preference, limitation or discrimination."

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You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. hereincontained. The Publisher reserves the right to refuse any advertising.

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Please call Brian at 536-2300.

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Moultonborough Invitation for Bids Fire Department Self-Contained Breathing Apparatus & Associated Accessories

Sealed bids for the provision of Self-Contained Breathing Apparatus and Associated Accessories will be accepted until 2 p.m. on Thursday, December 20, 2018 in the Offices of the Select Board, 6 Holland Street, PO Box 139, Moultonborough, NH 03254 at which time they will be opened and publicly read aloud. The Moultonborough Fire & Rescue Department is requesting bids for 25 self-contained breathing apparatus (SCBA) that meet NFPA 1981 (2018/2019 ed.) with integrated accountability devices, some equipped with integrated thermal imaging, and additional equipment. The specifications are the minimum standard that must be provided to be considered for the contract award. This is a cash purchase. A detailed package with information on the equipment to be delivered, the conditions thereof, and bid forms, is available at the Town's website, www.moultonboroughnh.gov (Paid, Volunteer & Contract Opportunities) or said offices during normal business hours. Any questions must be received, in writing by mail, email (wjohnson@moultonboroughnh.gov), or fax (603.476.5835) by Walter Johnson, Town Administrator, no later than 4 p.m. on December 10, 2018. Answers will be posted to the Town's website as an addendum no later than 4 p.m. on December 12, 2018. The town reserves the right to reject any and all bids, and waive any minor or non-material informalities, if deemed to be in its best interests.

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Yard Customer Service

This is a full time position in our Ashland Lumber yard. Duties include assisting customers and contractors locate and load materials, help receive incoming shipments and pick loads for delivery trucks. Fork lift experience preferred. Heavy lifting is required and excellent prior work history a must.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

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Ashland Lumber

Division of BELLETETES, INC.

Delivery Driver

Ashland Lumber has an immediate opening for a full-time delivery driver. A CDL-B license is required with 3 years experience and a safe and clean driving record. This position can involve heavy lifting.

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

Dan Uhlman, Manager
Ashland Lumber, 20 West St. Ashland, NH 03217
or email at duhlman@belletetes.com

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Delivery Driver

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

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

Human Resources, c/o Belletetes Inc.
51 Peterborough Street, Jaffrey, NH 03452
or you may email to dbelletete@belletetes.com

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Professional organization is seeking a secretary/receptionist to handle incoming calls, greet clients, copy and assemble completed projects, some data entry and general secretarial work. Knowledge of Word, Excel, and QuickBooks is a plus. Position is full time through April 30th and part time through remainder of year.

Mail or email your resume to:
J. Harding & Company, PLLC
13 Town West Road, Suite B-3
Plymouth, NH 03264
jcharding17@roadrunner.com

HELP WANTED



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603-728-8116 or email 3LakesLandscaping@gmail.com

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or apply in person at 1440 Lake Shore Road in Gilford

GILFORD WELL COMPANY

HELP WANTED



3 LAKES LANDSCAPING

Landscaping Foreman/Leader
Plymouth, NH

Full time position available for Landscaping professional for hardscapes and snowplowing. 1 to 3 years experience preferred. Valid driver's license and clean record. Must be able to work outdoors in all types of weather. Overtime available.

603-728-8116 or email 3LakesLandscaping@gmail.com

GIVE SAFETY A

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Please Drive Carefully. Our Kids Are Depending On You.



NFI North, Inc.

Inspiring and empowering people to reach their full potential

NFI North Array of Services, Davenport School an all girls' Residential Treatment Facility located in Jefferson NH has the following positions:

Direct Care Counselor (Relief): Ideal candidates will have prior experience working with adolescents and thrive in a team oriented environment. You must be flexible and available to work evenings and weekends. Bachelor's degree preferred however must have at least 12 credits in Human Service field and be actively working towards a bachelor's degree. Relief is an excellent opportunity for college students seeking internship hours or individuals interested in working some hours during the evenings, nights, weekends and occasionally days.

Teacher/Special Ed Teacher: Bachelor's degree in Education, have a NH teaching certificate and will have experience with children with various mental health and special education needs.

P/T Social Worker: Master's Degree in Social Work, Psychology or related Counseling field and licensure required. Will assist in completing assessments, treatment planning, individual and group treatment, case management, family support services, crisis intervention and report writing. In addition to providing clinical supervision for staff and helps with overall milieu management.

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Please send resume and cover letter to:

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Town of Dorchester

Road Agent

The Town is currently seeking a candidate to fill the unexpired term of Town Road Agent. Interested parties can contact the Town Office for an application and job description. 603-786-5095 townofdorchester@gmail.com

Town of Moultonborough
Request for Proposals
Purchase or Lease
Rehabilitation & Redevelopment of
the French-Taylor House
970 Whittier Highway (Route 25)

The Town seeks proposals from qualified parties for the purchase or long-term lease, and for the rehabilitation and redevelopment of the French-Taylor House (house with attached barns, approximately 4,000 sq. ft.) located on municipally owned property at the center of Moultonborough Village (Commercial Zone C, The Village). The house (tax map 052, lot 014) is suitable for office, retail, residential, and mixed uses as per the Village Center Overlay District (VCOD). The Town aims to be flexible in accommodating the needs of potential investors and welcomes proposals that will best take advantage of the opportunities that this high traffic, high visibility location offers. An attractive project will retain the historic character and defining features of the house while accommodating new functions. Recent Town planning efforts and incentives focus on village revitalization and promotion of economic development opportunities.

The RFP with links to Reports (Building Condition Assessment and Plans) can be viewed on the Town of Moultonborough's website (www.moultonboroughnh.gov). Proposals must be received by Thursday, January 10, 2019 at 2:00 PM. Contact: Walter Johnson, Town Administrator, wjohnson@moultonboroughnh.gov, (603) 476-2347, Office Mon-Fri, 9 AM - 4 PM.

PLYMOUTH ELEMENTARY SCHOOL
Plymouth, NH 03264

2018-2019 School Year
Immediate Opening

SPECIAL EDUCATION 1:1 AIDE
(Must have at least 2 years post secondary education)

Interested candidates please send letter of intent, resume and references to:

Julie Flynn, Principal
Plymouth Elementary School
43 Old Ward Bridge Road
Plymouth, NH 03264
jflynn@pemibaker.org

Ashland Lumber
A division of Belletetes, Inc.

Lumber Counter / Millwork Sales

This is a full time position in our Ashland Lumber store. Duties include assisting customers and contractors with product selection and order entry. Minimum 2 years experience in the building industry. Basic computer skills required. Excellent customer service skills a must. Will be required to work some Saturdays and Sundays. Saturday hours 7:30 - 5:00 pm and Sunday 8:00 am to 2:00 pm.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager
20 West Street, Ashland, NH 03217
or you may email to duhlman@belletetes.com.

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PSU softball offering clinics in early 2019

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

The first clinic is scheduled for Sunday, Jan. 27, with special guest

coaches Dick Blood and Harold Sachs.

Blood, a 1975 graduate of then Plymouth State College, recorded 606 wins and five Ivy League titles during his tenure as head coach at Cornell University. He will lead

a hitting clinic from 9 to 11 a.m.

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

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

Additionally, Plymouth State softball coaches and players will lead four separate three hour-long clinics throughout February. Clinics will

take place from 10 a.m. to 1 p.m. on Feb. 3, 9, 17 and 23.

All clinics take place in the Bank of New Hampshire Field House at ALLWell North on the Plymouth State campus. For additional in-

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

SOCCER

CONTINUED FROM PAGE B1

BOB MARTIN

(Right) Katie Gagnon was a second team All-Stater after a strong season where she scored 14 goals.

Katie Gagnon

Gagnon had an outstanding season with 14 goals, controlling the middle of the field. She is very tall and her long strides have her cover plenty of ground on the field.

"She reacts super quickly and can see the field really well," Dawalga said. "She and Deanna Bourque played together well. She did a lot of things for us."

Dawalga said Gagnon stepped up when the team suffered from an injury bug. She started to take more corner kicks and drop into other positions to help the team the best she could.

Gagnon also has a knack for launching the ball, with Dawalga saying she can change the point of attack quickly.

"She can hit the short passes effectively and get the ball downfield," Dawalga said. "That's what makes her so dangerous. She was a very valuable member of the team."

Sana Syed

The speedy junior



BOB MARTIN

(Right) Sana Syed was part of one of the strongest defenses in Division 3 and was named second team All-State.

sweeper was part of a defensive unit that was among the best in the state. Dawalga called her one of the anchors of the defense. He said that the combination of Syed, Fleming and Kaitlyn Delisle was a force to be reckoned with.

"Over the last two years we have only given up 20 regular season goals so that will keep you in a lot of games," Dawalga said. "Sana and Lizzie are like coaches on the field and I couldn't be happier with the way

they played."

While Fleming is graduating and heading to Plymouth State, Syed will be here for another year to help the Belmont defense—much to the delight of Dawalga.

"With Sana and Katie, their leadership will be leaned on heading into next season," said Dawalga. "Sana is an outstanding student athlete who does



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care. compassion. community.

a lot of things well in the classroom and on the field. She is a leader out there. I can't say enough about her."



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