

Gilford Steamer

THURSDAY, JANUARY 3, 2019

GILFORD, N.H. - FREE

Community projects among Gilford's top stories in 2018

BY ERIN PLUMMER

mnews@salmonpress.news

Individuals, organizations, and businesses gave their money, time, and support to numerous community projects in 2018.

A section of the historic Benjamin Rowe House is being renovated through the work of volunteers spearheaded by the Gilford Rotary Club.

The Thompson-Ames Historical Society has been raising money to renovate sections of the house. Rotarian Sandra McGonagle said the Rotary was aware the society wanted to work on the ell and approached the Thompson-Ames Society about letting the Rotary take on the project. The Rotary also wrote and received a grant for \$3,000 from the district, which has been helping to purchase materials. The Historical Society also contributed \$800 that it had raised.

Town projects among year's biggest news stories

BY ERIN PLUMMER

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A new fireboat, a coming new recycling center, and improvements to town hall were some of the big stories for the town of Gilford in 2018.

The town purchased a new fire boat and received thousands in donations to help outfit it. The new boat replaced the town's current 40-year-old boat. The previous year, the town was expected to receive a donation of Portsmouth's fireboat, though the Portsmouth city council reversed its decision and gave



FILE PHOTO

Pub Maniacs celebrate raising \$353,361 for the 10th annual Pub Mania.

The insulation was professionally installed. After that, more than 20 members of the Rotary worked on the ell section, including skilled carpenters. Chris Sherkanowski of Sherkanowski Drywall of Gilford volunteered all

of his services for the project with volunteers assisting.

The ell section was on display during the Candlelight Stroll with the section expected to be open to the public by the summer of 2019.

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the boat to New Castle.

In March, voters approved a warrant article that entered into a \$275,000 lease purchase agreement for a new fireboat with \$65,000 or the first year's payment. The town purchased the new 27-foot fiberglass boat from Eastern Boats of Milton which cost around \$248,395.

During the year the department received many large donations for the boat. Fire Chief Steve Carrier later said the donations are aimed at purchasing the electronic equipment on the new boat.

Work started on the new transfer station and recycling center this year. Voters approved putting \$950,000 towards the project in 2017, though a number of different developments were resolved before construction began this summer.

After being disbanded in 2017, the Solid Waste Committee was re-formed to help manage the project.

Early in the year Town Administrator Scott Dunn reported that the town had one bid for the project that came in at \$1,127,700.

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COURTESY

Laconia/Gilford Lions ring the bell for Salvation Army

On Monday, Dec. 17, from 9 a.m. to 3 p.m., members of the Laconia/Gilford Lions Club continued their Christmas tradition of staffing the central downtown Laconia stand of the Salvation Army, collecting donations and ringing bells by the kettle. "We are glad to be among the many groups and individuals who assist the Salvation Army at this time of year," commented Club President Matt Soza. "We would like to remind and encourage folks to take the opportunity to donate to the Salvation Army during this special time, and also to wish everyone a Merry Christmas, Happy New Year and a joyous holiday season."

Accolades, community projects mark the year at Gilford's schools

BY ERIN PLUMMER

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Gilford Elementary School's big accolades and projects as well as some community efforts by local students lead the headlines for stories from the Gilford schools.

Gilford Elementary School was named the top elementary school in the state for 2018 by the Excellence in Education Awards Program (commonly known as the EDies). In May, a team from the New Hampshire Excellence in Education Awards, along with Larry Johnston of McDonald's and GES Principal Danielle Bolduc, announced the



FILE PHOTO

Gilford Elementary School was declared the top elementary school in the state by the EDies during an assembly in May.

award in a schoolwide assembly. The award came after an extensive application and review

process that started at the beginning of the school year. Bryan Belanger,

co-chair of the EDies board of directors, said they found the school

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Let's talk about Shrek!

GILFORD — It's a tale as old as time. An Ogre who wants his land back, a beautiful Princess looking to be rescued by her Prince Charming, a Lord who appears to be a bit short-tempered, many beloved fairytale characters, a feisty dragon and a Donkey who just doesn't stop talking. Based on the Oscar-winning DreamWorks movie, the musical brings new life to everyone's favorite green ogre. This zany and entertaining musical is fun for the entire

family.

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

The large cast contains roles for individuals ages eight to 80. There are, however, very limited roles for ages eight to 10. In preparation for

SEE SHREK PAGE A7

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

For weeks, we’ve been talking about cozy reads, resting, hygge, and generally taking time to relax and collect oneself. Well, we’ve done that, so now it’s time to get up and do something! Let’s get moving. It’s a brand new year and we’ve got goals—let’s make them happen.

But, where do we start? Say you’ve decided to run a 5K in March, or you want to learn how to cook, or you’ve decided to go to back to school. In all cases the first thing you need is information. See where this is going? We have books and digital resources to help you get started on your new goals. If you are serious about reaching your goals, these books can help you set out a plan to learn efficiently. “Teaching yourself” can work, but it tends to be inefficient. Take less time away from the rest of your busy life by learnly intelligently. Instead of just running, learn how to adjust your diet, lifestyle, and running technique to enable your running to improve quickly. Don’t just look up a dish and try following the recipe, get a book on a cooking style, read about how it works and then practice it. Research different course programs, what schools are looking for in their applications, and then cater your

application to their expectations. In all these cases there is good and bad information out there. We can help you sort through it all to quickly get the best information available.

“Happy Runner” by Meghan Roche is the type of resource we’re talking about. It neither describes a one-size-fits-all method for running nor addresses only a niche demographic. It offers advice on how to thrive at running based on how you think, and to maximize the aspects of running that are most enjoyable. If you’re determined to run a 5K, might as well love it!

“Real Life Dinners” is exactly the type of cookbook title that a learner might look for too. Rachel Hollis, the author, is not for everyone, but if she speaks to you then her cookbook will too. A learner who is more into chemical processes instead of emotional ties might look to “Food Lab” instead.

Mix these passions together and try “Run Fast, Cook Fast, Eat Slow” by Shalane Flanagan and Elyse Koepke. Their first cookbook was a hit, but this one focuses on quick dishes for those who do anything else besides cooking. The food is healthy, delicious, and possible. There is even motivation for athleticism and nutrition.

For those thinking about higher education in the New Year, we

have current resources on standardized tests, college comparisons, choosing programs and majors, and straightforward books like “Paying For College.” It’s all here ready for you to utilize.

So, whatever new thing you are looking to try this year, come learn about it at the Library. We look forward to learning with you!

Classes & Special Events
Jan. 3 – Jan. 10

Thursday, Jan. 3
Homeschool Game Club, 1:15-2:30 p.m.
Teen Game Club, 2:30-3:30 p.m.
Conversational French, 4-5 p.m.

Friday, Jan. 4
Social Bridge, 10:30

a.m.–12:30 p.m.
Knit Wits, 1:30–2:30 p.m.
Conversational German, 2:30-3:30 p.m.

Monday, Jan. 7
Fiber Friends, 10 a.m.-12:30 p.m.
Baby/Toddler Storytime, 10:30-11 a.m.
Come read, sing, and play with your baby and/or toddler. Ages two and a half and under.
Mahjong, 12:30-3 p.m.
Teen Digital Gaming Club, 3-4 p.m.

Tuesday, Jan. 8
Social Bridge, 10:30 a.m.-12:30 p.m.
Preschool Storytime, 10:30-11:30 a.m.
Come read, sing, dance, and make a craft. Ages two and a half to five *Sign-up re-

quired
Nightly Knitting, 6-8 p.m.
Clickers Photography Club, 6-8 p.m.

Wednesday, Jan. 9
Trustee Meeting, 8:30-10 a.m.
Line Dancing, 9-10:30 a.m.
Check Out an Expert, 10 a.m.-noon
Making Tracks & Seeing Tracks Snowshoe Program, 10 a.m.-noon
Sign-up required. Meet at Gilford DPW. Rain/snow/ bad weather date: Jan. 16.
Early Release Activity: Winter Animals!, 1:30-2:30 p.m.
Hands on learning about animals and their tracks with Wendy Oellers! Feel animal furs and see if you can find tracks outside!

Ages K-4, younger kids with caregiver.

Thursday, Jan. 10
Music & Movement, 10:30-11:30 a.m.
Come enjoy music and movement through, singing, dancing, and playing with instruments. *Sign-up required Ages five and under
Homeschool Game Club, 1:15-2:30 p.m.
Teen Game Club, 2:30-3:30 p.m.
Conversational French, 4-5 p.m.
Foreign Movie Night, 7-9 p.m.
Join us every month for a different movie from another country. This month’s movie is The Butterfly, an unrated comedy-drama from France. The runtime is one hour and 25 minutes.

Renso Cruz & Jon Cayton join Franklin Savings Bank as Branch Managers

FRANKLIN — Franklin Savings Bank announced today the addition of Renso Cruz and Jon Cayton to the bank’s retail group. Cruz and Cayton will assume the role of Branch Manager at the Bank’s Tilton and Main offices, respectively. Both will be responsible for coaching and supporting sales, service and operational initiatives for their team.

“Renso brings over nine years of experience in retail management to his role with us, having worked for some reputable retail brands,” said Joe Thornton, SVP, Retail Banking Officer. “His diverse operational background along with his commitment to providing our customers with outstanding service will serve him well in his new role. We are thrilled to have him on our team.”

Cruz holds a BA in



Jon Cayton

criminal justice from Florida Institute of Technology. He resides in Northfield with his wife, Shawna, and their four children.

Cayton brings a wealth of experience in the areas of business

relationship management, risk management, deposits and residential lending.

“Jon’s skill set, energy and commitment to providing exceptional service to our customers will be a perfect

addition to our retail team,” commented Joe Thornton, SVP, Retail Banking Officer. “His strong leadership skills will be invaluable with guiding his team. We are excited to have him on board.”

A resident of Manchester, Cayton served as an Ambassador for the Souhegan Valley Chamber of Commerce, and is pursuing a BS in business administration at Southern New Hampshire University in Manchester.

Established in 1869, Franklin Savings Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gil-

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Gilford Public Library
Top Ten Requests

- 1. “Becoming” by Michelle Obama
- 2. “Kingdom of the Blind” by Louise Penny
- 3. “A Spark of Light” by Jodi Picoult
- 4. “The Reckoning” by John Grisham
- 5. “Every Breath” by Nicholas Sparks
- 6. “Target, Alex Cross” by James Patterson
- 7. “Past Tense” by Lee Child
- 8. “The Library Book” by Susan Orlean
- 9. “Of Blood and Bone” by Nora Roberts
- 10. “Alaskan Holiday” by Debbie Macomber

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Gilford High School Annual Report – Making it personal

BY ANTHONY SPERAZZO

Principal
Gilford High School

The Oct. 1 enrollment (official count for the Department of Education) at Gilford High School (GHS) was 472. GHS bid farewell to Valerie Wright as she retired after 39 years of dedicated service in the Biology classroom. Her zest for science showed through her stories. Gene Duquette also retired but from the math classroom after 22 years. He will long be known for challenging his learners to think “out of the box” when solving a problem. We welcomed two new faculty members to our staff this year: Jessica Wallace (Math) and Greg Butler (Science). We are thrilled to announce that 83 percent of the Class of 2018 attended a two or four year college, 15 percent entered the workforce, while 2 percent enlisted into a branch of the military. Our learners are prepared for their next career path based on the course offerings we provide to our learners through a comprehensive curriculum. One of our school goals has been to “Make Learning Personal.” This has deepened with our entire staff reading, discussing, and highlighting “The Innovator’s Mindset” by George Couros. This has allowed our staff to engage in conversations and provide examples of embedded practices where we allow learners to be innovative and lead their own learning. We are providing our learners with 21st century skills that will prepare them to be college, career, and life ready.

Our Advanced Placement (AP) program continues to challenge our most motivated, academi-

cally-prepared learners who are likely to benefit most from AP coursework. By providing this level of academic rigor, we better prepare learners for the challenges of college as well as developing the skills and academic background necessary to succeed in the 21st century. We are proud to report that 76% of GHS learners that took the AP exam in 2018 scored a 3 or better (3 or better means the learner has proven himself/herself capable of doing the work of an introductory-level course in a particular subject at college).

AP Comparable Data	Results % of total AP students with scores 3+
Year/Group 2018	
Gilford High School	76.0
New Hampshire	71.0
Global	61.0

GHS learners continue to exceed state and national Scholastic Aptitude Test (SAT) results. Learners that took the SAT in 2018 on the statewide assessment day scored an average of 510.4 in Evidence-Based Reading and Writing and 513.1 in Mathematics. Seventy percent of GHS learners were proficient on EBRW compared to the New Hampshire proficiency rate of 66 percent. Proficiency rates on the math assessment show that 44 percent of our learners were proficient and above at GHS, compared to the state average of 41 percent.

GHS continues to partner with local programs to offer learners a less stressful and a more physically and emotionally secure environment. We emphasized the importance of positive choices with our learners. Former New Hampshire

Supreme Court Justice John Broderick spoke to our learners and families about having less stigma around mental illness. We also heard from Kathi Sullivan and her family’s story with alcohol. We are arming our learners with as much information as we can to lead healthy lives. We have also created a wellness room for our learners and staff members to utilize and implement mindfulness practices.

The Performing Arts Program had several outstanding performances to offer the community. “A Few Good Men,” “The Wind and The Rain,” and “Les Miserables” were three performances that captivated audiences. These shows were well attended by the community as well as our senior citizens who were treated to dinner and a show put on by the Interact Club in partnership with Gilford Rotary.

Special Olympics recognized GHS as a National Unified Champion Banner School! We are the first school in the state to meet these benchmarks. Our learners and staff are so deserving of this award due to our inclusionary

model of recognizing everyone for who they are. With the continued implementation of Unified Sports programs as well as a Unified Writing class, GHS has definitely earned this recognition.

The volleyball team, led by newly appointed varsity coach, Amy Tripp, captured the Division II state title going undefeated.

Throughout the year, GHS staff have focused their professional development efforts in the following areas: analyzed student data using recent and longitudinal evidence, developed curriculum using Understanding by Design, created a curriculum map placing our curriculum in one common area, wrote our self reflection for the New England Association for Schools and Colleges decennial visit in the spring of 2020, and implemented 90/10 grading practices that shift the focus for our learners to what they learned and not what they earned.

The GHS Technology & Engineering Program implemented integrative STEM (iSTEM) career awareness. The sooner a learner can make de-

cisions about these careers, the easier it is to gain proper knowledge and skills to pursue.

Each year, in celebration of National Engineering Week, community members are invited into GHS classrooms to speak to learners about their iSTEM related careers. The questions answered are: “What does my workday look like? How do I use iSTEM topics on a daily basis? Where did I learn these skills?” Last February, twenty-four iSTEM professionals spoke to 115 learners. These careers included law enforcement, manufacturing, engineering and other professions. Our first iSTEM activity took advantage of the Wings of Freedom tour by the Collings Foundation at Laconia Airport. Participating teachers developed lessons and activities that tied into the vintage aircraft and/or World War II to demonstrate how their subjects related to history and the technology of the day. Over 220 learners in creative writing, history, physical education, digital connections, engineering, and photography participated in touring the aircraft.

Our learners continue to understand and value the importance of giving back to their community. As part of a learner’s requirement to graduate from GHS, a learner must take part in 24 hours of community service. GHS donated 554 pounds of food, led by the Student Athletic Leadership Team, in September, as part of New Hampshire Tackles Hunger. Our freshmen cleaned up their community, this fall, during Freshmen Community Service Day. These learners painted fences, worked with learners at Gilford Elementary School, raked leaves, cleaned windows at the library, organized closets, prepared a memorial garden for Veteran’s Day, cleaned the nature trail, and much more.

The positive culture at GHS is palpable. I believe this can be attributed to the close knit communities of Gilford and Gilmanton. We are truly “Making Learning Personal” for each one of our learners. Thank you for your support along the way. Follow us on Twitter @GilfordHigh to see what is occurring at GHS.

Gilford Parks and Recreation News

BY HERB GREENE

Director
Gilford Parks and Recreation

Arthur A. Tilton Ice Rink Open for the Season!

The Arthur A. Tilton Ice Rink on Varney Point Road is now open for the 2018-19 season! This ice rink is open daily to the public at no charge. The skating schedule is as follows; Open Skating from Dawn – 10 a.m., Stick and Puck for ages 13 and under from 10 a.m. – noon, Open Skating from noon – 3:30 p.m.

and Stick and Puck for ages 14 and up from 3:30 p.m. – Dusk. The rink is unattended and adult supervision is recommended. The ice rink is also available for rentals after normal operating hours. We ask the public to please respect any posted closed signs and locked gates and stay off the ice surface during or following warm spells that may cause the surface to become unsafe.

For more information, to inquire about rentals or to check on conditions, please contact Parks and Recreation Department at

527-4722.

Bolduc Park Cross Country Ski Program

The Gilford Parks and Recreation Department will be offering four weeks of Cross Country Ski Lessons at Bolduc Park this winter. Lessons begin on Saturday, Jan. 5, and will continue through Jan. 26 (in the event a day is cancelled because of poor weather, it will be made up the week(s) following Jan. 26). Lessons begin at 10 a.m., and rental skis may be picked up at 9:00 a.m. at Piche’s Ski

Shop!

Registration forms are available at the Gilford Parks and Recreation Department, Bolduc Park and Piche’s Ski Shop. Please mail, fax or drop off your registrations directly to Piche’s Ski Shop.

Cost: \$70 per person includes rental equipment!

\$40 per person if you have your own equipment!

If you have any questions, please contact Bob or Pat Bolduc at 524-2068.

Laconia resident Colleen O'Brien receives academic honor at Benedictine College

ATCHISON, Kan. — Benedictine College has recognized those students who have distinguished themselves academically during the last semester. Colleen O'Brien of Laconia was recently named to the Dean's List for the fall semester, which ended in December.

Any full time student carrying a minimum of 12 hours and a perfect 4.0 grade point average through the spring term is named to the President's list.

Full time students with 12 hours and a grade point average of 3.5 are named to the Dean's List. Of the 1,914 students on campus for 2018-2019 academic year, 127 made the President's List and 623 made the Dean's List.

Founded in 1858, Benedictine College is a Catholic, Benedictine, residential, liberal arts college located on the bluffs above the Missouri River in Atchison, Kansas. The school is proud to

have been named one of America's Best Colleges by U.S. News & World Report as well as one of the top Catholic colleges in the nation by First Things magazine and the Newman Guide. It prides itself on outstanding academics, extraordinary faith life, strong athletic programs, and an exceptional sense of community and belonging. It has a mission to educate men and women within a community of faith and scholarship.



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Making a resolution that will last

With New Year's Day now in our rear-view mirror, we, like many of you out there, are thinking about resolutions. We could debate that September is actually the start of a new year given the clean slate of grades to start a new school year, but a new year is a new year, and not all of us are still in school.

More than half of all resolutions end in failure, but we like the fact that generally, we, as people, seek to improve ourselves and our lives. One reason resolutions fail is that a person just hasn't chosen the right one, something that has meaning. Many people fail before the end of January.

A resolution isn't the right one for you if it's too vague, if it's someone else's expectations for you, or if you have no plan.

The acronym SMART (specific, measurable, achievable, relevant and time bound) can be used to help facilitate your success. If you make a specific goal of losing a certain amount of weight, your goal will be easier to obtain. If you set a time limit (baby steps) by saying 'I will lose one pound each week,' your plan becomes more effective. As a side note on the 'baby steps' concept, if you haven't seen the comedy "What About Bob?" starring Bill Murray, you must.

We all like to see progress and to see it fast. One way is to make something measurable. If you want to scale back on something, say using social media, you can use the 'see how much time you've spent on Facebook' setting to watch your usage go down. Or if you've set out to watch as many old classic movies or read as many John Grisham novels as you can this year, you can make a check list, and as you finish each one, check it off the list. Or bring an empty book case into your house, as you finish a book, pop it on the shelf.

Pick a goal that is achievable. By taking a leap that is too big, you might find yourself in over your head and likely frustrated. Having a goal of saving more money than you can, will leave you hopeless, however if you can put away \$50.00 per month, then you're on to something.

Choose a resolution that is relevant. Doing something for the right reasons is key. A relevant goal is a lasting goal. If you want to do more research on your family's ancestry, so that your family will have the information for years to come, then what you're doing has meaning to not only you but to the people you care about. Choosing to bring others in on your goal is never a bad idea either. We all need a coach at times.

Using a timeline for your goals should be realistic. Knocking off small goals along the way will lead you to your larger goals and will also give you a chance to create your new habit.

Learning something new is one of the most refreshing things about being alive. Being able to continually grow and morph into the best versions of ourselves is what life is all about. The more you enjoy, the more meaning you get out of life.

As the poet T.S. Eliot wrote, "For last year's words belong to last year's language, and next year's words await another voice."

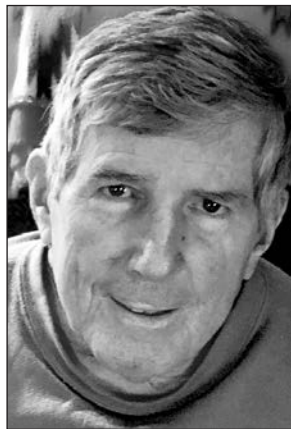
Pet of the Week: Feldman

Staying with us since July, Feldman has been waiting patiently for his human kindreds to come and take him home. Like his namesake, Feldman is not outrageous, not undisciplined, but he is deeply loving, snuggly and an active investigator. He's a four year old mixed breed and his markings bring forth reminders of Daniel Striped Tiger from Mr. Rogers fame. He is a bit stereotypical when it comes to dogs. Not a fan. Because of his having feline leukemia cannot be in a home with other cats. Come and meet and talk with this gorgeous guy who has a lot to say, many stories to tell and lots of love to give. You won't regret discovering that he belongs in your home.



NORTH COUNTRY NOTEBOOK

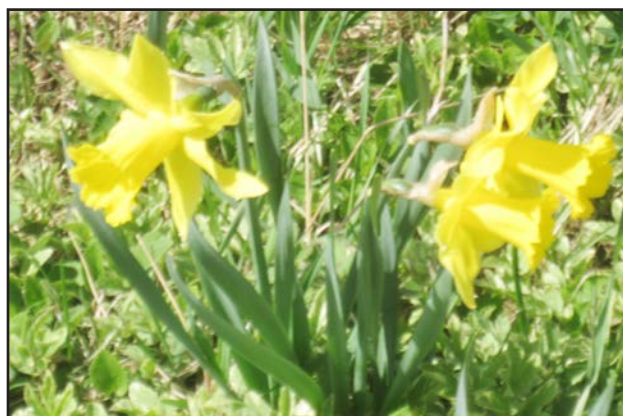
A report on a brief tour of the world as I know it



By JOHN HARRIGAN
COLUMNIST

Editor's note: Mr. Harrigan was unable to submit a new North Country Notebook column in time to meet our press deadline for this week's edition. The following column was originally published earlier this year.

Public Television carried a feature on Theodore Roosevelt this past Sunday. He is



For the fun of it, my grandfather and uncle always called them "Daffydils," and I do too. These brave ones were pretty much the forerunners of the flower world.

(Left) Some of these derelects can be split, others are "junks"—not worth bothering with, but destined for the fire nonetheless.

my favorite President, chiefly because he became an ardent conservationist and was largely responsible for what lands in the West we have left.

This generally means lands free of exploitation or development. I'm not sure whether the bargain-basement granting of grazing permits constitutes exploitation. But then, what about long-range hikes and rafting ventures, and pack-horse hunting trips?

If there is a President history has done a disservice, it is Roosevelt. Most Americans, if they can remember

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STRATEGIES FOR LIVING

A thought for the New Year

BY LARRY SCOTT

At about five feet tall, the smiling, diminutive Gonxha Agnes Bojaxhiu looked to be the model of peace and tranquility. At the pinnacle of her success, the guest of both the powerful and the poor, she was admired around the world. The founder of the Missionaries of Charity, however, fought a personal battle few knew anything about. In "The Private Writings of the 'Saint of Calcutta,'" better known as Mother Teresa, Brian Koldiejchuk quotes (page 187) an article she wrote as a prayer and sent to Father Picachy on July 3, 1959:

"The loneliness of the heart that wants love is unbearable. — Where is my faith? — Even deep down, right in, there is nothing but emptiness & darkness. — My God — how painful is this unknown pain. It pains without ceasing. — I have no faith.... I am told God

loves me — and yet the reality of darkness & coldness & emptiness is so great that nothing touches my soul."

A saint she may have been, but life was no cake-walk for even this dedicated lady of the Church. Like the rest of us, she was human and had her own battles to fight, but she learned from her experiences, held steady amid the pressures, and the world has benefited from the result.

Christianity does not propose a life of ease and tranquility. Jesus Himself forewarned His disciples, "In this world you will have trouble. But take heart! I have overcome the world." Life, the daily routine of living, is the crucible in which character is developed.

Maturity does not come easy. I know of no way to learn those fundamental qualities of

life so necessary for our development such as patience, kindness, honesty, integrity, humility, self-discipline, perseverance... and I could go on. These important indicators of a stable character are developed only amid the pressures of life. There is no easy out!

I must tell you from personal experience that life can sometimes throw us some very wicked curves. And not always because we have done something stupid, lost our common sense, or indulged in something we knew was wrong. Sometimes, life just hits us between the eyes. Talk to me about bankruptcy, about cancer, about nightmarish days and sleepless nights. Believe me when I tell you I, too, have been there. Life is tough! The question is not whether we have reached depths

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Travis P. Cole of RE/MAX Bayside honored by Lakes Region Board of REALTORS as outgoing President

MEREDITH — Travis P. Cole was recently honored for his outstanding work as the 2018 President of the Lakes Region Board of REALTORS.

Our local board of

REALTORS is one of the most active boards in the State of New Hampshire. It has 945 members, including not only REALTORS, but appraisers, title services, attorneys, build-

ers, home inspectors, insurance companies and many other professionals involved in the real estate industry. As members of the National Association of REALTORS and the New

Meredith Rotary Club announces 40th Annual Great Rotary Ice Fishing Derby

MEREDITH — The Meredith Rotary Club has announced the date for the 40th annual Great Rotary Ice Fishing Derby, to be held the weekend of Feb. 9-10, 2019.

"The Derby brings anglers and families from as far away as Texas and California to enjoy the beauty of New Hampshire and also be in the running for over \$50,000 in cash prizes," according to Dave Reid, Derby Chairman for 2019.

Derby tickets are \$40 each, and are required for everyone who enters a fish for consideration. The price of the Derby ticket also includes a \$10 dining certificate from T-BONES and Cactus Jack's in Laconia. Prizes for the top winning fish are \$15,000, \$5,000 and \$3,000. There are also two \$5,000 cash drawings during the weekend as well as \$100 cash drawings every 15 minutes



COURTESY PHOTO

Will you win the grand prize? Maybe, with a beautiful fish like this!

beginning at noon on the Saturday of the event and lasting until 4pm on Sunday. You do not need to fish – or enter a fish – to win these cash drawings – simply purchase a Derby ticket.

"Additionally, on Saturday, February 9, 2019, in conjunction with the New Hampshire Fish and Game Department, The Meredith Rotary Ice

Fishing Derby will host the 'Let's Go Fishing' program," according to Dave Reid.

"This is a free hands-on clinic for kids and their parents on the basics of ice fishing that has been developed and will be presented by the Fish and Game Department. The clinic is geared toward kids but is open to anyone; those 16 and under must be accompanied by an adult. All equipment will be provided – you do not need to have a fishing license to participate," Reid stated.

Derby tickets can be purchased online at www.meredithrotary.com, and starting in December, Derby tickets will be available at a variety of bait and tackle shops in New Hampshire.



COURTESY PHOTO

Michele Penner and Travis P. Cole.

Hampshire Association of REALTORS, their mission is to serve the membership by providing services designed

to benefit the community while enhancing the members' ability to conduct business successfully and promote a

professional image. Michele Penner of Peabody & Smith Realty will be the 2019 President.

Cole is a long time resident of Gilford, and has been active in real estate for 15 years. As president of the Board, his responsibilities included overseeing all meetings and activities, running the organization with cooperation from the Chief Administrative officer, and keeping in line with State and National objectives.

Rob Wichland, co-owner of RE/MAX Bayside, states, "We're very proud of Travis. It's nice to see our associates working so hard to keep our membership strong."

RE/MAX Bayside is a locally owned and operated full-service real

SEE COLE PAGE A8

Happy 2019!

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Franklin Savings Bank employees fulfill holiday wishes for 52 children

FRANKLIN — The employees at Franklin Savings Bank sponsored 52 children through Toys for Tots this holiday season. An annual program organized by the Franklin Police Department, the bank has fulfilled the wishes of more than 1,200 children since 1992 through its involvement in this holiday tradition.

“This is just one of many community initiatives we are proud to support during this time of year,” said Ron Magoon, President & CEO. “The employees look forward to sponsoring children each year through our involvement in this program. It is our hope



COURTESY PHOTO
(Left) Gloria Pickering, Personal Banker & Coordinator of FSB's Toys for Tots Program, is surrounded by an abundance of gifts donated by bank employees for children in the Franklin community.

Bank is an independent, mutually-owned community bank, offering a full array of commercial lending, personal banking and investment services throughout the Central Lakes Region and southern New Hampshire. Headquartered in Franklin, the Bank has offices in Bristol, Boscawen, Tilton, Gilford and Merrimack, as well as an office in Bedford for business lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsid-

iary, Independence Financial Advisors, from offices in Franklin, Bedford, Gilford, Nashua, Rochester and Merrimack, New Hampshire. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of employees, a diverse line of financial products and services, and continued investment in emerging technology.

You can learn more about Franklin Savings Bank by calling 1-800-372-4445, or visiting www.fsbnh.bank, or following the bank on Facebook, LinkedIn, Twitter and YouTube.

MARK ON THE MARKETS

Hope or know



BY MARK PATTERSON

We can hope that our retirement money invested in the stock market or mutual funds will do well when we are ready to retire. We can hope that Social Security will be there for us when we are ready to retire. We can hope that we are working with an investment professional who understands the difference between accumulation of assets and distribution as income. We can also hope that our retirement money is being managed cost efficiently and appropriately for our risk tolerance and age. We can hope that our retirement income plan is sustainable, will provide steady income and has plenty of liquidity. We can also hope that we have the courage to plan for our retirement income and not bury our heads in the sand hoping that it'll all turn out okay.

We can also hope that we do not get ill or die without a will or trust in place.

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

Instead of hoping all these things will be okay; why don't we know that they will be okay? You can find out what your Social Security benefits will be depending on when you take them by going to the Social security government website.

SEE MARKETS PAGE A8

that every child will receive a gift under their tree this holiday season through the generosity of business-

es and individuals who support these types of programs.”

Established in 1869, Franklin Savings

Mill Falls Marketplace awards \$500 Holiday shopping spree winner!

MEREDITH — Mill Falls Marketplace, the Lakes Region's premiere shopping destination, is pleased to announce the winner of its \$500 Holiday Shopping Spree. Keri Gilpatric, was randomly drawn as the grand prize winner of the \$500 gift certificate to shop in their historic Meredith location.

The promotion was in conjunction with the Marketplace's annual Holiday Open House that took place on Sunday, Dec. 2. Guests were invited to enter the drawing at each location while being treat-

COURTESY PHOTO
(Right) Keri Gilpatric

ed to refreshments, strolling carolers, Santa Clause and horse drawn wagon rides around the village.

"We're passionate about providing customers a fun and unique experience when they are here," noted Michelle Brown, for Mill Falls Marketplace. "We host several events throughout the year that bring the community together through shopping, dining and entertainment. I'd like to extend my congratulations to

SEE SHOPPING PAGE A8



Taylor Community hosting lecture by Dr. Eric Hoffman, storm chaser

LACONIA — Join us Wednesday, Jan. 9 at 6:30 p.m. as Dr. Eric Hoffman shares his experiences as a storm chaser. This lecture is free and open to the public.

Doctor Hoffman received his B.S. in meteorology from Cornell University and his M.S. and PH.D. in atmospheric science from

SEE HOFFMAN PAGE A8



COURTESY PHOTO
Dr. Eric Hoffman

LRGHealthcare announces temporary Emergency Department entrance during renovations

LACONIA — As LRGHealthcare prepares to enter the largest phase of renovations to the Lakes Region General Hospital (LRGH) Emergency Department, a temporary entrance will be set up as of Thursday, Dec. 27.

Completely funded with personal donations from community

members, this \$7.5 million "Emergency Care ReimaginED" project will serve to renovate the Emergency Department to current standards, while reorganizing the department to streamline patient flow, resulting in increased efficiency and an even better patient

SEE ENTRANCE PAGE A8



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COURTESY PHOTO

Kuster brings holiday cheer to Veterans Home

New Hampshire's Second District Congresswoman Annie Kuster was at the New Hampshire Veterans Home on Tuesday, Dec. 17, for another year of her "Holiday Cards for Heroes" program. Each year, Kuster distributes Christmas cards made by school children from around the district to both residents of NHVH and patients at the Veterans Administration's medical center in Manchester.

FSB (Continued from Page A2)

ford and Merrimack, as well as an office in Bedford for business lending. Franklin Savings Bank also offers investment, insurance and financial planning services through its wholly-owned subsidiary, Independence Financial Advisors, from offices in Franklin, Bedford, Gilford, Nash-

ua, Rochester and Merrimack, New Hampshire. As a recognized leader in providing the latest in financial services technology, Franklin Savings Bank remains committed to serving the needs of businesses, families and the communities it serves, through a dedicated team of em-

ployees, a diverse line of financial products and services, and continued investment in emerging technology. You can learn more about Franklin Savings Bank by calling 1-800-372-4445, or visiting www.fsbnh.bank, or following the bank on Facebook, LinkedIn, Twitter and YouTube.

STRATEGIES (Continued from Page A4)

of despair we cannot even put into words; the question is, what did we do about it? Fortunately, there is for many of us a light at the end of our tunnel. I take seriously a promise Jesus made when He said, "Come to me, all you who are weary and burdened, and I will give you rest. ... Learn

from me, for I am gentle and humble in heart, and you will find rest for your souls." There is something real and life-changing that comes with a relationship with Jesus Christ. But Christianity is not something I believe because it's convenient. To be honest that's not always the

case. When a person, however, is conscious of living under the watchful care of a loving God, there is a peace of mind, a rest amid the tumult, that frankly must be experienced to be appreciated. For more thoughts like these, please follow me at indefenseoftruth.net.

NOTEBOOK

(Continued from Page A4)

him at all, seem only to remember big game safaris. Today, it's hard to imagine a world that would have the room or the patience for a Teddy Roosevelt. Imagine a President taking off for a month for a camping trip in the Rockies, or letting the White House lawn be home to ponies and goats.

However, TR was an energetic guy, bouncing and bellowing his way around the White House like a top-hatted Tigger, and the documentary shamed me into getting up out of my living room chair (Command Central, with everything that matters within reach), and going outside for a tour of the immediate premises, my longest trip on crutches yet.

Would-be rescuers, fear not--my trusty guard dog and interference runner Millie was with me every step of the way, scanning for danger. As always, she ranged out front, looking back and wondering why I was so slow, much slower than usual.

Right off, not far into the trip, I determined that the pile of junk wood we left when the snow came down in earnest a few months ago was still right there, waiting. This kind of job doesn't go away when the snow covers it; we just think it does. In this case, out of sight, out of mind doesn't work.

There was that term, just then--junk wood. When I was helping Rudy split and haul firewood, a junk was a twisted piece, all knots and gnarls, that wouldn't split. Because of this, it was slowest to burn. Sometimes, just before bed, he'd say "Throw on a junk, Bub," meaning the best piece to hold the fire overnight.

And there was the fence. The thing people tend to forget about a fence is that once you put one up, you've got to take care of it. Deer jump over it, their hooves dragging just a bit here and there, and



JOHN HARRIGAN

Firewood on the porch will wind up in the living room fireplace or, when company's on hand, in the fire pit.

wind and fallen limbs have their way. Throw in the occasional bear or moose, two species known not to give a fig for a fence, and you've got a fence looking like a prize-fighter about to fall.

But before the season's livestock comes in, the fence will get fixed. We don't want loose animals any more than the neighbors do. The four worst words anyone wants to hear, especially when there's another task at hand, like haying, is "Your ____ are loose" (add animal of choice here).

Out on the front lawn, a scattering of daffodils held their bright yellow colors aloft in the wind, barreling down from Lower Canada's Eastern Townships with the usual abandon.

The front lawn greened up almost overnight, almost right after the last snowbank left, almost right after the last frost, which of course won't be the last. And I'm never surprised to see a snowflake in May.

I consulted with Chief Aid de Camp Baker Bob on lawn strategy. Among many other duties, Bob is in charge of making sure that the lawn mowers actually run. Also, he is Chief in Charge of Not Having the Perfect Lawn. We inform each other on Perfect Lawn commercials to scoff at, paying

particular attention to commercials showing the frenzied persecution of dandelions, which, in this part of the country at least, we

eat. Here and there on the lawn were the remains of fireworks, set off with great glee on the advent of the

COLE

(Continued from Page A5)

estate brokerage located in Meredith and Laconia, New Hampshire. Founded in 2008, the brokerage has 26 Real-

tors® and specializes in both residential and commercial real estate. RE/MAX Bayside is a proud supporter of Chil-

dren's Miracle Network Hospitals® along with many other local and regional charities, and is located at 208 Daniel

Webster Highway, Meredith and 604 Main St., Laconia. To learn more, please visit www.BaysideNH.net.

MARKETS

(Continued from Page A6)

If your 401(k), 403B or IRA are made up primarily of mutual funds that are really designed for accumulation of assets and not for distribution as steady, sustainable income, you may want to consult with an advisor that can show you how to get predictable sustainable income from those investments. Make sure that your assets are also liquid to the extent that you may need money for emer-

gencies. You should mitigate market, credit and interest rate risk with your income plan. The equity markets have been good the last nine years, so it is easy to become complacent and risk your retirement money in the equity markets. Don't rely on the equity markets for your retirement income. The equity markets are more a growth vehicle than an income producing vehicle.

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

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

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

SHOPPING

(Continued from Page A6)

Keri, and I encourage everyone to visit us this holiday season and shop local."

For details on future events, promotions

and giveaways, visit <https://www.millfalls.com/shop> and connect with Mill Falls Marketplace on Facebook and Instagram.

About Mill Falls Marketplace Mill Falls Marketplace offers 10 shops, two restaurants, an ice cream shop and a hair

salon in one historic setting on the shores of Lake Winnepesaukee. Shops open daily at 10 a.m.

HOFFMAN

(Continued from Page A6)

the University at Albany, SUNY. His areas of expertise include synoptic and mesoscale meteorology.

Prior to joining the Plymouth State University faculty, he worked for the National Weather Service as a meteorol-

ogist in the Monitoring and Aviation Branch of the National Centers for Environmental Prediction, (formerly National Meteorological Center), Camp Springs, Md.

While in graduate school, Dr. Hoffman worked as a part-time

broadcast meteorologist for WGY-AM Radio, Schenectady, N.Y., and as a graduate research and teaching assistant for the department of Earth and Atmospheric Sciences at SUNY.

Taylor Community is the premiere not-for-

profit Continuing Care Retirement Community in the Lakes Region. Keep up with all our events on Facebook. For more information about active senior living, visit our Web site at www.taylorcommunity.org, or call 524-5600.

ENTRANCE

(Continued from Page A6)

care experience. The Emergency Department remains open and ready to serve the needs of the community. To stay operational 24/7,

LRGH is setting up a temporary Emergency Department entrance starting Thursday, December 27. The easiest way to get there would continue to be

via Elliott Street or High Street. The parking lot immediately adjacent to the Emergency Department will be closed, however a nearby lot and other

parking spaces will remain open. Please look for signage directing you to appropriate parking and the temporary walk in entrance.

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Bulldogs looking for turnaround in the new year

BY BOB MARTIN

Bob@Salmonpress.news

LACONIA – The Bulldogs had their toughest week of the early hockey season, and the Belmont/Gilford hockey team lost its fourth straight contest, with losses to Berlin/Gorham and Monadnock-Fall Mountain.

On Dec. 19, Belmont/Gilford lost 5-1 to Berlin/Gorham, a rivalry in recent years that has involved two of what are consistently the best of Division 3. The lone goal was scored by Hayden Parent, with an assist by Joey Blake.

“In Berlin, we came out of the gates well, playing a scoreless first period, which was one of our team goals for the game,” said coach Jason Parent. “The second period we let up four goals and scored one goal. As a young team that first goal is very important and when Berlin scored halfway through the second, it deflated our drive and will to compete.”

On Dec. 22, the Bulldogs traveled to Monadnock-Fall Mountain for a difficult young season match-up involving perennial title contenders. Last year the Monadnock-Fall Mountain hockey team made the semifinals and brought back five starting seniors.

Despite a well fought battle by Belmont/Gilford, the Bulldogs lost 4-2 and continued the early season struggles.

“Again, we had a team goal to start quick coming off the bus trip and we did scoring the only goal of the first period - Griffin Tondreau from Troy Gallagher,” said coach Parent. “Monadnock/Fall Mountain was bigger and stronger and used that physicality throughout the game but our younger players were resilient and battled all game.”

Monadnock-Fall Mountain scored the next two goals early in the second period,



BOB MARTIN

Cam Jarvi shifts around defenders for the Bulldogs.

play goal to go down 3-2 and then after battling all third period, the Belmont/Gilford team gave up a late game goal to go down 4-2.

Parent praised Zoltan Stefan for a good night on defense, and said that sophomore Bobbie Brodeur kept things close all game with a series of quality saves.

“She kept the game close all night,” said Coach Parent.

While it was the fourth straight defeat for a team that has been accustomed to winning in recent years, Parent envisions a turnaround for the Bulldogs after the holiday break.

“We battled the entire third period getting some quality chances and pressing late in the third we gave up the fourth goal with 2:30 left to play,” said coach Parent. “The game ended 4-2 but this game could be the turning point for the 2018-19 season. A lot of confidence was built up and then young players are starting to believe.”

Belmont/Gilford returned to action at Merrill Fay Arena in Laconia against the Laconia/Winnisquam Wolfpack on Jan. 2.



BOB MARTIN

Hayden Parent handles a puck for Belmont/Gilford.



BOB MARTIN

Troy Gallagher fires a shot for the Bulldogs.

but Tondreau scored to tie the game 2-2. The on an unassisted goal Bulldogs let up a power

Golden Eagles compete in Plymouth

BY BOB MARTIN

Bob@Salmonpress.news

PLYMOUTH – The Gilford and Belmont High School indoor track teams had good showings at the Dec. 23 meet at Plymouth State University, with the Belmont girls' team placing third and Gilford placing fifth out of 12 teams. The Belmont boys' team ranked sixth out of nine teams.

The Winnisquam in-

door boys' track team also placed seventh in the meet leading into the holiday break for local high schools.

Gilford

In the 55-meter dash, Natalie and Brianna Fraser were third and fourth with times of 7.87 and 7.99 respectively.

Skylar Tautkus of Laconia narrowly beat Brianna Fraser in the 300-meter dash, with

times of 45.90 and 46.71 respectively.

Natalie Fraser had a time of 1:47.95 in the girls' 600-meter run and placed fourth.

Katiana Gamache was fourth in the girls' shot put with a distance of 24 feet, 10 inches.

Belmont

For the girls' team, Sana Syed won the 55-meter hurdles with

SEE **TRACK** PAGE A14

Amy Annis Tournament is Sunday

GILFORD — The annual Amy Annis Volleyball Tournament is scheduled for Sunday, Jan. 6, starting at 10 a.m. and will take place in both the Gilford Middle School and High School gymnasiums. This fundraising event is a recreational co-ed volleyball tournament for high school age students through adults. All proceeds go to the American Cancer Society and the Amy Annis Scholarship Fund.

This scholarship is given annually to a graduating senior. The entry fee is \$100. There is a 12-team limit and will be on a first registered basis. Twelve teams will be playing on three courts and each team will be guaranteed three matches in pool play and one match in the tournament round.

To register a team or find out more information, please contact Joan Forge at forge@worldpath.net.



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General Help Wanted

Food Service Director position is open at Brookwoods in Alton. We are the largest Christian camping organization in the Northeast and minister to thousands of folks each year. The position is hands on, requiring quality well balanced meals, instruction, supervision, and routine care of the kitchen and Food Service Staff to ensure a safe and fun experience for campers and staff. Both management and cooking skill required! Please send resume, e-mail bob@christiancamps.net or call Bob at 603-875-3600 for additional information.

FT/YR: Ship Store Lead
Lead position for ship store and rentals assistant during season at the premier marina on Lake Winnepesaukee. Administrative duties as assigned. Reservations, customer service, retail inventory, supervision of seasonal staff, and room to grow!

GSIL is seeking compassionate individuals who are looking to make a difference in others lives and help them to live independently. Prior personal care experience is helpful but, we are willing to train the right people. If you would like to become a Personal Care Attendant or looking for more information please contact Recruitment at 603-228-9680.

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Editor

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(The Fair Housing Act of 1968 at 42 U.S.C. 3604(c))

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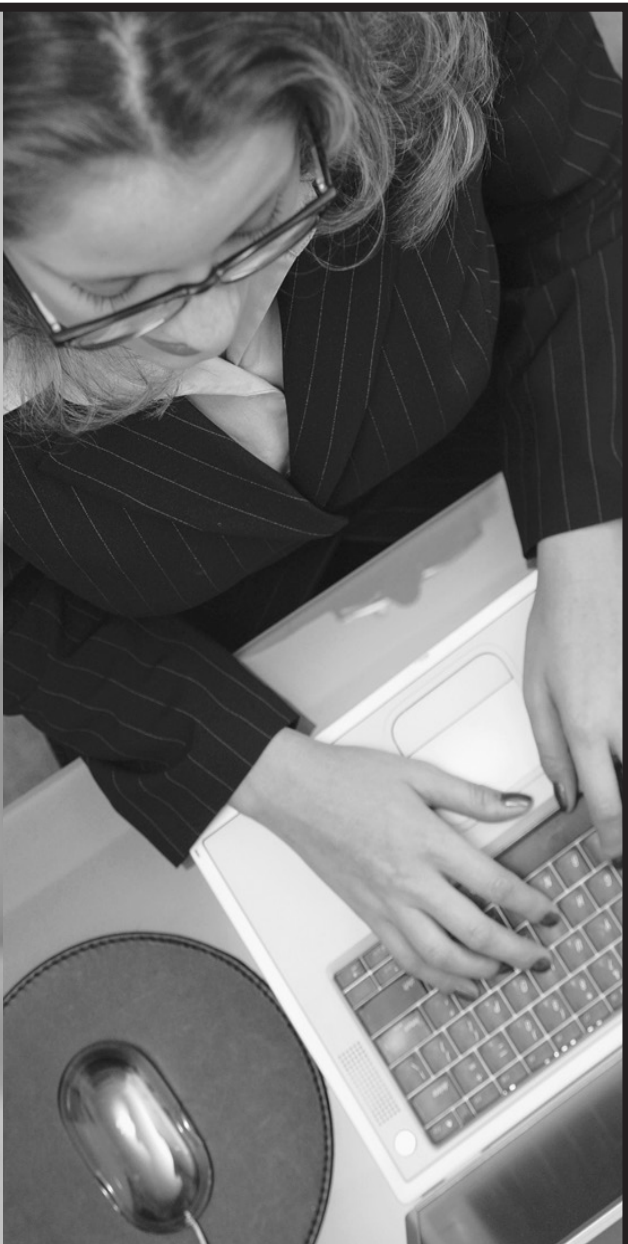
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LACONIA: Lake Opechee WF home w/ 137' of shorefront, dock & two beaches. **\$575,000 #4728940**



LACONIA: Lake & Mtn. view condo at Cedar Lodge. Pool, tennis & more. **\$130,500 #4723360**



SANBORNTON: Lots of possibilities for the 60+/- acres lot. **\$298,000 #4730385**



SANBORNTON: 3,200sf home on 11+ ac. 3-BR, 3-BA & beautiful features. **\$399,900 #4722724**



LACONIA: Remodeled from top to bottom! 3-BR home w/ every upgrade. **\$330,000 #4729545**



MEREDITH: Land w/ 150' of waterfront & beautiful lake & mtn. views. **\$249,900 #4724387**



MOULTONBOROUGH: Great commercial location! 28 room hotel on 2+ ac. **\$550,000 #4679167**



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ALTON // COME LIVE AND WORK IN THE LAKES REGION! Residential/commercially zoned & next door to Hannaford's and on busy Rte 28. Great visibility and opportunity for many uses. **\$289,900 (4710625) Call 875-3128**



GILFORD // This 1254 sq. ft. Brookside Crossing Condo has an open concept floor plan with 3 bedrooms, 2 baths and attached 1 car garage. Many upgrades. Community pool. **\$219,900 (4719871) Call 875-3128**



MOULTONBOROUGH // 1.6 Acre level wooded lot located in the quaint village district in Comm. zone "A". Driveway permit w/installed culvert, expired permit for office bldg. and garage. Agent interest. **\$159,000 (4504096) Call 253-9360**



GILMANTON // A SPECIAL COUNTRY HOME on 2.34 acres. Nice yard with 20x16 outbuilding and attached dog kennel. Updated kitchen with pine cabinets and new wrap around deck. **\$189,000 (4720450) Call 875-3128**

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ALTON // Lake access for boating and swimming is just a short walk from this half acre site. Water access community with several beaches on Hills Pond and Sunset Lake. **\$37,500 (4665052) Call 875-3128**

ALTON // Alton Shores lot with easy walk to the association beaches! Foundation, drilled well and septic still in place from previous home. **\$34,000 (4675813) Call 875-3128**

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Hot Tea Word Find

Find the hidden words in the puzzle.

BEVERAGE				LEMON				STEEP			
CUP				MILK				SUGAR			
HONEY				SAUCER				TEA			
INFUSER				SOOTHING				WARM			
S	K	C	R	Q	Q	Y	M	F	C	N	M
O	T	F	T	R	W	D	O	U	C	O	I
C	C	E	Q	B	X	C	W	P	S	R	L
L	R	B	E	T	M	A	T	O	I	A	K
J	A	E	T	P	R	G	O	Z	P	G	G
Y	H	V	C	M	O	T	U	N	I	U	I
B	T	E	E	U	H	Q	O	Y	Y	S	H
N	U	R	Y	I	A	M	H	O	N	E	Y
X	D	A	N	R	E	S	U	F	N	I	V
J	F	G	Q	L	E	F	I	P	S	F	O
C	J	E	L	I	R	B	G	P	U	B	S
G	W	T	M	R	R	B	I	D	S	C	G

THIS DAY IN...



HISTORY

- **1896:** UTAH IS ADMITTED AS THE 45TH STATE IN THE UNITED STATES.
- **1948:** BURMA GAINS ITS INDEPENDENCE FROM GREAT BRITAIN.
- **2007:** CALIFORNIA DEMOCRAT NANCY PELOSI BECOMES THE FIRST FEMALE SPEAKER OF THE U.S. HOUSE OF REPRESENTATIVES.



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ANSWER: TEA

Get Scrambled

Unscramble the words to determine the phrase.

PCU FO ETA

Answer: Cup of tea



STEEP

soak in water to extract flavor



- ENGLISH:** Cookie
- SPANISH:** Galleta
- ITALIAN:** Dolcetto
- FRENCH:** Biscuit
- GERMAN:** Kek



IT TAKES ROUGHLY 2,000 TINY TEA LEAVES TO MAKE JUST ONE POUND OF FINISHED TEA. TEA CAN BE SOLD LOOSE OR ALREADY PACKAGED IN SMALL BAGS.



Can you guess what the bigger picture is?

ANSWER: PREPARED TEA

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to fireplaces. Each number corresponds to a letter. (Hint: 9 = e)

- A. 25 22 19 10**
Clue: Fuel sources
- B. 7 9 3 21 18 7**
Clue: Floor of fireplace
- C. 24 3 23 18 25 9**
Clue: Fireplace surround
- D. 5 25 17 9**
Clue: Vent or pipe

Answers: A. logs B. hearth C. mantle D. flue

SUDOKU

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

Level: Beginner

Here's How It Works:

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

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

ANSWER:

Laconia Little League hosting winter training camps

LACONIA — The weather may be frightful, but the boys and girls of summer are getting warmed up.

For the first time, Laconia Little League will offer winter training camps for players of all levels in preparation for next season.

“Laconia Little League has a solid group of talented

young players coming up through the ranks,” League President Joe Dee said. “We listened to them and their parents and realized they wanted even more instruction.”

For players 9-12 who plan to compete in the Majors Division next season, the league is offering professionally coached camps on

Mondays from 5:30 to 7 p.m. beginning on Jan. 7 at the Concord Sports Center.

For players 8-12 who intend to compete in either the Minors or Majors Division, the league is offering a 10-week program on Sunday afternoons at Laconia Middle School from 3:30 to 5:30 p.m. beginning on Jan. 6. These sessions will be coached by Plymouth State University players and coaches.

The last three sessions of this camp will

be open to tee-ballers and instructional pitch athletes to learn more about the game.

Eligible players can attend both camps. Each camp is limited to 20 participants.

Registration for both the camps as well as next season opened on Wednesday, Dec. 19. Those who register early for next season will receive a discount on the registration fee.

Families from Laconia, Gilford, Gilman-

ton, Belmont, Alton and other surrounding communities can register at the league’s newly revamped website, LaconiaLL.org.

The plans build off of a successful 2018 All-Star campaign in which the league’s team fared well with a record of 4-4, as well as a recently-concluded fall baseball exhibition season.

“There’s a lot of momentum building behind Laconia baseball right now,” Dee said.

Dee said the league wants to get a handle on registration numbers for next season as early as possible to focus the camps on the players’ needs.

More information can be found on the league’s social media channels [facebook.com/LaconiaLittleLeague](https://www.facebook.com/LaconiaLittleLeague), [instagram.com/laconialittleleague](https://www.instagram.com/laconialittleleague), and [@LaconiaLittleLeague](https://twitter.com/LaconiaLittleLeague) on Twitter.

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TRACK (Continued from Page A9)

a time of 9.66.

The 4X200-meter relay team of Gabby Day, Syed, Skylar Ruelke and Jada Edgren won with a time of 2:03.12.

In the 55-meter dash, Day was fourth with a time of eight seconds. Edgren was fifth with a time of 8.04. Syed was ninth with a time of 8.24. Becca Fleming was 15th with a time of 8.47. Ella Irving was 29th with a time of 9.75.

In the 300 meters, Fleming was 17th with a time of 51.97 and Irvin was 22nd with a time of 51.97.

Aurora Couto was fifth in the 1,500 meters with a time of 6:18.71.

In the high jump, Ruelke was second with a height of four feet, four inches. She was also 11th in the long jump with a leap of 12 feet, 7.75 inches. Fleming was 15th with a jump of 11 feet, 11.25 inches.

For the boys' team, Kyle Whitcomb was 19th with a time of 7.93 in the 55 meters. In the 1,500 meters, he was fifth with a time of 4:56.33.

Micah Edgren was fifth in the 300-meter dash with a time of 40.80.

In the 600 meters, Gabriel Fraser was 20th with a time of 1:55.62 and Nick Miles was eighth with a time of 1:37.47.

In the 4X200-meter relay, the team consisting of Eddie Mann, Brandon Robichaud, Edgren and Miles was third with a time of 1:49.24.

Edgren was fourth in the long jump with a leap of 17 feet, 3.75 inches. Mann was eighth overall at 16 feet, 9.5 inches.

In the shot put, Joey Spinale was fourth with a toss of 36 feet, three inches. Zack Dulos was sixth with a throw of 35 feet and Michael Marrone was 11th with a toss of 31 feet, two inches.

Winnisquam

For the boys' team, Cadin Burns was 25th in the 55 meters with a time of 8.58. Mason Ivester was 29th with a time of 9.55. Burns was eighth with a time of 11.85 in the 55 meter hurdles.

In the 600 meters, Evan Griffin was ninth with a time of 1:37.74 and Shamus Dunn was 12th with a time of 1:46.39.

In the 1,500 meters, Dylan Robert was third with a time of 4:29.87 and Riley Mann fourth with a 4:44.93.

In the 4X400-meter relay the boys' team had a time of 4:07.61. It consisted of Dunn, Griffin, Robert and Mann.

For the girls' team, Akasha Pelkey was 33rd with a time of 10.53 in the 55 meters. She was also 14th in the shot put with a toss of 18 feet, 10 inches.

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