

Lakers hang tough with defending champions

YOUNG NETS HAT TRICK IN SEASON OPENER



JOSHUA SPAULDING
Kameron Young netted a hat trick in the first game of the season for Laconia-Winnisquam-Inter-Lakes last Wednesday.



Keeper Evan Rollins makes a save in action against Berlin-Gorham last week.

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The opening game of the season, against the defending champion and perennial Division III powers from Berlin. In any normal circumstances, the Laconia-Winnisquam-Inter-Lakes ice hockey team probably would’ve been playing in front of a raucous crowd in the Merrill Fay Arena.

However, on Wednesday, Jan. 13, the Lakers welcomed the Mountaineers to town with just about nobody allowed in the building. The lack of a crowd didn’t slow down the hosts, as they jumped out to a 2-0 lead

before eventually falling by a 5-3 score.

“The first time out, against the defending champs, we held our own,” said LWI coach Paul Wheaton. “I’m proud of these guys, they put in a good effort.”

The Mountaineers had some early chances, including a power play just more than three minutes into the game. Kameron Young had a shot wide for the Lakers while at the other end of the ice, keeper Evan Rollins was earning his keep, making a number of big saves in the net, including three in a row on a power play flurry. Carter Smith had a nice clear to help kill off the

penalty. Smith then had a bid go wide of the net at the other end.

The Lakers were able to get on the board first with 7:41 to go in the first period, as Young was able to put home a rebound on an assist from Zack Spicuzza, lifting the Lakers to a 1-0 lead. Young and Andrew Spicuzza continued to attack the net but the Berlin-Gorham goalie held tight in the net.

Devin Schwarz also had a shot stopped by the Mountaineer keeper and the visitors got a power

play with 4:47 to go in the first period. Rollins came up with a couple of solid saves to kill off the man advantage and both Young and Smith had good clears. Ryan Bousquet had a shot late in the period that was denied and Rollins made

a couple of solid saves to close the first period with the Lakers holding the 1-0 lead.

The hosts got a power play chance just more than a minute and a half into the second period

SEE **LAKERS**, PAGE A9

LRAA launches ‘Hearts for Heroes’ project

Covid-19 emergency responders and veterans thanked / honored by artists

TILTON — President of the Lakes Region Art Association / Gallery, Tom Hitchcock, announced its member artists will show their support and gratitude to the Covid-19 first responders, medical per-

sonnel, hospitals and veterans in the Lakes Region by promoting its message of love and appreciation through inviting anyone, artist or not, to do so by painting an image of a heart to express their thanks

in its ‘Hearts for Heroes’ project.

“In 2021, one of our three annual community projects will be to acknowledge the hardworking and never-give-up dedication of those who are involved in

saving lives of Covid-19 victims and our military veterans. they are truly heroes,” said Hitchcock.

‘Hearts for Heroes’ art needs to be brought to the LRAA gallery, Tanger Outlet Mall, 120 Laconia Rd., suite 132, Tilton, Thursdays through Sundays, from Feb. 4 to Feb. 28, 10 a.m.-6 p.m. How you choose to paint a ‘Heart for Heroes’ image, with or without a written message included, is only restricted by the maximum size of nine by 12 inches; otherwise, any medium or material is acceptable, from paper to fabric, using photos, collage, oils, acrylics, pastels, crayons, watercolors, etc. Images must be unframed and artists also agree to relinquish their art forever, which will be placed on display

SEE **PROJECT**, PAGE A9

Hassan nominates local student for U.S. Military Academy

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

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

Among this year’s nominees was Max Peganini of Sanbornton, who will attend the U.S. Military Academy.

Comfort Keepers

Low impact exercises

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

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

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

numerous long-term benefits.

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

While it is typically easier to participate in these less rigorous types of exercise, older adults should always talk to their doctor before starting a new program.

Types of low-impact exercise can include:

Walking: One of the

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

Swimming: What’s better than minimal stress on the joints? No stress at all. Swimming provides a number of benefits, including

strengthened shoulders and increased lung capacity. Seniors can also take part in water aerobics or walk on underwater treadmills.

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

Pilates: This exercise allows for very slow and

SEE **COMFORT**, PAGE A9



COURTESY

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

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests from Dec. 17 through Jan. 12.

Troy Damas Roberts, age 45, of Bristol was arrested on Dec. 19 for Unauthorized Use of Rented Property valued at less than \$1,000.

Amanda Marie Mul-len, age 29, of Bristol was arrested on Dec. 22 in connection with a warrant.

Robert N. Thomas, age 24, of Belmont was arrested on Dec. 22 for Criminal Threatening and multiple counts of Domestic Violence.

Ryan R. Letarte, age 39, of Meredith was arrested on Dec. 23 for Pos-session of a Controlled Drug.

Shiloh N. Gray, age 37, of Sanbornton was ar-rested on Dec. 24 in con-nection with multiple bench warrants.

Katrina Tatro, age 23, no known current ad-dress, was arrested on Dec. 27 in connection with a warrant.

Samantha M. Trom-bley, age 36, of Laconia was arrested on Dec. 28 in connection with a warrant.

Jessica-Lee M. Pilot, age 28, of Tilton was arrested on Dec. 31 on multiple counts of Pos-session of Contrlled/ Narcotic Drugs.

Agustin Damian, age 19, of Canterbury was arrested on Dec. 31 for being in control of a premises on which con-trolled drugs have been kept, Bribery of a pub-lic official, and multiple counts of drug posses-sion.

Kaden Hunter Du-bois, age 19, of Chiches-ter was arrested on Dec. 31 for Driving After Re-vocation or Suspension.

Michael M. Barton, age 24, of Gilman-ton was arrested on Jan. 2 for Driving Under the In-fluence-Impairment.

Rachel Segelstrom, age 26, of Belmont was arrested on Jan. 2 for Simple Assault-Mutual Combat.

David Bachand, age 49, of Laconia was ar-rested on Jan. 2 for Driv-ing After Revocation or Suspension.

Alyssa M. Kneeland, age 22, of Pembroke was arrested on Jan. 3 for Driving After Revoca-tion or Suspension (sub-sequent), Suspension of Vehicle Registration, and Breach of Bail Con-ditions.

James E. Vien, age 35, of Center Barnstead was arrested on Jan. 3 on multiple counts of drug possession.

Ryan D. Shurtleff, age 35, of Belmont was arrested on Jan. 5 for Breach of Bail Condi-tions, Misuse of Plates, and Driving After Revo-cation or Suspension.

Perley J. Laraway, age 42, of Belmont was arrested on Jan. 5 for multiple counts of drug possession.

Mark J. Thompson, Jr., age 36, of Northfield was arrested on Jan. 6 for Driving After Revo-cation or Suspension.

Travis J. Dunn, age

31, of Chichester was arrested on Jan. 6 in con-nection with a warrant.

Corey M. Dami, age 31, of Laconia was ar-rested on Jan. 7 for being in control of a premis-es on which drugs have been kept and Trans-ported Drugs in a Motor Vehicle.

Andrew Leblanc, age 30, of Laconia was ar-rested on Jan. 7 on mul-tiple counts of Breach of Bail Conditions.

Stephen Wilson Flan-ders, age 34, no known current address, was ar-rested on Jan. 8 for Driv-ing After Revocation or Suspension.

Brianna N. Renaud, age 21, of Canterbury was arrested on Jan. 8 for Driving After Revo-cation or Suspension and Breach of Bail Con-ditions.

Jordan P. Johnson,a ge 28, of Franklin was arrested on Jan. 9 for

Disobeying an Officer, Driving After Revoca-tion or Suspension, and in connection with mul-tiple warrants.

Bryon M. Bouchie, age 37, of Manchester was arrested on Jan. 10 for Driving After Revoca-tion or Suspension and Misuse of Plates.

Jeremy D. Cook, age 47, of Belmont was ar-rested on Jan. 10 in con-nection with a warrant.

William W. Hanson, age 59, of Belmont was arrested on Jan. 11 for Domestic Violence-As-sault.

A juvenile, age 16, was arrested on Jan. 11 for Domestic Violence-As-sault.

Ryan C. Barden, age 29, of Laconia was ar-rested on Jan. 11 for Transporting Drugs in a Motor Vehicle and mul-tiple counts of drug pos-session.

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Dwayne Haggins to perform for Belknap Mill’s Virtual Coffeehouse Concert Series



Dwayne Haggins

LAC O N I A — The Belknap Mill is pleased to be offering three live streamed concerts in our upcoming Bell & Brick Coffeehouse Concert Series. The series will begin Thursday, Jan. 28 with Dwayne Haggins, followed by Bob McCarthy on Feb. 25, and March 25 will feature Green Heron.


To ensure a high-quality music experience we are pleased to be working with The Greenhouse Recording Studio and NH Music Collective. The concerts can be found on the Belknap Mill’s Facebook and YouTube channel.

Dwayne Haggins has been described as “the love child of Hank Williams and Sam Cooke.” “The John Legend of rockabilly.” And even, “the ‘what-took-you-so-long?’ fusion of Elvis Presley and Marvin Gaye.” At every performance, Dwayne is always at work. Adding new subtleties to an ob-vious melody line. Reinterpreting a time-worn lyrical cliché to imbue it anew with genuine feeling. His distinctive sound, delivers a brand new take on the traditional country-blues and soul that he loves, and has generated a rare sense of excitement and possibility throughout the musical community.

For more information you can email operations@belknapmill.org or call 524-8813.

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Lawrence Major of Loudon named to University of Utah’s Dean’s List

SALT LAKE CITY, Utah — Lawrence Major, of Loudon was named to the University of Utah’s Fall 2020 Dean’s List. Major’s major is listed as Pre Business BS. Major was among more than 9,700 students named to the Fall 2020 Dean’s List at the U. To qualify, students must earn a GPA of 3.5 or higher in at least 12 graded credit hours during any one term.

About the U
The University of Utah, located in Salt Lake City in the foothills of the Wasatch Mountains, is the flagship institution of higher learning in Utah. Founded in 1850, it serves over 32,000 students from across the U.S. and the world. With over 100 major subjects at the undergraduate level and more

than 90 major fields of study at the graduate level, including law and medicine, the university prepares students to live and compete in the global workplace. In 2019, the university was selected as a new member of the Association of American Universities-an invitation-only, prestigious group of 65 leading research institutions marked by excellence in academic expertise and research impact, student success, and securing resources in support of core missions. Known for its proximity to seven world-class ski resorts within 40 minutes of campus, the U encourages an active, holistic lifestyle, innovation and collaborative thinking to engage students, faculty, and business leaders.

Unitarian Universalist Society to host sermon on “common read” book

LACONIA — Each year, congregants at the Unitarian Universalist Society of Laconia share a “common read” book. This year’s book is “Breath: A Letter to

My Sons.” The author, Imani Perry, is a black mother of two sons. On Sunday morning, Jan. 24, the worship committee will lead a service touching on the

themes in the book, considering what it is like raising black children in today’s America. “The book forces us to confront some of the unique challenges that mothers encounter raising black children. It pursues the beauty in life as well as the difficulties. It gives us all pause to think about what a let-

ter would be like that we might write to children in our lives.” The book gives us all much to think about and what we want to instill in our children. The service, beginning at 10 am, is available on ZOOM. For information, contact uuslofice@gmail.com

SNHU announces Fall 2020 President’s List

MANCHESTER — It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the fall 2020 President’s List. Eligibility for the President’s List requires that a student accumulate an academic grade point average (GPA) of 3.7-4.0 and earn 12 credits for the semester.

Erica Markson of Tilton
Samantha Longval of Sanbornton
Ethem Ficici of Tilton
Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 88-year history of educating tra-

ditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the “Most Innovative” regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

Kaitlin Bardellini named to Castleton University Dean’s List

CASTLETON, Vt. — Kaitlin Bardellini of Northfield was recently named to the Castleton University Dean’s List for the fall semester of the 2020-21 academic year. To qualify for this academic honor, students must maintain full-time status and a semester grade point average of 3.5. About Castleton University
Castleton University is small enough to be a community where every student matters, yet large enough to offer more than 75 programs of study for undergraduate and graduate students, 28 varsity sports, and over 50 clubs and organizations. The university stresses experiential learning through internships, community service, and research opportunities provided by more than 400 community partnerships. For more information, visit castleton.edu.

Grace Therrien named to SNHU Dean’s List

MANCHESTER — Grace Therrien of Sanbornton has been named to Southern New Hampshire University’s fall 2020 Dean’s List. Eligibility for the Dean’s List requires that a student accumulate an academic grade point average (GPA) of 3.5-3.699 and earn 12 credits for the semester. Southern New Hampshire University (SNHU) is a private, nonprofit institution with an 88-year history of educating traditional-aged students and working adults. Now serving more than

170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Recognized as the «Most Innovative» regional university by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

Tyler LaFlamme named to the Dean’s List at Bob Jones University

GREENVILLE, S.C. — Tyler LaFlamme, a Freshman Biblical Counseling major from Northfield, was among approximately 900 Bob Jones University students named to the Fall 2020 Dean’s List. The Dean’s List recognizes students who earn a 3.00-3.74 grade point average during the semester. Located in Greenville, S.C., Bob Jones University provides an outstanding regionally accredited Christian liberal arts education purposely designed to inspire a lifelong pursuit of learning, loving and leading. BJU offers more than 100 undergraduate and graduate programs in religion, education, fine arts and communication, arts and science, health professions, and business. BJU has more than 3,000 students from nearly every state and more than 40 countries. We are committed to the truth of Scripture and to pursuing excellence in all we do.

HIGH SCHOOL SLATE

Thursday, Jan. 21
GILFORD
Boys’ Hoops at Prospect Mountain; 6
Girls’ Hoops vs. Prospect Mountain; 6
Friday, Jan. 22
BELMONT
Boys’ Hoops at Laconia; 6
Girls’ Hoops vs. Laconia; 6
WINNISQUAM
Boys’ Hoops at Inter-Lakes; 6
Girls’ Hoops vs. Inter-Lakes; 6
Saturday, Jan. 23
BELMONT-GILFORD
Hockey at Pembroke-Campbell; 8:45
WINNISQUAM
Hockey at Kennett; 4:30

Monday, Jan. 25
BELMONT
Boys’ Hoops vs. Kennett; 6
Girls’ Hoops at Kennett; 6
GILFORD
Boys’ Hoops vs. Plymouth; 6
Girls’ Hoops at Plymouth; 6
WINNISQUAM
Unified Hoops vs. Berlin; TBD
Tuesday, Jan. 26
BELMONT
Unified Hoops vs. Kennett; TBD
WINNISQUAM
Boys’ Hoops at Moultonborough; 6
Girls’ Hoops vs. Moultonborough; 6
Wednesday, Jan. 27
BELMONT-GILFORD
Hockey vs. Kearsarge-Plymouth; 5:30
WINNISQUAM
Hockey vs. Kingswood; TBD
Wrestling vs. Pelham; 6

Thursday, Jan. 28
BELMONT
Boys’ Hoops at Kennett; 6
Girls’ Hoops vs. Kennett; 6
GILFORD
Boys’ Hoops at Plymouth; 6
Girls’ Hoops vs. Plymouth; 6

All schedules are subject to change

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Edward Jones: Financial Focus

Pre-Retirees: Plan Now for Health Care Costs

If you're close to retirement, you'll have several financial issues to consider. But you'll want to pay attention to one of the most important of these issues: health care costs. How can you prepare yourself for these expenses? First, get an early start on estimating health care costs. More than two-thirds of those planning to retire in the next 10 years say they have no idea what their health and long-term care costs will be in retirement, according to the Edward Jones/Age Wave Four Pillars of the New Retirement study. And some people don't worry much about these costs, which may be considerable, thinking that Medicare will pay for most of them. While Medicare does cover many medical expenses, it also has its own costs. You probably won't pay a premium for Part A (inpatient/hospital coverage), since you likely had this cost deducted from your paycheck when you were working. But if you are hospitalized, you'll have to pay deductibles and co-

insurance (the percentage of costs you pay after you've paid your deductible). Part B (doctor's visits) requires a premium, deducted from your Social Security checks, and you must pay an out-of-pocket deductible. After you meet this deductible for the year, you typically pay 20% of the Medicare-approved amount for most doctor's services. And when you enroll in Part D (prescription drug plan), you will likely also have to pay a monthly premium, an annual deductible and coinsurance or copays. To help pay for the Medicare deductible, coinsurance and copayments, you may want to get supplemental insurance, known as Medigap. Premiums for Medigap vary, depending on the plan you choose. As an alternative to original Medicare, you could select Medicare Advantage (sometimes called Part C). Medicare Advantage plans are offered by private companies approved by Medicare, but the benefits and costs vary by plan. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

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from the possible need for long-term care, your health care bills can mount. To meet these costs, you need to plan ahead - and take action. For example, it's essential that you incorporate health care expenses into your overall financial strategy. You can also work with a financial professional to run some "what-if" analyses to see if your strategy would be derailed by a potential long-term care stay. And the professional you work with may be able to suggest specific protection vehicles that can help you meet the costs of long-term care. The best time to prepare for your health care costs during retirement is well before you retire. So, if you haven't already started, now is the time to do so. When it comes to paying for health care, the fewer surprises, the better.

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Take your Vitamin D

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

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

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

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

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

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

Send your letters!

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COURTESY

Sworn in

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

STRATEGIES FOR LIVING

Free speech is never free

Y LARRY SCOTT

Mr. Trump lost the election, whether by a vote of the people or by fraud will never be known, but one thing is beyond question: he damaged himself and, perhaps, lost the election, by his rhetoric. It grieves me to acknowledge this, for I believe he has been good for America.

Despite an admirable agenda and responsible leadership, and despite a nation that will always be in his debt, Donald Trump shot himself in the mouth by the things he said. A case can be made that Mr. Trump talked himself out of the Presidency; the Statesman was damaged beyond repair by words that were vindictive, insulting, and often unfair. This, however, is no

time to jump on the bandwagon and condemn President Trump. We have all been guilty of venting our frustration, of saying things we wish we could retract, of hurting, or being hurt by, the people we love.

I have an Aunt who, frustrated with me for some petty reason I can no longer recall, said, "Larry, a little of you goes a long way!" It still hurts ... and my relationship with her has forever been clouded by something she said twenty-five years ago.

Words hurt because of what we believe about ourselves. Praise or a word of appreciation is easily dismissed because we don't believe it ourselves. Most of us carry such a poor self-image we accept as true and are hurt by ev-

ery unkind word that comes our way.

But God can change that image and that's the point to all of this. God can make of you and me the person we could never be without Him, a person deserving of the respect we all crave. And he does so not by giving us new self-respect, but by making us into a new person. Far from perfect, and still in need of growth and maturity, we may agonize over what we aren't but we can praise God for who are. No man comes to God but what he is changed, and the change is always for the better!

I believe Mama Gobran, the Mother Teresa of Egypt, had it right.

Speaking at the 2011 Global Leadership Summit sponsored by the Chicago, Illinois Wil-

low Creek Community Church, Mama Gobran got our attention when she said,

Silence your words, that you may listen to your thoughts; silence your thoughts, that you may listen to your heart; silence your heart, that you may listen to God.

King David, quoted in the Old Testament book of Psalms, wrote, "Let the words of my mouth and the meditation of my heart, be acceptable in thy sight." Indeed, what we say impacts what we think, and what we think determines what we say.

You have often been told that to change the way you are, you must change the way you think. True ... and God, I believe, wants to change both!

MARK ON THE MARKETS

Putting it together



BY MARK PATTERSON

I recently had client who is bringing more money into his account and ask me how he can get this money to work. This money is really earmarked for equities(stocks) in his portfolio because his fixed income portion, in other words "bonds," that are providing income are already allocated and working fine. He is aware that the equity market is pricey, and I tend to not want to buy stocks when they are expensive. But that does

not mean we cannot go fishing for stocks that he would want in his portfolio at a better price and even if we do not get to buy them at that better price, we will make money for his account.

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

What I am about to explain is a technique using options to build a portfolio or just to gain revenue into your account. Apple is a technology company that has a beta of 128, which means it is more volatile than the benchmark S&P 500. This higher beta or vol-

atility means that the option premium, when collecting will be high in relation to a less volatile stock. Presently Apple is trading at \$129. If we look out one week in the future, we could sell a "put" with a strike price of \$129 for \$250, so this is an "at the money" put. For this "put" which represents 100 shares Apple, we will receive \$250 in premium that goes directly into the client's account. By the time this option contract expires in about one week, one of three things will happen. The first thing is that Apple does not move under \$129 and the \$250 remains in the client's account. The second thing is that before expiration the time element or intrinsic value of an option contract could make it worth next to nothing, which the client could buy back just to ensure the fact that the stock will not get put to them. The third thing

that could happen is that Apple moves below \$129 and the stock gets "put" to the client at our strike price of \$129 less the \$250 of premium which we collected to give the client a purchase price equivalent to \$126.50.

The client needs to keep \$12,900 of cash in the account in case the stock is put to them. \$250 is collected for the one-week period, that is roughly a 2 percent return on the money for the seven days, even if the client never has the stock "put" to them!

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

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

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



By JOHN HARRIGAN
COLUMNIST

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

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

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

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

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

In sum, it is the society we know.

+++++

This is the time of year when New Hampshire’s birding community and others committed to conservation

celebrate the return--literally--of the Peregrine falcon

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

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

It took a decade for mainstream science to catch on, federal and state agencies to catch up, and legislators and decision-makers to enact laws and regulations to get DDT out of circulation. Then the birding community and cohorts set about trying to repair the damage.

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

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

“The Peregrine falcon was recognized as an endangered species in the eastern United



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

States just fifty years ago. With the help of rigorous research and hundreds of committed citizens, this fascinating bird of prey has made a remarkable comeback.”

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

But no matter the precise count, the peregrine falcon is a success story that brings a smile to even a curmudgeon’s face. It thereby goes onto what I like to call “The Righting of Old Wrongs List,” along with the moose, loon, beaver, eagle, and marten. Still out there, somewhere, are the wolf and the missing lynx.

+++++

For almost as long as I’ve been newspapering, I’ve been doing radio. No more. My last regular stint took place just before Thanksgiving. The show’s home station--a little fish in Radio Land--was gobbled up by a bigger fish. “Seventeen

years as the Morning Guy,” said the show’s host Peter St. James, who called me as a regular guest, “and that was it.”

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

Something called a “shopping mall”--said to be New Hampshire’s first--was opening just off the F.E. Everett Turnpike, and the editor wanted me at the grand opening. “They’re calling it the Mall of New Hampshire,” he said, “Evidently it’s a big deal.”

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

Our little scrum of media stood by for the obligatory ribbon-cutting shot, and then I wandered around to set up extra photos for the advertising department.

The way out took me by a radio station’s stand, and the guy handling the microphone waved me over, holding up a finger in the international sign for “wait a minute.”

It was, of course, what media-wise veterans now nudge each other and laugh at as “a brief commercial break.”

We introduced each other and shook hands, and before I knew it he was back at the microphone saying, “There’s a new face in town lugging a camera around for the Telegraph, and let me introduce you,” and with his arm over my shoulder we began sharing

stories in snippets, right there on live radio, and I took to it like a duck to water, and I’ve been chiming in ever since on stations big and small, from Berlin to Manchester to Boston and beyond, on New Hampshire Public Radio and all over the place, in a medium I love almost as much as newspapering.

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

NOTICE TOWN OF NORTHFIELD

Filing for the following Town Offices will be accepted at the Town Clerk’s office
January 20 through January 29, 2021

Selectman 3 year term
Treasurer 3 year term
Trustee of Trust Funds. .3 year term

Cindy L. Caveney
Town Clerk/Tax Collector

NOTICE OF PUBLIC HEARING

Shaker Regional School District will hold a public hearing relative to the receipt of Supplemental Public School Response Funds (SPSRF) on Tuesday, January 26, 2021 at 6:00 pm. The meeting will be held at Belmont Middle School.

Shaker Regional School District PUBLIC NOTICE

NOTICE OF TIME LIMIT FOR FILING CANDIDACIES FOR SCHOOL BOARD MEMBERS OF THE SHAKER REGIONAL SCHOOL DISTRICT

The undersigned clerk of the School District herewith gives notice of the time limit for declaration of candidacy from this school district for election of a moderator and school board members of the Shaker Regional School District. The filing period will start Wednesday, January 20, 2021.

The election will occur during the annual voting on Tuesday, March 9, 2021 and will be conducted under the non-partisan ballot law.

Positions to be filled at the election are:

Belmont – one member to serve for three years (2024)
Canterbury – one member to serve for three years (2024)

Written declaration of candidacy must be filed with the clerk prior to 5:00 pm on Friday, January 29, 2021 in order for the name of the candidate to appear on the ballot. A filing fee of \$1.00 is required. Forms may be obtained from the Superintendent of School’s Office; 58 School Street; Belmont, NH 03220, telephone number 267-9223, or by calling Stacy Kruger, Clerk, at 267-7552 evenings.

No person may file a declaration of candidacy for more than one position of the School Board to be elected at such election. Any qualified voter in each of the pre-existing districts named above is eligible to file for the position to be filled from that District. All candidates will be elected at large.

Stacy Kruger, Clerk
Shaker Regional School District

NOTICE TO BELMONT RESIDENTS

Declaration of Candidacy for the March election will be accepted at the Town Clerk’s Office between the hours of 7:30 AM to 4:00 PM from Wednesday January 20, 2021 through Friday January 29, 2021. On Friday January 29, 2021 we will be open 7:30 AM-5:00 PM

**Only Declarations will be accepted
between 4:00-5:00 PM on January 29th.**

The following Offices are open:

| POSITION | OPENINGS | TERM |
|-----------------------------|----------|-------------|
| Selectman | (1) | 3 Year Term |
| Budget Committee | (4) | 3 Year Term |
| Cemetery Trustee | (1) | 3 Year Term |
| Library Trustee | (1) | 3 Year Term |
| Planning Board | (2) | 3 Year Term |
| Supervisor of the Checklist | (1) | 6 Year Term |
| Trustee of Trust Fund | (1) | 3 Year Term |
| Zoning Board | (2) | 3 Year Term |

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Century 21 Twin Rivers Realty: www.nhreal21.com

Coldwell Banker: www.cboldmill.com

Coldwell Banker Residential Brokerage
www.newenglandmoves.com

ERA Masiello: www.masiello.com

Exit Lakeside Realty Group: www.exitlakeside.com

Granite Group Realty Services:
www.granitegrouprealty.com

Gowen Realty: www.gowenrealty.com

Kressy Real Estate: www.kressy.com

Lakes Region Realty: www.lakesregionrealestate.com

Lamprey & Lamprey Realtors: www.lampreyandlamprey.com

Maxfield Real Estate: www.maxfieldrealestate.com

McLane Realty: www.mclanerealtyplymouth.com

Mountain Country Realty: www.mountaincountryrealestate.com

Nash Realty: www.nashrealty.com

New Hampshire Colonials Real Estate: www.squamlake.com

Noseworthy Real Estate: www.noseworthyrealestate.com

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Pine Shores Real Estate: www.pineshoresllc.com


Preferred Vacation Rentals: www.preferredrentals.com

Remax Bayside: www.baysidenh.net

Roche Realty: www.rocherealty.com

Strawberry Lane Real Estate: www.strawberrylane.com

Town & Forest Realty: www.townandforest.com



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All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

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

This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.


To complain of discrimination call HUD toll free at 1-800-669-9777

For The Washington DC area, please call HUD at 275-9200.

The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301


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Moultonborough Academy is currently accepting applications for the following 2021 Spring season positions: Girls Varsity Softball, Boys Varsity Tennis, Middle Level Tennis, Middle Level Baseball. Interested applicants should submit a letter of interest, resume, and three letters of recommendation to:

Matt Swedberg, Athletic Director
mswedberg@sau45.org
PO Box 228, Moultonborough NH 03878



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Phone: (603) 388-4236
Ucvh-hr@ucvh.org
EOE

Moultonborough Academy High School Math Teacher

MA HS seeks a FT, certified and experienced math teacher for the '21-'22 school year. Courses taught to be determined after analysis of school needs and dept. members' experience and skills. MA offers a wide range of math classes; versatility is a necessary trait of the successful candidate. Complete the application found at <http://www.sau45.org/district/employment> and submit it by March 5, 2021 along with a cover letter, resume, transcripts, certification and 3 current letters of reference to:

K. Robinson, SAU Office,
PO Box 419, Moultonborough, NH 03254

or email all documents to: krobinson@sau45.org

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We are seeking a FT (35hrs/week) Community Manager for our campus located in Gilford, NH Full-Time/Regular

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Necessary functions of this manager include uphold the mission and vision of the community with care and compassion; being up to date with the operations and activities of the community at all times. Be available to the residents at any given time of day, night or weekend. This person will need to be able to make quick, informed decisions that follow company, and regulatory compliance standards in times of emergency while remaining calm and professional. Be able to work closely Steering Committee to fulfill the organizational mission, develop an effective strategic plan and ensure the financial viability of the community; seek their input in policy decisions, fundraising opportunities and community involvement and visibility.

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Town Clerk/Tax Collectors Office

Town of Campton, NH

The Town of Campton seeks a qualified applicant for the position of Part Time Assistant to the Town Clerk & Tax Collector. Candidate must be highly organized, flexible, reliable, and detail oriented. Ability to process transactions efficiently and accurately and perform a wide range of customer service, research, clerical, and administrative support services to the fast-paced Town Clerk/Tax Collector's Office. Offsite training and travel are required. This position receives direct supervision from the Town Clerk/Tax Collector. Prior municipal/business background and computer skills are desired. Please submit a cover letter and resume no later than January 29, 2021 at 3 pm to:

Hannah B. Joyce

Town Clerk/Tax Collector

Town of Campton

10 Gearty Way

Campton, NH 03223

PEMI-BAKER REGIONAL SCHOOL DISTRICT

Plymouth Regional High School

Plymouth, NH 03264

2021-2022 School Year

Full-time Health Science Teacher

Must have BS and RN

At least two years experience

in elderly care preferred.

Please send letter of intent, resume, and three letters of recommendation to:

Randy Cleary, CTE Director

Plymouth Regional High School

86 Old Ward Bridge Road

Plymouth, NH 03264

rcleary@pemibaker.org

Help Wanted

Receptionist / veterinary assistant position

Tilton Veterinary Hospital in Tilton, NH is seeking a full-time receptionist/ veterinary assistant to work 4 days per week with no weekend hours. Pre-vios veterinary experience is preferred. Must have strong organizational skills and excellent com-munication skills and compassion for animals and their owners. Please send cover letter and re-sume to wilsondvm@gmail.com

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TOWN OF MOULTONBOROUGH

Director of Recreation/Leisure Activities

Seeking Recreation Director for beautiful Lake Winnepesaukee community and gateway to the White Mountains, with a seasonal population of 4,500 to 25,000. Director reports to 5 member Select Board, with a Town Meeting form of government, annual budget of \$11M, excluding schools.

Performs administrative and supervisory work involved with the development and management of a diversified municipal recreation /leisure department manages day-to-day direction of the operations of the department. Responsible for planning, organizing, directing and administration of the Town's recreation/leisure programs, facilities, and department; hires, trains and supervises appropriate staff and volunteers for the department's operation; is responsible for budgeting, purchasing, and maintaining equipment and facilities. Works collaboratively with School and Library staff to enhance a sense of Community among all age demographics.

For more information and to view the job description, please visit the Town's website at www.moultonboroughnh.gov, Employment Opportunities

Submit letter of interest, résumé and Town standard application to Kevin Quinlan, Chair, Board of Selectmen, PO Box 139, Moultonborough, NH 03254, kquinlan@moultonboroughnh.gov. Position open until filled. EEO Employer.

Moultonborough School District

Two Long-Term Sub Positions

Long-term sub needed for Mid-Level Language Arts from March 15 to June 16, 2021.

Long-term sub needed for ML/HS Physical Education from March 15 to June 16, 2021.

Complete the application found at <http://www.sau45.org/district/employment> and submit it by February 8, 2021, along with a cover letter, resume, transcripts, certification and 3 current letters of reference to: K. Robinson, SAU Office, PO Box 419, Moultonborough, NH 03254 or email all documents to: krobinson@sauu45.org

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Landscape & Excavation Company located in Tuftonboro is looking for year round employee's. Must have plowing experience and be willing to work nights and weekends during the plowing season. Experience running equipment helpful. CDL license a plus. Smoking not permitted in equipment or on job sites. Looking for someone with a positive attitude and a willingness to work. Please call the office to set up an interview at 603-569-4545 or email mtnsidelandscape@roadrunner.com

LAKERS

CONTINUED FROM PAGE A1
and needed just 15 seconds to get on the board. It was Young again lighting the lamp, as he got in alone and fired the puck to the back of the net for the 2-0 lead less than two minutes into the period. Andrew Spicuzza picked up the assist on the tally. The two teams went back and forth with both squads getting chances, but both goalies held their grounds. However,

Berlin-Gorham was able to get their first goal with 9:18 to go, firing a shot home from the slot. LWI bounced right back and Smith had a shot stopped, as did Ethan Bickford. Rollins made a big save in close to keep the Mountaineers at bay. With 6:29 to go in the second period, the Mountaineers finished off a turnaround shot to tie the game at two. Schwarz turned in a

solid defensive stop and then Bousquet added a shot at the other end that was denied. Berlin got a power play chance with 4:30 to go and had a number of bids, but Rollins stood tall with a couple of big saves. The Mountaineers appeared to have the go-ahead goal late in the frame, but it was called off on a high stick call. The visitors got a power play for the final two minutes of the peri-

od and Rollins held tight. Zach Cafarella had a shorthanded bid for the Lakers but the period drew to a close with a 2-2 tie on the scoreboard. Berlin-Gorham took the lead in the first minute of the third period on the power play. The Lakers bounced back with some chances from Bickford and Young. Bickford rang a shot off the post and Young got in close for a chance that was stopped. Rollins made another save in the LWI net. The Lakers got a power play with 7:34 to go in the game and again capitalized quickly, just five seconds into the advantage, with Young finishing off his power play right off the faceoff to tie the game at three. The hosts got another power play chance just a couple minutes later but Berlin-Gorham did a nice job on the penalty kill, forcing Rollins to

make a couple of good saves before the penalty was over. With 3:11 to go, after a nice bid from Patrick Goodwin for the Lakers, the Mountaineers picked up the go-ahead goal. Zack Spicuzza tried to answer for the Lakers but was denied. The Lakers pulled Rollins from the net in the final minute, gunning for the tying goal but the Mountaineers were able to add an empty net goal with 30 seconds to go for the 5-3 win. Wheaton noted that the Lakers got permission to ply just the night before from the Inter-Lakes school board. The players from that school had been given permission to practice, but game play had not been approved until the night before the game. And despite just 12 players dressed, the Lakers hung tough with the Mountaineers, who

shared last year's Division III title with Kennett after the championship game was postponed. "Pulling the goalie is always a tough decision," Wheaton said. "But in this particular COVID season, you have to try to go for the win. "We had only 12 skaters, no locker room, she had some freshmen out there and it's an interesting environment," Wheaton added. "But at least they're playing." The Lakers are scheduled to be at Kennett on Saturday, Jan. 23, at 4:30 p.m. They are also scheduled to host the Kingswood Knights on Wednesday, Jan. 27, but as Kingswood was just approved for winter sports, it's unclear as to when they will be able to start the season. Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

COMFORT

CONTINUED FROM PAGE A1
concise movements, designed to improve posture and flexibility. Like yoga, Pilates are known to improve mental well-being. Cycling: With the proper safety measure in place (including a helmet, shin pads, and appropriate configurations), cycling can do wonders for not only the cardiovascular system but also the joints and various muscle groups. Weight training: Weight training can be done at home, with small free weights or even moderately heavy objects that you can grip easily, or at a fitness center. Consistent repetition is key, as is advancing to heavier weights over time. Leg Raises: These can be done at home with no equipment. Simply stand behind a chair, and while holding on to the back of the chair, move one leg to the side and then back. Repeat-

ing this, with different variations, can help strengthen lower back and thigh muscles. Dancing: In recent years, there has been a rise in the popularity of dance class enrollment – and for good reason. The constant movement in dancing classes can help circulation and flexibility. Attended these classes can also provide great opportunities to socialize and connect with others.

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PROJECT

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

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

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

HELP WANTED



TOWN OF MOULTONBOROUGH
Notice of Public Hearing
FY 2021 Budget Hearing
Thursday, January 28, 2021
Thursday, February 4, 2021 ONLY if Necessary

The Moultonborough Board of Selectmen will hold a Public Hearing on the FY 2021-2022 18-month transition budget (as required by Article 24 of the 2020 Warrant) Town and Library Operating Budget(s) as well as the proposed Capital Items, and various warrant articles to solicit public comment.

7:00 PM Ernest Davis Meeting Room
Moultonborough Town Hall
6 Holland Street
Moultonborough, NH 03254

If unable to attend the hearing, but wish to submit comments or questions, please do so prior to the close of business on the day of the hearing, to Kevin Quinlan, Board of Selectmen Chairman, PO Box 139, Moultonborough, NH 03254, fax 603-476-5835, emailkquinlan@moultonboroughnh.gov. The full draft warrant and budget will be posted on the Town's website on or before January 25, 2021 atwww.moultonboroughnh.gov, Departments & Boards, Town Administrator, 2021-2022 18-month Draft Town Warrant).

In the event the hearing scheduled for Thursday, January 28, 2021 is cancelled, or a second hearing is necessary it will be held on Thursday, February 4, 2021 at 7:00 p.m.

CITIZEN INPUT: In accordance with the Governor's Emergency Order #12, citizens access to the meeting as Town Hall is limited for meetings. The meeting will be streamed live on the internet via the Town's website athttps://townhallstreams.com/towns/moultonborough_nh. If citizens have input for the Select Board please submit to Kevin Quinlan, Chairman atkquinlan@moultonboroughnh.gov no later than 3:30 p.m. on the day of the meeting. Citizens may also call into the meeting via 603-476-2347 however there are a limited number of lines available so several attempts may be necessary to get through. To minimize contact/exposure time for the safety of the Board members, no more than 10 minutes will be allowed for citizen input.

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



Aimee King

MEREDITH — New Hampshire Mutual Bancorp (NHMB) has announced the promotion of Aimee King to Assistant Vice President, Enterprise Project Manager for the organization. In this role, King will oversee major projects throughout the entire company, supporting sister organizations, Meredith Village Savings Bank (MVSF), Merrimack County Savings Bank (the Merrimack

and Savings Bank of Walpole and NHTrust. King has been leading the project management department since Carey Borden retired over the summer.

Under King's leadership, the project management team stewards all major company-wide initiatives through a clearly defined, user-friendly process that ensures timelines are met, all details are con-

sidered and the best solutions to challenges and opportunities are selected, measured and managed. This allows the industry experts to focus on customer and employee benefits of specific projects while getting them accomplished and launched in a timely, thoughtful manner.

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

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

New Hampshire Mutual Bancorp (NHMB) was created through a unique alliance between three mutual community banks and a wealth management firm who maintain separate organizations and management. The companies are able to achieve best in class software, services and staffing while providing efficiencies through

their shared service provider, NHMB. NHMB provides risk management, facilities, marketing, human resource, finance, compliance, information technology, deposit operations, loan operations and digital

banking services to Meredith Village Savings Bank, Merrimack County Savings Bank, Savings Bank of Walpole and NHTrust. This strategic partnership has positioned the banks to leverage each other's

strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values.



COURTESY

Belknap Mill announces photo contest winner

Thirteen-year-old Michael Muller's photo "The Secret Present" was selected as the winner of the Belknap Mill's recent Through the Eyes of a Child Photography Contest.

Logan Krause of Northfield named to Vermont Tech Dean's List

RANDOLPH CENTER, Vt. — Vermont Tech congratulates Logan Krause for achieving Dean's List Honors during the fall semester of 2020. Krause is pursuing their Bachelor of Science in the Manufacturing Engineering Technology program at Vermont Tech.

Dean's List honorees must carry 12 or more letter-graded credit hours and achieve a minimum 3.5 GPA for the semester.

President Patricia Moulton said this of all Vermont Tech honor students;

"The competing priorities of enduring a pandemic while making progress in one's degree are often at cross purposes. I am impressed and humbled by the achievements of these students to excel in the face of these challenges."

About Vermont Tech Vermont Technical College is a leading public college with a mission of applied education and student-centeredness. One of the four institutions of the Vermont State Colleges System, Vermont Tech serves students from throughout Vermont, New England, and beyond at its residential campuses in Williston and Randolph Center; re-

gional campuses in Brattleboro and Bennington, and at six nursing sites located throughout the state. Vermont Tech features state-of-the-art laboratory experience and a highly personalized classroom and student-life experience. All of our programs utilize a technological educational component, from the simulators used by our nursing program around the state, to manufacturing laboratories in Randolph Center and Williston. Our academic programs encompass a wide range of engineering technology, agricultural, health, and business fields that are vital to producing the knowledgeable workers needed most by employers in the state and in the region. www.vtc.edu.

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