



THURSDAY, DECEMBER 27, 2018

GILFORD, N.H. - FREE

GHS freshmen dive into community service

BY ERIN PLUMMER
mnews@salmonpress.news

Gilford High School freshmen got a head start on their community service requirement, had the chance to help others, and got to meet new friends during the annual Community Service Day.

Community Service Day took place on Nov. 8 where the entire freshman class did a series of different community projects.

All GHS students are required to complete at least 24 hours of community service during their four years to graduate. Community Service Day gave them a three hour kick start in that requirement.

Guidance counselor



COURTESY PHOTO

Freshmen do some raking on Community Service Day.

Deb Laliberte said they give a sense of support: fairness, caring, and try to focus around trustworthiness, respect, responsibility, citizenship. She said SEE **SERVICE DAY** PAGE A8

Suggestion for recyclables before the new center opens

BY ERIN PLUMMER
mnews@salmonpress.news

The new recycling center and transfer station is under construction and a member of the Solid Waste Committee is suggesting that people separate their different recyclables so the center can open with plenty of presorted materials.

Work is ongoing on the new recycling center, selectman and Solid Waste Committee member Richard Grenier said it is coming along

well. At the Dec. 12 selectmen's meeting, Grenier proposed an idea for how to get the center off to a running start and save on costs.

Grenier said for the past three or four months he started separating his aluminum and tin before bringing them to be recycled and had an idea where this could be applied to the new recycling center. He said if residents have the room they should start separating out

their different recyclables - like aluminum, tin, different grades of plastics, and others - and bringing them into the new facility already separated. This way, they will have much more product when the materials are put out to sale on the open market.

"The day we open we can fill those bins and start having baleable and saleable material," Grenier said.

He said he saw an ar- SEE **RECYCLING** PAGE A9



ERIN PLUMMER

Cheryl Knight with her hand tied blankets at the Gilford Fall Farmer's Market.

Gilford Fall Farmer's Market wraps for the season

BY ERIN PLUMMER
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Gilford's Fall Farmer's Market has closed for the year following a few months of local vendors offering their fresh and creative products in an indoor space.

The last market for the year at the Gilford Youth Center took place on Saturday alongside the Kids Market. Shoppers looked over an assortment of handmade

crafts and local produce in the GYC gym.

GYC Director Scott Hodsdon said numbers were a little down this year.

"It was a little slower than previous years; we didn't have as many vendors this year," Hodsdon said.

He said it is likely due to how many other craft fairs are going on this time of year.

Hodsdon said it is still

a great opportunity for local vendors to come together and sell their products to people.

Winnepesaukee Woods Farm of Alton is a regular vendor at both the summer and fall farmer's markets in Gilford. Owner Aaron Lichtenberg said the attendance has been "up and down like any market" with its busy and slow times.

SEE **FARMER'S** PAGE A8



COURTESY

Emily Jacques, a learner from Gilford Elementary School, is the current Juvenile Arthritis Honoree for the state of New Hampshire. She has sponsored several fundraisers at the school: a coin war which raised \$859.20 and a duct tape challenge, in which her father was duct taped to a wall. The duct tape challenge raised over \$365. Last weekend, her team, Emily's Reindeer Express, was the top team in the Jingle Bell 5K race held in Concord. At that event, she raised more than \$3,300. Throughout the fall, she provided information and spread awareness of Juvenile Arthritis and its effects to her fellow learners at GES.

'Tis the season...for early deadlines

The offices of the Gilford Steamer will be closed Monday and Tuesday, Dec. 31 and Jan. 1, in observance of New Year's Day.

To ensure that our Jan. 3 edition arrives in subscribers' mail boxes on schedule despite these holiday closures, our submission deadline for that week is being moved up two business days from where it would ordinarily fall.

Any press releases, letters to the editor, and obituaries intended for publication on Jan. 3 must be in our hands by Thursday, Dec. 27 at 4 p.m. to be considered for publication. As always, submissions can be dropped off at our offices, located at 5 Water St. in Meredith, or e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

For information about the holiday deadlines for display advertising, please contact Beth Tobyne in Sales at 279-4516, ext. 110 or beth@salmonpress.news.

The staff of the Gilford Steamer thanks our readers and advertisers for their cooperation with our holiday schedule, and wishes the community a safe and very happy holiday season.

Notes from the Gilford Public Library

BY MARK THOMAS
Library Correspondent

OK, EVERYONE. Touch your head if you are listening! Good. Today, we are going to be reading books about the EARTH *gasps. Who knows what Earth is? Yes, Maddie? Yes, Earth is the planet we live on. There are many, many planets in the universe, but Earth is where we are. We are going to start with a book called 'Here We Are' by Oliver Jeffers. Can everyone see the cover picture? Parents, we have many of his books and they are great for family reading. Will everyone say 'Here We Are' with me? 1, 2, 3, "HERE WE ARE." Wow, thank you all. Ok let's begin...

Thirty minutes fly by as the 20 kids present interact with three picture books being read by a librarian. Just as their attention starts to slip, the group moves on to making the day's craft: Coloring a miniature paper ball into a globe, which they can take with them. Afterwards the children play, parents talk, and the librarian helps everyone find other books to take for reading at home. It sounds too good to be true, but this happens several times a week at the Library, and another round of storytimes is about to start!

Behind the peaceful, positive facade of a simple story telling lies a carefully thought out education program based on science and first hand experience. Storytime helps young minds get ready to read, learn to focus on a teacher figure, learn to listen to others, to socialize with other kids, and to take turns interacting. Kids learn to both speak up when it is their turn to participate, and to pay quiet attention when the story is being read or another kid is participating. Reading at home is wonderfully important, and storytime at the Library is the perfect supplement to diversify reading habits and to help parents find books and reading strategies to give young minds every advantage.

Beginning again on Monday, Jan. 7, the week starts with Baby/Toddler Storytime from 10:30-11 a.m. Parents and their children ages two and a half and younger are welcome to come read, sing, and play with their baby and/or toddler. Stories are accompanied by songs and games to help children develop both mental and motor skills. Then on Tuesdays from 10:30-11:30 a.m. Preschool Storytime happens. Sign up is required to read, sing, dance, and make a craft for two-and-a-

half-to-five-year-olds. The same program happens again on Friday at the same time. Finally, Music & Movement happens on Thursday from 10:30-11:30 a.m. Kids ages five and under can sign up to listen to music, sing, dance, and play along with instruments. Each of these story times are open to library card holders, limited only by registration space, so be sure to let parents you know or take

advantage of these free programs with your family yourself!

Classes & Special Events Dec. 27-Jan. 3

Thursday, Dec. 27
P.J.s and a Movie, 10:30 a.m.-12:30 p.m.

The gifts have been opened and played with, now what? Come in your PJs and enjoy a newly released movie with your kids. All ages welcomed!

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, Dec. 28
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, Dec. 31
Fiber Friends, 10 a.m.-12:30 p.m.
Mahjong, 12:30-3 p.m.

Tuesday, Jan. 1
Closed for New Year's Day

Wednesday, Jan. 2
Line Dancing, 9-10:30 a.m.

Check Out an Expert, 10 a.m.-noon

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.

Healthy competition fuels much-needed support

GILFORD—When Will Swart was first invited to take part in Pub Mania as a team captain by Patrick's co-owner Allan Beetle three years ago, Swart was sure his 24 teammates could each raise the suggested \$100.

Made up of employees and riders associated with the Laconia Harley Davidson dealership in Meredith, where Swart is general manager, team Laconia Harley Iron Butts felt great about the idea of raising \$2,400 to benefit the Greater Lakes Region Children's Auction. Swart remembered that a collective reality soon dawned on them, though: They could raise even more.

"Our efforts snowballed from there," Swart said. Every team captain associated with the annual Pub Mania event at Patrick's Pub & Eatery reports this same desire to have the competitive edge.

"It's what makes Pub Mania more successful each year," said Co-owner Allan Beetle.

In 2018, the 10th anniversary year for the greatest bar stool challenge ever, 744 participants on 31 teams raised a total of \$353,361, bringing the Children's Auction to its largest total in 37 years at \$580,584.

"We are incredibly awed and grateful to everyone who took part, and we're proud of Will's team—the top fundraiser at over \$31,778," Beetle said.

Last year, the Iron Butts raised \$15,278. What allowed the team to double the funds raised in 2017 was raffling off a 2018 Harley



Will and Kathy Swart react after receiving "The WB: It's for the Kids" award for the top-earning team of 2018, the Laconia Harley Iron Butts.

Anniversary Street Glide, which brought in \$14,000 through \$20 ticket sales.

"Our biggest reason for wanting to get involved in Pub Mania was to channel what we can do as a business, a dealership, a group of people, into a charity that does so much for the community we live and work in," Swart said. "Part of the joy of participating in Pub Mania is just the fun of doing it, part of it is supporting the charity itself, and part of it is the competitiveness."

Jaimie Sousa, chair of the Children's Auction since March, said each year the board braces itself to learn the Pub Mania total.

"We hope for the best, and then we're thrilled when the fundraising amount is even more than we expected, going up \$40,000 or \$50,000 each year," she said. "It's hard to think about what our community would look like without fundraising from Pub Mania. So many local agencies depend on it."

Funds that funnel through Pub Mania to the auction provide such things as lunches for children in the Lakes Region

who don't know where their next meal is coming from. The dollars provide food, clothing, shelter—and even Christmas gifts—for families in need. It also offers enrichment through support of organizations such as the Boys & Girls Club of the Lakes Region and other mentoring programs that give children a safe place to play and "a glimpse of what life can offer," Sousa said.

"This makes a difference in people's lives," Sousa added. "That's what we hope for."

The Children's Auction was created in 1982 by Warren Bailey, then a radio DJ on WLNH, who started conducting the event on air. In 1998, Jaimie said the auction became televised. It continues to follow the same general agenda: Tuesday through Saturday, during the first week of December, items are auctioned off, and the proceeds benefit dozens of local nonprofits.

Many people get involved—from donating items to raising money to shopping the auction. Some tell stories that help others understand the need.

"Leaders from the

nonprofits we support speak and share stories," Sousa said, "and we have groups of young people doing community service hours and getting interested in giving back. It's cool to see there is a next generation for the Children's Auction."

Swart said his wife, Kathy, is a very active member of the Iron Butts because she was once a single mother and remembers what it was like to need—and receive—community support.

"Now she wants to help others," Swart said.

In addition to raffling off the Harley, the Laconia Harley Iron Butts organized fundraising events like Biker Bingo Nights, which typically raised about \$1,000. They collect donations during customer grill-outs, and one employee—the team's top individual fundraiser—brought in more than \$1,800 by selling handmade ornaments.

As captain of her own team, Fusion, Sousa also knows the adrenaline rush that comes with bringing in more—and more, and more. Fusion is made of up young professionals. They raise money through admission to networking and special events, as well as individual team member fundraising initiatives. This year, they raised more than \$15,000.

"I'm really happy that I can be a part of it in both ways," Sousa said, speaking of her role with the auction and as a participant of Pub Mania. "We're all working toward the same goal."

She added, "I credit Pub Mania with really giving the auction a year-round face and a way to fundraise throughout the year. Thirty-one teams are all promoting their own events and fundraising in a variety of ways. It's an amazing thing."

For more information or to participate in Pub Mania visit www.patrickspub.com/pubmania or email info@patrickspub.com.

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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GMS theater goes all aboard for "Anything Goes"

BY ERIN PLUMMER
mnews@salmonpress.news

The Gilford High School stage will become the scene of a cruise with many comedic misadventures with Gilford Middle School's coming production of "Anything Goes."

Rehearsals are ongoing for the coming production of the classic Cole Porter musical.



ERIN PLUMMER
(Left) Gilford Middle School students rehearse for the coming production of "Anything Goes."

Eighth grader Jesse Powers is one of the actors playing the main character Billy. Billy goes on the cruise as a work trip but ends up running into Hope, the woman he met once who he fell in love

with. "He's kind of like a bad boy in a way, and Hope's a good girl," Powers said. "He loves Hope in a way and he doesn't want to leave her."

Powers said his dad showed him the movie right before rehearsals started, and he said it's a good musical where everyone can have a role.

"It's probably one of my biggest parts I've had; it's like 118 lines," Powers said.

Eighth grader Camryn Marshall will be one of the performers playing Hope, who is torn between staying with her fiance Evelyn, the suitor her mother approved, or Billy.

"Hope is a girl trying to decide who she loves, Billy or make her mother happy and marry Evelyn," Marshall said.

Marshall said her part is mostly ready, though there are a few

SEE ANYTHING GOES PAGE A9

Gilford High School honor roll

Gilford High School has released its honor roll for the first trimester of the 2018-2019 school year.

Grade 9

High Honors: Claire Bartley, Eva Bondaz, Shealagh Brown, Kaleena Dyer, Vanessa Genakos, Nicole Green, Hale Kutuk, Zoe Lehneman, Avery Marshall, Jaiden McKenna, Josh Merriam, Marlow Mikulis, Mackenzie Roys, Reese Sadler, Lindsay Shute, Lauren Sikoski, Catherine Stow, Kate Sullivan, Mitchell Townsend, Jacqueline Wright, and Esther Wrobel.

Honors: Finn Caldon, Jack Cennamo, Anna Cook, Emily Crowell, Joshua Dery, Cassandra Ellis, Danielle Giardini, Tyler Hazelton, Laura Hughes, Van Langathianos, Sophia Lehr, Karina MacLeod, Riley Marsh, Riley McDonough, Bradley McIntire, Saje Merrill, Blythe O'Connor, Nathaniel Poll, Anna Roy, Colby Smith, Ruby Tinsley, and Jasmyn Watt.

Grade 10

High Honors: Blake Bolduc, Gerron Belanger, Kyle Brent, Tyler Browne, Thomas Cain, Peter Christensen, Bridgette Dahl, Caroline Dean, Annabelle

Eisenmann, Andrew Flanders, Madelyn Galant, Alyssa Gosselin, Chandler Green, Kendall Jones, Mae Kenny, Harrison Laflamme, Jennifer Laurendeau, Kayla Loureiro, Brayden McDonald, Stevie McSharry, Kaelan O'Connor, Carson Ormes, Kathryn Osburn, Catherine Pingol, Lindsey Sanderson, Sofia Sawyer, Elizabeth Swarouth, Bethany Tanner, Charles Townsend, and Jordan Witham.

Honors: Alexandria Aquaro, Alexander Berube, Lily Burleigh, Connor Caldon, Jason Callahan, Jack Christensen, Alexa Dahl, Grace Denney, Eric Ellingson, Madison Lemire, Noah Marshall, Logan McBride, Madyson McDonald, Jack McLean, Katalyna Mitchell, Jacqueline Nash, Atyra Perry, Kamryn Price, Serena Pugh, Emma Ramsey, Emma Tierno, and Kaley Zingg.

Grade 11

High Honors: Olivia Anastasy, Cody Boucher, Myranda Byars, Jaiden Carter, Jillian Cookinham, Jenna DeLucca, Katiana Gamache, Benjamin Gardiner, Laurel Gingrich, Ramsey Landry, Sydni Lehr, Kolbi Plante, Maxwell Stephan, Connor Sullivan, Ian Taylor, Joshua Testa, Jaylin Tully, Ele-

na Uicker, Abigail Warren, Colton Workman, and Molly Wrobel.

Honors: Katrina Boucher, Alysha Burton, Erica Cao, Adin Cisneros, Brianna Costa, Samuel Drew, Madison Eastman, Brianna Fraser, Natalie Fraser, Michelle Gallant, Baylee Gill, Samantha Holland, Taylor Hurst, Olivia Lofblad, Kyla Mercier, Jillian Palisi, Hailey Peake, William Perry, Charles Purcell, Rachael Shute,

Cyndal Van Steensburg, and Joseph Voivod.

Grade 12

High Honors: Nicole Berube, Kendall Boisvert, Josey Curley, Camryn Dembiec, Michael Eisenmann, Mariah Finley-Gardner, Troy Gallagher, Ashley Loureiro, Gregory Madore, Matthew McDonough, Haylee Perry, Gwenhwyfar Stracchino, and Emily Waite.

Honors: Alexis Bois-

vert, Zachary Cobis, Brandon Cole, Lara Davalle, Melody Davies, Rhiannon Day, Kaitlyn Dwyer, Rachel Langlitz, Moritz Lietz, Steven MacDonald, Michael Maltais, Margaret McNeil, Samuel Mercer, Erika Moshier, Alexander Muthersbaugh, Nicholas Perry, Jade Pickowicz, Noah Presby, Ansel Randall, Olivia Salesky, Karly Sanborn, Brian Tremblay II, and Ryan Witham.

Pub Mania 2018 announces team awards

GILFORD — The books are now closed for Pub Mania 2018, with a record \$353,631 raised boosting the Children's Auction to a record amount raised totaling \$580,584. The 31 teams and team captains were saluted at a banquet held at Patrick's Pub & Eatery this past Monday.

Team captains Andrea Morin and Jason Bourdeau of the Winnepesaukee Diving Ducks received the Feeding Families Award, collecting 9,912 food items for items for the local food pantry. "This year we got our students at Elm Street School involved, and they really had fun being part of the effort"



COURTESY

2018 Pub Mania Team Captain Award Winners front left to right: Will Swart, Kathy Swart (Anna McCormick missing) of Laconia HD Iron Butts (Top Dollar Award), Andrea Morin & Jason Bourdeau of WYC Diving Ducks (Feeding Families Award), and Stacy Trites (Becky Reposa, Jami Bourdeau & Kristi Maciejewski missing) of MVS Barstool Bankers (Outstanding Participation Award). Pub Mania Referees Shawn & Jennifer Bailey and Allan & Jennifer Beetle in back row.

explained ESS Teacher Morin.

Becky Reposa, Jami Bourdeau, Stacy Trites and Kristi Maciejewski of the MVS Barstool Bankers took the award for Outstanding Participation. This award is computed by the Pub Mania referees keeping eye on all the teams efforts during the 24-hours as participants are invited to take part in a variety of activities, such as Lip Sync, Karaoke, Talent, Arts & Crafts and more. "We are so

grateful for the opportunity to be part of this amazing event to benefit the children and families in our communities" said co-captain Trites.

Last but not least is the Top Dollar award, presented to the team raising the most money. This year, the Laconia HD Iron Butts,

SEE PUB MANIA PAGE A9

Gilford native Luke Harding achieves Fall 2018 Dean's List at Belmont University

NASHVILLE, Tenn. — Luke Harding, a Gilford native, qualified for the Fall 2018 Dean's List at Belmont University. Eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C.

Approximately 35 percent of Belmont's 8,318 students qualified for the Fall 2018 Dean's List. Belmont Provost Dr. Thomas Burns said, "This achievement for the fall semester indicates that these students have placed a high priority on their work at Belmont and have invested time and

energy in their studies. It is our strong belief that consistent application in this manner will reap great benefits, which will equip them for a lifetime of learning and growing."

About

Belmont University Ranked No. 6 in the Regional Universities South category and consistently named as a "Most Innovative" university by U.S. News & World Report, Belmont University is home to more than 8,300 students who come from every state and more than 36 countries. Committed to

being a leader among teaching universities, Belmont brings together the best of liberal arts and professional education in a Christian community of learning and service. The University's purpose is to help students explore their passions and develop their talents to meet the world's needs. With more than 90 areas of undergraduate study, more than 25 master's programs and five doctoral degrees, there is no limit to the ways Belmont University can expand an individual's horizon. For more information, visit www.belmont.edu.

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STRATEGIES FOR LIVING

A way forward ... through the shadows of defeat

BY LARRY SCOTT

On the evening following his defeat to Bill Clinton in a bid for a second term as President of the United States, George H. W. Bush agonized. He "needed a way forward through the shadows of defeat." It is to his credit that he returned to a few core truths that had always guided him.

"Be strong," he told himself in his living room musings, "be kind, be generous of spirit, be understanding, let people know how grateful you are, don't get even, comfort the ones I've hurt and let down, say your prayers and ask for God's understanding and strength, finish with a smile and with some gusto, do what's right and finish strong." With that, the 41st President of the United States retired for the night.

So begins author Jon Meacham in "Destiny and Power" (page xvii) as he opens the story of one of America's great men.

His musings that evening marked the end of a remarkable political career. From the heights of power to heart-rending defeat on Nov. 3, 1992, George H. W. Bush would live to see his reputation rise as America came to appreciate the impact of this one man on the history of these United States. His death, on Nov. 20 at the age of 94, uncovered accounts of his life that were truly impressive.

Life has a way of throwing us some very wicked curves. Not a one of us makes it through life without encountering times of deepest despair and distress. It is during those times of testing that we discover strength of character and the ability to hold steady until things change.

In a now widely reported 2009 letter to Sam Palmisano, then CEO of IBM, George Bush wrote, "I cannot single out the one greatest challenge in my life. I have had a lot of challenges and my advice to young people might be as follows.

"Don't get down when your life takes a bad turn. Out of adversity comes challenge and often success; Don't blame others for your setbacks; when things go well, always give credit to others; Don't talk all the time. Listen to your friends and mentors and learn from them; Don't brag about yourself. Let others point out your virtues, your strong points; Give someone else a hand. When a friend is hurting, show that friend that you care; Nobody likes an overbearing big shot; As you succeed, be kind to people. Thank those who help you along the way; Don't be afraid to shed a tear when your heart is broken because a friend is hurting, and, Say your prayers!"

I can think of few better directives coming from a man who practiced what he preached. George H. W. Bush found a way forward, and despite his setbacks, he left the world a better place.

As I face the new year, I am reminded of a statement Jesus made during the tumultuous times in which he lived. "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." The future may be uncertain, but I remain confident: it's going to be a great year!

For more thoughts like these, please follow me by subscribing to indenseoftruth.net.

Pet of the Week: Cooney

Cooney, a totally precious 14 year old tuxedoed lady will be a beautiful addition to anyone's family. This purr machine loves snuggles, plenty of sunshine to warm in and a comfortable bed to enjoy her senior years. She does have a thyroid condition, which is easily managed through her diet. She is good with other cats and enjoys a good long chin rub. Cooney has been with us since early October after being given up by her owner due to a living arrangements change. Visit with this curious, hypnotic green eyed beauty and experience the absolute joy of giving your heart and home to such a sweet and deserving cat.



NORTH COUNTRY NOTEBOOK

No marks on this carpet, and a goodbye to 2018



By JOHN HARRIGAN
COLUMNIST

This morning, as the New Year neared, I looked out one of the front porch windows to see something not all that common--an unbroken blanket of



JOHN HARRIGAN

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

new snow across the landscape, with nary a track upon it.

The foreground of unbroken snow led me to the Mohawk valley

and up Carlton Hill Road and then to the SEE NOTEBOOK PAGE A9

MARK ON THE MARKETS

Ending the year on a low note



BY MARK PATTERSON

Going back to the summer time this year, our 401(k)s, 403 B's and brokerage accounts were doing very nicely, and the "wealth effect" was in full swing. The wealth effect is simply psychological state when people feel they have more money to spend when they retirement money, typically stock mutual funds, are doing well. This is the time that as an advisor, I hear from certain clients that their neighbor is

doing much better than them in the stocks. Having been in this business for 24 years it is just part of the cycle of joy, elation followed by distraught to those who are not properly invested for their risk tolerance, but more importantly the real purpose of the money.

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

want to buy stock at market highs and sell at market lows.

A typical risk tolerance questionnaire, in my opinion, is just the very beginning of the information that I need to assess a well-constructed portfolio that meets the client's needs more than their wants. For instance, a client tells me that they need what equates to 8 percent of their retirement portfolio as income but they did not want to draw down principal. That is simply not possible without risking principle. As a portfolio manager, I am able in this interest rate environment, to provide my client with a steady sustainable income in the 5 percent range. This is not obtained through capital appreciation, but through cash flow from a bond portfolio of investment grade bonds. You can buy high-yield, or junk bonds however there is a high degree of credit risk associated with these bonds. They are also highly correlated to the stock market, not the bond market. My strategy has been to take the amount of money needed to provide a steady sustainable cash flow, and with the re-

maining money try to obtain capital appreciation through stocks potentially using some "options" strategies for income.

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

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

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

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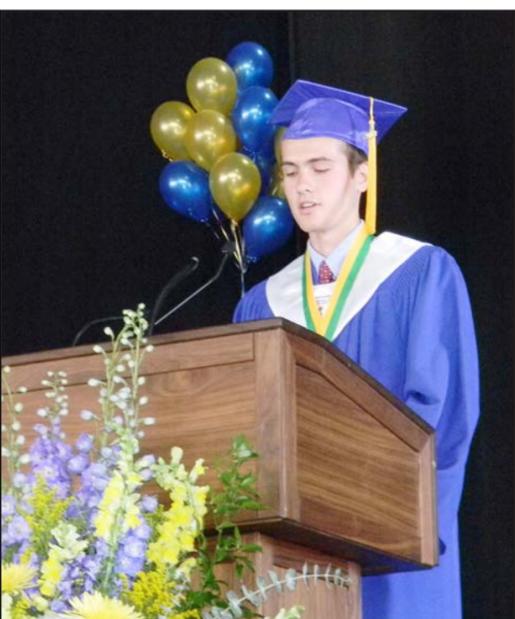
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2018: The Year in Photos



2018: The Year in Photos



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2018: The Year in Photos



NOTICE OF PUBLIC HEARINGS

Shaker Regional School District will hold two public hearings relative the proposed 2019-2020 Budget. The first will be held on Monday, January 7, 2019 at 6:00 pm at Canterbury Elementary School and the second on Wednesday, January 9, 2019 at 6:00 pm at Belmont Middle School.

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SERVICE DAY

(Continued from Page A1)

they also try to talk about how this leads to ethical decision making and character development. Community service helps with all of that.

“Not only does community service help others; it also helps you become a better person,” Libberte said.

The day began with a kickoff assembly in the auditorium and a presentation on the benefits of community service and the school's policy on getting community service hours. The students then met in the cafeteria and divided into different groups, then traveled to their different sites with a chaperone.

Projects included planting flowers and flags at the town veteran's memorial, clearing the trails behind Gilford Elementary School, working with kindergartners at GES, painting the fence around the Rowe House, painting facilities at the Meadows, replacing the flags on veterans' graves at McCoy Cemetery, work around the Gilford Public Library and the Gilford Community Church, and many others. The freshmen collaborated with staff from the Public Works Department on several projects on town property.

Libberte said this



Gilford High School freshmen painted the fence at the Rowe House on Community Service Day.

is the first time a lot of Gilford and Gilmanton students are meeting each other, and these projects provided some great opportunities to bond. She said they tried to mix the number of students originally from Gilmanton and those from Gilford. Pizza was delivered to the sites and students also got the chance to stop and eat meeting with people they might not have interacted with yet.

Libberte said the school is really proud of the students and what they accom-

(Left) Pizza arrives for the students working hard on Community Service Day.

plished. “They demonstrated strong work ethic,” Libberte said. She said not only were they getting their community service hours, their work greatly benefited others.



The Meadows gets spruced up thanks to some freshmen.



FARMER'S

(Continued from Page A1)

“I always appreciate people coming and selecting fresh local goods,” Lichtenberg said.

The vendors for the last market of the season included kids who displayed their creations for the Kids Market.

“It's always fun seeing the kids put on their own market,” Lichtenberg said.

Cheryl Knight of Laconia has been making her own homemade tie blankets for around 10 years, starting with a family gift.

“My little granddaughter needed a blanket,” Knight said.

All of her blankets are hand tied together and not sewn. She also contributed some of her creations to the Greater Lakes Region Children's Auction.

This is her first Gilford Fall Farmer's Market, and she said she wants to come back to do the summer market for “the variety of items they have; how you can



Todd Lemieux with his homemade maple products for Todd's Sugar Works.

get fresh veggies and all of this good honey and maple syrup.”

She also really liked the Kids Market.

“The things the kids have...oh, my God,” Knight said.

Todd Lemieux of Belmont sold an assortment of maple products.

Lemieux has been making syrup “off and on for a long time” and has been doing it commercially for four years. He makes all of his syrup in his own sugaring house from trees he has tapped himself, half of which are in Gilford. The only product in the table he didn't make was the pan-

cake mix from a company in Franklin.

Lemieux also sells his products in the summer Farmer's Market and this is his second time doing the fall market.

“I like it, I've got a very good following in Gilford and people have treated me really nice in this town,” he said.



NOTICE OF PUBLIC HEARING ON PROPOSED CABLE TELEVISION FRANCHISE AGREEMENT

WEDNESDAY, JANUARY 9, 2019 7:00 P.M. GILFORD TOWN HALL – 1ST FLOOR CONFERENCE ROOM

The Gilford Board of Selectmen will hold a public hearing pursuant to the provisions of RSA 53-C:3-a to consider a proposal from Comcast of Maine/New Hampshire, Inc. for a new 10 year cable television franchise to be in effect beginning in the year 2019. If approved, this cable television franchise will be in addition to the existing cable service franchise of Atlantic Broadband (formerly known as MetroCast).

Copies of the proposed cable television franchise agreement are available at the Selectmen's Office and on the Town's website (www.gilfordnh.org).

Any interested person may attend this public hearing and present information and/or opinions related thereto.

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Edward Jones: Financial Focus

Consider Some New Year's Financial Resolutions

As the year winds down, you may want to look ahead to see which areas of your life you can improve in 2019. Perhaps you'll decide to exercise more, eat healthier foods, reconnect with old friends or volunteer at a school or charitable organization. All these goals are certainly worthwhile – but you also may want to add some New Year's financial resolutions to your list.

Here are a few ideas to consider:

Boost contributions to your employer-sponsored retirement plan. Good news! Contribution

limits will be increasing for many employer-sponsored retirement plans.

For 2019, you can contribute up to \$19,000 (up from \$18,500 in 2018), or \$25,000 (up from \$24,500 in 2018) if you're 50 or older to your 401(k) or similar employer-sponsored retirement plan. It's usually a good idea to contribute as much as you can afford to your employer's plan, as your contributions may lower your taxable income, while any earnings growth is tax-deferred. (Keep in mind that taxes are due upon withdrawal,

and withdrawals prior to age 59 ½ may be subject to a 10% IRS penalty.)

At a minimum, put in enough to earn your employer's matching contribution, if one is offered.

Try to “max out” on your IRA. Even if you have a 401(k) or similar plan, you can probably still invest in an IRA. For 2019, you can put in up to \$6,000 in a traditional or Roth IRA (up from \$5,500 in 2018), or \$7,000 (up from \$6,500) if you're 50 or older. (Income restrictions apply to Roth IRAs.) Contributions

to a traditional IRA may be tax-deductible, depending on your income, and any earnings growth is tax-deferred. Roth IRA contributions are not deductible, but earnings growth can be withdrawn tax-free, provided you don't start taking withdrawals until you are 59 ½ and you've had your account at least five years. You can put most types of investments – stocks, bonds, mutual funds, government securities and so on – into an IRA, so it can expand your options beyond those offered in your 401(k) or similar plan.

Build an emergency fund. Try to build an emergency fund containing three to six months' worth of living expenses, with the money held in a low-risk, liquid account. This fund can help you avoid dipping in to your long-term investments to pay for unexpected costs, such as a major car repair.

Control your debts. Do what you can to keep your debts under control. Ultimately, the less you have to spend on debt payments, the more you can invest for your future.

Don't overreact to financial market volatility. In 2018 –

especially the last few months of the year – we saw considerable market volatility, with huge drops and big gains in rapid succession. What will 2019 bring? It's always difficult – and usually futile – trying to forecast the market's performance over the course of an entire year. But, in any case, try not to overreact to whatever ups and downs we may experience. Instead, continue pursuing an investment strategy that's appropriate for your goals, risk tolerance and time horizon.

Following these suggestions can help you become a better investor in 2019 – and beyond.



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RECYCLING

(Continued from Page A1)

ticle regarding the BCEP (Barnstead, Canterbury, Epsom, Pittsfield) Recycling Center, and how they have incorporated these same concepts.

Grenier said he knows this might not be possible for everyone, including people who live in apartments.

Grenier said he plans to send this information to the Solid Waste Committee and talk to Solid Waste Supervisor Mike Donovan about getting bins to store the materials that have been saved. This will result in less weight that they will have to pay to get rid of and stock the center with saleable material.

"If people are interested and concerned about their taxes this is a way they can help out on their own," Grenier said.

Grenier said he wants to spread the word on this option. This could be accommodated by the town providing covered bins for this material.

The construction of the recycling center has been going well so far. The roof and the siding is now installed, there will be translucent panels along the top to allow light in. At the last selectmen's meeting the board voted to authorize Dunn to sign a contract with Gilford Well that would put water on that site.

"I think we're in a good position," Grenier said. "Whatever comes down the recycling road in the next five to 10 years, we've got the building for it. We're ahead of the curve, there's just so many pluses to it."

The Solid Waste Committee is expected to meet this winter on operating the facility and costs for different services. Already they decided not to have a scale and disposal will have a flat rate fee.

Grenier said they are hoping that the facility would be ready and open this summer.

ANYTHING GOES

(Continued from Page A3)

challenges.

She said she had already seen "Anything Goes" coming into this production.

"It's really cool because it's a really interesting show, lots of twists and turns," Marshall said.

Brenna O'Connor and Lily Tierno both play Reno Sweeney, a nightclub owner who

O'Connor described as "spunky." She said Reno is in love with Billy and wants to tell him, but he treats her more like a buddy.

The two have collaborated in the rehearsal process.

"Reno sings a lot, we like to help each other out with songs," Tierno said.

O'Connor said Reno

is "really loud" there are moments where her songs have to be belted out. Tierno said there are a few scenes when the curtain will open and Reno will be there with a spotlight right on her.

"She likes to be the center of attention until things go wrong," Tierno said.

Auditions took place

in November and rehearsals began right after Thanksgiving break. Tierno said they have a lot done so far.

"We've literally blocked every single scene that's in the show, we're really far ahead," O'Connor said.

The costumes for Reno's Four Angels backup singers have already been fitted.

PUBMANIA

(Continued from Page A3)

captained by Will & Kathy Swart, Anna McCormick and Lyndsey Cole were the top team with \$31,778 turned in.

"We're so thankful for the support of our staff, customers and our Harley Owners Group members", said Will Swart, General Manager. "They have gone the extra mile in our 2018 fundraising efforts and participation in the event. Additionally, a special shout out to Anne and Steve Deli, owners of

Laconia Harley Davidson. Their support of our team, and fundraising efforts, help to make this all possible. This is an incredible way for us to give back to the community as we are looking forward to Pub Mania 2019."

Each of the 31 teams that make up Pub Mania has one or more captains that build a team of 24 people, one for each hour of the event.

"The team captains are the backbone of

this event," says Patrick's co-owner Allan Beetle. "They inspire others to participate and fundraise to help kids here in the greater Lakes Region of New Hampshire. These awards are a lot of fun and help to create a healthy competition amongst some of the teams."

One hundred percent of the funds pass directly to the Children's Auction for distribution to the community. Proceeds

from the Greater Lakes Region Children's Auction are used for children's basic needs, including food, clothing and shelter as well as for programs and organizations that work to improve the lives of children and mitigate the need for these services.

For more information, visit www.patrickspub.com/pubmania or for the Children's Auction visit www.childrensauction.com.

NOTEBOOK

(Continued from Page A4)

distant range of mountains and ridges the geologists have always referred to as the Blue Mountain Pluton.

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

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

+++++

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

But ah, you say, what about the small

creatures--the mice and chipmunks and squirrels that can soon have unbroken snow looking like an entrance to a Walmart?

We were on our second cup of coffee when an object crossed my field of vision, traversing just the corner

of an eye, and I said "What was that?" even though I was pretty sure it was a hawk. It was a big bird and moving fast, over the rooftop before I knew it.

Raptors are accustomed to finding small creatures around my

yards and barns, especially the front yard, where if they get tired of trying to catch something that's moving they can swoop down and grab something that isn't.

This is because we put dead mice from the traps in the house

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

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



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Gilford swims well at Icebreaker meet at UNH

BY BOB MARTIN

Bob@Salmonpress.news

DURHAM — The Gilford High School swim team participated in the UNH Icebreaker last weekend, which included 340 swimmers from around the state. The Golden Eagles girls' team placed eighth out of 18 teams in the competition.

"The GHS swim team had a successful meet at UNH Sunday," said coach Dave Gingrich. "With approximately 340 swimmers this was a large meet. For individual events, there were 24 swims during which swimmers dropped time from their seed times."

Laurel Gingrich led the way with a first place finish out of 118 swimmers in the 50-yard free with a time of 26.37. In the 100-yard free she swam a 59.66 for third place. Gingrich qualified for the state meet in both races.

In the 100 free, Cyndal VanSteenburg and Maggie McNeil dropped four and three seconds with times of 1:12.67 for 26th and 1:23.36 for 54th respectively. In the 100-yard free, Lauren Sikoski was 14th with a time of 1:09.47. Madison Heyman was 43rd with a time of 1:18.47. Jennie Gannon was 47th with a time of 1:21.07. Angie Bonnell was 49th with a time of 1:21.40. Riley McDonough was 51st with a time of 1:22.49. Kaley Zingg was 65th with a time of 1:32.96. Karly Sanborn placed 72nd with a time of 1:38.12.

In the 100-yard fly, Grace Shoemaker was 15th with a time of 1:21.73. Shoemaker was also 15th in the girls' 500-yard free with a time of 6:59.92.

In the girls' 200-yard free, Eastman was 19th with a time of 2:58.18. Jillian Cookingham was 23rd with a time of 3:06.47.

In the girls' 200-yard intermediate, Claire Bartley placed 14th with a time of 2:53.89. Bonnell was 21st with a time of 3:24.04. Catherine Pingol was 25th with a time of 3:36.81.

In the girls' 50-yard free, Cookingham was 50th with a time of 33.64. Heyman was 57th with a time of 34.25. Pingol and McNeil had a time of 34.71 for tie for 62nd. McDonough was in 64th with a time of 34.74. Gannon was 68th with a time of 35.37. Zingg was 75th with a time of 36.47. Elena Uicker was 79th with a time of 36.65. Sanborn placed 100th with a time of 42.32. Rodger was



Elena Uicker swims the backstroke at the Icebreaker Invitational, which involved 340 swimmers.

112th with a time of 50.90.

In the girls' 100-yard backstroke Bartley

was 22nd with a time

of 1:18.88 and Sikoski

was 27th with a time of

1:21.77. Eastman placed

36th with a time of 1:31.91

and Uicker was 37th with a time of 1:31.99.

VanSteenburg was 42nd

with a time of 1:39.

Byars named Player of the Season for Division 3

BY BOB MARTIN

Bob@Salmonpress.news

GILFORD — Sometimes it isn't the numbers that tell the story. This appears to be the case with Randi Byars, who was named Division 3 Player of the Season by newhampshirefieldhockey.com.

This past fall, Byars helped the Gilford Golden Eagles to an 11-5 season and a trip to the semifinals in the state tournament. She was a wizard on defense all season, and was described by coach Dave Rogacki as "one of the top defenders in the state." She was named first team All-State in Division 3.



Randi Byars was recognized by Newhampshirefieldhockey.com as Division 3 Player of the Season for her play this season.

Byars has been a strong player anywhere she is put on the field, but as a defender she has shined immensely. Rogacki said she is well respected for her play not only around the Granite

State, but all over New England.

New Hampshire fieldhockey.com called her the "best defender in D-3" and added that it was "by a very long mile." The website also said she has be-

come "one of the most individually talented players D-3 has to offer."

Byars still has another year of field hockey for Gilford, and the sky is the limit for next season.

Amy Annis Tournament in Gilford in January

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 reg-

istered 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.

CLASSIFIED SELLS IT ALL

Lakes Region Holiday Hoop Tournament starts today

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Lakes Region Holiday Hoop Tournament will be taking place at Gilford High School and Gilford Middle School starting today and running through Saturday.

The tournament opens today with four games in the high school gym and four games in the middle school gym.

In the middle school, the Kingswood and Newfound girls will kick things off at 11:30 a.m. followed by the Kingswood and Newfound boys at 1 p.m.

Following those two games, the Belmont girls will be taking on Moultonborough at 2:30 p.m. and the Belmont and Moultonborough boys will play at 4 p.m.

In the high school, things kick off with Laconia and Winnisquam girls doing battle at 11:30 a.m. and the Laconia and Winnisquam boys following at 1 p.m. The host Golden Eagles follow, with the Gilford girls taking on Prospect Mountain at 2:30 p.m. and the Gilford boys taking on Prospect Mountain at 4 p.m.

The tournament continues on Friday,

Dec. 28, with consolation games in the middle school gym at 11:30 a.m. and 2:30 p.m. for the girls and 1 p.m. and 4 p.m. for the boys.

Also on Friday, Dec. 28, are the tournament semifinals, with the girls' games at 11:30 a.m. and 2:30 p.m. and the boys' semifinals at

1 p.m. and 4 p.m.

The tournament finals will take place on Saturday, Dec. 29, with the girls playing at 4:30 p.m. and the boys fol-

lowing at 6 p.m.

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

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 opens on Wednesday, Dec. 19. Those who register early for next season will receive a discount on the registration fee.

Families from Laconia, Gilford, Gilmanston, 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, instagram.com/laconialittleleague, and @LaconiaLittleLeague on Twitter.

Kingswood Legends hockey game is tonight

WOLFEBORO — On Dec. 27, Kingswood Athletics and the Kingswood Alumni Association will host “Kingswood Legends” at Pop Whalen Ice Arena for an ice hockey alumni game. The game is open to all ice hockey players who have graduated from Kingswood Regional High School. Teams will be divided by “odd” year graduates vs. “even” year graduates.

The Kingswood Department of Athletics along with the Kingswood Alumni Association is looking forward to hosting the

alumni and their families in what will surely be a fun event. The cost to participate is \$20 with checks being made payable to Kingswood boys' ice hockey.

The puck will drop at 7 p.m.

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

To register, please visit the Kingswood Athletics web site at www.kingswoodhsathletics.org and click on the Legends Game under Announcements.

Kingswood hockey girls hosting vendor Bingo Jan. 4

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

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

pered Chef will also have their products on display for purchase.

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

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

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

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

This time around things went even smoother than in Sochi. The wireless service in Pyeongchang was spectacular, allowing me to connect to the office and get my regular work done in addition to experiencing everything

SPORTING CHANCE



By JOSHUA SPAULDING

that Pyeongchang had to offer. The weather was much colder than it was in Sochi, which initially took me by surprise, but in the long run, it was much like being at home in New Hampshire in the winter time.

The two weeks on the other side of the world came during the alpine state championships so I missed out on a few more championships for the Kennett Eagles. I got home in time to see the Kennett Nordic teams ski to championships. Additionally, I got to see the Kennett hockey team make its way to the Division III finals while the Kingswood hockey boys skated their way into the Division II semifinals.

The spring sports season brought some more success, which included the Kennett softball and baseball teams both playing in the Division II semifinals on succes-

sive days. The spring season transitioned into the summer, which was also fairly busy thanks to some non-work events.

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

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

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

And of course, the fall transitioned into the

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

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

Finally, have a great day Mellisa Seamans.

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

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

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

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

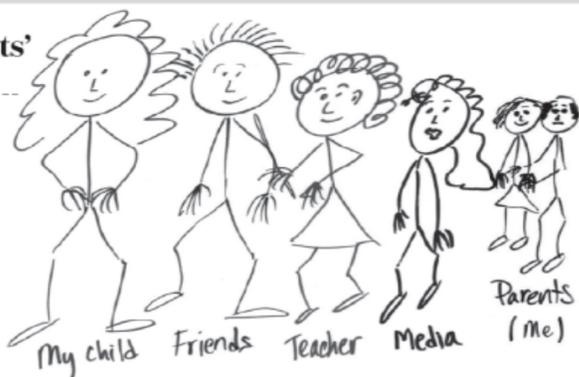
Research shows teens who regularly eat as a family (5-7 times per week) are **33 percent** less likely to use alcohol.



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



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

Teen's view





BOB MARTIN

Patrick Carr had a great senior season playing tight end, and received second team All-State recognition.



BOB MARTIN

Quarterback Alex Cheek made second team All-State this year.

Trio of G-B football players earn All-State

BY BOB MARTIN
Bob@Salmonpress.news

REGION — The Gilford/Belmont football team was led by a group of strong sophomores and seniors this season, and three of them made the Division 2 All-State team for their solid work on the gridiron this past fall.

Tight End Patrick Carr was recognized for his strong play during his senior season for the Golden Eagles. He was a primary receiver with 32 catches, five touchdowns and more

than 400 yards receiving. Coach Josh Marzahl described him as an “elite receiving option” who was an important part in every game to help the team win or keep things close.

Alex Cheek was named second team All-State as a sophomore for his play behind center as the team’s quarterback. He finished with 1,400 passing yards and 11 touchdowns in the air. He also had 350 rushing yards giving him about 1,750 all-pur-



pose yards. With this season on varsity, the being only his second future is very bright for

Cheek. Marzahl commended him for his two gaming winning drives and leading the offense throughout the season.

BOB MARTIN
(Left) Jonathan Mitchell made second team All-State and was a defense force all season for Gilford/Belmont.

Jonathan Mitchell made second team All-State as a linebacker in his sophomore season. He was a beast this year on defense, tallying up a ridiculous 145 tackles including 10 tackles for a loss. He also had an interception and helped force and recover several fumbles.

“He was a force on the defensive side all season and helped turn around the defense from a year ago,” said Marzahl.

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PSU softball offering numerous clinics

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

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