

ABA to present Alton Bay Winter Carnival Feb. 14

ALTON — Although things will look different this year, the fundraising cause remains the same. We are saddened that we will not be able to host this large-scale event in the way we normally do, due to so many Covid-19 safety concerns. With that said, we are still committed to bringing some winter fun(raising) to our community! We'll be offering smaller (safer) sponsored events, and we're taking a few events virtual, like our infamous Fundraiser Raffle.

Winter Carnival Events Include:

*Ice Sculpture Walking Tour in Alton Bay

*Bob House Decorating Contest

*Our virtual Fundraising raffle, with amazing prizes donated from our members and local businesses! This

on-line raffle will run from Feb. 7-14 from our Web site, www.altonbusinessassociation.com (stay tuned to our Facebook page event for sneak peaks on the prizes and more details).

*The Alton Parks and Recreation Department is sponsoring a Snow Shoe Hike (weather permitting) on Sunday, Feb. 14 at 10 a.m. at the Morse Preserve/Pine Mountain, located on Avery Hill Road, off of Alton Mountain Road. For more information and/or to register contact parksrec@alton.nh.gov or 875-0109. Register by Feb. 11.

*ABA Table on the Ice for brief time to announce Virtual Raffle Winners

*Virtual events may be added, so stay tuned to our Facebook Event Page @altonbusinessassociation and Web site

We're still seeking sponsorships and accepting raffle item donations through Feb. 1. If you're interested in a supporting a great cause and giving back to your community by being a sponsor, please visit our Web site or email us at info@altonbusinessassociation.com! All event sponsors and prize donors receive marketing benefits throughout this event!

Thank you so much to our members, local business owners and community residents who help keep this winter fun event alive! Although our event may look different this year, let's continue to spread community pride and cheer wherever we are and embracing all the winter season brings!

Prospect girls start strong, hang on for win over Gilford



JOSHUA SPAULDING

GILFORD'S Lindsey Sanderson goes up for a rebound against Prospect Mountain's Kassidy Kelley (left) and Jiana Kenerson in action last week.

BY JOSHUA SPAULDING

Sports Editor

ALTON — After both teams saw their first week of games postponed, the Prospect Mountain and Gilford girls' hoop team moved up one of their games and got the season started in Alton on Thursday, Jan. 14.

Prospect Mountain jumped out to a quick lead and then held on the rest of the way for the 37-32 win over visiting Gilford.

"We're happy we get to play," said Prospect coach Rick Burley. "It showed, the late start to the season, we missed a lot of inside shots.

"But we're playing basketball and everyone is happy," he added.

"It's a short season, this is really our first scrimmage," said Gilford coach Rick Forge. "We knew Prospect Mountain would be a good team.

"But the kids just want to play," Forge added.

Hannah Capsalis got off to a quick start for the Timber Wolves, draining a pair of three-pointers. Ella Misiaszek followed by putting back a rebound and after

Michaela Vernazzaro drained two free throws, the Timber Wolves had a 10-0 lead. Allison Carr hit the first point for Gilford on a free throw with 45 seconds to go in the quarter and then Maura Hughes hit the first field goal of the game for the Golden Eagles, making it 10-3 after one quarter of play.

Vanessa Flanders finished off her own steal to give Gilford the first points of the second quarter before Vernazzaro answered for the Timber Wolves. Flanders and Vernazzaro exchanged hoops again and then Capsalis added a three-pointer to push Prospect's lead to 17-7.

From there, Gilford scored the final eight points of the quarter, with a hoop from Flanders starting the run and after a free throw from Lindsey Sanderson and two from Carr, Flanders drained a three-pointer to cut the lead to 17-15 at the halftime break.

Like in the first quarter, Prospect Mountain came out strong out of the halftime break, as they scored the first six points of the third quarter. Julia Leavitt put

back a rebound to get things started and then Misiaszek and Sophia Bean each hit hoops, giving the Timber Wolves the 23-15 lead.

Carr hit a pair from the free throw line to get Gilford on the board but Capsalis immediately answered with a hoop for Prospect. Sanders drilled a three-pointer for the Golden Eagles but Ella Smith closed out the quarter for the Timber Wolves with a hoop for a 27-20 lead heading to the final quarter.

Leavitt started the fourth quarter with a field goal for Prospect and Carr answered with two free throws for the visitors. Bean converted a three-point play to push Prospect's lead to 32-22 but Flanders answered right back with a three-pointer at the other end. After a Leavitt free throw, Carr sank a three-pointer for Gilford to cut the lead to five but Leavitt answered by putting home a rebound to keep the Timber Wolves ahead.

Hughes hit a free throw for Gilford but Bean finished off a nice

SEE HOOPS, PAGE A8

Timber Wolves kick off alpine season



JOSHUA SPAULDING

AMBER FERNALD skis for Prospect Mountain in the opening race of the season.

BY JOSHUA SPAULDING

Sports Editor

GILFORD — The Prospect Mountain alpine ski team started the season on Friday, Jan. 15, at Gunstock.

The meet also featured St. Thomas, Newfound, Gilford and Lacoia as well as one skier from Inter-Lakes. Full results were not made available as of deadline.

Following is a list of the results that were available.

For the Prospect girls in the giant slalom, Re-

SEE ALPINE, PAGE A8



MATT BONNER skis through the giant slalom at Gunstock last week.

West Named HRCU's New Director of Human Resources



Donna West

ROCHESTER — HRCU is pleased to announce that Donna West has been hired as their Director of Human Resources. West takes the lead on overseeing the credit union's HR efforts companywide.

West brings nearly a

decade of HR experience to HRCU. Most recently, serving as the HR Manager at RiverWoods Durham, in Durham. In this role, West oversaw HR, while facilitating professional development, managing all benefits, and onboarding new employees. Prior to RiverWoods Durham, she also ran HR for Anchor Insurance Manag-

ers in St. Petersburg, Florida, as well as, Re-Energy Holdings LLC, of Latham, New York.

"Donna brings a great deal of human resource experience to HRCU. With the growth we have experienced and the challenging times we are in to keep staff well informed and safe, Donna will be a tremendous asset to our organization,"

said HRCU President & CEO Brian Hughes.

West is a member of both the Society of Human Resource Management and the Southeast Human Resource Association. She and her husband Mike reside in nearby Alton Bay.

HRCU is a state-chartered and federally insured community credit union that has been

serving the New Hampshire community since its inception in 1962. With several locations throughout the seacoast, HRCU prides itself on helping its members achieve their financial goals through convenient, technology-driven, services and a compassionate, personalized approach.

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Madi Cotreau named to Curry College Dean's List

MILTON, Mass. — Curry College is proud to announce that Madi Cotreau of New Durham has been named to the Dean's List for

the Fall 2020 semester. Cotreau majoring in Nursing, is among the roughly 1,000 students that have received the distinction, a marker of academic excellence

and high achievement.

To earn a place on the list, full-time undergraduate students - those who carry 12 or more graded credits per semester - must earn a 3.3 grade-point-average (GPA) or higher.

About Curry College
Founded in 1879, Curry College is a private, four-year, liberal arts-based institution located on 131 acres in Milton, Mass. Curry extends its educational programs to a continuing education branch campus in Plymouth, Mass. Curry offers 28 undergraduate majors, as well as graduate degrees in business, accounting, education, criminal justice, and nursing, with a combined enrollment of over 3,700 students. The

student body consists of approximately 2,000 traditional undergraduate students, and 1,700 continuing education and graduate students. Approximately 1,575 of its students reside on the Curry campus. The largest majors are business management, communication, nursing, criminal justice, and education, and the college is also internationally known for its Program for the Advancement of Learning (PAL). The College offers a wide array of extra-curricular activities ranging from 15 NCAA Division III athletic teams to an outstanding theatre program. Visit us on the Web at www.curry.edu.

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LRAA launches 'Hearts for Heroes' project

COVID-19 EMERGENCY RESPONDERS AND VETERANS THANKED / HONORED BY ARTISTS

TILTON — President of the Lakes Region Art Association / Gallery, Tom Hitchcock, announced its member artists will show their support and gratitude to the Covid-19 first responders, medical personnel, hospitals and veterans in the Lakes Region by promoting its message of love and appreciation through inviting anyone, artist or not, to do so by painting an image of a heart to express their thanks in its 'Hearts for Heroes'

project. "In 2021, one of our three annual community projects will be to acknowledge the hard-working and never-give-up dedication of those who are involved in saving lives of Covid-19 victims and our military veterans. They are truly heroes," said Hitchcock. 'Hearts for Heroes' art needs to be brought to the LRAA gallery, Tanger Outlet Mall, 120 Laconia Rd., suite 132, Tilton, Thursdays through Sundays, from

Feb. 4 to Feb. 28, 10 a.m.-6 p.m. How you choose to paint a 'Heart for Heroes' image, with or without a written message included, is only restricted by the maximum size of nine by 12 inches; otherwise, any medium or material is acceptable, from paper to fabric, using photos, collage, oils, acrylics, pastels, crayons, watercolors, etc. Images must be unframed and artists also agree to relinquish their art forever, which will be placed on display

at the LRAA / Gallery thru February. There is no cost to participate, no age limit or how many images allowed per person. Registration forms are available at the Gallery. Anyone wishing to participate may also receive help and advice from the LRAA member artist on duty during gallery hours, at no cost. At the conclusion of the exhibit in the LRAA Gallery, the 'Hearts for Heroes' display will relocate to the New Hampshire Vet-

erans Home, 139 Winter St. Tilton, during March for the enjoyment of the residents and staff. Due to Covid-19 the exhibit there will not be open to the public. The New Hampshire Veterans Home (NHVA) provides high quality, long-term care to men and women who served their country and the state of NH. NHVA was founded in 1890 as the Soldier's Home for Civil War Veterans and is the only long-term care facility

dedicated exclusively to serving the Granite State's elderly and disabled veterans. To learn more go to www.nh.gov/veterans or www.facebook.com/nhveteranshome or call: 527-4400. The Lakes Region Art Assoc. is a non-profit 501-C3 organization. It was founded in 1940 and the oldest art association in the Lakes Region.

Comfort Keepers

Low impact exercises

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

Maintaining our physical health as we age is an important part of overall wellbeing. Making activity part of our daily routine becomes more vital as we age but can also be more difficult.

Seniors should always discuss their physical activity level and ability with their physician. For most, engaging in 30 minutes of moderate activity each day can have numerous long-term benefits.

There are a variety of low-impact exercises and activities that can be beneficial for seniors. Low-impact exercise can elevate the heart rate, which in turn has physical health benefits.

While it is typically easier to participate in

these less rigorous types of exercise, older adults should always talk to their doctor before starting a new program.

Types of low-impact exercise can include:

Walking: One of the benefits of walking is that, unlike running, it's easier on the joints. Plus, it doesn't require any special equipment or a gym membership. With a comfortable pair of tennis shoes and a smooth pathway, someone can start this right away. For the most benefit, keeping a brisk pace for at least 15-20 minutes is important.

Swimming: What's better than minimal stress on the joints? No stress at all. Swimming provides a number of benefits, including strengthened shoulders and increased lung capacity. Seniors can also take part in water aero-

bics or walk on underwater treadmills.

Yoga: From improving flexibility and coordination to strengthening your core, there's very little that yoga doesn't do. Additionally, yoga has been shown to improve mood, focus, and overall mental well-being.

Pilates: This exercise allows for very slow and concise movements, designed to improve posture and flexibility. Like yoga, Pilates are known to improve mental well-being.

Cycling: With the proper safety measure in place (including a helmet, shin pads, and appropriate configurations), cycling can do wonders for not only the cardiovascular system but also the joints and various muscle groups.

Weight training: Weight training can

be done at home, with small free weights or even moderately heavy objects that you can grip easily, or at a fitness center. Consistent repetition is key, as is advancing to heavier weights over time.

Leg Raises: These can be done at home with no equipment. Simply stand behind a chair, and while holding on to the back of the chair, move one leg to the side and then back. Repeating this, with different variations, can help strengthen lower back and thigh muscles.

Dancing: In recent years, there has been a rise in the popularity of dance class enrollment – and for good reason. The constant movement in dancing classes can help circulation and flexibility. Attended these classes can also provide great opportunities to social-

ize and connect with others.

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Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all

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our Web site at nhcomfortkeepers.com for more information.

Barnstead Farmers' Market seeks vendors for 2021

BARNSTEAD — Vendors are invited to apply to the Barnstead Farmers Market for the 2021 Farmers Market season. Applications are available at www.barnsteadfarmersmarket.club.

If you are interested in Full season and you are a new vendor, we are offering the New Vendor Special again this year

of \$100. That is a savings of \$50. Limited space is available, so call today to reserve. This year, we are seeking, vegetables, meats, gluten free, coffee, prepared foods, baked goods and unique items! Our Saturday market is located at 96 Maple St., Center Barnstead.

The Barnstead Farm-

er's Co-op Market is coming this spring! We are seeking vendors for Pop-up Fridays and products for our Co-op Market. This option will give those who cannot make Saturday markets an opportunity to sell their products through the co-op market which will be open Thursday, Friday, Saturday and

Sunday! The Barnstead Farmer's Co-op Market is located on the corners of Province Road and Route 28 in Barnstead.

For more information, please call or email: Lori at 269-2329/info@barnsteadfarmersmarket.club or visit our Web site: www.barnsteadfarmersmarket.club.

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Opinion

Take your Vitamin D

Recent studies have suggested that Vitamin D is one way to build our immune systems against inflammation and viruses, including COVID-19. During summer months, it's easy to get our daily dose by eating fresh fruit and vegetables and by spending more time outdoors. However, with winter brings a challenge with shorter days and the ability to absorb the much needed vitamin.

During a trek to the top of a mountain last week, we met a doctor who went on to explain how, during winter months, the Vitamin D the sun gives off does not radiate to the levels high enough for our bodies to absorb it. He suggested taking Vitamin D supplements until about April, advice he takes himself. We can also find vitamin D in oily fish, mushrooms and certain dairy products.

Individuals who live in the Northeast during winter at higher latitudes are at higher risk of having a deficiency in the vitamin. Experts say adults should get at least 600 IU per day of Vitamin D.

It was during the 1980's when it was discovered that our immune cells had receptors for Vitamin D, and that it played a crucial role in the gastrointestinal tract. Experts suggest that the more vitamin D in your system, the less likely you will suffer from inflammatory bowel disease or Crohn's disease. Lung and gut health was also improved. Vitamin D offers aid to the gut by keeping the micro-biome healthy.

Of course, with all things, do not go overboard. It is recommended that individuals do not take more than 4,000IU per day to avoid any toxic side effects. Vitamin D aids in calcium absorption, so if those levels spike, calcium levels may spike, affecting the kidney. As with all things, always check with your doctor before taking any supplements.

On another note, this winter seems to be flying by for some of us. The holidays seem to have come and gone in a flash. We are just two weeks away from what many call the longest month of the winter, the dreaded February. Usually temperatures drop well below zero, and stay there for far too long. However, we find that if you embrace these winter months, enjoy your snowy walks and hot cocoa you might actually find yourself missing these chilly, refreshing days when the extreme heat hits this summer.



RC GREENWOOD

Opening tilt

Gilford's Austin Normandin works his way between Prospect Mountain's Chris Cox (left) and Michael Perry during action on Thursday, Jan. 14, in Gilford. The two teams are set to meet again tonight, Jan. 21, at Prospect Mountain at 6 p.m. Gilford is scheduled to play Plymouth next week, with games at home on Monday, Jan. 25, at 6 p.m. and at Plymouth on Thursday, Jan. 28. The Timber Wolves are scheduled to play Laconia next week, at home on Monday, Jan. 25, and on the road on Thursday, Jan. 28.

Letters to the Editor

We must lift each other up beyond violence

To the Editor:
Violence of any kind--no matter where perpetrated or for whatever perceived reason--must be denounced by all. The question is, how do we handle it, what can be learned from it, and how can we [all] come together to eradicate it? Individual soul-searching would be a good place to start. Using rational thought, guarding the words we use with others who

may have different views, and searching our own hearts, not to assess blame, but to find ways [actions] to unite us as Americans would be steps forward. No one is perfect. Together, however, we can build each other up, take responsibility, and return America to the one nation, under God, which strives for liberty and justice for all.

SHARON NORBY
ALTON

Trump signs

To the Editor:
As I drive around Barnstead and Alton, I am appalled at the continuing display of Trump election signs and flags. The disgraced soon to be former president has been proved to be a racist and a traitor. The display of Trump electoral material is a statement of these values. I'm also ashamed of our elected officials that display or have displayed these items. The lack of morality associated with these displays is shameful.

NORMAND LEGERE
BARNSTEAD

Howard has betrayed his oath of office

To the Editor:

Rep. Raymond Howard, Jr., Belknap County District 8 (Alton, Barnstead, and Gilmanton), took an oath of office as follows:

I, ... do solemnly swear, that I will bear faith and true allegiance to the United States of America and the State of New Hampshire, and will support the Constitution thereof. So help me God.

I, ... do solemnly and sincerely swear and affirm that I will faithfully and impartially discharge and perform all duties incumbent on me

as, according to the best of my abilities, agreeably to the rules and regulations of this Constitution and laws of the State of New Hampshire. So help me God.

Meanwhile, Rep. Howard has become a member of a group that has served the State of New Hampshire with a "Termination of office of the 'state.'" The signers declare in the document that they are "Absolved of all allegiance to the statutory 'state' of New Hampshire and all political connection between the Citizens of the State of New Hampshire and the 'state' is and ought to be totally dissolved."

As a signatory to this document, and a member of the movement propounding it, Rep. Howard has repudiated his oath of office, thereby disqualifying himself from serving. His repudiation of his oath, which is a requirement of the office, constitutes in legal effect a resignation from the position as Representative. A special election must be scheduled so that the voters of this district might choose a representative who will take and abide by the required oath of office.

Until recently, this kind of posturing on the

part of Mr. Howard and his cohorts might have been viewed as mere antics, but after this week's horrible events in Washington, D.C. the insurrectionary tone of this document is very ominous.

Thank you,

LEW HENRY
GILMANTON

ROB WRIGHT
ALTON

KATHY PRESTON
BARNSTEAD

Thank you for supporting Alton Community Services

To the Editor:
The Holiday season is over, and we all are settling in for winter in our wonderful Town of Alton. With great apprecia-

tion and respect to our community, Alton Community Services gives a very heartfelt Thank You to those who have so generously supported ACS. Your donations

enabled us to address the needs of our neighbors who are struggling in these difficult times especially with Operation Blessings and Mrs. Santa. Throughout the year your support has allowed ACS to provide housing, medical, utility and fuel supplements when dire circumstances were presented to ACS. Food donations have been abundant for those in need. With grateful hearts,

I and Alton Community Board members and volunteers, thank you! With growing needs in 2021, ACS asks for your continued support. May 2021 bring peace, prosperity and good health to our wonderful community; let the spirit of Alton remain strong!

Respectfully,


CHRIS RACINE
DIRECTOR
ALTON COMMUNITY SERVICES

Lend me your ears

To the Editor:
Friends, Republicans, Democrats, lend me your ears;

The evil that Trump did will live after him;
The good will be interred with his bones.
(Sorry, Willy, but I had to do this)

DUANE HAMMOND
ALTON



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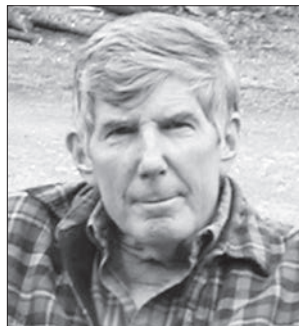
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The Baysider is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. ISSN: 1945-5836. USPS 024921 periodicals postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Baysider, P.O. Box 729, Meredith, NH 03253.

North Country Notebook

Funerals, a very fast bird, and a little bit about radio



By JOHN HARRIGAN
COLUMNIST

I've refrained from saying much about the pandemic, because the media are permeated with it and readers need a break. I did say something in a recent column, however, about devastating effects to the societal glue of visits at the hospital, final good-byes, visiting hours at the funeral home, and graveside services. Funeral homes have done their best to adapt, while families have changed plans and coped.

People from all over responded to this huge challenge to society's very fabric, but here are words from a reader in Maine:

"The 'societal glue' you mentioned--when people grieve together at calling hours, a funeral and all the other events surrounding a death--is a special type of binding that only happens in that situation and can't simply be deferred. Human emotions do not stagnate and wait for a more opportune time to be displayed."

Families, funeral directors, and churches have worked to adapt calling hours and funeral arrangements to conform to new requirements, and some families have chosen to forego visiting hours and hope for a graveside

service later on. One could easily be overwhelmed by all the Covid "coping" information in the media, but few broadcasts or publications seemed to notice the curtailment or loss of calling hours. Yet, as I wrote at the time, "This is where we reconnect with schoolmates, childhood friends, and long-lost relatives. It is how we mitigate, understand, and absorb the loss of our loved ones."

In sum, it is the society we know.

+++++

This is the time of year when New Hampshire's birding community and others committed to conservation celebrate the return--literally--of the Peregrine falcon

New Hampshire's falcons represent the kind of conservation success story that is woefully as rare as the birds once were. They constitute a ray of hope in a scenario that can often seem dismal, considering problems like habitat loss, unchecked growth, fragmentation of ownership, and rising temperatures in New Hampshire's lakes, streams, and ponds.

Northern New England began losing its falcons generations ago. Not until the 1960s did researchers trace the problem to widespread use of the pesticide DDT, which built up in the food-chain and made raptors' egg-shells so thin that they'd crack if so much as nudged in the nest.

It took a decade for mainstream science to catch on, federal and state agencies to catch up, and legislators and decision-makers to enact laws and regulations

to get DDT out of circulation. Then the birding community and cohorts set about trying to repair the damage.

With the Northeast's falcon just about gone, wildlife recovery strategists turned to its close western cousin, and soon breeding pairs were being released in the White Mountain National Forest. In 1981, the release of captive-bred adults ended and the monitoring of wild breeding pairs began, with New Hampshire Audubon playing the major role. Here is how NH Audubon's Wila Coroka described today's status in a current post:

"This year, more than ever before, the return of these once endangered falcons to downtown Manchester acts as a reminder that adversities can be overcome; particularly when we, as a community, collaborate for a cause.

"The Peregrine falcon was recognized as an endangered species in the eastern United States just fifty years ago. With the help of rigorous research and hundreds of committed citizens, this fascinating bird of prey has made a remarkable comeback."

In 2018, wild falcons fledged 43 chicks at nests all over the state, and human participants admit they might have missed a nest or two in wild places where the birds fly with abandon, most particularly in remote sections of the upper North Country.

But no matter the precise count, the peregrine falcon is a success story that brings a smile to even a curmudgeon's face. It thereby goes onto what I like to call "The Righting of Old Wrongs



COURTESY

A Peregrine falcon keeps a sharp lookout over downtown Manchester from its perch outside a special hole-in-the-wall setup in downtown's Brady Sullivan Tower. (Courtesy New Hampshire Audubon)

List," along with the moose, loon, beaver, eagle, and marten. Still out there, somewhere, are the wolf and the missing lynx.

+++++

For almost as long as I've been newspapering, I've been doing radio. No more. My last regular stint took place just before Thanksgiving. The show's home station--a little fish in Radio Land--was gobbled up by a bigger fish. "Seventeen years as the Morning Guy," said the show's host Peter St. James, who called me as a regular guest, "and that was it."

There is something of a symbiosis between radio and newspapers. For me it began in 1968, right after I'd left the Lorden Lumber Company in Milford to take my first newspaper job at the Nashua Telegraph.

Something called a "shopping mall"--said to be New Hampshire's

first--was opening just off the F.E. Everett Turnpike, and the editor wanted me at the grand opening. "They're calling it the Mall of New Hampshire," he said, "Evidently it's a big deal."

I'd already adopted a favorite camera from the newspaper's arsenal, a huge, bulky Speed Graphic that used 4 by 5-inch film and even had a bellows, so I grabbed it and a canvas shoulder-bag for extra film-holders, and out the door I went.

Our little scrum of media stood by for the obligatory ribbon-cutting shot, and then I wandered around to set up extra photos for the advertising department. The way out took me by a radio station's stand, and the guy handling the microphone waved me over, holding up a finger in the international sign for "wait a minute."

It was, of course, what media-wise veterans

now nudge each other and laugh at as "a brief commercial break."

We introduced each other and shook hands, and before I knew it he was back at the microphone saying, "There's a new face in town lugging a camera around for the Telegraph, and let me introduce you," and with his arm over my shoulder we began sharing stories in snippets, right there on live radio, and I took to it like a duck to water, and I've been chiming in ever since on stations big and small, from Berlin to Manchester to Boston and beyond, on New Hampshire Public Radio and all over the place, in a medium I love almost as much as newspapering.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

Letters to the Editor

More vinegar, less sour grapes

To the Editor:

Those who know the history of "Vinegar Joe" Stilwell know what a leader and hero he truly was, a US Army General who served in the China, Burma, India war effort against the Japanese during WWII. His son, Joe Jr., was also a great American hero, having started the Green Berets during the war in Vietnam. He lost his life during that American conflict. He had a daughter whom I have the great pleasure to call a mentor during my adolescents while growing up in Chapel Hill, N.C., she was a student there and boarded with my mother and I for two semesters. I learned a great deal about truth, honor and about being an up-

right American from her, lessons I will take to my grave. She is remembered every year in my house at Christmas with the lighting of a candle she gave my mother, a gift of the season, for the year she spent with us.

Her grandfather and her father have probably done a turn-about several times in their graves looking down from heaven at what president #45 has done to this country, especially with his calling on the most un-Americans to storm the Capital building and its occupants on Jan. 6 The Joint houses of congress who were doing their duty for the citizens by confirming the Vote. We the people had done our duty, by voting on Nov. 3, reject-

ing a want to be tyrant lair, in favor of a properly elected president and new vice president. When #45 says there was fraud, cheating, stolen tomfoolery and the like he is absolutely correct all done by his command and orders. This is why he has such a hard time excepting that he lost. He knows he cheated and should have won, but the will of the people overcame his illegal schemes in just the volume of votes against him.

To the Evangelical Christian supporters who have misplaced their faith in #45, you have followed the words of the biblical prophet's predictions that you would, and have followed, the Anti-Christ, placing him above all

else. Yes, I believe he is that evil. People who will fall on the sword for that vile creature truly need help, can you imagine not standing up for your own vice president your own right hand, a man who stood by all your lies for the last four years

shameful, sinful, and just plain bad politics'. Impeachment just doesn't seem enough and a Senate who won't convict for a second time, shows no great love for our laws you will let him go twice. We need to hold all those accountable who vote to

protect the criminal, and who will not vote to bar him from holding office again. They also should be removed from their office at the ballot box in good time.

JOHN Q. HENDERSON
BARNSTEAD



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Town of New Durham, NH Openings for Town Election March 9, 2021

The Town of New Durham has the following openings for the positions shown in the list below. Candidacy can be declared starting Wednesday, January 20, 2021 through Friday, January 29, 2021 at 5 pm. In addition to our normal hours, the clerk's office will be open from 3-5 pm on Friday January 29th to accept candidacy declarations. You must bring photo identification with you and be a registered voter in the town. The town clerk's office is open Monday through Thursday from 9 am until 4 pm through a walk up window from the town hall parking lot.

Vacant Positions

Number of Positions	Office	Terms of Office
1	Selectman	3 Years
2	Budget Committee	3 Years
1	Cemetery Trustee	3 Years
2	Library Trustee	3 Years
1	Moderator	2 Years
1	Planning Board	3 Years
1	Planning Board	2 Years
1	Supervisor of the Checklist	5 Years
1	Trustee of the Trust Funds	3 Years
1	Zoning Board of Adjustment	3 Years
1	Town Clerk	3 Years

Per: Donna Young
New Durham Town Clerk

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	264 Halls Hill Rd.	Single-Family Residence	\$300,000	Marcia E. Henderson RET	Ethan P. Henderson
Alton	NH Route 11	N/A	\$29,000	State of New Hampshire	120 Mt. Major Highway RT and David R. Thomas
Barnstead	55 Damsite Rd.	Single-Family Residence	\$533,000	Harold L. Lorech, Jr. RET	Jonathan J. and Molly A. Silva
Barnstead	137 Parade Rd.	N/A	\$280,000	Fallno Hillsgrove	Nicholas Winwood
Barnstead	311 Shackford Corner Rd.	Single-Family Residence	\$300,000	William Gosse	Michael A. and Megan Enright
Barnstead	20 Walker Rd.	N/A	\$297,333	Diana S. and Robert M. Stanley	Michael R. and Sheryl J. Paquin
New Durham	Ridge Road, Lot 5	N/A	\$87,000	Evans Fiscal Trust and Christine C. Evans	Margaret R. Ferguson
New Durham	Ridge Road, Lot 5	N/A	\$87,000	Margaret R. Ferguson	Evans Fiscal Trust and Christine C. Evans
New Durham	N/A (Lot 6)	N/A	\$110,000	Robert E. and Arlene D. Ritter	Robert E. Olms

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve

additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

MARK ON THE MARKETS

Putting it together



BY MARK PATTERSON

aware that the equity market is pricey, and I tend to not want to buy stocks when they are expensive. But that does not mean we cannot go fishing for stocks that he would want in his portfolio at a better price and even if we do not get to buy them at that better price, we will make money for his account.

When I explained to him that we could sell "out of the money" cash covered puts, I knew I would get a blank stare and a proclamation from him that he has no idea what I am talking about. My explanation went something like this; first we want to identify some companies whose stock he would want to own. For exemplary purposes of this strategy, we will use Apple.

What I am about to explain is a technique using options to build a portfolio or just to gain revenue into your account. Apple is a technology company that has a beta of 128, which means it is more volatile than the benchmark S&P 500. This higher beta or volatility means that the option premium, when collecting will be high in relation to a less volatile stock. Presently Apple is trading at \$129. If we look out one week in the future, we could sell a "put" with a strike price

of \$129 for \$250, so this is an "at the money" put. For this "put" which represents 100 shares Apple, we will receive \$250 in premium that goes directly into the client's account. By the time this option contract expires in about one week, one of three things will happen. The first thing is that Apple does not move under \$129 and the \$250 remains in the client's account. The second thing is that before expiration the time element or intrinsic value of an option contract

could make it worth next to nothing, which the client could buy back just to ensure the fact that the stock will not get put to them. The third thing that could happen is that Apple moves below \$129 and the stock gets "put" to the client at our strike price of \$129 less the \$250 of premium which we collected to give the client a purchase price equivalent to \$126.50.

The client needs to keep \$12,900 of cash in the account in case the stock is put to them. \$250 is collected for the

one-week period, that is roughly a 2 percent return on the money for the seven days, even if the client never has the stock "put" to them!

This option strategy allows my client not to "chase the market" and bid on stocks at lower prices while keeping the premium dollars if the stocks are not "put" to them.

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

LETTERS FROM EDWIN

Kabob

I was laying in bed this morning; it was time to be getting up. The room was quiet, the moon was setting, all was pretty nice. As I lay there, nice and warm, snuggled up under all my blankets, I realized that I didn't feel any pain. Anywhere. There's usually something annoying somewhere. I figure that my body must have taken it upon itself, while my consciousness was busy elsewhere and not commanding it to do activities that it may not particularly want to do, to place itself in its most pain free position. Needless to say, I didn't want to move.

It wasn't until I had Lyme disease about six years ago that I found I had all kinds of mystery discomforts throughout my body. I felt not too enthusiastic about my existence for a couple of years as the roving annoyances circulated around never getting better and making my life hell. Knot weed eventually dampened them considerably. There may still be some remnants. But then again, I ain't getting any younger.

Speaking of

which. I send myself to the doctor once a year. I answer his questions, he does his things, and tells me how he thinks I'm doing and suggests to me modifications to my diet and lifestyle etc. Well as part of that checkup, they take their usual measurements, height, weigh, blood pressure kind of stuff. Well, a couple of years ago, the nurse actually verbalized her data, which I thought was a nice alternative to just writing them down leaving me in the dark. When she said 5-11, I corrected her saying that I have always been 6-1, drawing her response "well you're not anymore." This year, I was 5-10.

That means that my back bones have almost three inches of slack in them. Oh, I'm sure that my spinal cord has shrunken appropriately, but this might be the cause of some of these persistent irritations. Luckily hemp oil has helped with this type of stuff. I feel that pretty soon I'll look like one of those old comic book figures with small bodies and long arms and legs. Keep'em truckin Crumb.

After living with this body so long, I get somewhat familiar with its idiosyncrasies, sometimes. You see, right now I have this thing going on that feels like someone took a skewer and stuck it into my sternum and back through the middle of my spine between my shoulders and left it there. It isn't bad till you try to move. This comes about every winter after the first cold nights when I don't have sufficient bedding. To keep warm, instead of me waking up and getting a quilt, I stay asleep and my arms kind of hug the blankets to myself which pulls something out in my back. It usually fixes itself in a few days. The number of days seems to be increasing as time goes by.

So I eventually did motivate to get up. Instantly got shot with a few sharp ones. The skewer felt better than yesterday but it was still "there." The day has gone pretty well. Most days do. It's the nights. Lying down. Relaxing. Let your guard down and you're in for it. I have a couple of sleeping positions that are pretty good. I sleep like a rock,

so I don't move around much. Once I'm there, that's where I'll be all night unless that bathroom call happens. Life certainly used to be so much more carefree.

Today I was the young guy, working with an 80-year-old, moving his washer, dryer, and cabinets to a different location in his house. Not light work, but we both utilized every mechanical advantage we had at our disposal to bring about the desired result. We both knew that we were getting a bit old for tackling such things. We also knew that we would be able to accomplish the task.

In our discussions, he responded with something like. "If you give up, you give in" or was it "out?" He too has kept himself working. He's off to his job tomorrow and I'll finish up what else I have left to do. The heavy two-man stuff is finished. I'll be back there in the morning.

E.Twaste
Correspondence welcome at edwintwaste@gmail.com

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PUBLIC NOTICE
ALTON SCHOOL DISTRICT
DELIBERATIVE SESSION
AT
PROSPECT MOUNTAIN
HIGH SCHOOL AUDITORIUM

SATURDAY,
JANUARY 30, 2021
1:00 PM

Snow Date: February 1, 2021
Same Location at 7:00 pm

PET OF THE WEEK **SCOOTER**

Scooter has all the personality you could ask for in a guy and then some! His quirks are basically what make the world go round. Scooter loves attention, play time, and following you wherever you go.

Scooter has come leaps and bounds since his first weeks here with us, where he definitely let us know he was not comfortable. Scooter will need a home with an experienced cat owner who is prepared to learn all there is to learn about this handsome man.

Scooter would do best in an adult only home, due to the uncertainty of his past with other cats/dogs - it may be for the best that he is your one and only as well.

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Alton Parks and Recreation Connection

Ice Skating Rink at Mill Pond

The Town of Alton is sponsoring an ice skating area for public skating at Mill Pond, across from the Fire Department on Route 140. The rink is maintained by the Town's Grounds and Maintenance Department, and is flooded by the Fire Department. Rink conditions are weather dependent so please check the ice rink sign to make sure the rink is open.

Cozy Craft

Calling all crafters! Stay cozy and warm this Winter with your very own homemade blanket. Alton Parks and Recreation is offering a No-Sew Fleece Blanket kit for ages eight to 99! The kit consists of a light blue and grey mosaic print on one side, and light grey fleece on the other side, in a cozy

throw size, \$5. Limited quantity available, first come-first served. Grab one while you can! To order your kit, or for more information, please contact the Alton Parks and Recreation Department at parksrec-asst@alton.nh.gov or 875-0109.

Local, Guided Snow Shoe Hikes

The Alton Parks and Recreation Department is sponsoring free Snow Shoe Hikes in February, weather permitting. All abilities are welcome. If you are new to snow shoeing, we will share tips for participating in this great sport. View wild life tracks, experience the open sky, and surround yourself in silence. Bring snow shoes to this outdoor experience. Social distancing and COVID protocols will be in place. For more information and/

or to register contact parksrec@alton.nh.gov or 875-0109.

Saturday, Feb. 6 at 10 a.m. at Fort Point Woods/Trask Swamp on Fort Point Road in Alton Bay. Beginner level hike, uphill and downhill, approximately 45-60 minutes. Register by Feb. 4. Off road parking is available.

Sunday, Feb. 14 at 10 a.m. at Morse Preserve/Pine Mountain, located on Avery Hill Road, off of Alton Mountain Road. Moderate level, uphill and downhill hike, approximately 45-90 minutes- depending on trails chosen. Enjoy a scenic snow shoe trek through fields and forests, and reach the mountain top with a panoramic view of the Belknap Range and Lake Winnepesaukee. Register by Feb. 11.

Parking is available at the Mike Burke parking lot or along the road. Directions: take Route 11 into Alton Bay, turn on to Rand Hill Road. After three quarters of a mile on Rand Hill Road, take a left onto Alton Mountain Road. After approximately two miles, take a left onto Avery Hill Road. The trail head is located about 500 feet on the left after passing the Mike Burk Trail System.

Exercise Classes

The Alton Parks and Recreation Department is offering free Zoom exercise classes in February for local residents. Connect with us as we help motivate you to move, be active and have fun. Classes are held live through Zoom, computer and internet access is required. Participants must register in advance to receive the class session link. Contact 875-0109 or parksrec@alton.nh.gov for more information.

Weight Training- Adults of All Ages- Mondays and Wednesdays from 1:30-2:30 p.m. Join certified instructor Kellie Troendle lead you through muscle building exercises for a strong body. We will also work on stretching, balance and flexibility. Class runs Feb. 1-24. Pre-register by Jan. 28 at parksrec@alton.nh.gov.

Yoga for Sports- Mondays, 4-4:45 p.m. In an effort to support an active lifestyle- whether golfing, skiing, snow shoeing, running, hiking or court sports, join in this class that will offer exercises designed to increase range of motion, build strength and balance, and improve mental resilience that will help on and off the sports scene. Class runs Feb. 1-22. Pre-register by Jan. 28 at parksrec@alton.nh.gov.

Chair Yoga- Wednesdays, 3-3:30 p.m. This class is designed to move through gentle exer-

cises for major muscle groups, and is geared for all abilities. Seated exercises will stabilize core muscles and promote strength and stability. Class runs Feb. 3-24. Pre-register by Jan. 28 at parksrec@alton.nh.gov.

Winter Activity "Box"

Alton Parks and Recreation is sponsoring a Winter Activity "Box" for Alton residents ages six to 12. Box will include assorted activities; games; arts and crafts; and other items like a make your own snowman fleece pillow, and snowfall measuring stick- all for \$3 per box. Limited quantity available- first come first served. Boxes will be available for pick up at the Parks and Recreation office this week. Contact Alton Parks and Recreation Department today to reserve your "Box"- 875-0109 or parksrec-asst@alton.nh.gov.

Abigail Thomas achieves Nichols College academic honors

DUDLEY, Mass. — Abigail Thomas, a Nichols College student from Alton, achieved, President's List status for the fall 2020 semester at Nichols College, which ended in December.

The Dean's List and President's List give recognition to those students who achieve high grades during a single semester. In order to be included on the Dean's List, a student must have a minimum average of 3.5 for at least 12 undergraduate credit-hours and must have received no grades below

B- during the semester. Students whose semester average is 3.85 or higher for at least 12 undergraduate credit-hours and no grades below B- will receive President's List honors.

About Nichols College Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and profession-

al education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow's leaders. Nichols also offers master's degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today's professionals.

SNHU announces Fall 2020 Dean's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the fall 2020 Dean's List.

Eligibility for the Dean's List requires that a student accumulate an academic grade point average (GPA) of 3.5-3.699 and earn 12 credits for the semester.

Justin Smith of New Durham

Tyler Smith of New Durham

Matthew Olive of Center Barnstead

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 88-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate

programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the «Most Innovative» regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

HIGH SCHOOL SLATE

Thursday, Jan. 21

KENNETT
Boys' Hoops at Kingswood; 6
Girls' Hoops vs. Kingswood; 6
PROSPECT MOUNTAIN
Boys' Hoops vs. Gilford; 6
Girls' Hoops at Gilford; 6

Friday, Jan. 22

KENNETT
Alpine Skiing at King Pine; 9:30
Nordic Skiing at White Mountains; 3
Ski Jumping Home Meet; 6
PROSPECT MOUNTAIN
Skiing at Sunapee; 10

Saturday, Jan. 23

KENNETT
Hockey vs. Laconia-Winnisquam-Inter-Lakes; 4:30

Monday, Jan. 25

KENNETT

Boys' Hoops at Belmont; 6
Girls' Hoops vs. Belmont; 6
PROSPECT MOUNTAIN
Boys' Hoops vs. Laconia; 6
Girls' Hoops at Laconia; 6
Unified Hoops at Laconia; 3:30

Wednesday, Jan. 27

KENNETT
Hockey vs. Berlin; 6:30
Ski Jumping at Hanover; 6

Thursday, Jan. 28

KENNETT
Alpine Skiing at Cranmore; 9:30
Boys' Hoops vs. Belmont; 6
Girls' Hoops at Belmont; 6
PROSPECT MOUNTAIN
Boys' Hoops at Laconia; 6
Girls' Hoops vs. Laconia; 6

All schedules are subject to change

SNHU announces Fall 2020 President's List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the fall 2020 President's List.

Eligibility for the President's List requires that a student accumulate an academic grade point average (GPA) of 3.7-4.0 and earn 12 credits for the semester.

Cassidy Downs of

New Durham

Maddison Foss of Alton Bay

Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 88-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate

programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the «Most Innovative» regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

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OBITUARY

Wilma Adelaide Norman

Wilma Adelaide (Gamble) Norman of Alton Bay, NH passed away peacefully early on January 8, 2021 after a long battle with Alzheimer's disease. A wonderful mother to her children and loving wife to Alden, her recently deceased husband of 64 years, she leaves her children (Debbie, Todd, Ann, and Judi) their spouses (Paula, Jeff Sydow, Charlie Gagnon) five grandchildren (Bill, Kelley, Devan, Elyse and Olivia), her great grandson, Michael, her sister-in-law Irene Gamble and numerous nieces and nephews. Predeceased by her parents, Lawrence and Louise Gamble, and siblings Lawrence, Doris, Elmer, Earle, Leroy and Claire, Wilma was born in Salem, MA on October 5, 1935 and grew up in Beverly, MA. A graduate of Beverly High School and the Forsyth School of Dental Hygiene, she had a career as a dental hygienist before marrying Alden in June 1956 and having children. The young family first lived in Topsfield, MA before moving multiple times as Alden pursued his career. Wilma made a great home and enjoyed living in such places as New Jersey, Texas, California and London before resettling in New England, first in Winchester, MA and then Alton Bay, NH when Alden retired. Wilma was a very sweet lady but had a competitive streak that will be long remembered by her children who engaged in many intense tennis, badminton or ping pong matches with their mother. She



loved hosting friends and family at their Lakehouse in Alton Bay and winter home in Florida. Her grandchildren have fond memories of swimming with Grammy in the big lake, cooking them enchilada pie and blueberry cake and the annual Christmas cooking competitions. She and Alden travelled extensively in retirement and enjoyed many rounds of golf together and with friends. Wilma loved music and dancing even in the later stages of her Alzheimer's. This terrible disease robbed her memory but it never destroyed her cheery disposition, cheeky wit, and warm smile. She will be greatly missed by her family, friends and all who met her. The family thanks her fantastic in-home care givers, the Central NH VNA & Hospice, and the staff at Forestview Manor who provided so much comfort. A private family service will be held at the Lake House and a celebration of life held later. In lieu of flowers please donate to the Alzheimer's Association.

Cremation care by Peaslee Alton Funeral. To express condolences, please visit: www.peasleefuneralhome.com

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www.peasleefuneralhome.com
 Main Office: 24 Central Street, Farmington, NH
 2079 Wakefield Road, Wakefield, NH
 Alton Funeral Home 12 School Street, Alton, NH

Send all obituary notices to Salmon Press, by e-mail to obituaries@salmonpress.news

Church Service SCHEDULE

ABUNDANT HARVEST FAMILY CHURCH
 Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union.
 Pastors Daniel and Sherrie Williams, 473-8914.
 For more information, please visit abundantharvestnh.org or e-mail ahf@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
 Sundays throughout the summer 10 am & 7 pm; Tues-Thurs Sun: 8:55-6:16.

BEFREE COMMUNITY CHURCH, ALTON
 Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Sam Huggard, www.befreechurch.net.

CENTER BARNSTEAD CHRISTIAN CHURCH
 Worship Service 10:00am
 Bible Study 11-15am
 Rte 126 next to Town Hall
 Call or Text (603)269-8831
centerbarnsteaducc.org
 Pastor Brian Couver.

COMMUNITY CHURCH OF ALTON
 Prayer Meeting 9:00 am
 Rev. Dr. Samuel J. Halo, 875-5561.
 Bay service 8:30am Alton Bay Gazette, Alton, NH
 10 am Worship Service
 20 Church Street, Alton
 Our services are live streamed on YouTube
 Sundays at 10 am
www.ccoalton.com

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ALPINE

(continued from Page A1)

ese Burke finished in a time of 1:04.68 to lead the way.

Grace Simenson was next, finishing in a time of 1:10.48 and Abby Swenson finished in a time

of 1:11.83.

In the slalom, Simenson led the way in a time of 1:22.24, with Swenson finishing in a time of 1:25.96.

Burke finished in 1:33.54 and Amber Fernald finished in a time of 1:37.83.

Prospect had just two boys competing. In the giant slalom, Matt Bonner finished in 1:13.45 and Charles Casaccio finished in 1:21.8.

In the slalom, Bonner finished in 1:35.09 and Casaccio finished in 1:40.69.

The Timber Wolves are scheduled to compete on Friday, Jan. 22, at Sunapee.

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



REESE BURKE led the Prospect Mountain girls in the giant slalom at Gunstock on Friday.

HOOPS

(continued from Page A1)

feed from Capsalis to give Prospect the eight-point lead. A Flanders free throw and a putback from Hughes closed out the game with the 37-32 finale.

Burley noted that there were plenty of adjustments to be made and will continue to be made as the season rolls along.

"We're subbing everybody a lot, with the masks," Burley said. "We're trying to keep people fresh.

"And subbing so much, sometimes it's hard to get in a flow," the Timber Wolf coach continued. "But I was very happy with how they played."

Like Forge, he noted that the game was a lot like the first preseason scrimmage, since teams weren't allowed to play scrimmages this year.

"A lot of teams are going to be that way, where you don't have flow,"



SENIORS (l to r) Julia Leavitt, Cassidy Kelley, Payton Everett and Jiana Kenerson pose for a photo prior to the first home game of the season.

Burley said. "My main thing is keeping the kids fresh, we're not going to force it.

"I'm happy to be playing basketball and my girls are happy to be playing basketball," the Timber Wolf coach added.

"We have a lot of new kids, only two starters back and we lost most of our scoring," said Forge.

"So, we had to get those first game jitters out. We aren't big, so we knew it would be tough."

The Gilford coach noted that using masks makes it tough to put on a press for longer periods of time, particularly with a lack of depth.

"They (Prospect) have a lot of kids back, I am happy we stayed with them," Forge noted. "We had a slow third quarter and couldn't get a handle.

"Our bigs will get there," the Golden Eagle coach continued. "Vanessa did a nice job, we just have to get our kids on track underneath.

"We didn't fold the tents up," he said. "And now we can check one off in the column, we played."

Flanders led all scorers with 16 points on the night while Capsalis led the Timber Wolves with 11 points.

The two teams will be back in action tonight,

Jan. 21, in Gilford and Prospect will then play Laconia next week, with a game in Laconia on Monday, Jan. 25, and at home on Thursday, Jan. 28, all at 6 p.m. Gilford will be playing Plymouth next week, on the road on Monday, Jan. 25, and at home on Thursday, Jan. 28, both at 6 p.m.

PMHS 10-7-10-10-37
 GHS 3-12-5-12-32

Prospect 37
 Capsalis 40-11,
 Leavitt 3-1-7, Misiaszek 2-0-4, Bean 3-1-7, Vernazaro 2-2-6, Smith 1-0-2, Totals 15-4-37

Gilford 32
 Carr 1-7-10, Sander-son 0-1-1, Flanders 6-1-16, Hughes 2-1-5, Totals 9-10-32

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

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WAKEFIELD SCHOOL DISTRICT PUBLIC NOTICE

To the residents of the School District in the Town of Wakefield

You are notified to meet for the First Session of the Annual School District meeting, to be held in the Opera House of the Wakefield Town Hall, 2 High Street, Sanbornville, New Hampshire, on Saturday, January 30, 2021 directly following the first session of the Annual Town Meeting beginning at 9 a.m. If necessary, the First Session of the Annual Town Meeting may continue or be postponed to Saturday, February 6, 2021, same time and place. The First Session will consist of explanation, discussion, and debate of each of the warrant articles. Warrant articles may be amended subject to the following limitations: (a) warrant articles whose wording is prescribed by law shall not be amended, (b) warrant articles that are amended shall be placed on the official ballot for a final vote on the main motion, as amended, and (c) no warrant article shall be amended to eliminate the subject matter, and will afford those voters who are present the opportunity to debate, propose and adopt amendments to each warrant article, except those articles whose wording is prescribed by state law. Warrant articles can be viewed at www.sau101.org or at the SAU 101 office during regular business hours.

A quorum of the Wakefield School Board may be present.

The Second Session of the Annual Meeting (Official Ballot Voting) will take place on Tuesday, March 9, 2021, between 8 a.m. and 7 p.m. unless the town votes to keep the polls open to a later hour to vote by official ballot on warrant articles.

EMPLOY CLASSIFIED FIRST

Center for Financial Training & Education Alliance names Katrina Randlett winner of Sapphire Award



Katrina Randlett

REGION — The Center for Financial Training & Education Alliance (CFTEA) has announced that Katrina Randlett, Learning and Development Officer for New Hampshire Mutual Bancorp (NHMB), has been awarded the Sapphire Award - Council of the Year. The Sapphire Award - Council of the Year recognizes innovative approaches to education that have allowed continued employee learning and enhancement during the current health crisis. In her role, Randlett oversees the planning and execution

of learning and professional growth, workplace engagement and leadership development for NHMB.

NHMB is a shared service organization that provides essential services to three 150-year-old mutual community banks in New Hampshire - Savings Bank of Walpole, Merrimack County Savings Bank (the Merrimack) and Meredith Village Savings Bank (MVSB) - as well as their sister organization NHTrust, a full-service trust and investment management firm.

“Katrina implemented and maximized the use of technology during the pandemic and has taken full advantage of all our virtual capabilities,” said David Cronin, Executive Vice President and Chief Human Resources Officer for NHMB. “She has adapted the functionality of the tools provided to her to ensure that our vast employee training and

onboarding programs continues to progress. This recognition is well-deserved.”

“I’m honored and humbled to have been selected for this award,” noted Randlett. “Our biggest challenge is that we are made up of three banks throughout the state of New Hampshire. It’s not easy for our employees to gather in one central location to learn, since some would have to drive 3+ hour’s roundtrip for a training that lasts around an hour. We have benefitted from distance learning even before COVID-19. Distance learning is great on time, decreases mileage expense and for branches with limited employees, we don’t have to have employees gone for hours. Students have commented that they love being able to see the instructor over a webcam and that the small groups found within breakout rooms make them feel like a team. There has been less trav-

el and hours aren’t lost to travelling to a traditional site. We love the fact we can have instructors from anywhere and that even though the experience is remote, there is still great growth and a wealth of learning.”

Randlett joined Meredith Village Savings Bank (MVSB) in 1999 as a teller. She spent several years in a variety of roles within the branch network at MVSB including Branch Services Manager and Teller Trainer. In 2017, she moved to the Risk Management Department as the Risk Management Systems Administrator for NHMB and in 2019 was promoted to Learning and Development Officer.

Randlett earned her teller and customer service certifications through the American Bankers Association, and is a graduate of the Northern New England School of Banking. Katrina has been an active member of

the Center for Financial Training & Education Alliance Board for two years, representing the Lakes Region Council.

Randlett has volunteered with the Save for America Program and the Ashland 4th of July Committee and participates in the Holderness Fire Association to create Halloween in Holderness. She lives in Holderness with her family.

CFTEA has been providing industry specific training and education to financial institutions and area organizations for more than 100 years. They began as volunteer chapters of the American Bankers Association’s educational arm, the American Institute of Banking and serve organizations throughout Maine, New Hampshire, Vermont and Virginia. You can find out more at cftea.org.

New Hampshire Mutual Bancorp, a shared services organization, was formed in 2013 when two New Hamp-

shire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in the state. This strategic partnership has positioned the banks to leverage each other’s strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values. MillRiver Wealth Management joined as a third affiliate in 2015, combining the financial advisory divisions of MVSB and the Merrimack. Savings Bank of Walpole joined NHMB in 2018. In 2020, MillRiver Wealth Management affiliated with the New Hampshire Trust Company and Savings Bank of Walpole Wealth Management to become NHTrust. NHMB combined assets total more than \$2.8 billion. For more information, visit nhmutual.com.

Prescott Farm hires Volunteer Coordinator/ Development Assistant

LACONIA - Prescott Farm Environmental Education Center is pleased to welcome Maria Sorensen as Volunteer Coordinator and Development Assistant.

In her role, Sorensen will act as liaison between staff and volunteers to enhance and expand the current volunteer program. She will also assist with aspects of Prescott Farm’s fundraising, such as grant writing, donor stewardship, and event planning.

Sorensen holds a B.S. in Animal Science from the University of Connecticut. She was community service chair for UConn’s Dressage Team, where she gained experience in volunteer management.

“I know how important volunteers are to

a community and how valuable it is to connect with others,” Sorensen said. “I’m excited to get to know the community around Laconia and can’t wait to expand the scope of the volunteer and fundraising programs here.”

“Education is at the heart of everything we do at Prescott Farm,” Executive Director Jude Hamel said. “With Maria’s leadership, we will be able to provide more opportunities for Lakes Region residents and visitors to expand their knowledge and skills in a variety of area – with the added benefit of feeling great about giving back to our community!”

Maria comes to Prescott Farm through the Catholic Charities NH AmeriCorps VISTA



COURTESY

Prescott Farm Environmental Education Center welcomes Kathryn Downey as the Volunteer Coordinator, Catholic Charities NH AmeriCorp.

program and will serve at Prescott Farm for 12 months. Community members interested in learning more about vol-

unteer opportunities at Prescott Farm can reach Maria at msorensen@prescottfarm.org.

CCNH Mission

Grounded in the life and ministry of Jesus Christ, Catholic Charities New Hampshire responds to those in need with programs that heal, comfort and empower.

AmeriCorps VISTA AmeriCorps VISTA is the national service program designed specifically to fight poverty. Founded as Volunteers in Service to America in 1965 and incorporated into the AmeriCorps network of programs in 1993, VISTA has been on the front lines in the fight against poverty in America for more than 40 years.

VISTA members commit to serve full-time for a year at a non-profit organization or local government agency, working to fight illiteracy, improve health services, create

businesses, strengthen community groups, and much more. With passion, commitment, and hard work, you’ll create or expand programs designed to bring individuals and communities out of poverty.

Prescott Farm Prescott Farm is a non-profit 501c3 organization dedicated to providing year-round environmental education programs for all ages and a place in the Lakes Region community that encourages curiosity, discovery, fun and connection to the natural world. For more information about programming, events and volunteer opportunities at Prescott Farm, please visit prescottfarm.org.

Curtain to open on historic collaboration

LACONIA — The Belknap Mill and the Colonial Theatre are both unique, historic gathering places located in downtown Laconia which have provided the foundation for Laconia’s artistic, cultural, industrial, and educational life. Both buildings are listed on the National Register of Historic Places; a tremendous commitment has been made to preserve their historical and cultural significance.

The Belknap Mill established Powerhouse Theatre Collaborative in 2020. Powerhouse Theatre Collaborative will utilize both the newly restored and renovated Mill and the Colonial Theatre to deliver high quality theatrical arts programming.

Powerhouse Theatre Collaborative is named in honor of the Belknap Mill’s original, preserved Powerhouse which now serves as a museum. When the Mill

was built in 1823, the Winnepesaukee River was diverted under the building into sluiceways and was the source for powering the Mill’s manufacturing operations via a water wheel. Later, the system was converted to hydroelectric power. Excess power created by the Mill’s Powerhouse provided electricity to downtown Laconia. Therefore, as the Mill’s Powerhouse once turned on the lights for Laconia, the Mill’s new Powerhouse Theatre Collaborative will bring the lights up on performing arts in the Lakes Region!

Managed by Bryan and Johanna Halperin, Powerhouse will provide high-quality artistic and educational experiences for local community participants. The Halperins will be building on the programming they began at the Mill in 2019 and plan to provide an annual ‘Colonial Series’ and ‘Mill Series.’ The Co-

lonial Series will focus on large scale community theatre plays and musicals with casts of 20 or more. The Mill Series will continue with a series of workshops, play readings, smaller productions and playwrighting festivals. Powerhouse will also seek opportunities to collaborate with other theatre organizations and already have plans in place to work with NCCA at Jean’s Playhouse on a musical in December 2021 and a spring 2021 playwrighting festival with the Community Players of Concord. Powerhouse will also be collaborating with TS Event Productions of Nashua to provide professional quality lighting, sets and sound for its Colonial Series.

Programming will begin this spring online and outdoors.

“While we are as anxious as anyone to get going on both our Colonial and Mill Series events, we realize the uncer-

tainty of the pandemic and understand we are building a performing arts program for the long haul. We will enthusiastically begin in 2021 focusing on building relationships with Spectacle Management and other community partners, creating small scale theatrical opportunities around the Mill, and planning for the day it will be safe to do our first big Colonial production,” say the Halperins.

The Halperins are no strangers to the Lakes Region theatre scene. After moving to the Lakes Region and co-founding The Winnepesaukee Playhouse in 2004, the Halperins moved on after 2014 and have since been working to build the theatre program of the Inter-Lakes School District. They’ve also produced, performed and directed shows at various other NH theatres including The Hatbox, The Little Church Theatre of Holderness,

Community Players of Concord, NH and NCCA at Jean’s Playhouse. Bryan was also the Executive Director of the New Hampshire Theatre Awards for three years and has directed its annual Awards show at the Capitol Center for the Arts for the past five years.

“Being nomadic theatre producers for the past six years has been a great way to expand our horizons, meet new people, and learn to adapt our work to different venues. But there is no substitute for having our own theatre home. We hope the relationships we’ve created with other theatre companies and practitioners from all over the state will join with our existing ties to the Lakes Region theatre community to help us create a ‘Powerhouse’ theatrical organization,” says Bryan.

Belknap Mill Executive Director Karen Prior stated that “Bryan

and Johanna joined the Belknap Mill over a year ago as our Theatrical Artists-in-Residents and delivered programming that included several well received play readings and a play writing workshop. The addition of Powerhouse Theatre Collaborative is a natural evolution of the Mill’s commitment to its mission of celebrating the Lakes Region’s cultural heritage through the arts, education and civic engagement. The Board and staff of the Belknap Mill look forward to playing a significant role in Laconia’s future as a destination for the arts and culture.”



Aimee King promoted to Assistant VP, Enterprise Project Manager at New Hampshire Mutual Bancorp

MEREDITH — New Hampshire Mutual Bancorp (NHMB) has announced the promotion of Aimee King to Assistant Vice President, Enterprise Project Manager for the organization. In this role, King will oversee major projects throughout the entire company, supporting sister organizations, Meredith Village Savings Bank (MVS), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole and NHTrust. King has been leading the project management department since Carey Borden retired over the summer.



Aimee King

Under King's leadership, the project management team stewards all major company-wide initiatives through a clearly defined, user-friendly process that ensures timelines are met, all details are considered and the best solutions to challenges and opportunities are selected, measured and managed. This allows

the industry experts to focus on customer and employee benefits of specific projects while getting them accomplished and launched in a timely, thoughtful manner.

"Aimee has more than two decades of extensive expertise in bank operations and project management," said Robert Soloway, Executive Vice President and Chief Technology and Services Officer at NHMB. "Her natural proficiency for leading groups, projects and teams will ensure great

success for our organization as a whole."

King, a certified project management professional who was trained by the Project Management Institute, joined New Hampshire Mutual Bancorp in May of 2019 as a Project Manager. King lives in the Manchester area and volunteers with New Horizons, Granite United Way and Families in Transition.

New Hampshire Mutual Bancorp (NHMB) was created through a unique

alliance between three mutual community banks and a wealth management firm who maintain separate organizations and management. The companies are able to achieve best in class software, services and staffing while providing efficiencies through their shared service provider, NHMB. NHMB provides risk management, facilities, marketing, human resource, finance, compliance, information technology, deposit operations, loan operations and digital banking services to Meredith Village Savings Bank, Merrimack County Savings Bank, Savings Bank of Walpole and NHTrust. This strategic partnership has positioned the banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values.



COURTESY

LRAA hosting Acrylic Abstract with Palette Knives Art Class

Have you ever wanted to get more creative with painting, but didn't know how? Have fun learning to paint abstract work using palette knives. This is a beginner class where we will experiment with different subjects of abstract using palette and painting knives. This ongoing class will be held every Friday 3-4:30 p.m. starting Feb. 5. This class is limited in size. For registration either sign-up at the LRAA Gallery, 120 Laconia Rd., Suite 132 Tilton, NH 03276 or contact Krista Doran, 833-7795 or marblestudiosllc@gmail.com.



COURTESY

Sworn in

Executive Councilor Joe Kenney was sworn in as the new District 1 Executive Councilor on Jan. 7 at the State House. Pictured here with Kenney are his son Christian and Gov. Chris Sununu.

Hassan nominates local student for Merchant Marine Academy

WASHINGTON, D.C. — U.S. Sen. Maggie Hassan announced today that she has nominated 35 New Hampshire students to attend United States Service Academies — the U.S. Air Force Academy, U.S. Merchant Marine Academy, U.S. Military Academy, and U.S. Naval Academy.

"Every year, I have the honor to nominate exemplary Granite Staters who have made the selfless decision to serve and help keep our country safe, secure, and free," Hassan said. "I was particularly impressed that amid the COVID-19 pandemic, this year's class continued to stay on top of their studies and persevered through unprecedented challenges. As they continue their training and their education, I wish them all the best in their future endeavors and am deeply grateful for their interest in serving our country."

Among the nominees was Gus Schroenbacher of New Durham, who will attend the U.S. Merchant Marine Academy.

Bull!

Animal rights activists say hunters threaten species. It's a lie. Thanks to wildlife management programs involving sportsmen, moose and other species are thriving.

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