



Belmont boys have sights set high

BY JOSHUA SPAULDING
Sports Editor

BELMONT — With four returning starters from a year ago, the Belmont boys’ basketball team is set up pretty well heading into what will surely be an unusual season on many levels.

“Our goals are to be a final four team with a state championship as the ultimate goal,” said coach Jim Cilley, in his seventh year at the helm of the Raiders. “The expectation is to compete at a high level every night and be playing at the highest level we can.”

The Raiders will return four starters to the lineup from last year’s team, led by senior captains Jackson Ruelke and Nate Sottak.

Ruelke returns after making Division III Second Team All-State last year as a junior and Sottak is back in action after a season-ending in-

jury sidelined him mid-way through last season. The other two returning starters are fellow seniors Brian Carroll and Isaiah Costa. Carroll is a “glue guy” according to Cilley and Costa may be one of the better shooters in the area as well as a great on-ball defender.

The fifth starting spot will likely go to Jamison Gaudette, who had a solid freshman campaign last year.

With senior Bryce Hall and sophomores Sam Reposa, Trent Deschuiteneer and Tylor Carroll all returning to the fold, Cilley likes the depth his team has to offer. Additionally, the Raiders are welcoming junior Juan Montoya, a transfer from Florida.

“We have far more depth than a year ago,” said Cilley. “Even though we lost some great kids and key role players, we like to think we should be even better and have

an opportunity to take it to the next level.”

The Belmont coaching staff has asked the players to use a bubble, much like the NBA, where they are asked to avoid spending time with anyone outside of immediate family and teammates, with the hope that the team can get through the season safely.

“We also have put a premium on thanks and staying connected,” Cilley said. “We use ‘ubuntu,’ the thought of ‘I am because we are.’”

Like Belmont’s fall sports teams, the winter teams will be playing a regionalized schedule that includes games against all local teams. They will be playing a home and home series with each team in a week, limiting the number of people they are exposed to as much as

SEE **BELMONT**, PAGE A7



Vehicle crashes into Irving

On Dec. 28, the Tilton Police Department and EMS responded to the convenience store at the Irving gas station on Route 3 after a vehicle was accidentally driven into the building. The operator told police that she believed the vehicle was in park when it was, in fact, in drive, and had mistakenly hit the accelerator. Fortunately, there were no injuries reported.

COURTESY

Bulldogs back on the ice in search of deep playoff run

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The Belmont-Gilford hockey team is returning to the ice for another season, backstopped by a returning First Team All-State goaltender and a host of solid returning players and newcomers under fourth-year head coach Jason Parent.

The Bulldogs will be relying heavily on senior captain Collin McGreevy, who earned First Team All-State last year as the team’s goaltender and will be looked at to backstop another season.

Additionally, sopho-

more center Owen Guerin, junior defenseman Zoltan Stefan and junior forward Griffin Tondreau are all back on the ice and expected to carry a good chunk of the weight for the Bulldogs in the new season.

Parent is also excited to a welcome a strong group of freshmen to help out, including defenseman Brendan Folan, forward Aiden McKenzie and forward Geena Cookinham.

Things are obviously different for the team this year, as the COVID-19 pandemic has made things unusual for everyone. The play-

ers and coaches are all wearing masks and the team is split up during practices to help ensure social distancing is taking place.

Despite all of this, Parent said that the hope for the Bulldogs is to make another deep playoff run in the new season.

The Bulldogs will be playing a regionalized schedule, much like the local teams did during the fall season, playing mostly teams from around the Lakes Region.

Belmont-Gilford will

SEE **BULLDOGS**, PAGE A7

A new year begins at the Belmont Library

BELMONT — We here at the Belmont Library are trying something a little different for storytime this winter: There’s a month long themed display—January’s is snow—take one or two books and a craft/STEM kit. Wednesday mornings we’ll post a short video (roughly two minutes) on the library’s Facebook, Twitter, and Instagram.

January’s Take and Make project is a faux agate coaster set. You can also choose to create your own snowstorm with instructions to create your unique snowflakes from library-supplied paper.

The non-fiction book group reads “One Day:

the Extraordinary Story of an Ordinary 24 Hours in America” by Gene Weingarten. On New Year’s Day 2013, two-time Pulitzer Prize-winner Gene Weingarten asked three strangers to, literally, pluck a day, month, and year from a hat. That day—chosen completely at random—turned out to be Sunday, Dec. 28, 1986, by any conventional measure a most ordinary day. Weingarten spent the next six years proving that there is no such thing. The group will meet online on Thursday, Jan. 14 at 1 p.m. Ebooks and audiobooks are available through [nh.overdrive.com](#) with your library card; physical copies are available at the library. Contact the library for

meeting information.

Our Friday Fiction book group meets remotely on Jan. 15 at 10:30 a.m. to discuss “News of the World” by Paulette Jiles. In the aftermath of the Civil War, an aging itinerant news reader agrees to transport a young captive of the Kiowa back to her people in this exquisitely rendered, morally complex, multilayered novel of historical fiction from the author of “*Enemy Women*” that explores the boundaries of family, responsibility, honor, and trust. Now a major motion picture starring Tom Hanks. Ebooks and audiobooks are available through [nh.overdrive.com](#).

SEE **LIBRARY**, PAGE A7



COURTESY

Dakota Austin with Mix 94.1 FM morning co-host Fred Caruso, donating hundreds of non-perishable food items to the 34th annual Cash & Cans money and food drive. Austin has been donating since she was 12 years old, using her Christmas present money to purchase food for those in need.

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 listen-

SEE **CASH**, PAGE A7

Prescott Farm welcomes the New Year — and a new Environmental Educator



COURTESY

Ashleigh Roberts is the new Environmental Educator at Prescott Farm. She brings a love of hiking, personal curiosity and a commitment to helping people relate to the outdoors.

LACONIA — After ten months of binging Netflix and baking banana bread, Lakes Region residents and visitors are ready to connect with their community and the natural world. Prescott Farm is here to help!

Starting Jan. 2, two

Community Connections Programs will be offered each Saturday at the White Oaks Road property in Laconia. These COVID-safe programs are led by Environmental Educators who meet guests 'where they are' on their nature-connection journey and guide them to a deep-

er understanding and appreciation. Programs will take place outside with appropriate social distancing, masks, and other safety protocols in place.

The environmental education team at Prescott Farm has combined their extensive skills and experience to create a full year of programs that include many returning favorites along with some brand-new offerings. Ashleigh Roberts, the newest member of the staff, has been instrumental in generating exciting new ideas.

Originally from Ohio, Roberts joined Prescott Farm in November. She has worked as an outdoor/environmental educator all over the United States and has experience teaching across age groups and experience levels.

"Ashleigh is an incredible asset to Prescott Farm," Andie Hession, School & Community Programs Director, said. "Not only has she been able to help us maintain our current program offerings, she has fresh, innovative ideas that will provide even more opportunities for people to connect to the natural world."

It was Roberts' love of hiking—with lots of stops to enjoy the tiny things— that inspired Prescott Farm's new-in-2021 'Tiny Things Hikes,' kicking off on Jan. 9 at 1 p.m.

Other programs up first in 2021 include:

Saturday, Jan. 2: New Year, New Beginnings Nature Hike (1-3 pm) & Meteor Shower Campfire (4:30-6:30 p.m.)

Saturday, Jan. 9: Beginner Snowshoe (10 a.m.-noon) & Tiny

Things Hike (1-3 p.m.)

Saturday, Jan. 16: Snowshoe Adventure (10 a.m.-noon) & The Mystery of the Subnivean Zone (1-3 p.m.)

A full calendar of programs, descriptions, age level recommendations, fees, and registration information is available at prescottfarm.org.

In addition to educator-led programs, visitors can enjoy the trails, sledding hill, and natural playscape on the 160-acre property as a free community resource from dawn-to-dusk every day. Visitors who wish to rent snowshoes (\$5) may do so while the program building is open (Monday – Saturday, 9 a.m. – 4 p.m.). For program details, a list of health and safety requirements, and to register, please visit prescottfarm.org.

Prescott Farm is a nonprofit 501c3 dedicat-

ed to environmental education and preservation. For more than twenty years, Prescott Farm has been a destination for people of all ages to learn about New Hampshire wildlife, ecology, natural history and cultural history through hands-on public programs and service learning opportunities in the beautiful Lakes Region of New Hampshire. It is a designated wildlife viewing area with more than 160 acres of idyllic farmland, forest and pastures open daily, year-round to the public including more than three miles of woodland, pond and field trails, heritage gardens, and a Natural PlayScape, as well as Fledglings Nature-Based Preschool and WildQuest summer and vacation camps. For more information about Prescott Farm and all of its programming and ways to help, please visit www.prescottfarm.org.

Andriski takes helm for Belmont hoop girls

BY JOSHUA SPAULDING

Sports Editor

BELMONT — With a new coach and new system, there is plenty of learning going on for the Belmont girls' basketball team in the new season.

Of course, there's a

lot of new things going on for every team in the state as COVID-19 has given everyone things to get used to.

"Wearing masks is a big adjustment for everyone and with that is finding ways to instruct

the kids," said first-year Belmont head coach Mike Andriski. "Having fewer if any fans will be tough for some kids as they look to family and friends for support.

"And kids are adjusting to a new coach and a

new system," the Raider coach added.

While Andriski is new to the team, he has a number of players who are familiar to Belmont fans to help him adjust to the new program.

Morgan Hall, Molly

Sottak and Becca Fleming will be looked at to lead the team, both on the court and off. Andriski said that he will be looking for Savannah Perkins and Lena Rodrigues to step up and run the offense, while Courtney Burke and Emma Roberts are also back this year and are looking to make an impact in the new season.

The Raiders are excited to welcome back Kat Davies to the fold after taking a year off and Alyssa Edgren and Darci Stone are rounding out the varsity Raiders for the new season.

Andriski said that he wants the team to continue to learn and improve as the season moves along toward the open tournament.

"We want to get better every game and be playing our best basketball at the end of the year," said Andriski. "With an open

tournament, anything can happen.

"We have a good mixture of seniors and underclassmen that want to win and are willing to work hard to get better," the Raider coach said.

Like the fall sports teams did, the Belmont girls will be playing a regionalized schedule against teams from around the Lakes Region. The Raiders will play two games each with Gilford, Laconia, Kennett, Winnisquam, Prospect Mountain, Franklin and Inter-Lakes.

The season kicks off on Monday, Jan. 11, with a game at Gilford at 6 p.m. and will then welcome the Golden Eagles to town on Thursday, Jan. 14, also at 6 p.m.

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

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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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Canterbury Shaker Village receives grant from NH Charitable Foundation

CANTERBURY — We are pleased to announce that Canterbury Shaker Village was awarded a \$60,000, three-year grant from the New Hampshire Charitable Foundation. The grant will help further the Village’s mission to preserve the 200-year legacy of the Canterbury Shakers, and to provide a place for learning, reflection, and renewal.

“We are enormously grateful for this multi-year operations grant from New Hampshire Charitable Foundation,” said Leslie Nolan, Executive Director. “This important grant will buttress our efforts as we continue to move forward and offer relevant programs, and restore the Village’s 30 historic buildings.”

Support from the New Hampshire Charitable Foundation will be used over the next three years to cover operations of the Village, including maintaining its National Historic Landmark buildings. Trail maps of the Village’s nearly 700 acres of grounds, trails, and gardens are planned for 2021, along with new outdoor concert events!

About Canterbury Shaker Village

Canterbury Shaker Village, Inc., is an internationally-known non-profit museum founded in 1969 to preserve the heritage of the Canterbury Shakers. Designated as a National Historic Landmark for its architectural integrity and significance, the Village has 25 restored original Shaker buildings, 4 reconstructed Shaker buildings, and 694 acres of forests, fields, gardens, nature trails, and mill ponds under permanent conservation easement. Tours, programs, exhibits, and events help visitors chart their own journey of simplicity, caring, and community.

Canterbury Shaker Village is located at 288 Shaker Rd. in Canterbury, New Hampshire, just south of Laconia and north of Concord. For more information, visit www.shakers.org, or call 783-9511, ext. 205.

About the New Hampshire Charitable Foundation

The New Hampshire Charitable Foundation is New Hampshire’s statewide community foundation, founded in 1962 by and for the people of New Hampshire.



COURTESY

Canterbury Shaker Village was awarded a \$60,000, three-year grant from the New Hampshire Charitable Foundation. The grant will help further the Village’s mission to preserve the 200-year legacy of the Canterbury Shakers, and to provide a place for learning, reflection, and renewal.

The Foundation manages a growing collection of 2,000 funds created by generous individuals, families and businesses, and awards more than \$40 million in grants and more than \$6 million in scholarships every year. The Foundation works with generous and visionary citizens to maximize the power of their giving, supports great work happening in our communities and leads and collaborates on high-impact initiatives. For more information, please visit www.nhcf.org or call 225-6641.

New faces will be counted on for Raider alpine team

BY JOSHUA SPAULDING
Sports Editor

BELMONT — The Belmont alpine ski team will have a new look this year as coach Kevin Charleston welcomes a number of new racers to complement his two returning athletes.

“We will have a different look this year after a few years of graduating some strong senior leaders,” Charleston said. “The upside is there are many opportunities for others to step up and continue our traditions.

“We will have to put in the work to get this done,” the Raider coach said.

The Raiders will be led by returning skiers Mitchell Berry on the boys’ side and Trinity Dunn on the girls’ side. Beyond them, Charleston will be relying on a stable of newcomers who will be asked to step up.

“We have several new athletes, but it is a bit soon to make any expectations,” Charleston said. “They have ski racing experience from middle school and we will need them to score for the team right away.”

Charleston said that he expects that his team will likely fall in the middle of the pack for both the boys and girls, while Berry will be making an effort to qualify for the annual Meet of Champions, something he has come close to doing the last two years.

“He is a good enough skier to grab a spot this year,” Charleston said.

The Belmont coach noted that his kids are

doing a good job making whatever adjustments they need to make in order to make the season move forward.

“Skiing is a COVID-friendly sport, if there is such a thing,” Charleston stated. “The season will be a bit shorter; but training shouldn’t change much.

“With skiing, we are already used to making adjustments due to weather; so in a sense, we are pretty well-prepared for the unpredictability of a COVID world,” he added.

Belmont will be racing at Gunstock three

times prior to the state meet. They will compete on Friday, Jan. 15, at 10 a.m. and again on Friday, Jan. 29, at 10 a.m. before finishing up the regular season at 10 a.m. on Friday, Feb. 5.

The Division III State Meets will also be at Gunstock. The girls will compete on Monday, Feb. 8, and the boys will follow on Tuesday, Feb. 9.


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



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Cheers to 2021

The past year has been challenging, and the months ahead only look slightly different as far as the pandemic is concerned. The rollout of the vaccines does, however, offer some promise in getting our lives back to normal.

It's been discouraging; however, to see people behave so unkindly towards one another. Not so much on the local level — here, we are fortunate. But nationally, the temperature has been turned up for far too long. When did it become 'cool' or 'macho' to behave with such hate towards another person, simply because you disagree? Why are so many individuals filled with so much hate that they take it out on complete strangers? We remind everyone, that when it comes to national politics, listen to several news sources, and not a passing meme on social media. Too many uninformed people are acting out, when if they truly were aware of how things work, beyond just a talking point, they may see things a bit more clearly. Again, we have faith that in the months ahead, the climate will become one of which we can all be proud. It's ok and actually a good thing to question and even disagree with others if it's how you feel. It is not OK when decency, lack of respect and kindness falls by the wayside. It is possible to disagree and yet still be kind and helpful to each other. The constant chest puffing on social media and on national news is just, well, sad. You get more bees with honey.

On another note, as we sit and reflect about how much time has been spent apart as a society, we do need to give a nod to solitude. Extroverts across the globe, just want their social lives to be in full swing again. Heck, even introverts do as well. Being social is an important part of our existence. As things move in that direction, we want to remind everyone that there is a benefit to having some much needed alone time. Something we all don't get very often.

Life in normal times can move very swiftly. We're always looking ahead at what needs to be done next, planning, over thinking and stressing about the future. Studies show that when you stop and enjoy some alone time, your brain will rest. Overstimulation can have adverse effects on our well-being. Take time to detach from the internet, television even music.

When we're alone, our parasympathetic nervous system, that relaxes us, is triggered. Alone time relaxes your muscles, lowers your blood pressure and slows your heart rate. Time alone is a great way to prevent burn out. Burnout can cause us to go about our days in an inefficient manner.

Another check mark in the 'pro' column of solitude is that we become more creative. Our minds are free from distractions. Spending time solo can reduce the chance you'll suffer from vital exhaustion which can lead to increased anger and heart trouble.

One analogy that makes sense regarding solitude, is that it gives you time to get a bird's eye view of your life — the bigger picture, instead of feeling stuck in the day to day sometimes mundane activities.

In the New Year ahead, we wish you all health and happiness. As always, take care of each other.

LETTERS TO THE EDITOR

Howard's call for dissolution of the state is no joking matter

To the Editor:
I was incredulous as I read Ethan DeWitt's article in the Dec. 29 Concord Monitor that a group of Republican legislators is calling for the dissolution of the state government. With a sinking feeling, I looked for, and found, the name of our state Repre-

Send your letters!

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and phone number.

STRATEGIES FOR LIVING

A personal manifesto

BY LARRY SCOTT

It has been an 81-year journey with a track record marked by the good, the bad, and occasionally, just a touch of the ugly. But I do not complain, and I'm not alone. Although I shall write in the first person, everything that applies to me applies to you too. The only difference between us, if there is a difference, is that I have committed my life to Jesus Christ and I'm actively planning to build on what has been toward a future in which my dreams come true.

I believe God had a purpose for my life when He created me. Implementing that purpose may have been delayed, but it has not changed. Not only do I serve a God of the impossible, I serve a God who has little respect for time. What got off track forty years ago is back on track again.

I've been through the hurricane, and the storms have threatened to sink my ship. But I have chosen to put a positive twist on my past and to see the hand of God in my journey; it has helped me become a better man. God, it seems, knew He had to grow me before He could grow my future.

Please understand I am neither bragging nor complaining. But I suspect you know where I am coming from; life is no walk in the park for any of us. But there are, perhaps, two differences between us.

You have yet to decide your past is not a negative but a foundation on which you can build in the days to come. You've given up on your dreams, accepted your status in life, and settled in to wait for retirement and a chance to rest on your laurels. Your tomorrows

no longer excite you; you've given up on your cherished ambitions.

And you have yet to turn your life over to the One who can bring sunshine to your stormy days, who can take you from where you are to where you ought to be. Life is a cooperative endeavor; our Maker never meant for us to walk it alone. And without Him, your ultimate destination, that realm in which you will spend eternity, does not factor into your plans. Without Him, this is the best it's ever going to get, the only heaven you're ever going to know. For me, that just doesn't cut it!

I no longer have access to a pulpit or a classroom, so I have dedicated my final years to writing. And that has produced its own dilemma. My audience, I am sure, would prefer stories of success when threatened with

failure, sober alcoholics, revived marriages, and jail-house recovery. But I have one drive, one force in my life, and it's about Him I prefer to write.

Jesus Christ has given my sunset years the glow of an early morning sun, and I want that to be your story as well. When the going gets rough, when honesty causes you to cringe in shame, when you are haunted by missed opportunities and failed endeavors, I want the story of my life to help you know you have lots of company and that God is available to turn your life around. He wants to give you, as He has given me, a bright new tomorrow. And it all begins with Jesus Christ.

For more thoughts like this, follow me at in-defenseoftruth.net.

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 reunions: 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.

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The well-written obituary, and the social side of death



By JOHN HARRIGAN
COLUMNIST

There are a few things I'd like to see in 2021. The thing I want to see most is 2020 in the rear-view mirror, and smoother road ahead.

This awful illness loose among us has robbed us of so many things, especially the oldest and most vulnerable. I wish I'd had a chance to talk with more of them before they were gone. One was a World War II vet, 96, my Dad's generation, among the last we'll see.

And this might sound macabre, but one loss I resent most bitterly is the societal glue of calling hours at the funeral home.

This is where we reconnect with school-mates, childhood friends, and long-lost relatives. It is how we mitigate, understand,

and absorb the loss of our loved ones. We see it there in the paper, from 2 to 4, from 7 to 9. The funeral is Saturday at 11, and always, almost without fail, there's a get-together in the church hall or a family home afterward. Again, more connections, and hands and hearts to cope.

It's bad enough to be missing all the weddings, class reunions, birthdays, retirement parties, and 40th and 50th anniversaries that are the warp and woof of life in communities and countryside. But the visiting hours!---a stab straight to the heart.

+++++

I've been watching too many movies on television. Many are movies I saw when I was a kid, at the actual movies. The price of a ticket was a quarter, and Cob Sutton sold popcorn for a dime.

Some of those movies were just awful---real stinkers, with lousy, stupid scripts. They all had the same formula, especially the cowboy shoot-em-ups. The same thin-stringed piano, I think, appeared in a hundred saloons.

But at least the before-television movies

made a pretense of looking real. The sets had enough detail to look like real places. There were enough extras for enough people in town. So what if the horses seemed to run forever without hay or water?

But post-TV---or is it just me---did everything start to look cheap? Gas flames, coming out of fake campfires. Squeaky-clean saddle ropes. Clean canvas rows of troop tents. No dirt on shirts or Stetsons.

And the way they handle guns is something awful. It makes me want to dive under a table--- pointing shot-guns and six-shooters this way and that, with no care. In a made-for-TV movie, shot just this year, the lead actor was forever sticking his rifle into sand and snow.

Scriptwriters apparently don't know a rifle from a shotgun, or a six-shooter from a flintlock. Producers hire consultants and fact-checkers for history and societal lore, but with firearms, anything goes.

+++++

John Stylianos, my very first editor, taught me a lot of things I still use, among them to



JEN KEAZER — COURTESY

A view of the home farm, from the next ridge over. Jenny Keazer took this photo one snow-filled morning a couple of years ago, showing the countryside of East Colebrook, with her family's home farm just about smack-dab in the middle.

check (and learn to enjoy) the obituaries. Back then, in 1968, I was supposed to check for any hint of malfeasance. Later in life, I simply was drawn to interesting and well-written obituaries.

Many funeral home directors, or undertakers as they were called in the not-so-distant past, help families write obituaries. Often, however, a family member takes it on, with siblings, cousins and grandchildren hovering over every word. Many obitu-

aries are exceptionally well-written, obviously conceived with much love, and make good reading.

In this week's paper was the obituary of Wayne A. Holden, Jr., whom I'd know all my life. When I last saw him, many years ago, he and his wife Joyce were living in Twin Mountain, where he ran the fish hatchery. I took a picture of them there on the lawn, with the sign "Tax Preparer"---Wayne's extra job, and in his way,

his mission.

His obit said that he enjoyed fishing, "but most of all riding around on old dirt and back country roads"--- a man after my own heart, on both counts.

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

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 \$130,000 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 invest-

ment 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.

Notice to Citizens of the Winnisquam Regional School District

Winnisquam Regional School District Filing for School District Office

Camden Steady, Clerk of the Winnisquam Regional School District, announces the time limits for filing declaration of candidacy for school district officers. In order for the name of the candidates to appear on the ballot, written declaration of candidacy must be filed with Adele Chertoff from 8:00 am – 4:00 pm January 20th-28th, 2021 and 8:00 am – 5:00 pm January 29th, 2021 at the Winnisquam Regional School District SAU Office, 433 West Main Street, Tilton.

The Winnisquam Regional School District Officers to be elected this year are as follows: Moderator, one moderator, one-year term, ending 2022 (resident of any three towns). School Board Members: Tilton, one member, three-year term ending 2024, Northfield, one member, three-year term ending 2024 and Sanbornton, one member, three-year term ending 2024. Budget Committee Members: Tilton, two members, three-year term ending 2024 and two-year term ending 2023, Tilton Northfield, one member, three-year term ending 2024 and Sanbornton, one member, three-year term ending 2024.

All members shall be elected at-large, and all members representing each of the three towns must be residents of that town. Any qualified voter in the school district is eligible to file. The elections will take place on Tuesday, March 9, 2021. Residents of each town will vote at the same time and place as the election for town offices. Although the voting will take place at the regular town elections, voting for school district offices will be by separate ballots.

HIGH SCHOOL SLATE

Monday, Jan. 11

BELMONT
Boys' Hoops vs. Gilford; 6
Girls' Hoops at Gilford; 6
GILFORD
Boys' Hoops at Belmont; 6
Girls' Hoops vs. Belmont; 6

Wednesday, Jan. 13

BELMONT-GILFORD
Hockey at Kennett 6:30
WINNISQUAM
Hockey vs. Berlin; 4:30

Thursday, Jan. 14

BELMONT
Boys' Hoops at Gilford; 6
Girls' Hoops vs. Gilford; 6
GILFORD
Boys' Hoops vs. Belmont; 6
Girls' Hoops at Belmont; 6

All schedules are subject to change

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Edward Jones: Financial Focus

Avoid Tapping Into 401(k) Early

If you've been contributing for many years to your 401(k) or similar retirement plan, it may be your largest pool of money. So, if you are facing a financial need, you may think about tapping into your account. After all, it's your money – why not use it? But touching your 401(k) before you retire may not be a good idea, as it can lead to some unwanted consequences. First, taking funds out of your 401(k) now could increase the risk of running out of money during retirement, which could last for decades. Also, withdrawals taken from your 401(k) before age 59½ may be taxed as ordinary income and are generally subject to a 10% penalty for early withdrawal, although there are some exceptions. And a sizable taxable withdrawal from your 401(k) could bump you into a higher tax bracket. Therefore, if you are facing a financial need, you may want to consult with a financial professional to discuss the options. 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. Member SIPC

cial crunch, you may want to explore some options before tapping into your 401(k). For starters, see if you can cut your expenses where possible and explore financial assistance programs that service providers, such as utility companies, might offer. Also, if you have an emergency fund, now may be the time to use it. For most folks, it's a good idea to keep three to six months' worth of living expenses in such a fund, with the money kept in a liquid, low-risk account. But even smaller amounts can help in a financial crunch. You might also find another source of cash in your taxable investment accounts. Any uninvested cash in these accounts is an easy place to start. You might also look at selling investments to free up some cash. However, before making this decision, you may want to consult with a financial professional to discuss the options. 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. Member SIPC

pro and cons. Another cash-generating option is a 401(k) loan, assuming your plan permits such loans. Unlike a direct withdrawal, a 401(k) loan is not taxable if it's repaid on time. (If it isn't, you could also incur penalties.) And, although the loan may have some fees, the interest on it will be paid to your account, rather than to a bank. However, you won't earn investment returns on the loan balance, because you can't use this money to invest. And if you leave your job before you've fully repaid the loan, you'll likely have to come up with the remaining balance quickly. You could also consider using your credit cards to generate cash, but

these types of loans or advances can be quite costly. Instead, you may want to look at other possibilities, such as a home equity loan, the cash value of a life insurance policy, the "margin" on your investment accounts or a personal loan. Again, you should talk to a financial professional to discuss the tradeoffs of taking out these loans and to develop a payoff strategy, if you decide to use any of them. Your 401(k) is a long-term investment designed to meet a long-term goal: your retirement. So, if you think you might require these funds before retirement, explore all alternatives first to find the right decision for your needs.



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Fax 866-532-8685
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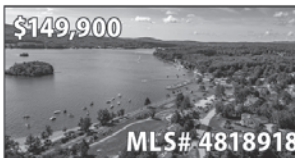
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**Find it in the
Real Estate Section**

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 certifi-

icates 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 Excellence 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 Brisson-Covell, Nancy Connors, Taylor Duggan, Cody Gibbs, Michele Masters, Megan Mitchell, Gregory Page, Megan Piazza, Celeste Pollini, Jessica Schofield, Julie Stoia, Melissa Stevenson, Amanda Waterman, Kacey Watson

- 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

- 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 communi-

ties. As a result, MVSB has remained steadfast 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.

TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 1,184 calls for service and made the following arrests from Dec. 14 through Jan. 3.

Arrested during this three-week time period were Jeffrey Riel (for Driving After Suspension), Donald Demers (for Driving After Suspension and Breach of Bail), Crystal Merchant (in connection with a warrant), Joshua Gagne (for Breach of Bail), Alden Smith (for Driving Under the Influence), Dylan Corgatelli (in connection with a warrant), Jessica-Lee Pilot (in connection with a warrant), Michael Kennedy (for Driving After Suspension), and Mathew Therrien (for Driving After Suspension).

CASH

CONTINUED FROM PAGE A1

ers 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 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, benefiting 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. Cash and Cans donations are accepted year-round through Venmo at Mixcashandcans and checks, made payable to Mix Cash & Cans. Mix Cash & Cans is a public service of Northeast Communications Corporation, a locally owned and operated Northeast Communications Radio Group.

BULLDOGS

CONTINUED FROM PAGE A1
play four games with Division III co-champion from a year ago, Kennett High School of Conway. They are also scheduled to play four games against Division II Kingswood of Wolfeboro. However, as of deadline, the Governor Wentworth Regional School Board had yet to give approval for winter sports to move forward at Kingswood.

The Bulldogs will also play a pair of games against Kearsarge-Plymouth and defending co-champion

Berlin-Gorham as well as two games with rinkmates Laconia-Winnisquam-Inter-Lakes.

The season is scheduled to kick off on Wednesday, Jan. 13, with a game against Kennett at the Ham Arena in Conway, set for a 6:30 p.m. faceoff. The Bulldogs will then welcome the Eagles to the Merrill Fay Arena on Saturday, Jan. 16, for a 12:45 p.m. game.

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

BELMONT

CONTINUED FROM PAGE A1
possible.

Belmont will play two games each with Gilford, Laconia, Kennett, Winnisquam, Prospect Mountain, Franklin and Inter-Lakes.

The season officially kicks off with a matchup with rival Gilford, set for Monday, Jan. 11, in

Belmont. The two teams square off in Gilford on Thursday, Jan. 14, both with 6 p.m. scheduled starts.

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

LIBRARY

CONTINUED FROM PAGE A1

com with your library card; physical copies are available at the library. Contact the library for meeting information.

The library is adjusting its schedule in January as follows: we will be closed Monday, Jan. 18.

The Belmont Public Library is open six days a week and any time at

www.belmontpubliclibrary.org, serving the community with books, digital resources, and cultural programming. In 2018, the library celebrated 90 years in the same building and 125 as Belmont’s community

library.

For more information, contact:

Eileen Gilbert
267-8331
bpl@belmontnh.org
PO Box 308
Belmont, NH 03220

New kinship navigation program bridges the gap for caregivers

LACONIA — Parenting is no easy task, and parenting a second time can be even more difficult. More and more children are being raised by their grandparents and other relatives, both inside and outside of the child welfare system. Typically, such responsibility is met with little to no outside support for the caregiver in navigating the needs of the child in their care.

To help bridge the gap between caregivers and community supports, the Family Resource Center

of Central New Hampshire, in partnership with the New Hampshire Children’s Trust, has launched a new community program, Kinship Navigation. This program is foundational in providing free, confidential services for emotional support, education, and guidance to relative caregivers and offers information, referrals, and follow-up services to promote independence and enhance the quality of life of the families served.

“In addition to the

outside resources we provide, one really important aspect of this program is the monthly support group. We encourage relative caregivers to connect to talk about struggles, celebrate successes, and bring validation and encouragement in this shared experience,” said Melissa Shadden-Cyr, Kinship Navigator.

The support group meets the last Monday of every month from noon – 1 p.m. via Zoom, and is co-facilitated by Tricia Eisner, Kinship Navi-

gator from the Greater Tilton Area Family Resource Center.

Since its launch, the Kinship Navigation Program has enrolled and supported fifteen grandparents and other relative caregivers who are raising a child in the absence of the biological parent, and is continuing to accept new referrals.

If you or someone you know could benefit from this program, please contact 581-1576 or email melissa.shadden-cyr@lrsc.org.

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Belknap House receives grants

LACONIA — Belknap House is pleased to share news of receiving two generous grants.

The Meredith Village Savings Bank Fund supports the work of organizations serving our communities. Belknap House is grateful to the MVSF Fund Committee for supporting our work, empowering homeless families to become independent. This grant supports 24/7 staffing

and training, which is critical to meet the needs of our families. The pandemic has placed new demands on staff along with impacting the use of dedicated volunteers that we have relied on for some time.

The New Hampshire Charitable Foundation recently selected Belknap House for a multi-year unrestricted grant, funded through their Community Grants pro-

gram.

Executive Director, Paula Ferenc shares, “Receiving this award is significant, it helps to elevate us during times that continue to ask more of us. Homelessness is a high-risk time for children. Our shelter and program first stabilizes families that are in crisis – helping them feel safe and secure enough to take next steps, changes in their lives in order

to be successful. Individualized parent programs and resources are then provided, coupled with a strong support system that empowers families, giving them the tools and confidence to become self-sufficient to secure housing of their own. We are grateful to the NHCF, and their many generous partners, for supporting Belknap House.”

Belknap House Board

of Directors, staff and families want to acknowledge the generosity of the communities surrounding Belknap House, as once again they have been extraordinary! Service organizations, families, church communities and individuals have delivered dinners, food baskets, clothing, toys, books, gift cards, and bags and bags of groceries, and cleaning supplies to our door!

Thank you all so very much! Best wishes to you for a happy, healthy new year!

For more information about Belknap House or volunteer opportunities, contact Tom, House Manager, at 527-8097, or housemgr@belknap-house.org. Please visit our website at www.belknap-house.org and like us on Facebook: Belknap House.

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The Town of Sandwich is accepting applications for a Deputy Town Clerk/Tax Collector. This regular part-time position must be a Sandwich resident, and must be available to work during office hours on Tuesdays and Thursdays, 8:00 A.M. – 5:30 P.M. The responsibilities include vehicle registrations, elections, dog licensing, vital records, tax payments, and bookkeeping associated with clerk duties. Off-site training and certification required. Must be proficient in both Word and Excel and other related computer programs. Full job description and application are available at the Selectmen's Office or on the Town's website (sandwichnh.org). Applications are due at Town Hall by Thursday, January 21st at 5:00 P.M.

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F/T Employment Opportunity

Town of Sandwich

The Town of Sandwich is accepting applications for a full-time Administrative Assistant to support the daily operation of the Selectmen's office. Applicants must possess strong communication and organizational skills, experience working with the public and Town Boards, and be well-versed with Microsoft Office software. Range of Salary \$37,500-\$40,000 or commensurate with qualifications. References and resume required. Excellent benefit package. Application must be received at Town Hall by Thursday, January 21, 2021 by 5:00 P.M. Complete job description and application available at Sandwich Town Hall, 8 Maple Street, or on the Town's website (sandwichnh.org).

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Lakers gearing up for a hockey season like no other

BY JOSHUA SPAULDING
Sports Editor

LACONIA — The Laconia-Winnisquam-Inter-Lakes hockey team will certainly be doing things a bit differently this year.

But coach Paul Wheaton said the kids are adjusting and working through all the changes as they prepare for a new season.

“The less than perfect environment we are in has made things difficult, but we have a great group of student-athletes who are willing and able to meet this challenge,” said Wheaton.

The changes that are in place for the Lakers include their time together being limited. Additionally, the team is not allowed to use the locker room, as they bring their gear to and from the rink each day and change in lawn chairs at the far end of the Merrill Fay Arena in Laconia. The players enter 15 minutes before their scheduled time and leave 15 minutes after practice has ended. The players record each other’s temperature each

day and they wear masks. “A much different atmosphere to say the least, but we will do whatever we have to do to ensure that these men get a chance to play hockey,” Wheaton said.

The Lakers will return a number of solid players to the roster, led by goalie Evan Rollins. In front of him will be returning defenders Andrew Spicuzza and Ryan Bousquet. Up front, Wheaton will turn to returning wingers Carter Smith and Ethan Bickford and center Kam Young.

Additionally, a trio of newcomers is making a name for themselves. Zachary Cafarella, Austin Keenan and Brody Rollins will all be expected to make some noise in their first years on the team.

“Our goal is to create a positive experience for our student-athletes, to build a family culture and to compete each and every night,” Wheaton said.

As was the case in the fall sports season, the winter sports season will feature a regionalized

schedule and that means a lot of games for the Lakers against some of the top teams in Division III. LWI is scheduled to play two games each against Kearsarge-Plymouth and rinkmates Belmont-Gilford, as well as four games each against Berlin-Gorham and Kennett, who shared the Division

III championship last year after the title game between the two teams was cancelled due to the start of the COVID-19 pandemic.

The Lakers were scheduled to play two games against Division II Kingswood at the end of January, but as this goes to press, Kingswood

is not approved for winter sports. The Governor Wentworth Regional School Board voted in early December to not allow winter sports, though the possibility remains that the Knights could be back in action

Of course, all schedules are subject to change. The Lakers are sched-

uled to start the season on Wednesday, Jan. 13, at 4:30 p.m. at home against Berlin-Gorham.

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

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!

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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 professional service providers.

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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.

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, email info@nhlakes.org, or call 226-0299.

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All Brite Cleaning & Restoration continues annual food drive



Left to right: Ginny Ribeiro, Krysten & Maelyn Adel & Robert Stewart of All Brite Cleaning & Restoration Inc., Major Mike Davis of the Salvation Army, Hilirey & Gracie Makely of Makely & Son Property Services donate \$4,550 to the Salvation Army on Dec. 23.

GILFORD — All Brite Cleaning & Restoration is pleased to announce the donation given as a result of their annual All Brite Food Drive to benefit the Lakes Region programs of the Salvation Army.

In past years, the All Brite team collected food at the Tilton Market Basket, but this year, due to the pandemic and in an effort to keep everyone as safe as possible, food donations were collected

outside at the All Brite Cleaning & Restoration office at 41 Country Club Rd. in Gilford. Makely & Son Property Services joined All Brite in sponsoring the 2020 effort. A total of \$4,550 in food items and grocery gift cards were presented to Major Mike Davis at the Salvation Army located on Union Avenue in Laconia. A special thank you goes out to some very generous individuals

from Laconia Country Club along with matching gifts by All Brite Cleaning & Restoration, Makely & Son Property Services and Opechee Construction Corp.

All Brite Cleaning & Restoration is known in the Lakes Region of NH for their support of many charitable causes such as the American Red Cross Blood Drives, Salvation Army Food Drives and support for those fighting

breast cancer via Cleaning For A Reason®. “The need was great this year, states All Brite’s founder, Rob Stewart, “We wanted to do everything we could to support our local neighbors in need”.

All Brite Cleaning & Restoration is located in Gilford and Concord. For more information about All Brite Cleaning & Restoration, visit AllBrite-Cleaning.com.

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, Mer-

edith 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 ensure 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



Dayna Titus

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, 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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