

# Danbury crash claims driver's life

DANBURY — On Jan. 4 at approximately 3 p.m., State Police received a call of a motor vehicle crash with ejection in the area of 317 Eastern District Rd. in the Town of Danbury.

It appeared the vehicle was traveling north on Eastern District Road when the vehicle veered to its right and off the road. The vehicle then reentered the road, struck a guardrail and some trees. The operator was not wearing a seatbelt and was ejected from the vehicle. The male operator, Kevin Ramsey, was pronounced dead on scene by Danbury Fire and Rescue as a result of his injuries. The female passenger, Sarah Westland, who was seat belted, was transported to Franklin Regional Hospital to be evaluated for possible minor injuries.

The New Hampshire State Police Troop D was assisted on scene by Danbury and Bristol Police Departments along with Danbury/ Bristol Fire and Rescue. A portion of Eastern District Road was shut down for a short time during the on scene investigation.

Please contact Trooper Jared Scholand of State Police Troop D should you have any information regarding this incident at 227-2159.

# Virtual fundraiser sees “Neighbors Helping Neighbors”

PLYMOUTH — As we enter winter's coldest month, many are struggling to stay warm, with the pandemic compounding the perennial challenge of paying for fuel. Despite the economic downturn, local businesses and individuals have stepped up with donations for the Keep the Heat On (KTHO) annual fundraiser, to be held virtually this year on Wednesday, Jan. 13 at 7 p.m.

Keep the Heat On is a volunteer effort raising funds for the nonprofit Plymouth Area Community Closet (PACC) in support of its mission to assist our neighbors in need. PACC serves residents of 15 towns in the Pemi-Baker Region with programs such as the fuel assistance fund and the food pantry.

“We can't gather in person this year, but we're encouraging everyone to stay home, stay safe, and help others by purchasing a ticket to our virtual 'Unevent,’” says KTHO organizer Audrey Eisenhauer. “Everyone deserves to be warm and your support can help make that happen.”

George and Sheila Bonfiglio of the Rumney Village Store are among this year's supporters who see the fundraiser as a way to give back to surrounding communities, saying, “We are neighbors helping neighbors during these challenging times.”

James Basford of The Grotto and Phat Fish adds, “We are glad our restaurants can support Keep The Heat On. Our community needs more people who do things like this for those who need the help.”

“These are very challenging times for many businesses as well,” notes organizer Denise Castonguay. “This makes the donations we've received from local restaurants, firms, and individuals all the more remarkable.”

Community generosity and volunteer efforts have enabled KTHO to raise more than \$300,000 over the past 15 years. In lieu of the traditional auction, local businesses and individuals are providing a wonderful assortment of donated items for this year's live online door prize drawings, and participants need not watch the live stream to win. All proceeds go directly to PACC assistance programs. The live stream will be broadcast via the Keep the Heat On Facebook page and YouTube.

SEE FUNDRAISER PAGE A7



# Mid-State Health Center receives GOFFER funding for food insecurity program

PLYMOUTH — Mid-State Health Center was honored to receive over \$15,000 in GOFFER Funding through the state's COVID-19 Relief Fund. With this funding, Mid-State will be implementing a program in the beginning of the New Year to help ensure vulnerable populations are able to receive access to food resources in the case they are affected by COVID-19. Many of those in our community rely on local food banks and community resources to obtain their food, and once affected by the COVID-19 virus and required to quarantine, the resources that they commonly seek become inaccessible.

In partnership with their COVID-19 Testing services, Mid-State will now be able to help those who test positive, or who are required to quarantine for any reason, access to food resources and limit their exposure in the community by providing “Quarantine Grocery Boxes”. These grocery boxes will contain enough food to last a family for two weeks in the case that they are unable to get access to food resources. This program will help to give those in our community who are already marginalized, a chance at optimal health. Proper nutrition is essential for staying healthy enough to fight illness. The GOFFER funding will allow Mid-State to help 90 or more families with food resources during these already challenging times.

Mid-State CEO Robert MacLeod stated, “Early on in the COVID-19 pandemic, the NH Food Bank projected there would be 51,000 additional people that become food insecure across the state. Mid-State's mission is to serve the whole person and having good nutrition is critical.”

SEE FUNDING PAGE A7

# Another record-breaking year for Mix Cash and Cans



REGION — Despite dealing with the pandemic, pushing the fundraiser back one week because of a positive COVID test and plowing through a historic snowstorm, the 34th annual Mix 94.1 FM Cash and Cans Money and Food Drive for the holidays had another record year. A total of \$52,799.48 was raised along with thousands of pounds of non-perishable food, all donated to local organizations and non-profits to help those in need.

“When we started this in 1987, we never imagined it would grow into this,” said founder Fred Caruso, who, along with morning co-host Amy Bates, accepted listener donations by broadcasting at 18 central New Hampshire locations the week of Dec. 14-18. “It's amazing to me this fundraiser, in its 34 years, has always raised more than the year before, which enables us to help more people through the organizations that benefit from our listeners' generosity. And, we can't thank the business community enough. Everyone was just so generous.”

The fundraiser had to be pushed back one week due to Caruso testing positive for COVID-19. “We didn't know what to expect,” he said. “We were prepared for anything. Our friends and listeners on social media were encouraging everyone to donate by mail, Venmo, any way possible. When I came back to work, I had a stack of cards and letters, many with donations inside. It was heartwarming.”

On the road, the Mix Morning Team had sanitary wipes and hand sanitizer at all broadcast locations. They placed a Christmas mailbox on the hood of the Mix 94.1 FM broadcast vehicle for people to place their check and monetary donations. Folks placed their food donations outside the car. And, everyone wore a mask. They wanted to make it as safe and contactless as possible.

Despite all the precautions, Mix Cash & Cans had to deal with something else...Mother Nature. The next to last day of the fundraiser, the region dealt with an historic snowstorm, which dumped 3-4 feet of snow on the area. “We lost a couple of live broadcasts that day. But we plowed through and our listeners found us that afternoon and the final day. We had donations ranging from \$6,000, to kids with their piggy bank money, to kids brining in one canned good. It truly is a grass-roots effort

SEE CASH AND CANS PAGE A7



# MVSB employees celebrated during virtual recognition event

MEREDITH — Meredith Village Savings Bank (MVSB) recently joined their sister companies, New Hampshire Mutual Bancorp(NHMB), Merrimack County Savings Bank (Merrimack), NHTrust and Savings Bank of Walpole, in celebrating the achievements and service milestones of employees at their annual recognition event. With respect for the safety of employees and social distancing guidelines, instead of a traditional in person event, the company celebrated virtually. During the week-long celebration, each company President shared a video recognizing employee achievements and raffled prizes of gift certificates and gift baskets

from local businesses. “We asked a lot of our employees this year, when they were also facing stress and anxiety in their lives outside of work,” said Rick Wyman, President of MVSB. “We couldn’t be prouder of and more grateful for the dedicated service our employees have given to our companies and to the community during this challenging year. It was so important to take the time to recognize and appreciate their efforts, even if we couldn’t do so in person.”

Throughout each year, employees nominate their fellow co-workers for monthly recognition for exceptional service as part of the organization’s Circle of Excel-

lence employee recognition program. Prior to the recognition events, employees voted to select one Circle of Excellence winner to be presented with the annual Peer-Among-Peer award. This year’s winner, Cody Gibbs, was chosen for his demonstration of the organization’s values both as an employee as well as outside of the office as a good Samaritan in the community. Gibbs is a Fraud Analyst for NHMB and has also worked in MVSB’s retail banking department. Over the years, Gibbs has been nominated for the Circle of Excellence program many times.

Employees acknowledged for 2020 service milestones were:

- 5 years: Gloria

- 30 years: Brian Chalmers, Angela Strozewski
- 35 years: Steven Bennett

Steven Bennett, who was recognized for his 35th year with the company, currently works in the Facilities Department as a Special Projects Assistant and Secure Documents Distribution Lead. He has held many roles during his time with the organization, including roles in security and risk management for many years.

Unlike a stock bank, MVSB is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast

- 10 years: Martha Clifford, Elise Cushing, Karen Currier, Susan Dagostino, Andrew Hernandez, Diana Johnson, Katelyn LaBonte, Laurie Mothes
- 15 years: Michael Boisvert, Cheryl Carter, Marcy Dembiec, Pamela Richard, Jaclyn Tyrrell, Deborah Van Zandt, Wendy Vittum
- 20 years: Renee Birmingham, Laurel Holder, Amy Mavris
- 25 years: Barbara Richter, Carol Roman, Marcus Weeks

in fostering the economic health and well-being of the community since it was founded in 1869. For more than 150 years, Meredith Village Savings Bank (MVSB), has been serving the people, businesses, non-profits and municipalities of Central NH. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.

# Comfort Keepers

## Seniors and post-holiday blues: Why it happens and what to do

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

The holidays can be a time of joy, togetherness and connection. For seniors that are isolated from family and friends,

these happy feelings can be replaced with anxiety or depression once the festivities end. Feeling blue after the holidays is not uncommon for older adults – especially for those that are isolated from loved ones, suffering from a

physical illness or those with a less busy lifestyle. Taking a proactive approach to combatting sadness following the holidays is critical. Depression can have long-lasting negative health impacts, and the effect of social isolation is also significant – it can have a negative health effect equivalent to smoking 15 cigarettes a day. There are many ways to keep the post-holiday blues away. Making plans, being active and continuing to connect with loved ones are some of the top ways to move forward into the new year with positive momentum and intentional action. Some specific ideas include:

- Plan travel and re-

- unions: Booking a getaway, or making plans to see family and friends, can help those that live far from their loved ones. A trip or reunion doesn’t need to be expensive or elaborate – scheduling an outing or dinner with the family in the coming months can help lift spirits. Learn something new: For some seniors, anxiety and depression can be worse when they are idle. Taking up a hobby or learning a new skill can provide a challenge that is enjoyable, and activity can combat negative thinking. Relive the best moments: Collecting photos and memories from the latest holiday season, and looking at past year’s mementos, can

bring back the joy felt while celebrating. And remembering the best times can help seniors feel gratitude and connection – even when the ones they love aren’t right there. Give back: Volunteering is a great way to ease post-holiday sadness. Helping others in need, whether it’s a short- or long-term commitment, can have a positive impact on everyone involved. And, there are volunteer opportunities available for those that are able to get out into the community as well as activities for those that have mobility issues or prefer to volunteer from their own home. Physical activity is good for the body and soul: Fitness centers often have discounts at the beginning of the year, and there are low-impact exercises that can be done at home or outside. And physical activity can improve both the body and the mind. Older adults should always consult with their doctor before starting a new exercise program. Dance and sing into the new year: Turning someone’s mood around can be as simple as listening to happy songs, playing an instrument or dancing the afternoon away. Seniors can ask family and friends for suggestions, make playlists of their favorite tunes or take time to rediscover an album they love.

Our goal is to provide uplifting in-home care that benefits seniors and their families. The individualized care plans we create for our clients that consider physical goals as well as non-physical mental health needs. Our caregivers can provide transportation to community events, support physician-prescribed exercise regimens, provide companionship and help families stay connected through technology. We strive to elevate the human spirit through quality, compassionate, joyful care. 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 for more information.

Comfort Keepers® Can Help



### HE’S HERE!

We are proud to announce that Jerry Mello, who was previously working at Garneau’s Garage, has now joined our team at Bumper To Bumper Auto Repair Inc., here on Rt. 115, Twin Mountain, NH. Jerry has over 43 years of active experience in the automotive field, with his expertise in automotive repair. Come on in and help us give Jerry a warm welcome to our team. Jerry is anxious to be here, and to take care of all your automotive needs. You can call him at 603-846-0000.

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# THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alexandria	N/A (Lot 20)	N/A	\$30,000	Richard D. and Karen F. Dorsett	Jason W. and Jennifer C. Dorsett
Ashland	24 River St.	Single-Family Residence	\$310,000	Philip C. and Susan B. Wei	Stephen P. and Jeanne M. Tamulonis
Bridgewater	1413 River Rd.	Single-Family Residence	\$90,000	Francis J. Szynaka	Stanley E. and Karen L. Graton
Bristol	91 Beech St.	Sinlge-Family Residence	\$235,000	Simard Fiscal Trust and Mary E. Simard	Dana L. and Maureen K. Hadley
Bristol	35 Grandview Dr., Unit 2	Condominium	\$190,000	Annette J. Putnam	Ryan and Caryn Kupferschmid
Bristol	75 Prospect St.	Single-Family Residence	\$320,000	Newfound Lake Investment Group LLC	Duba RET and Donald R. Duba
Bristol	Upper Birch Drive	N/A	\$40,000	Richard J. and Leslie G. McPartland	Jeremy J. Hiltz RET
Bristol	55 Worfield Circle	Single-Family Residence	\$192,533	Benjamin D. and Samantha M. Lamos	Angela T. Gerbert
Campton	94 Birch Circle	Single-Family Residence	\$186,000	Lauren and Paul Sirignano	Lee A. and George R. Cooper
Campton	Chandler Hill Road	N/A	\$124,933	Brian & Mike's Timber Harvest	Craig and Jessica Hossfeld
Campton	Chandler Hill Road	N/A	\$65,000	Brian & Mike's Timber Harvest	Craig and Alicia Waddington
Campton	28 Condo Rd., Unit 1	Condominium	\$150,000	Shawn and Dyann Kopp	Richard J. and Kelly P. Doucette
Campton	87 Glade Circle	Single-Family Residence	\$485,000	Davis RET and Matthew N. Davis	Jeffrey and Robyn Viens
Campton	29 Green Circle	Single-Family Residence	\$290,000	Michael and Natalia Efimov	Chialing and Craig Stucchi
Campton	224 Owl St.	Residential Open Land	\$297,533	Sandra J. Sullivan and Michael Gulizia	Alexander P. Fogelgren
Campton	Route 175	N/A	\$30,000	Timothy J. Schreiner	Richard J. and Susan M. Bousquet
Campton	25 Skye Dr.	Single-Family Residence	\$160,000	Mary Anne Thompson Estate and Laura Hayes	Sean McCarthy and Charli Wells
Campton	10 Wildwood Dr.	Single-Family Residence	\$205,000	US Bank NA Trust	Kathy and John M. Ecklund
Campton	N/A	N/A	\$353,000	Daniel Acker	Stephen and Kelly McAuliffe
Campton	N/A	N/A	\$21,333	Terence Fuller	Roger C. and Christine A. Wass
Campton	N/A	N/A	\$240,000	Matthew B. Beyer	Edson Vicente
Hebron	Hillside Inn Condo	N/A	\$285,000	Hillside Inn 11 LLC	Scott and Karen Gessin
Hebron	7 Soloma Dr.	Single-Family Residence	\$1,500,000	Darren J. and Carrie Donovan	Douglas A. Kerr and Liisa I. Nogelo
Holderness	E. Holderness Road	N/A	\$170,000	Peter and Loren Hyde	R.S. Eastman Property Holdings LLC
Holderness	44 Marden Point Rd.	Single-Family Residence	\$3,400,000	Robert F. and Barbara G. Murphy	Stephen S. Dragos
Holderness	22 Merrill Wood Dr.	Single-Family Residence	\$220,000	John R. Brule	Bryan Harper and Aisha J. Bhutto
Holderness	Route 113	N/A	\$159,866	Paige Trust and Peter J. Coolidge	Paige Coolidge Trust and Peter J. Coolidge
Holderness	Squam Boat Slips Condo	Lot 6 N/A	\$40,000	Paige Trust and Peter J. Coolidge	Paige Coolidge Trust and Peter J. Coolidge
Holderness	N/A	N/A	\$325,000	Cynthia Dussault 2016 RET	Robert F. Murphy
Holderness	N/A (Lot 4-1)	N/A	\$450,000	J. & Jaclyn Dussault RET and Joseph P. Dussault	Robert F. Murphy
Holderness	N/A (Lot 2)	N/A	\$500,000	Robert & Lili Young Fiscal Trust	Nancy R. Isikoff Trust
Plymouth	5 Brookside Dr.	Mobile Home	\$210,000	Amos and Michelle Jerry	Raymond B. and Jeannine T. Wheeler
Plymouth	135 Fairgrounds Rd.	Sinlge-Family Residence	\$229,933	Brian R. and Ashley M. Paine	Todd M. Workman
Plymouth	75 Main St.	Retail Store	\$470,000	Fletcher W. Adams	Charles G. and Sheridan J. Buhrman
Thornton	Covered Bridge Road	N/A	\$35,000	David P. and Joanne Marcotte	Juanta RET and Carol L. Magoon
Thornton	Gore Road	N/A	\$425,000	Hall Heritage RT and Michael A. Hall	Black Bear Mountain LLC
Thornton	73 High Brook Rd.	Single-Family Residence	\$127,533	John F. Wilkinson and Bart A. Merrill	Bart A. and Donna Merrill
Thornton	Mill Brook Road	N/A	\$120,000	Paul Harris and Rose MacDowell	Kilmer NH Holdings LLC
Thornton	7 Oak Ridge Rd.	Single-Family Residence	\$180,000	Leeanne and Michael O'Neil	Rolf and Kai Poesse
Thornton	Route 175	N/A	\$324,000	Jeffrey R. Chappell and Caroline M. Connors	Lydia Mathger and Clayton P. Jones
Thornton	Tamarack Road	N/A	\$22,000	Jason B. Psaros	John M. and Cassie C. Maher
Thornton	N/A (Lot 14)	N/A	\$75,000	North River IRT and Kim Silva	Joshua Mello and Tracey Fitzpatrick
Thornton	N/A (Lot 83)	N/A	\$22,533	Amy D. Aulson 2008 RET	Workshop Buddy RT and Alison Ida
Waterville Valley	23 Black Bear Rd., Unit 1411a	Condominium	\$97,000	Judith S. Dicritofaro	Lauri Borofski
Waterville Valley	8 Emmerson Way, Unit 7f	Condominium	\$321,000	Sara C. Tague and Emily T. Omarah	Elizabeth A. Abbott and Emmet Cavanagh

## 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 in-

volve 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](http://www.real-data.com)

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## MARK ON THE MARKETS

### It's just math



BY MARK PATTERSON

Why does risk matter? The risk that I am referring to is investment risk made up primarily of market risk when dealing with equities or stocks and interest rate risk as well as credit risk when dealing with bonds or fixed income.

Concepts that I've expressed in previous articles, are dealing with quantifying risk and reporting returns. Let me talk about two portfolios made up with a variety

of asset classes. We can assign each portfolio with a standard deviation, (difference from the middle), which measures the volatility and a range of upside and downside of potential returns. Portfolio one has a wide standard deviation (more risk and potential return) and portfolio two has a lesser standard deviation.

Portfolio number one started with \$100,000 and had a wonderful first year return of 60%.

The second-year portfolio one sustained a minus 40 percent loss. The average return for this portfolio over two years is 10%. Not a bad return!

Portfolio number two started with the same \$100,000, a 30 percent first year return but a 10% second year loss. Again, a 10 percent average return over the two-year span, again, not a bad return!

But let's look at the

compounded annual growth which is measuring dollars not average returns.

Portfolio one, \$100,000 invested after one year is equal to \$160,000, 40% loss of \$60,000 brings our dollars down to \$96,000!

Portfolio two, \$100,000 with a 30 percent return equals \$130,000, followed by a 10 percent loss or \$13000 brings us down to \$117,000.

I prefer portfolio number two, how about you?

So, you can see that bringing down the risk or standard deviation in a portfolio will lead to superior returns of real dollars.

This concept very important not only understand, but to implement in your own portfolio especially as we approach a time in our lives that we may depend on these assets for income.

What these numbers illustrate is a simple concept of avoiding big

losses which will almost always reduce potential upside. If your advisor is attempting to build your portfolio with a variety of non and low correlated asset classes which will lower the standard deviation or volatility and risk in a portfolio, using very low-cost or no cost investment vehicles such as exchange traded funds or individual stocks and bonds, you can assume they are probably working for your best interest.

Risk management is only part of the story. The purpose of your

money is more important than risk assessment in my opinion. It's very easy to answer questions to create a risk profile which is typically matched up to a corresponding prefabricated portfolio. But if you answer questions that match you up a growth portfolio and income is needed soon; your portfolio will not be designed what its purpose really is!

It is common for my client that is near or in retirement to reminisce about the returns of their investment port-

folio 25 years ago, as a retail broker I was not really concerned about losses at that time either. I didn't really understand the concept of compounded annual growth versus average returns.

Staying away from big losses in your investment portfolio not only maintains your monetary capital but preserves emotional capital!

Mark Patterson advisor MHP asset management, and can be reached at 447-1979 or [Mark@MHP-asset.com](mailto:Mark@MHP-asset.com).

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## CADY Corner

### Alcohol poses different challenges during the COVID-19 pandemic

BY DEB NARO  
Contributor

The COVID-19 pandemic is affecting every family across the country and will likely have a long-lasting impact on public health and well-being. Alcohol misuse is already a public health concern in the United States, with dramatic increases in emergency department visits and alcohol-related deaths observed in recent years. Alcohol has the potential to further complicate the COVID-19 pandemic in multiple ways.

First, we must consider the effects of alcohol on the immune system. Alcohol misuse both activates the immune system, causing inflammation, and interferes with the body's immune response to viral and bacterial infections. In the lungs, excessive alcohol damages epithelial cells that line the lung surface and is associated with acute respiratory distress syndrome. Ultimately, impaired immune system function and an increased susceptibility to respiratory illness could contribute to more severe COVID-19 symptoms and greater risk of mortality.

Excessive alcohol consumption may not only influence COVID-19 susceptibility and severity, but the broad effects of the pandemic are also likely to lead to excessive alcohol consumption. We know from previous disasters, such as 9/11 and Hurricane Katrina, that the stress of the events and anxiety about the future can increase drinking and exacerbate symptoms of alcohol use disorder. We also know that feeling socially isolated, a possible effect of physical distancing, can worsen symptoms of anxiety or depression, which may encourage more alcohol intake. Indeed, the current COVID-19 crisis appears to have already fueled increases in retail alcohol sales. From the stress of unemployment to feelings of isolation during physical distancing, there are many reasons the COVID-19 emergency may be influencing alcohol consumption.

In addition, some people should completely avoid alcohol. This includes individuals who take certain over-the-counter or prescription medications, have certain medical conditions, are underage, are pregnant or trying to become pregnant, are planning to drive or participate in other activities that require skill, coordination, or alertness, or are recovering from Alcohol Use Disorder or unable to control the amount of alcohol they drink. People who have consumed alcohol heavily over time and want to reduce or stop drinking should seek medical help to monitor and to prevent against potentially painful or even lethal withdrawal symptoms.

More people may drink, and people may drink more heavily, to cope with stress, sleep disturbances, and even boredom increasing their risk for alcohol use disorders and other adverse consequences. Although alcohol temporarily dampens the brain and body's response to stress, feelings of stress and anxiety not only return, but worsen once the alcohol wears off. Over time, excessive alcohol consumption can cause adaptations in the brain that intensify the stress response. As a result, drinking alcohol to cope can make problems worse and one may end up drinking to fix the problem that alcohol caused.

Physical distancing during the pandemic also has profound implications for access to treatment services for those with alcohol problems. Social support is a very powerful reinforcer and is highly beneficial for helping people avoid relapse or an escalation in alcohol use. Recovery programs based on mutual peer support, and many different behavioral therapies, involve social support and are very helpful for people struggling with maintaining sobriety or regulating their alcohol consumption. However, in-person visits might prove difficult during the Covid surge. People currently in recovery or those who need help may benefit from telehealth and online support group meetings. Increasing online social interaction can also improve moods, coping, and reduce the motivation to drink. Remember that social distancing does not have to mean social isolation. The extent to which we can help people find healthy coping mechanisms for stress may minimize the likelihood of turning to alcohol.

For more information, visit our Web site at [www.cadyinc.org](http://www.cadyinc.org). If you, or someone you know, struggles with substance misuse or addiction, please call 2-1-1 or the Doorway at LRGHealthcare (934-8905) for help. You can also connect with Plymouth Area Recovery Connection, our local recovery center, located at Whole Village Family Resource Center in Plymouth at [info@parcnh.org](mailto:info@parcnh.org) or 238-3555.



COURTESY

### Shining bright

The Bristol Events Committee sponsored a holiday decorating contest again this year. It was uplifting to drive around Bristol and see so many bright lights and beautiful decorations. These displays enhance the work done by the Downtown Decorating committee lighting up the lampposts and tree in the square. The heavy snow followed by the large amount of rain have made it challenging to keep the lights on, though.

## Sustainable Bristol

BY LAUREN THERIAULT

In 2019, I made a goal to not buy any new clothes for a year. I like to sew so I vowed to sew all of my own clothes. This plan did not work out so well for two reasons: I like to sew but am not an expert and therefore cannot sew pants with zippers or other fashionable tighter fitting apparel. With two small children at home, it was hard to find the time to sew all the clothes I needed for my post baby body. Enter Thrift Shopping. No new clothes were being made for me and I was helping local agencies and finding things I loved. Thrift shopping might be intimidating to some, which is why I thought I could give you my tips for finding great items.

Keep a list. I have a list of things I am looking for on my phone so I don't forget something I need. I look it over before

### How to thrift shop

I go into the store so I am not overwhelmed and don't forget what I really came for. This could be a list of home goods you are looking for, or staple wardrobe pieces you want to fill in any gaps in your closet, or an outfit for a special occasion.

Do your research. Not sure what the policy is on trying on clothes or returns? Call and ask. Not sure what a certain thrift store sells, ask someone who has been there. Not sure if you can try items on due to restrictions? Look the store up on Facebook or call.

Dress appropriately. I knew I wanted a new dress to wear to work on my most recent thrifting trip so I wore a dress, tights, boots, and make-up for ease in trying on dresses and to make myself look as much like I would if the dress were mine and I wasn't in a fitting room. If you are looking for a sweater,

wear pants you'd want the sweater to go with. If you're looking for pots and pans, wear clothes you can bend down, or reach high easily for reaching back shelves.

Look for brands you know you love. It makes it easier when you find a brand you are already wearing/have in your closet. You know the sizing and sometimes the fit will be similar and it'll go with clothes you already own.

Look outside your normal size range. Since there are brands you might not be familiar with, the sizing may be different so search a few sizes up and down from your typical size and try items on.

Only buy what you intend on wearing or using. Thrifting is good for the planet because you're not adding more clothes to the stream but buying things you have no, or little intention of wearing isn't helping

anyone. Just because it's cheap doesn't mean you need it.

Be nice. This goes for every aspect of life, but can specifically apply to thrifting. Employees are more likely to help you or save items they think you might like if you are kind, get to know them, and politely ask for items you're looking for. This also applies to the model of thrifting. You should not buy everything you see, leave some for others. The wonderful deals are great for you but may be necessary for others who cannot afford anything else. Keep those folks in mind.

Some of my favorite local thrift stores are: Bristol Community Services, Reimagined, Ladders and Step Ladders in Plymouth, and the Belmont Goodwill. Good luck with your shopping and don't forget to bring a reusable bag!

## Changing the Conversation

### Treatment options for substance misuse disorders

BY TARA GRAHAM

Central NH Community Opioid Response  
Program

Substance Misuse Disorders are often referred to as diseases of isolation, and overcoming that challenge has only become more difficult during a pandemic that has forced people indoors — in some cases to live lonely lives, with drugs and alcohol as a way to cope with the stress.

Several studies have shown that binge drinking has increased during the pandemic, and a recent report from the Centers for Disease Control and Prevention cited a “concerning ac-

celeration” of opioid-related overdoses last year. Treatment options are available in the Central NH region - and one size does not fit all.

Treatment approaches and individual programs continue to evolve and diversify, and many programs today do not fit neatly into traditional drug addiction treatment classifications. Research studies on addiction treatment typically have classified programs into several general types or modalities:

Long-Term Residential Treatment provides care 24 hours a day, generally in non-hospital settings. The best-known

residential treatment model is the Therapeutic Community (TC), with planned lengths of stay of between six and 12 months. TCs focus on the “re-socialization” of the individual and use the program's entire community—including other residents, staff, and the social context—as active components of treatment. Addiction is viewed in the context of an individual's social and psychological deficits, and treatment focuses on developing personal accountability and responsibility as well as socially productive lives. Many TCs offer comprehensive services, which can include employment

training and other support services, onsite.

Short-Term Residential Treatment programs provide intensive but relatively brief treatment based on a modified 12-step approach. Following stays in residential treatment programs, it is important for individuals to remain engaged in outpatient treatment programs and/or aftercare programs. These programs help to reduce the risk of recurrence once a patient leaves the residential setting.

Outpatient Treatment Programs vary in the type and intensity of services offered. Such







Murray L. Lord, 97

ALEXANDRIA- It is with great sadness that the family announces the passing of Murray L. Lord, 97, a beloved son, husband, father, brother, grandfather, and uncle on December 31, 2020 at his daughter's (Judy) home after suffering a major stroke. He was born in Alexandria, the son of Edward and Agnes (Ballou) Lord. Murray lived most of his life in Alexandria, graduated from Bristol High School and entered the US Army. He served in the European, African, Middle Eastern and Asiatic Pacific Theaters as a Communications Specialist with the 67th Signal Battalion. After his military service he returned home and worked for various local companies including Freudenberg NOK, formerly IPC, and several years maintaining Camp Tomahawk and Wicosuta on Newfound Lake.

Murray was a member and past commander of the Minot Cavis Post #26 American Legion and the VFW Post #10640 both of Bristol and the Lakes Region Toastmasters. He was a former member of the Grange in Alexandria. Murray was a member of the Alexandria Fire Department and one of its original charter members. The endeavor began in memorial of a local woman who died in her home due to a



fire, and the fire station stands on her property today.

Murray and his wife, Gae, enjoyed 70 years of marriage. Together they provided a loving, welcoming home where they brought up their five children and later nurtured their ten grandchildren, and entertained neighbors and friends. Nothing brought him more joy than their camping trips with the grandchildren and neighborhood parties with volley ball games. He enjoyed gardening, hunting, fishing, horse shoes, wood working, baking, playing cards and having pets. After retirement, Murray and Gae took their RV and began living their dream of life traveling cross country. They spent time in California, Oklahoma, South Carolina and Virginia before returning to New Hampshire.

Murray is survived by wife, Gae (Adams) Lord, of Alexandria; children include: Edward and wife, Debbie,

of Texas; Marie Carson of Alexandria; Jerry and wife, Cindy, of Alexandria; Robert and wife Laura, of Texas; Judy Lacasse and husband, Steve, of Alexandria; 10 grandchildren (Jessica Emerson, Jason Lord, Jeff Carson, Chris Carson, Jennifer Lawrence, Matthew Lord, Jamie York and Tracey Daniels, Rebecca Lacasse, Duane Lacasse), 19 great grandchildren; a sister Erma Lord, of Laconia; nieces, nephews, great nieces and great nephews.

Services-Calling hours were held on Sunday January 3, 2021 from 12 -1:30 pm at the Emmons Funeral Home, 115 South Main St., Bristol. A graveside service was Tuesday, January 5, 2021 at 12pm at the NH Veterans Cemetery in Boscawen. A gentle reminder to those attending that due to current state and federal guidelines, masks and social distancing are required and entry to calling hours may take a bit longer. We ask for your patience. In lieu of flowers, donations may be made to Easterseals NH Attn: Veterans Count, 555 Auburn Street, Manchester, NH 03103 or online at <https://vetscount.org/nh/support-us/make-a-donation/>. To share a memory or sign an online guestbook, please go to [www.emmonsfuneralhome.com](http://www.emmonsfuneralhome.com).

Churches

Plymouth Congregational UCC

Church Announcement

In order to protect everyone's health and safety, we have made the decision to suspend all gathered worship services and meetings until further notice. The Sunday bulletin for this service as well as videos and bulletins from past services can be found on our new church's Web site at [www.uccplymouth.org](http://www.uccplymouth.org).

Our Sunday morning worship will be on PB TV at 6:30 p.m. If you are unable to join on Facebook, consider the option of public television!

Dates to Remember on Facebook Live

Wednesdays at 12:30 p.m. - Lunchtime Prayers & Devotional

Sunday, Jan. 9 at 9:30 a.m. via Facebook Live – Epiphany Sunday

Church's Facebook Page?

You can find our Page by searching for "Plymouth Congregational United Church of Christ Plymouth NH." "Like" the Page and you will receive notifications when the weekly service goes live! Missed something? Scroll down to the date of the service or program you missed. It is all there!

Feeding Our Children

Together

Since the beginning of this school year, we will provide 3,000 calories to feed insecure children in the Head Start Program and to Plymouth Elementary School so they will have enough to eat over the weekend. We are currently working with our partners to support the needs of these children.

PCUCC is a vibrant community of faith that is welcoming, theologically progressive, socially liberal, open and affirming, inclusive and enthused about sharing Christ's love with the world. Please visit our Web site at [www.uccplymouth.org](http://www.uccplymouth.org).

Pemi-Baker Community Health receives donation from Service Credit Union

BY ANNA SWANSON

Pemi-Baker Community Health

PLYMOUTH —The holidays came early for Pemi-Baker Community Health(PBCH) thanks to a generous donation from Service Credit Union. Both non-profit companies have strong missions to support the communities they serve and PBCH plans to use the donation for much needed training supplies for their nurses.

Since 1967, Pemi-Baker Community Health has brought compassionate health care into the homes of Central and Northern New Hampshire, delivering much needed home health, palliative, hospice and therapeutic care to patients in 22 towns.

Service Credit Union was established in 1957 to support military personnel and their families at what was then Pease Air Force Base in New Hampshire. Since then,

they have grown to serve members all over the world. Their 800+ employees provide financial services at 50 walk-in locations throughout New Hampshire, North Dakota, Massachusetts and Germany.

"Without the generous support of community partners like Service Credit Union, we would have a difficult time continuing our mission and we wish to extend our thanks to Jenn Duncan, Branch Manager at the Plymouth Service Credit Union" said Danielle Paquette-Horne, Home Health, Palliative Care & Hospice Director, at Pemi-Baker Community Health.

Please consider donating to Pemi-Baker Community Health during the New Year by visiting their Web site, [www.pbhha.org](http://www.pbhha.org). If you order online, Amazon will give a percentage of your purchases direct-

ly to Pemi-Baker Community health by using Amazon Smile. Visit [www.smile.amazon.com](http://www.smile.amazon.com) and choose Pemi-Baker Community Health. Or perhaps you would like to donate your time instead. There is room in their Free Hospice Volunteer Training starting January 5th via Zoom. Contact Lauren Bell, SW and Volunteer Coordinator at [info@pbhha.org](mailto:info@pbhha.org) or 536-2232.

PBCH is located at 101 Boulder Point Dr., Plymouth. To contact us please call: 536-2232 or email: [info@pbhha.org](mailto:info@pbhha.org)

Plymouth Service Credit Union branch is conveniently located inside the Plymouth Walmart. They offer numerous member tailored lending options including mortgages, auto loans, credit cards as well as savings, checking and business banking services. 1-800-936-7730, [www.servicecu.org](http://www.servicecu.org)

PLYMOUTH — Lakes Region Mental Health Center is moving its Plymouth office! Effective Jan. 18, LRMHC's Plymouth office will be moving from 599 Tenney Mountain Highway to 81 Highland St. in Plymouth. LRMHC's Laconia office at 40 Beacon St. E. will remain unchanged.

LRMHC purchased and renovated the 4,318-square-foot building on Highland Street in Plymouth which is conveniently located within walking distance of the hospital, Plymouth elementary and high schools, Plymouth State University and the Plymouth downtown district. This facility has been designed to improve accessibility, enhance LRMHC's approach to integrated care and solidify our medical identity while allowing for further expansion of services. The location will house both Adult and Child & Family services.

The building has offices for nine therapists, two prescribers, a nurse, two managers, an exam room, an office dedicated for the provision of telehealth services, medical records, patient check-in and registration desk, a kitchenette, a large conference room and an office for visiting staff. The smaller building located at 77 Highland St. will be utilized by the staff providing community-based care.


"Every one of us is affected by mental illness; whether it is your own illness or that of a loved one, a friend, neighbor,

co-worker or employee. One in five adults and children experiences some sort of mental health issue in their lifetime, be it anxiety, depression, substance abuse, or a serious mental illness. Community Care is Better Care: It is more cost effective than hospitalization; and more humane than long stays in the Emergency Department," said Maggie Pritchard, Chief Executive Officer at Lakes Region Mental Health Center. "Given today's environment of changing socio-economic pressures, and factors such as the opioid crisis and the Covid-19 pandemic that continue to strain existing resources, we anticipate no slowing of the growth in the demand for our services. This facility will help us meet the increasing need for mental health services in the greater Plymouth region. Our multi-disciplinary treatment teams at Lakes Region Mental Health Center are here for you. We are the experts at delivering high quality mental health services to those who call rural New Hampshire home."

Phone numbers will remain the same. General: 534-1100, 24/7 Emergency: 528-0305. For more information, please visit our website, [www.lrmhc.org](http://www.lrmhc.org).

LRMHC has two campuses, in Laconia and Plymouth that serves over 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, 7 days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Additionally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at [www.lrmhc.org](http://www.lrmhc.org). Find the Lakes Region Mental Health Center on Facebook and follow us on Twitter for updates and information.



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Salmon Press, by e-mail to

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Deadline is Monday at noon





Neighbors

FROM PAGE A1

“Peabody & Smith Realty has supported KTHO for many years, including by filling a table of 10 and by dropping off donations for the auction in years past,” says owner Andy Smith. “Our decision to do so stems from our desire to be a part of our community through our vocations and through our charitable contributions.”

Tickets are on sale now at \$45 online at <https://ktho2021.eventbrite.com>. You must buy a ticket to be eligible for the door prizes, so purchase as many tickets as you like! You will receive an e-mail prior to the event with links for

the live stream drawing.

The KTHO Committee has recently received additional door prize donations, which now include:

- Bakery Goodies (Donated by Wick-ed Good Bakery)
- Common Man gift certificates (Donated by Peabody & Smith Realty)
- Dinner for Four from Nourish Food Truck (Through Local Foods Plymouth—donated by Plymouth Area Renewable Energy Initiative)
- Fresh Flower Bouquets (Weekly, June through September—Donated by Pike Hill Farm)
- Gift Baskets with Five \$25 Restaurant Gift Cards (Two Separate Door Prizes—Donated by Chase Street Mar-

ket / Biederman’s Deli, Covered Bridge Farm Table, Dam Brewhouse, Fugaky, The Grotto, Mad River Tavern, Phat Fish, Rumney Village Store, 6 Burner Bistro, and Walter’s Basin)- Gift Card and Goody Basket (Donated by Tamworth Distillery)
- Handmade Quilt (Donated by Sarah Bunkley)
- Heating Fuel (150 Gallons—Donated by Dead River Company)
- Overnight Stay with Breakfast at The Common Man Inn (Donated by Common Man)
- Painting (Donated by Alma Grand)
- XC Ski Lessons for Four People (Two Lessons—Donated by Joan Turley)

“We all know that this is

not a normal year and are so grateful to all who are contributing in this time of so much need,” says organizer Martha Richards. “On the night of the UnEvent, we encourage ticket purchasers to get takeout in support of their favorite local restaurant, then watch the live stream drawing at 7 p.m. online to see if you win a fabulous door prize!”

KTHO hopes to raise as much as possible this year to purchase home heating fuel (whether that be gas, oil, propane, wood pellets, coal, or cord wood), and other vital necessities including food, clothing, and prescriptions. The cost of fuel and other essen-

tials are simply beyond the means of many of our neighbors in the 15 communities served by PACC. The state’s Fuel Assistance Program, which is funded through the US Department of Health and Human Services, provides some assistance, but cannot meet the needs of all. Hundreds of families have benefited from KTHO funds over the past 16 years, with the number increasing every year.

“We understand the many financial hurdles home owners and renters can encounter at any given time for reasons that are beyond their control,” says Andy Smith. “A minor injury or illness can bring

about financial stress and any way that we can assist someone in their time of need is exactly what we are doing by supporting this generous volunteer initiative for our local families.”

PACC and the KTHO Committee thank our many friends who have already responded to the appeal for assistance for our neighbors. If you’d like to offer financial support, please contact Martha Richards at [maplerichards@gmail.com](mailto:maplerichards@gmail.com) or 536-2279.

For more information, please visit the KTHO Facebook page, [facebook.com/KeepTheHeatOn](https://facebook.com/KeepTheHeatOn).

Cash and Cans

FROM PAGE A1

and we thank each and every person and business who made a donation. We live in a magical area.”

All proceeds stay in the local area, bene-

fitting the Twin Rivers Interfaith Food Pantry; Tilton/Northfield/Sanbornton Christmas Fund; Meredith Food Pantry; Bread and Roses Soup Kitchen; Every Child Is Ours; St. Joseph’s Food Pantry;

Franklin Police Toys for Tots; Belmont Police Santa’s ‘Lil Helpers; The Santa Fund of the Greater Lakes Region; St. Vincent DePaul and the Northfield/Tilton Congregational Church Food Pantry.

For more information about the Mix Cash & Cans Program, contact Caruso at [fred@mix941fm.com](mailto:fred@mix941fm.com). Cash and Cans donations are

accepted year-round through Venmo at [Mixcashandcans](https://venmo.com/Mixcashandcans) and checks, made payable to Mix Cash & Cans. Mix Cash & Cans is a pub-

Communications Corporation, a locally owned and operated Northeast Communications Radio Group.

Changing

FROM PAGE A4

treatment costs less than residential or inpatient treatment and often is more suitable for people with jobs or extensive social supports. It should be noted, however, that low-intensity programs may offer little more than drug education. Other outpatient models, such as intensive day treatment, can be comparable to residential programs in services and effectiveness, depending on the individual patient’s characteristics and needs. In many outpatient programs, group counseling can be a major component. Some outpatient programs are also designed to treat patients with medical or other mental health problems in addition to their substance use disorders.

Individualized Drug Counseling not only focuses on reducing or stopping illicit drug or alcohol use; it also addresses related areas of impaired functioning—such as employment status, illegal activity,

and family/social relations—as well as the content and structure of the patient’s recovery program. Through its emphasis on short-term behavioral goals, individualized counseling helps the patient develop coping strategies and tools to abstain from substance use and maintain abstinence. The addiction counselor encourages 12-step participation (at least one or two times per week) and makes referrals for needed supplemental medical, psychiatric, employment, and other services.

Group Counseling is used in many therapeutic settings to capitalize on the social reinforcement offered by peer discussion and to help promote substance-free lifestyles. Research has shown that when group therapy either is offered in conjunction with individualized drug counseling or is formatted to reflect the principles of cognitive-behavioral therapy or contingency management, positive outcomes are achieved.

Currently, researchers are testing conditions in which group therapy can be standardized and made more community-friendly.

With progress in efforts for Covid-19 vaccines and predictions for when the population will receive them, there seems to be a light at the end of the long, harrowing pandemic tunnel. As the physical risks are better managed with vaccines, however, what will likely still remain is the impact of the pandemic weighing on the collective psyche.

There is a silver lining, the mental burden of the pandemic has facilitated more honesty and empathy around mental health, which is key to dismantling the stigma that deters some individuals from seeking treatment. Virtual options have also made it easier than ever to get help. If you or a loved one need help navigating the system, you can reach out to the Plymouth Area Recovery Connection (238-3555).

Become a LakeSmart Service Provider!

REGION — Partner with NH LAKES and show that your business understands the value of clean and healthy lakes to our environment, our personal well-being, and our New Hampshire communities and economy by becoming a LakeSmart Service Provider Partner!

If you offer a service that can help property owners live along the lake or enjoy the lake in a lake-friendly way, this new, limited opportunity is for you. The health of our lakes is at risk from poorly designed and managed yards, septic systems, driveways, and roadways—and much more. Pollution from these problems is making our lakes toxic to people, pets, and wildlife. Most property owners want to do the right thing to help keep the lakes they enjoy clean and healthy and they often need help of profes-

sional service providers.

Your participation in the LakeSmart Service Provider Partner Program will not only help keep lakes clean and healthy—it will increase your brand recognition, drive customers to you, and result in increased sales for your team! Lake-friendly living is good for business, and good for New Hampshire’s residents, visitors, and the environment, too!

The following service providers are invited to apply to participate in the LakeSmart Service Provider Program:

Architects & General Contractors & Homebuilders

Banking & Lending & Estate Planning Institutions

Drinking Water & Wastewater Service Providers

Landscaping Service Providers & Suppliers

Marine Contractors &

Marine Sales

Realtors & Property Rental Agencies

Service providers interested in becoming a LakeSmart Service Provider Partner are invited to submit an online application for consideration. The application period for the 2021 LakeSmart Program ends Jan. 15, 2021. Learn more and apply at [nhlakes.org/lakesmart](https://nhlakes.org/lakesmart).

Established in 1992, the mission of NH LAKES, a statewide, member supported nonprofit organization, is to ensure that New Hampshire’s 1,000 lakes are clean and healthy, now and in the future. To achieve its mission, NH LAKES works with partners, promotes clean water policies and responsible use, and inspires the public to care for our lakes. For more information, visit [nhlakes.org](https://nhlakes.org), email [info@nhlakes.org](mailto:info@nhlakes.org), or call 226-0299.

Funding

FROM PAGE A1

cal to one’s health. The health of our patients and community reaches beyond the office and through these quarantine grocery boxes, we can ensure families have nutritious food while quarantining, and that they are remaining isolated and not exposing others in the community

lic service of Northeast if having to seek food.”

This program will piggyback Mid-State’s already successful food security program, Feed the Need, that allows patients who screen food insecure to leave the practice with three days’ worth of food for a family, and a gift card to the local grocer to purchase fresh meats and veggies. This program originat-

ed back in November of 2019, and the need for food resources in our rural region has grown exponentially since due to the pandemic.

To learn more about Mid-State’s Feed the Need program or to become a patient, visit us on the Web at [midstate-health.org](https://midstate-health.org), or call our office at 536-4000.

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**HELP WANTED**



**PLYMOUTH HIGHWAY DEPARTMENT**  
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The town of Plymouth Highway Department is seeking a qualified individual to perform all aspects of highway construction, maintenance and snow removal, will require you to work during adverse weather conditions such as high winds, hurricanes, and other weather events including snow and ice storms. The final candidate will have a minimum CDL-B with air brake endorsement (or the ability to attain one in a short period of time) and will be required to pass a physical, including a drug and alcohol screening, and will be subject to a criminal background check as well as a driving records check. Applications are available on the Town of Plymouths website, mail application to Plymouth Highway, 6 Post Office Square, Plymouth, NH 03264, or upon request, 603-536-1623, at the Plymouth Highway Garage. Hours are from 6am -2:30pm. Please ask for Joe or Miah.

Joseph Fagnant  
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**Town of Alexandria**

**First Day to File for Candidacy –  
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• Town Clerk/Tax Collector	3-year term
• Cemetery Trustee	3-year term
• Trustee of Trust Funds	3-year term
• Planning Board (2 positions)	3-year term
• Road Agent	3-year term
• Budget Committee (2 positions)	3-year term

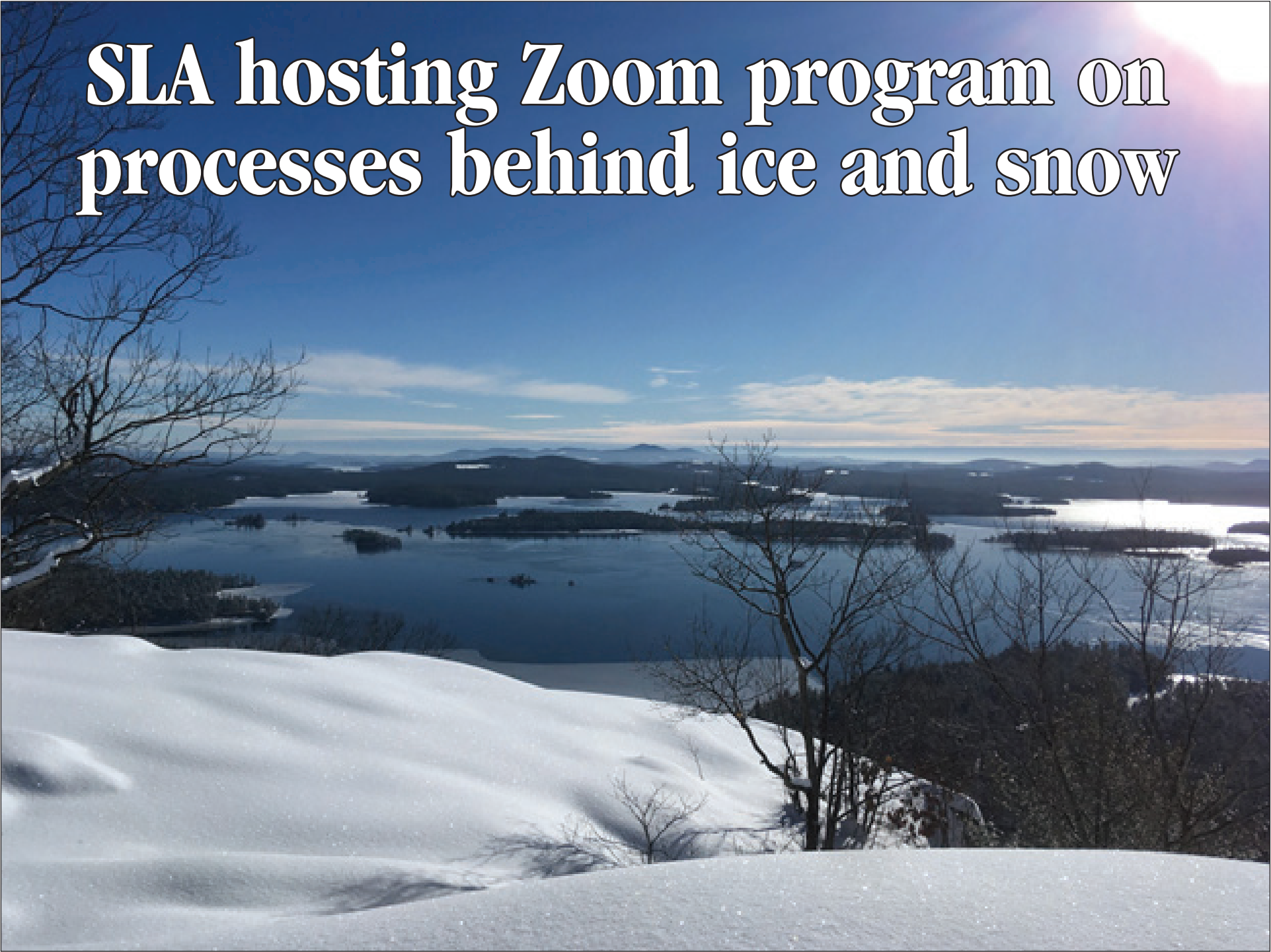
**Last Day to File for Candidacy –  
January 29, 2021**

Town Clerk's Office will be open from 3pm to 5pm on Friday, January 29, 2021

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# SLA hosting Zoom program on processes behind ice and snow

HOLDERNESS — Here in New Hampshire, we all know and love (or loathe) ice and snow, but do you really know about the process that creates them? Join the

SLA via Zoom on Saturday, Jan. 9 from 10-11 a.m. as we discuss the transformation of water when temperatures start to drop. We will dive into the processes

that drive ice formation, snow, and other changes that water goes through when it gets cold. LRCC member Michael Burke will lead this program as you learn about snow and ice without leaving the warmth of your own home!

Registration is required—all ages are welcome! For more informa-

tion, or to sign up for this Adventure Ecology program, visit the SLA Web site (squamlakes.org) or contact the SLA directly (968-7336). The SLA also offers other Adventure Ecology programs throughout the year. These free programs are open to the public and cover a variety of nature and conservation related

topics. The Adventure Ecology programs are presented by the LRCC AmeriCorps members at the SLA who perform important conservation work in support of the Association's mission.

The Squam Lakes Association is dedicated to conserving for public benefit the natural beauty, peaceful character

and resources of the watershed. In collaboration with local and state partners the SLA promotes the protection, careful use and shared enjoyment of the lakes, mountains, forests, open spaces and wildlife of the Squam Lakes Region.

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## Dayna Titus promoted to VP, Deposit Operations Officer at New Hampshire Mutual Bancorp

MEREDITH — New Hampshire Mutual Bancorp (NHMB) has announced the promotion of Dayna Titus to Vice President and Deposit Operations Officer. In this role, Titus will lead the staff, systems and services that support the deposit gathering programs for sister community mutual banks, Meredith Village Savings Bank (MVSB), Merrimack County Savings Bank (the Merrimack) and Savings Bank of Walpole (SBW).

"Dayna has extensive expertise in retail banking, including her experience working in various roles at Meredith Village Savings Bank's branches, as well as her experience working in Operations supporting branch staff," said Angela Strozewski, Executive Vice President and Senior Operations Officer at NHMB. "Dayna's expertise in banking combined with her natural proficiency for leading groups, projects and teams will en-

sure Dayna's success in her new role."

Titus joined the organization more than 17 years ago, beginning as a part-time teller for MVSB in 2003. Over the years, she has worked in the main office in Meredith, the downtown Plymouth office, the Seneca Ladd operations office and the office in Ashland, and has held several roles including assistant head teller, teller trainer and Vertex administrator, teller operations and training supervisor, branch supervisor, deposit services officer and assistant vice president and deposit operations officer.

Titus is active with the Salvation Army, where she currently serves as Treasurer for the Ashland-Holderness and Wentworth Service Units. She is also a budget committee member for the Town of Holderness. She was on the Pemi Baker Literacy Board from 2011 to 2016, serving as Board Secretary from 2012-2016. She also remains active

as a volunteer for numerous non-profits and community events including Making Strides Against Breast Cancer, the Greater Lakes Region Children's Auction and the Salvation Army Turkey Plunge.

Titus is a graduate of Northern New England School of Banking, one of the country's oldest general banking schools. The School is geared to supervisors, management trainees or junior officers, and provides a broad education about the many diverse operations of banking.

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 but are able to achieve best in class software, services and staffing while providing efficiencies through their shared service provider,



Dayna Titus

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.

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