

## Spaulding Academy & Family Services names new President and CEO

NORTHFIELD — Spaulding Academy & Family Services (formerly Spaulding Youth Center) has appointed Todd Emmons of New London as President and CEO. Emmons joined the organization in 2017 as Chief Financial Officer and has served as Interim CEO since the end of September.

“In the weeks since Todd stepped in as Interim CEO, he has been a constant and steady force on campus, bringing his knowledge of Spaulding as well as his collaborative and

open style to the role,” said Michael Ventura, Chair, Spaulding Academy & Family Services Board of Directors. “He is deeply committed to the mission of Spaulding and the children we serve. Todd’s actions are informed by his integrity, compassion, and humility, and he will keep Spaulding focused on the future as we move into 2021 and the years to come.”

Emmons has more than 30 years of executive experience in financial management and operations for education

institutions, including Quinsigamond Community College, Elms College, Daniel Webster College, and Saint Anselm College. Prior to joining Spaulding Academy & Family Services, he was Vice President of Finance and Operations and Treasurer of Colby-Sawyer College.

He currently serves as a member of the Board of Directors for both the New Hampshire Health and Education Facilities Authority (NH HEFA) and the Community College System of New Hampshire. He holds an

MBA in Finance from the Stern School of Business at New York University and an MSc. in Economics from the London School of Economics & Political Science.

“I’m grateful to be continuing my work with the families and staff of Spaulding Academy & Family Services in this important role,” Emmons said. “The past several years have been among the most rewarding of my career, and I look forward to advancing Spaulding’s mission



Todd Emmons

SEE EMMONS, PAGE A7

## Accident claims life of Berlin woman

SANBORNTON — On Sunday, Nov. 15 at approximately 11:53 a.m.,

New Hampshire State Police Troop D responded to a single motor vehi-

cle crash on Interstate 93 South in the area of mile marker 63.2 in the town

of Sanbornton. Upon arrival, a single vehicle was found that had driven off the roadway to the left into the median. The vehicle was identified as a Toyota Rav4.

Based upon the initial investigation, the vehicle was travelling southbound in the left lane before drifting off the roadway and into the median. The vehicle then collided with a tree with the front end of the vehicle. The operator was identified as Barbara of Berlin, age 73.

The operator sustained fatal injuries and was pronounced dead on scene.

Interstate 93 South was reduced to one lane for approximately two hours.

At this time all aspects of this crash remain under investigation. Anyone that may have further information related to this collision, or who witnessed this collision are encouraged to contact Trooper Samuel Provenza at 223-6162 or email him at Samuel.PProvenza@DOS.NH.GOV.



## Spaulding Academy & Family Services hosts Youth Beatz

NORTHFIELD — Spaulding Academy & Family Services (formerly Spaulding Youth Center) recently hosted a two-week residency of Youth Beatz, a New Hampshire-based drumming, fitness, and soft skills enrichment program. Youth Beatz founder Rich Regione is a national touring drummer, juried and accredited artist in residence.

Youth Beatz promotes creative expression, conflict resolution, respect for self and others, anti-bullying, cultural diversity, and teamwork to develop empathy, promote good decision-making, and drive positive



change. The program specializes in complementing the social and emotional piece of education. Mr. Regione host-

ed Spaulding Academy classes each hour during every school day (Monday through Friday), providing all classrooms

multiple opportunities to experience impactful learning while following

SEE BEATZ, PAGE A7

## Local field hockey players earn All-State nods

BY JOSHUA SPAULDING  
Sports Editor

REGION — The New Hampshire Field Hockey Coaches Association recently announced the All-State teams for the recently concluded season.

The season was certainly an unusual one, with all teams playing a regionalized schedule due to COVID-19 and the NHIAA opening the tournament to every team. A random draw for playoff seeding saw undefeated teams playing on the road in early round games and there were some forfeits due to COVID along the way. In the end, among local teams, Kennett had the strongest finish, as the Eagles won the Division II championship and Berlin advanced to the Division III championship, but had to forfeit their game due to the school district’s COVID restrictions, leaving the Mountaineers as the Division III runner-up.

For Division II All State, Kennett’s Maddie Stewart and Ella Chandler; Kingswood’s Abby Kelley and Allie Drew and Plymouth’s Holly Hoyt all earned First Team honors.

Division II Second Team honors went to Kathryn Hawkes of Kennett, Alexis Booth of Kingswood and Gwen Merrifield and Emma Webster of Plymouth.

Also earning First Team honors in Division II were Alexandra Larrabee of Bow, Charlotte Rohlf and Kira Geddes of Derryfield, Grace Murphy and Makayla Strickulis of Goffstown, Katie Blaisdell and Natalie Chapman of Hanover, Delaney Weimer of Hollis-Brookline, Sydnee Pelletier and Jackie O’Donnell of John Stark, Sydney Gonyea and Amalia Hickey of Lebanon, Reilly Swislosky of Merrimack Valley, Erin Jasper and Allison Demmons of Milford, Ashley Harvey of Oyster River, Madi Robito and Gwen Dalling of Pelham, Mia Edwards and Charlotte Marston of Portsmouth, Marianna D’Amelio and Emma Crowe of Sanborn and Cari Mastergeorge and Catie Summers of Division II runner-up Souhegan.

Blaisdell was named Division II Offensive Player of the Year and Mastergeorge was named Defensive Player of the Year.

Also earning Second Team honors for Division II were Madeline Michaelis and Amelia Coe of Bow, Abbey Carr of Derryfield, Maggie Hansen of Goffstown, Mia Edmonds of Hanover, AnnMarie Tremblay and Alyssa Hill of Hollis-Brookline, Gracie Bolduc of John Stark, Molly Smith of Lebanon, Caitlyn Fortier and Taylor Bailey of Merrimack Valley, Nora Breton of Milford, Annika Kell and Alice Judge of Oyster River, Sydney Nutter of Pelham, Janelle Gagnon of Pembroke, Alexis Dumont of Portsmouth, Elinor Cotter of Sanborn and Miya Chorney of Souhegan.

Locals earning Division III First Team honors included Kenna Balderrama and Mickailey Walsh of Berlin, Taryn Fountain and Laurel Gingrich of Gilford, Mackenzie Allaire and Emily Tholl of Littleton, Haley Dukette and Tiffany Doan of Newfound, Jennifer Fowler of White Mountains and Madison House and Alexis Poole of Winnisquam.

Division III Second Team honors went to Becca Pouliot of Berlin, Maddie Guest of Gilford, Alexi Hastings of Littleton, Mackenzie Bohlmann of New-

SEE ALL-STARs, PAGE A7

# Sara Lauze promoted to Senior Vice President, Operations Officer for NH Mutual Bancorp



Sara Lauze

MEREDITH — Sara Lauze has been promoted to Senior Vice President, Operations Officer for New Hampshire Mutual Bancorp (NHMB). In this role, Lauze will

provide leadership of loan operations, deposit operations, collections, and digital banking services for Savings Bank of Walpole, Merrimack County Savings Bank and Meredith Village Savings Bank.

“Sara’s experience and expertise have been essential in the success of many of our major company-wide projects – most recently upgrading our online banking system for our banks,” noted Angela Strozewski, Executive Vice President and Senior Opera-

tions Officer. “Sara has a wonderful ability to meet the needs of our customers as well as her colleagues at the Banks. She is very well regarded by her staff and her peers and I am confident she will continue to excel.”

Lauze joined the Merrimack in 2005 as an ATM Deposit Services Assistant. She has held several positions in operations and information technology services. Lauze has held several roles in operations with increasing responsibili-

ties – she was promoted to Operations Supervisor in 2014, to Digital Banking Officer in 2015, Assistant Vice President in 2016, and Vice President in 2018.

Lauze is a graduate of New Hampshire Technical Institute and the New England School for Financial Studies. She also earned her Certified Associate in Project Management (CAPM) status in 2012 from the Project Management Institute.

New Hampshire Mutual Bancorp, a mutual

holding company, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in New Hampshire. 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 their community banking standards and values. MillRiver Wealth

Management joined as a third subsidiary of NHMB 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 to become NHTrust. NHMB combined assets total more than \$2.8 billion. For more information, visit nhmutual.com.

# RE/MAX Bayside/Weeks Commercial welcomes Kathryn (Kat) Johnson as new associate

LACONIA — Kathryn Johnson has joined RE/MAX Bayside/Weeks Commercial Division as the newest member of this growing dynamic sales team.

Johnson said, “Growing up in New Hampshire, I always knew this was where I wanted to live and work and raise a family. After attending college at the Universi-

ty of New Hampshire, where I received a degree in Psychology and a Master’s degree in Education, my husband and I settled in Gilford. We, along with our two children, enjoy many of the activities the lakes and mountains offer us year-round. After working as a teacher for many years, I stayed home while our children

were young. Now that our children are a little older, I have decided to pursue my passion for helping others realize their real estate dreams. As a lifelong resident of the Lakes Region, my familiarity and love for this area will give both buyers and sellers the confidence that I can assist them with their specific real estate goals.”

She has chosen to affiliate herself with one of the most experienced and knowledgeable teams of commercial agents in the Lakes Region.

Johnson noted, “As a REALTOR with RE/MAX Bayside’s Weeks Commercial Division, I am provided the train-

ing and support by an unsurpassed team of professionals.”

Johnson can be reached at 387-8888, at katpjohnson4@gmail.com or simply stop by RE/MAX Bayside at 604 Main St. in Laconia. She is just a phone call away and looks forward to assisting you with all your real estate needs.



Kat Johnson

# Delve into “The File on Thelma Jordan” with LRPA

LACONIA — Join Lakes Region Public Access Television at 10:30 p.m. this Friday and Saturday night (Nov. 20 and 21) for our LRPA After Dark presentation of 1950’s film noir crime drama “The File on Thelma Jordan,” starring Barbara Stanwyck and Wendell Corey.

Assistant District Attorney Cleve Marshall (Corey) is having marriage problems, which aren’t helped by the fact that he’s gone on a drunken bender and missed his anniversary celebration with his wife. Enter into his office the seductive and mys-

terious Thelma Jordan (Stanwyck), to whom Cleve feels an immediate attraction. She’s there to report an attempted burglary at the house of her elderly Aunt Vera. Cleve can’t get Thelma out of his mind, and the two begin an affair. Meanwhile, Thelma has also been seeing Tony Laredo, a thug and a thief. Of course, she lies to Cleve about their relationship. Sometime later, Aunt Vera is shot by an intruder. Thelma calls Cleve to the house to help, all the while casting suspicion on Tony. Cleve gets assigned to the case. The evidence points to Thelma, and

Cleve does everything he can to defend her, putting his reputation on the line. Although the odds are stacked against Thelma, Cleve chooses to believe her – but in the shadowy world of film noir, is anything ever the way it seems?

Barbara Stanwyck made her share of notable films noir in her long and illustrious career, including two that are infamous -- Double Indemnity and The Strange Love of Martha Ivers (which LRPA plays every now and then), – so it’s an interesting footnote that “The File on Thelma Jordan” is a

relatively obscure film. It was well received by critics in its day, with Variety noting that it “... unfolds as an interesting, femme-slanted melodrama, told with a lot of restrained excitement.” It features very strong performances from both Stanwyck and Corey, the latter of whom was usually relegated to supporting character roles. “The File on Thelma Jordan” was supposed to have been directed by Otto Preminger, and Stanwyck was excited to work with him. It turned out that Preminger’s schedule could not accommodate this film, and so it was taken over by the German émigré director Robert Siodmak. Legend has it that Stanwyck did not enjoy working with Siodmak, but the results of this stylish noir with great cinematography and a wonderful supporting cast speak for themselves. Grab your popcorn and meet us after dark for a twisted tale of tense noir.

And mark your calendars: we’re only weeks away from the annual Greater Lakes Region Children’s Auction, presented by Hannaford Supermarkets, Tuesday,

Dec. 8 – Friday, Dec. 11. This year we’re broadcasting from the Bank of New Pavilion. Join LRPA for minute-by-minute coverage all week long, locally on Channel 25, on Atlantic Broadband Channel 12 and streamed in HD on the Laconia Daily Sun Web site (laco-niadailysun.com)! Or listen in with our fantastic radio partners 104.9 FM The Hawk and Lakes FM 101.5 FM! high and bid often – it’s for the kids!

You can’t find television like this it anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then watch us online at live.lrpa.org to catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, non-commercial public access TV station and community media center located on the Laconia High School

campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to more than 12,000 homes in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that fosters free speech and the open exchange of ideas, encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and unites our communities through the power of media and technology. LRPA’s slogan: Community empowered by media. Visit us on the Web at www.lrpa.org

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The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St.,  
Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253. POSTMASTER:  
Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

## Trout Unlimited offering free memberships to first responders

REGION — Trout Unlimited, a nationwide non-profit organization dedicated to the restoration and preservation of cold-water fisheries and their watersheds, has announced it is expanding its Service Partnership Program, which offers free one-year memberships to members of the military, to include first responders in the medical, fire service and law enforcement communities. The free memberships include a full year of award-winning TROUT magazine, local chapter activities including free fly-fishing lessons and discounts on travel and fishing gear; opportunities to win trips, prizes and more. Interested first responders will find more information on the free memberships at [www.tu.org/conservation/outreach-education/trout-unlimited-service-partnership](http://www.tu.org/conservation/outreach-education/trout-unlimited-service-partnership). Locally, TU is represented by the Pemigewasset Chapter, which hosts speakers monthly on such topics as fisheries and aquatic ecology, local stream improvement projects, and travel to remote fishing destinations. First responders may also obtain additional information on the free memberships and other TU activities by contacting the Pemi Chapter at [www.pemigewasset.org](http://www.pemigewasset.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



Bryan and Johanna Halperin

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 Colonial 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 playwriting 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 playwriting festival with the Community Players of Concord, NH. 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 uncertainty 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 Holmerness, Community Players of Concord 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.”

## VNA/Hospice offers a tribute to the home caregiver

FRANKLIN – Whether it’s a husband caring for his wife who is an injured veteran, a daughter caring for her mother with Alzheimer’s disease, or parents caring for their son with special needs, caregivers come in all ages, genders, and types. The Caregiver Action Network estimates that there are more than 90 million caregivers, in America alone, who are caring for family or loved ones with chronic conditions, disabilities, or illness. That adds up to \$375 billion a year according to the National Alliance for Caregiving and Evercare.

With 73 percent of family caregivers who care for someone over the age of 18, working while providing care, and with the average number of hours per week that family caregivers spend caring for their loved ones topping 20 hours, that means they are working a 60-hour week, every week! Thirteen percent of family caregivers report providing 40 hours of care a week or more.

That’s a huge amount of hard work, and so much of it goes unrecognized or gets lost in the day to day shuffle of just trying to get it all

done. It’s no wonder that studies have also found caregivers often don’t care for themselves as well as they should, with over half reporting they skip their own doctor’s appointments.

November is National Family Caregivers Month and while they deserve a huge “thank you” every day, we wanted to make sure to send one out today.

“Family caregivers are our partners in patient care,” says Krystin Albert, CEO of Franklin VNA & Hospice, “They know their loved ones so well, and are often the first to recognize when

something is a little off about their loved one, maybe before the fever hits, before the other clinical signs are there. They help to focus our attention and help to provide all the love and care that needs to happen when we can’t be there. They are invaluable, and

we are so thankful for them!”

So during November, and the rest of the year too, remember to support the caregivers in your life with thanks, a listening ear, and some time off for a little self-care of their own!

Franklin VNA & Hos-

pice is here for our community. We help keep you home, where you want to be, and help you recover in your home if you do get sick.

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For more information, call Franklin VNA & Hospice at 934-3454 or visit [www.FranklinVNA.org](http://www.FranklinVNA.org).

## BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests from Oct. 19 to Nov. 4.

Joseph T. Marcello, age 37, of Hampstead was arrested on Oct. 19 for Burglary.

Joshua White, age 32, of Belmont was arrested on Oct. 19 in connection with a warrant.

Kelani A. Castellez, age 33, of Lebanon, Maine was arrested on Oct. 19 for Stalking (violation of a Domestic Violence order) and Breach of Bail.

Derek D. Nicholson, age 33, of Belmont was arrested on Oct. 20 in connection with a warrant.

Amanda Marie Mullen, age 29, of Tilton was arrested on Oct. 22 for Driving After Revo-

cation or Suspension, ownership of a Premises Where Drugs have been Kept, and Possession of Drugs.

Bradley J. Swinton, age 45, of Laconia was arrested on Oct. 23 for two counts of Domestic Violence-Simple Assault-Physical Contact and Simple Assault-Physical Contact or Bodily Injury.

Ryan R. Letarte, age 39, of Meredith was arrested on Oct. 23 in connection with a warrant.

An adult male was taken into protective custody on Oct. 23.

An adult male was taken into protective custody on Oct. 24.

Marlaina R. Burke, age 30, of Belmont was arrested on Oct. 26 for Conduct After an Accident.

Frank R. Paquin, age 39, of Belmont was arrested on Oct. 29 for Second Degree Assault-Domestic Violence-Strangulation.

Arianna Espinola, age 30, of Belmont was arrested on Oct. 29 for multiple counts of Possession of a Controlled Drug and Violation of Probation or Parole.

Paul E. Mullaney, age 34, current address unknown, was arrested on Nov. 1 for Domestic Violence-Assault and Breach of Bail.

John Paul Natzel, age 34, of Belmont was arrested on Nov. 1 for Criminal Trespassing.

Jaime Alex Garcia, age 42, of Alexandria was arrested on Nov. 2 in connection with a warrant.

## TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 436 calls for service and made the following arrests during the week of Nov. 2-8.

Arrested during this time period were Daniel Crepeau (for Possession of Drugs), Esmerald Crossman (in connection with a warrant), Anthony Haislip (for Driving After Suspension), Brian Roper (for Driving After Suspension), Torrey Martinez (for Possession of Drugs), Steven Ridgeway (in connection with a warrant), Jaime Garcia (for Driving After Suspension, Misuse of Plates, and Receiving Stolen Property), Trevor Talon (for Driving After Suspension), Evan Beasley (in connection with a warrant), and Kyle Kimball (in connection with a warrant).




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## A story of inspiration for a sunny morning

Twenty-one-year-old Chris Nikic of Maitland, Fla. made history last Saturday when he became the first person in history with Down Syndrome to complete a full distance Ironman triathlon. Watching the video of Nikic crossing the finish line in Panama City, Fla., did not leave this writer with dry eyes. This was good news, in an otherwise chaotic news cycle.

As most people know, a full Ironman consists of a 2.4 mile swim, a 112 mile bike ride and a 26.2 mile run. The race, has a time cap of 17 hours. Nikic completed the race in 16:46:09.

Nikic had a few setbacks throughout the race, including two falls from his bike.

Special Olympics Florida President and CEO Sherry Wheelock released a statement. In it she said, “He’s become a hero to athletes, fans, and people across Florida and around the world. He’s an inspiration to all of us.”

Nikic is no stranger to triathlons and has been training since he was a teenager. Looking ahead he will strive to qualify for the 2022 Special Olympics USA Games.

In an Instagram post, Nikic wrote “Goal set and achieved. Time to set a new and bigger goal for 2021. Whatever it is, the strategy is the same. One percent better every day. Yes, I did the work, but I had angels helping me. God surrounded me with angels. Best part of all. New family and friends. All about awareness and inclusion. Awareness for Down Syndrome and Special Olympics. Inclusion for all of us with all of you.”

His proud father, Nik Nikic, released his own statement: “To Chris, this race was more than just a finish line and celebration of victory. Ironman has served as his platform to become one step closer to his goal of living a life of inclusion, normalcy, and leadership. It’s about being an example to other kids and families that face similar barriers, proving no dream or goal is too high,” he said.

Nikic completed the 2.4 mile swim (along with his coach Dan Grieb) in just under two hours. Just prior to getting on his bike to attack the 112 miles, he was bitten by fire ants. He forged ahead and finished the bike portion in 8:12:37. He then went on to finish the 26.2 mile run in 6:18:48.

Nikic’s father says that the mantra is to improve one percent each day. His coach, Grieb said in a statement, “I’m no longer surprised by what Chris can accomplish because I recognize who Chris is; a human being that has goals and dreams just like everyone else. He wants to make the path easier for those just like him and can follow his lead.”

He is now a Guinness World Record holder. This is a story of inspiration, hope and positivity, and now, more than ever, the world needs more of it.

## Send your letters!

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Or, you can e-mail us at [echo@salmonpress.news](mailto:echo@salmonpress.news)

Please include your name, address and phone number.

### Art Association launches Toys for Tots collection

SHERWOOD FRAZER — COURTESY

The weekend of Nov. 11 was the launch date for the beginning of the Lakes Region Art Association's 2020 holiday season 'Toys for Tots' Collection Program. The collection box is located in the LRAA Gallery, Tanger Outlet Mall, Tilton, suite 132. Hours are Thursday-Sunday 10 a.m.-6 p.m. Early donations already began Saturday, Nov. 7, and LRAA member artist Audrey Rougeot, pictured here, was there to accept the first of many expected contributions of unwrapped only toys. The collection program concludes Dec. 20.



### STRATEGIES FOR LIVING

## My message to America

BY LARRY SCOTT

What does a conservative evangelical have to say to America at a time like this? With a nation as divided as in the days of the Civil War, what can a Christian say to our current state of mind that will resonate, be helpful, and address the issues we now must confront?

To those cheering the outcome of our recent election, I would encourage caution. America has gone progressive, and this election only formalizes the fact. But hold steady, America. The dream is always more exciting than reality, and a new administration in Washington is not going to solve our problems or bring us greater prosperity, and it certainly won't change the social and moral rebellion that has overtaken our nation.

And don't misunderstand. I do not begrudge Mr. Biden and his follow-

ers for wanting a chance to lead these United States. But let's be clear: Mr. Biden did not win this election, Mr. Trump lost it. And he did so not on policy, but on style. A significant number of Americans voted not in favor of a new administration but in protest against an outspoken, self-confident President who alienated many of those who once supported him. No president in American history has been as hated and vilified as has been Mr. Trump, and that despite the fact much of what he did for America was to our benefit.

My distress is not in the turn away from the conservative direction America took the last four years. My concern is that it reflects not just a difference in political philosophy. You may not see it unless you look closely but there are moral overtones to a number of social trends that have now become

an accepted part of the American lifestyle. They have, I fear, been precipitated by our society's further alienation from God and the principles given us in His word.

Each generation, beginning with the moral rebellion of the mid-1960s, has drifted a bit further toward a pragmatic, secular, humanist agenda. A generation of Americans now leads our country who have no place for God in their lives, have never read a Bible, and give little thought to their eternal well-being. The mantra of what I have termed the Me Generation is, "Eat, live and be happy; do your own thing, for tomorrow we die." And the outcome has been devastating. When a society reaches the point where the life of the unborn can be terminated on the very day of their birth, we have reached depths of degradation by which everything else pales.

So how, then, should a conservative Christian respond to the course America has determined to take? Hold steady, don't panic, be kind. And by all means, take a stand, let your voice be heard, but do so respectfully. If our fears materialize, America will soon need us for sound advice and responsible leadership.

How all of this will evolve is not apparent at this time, but history has proven that when a nation turns away from God, there is hell to pay. The Pandemic has shown how easy it is for something as innocuous as a virus to bring a nation to its knees. In these difficult times, we again turn to Jesus Christ. "Let not your heart be troubled; you believe in God, believe also in me." America ... there can be no other way!

For more thoughts like these, follow me at [indefenseoftruth.net](http://indefenseoftruth.net).

## Comfort Keepers

### Loneliness and isolation can affect senior health

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

For seniors, maintaining social connections and staying in touch with loved ones not only improves quality of life, it improves health. Socially isolated seniors have a 59% greater risk of mental and physical decline than those who do not experience social isolation, and socialization has been shown to slow Alzheimer's and Dementia patient's decline.

According to the U.S. Census Bureau, 11 million, or 28 percent of people who are aged 65 and older, now live alone and almost half of women over 75 live alone. By taking intentional steps to reduce isolation and reduce lack of contact, overall wellbeing is also improved.

So, how can seniors foster connection and reduce loneliness?

Social Media – Facebook, Instagram and other social media sites can help seniors stay connected to friends and family across the coun-

try. And, many social media platforms have built in chat functions, games and other features that foster connection.

Togetherness Activities – For older adults, planning activities reduces lack of contact. This can be in-person, when possible, or through video chat and phone calls. Virtual or in-person activities can include good conversation, cooking and eating together, reading together, playing games, scrapbooking, or listening to music. And, studies show that planning and looking forward to an event can have mental health benefits too!

Online Interaction – Seniors may enjoy virtual meetups, online worship services, Facebook trivia night, virtual communities focused on hobbies, and other online activities can help people connect to others in their community without leaving home. For those that are able to go out, sharing hobbies and activities with others can bring joy and connection.

Virtual Volunteers – For seniors looking for a sense of purpose, there are opportunities to volunteer to help others from the comfort of home. This can include building Easter baskets for children's charities, sewing quilts for shelters, writing cards for military service members overseas and other activities that allow people to do good works in their free time.

Isolation and loneliness can be signs that a senior lacks the support and tools needed to live a healthy, independent life. However, with planning and deliberate action, fostering positive relationships and connections can be incredibly rewarding for everyone involved.

**Comfort Keepers® Can Help**

For seniors that need companionship or help fighting loneliness, Comfort Keepers caregivers can help with encouragement, support and assistance with daily living. And, caregivers can encourage overall health through meal planning,

grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

*About Comfort Keepers*  
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 meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.



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**Laconia:** 3-BR home with a small, private beach & day dock on Winnepesaukee! Plenty of room for family, friends and hobbies with 2,400 sf. & a 3-car heated garage!



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**Tilton:** Set on a private road, this Silver Lake waterfront home has 2BRs, a covered porch & deck. 50' of waterfront, plenty of parking spaces, a storage shed & great potential!



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\* This Condominium has not yet been registered with or exempted from registration by the New Hampshire Attorney General's Consumer Protection Bureau (the "Bureau"). Until such time as these Condominium Units are exempted from registration or are registered with the Bureau no binding contract for sale or lease of any lot, unit or interest may be created.

### — FORECLOSURE SALE AT — PUBLIC AUCTION THREE BEDROOM HOME THURSDAY, DECEMBER 3 AT 11:00 AM 55 LONG RIDGE ROAD, WAKEFIELD, NH

ID# 20-225

1985 built

Ranch style log

home located

on a 2.06± acre

lot just off Rte.

16 in the Village

of Sanbornville

• Home offers

1610± SF GLA,

6 RMS, 3 BRS

& 2 BA • Front porch,

unfinished basement,

fireplace, central A/C • Served

by FHA/Oil Heat, private well and septic. Tax Map 88, Lot 009. Assessed

value: \$204,500. 2019 Taxes: \$2,550. Mortgage Ref: Carroll County Reg-

istry of Deeds Book 3198, Page 329. Sale per order of Mortgagee by its

Attorneys: Wensley & Jones, PLLC, Rochester, NH; Franklin C. Jones, Esq.

**Terms:** \$10,000 deposit by cash, certified check, or other funds satisfactory

to Mortgagee at time of sale, balance due within 45 days. Other terms may

be announced at time of sale. All information herein is believed but not

warranted to be correct. The Mortgagee does not warrant the condition or

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### — FORECLOSURE SALE AT — PUBLIC AUCTION THREE BEDROOM HOME FRIDAY, DECEMBER 4 AT 11:00 AM 29 BACK STREET, CAMPTON, NH

ID# 20-220

• 1930

built 1.75 story home

located on a 0.08±

acre lot • Home offers

1,080± SF GLA, 3

bedrooms & 1 bath

• Front porch, vinyl/

clapboard siding,

screened porch, de-

tached 1-car garage

• Served by FHA/Oil

Heat & Public water &

sewer. Tax Map 9, Lot 15-4-38. Assessed value: \$71,800. 2019 Taxes:

\$1,666. Mortgage Ref: Grafton County Registry of Deeds Book 3095,

Page 0311. Sale per order of Mortgagee by its Attorneys: Minkow,

Mahoney Mullen, P.A., Laconia, NH; Peter J. Minkow, Esq. **Terms:**

\$5,000 deposit by cash, certified check, or other funds satisfactory

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## EMMONDS

CONTINUED FROM PAGE A1

in partnership with its exceptional team of educators, clinical, and residential staff.”

For more information about Spaulding Academy & Family Services and its comprehensive special education services, visit Spaulding-

Services.org. Details about its Board of Directors and Management team are available at SpauldingServices.org/leadership.

About Spaulding Academy & Family Services

Spaulding Academy & Family Services is a leading provider of educational, residential,

therapeutic and community based programs and services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in 1871, Spaulding Academy

& Family Services is a tax-exempt 501(c)(3) nonprofit that was formerly known as Spaulding Youth Center since 1958. Our scenic hilltop campus is located on nearly 500 acres in Northfield, NH and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. In addition to programs provided on

our Northfield campus, Spaulding’s community based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support

services, and more for children ages 0 to 20 and their family. For information about Spaulding Academy & Family Services, visit [www.SpauldingServices.org](http://www.SpauldingServices.org).

## ALL-STARS

CONTINUED FROM PAGE A1

found, Kennedy Overhoff and Olivia Baker of White Mountains and Kaitlyn Carey of Winnisquam.

Also earning First Team honors for Division III were Ashlyn Toupin and Halle Laramie of Bishop Brady, Elizabeth Gonyea of Conant, Jada LaPierre and Emma LaPierre of Franklin, Kate Bouch-

ard of Hopkinton, Kate Cochran and Abby Nadeau of Kearsarge, Lydia Tucker of Laconia, Allison Adams of Mascenic, Paige Jette and Natalie Poitras of Mascoma, Carly Bernard of Monadnock, Eliza Bates and Kelsey Wheeler of Newport, Brianna Frisbee and Julia Turksy of Stevens and Olivia Kimball of St. Thomas.

Bates and Toupin were named Division III

Co-Players of the Year while Patty Deschaine of Stevens was named Division III Coach of the Year.

Second Team honors in Division III also went to Libbey Hicks of Bishop Brady, Chelsea Dupuis and Bella Hayes of Conant, Elizabeth Guillotte and Jasmyn Long of Franklin, Caroline Barrett and Julia Baer of Hopkinton, Sophia Guzciewicz of Mas-

coma, Isabelle Sutton and Mackenzie Hopkins of Monadnock, Maddie Miller of Newport, Gabriella Savo of Stevens and Sara Anderson and Brooke Chandler of St. Thomas.

*Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or [josh@salmonpress.news](mailto:josh@salmonpress.news).*

# Greater Lakes Region Children’s Auction announces new Super Bidder option

LACONIA — The Greater Lakes Region Children’s Auction (GLRCA) has created a new benefit for potential bidders for this year’s upcoming auction, scheduled for Tuesday, Dec. 8 through Friday, Dec. 11. Anyone looking to increase their support of the auction—or to have an edge on bidding—can now become a Super Bidder.

For a donation of \$100, Super Bidders will be granted a look at the items on the auction boards as soon as they are available. Super bidders can: bid on items before they are open to the public; submit bids with incremental increases up to the bidders pre-chosen maximum; see how many bidders are also bidding on the item that they are interested in; enjoy VIP check-out and pick-up service; and be proud to support the children of the Lakes Region during an especially challenging year.

Interested community members can become a Super Bidder at bids. [childrensauction.com](http://childrensauction.com).

“In past years, community members have

mentioned that they would love to be able to have tools available so that they could spend less time babysitting the auction for the items that they most wanted to bid on,” said GLRCA chairperson Jaimie Sousa. “It will also give people an opportunity to donate directly to the auction to assist children in need while getting some great benefits.”

“I was thrilled to become a Super Bidder,” added Cindy Hemen-Plessner, GLRCA board secretary and first official Super Bidder. “It was easy to sign up. I was able to support impressive local nonprofits, and now, I’ll be able to bid while I’m cooking dinner, in a meeting or going for a walk. I’m excited for the opportunity to be able to automatically bid often!”

Because of the threat of COVID-19, this year’s auction will be held virtually from the Bank of New Hampshire Pavilion. Auction leaders will not accept donations during the event to ensure there is time to properly sanitize and photograph every item in a manner in which

volunteers can social distance.

While many items have been received at this time, there is a need for thousands of items to raise enough money to meet the needs of the community.

Visit [www.childrensauction.com](http://www.childrensauction.com) for drop-off locations. Volunteers will also collect items on Friday, Nov. 27 and Saturday, Nov. 28 from 10 a.m. to 2 p.m. at Bank of New Hampshire Pavilion. At all drop-off sites, donors must bring a completed form, available at <https://bit.ly/32ahY-Hb>.

Gift cards can be ordered online for donation to the auction; mail gift card donations to GLRCA, 383 South Main St., Laconia, NH 03246.

Only a small group of volunteers, radio and TV personnel will be welcomed on the auction set during the event.

About the Greater Lakes Region Children’s Auction

The Greater Lakes Region Children’s Auction is a charitable event held every December in central New Hampshire. Countless volunteers and donors have turned the Auction and its many fundraising events, including, It’s for the Kids Community Challenge (formerly PubMania), into a major annual campaign. In the 39 years that the community has come together for the Auction, more than \$6 million has been raised for local charities, all through volunteer efforts, community donations and corporate sponsorship. The Greater Lakes Region Charitable Fund for Children is a 501(c)(3) nonprofit organization that helps community organizations in the Central New Hampshire region. For more information about the Auction, the nonprofits it supports and how you can help, visit [ChildrensAuction.com](http://ChildrensAuction.com).

About Spaulding Academy & Family Services

Spaulding Academy & Family Services is a leading provider of educational, residential, therapeutic and community based programs and services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in 1871, Spaulding Academy & Family Services is a tax-exempt 501(c)(3) nonprofit that was formerly known as Spaulding Youth Center since 1958. Our scenic hilltop campus is located on nearly 500 acres in Northfield and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. In addition to programs provided on our Northfield campus, Spaulding’s community based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more for children ages 0 to 20 and their family. For information about Spaulding Academy & Family Services, visit [www.SpauldingServices.org](http://www.SpauldingServices.org).



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# HELP WANTED

## TOWN OF RUMNEY Police Officer Positions

The Rumney Police Department has openings for a full-time and part-time Police Officer.

- Successful candidates may be required to complete a fitness test, oral interview, psychological exam, medical exam and a thorough background investigation.
- Preference will be given to NH Certified Officers.
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Please submit a resume and cover letter by December 15, 2020 to:

Rumney Police Department  
PO Box 175  
Rumney, NH 03266



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Individual in the Lincoln area seeking a personal care attendant to help them in their home and community. Duties include facilitating community and recreational activities, social activities, and providing support with hobbies, light housekeeping, assistance with service dog, feeding and administering medication. This is a 26 hour per week position. Training will be provided. Starting pay for this direct support position is \$11.50 per hour.

If you are interested in this position or would like to learn more about it, please send a resume and a letter of interest to:

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Whitefield, NH 03598

For more information or to email your resume, please send to [achoiniere@northernhs.org](mailto:achoiniere@northernhs.org)

This position requires a valid driver's license, proof of adequate auto insurance, and completion of driver's and criminal background checks. Northern Human Services is an Equal Opportunity Provider and Employer.



## MOULTONBOROUGH ADMINISTRATIVE ASSISTANT

The Town is actively seeking candidates to fill a full-time position for the retiring Administrative Assistant to the Administration office, to support the Board of Selectmen, Town Administrator and Finance Director. Responsibilities include a wide range of clerical functions with proficiency in Word, Excel, and other software applications as needed. Attends Selectmen's weekly evening meetings, takes minutes, posts to the Town's website, and coordinates advertising. Ability to work in a fast paced environment, interacting with the public while representing the Selectmen and Town Administrator is a must. Municipal experience preferred. For more information and to view the job description, please visit the Town's website at [www.moultonboroughnh.gov](http://www.moultonboroughnh.gov), Employment Opportunities. Submit letter of interest, résumé and Town application to Kevin Quinlan, Chair, Board of Selectmen, PO Box 139, Moultonborough, NH 03254, [kquinlan@moultonboroughnh.gov](mailto:kquinlan@moultonboroughnh.gov). Position open until filled.

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2020-2021 School Year

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### **For further information, contact:**

**Stephanie Glidden, Adm. Assistant to the Superintendent of Schools and to the Director of Student Services**  
**White Mountains Regional School District**  
**SAU #36**  
**14 King Square**  
**Whitefield, New Hampshire 03598**  
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# Holiday Gift Guide

## Find the time to shop for holiday gifts

The holiday season is a busy time of year. So many activities are packed into a relatively short period of time, and it is easy to become a tad overwhelmed by it all. Once Black Friday arrives on November 27 (or Thanksgiving evening for those who can't wait until Friday), holiday shoppers have less than a month to get all of their shopping done.

Planning, decorating, entertaining, and socializing takes time away from shopping. To find the time to get everything done — especially shopping — consider these time management tips and tricks.

- Shop during off-peak hours. The busiest times of the day for holiday shopping will be lunch hour during a business day and right before or after supper time. Wading through crowds can be time-consuming. Try to shop when the stores are more sparsely populated so you can get in and out faster.
- Shop local. Think about patronizing small, independent retailers. Not only will you enjoy customized, exemplary customer service, but the stores probably will not be able to fit as many customers as large chains. That means you can browse more readily and shop faster and more safely.
- Take a day off. While it may not be ideal to use vacation time for holiday shopping, sometimes it can be an effective way to check off a good portion of your list. Start in the early morning when the children are at school and visit as many stores as possible. Stow away those gifts until you have the opportunity to wrap them. Make the day off a little more special by treating yourself to a solo lunch or a midday meal with a friend.

The holiday season is one of the busiest times of the year. Finding the time to finish shopping and complete other tasks is challenging, but possible.



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Common Man Restaurants: 11 a.m.–4 p.m.  
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Foster's Boiler Room: 10:30 a.m.–4 p.m. (603) 536-2764.



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## GIFT CERTIFICATES AVAILABLE

# Holiday Gift Guide

## Did you know?

Giving the gift of an experience is a rising trend, particularly among millennials. Harris research has determined that millennials (defined as people born between 1980 and 1996) highly value experiences, and they are increasingly spending time and money on them. Types of experiences include athletic pursuits, cultural visits, concerts, social events, and various travel. The research goes on to say that more than three out of four millennials choose to spend money on a desirable experience instead of buying a product. And it's not just millennials. Overall, consumer spending has shifted in the last 10 to 15 years. HSBC bank chief economist Kevin Logan has said consumer spending on recreation, travel and eating out has been trending upward for more than a decade, while purchases of clothing and shoes as a share of discretionary spending has dropped. These trends can help drive purchases during holiday gift-giving. Gifts that are more experience-oriented may be more appreciated by their recipients.



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# Playhouse production streaming over Thanksgiving weekend

MEREDITH — While many theatregoers were happy to return to live theatre when the Winnepesaukee Playhouse presented a small, socially distanced season in early fall, others were not yet ready. The Playhouse heard from many theatre fans who were intrigued by the local setting of the Playhouse’s October production, “No Wake” by Erica Berman, but not ready to sit in an auditorium with others. In response, just prior to the show’s closing, the Playhouse hired a local filmmaker and filmed a special performance of the play which anyone across the country (and world) can view over Thanksgiving weekend.

The decks of two neighboring houses in Moultonborough is the setting of this new play which, over the course of a summer, illustrates a burgeoning friendship between a cynical local teenager and an irascible snowbird with a penchant for screaming at the jetskiers who disrupt his treasured loons. As

the two unlikely friends navigate a generational divide, they learn that life experiences transcend age. In scenes both humorous and poignant, bonds form over loneliness and loss as both reveal secrets that impact their lives.

The play is directed by Samantha Tella, who previously helmed hit Playhouse productions of “The Graduate” and “Boeing Boeing.” To add even more local flavor to the production, the cast consists of local professional actors Teghan Marie Kelly and Ray Dudley. Meredith native Teghan was last seen at the Playhouse in “Beauty and the Beast” and “Mamma Mia!” A Gilmanton resident, Ray has won New Hampshire Theatre Awards for his work at the Playhouse including roles in “Of Mice and Men,” “Cat on a Hot Tin Roof,” and “The Graduate.”

“No Wake” will be available for streaming beginning at 3 p.m. on Thursday, Nov. 26 and ending at midnight on



Sunday, Nov. 29. A \$20 admission (plus a small online fee) allows patrons to view the production as many times as they’d like in a 48 hour period via their computer, phone, iPad, or other device with an internet connection. For more information, or to purchase an admission, visit [www.winnepesaukee-playhouse.org](http://www.winnepesaukee-playhouse.org).

## PSU men’s ice hockey season cancelled

PLYMOUTH — Last winter, the Plymouth State University men’s ice hockey team became the first back-to-back Massachusetts State Collegiate Athletic Conference (MASCAC) Tournament champions in the history of the league, but the Panthers will need to wait another full year to defend their title as the league announced the cancellation of winter sports competition on Friday.

The announcement, made on the league’s web site, noted the cancellation of all winter sports

competition for the MASCAC’s five winter sports - men’s ice hockey, for which Plymouth State is an affiliate member, men’s and women’s basketball and men’s and women’s indoor track and field.

“It is very unfortunate for all of the MASCAC student-athletes, but the Presidents are making decisions based on keeping their students healthy and safe,” said Director of Athletics Kim Bownes. “We don’t yet know what this means for Plymouth State men’s ice hockey, but we will keep moving forward to see what happens, particularly with the Little East Conference and other in-state universities.”

Plymouth State is also an affiliate member of the MASCAC for football. In mid-July the league announced the suspension of fall sports with hopes of moving contests to the spring, though no official announcements have been made thus far.

Per the announcement, PSU will have the option to schedule non-conference competition at its discretion, though no decisions have been made at this time.

in-depth review of the information from the state and NCAA, consultation among the Massachusetts State Collegiate Athletic Conference (MASCAC) Presidents, athletic directors, and athletic trainers and after exhausting all possibilities, including a review of the risks involved, the eight MASCAC Presidents have made the difficult decision to cancel all winter sports competition. This includes the sports of men’s and women’s basketball, men’s ice hockey and men’s and women’s indoor track and field.

Similar to the fall sports, the state universities are planning to provide winter sport student-athletes with on-campus, in-person practices, conditioning and training opportunities throughout their traditional season to support their physical and mental well-being. These practice and training opportunities will not use a year of NCAA eligibility and will be done in compliance with the campus, state, federal and NCAA COVID guidance and protocols.

“The MASCAC Presidents have been continuously observing the pandemic and guidelines from local, state, federal and NCAA officials, which has led us to the decision to cancel win-

ter sports competition during the spring semester,” said Massachusetts College of Liberal Arts President James Birge, Chair of the MASCAC Council of Presidents.

Affiliates will be able to schedule non-conference contests at their discretion.

“We explored countless scenarios to find a safe path forward with the evolving recommendations and policies from the NCAA and the state for our winter sport student-athletes,” said MASCAC Commissioner Angela Baumann. “After consultation with our medical staff and athletic directors, the MASCAC Presidents came to the conclusion there is not a way to ensure the safety of our student-athletes and staff with off campus winter competition, the risks are far too great.”

Throughout the 2020-21 academic year, the MASCAC will be celebrating its 50th anniversary with special features, facts and trivia commemorating the event. The conference has a rich history of success on the playing field and in the classroom. Over the academic year, the conference will be highlighting the student-athletes, teams, coaches and administrators from the last 50 years.



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