

Alton Parks and Recreation Connection

Local, Guided Snow Shoe Hike

The Alton Parks and Recreation Department is sponsoring a free Snow Shoe Hike as part of the ABA Winter Carnival Week, weather permitting. Bring snow shoes to this outdoor experience. Social distancing and COVID protocols will be in place. For more information and/or to register contact parksrec@alton.nh.gov or 875-0109.

Sunday, Feb. 14 at 10 a.m. at Morse Preserve/ Pine Mountain, located on Avery Hill Road, off of Alton Mountain Road. Moderate level, uphill

and downhill hike, approximately 45-90 minutes- depending on trails chosen. Enjoy a scenic snow shoe trek through fields and forests, and reach the mountain top with a panoramic view of the Belknap Range and Lake Winnepesaukee. Register by Feb. 11. Parking is available at the Mike Burke parking lot or along the road. Directions: take Route 11 into Alton Bay, turn on to Rand Hill Road. After .75 miles on Rand Hill Road, take a left onto Alton Mountain Road. After approximately 2 miles, take a left onto Avery Hill Road. The trail head is located about 500 feet on the left after pass-

ing the Mike Burk Trail System.

Exercise Classes

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

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

Yoga for Sports- Mondays, 4-4:45p.m. Exercises designed to increase range of motion, build strength and balance, and improve mental resilience that will help on and off the sports scene. Class runs now through Feb. 22. Pre-register at parksrec@alton.nh.gov.

Winter "Box"

Alton Parks and Recreation is sponsoring a Winter Activity "Box" for Alton residents ages six to 12. Box will include assorted arts and crafts projects, and activities like jacks and a jump rope- all for \$3 per box. Limited quantity available- first come first served. Boxes are available for pick up at the Parks and Recreation office. Contact Alton Parks and Recreation Department to reserve your "Box" for pick-up- 875-0109 or parksrec-asst@alton.nh.gov.

Ice Skating Rink at Mill Pond

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

The Reading Room at the Gilman Library

ALTON — The Reading Room at the Gilman Library — Yes, we are open - If you have not visited the Gilman Library for a while, please do consider coming in. Though we recommend appointments, please do not let that prevent you from dropping by if you are in the area. Please be reminded that due to the pandemic, we are limited to a capacity of ten, including staff, at any given time. Even these adjusted services might change with only a moment's notice. Safety is our highest concern. It is always advisable to call ahead, but not required, not only to schedule your appointment but to confirm that we are open for the day. Masks are required to enter and hand sanitizers are at the entrances. If you are allergic to hand-sanitizer, please wear gloves. If you are unable to wear a mask, or simply prefer not to enter the building, we still offer curbside service by appointment. You may reserve your items online, or by telephone, and we can meet you at the door or deliver them to your car. Call 875-2550. Our business hours are Tuesday & Thursday: 11 a.m. - 7

p.m., Wednesday & Friday: 9:00 am - 5 p.m., and Saturday: 9 a.m. - 1 p.m. Visit us online at <http://www.gilmanlibrary.org>. Our virtual library never closes.

BROWSING - While you are looking through the stacks, searching for DVDs, or getting your audios, please stop by and see our NEW collection of Magazines for check-out. We have many new teen and adult titles, including J-14, Catster, Dogster, InStyle, as well as our old favorites, Time and People, and so many more - over 40 magazine titles to choose from!

SERVICES - In addition to Curbside service, we offer Inter Library Loan, FAX, Copy

Service, and Computer use, with printing, and a variety of TAX FORMS, as they become available. You may reserve a computer to download additional tax forms, register for your COVID19 Vaccines, apply for Unemployment, or complete your tax forms online.

Theater Thursdays - The next movie is on the 4th! Please consider signing up for our monthly Theater Thursday Movie, on the first Thursday of every month, at 1 p.m. Shown in the Agnes Thompson Meeting Room on the lower level, separate from the main floor, we are limited to an additional capacity of ten in the meeting room, so

sign-up is required. The Gilman Library offers new and classic movies to enjoy with complimentary beverages and snacks to go hand in hand. You will also receive a raffle ticket for coming and have the chance to win that afternoon's movie theme-related prize. Come and enjoy the show! Our movie licensing forbids us from revealing the name online or in the media, but you may find out more by calling the library, visiting our website at <https://gilmanlibrary.org/theater-thursdays>, using our online contact form, or stopping at the circulation desk.

Take-A-Craft - Ev-

ery month we have an easy, fun, and free Take-a-Craft. Many of you enjoyed the Christmas crafts under the tree last month. This month we have a super-simple Valentine craft for you to enjoy. Just ask at the circulation desk.

OVER-DUES - We are accepting all of your returns and long-overdue items, without any penalty or charge to your account. If your print items were due after we closed for COVID-19 and you still have not returned them, please leave them at the circulation desk or in the after-hours book drop, no questions asked. You will still need to make an appointment to return

CDs and DVDs as they cannot go in the book drop. Please return your overdues so that you can check out more items.

DONATIONS - Due to COVID19, we are not accepting donated materials at this time. However, we welcome magazine gift subscriptions or monetary donations. Our mailing address is Gilman Library, PO BOX 960, Alton, NH 03809. Thank you for supporting the Gilman Library, 100 Main St., Alton, with your patronage, community support, and tax dollars.

Belknap Landscape nets design award

GILFORD — Hayden McLaughlin, owner of Belknap Landscape, is proud of the work his company provides. This week, his pride was affirmed.

The Gilford firm specializes in design-build landscaping throughout the Lakes Region, and this week they were honored by NH Home Magazine for excellence

in outdoor design. This award was their third from NH Home and was awarded based on a design by McLaughlin himself.

"We strive to offer unique designs whenever we can, and I think this design delivered on that," McLaughlin said. "The idea was to take a common landscape feature, a fire pit, and do something we don't often see in our area."

Situated on the shores of Winnepesaukee in Alton, the winning design utilized a unique design element where the seating and fireplace itself are sunken into the surrounding landscape. This method added an interesting aesthetic focal point to the property while also

protecting views of the lake. Also, because the seating is built of stone into the surrounding ground, it effectively reflects heat allowing for the use of the firepit for three seasons, even into cold autumn evenings. The design incorporated granite steps, stepping stones, low-voltage lighting, and stone veneer to complete the form and function of a winning landscape.

The design was enough to land the victory for Belknap Landscape in the eyes of a jury of design professionals for NH Home Magazine. The state-wide competition selects its honorees based on projects completed in the state of New Hampshire in a variety of categories such

as; excellence in modern design, traditional design, small home design, renovation design, and several more.

"I especially appreciate when we receive this award because it's judged by other design professionals," says McLaughlin. "It's great to know our clients are happy with what we

do, yet it's wonderful to be recognized by our peers."

Belknap Landscape was established in 1989 and offers landscape design, permitting, construction, tree care, and maintenance service for Lakes Region properties. Learn more about Belknap Landscape at belknaplandscape.com.



COURTESY

Hayden McLaughlin, Owner of Belknap Landscape shows one of his NH Home Magazine Design Awards.



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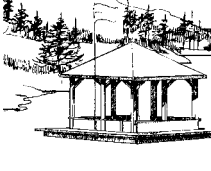


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LRAA to host oil painting classes

TILTON — Artist Acacia Rogers will be teaching a six-week evening oil painting course! It will be held in the LRAA Gallery, 120 Laconia Rd. (Tanger Outlets), Suite 132, Tilton, beginning Thursday, Feb. 18, 5:30-8:30 p.m. Dates are as follows: Feb. 18 & 25 and March 4, 11, 18, and 25.

This thorough beginner friendly class is a perfect start for any new painter, or a great repertoire builder for the intermediate artist, I will use a combination of tested and proven ac-

ademic principals with my own self taught techniques to improve and refine your representational painting skills.

We will cover everything from materials and how to choose them, to color mixing and values, choosing references, using layers to build dimension and much more. With ample side by side easel time and a group critique at the conclusion. Join me in October to take your painting the next level and learn what you can really do!

Students will

bring their own supplies. A supply list can be found at [AcaciaRogers.wix.com/FineArt](https://www.acaciarogers.wix.com/FineArt) under the “Workshops” tab.

Acacia Rogers is a passionate self taught fine artist, and has been her entire life, over 10 years of which have been dedicated to various painting mediums. Her inspiration mostly comes from nature and the beauty of the natural world, with a particular affinity for wildlife. Her first memories of artistic inspiration as a child stem largely from

Disney movies and their whimsical, fluid, and creative animation style. Particularly the work of Aaron Blaise stood out to her, who worked on beloved classics such as the Lion King, Mulan, Brother Bear, and Aladdin.

She later added portraiture, still life, and landscape to her repertoire, slowly and painstakingly building up her skill through practice and research to learn the ins and outs of painting, as she loves everything about the process of painting. She is now



a full time painter and painting instructor, and has worked along side many accomplished artists from a colorful array

of backgrounds. She currently shows her work in the LRAA gallery in Tilton.

Join the ABA on the ice for Winter Carnival

ALTON — The Alton Business Association is very excited to bring our community some outdoor winter fun this month. Although our large Winter Carnival event will look a little different this year due to Covid-19 safety concerns, but we're still committed to bringing a few smaller (safer) sponsored events, and we're taking a few events virtual, like our infamous

Fundraiser raffle.

Winter Carnival Events Include:

*Ice Sculpture Walking Tour in Alton Bay. Our generous business sponsors have enabled us to hire Ice Designs by Jeff Day to carve three unique ice sculptures for our community to enjoy. The sculptures will be on display in Alton Bay at the land bandstand, gazebo and in front of

the community center. Be sure to bundle up and go for a walk in the bay to check them out. If you take pictures with the ice sculptures, be sure to tag us (@altonbusinessassociation and use #altonwintercarnival). The sculptures will be on display starting late afternoon on Feb. 12-14 (or longer, until they melt)! A huge thank you to our Ice Sculpture event sponsors, without

you we could not bring this event to our community: Gold Sponsors: Lakeside Smiles Pediatric Dentistry, Maxfield Real Estate and Robert Butler Financial; Silver Sponsors: Alton Excavation, Alton Motorsports, Seacoast Spine & Sports Clinic and Hertel Self Storage; Bronze Sponsors: Bob Regan, Hunter Taylor/Belknap County Commissioner and Lora Piatti/Cohen Closing & Title!

Alton Excavation, Alton Home & Lumber, Catchpenny, Gunstock Mountain Resort, Hannaford, Inspiration for Organization, Irwin Marine, K-9 Kreations, Katie's Kitchen, Northeast Security Agency, Lake Life Brand, Seacoast Spine & Sports Clinic, Shibley's at the Pier, Simple Beautiful Nails and The Little Christmas Cottage! You don't want to miss the opportunity to win so be sure to head over to our website, www.altonbusinessassociation.com where you can purchase tickets from Feb. 7-13 and winners will be announced on the ice on Feb. 14! (Check out our Facebook event page for a sneak peak of the prizes and more details.)

14 at 10 a.m. at the Morse Preserve/Pine Mountain, located on Avery Hill Road, off of Alton Mountain Road. For more information and/or to register contact parksrec@alton.nh.gov or 875-0109. Register by Feb. 11.

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

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

Thank you so much to our members, local business owners and community residents who help keep this winter fun event alive! Let's continue to spread community pride and cheer and embrace all the outdoor fun the winter season brings!

Guilmett of Misiaszek Turpin PLLC named 40 Under Forty honoree

LACONIA — Misiaszek Turpin PLLC (M&T) would like to congratulate Jared Guilmett, M&T Architect who was recently named to the Union Leader's 2021 class of “40 Under Forty” honorees.

Jared became a professionally licensed architect at the beginning of last year and has been a great asset to the M&T team. His work ethic and commitment to his co-workers, clients and the community is what makes him truly exceptional. We are thrilled to see him being recognized statewide as one of NH's 40 Under Forty. Congratulations Jared!

In addition to his work with M&T, Jared is actively involved in the community as President, Celebrate Laco-

nia; Volunteer, Greater Lakes Region Children's Auction; and Volunteer

and past Board Member, Belknap Mill Society.



COURTESY
Jared Guilmett,
Architect, Misiaszek
Turpin PLLC named
to Union Leader's
2021 “40 Under
Forty.”

*Our VIRTUAL Fundraising RAFFLE kicks off on Feb. 7 and closes on Feb. 13 at 11:59 p.m. We have amazing prizes donated from our members and local businesses to include: Alton Circle Grocery,

*The Alton Parks and Recreation Department is sponsoring a Snow Shoe Hike (weather permitting) on Sunday, Feb.

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We Will NOT be Undersold

We can bridge the divide between us

It has been one of the most tumultuous times in recent history in regard to politics, and the divide taking place across the country is very real. This Editor has noticed plenty of disagreements take place between individuals with opposing viewpoints. Being privy to all sorts of news stories and situations where politics are discussed puts us right in the heart of it.

This may not be the case in every situation; however, we have noticed that residents in small towns do not let politics divide them. Sure, you have members of various select boards going head to head about an issue, you have citizens up in arms over certain topics, but people out about the town have remained quite hospitable to each other.

During one event we recently covered, we witnessed two long-term residents from the same town who could not be further apart in viewpoints have a refreshingly peaceful and genuine discussion. Imagine a long haired ‘hippie’ woman holding protest signs and a die-hard Republican, former Marine and hunter dressed in steel toe boots, joking around with each other and having a genuine laugh, then wishing each other well with sincerity, you wouldn’t have believed it. But it happened.

Since that moment, we have noticed more and more situations like this unfold. Hands are being shaken and smiles are being exchanged despite the so called political ‘divide’ that has ripped through the country. We think citizens in small towns, no matter who or what they are about can genuinely appreciate each other’s differences. A person may not agree with hunting or wouldn’t head out into the woods themselves, however they could see a neighbor who shot an eight-point buck and offer a friendly congratulations. We have seen conservatives with a snowbank of over a foot covering their driveways be plowed out by someone with a ‘Bernie’ sticker on their plow truck. We have seen posts on social media that have nothing to do with politics invoke laughter from both sides.

In a small town everyone knows everyone, and if they don’t they are only separated by one person. In such small towns, that allows for communities to rally around each other and to make sure at the end of the day, that we all had a good one. It’s cold up here, the winters are long and brutal. That camaraderie of wanting to protect our small town niche has benefits that have always stood the test of time. You may be a Republican, Independent or a Democrat but you all root for the New England Patriots. Perhaps now maybe Tampa, but having that home town pride is something that connects us all.

Letters to the Editor

To the Editor:

To the contributor of this paper’s [Letters to the] Editor page, who ended their last entry, and I quote, “Think it can’t get worse? Just wait.” Besides your threat, you have made my point exactly in all the letters I have written to the paper. The Loser president #45 has and continues to do his best at destroying the Government, of the United States of America, shedding the Constitution, the founding document which has

given the world one of the greatest Democracy in its recorded history. Even out of office, he is still doing damage. Your idol, whom you seem to fail, to find fault with, is the worse that has ever served in the oval office.

Before 2016, I never paid much attention to DJ(t) he to me, was just another TV actor type, with no real talent, I thought he wasn’t worth watching, just another pompous ass on TV. I admit I knew nothing about him. So, when he announced he was run-

ning for the Presidency I thought, I should, as I do with all who run for that office give him my ear, to see what he was about. Paying attention for a while, he really had nothing to offer, in what I was looking for in a leader, and was convinced of that fact after the “Access Hollywood Tape” became public, remember that one?

Having been raised for part of my life in the south, I was taught to respect women, and to treat everyone the way I wished to be treated. So,

when this creature said he grabbed women by their Private Parts, it’s called battery. I lost all interest in that pig. Never thinking he was going to win in 2016. Now, in 2020, we know how he did it; he cheated with the help of Russian collusion, which he has covered up, the proof, by his pardon power. He sir, is as rotten of a person as you can have, I do not need a Church, Newspaper, Democrats, or anyone else to twist my mind to believing these things about #45, he has

done this well enough on his own. I hear what he is truly saying, to all of us, “I’m the messiah, the great one, and frankly none of you are as great as myself.”

I’m not sure what you hear when you hear #45; I only hear me, me, me. The crimes he has committed, in case you don’t know can be found on your own computer; just type in any search engine what are ‘trUMP’S’ crimes? It seems to me that #45 supporters want to trash my America, just so you are

clear, it is my America also! Nothing was stolen in 2020! What happened was a theft was stopped by everyday citizens all across this land so if fraud happened when you voted, turn yourself in, please. “If you see something say something” — I see the haters for what they are. Will they look for the truth or listen to the Lies of #45?

JOHN Q. HENDERSON
BARNSTEAD



COURTESY

In memory of Harley

On Nov. 22, Becki Locke of Alton, along with her husband and four daughters, went out to get their Christmas tree. When they returned home, they found their beloved French Bulldog, Harley, laying lifeless with a Cheetos bag over his head. “I can still hear the blood curdling cries from my children when they found him,” she recalls. “We performed CPR but was not successful. We then rushed him to the emergency vet where they declared him deceased. That was the last time I held my Harley boy, and we miss him terribly.” The Lockes hope that if there is any good to come out of the tragic loss of Harley, it will be their mission to spread a awareness to pet owners about this danger that they may have overlooked.

LETTERS FROM EDWIN

Wall Warts

I just fixed something of my own for a change. It did have something to do with work, but such is life. I even get things given to me by customers that they figure I can fix. Years ago, when all I had was a hand pump to inflate my tires, I did some work for some people who asked me if I wanted that thing over there in their yard that was left there by some other workers. It was a compressor. The machine worked but there were all kinds of leaks. After a few rounds of repairs, I’ve had a home compressor ever since, and I also get to use it to blow out pipes.

So the thing I fixed today was an LED flood light that was on special way back when they first started making these things. My first entry into this new technology was when my son bought me one for a present. It was an LED stick light, like garage mechanics have, that can put light in small places. This was years before these miraculous little flashlights came about.

That light I don’t even think lasted a year before it stopped working. All of a sudden it would just pulse. To-

tally annoying. I knew what the problem was, it was the little switching power supply, that black box that plugs into the wall, was going into over current shutdown. I’m totally familiar with this having worked with switching power supplies when I wore my electrical engineers hat.

You might think that I tore into the power supply, figured out how it worked and tweaked something inside to magically correct my problem. Wrong. With all these micro-miniature circuits and such, I’d waste a week trying to figure it out and probably smoke the thing trying.

Way back you could actually get something that really smoked when it failed. These days everything just seems to stop working. Oh you can still make some fireworks, but things usually just mysteriously die.

Knowing that power supplies are a typical failure item, I have been saving wall warts for years. You all know them. They are the black or almond little boxes that plug into the wall with little wires that connect to all your

electronic gadgets. I have a box of them. All different voltages and power outputs. You never know.

Back before wall warts, power supplies were always built inside the gadgets themselves. Some smart guy figured out that if he took the AC input transformer and separated it from the device, that it was much easier and cheaper to get your gadget safety approved. I learned all about safety approvals by doing a stretch as a safety compliance engineer. Now everybody needs to buy all these extra jacks because their pluggy things take up so much more space. I guess it sells more power strips.

So I went to my box and found one that matched the requirements of my light, spliced the wires, and my old stick light has worked with it’s recycled wall transformer for over a decade. And it still works today.

This newer flood light also runs on batteries. You probably already know that it’s rare for me to spring for anything new. This looked worthwhile. Wouldn’t you know that the first

weekend I had this new light, my son had some friends over and they were using it to light up the basketball hoop, well at least until one of them decided to drive off. Crunch. So much for my new flood light. I fixed it.

It’s worked great for years, until a couple of weeks ago, the charge light started to blink. The light kept getting dimmer as it never got recharged. I had a suitable one amp at twelve volts DC supply in the box. So today I figured out which wires did what, fired up the soldering iron and swapped power supplies. The thing has been charging all afternoon. I just checked it and the red light has turned green so I’m good to go. Thanks to a Netgear power adapter.

The more things I can fix, the less I throw in the trash. My humbly misguided mission of conservation.

E.Twaste
Correspondence welcome at edwintwaste@gmail.com



Imagine the North Atlantic, at the whimsies of the wind



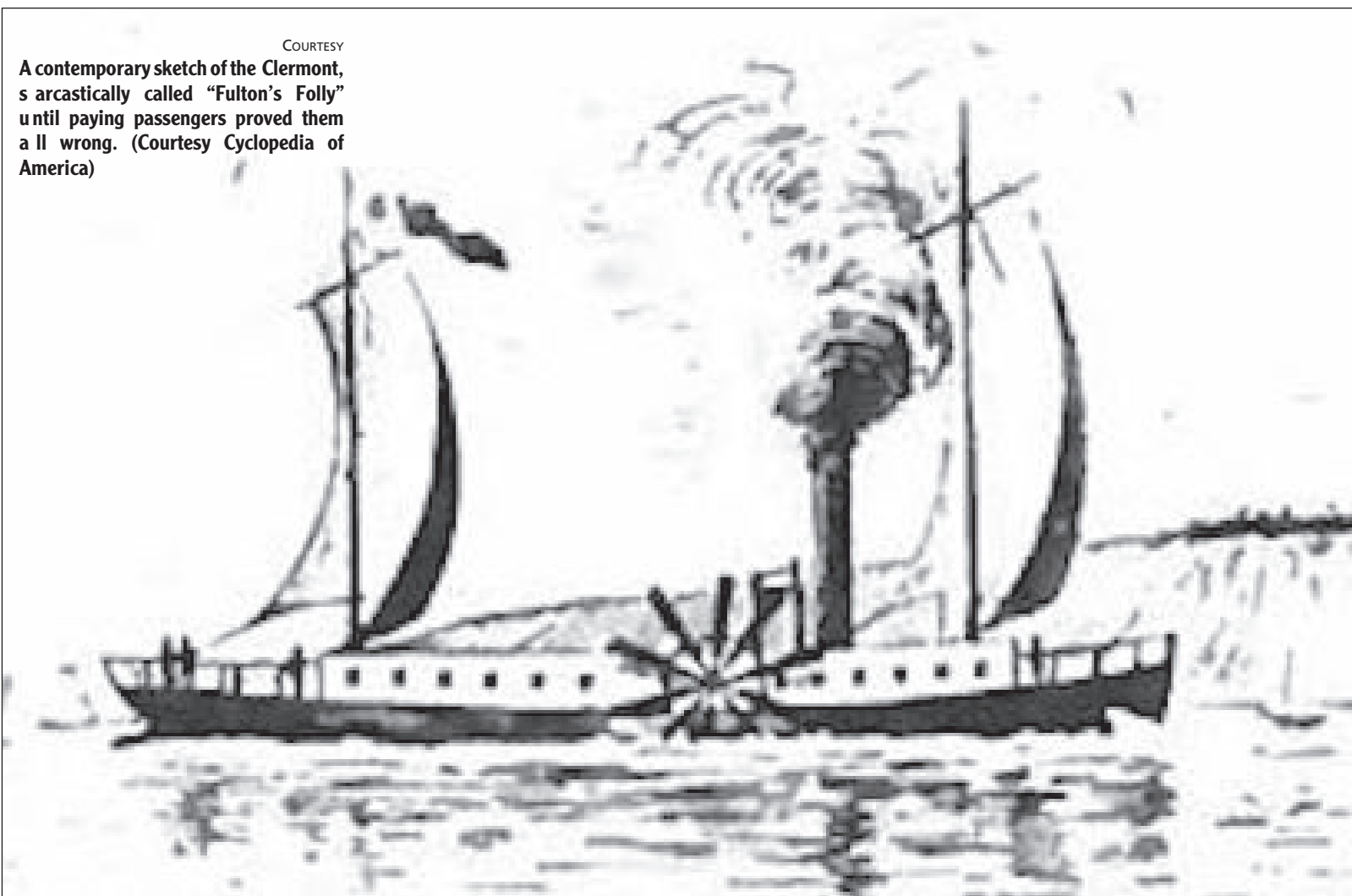
By JOHN HARRIGAN
COLUMNIST

The days of sail have always intrigued me, perhaps because of my maternal grandfather’s habit of whistling doleful sea-chanties he heard from his family Down East. They were what back-woods Yankees called “herring-chokers,” and proud of it.

“Two Years Before the Mast,” the 1840 account of a boy who signs on with a ship bound for California, is one of my favorite books. Richard Dana’s description of Tierra del Fuego and rounding Cape Horn were enough to make me want to never go there. For that kind of wind and cold, we have the Presidentials.

There was a certain age of innocence that went along with the wind ruling the waves, just as there was when grass and horsepower still ruled the world on terra firma.

The number and variety of jobs and products that sail and horsepower enabled and required boggle the mind. Every coastal city and town had its purveyors of provisions, sailmakers and rope-walks for ships’ rig-



COURTESY
A contemporary sketch of the Clermont, sarcastically called “Fulton’s Folly” until paying passengers proved them all wrong. (Courtesy Cyclopedia of America)

ging. Every town up the rivers had blacksmiths, harness-makers, and the means to make myriad products from wood.

Still, no human had yet traveled beyond the speed of a fast horse.

+++++

The displacement of horsepower and the wind was already underway as Dana and the trading and cargo vessel he crewed on, the Pilgrim, set sail. Looking back from this end of the spectrum, going from wind and horse to steam and beyond seems almost an overnight transition. But it really spanned several gener-

ations as new methods proved tried and true, in an age when information still traveled slowly.

Thomas Savery brought a centuries-old idea--the use of vapor from boiling water to power something--to fruition in 1698 with his invention of a steam-driven engine to pump water out of coal mines. A bit more than a century later, English inventors were setting up the first steam locomotive to run on steel tracks.

Our own Robert Fulton is credited with inventing the steam-powered ship, a doubtful claim. That honor prob-

ably goes to a French inventor who ran a steam-powered paddleboat in 1783. Oddly enough, he had demonstrated one powering oars in 1776, a contraption hard to fathom.

Nonetheless, Fulton is credited with inventing the first practical, commercially viable steamship in America with the Clermont. In 1807, he took passengers up the Hudson River to Albany and back. The round-trip was about 300 miles, and took 62 hours.

+++++

Steam spelled the end of commercial sail, at least on a grand scale.

Still, the wind was free, and coal or wood had to be brought from afar and was difficult to load and handle. Small wind-powered vessels are still used for subsistence and commercial fishing all over the world.

Many old hulls, stripped of their masts, were used as coastal cargo barges well into the 1900s. As these hulks were beached and rotted away, they became favorite subjects for artists and tourist photographers.

None were more famous than the two old sailing vessels beached just downriver from

Route 1 in Wiscasset, Maine. Both were launched before the First World War, and had brief commercial careers before being bought at auction in the 1930s and towed to Wiscasset. For much of my adult life they were still there, ghosts of a past that survives only in movies and books.

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

STRATEGIES FOR LIVING

On the darkest of days

BY LARRY SCOTT

Sitting in my office one Saturday afternoon, I was relaxed, listening to music my wife had on in the living room. Bill Gaiher and his Vocal Band had always been a favorite of ours, but one song that afternoon brought back dark memories of a time I shall never forget. As the quintet began to sing, “At the Cross,” an old Christian hymn, I broke into tears. I remembered well the day I first heard this same rendition sung by the Vocal Band. I was halfway across Texas in my 18-wheeler going nowhere with my life. Where I picked up the cassette with that particular song I do not know. I just know that as the Vocal Band started to sing, something electric began to happen. “At the

cross, at the cross, where I first saw the light, and the burdens of my heart rolled away. It was there by faith I received my sight, and now I am happy all the day.” But I wasn’t. Far from enjoying my ride through life, it was a time of trauma, uncertainty, and despair. I began to sing with them. The song was well known, a hymn with which I was familiar from my youngest days. I began to sing with them but never made it through the chorus. I wept uncontrollably, and for a few moments the cab of my truck became a sanctuary. I remember shouting, amid the tears, GOD! WHAT DO YOU WANT ME TO DO? And, although I am not given to hearing voices, not even from God, a thought passed

through my mind that had all the earmarks of a divine word. “All I want from you is the gift of a holy life.” And then, silence. That day marked the beginning of my reconstruction. Slowly, and without fanfare, I began to put my life back together. There is reason behind the deep-felt appreciation I have for what God has done in my life. Few people know how far I have come from the lowest of all lows. No, it wasn’t drugs, or alcohol, or women, and my conscience is clear. But I had single-handedly destroyed what could have been a successful career, I had made some terrible choices, and life had thrown me out with the garbage. You would be amazed at how many of us who preach the Gospel,

sometimes with such enthusiasm we come a cross as “just another fanatic,” have, in one way or another, been to hell and back. When we talk of what God can do in a man’s life, we often speak from experience; we have been there. When I reflect on where my sweetheart and I are today it challenges believability. If you knew me better, you could easily understand my love for Jesus Christ. Standing unrecognized in the shadows, but

watching carefully over my progress, He was there. My friends will tell you I am no fanatic, but I am deeply grateful for what God – and I know it was God – has done in my life. He is a God of second chances, a God of the impossible, and the thoughts about which I write are more than empty words. They are the story of my life. You want to talk about it” Hit me up at rlarryscott@gmail.com.

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Sanbornville, NH 03872

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Late goal gives Lakers win over Knights



KINGSWOOD'S Ethan Mosher and Laconia-Winnisquam-Inter-Lakes' Zach Spicuzza battle for possession in action on Saturday.

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Kingswood boys' hockey team was playing in its first game of the season, while the Laconia-Winnisquam-Inter-Lakes hockey team missed a couple of games because Kennett had to cancel.

So, when the two teams took to the ice this week, it felt pretty good for everyone.

The teams met up in the chilly air of the Pop Whalen Arena on Saturday night, with the visiting Lakers getting a goal in the final 30 seconds from Carter Smith to skate off with the 4-3 win.

"We scored two goals in the last five minutes, that's good intestinal fortitude," said LWI coach Paul Wheaton. "We work on character and we work on teamwork and it paid off."

"That's night and day from the first game for us," said Kingswood coach Mike Potenza. "And I think Laconia played better than they

did the other night too."

The two teams exchanged chances early on, with Nick Potenza sending a couple of shots just wide of the net for the Knights while Kameron Young and Devin Schwarz getting bids for the Lakers. Cody Emerson had a shot on net for the Knights that Laker keeper Evan Rollins stopped and Bailey Savage sent the rebound wide of the net.

Cam DeVito sent the puck through the crease for the Knights while Andrew Spicuzza, Austin Keenan and Smith all getting chances, but Kingswood keeper Oleg Sheahan held his ground. Ethan Mosher had a shot denied by Rollins and Zach Cafarella sent a shot wide for the Lakers.

Kingswood took the game's first penalty with 7:06 to go in the first period and Spicuzza and Ryan Bousquet had chances go wide of the net and Shaw Swinerton had a nice clear for the Knights. Bousquet

had another chance that Sheahan denied, killing off the penalty.

With 3:41 to go in the first period, the Knights got on the board, as Potenza passed the puck right across the crease to Savage, who had a wide open net to put the puck in, giving Kingswood the 1-0 lead.

However, just a minute and a half later, it was the Lakers finding the back of the net, as Smith picked up his first goal of the game on assists from Andrew Spicuzza and Cafarella on a two-on-one break to tie things up.

The Knights took a late penalty and the Lakers had the man-advantage for the final two minutes of the period and had some good chances, with Bousquet and Ethan Bickford getting the best looks. DeVito and Cam Kean had good clears for the Knights to close out the period with the score tied at one.

DeVito and Young exchanged chances ear-



NICK POTENZA looks up the ice in action on Saturday against Laconia-Winnisquam-Inter-Lakes.

ly in the second period and Kingswood took a penalty with 12:39 to go in the period. Andrew Spicuzza, Zach Spicuzza and Young had the best power play chances but could not convert, with Sheahan making the saves. Swinerton had a nice clear and Potenza had a shorthanded bid to help kill off the penalty.

Andrew and Zach Spicuzza and Bickford continued the Laker pressure but the visitors took their first penalty of the game with 9:03 to go in the second. Savage, Potenza and DeVito teamed up for some good chances early in the power play, but Rollins was up to the challenge. Andrew Spicuzza had a shorthanded bid stopped by Sheahan and Mosher and Case Rogers had shots denied by Rollins as the power play finished off.

The Lakers were able to take the lead with 6:26 to go in the second. Young got the original shot on net that Sheahan stopped but Bickford was there to put the rebound home for the 2-1 lead. The Lakers continued to pressure, with Smith, Cafarella and Andrew Spicuzza getting bids while at the other end, Potenza and Emerson had chances. Braden Cash also had a chance for the Knights but good defense from Bickford helped out his keeper. Savage also had a bid denied by Rollins and Kean sent the puck through the crease on another chance.

With 8.7 seconds to

go in the second, the Knights were able to convert on their pressure, with Swinerton feeding Savage, who buried the puck for his second goal of the game, sending the game to the final period with the teams tied at two.

The Knights grabbed the lead just 43 seconds into the third period, as Potenza ripped a shot from the circle for the 3-2 lead. Young and Bickford led the way for the Lakers as they battled back, but Sheahan held tight in the Kingswood net. Potenza and Cash had chances for the Knights that Rollins stopped and Kean had a centering pass cleared out by the defense.

Schwarz and Zach Spicuzza had chances for the Lakers but couldn't convert and then Andrew Spicuzza and Smith teamed up on a chance that Sheahan stopped.

Kingswood took a penalty with 6:01 to go and before the penalty was up, the Lakers had tied the game, as Young netted the power play goal on assists from Zach Spicuzza and Bousquet, pulling the visitors even at 3-3.

Savage had a good chance for the Knights but Rollins held tight and Bickford had a chance for the Lakers that Sheahan stopped.

However, with 22 seconds to go, Smith got the go-ahead goal on an assist from Andrew Spicuzza to take the 4-3 lead.

Sheahan came out of

the net with 15 seconds to go and the faceoff at the other end, with Swinerton getting a chance for the tying goal, but Rollins made the stop and the Lakers had the 4-3 win.

"That was an exciting game for everybody," Wheaton said. "They're (Kingswood) a good club, they're well-coached."

"Down with five minutes to go and we came back," the LWI coach continued. "It was a team effort."

"It took everything we had to win tonight and fortunately, we did," Wheaton added.

"I expected this to be a close game tonight," said Potenza. "We don't have the depth we've had in the past."

"We've got a lot of young kids learning," the Knight coach continued. "But they've gotten ice time and shown some promise."

"Experience will come, and all of them will get the opportunity to play," Potenza stated.

Kingswood is scheduled to be at Kennett on Saturday, Feb. 6, at 5:30 p.m. and will be at Berlin for a game on Wednesday, Feb. 10, at 6 p.m.

The Lakers are scheduled to visit Kearsarge-Plymouth on Friday, Feb. 5, at 7:30 p.m. and will be taking on Belmont-Gilford on Wednesday, Feb. 10, at 4:30 p.m.

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



To the hoop
Prospect Mountain's Ella Misiaszek drives to the hoop in action against Laconia on Friday night. The Timber Wolves split a pair of games with the Sachems, winning on the road in Laconia earlier in the week by a 54-51 score and falling by a 61-57 score on Friday night. Prospect is scheduled to be at Moultonborough today, Feb. 4, at 6 p.m. and plays Belmont next week, on the road on Monday, Feb. 8, and at home on Thursday, Feb. 11.

KATHY SUTHERLAND

HIGH SCHOOL SLATE

Thursday, Feb. 4	Tuesday, Feb. 9
KENNETT Alpine Skiing at Cranmore; 9:30 Boys' Hoops at Plymouth; 6 Girls' Hoops vs. Plymouth; 7	KENNETT Alpine Skiing at Cranmore (State Meet); 10
KINGSWOOD Boys' Hoops vs. Laconia; 6 Girls' Hoops at Laconia; 6	KINGSWOOD Alpine Skiing at Cranmore (State Meet); 10
PROSPECT MOUNTAIN Boys' Hoops vs. Moultonborough; 6 Girls' Hoops at Moultonborough; 6	PROSPECT MOUNTAIN Skiing at Gunstock (Boys' State Meet); 10
Friday, Feb. 5	Unified Hoops vs. Belmont; 3:30
KENNETT Ski Jumping at Proctor; 6	Wednesday, Feb. 10
KINGSWOOD Alpine Skiing at King Pine; 9:30	KENNETT Alpine Skiing at Crotched (State Meet); 10
PROSPECT MOUNTAIN Skiing at Gunstock; 10	Girls' Hoops at White Mountains; 4:15
Saturday, Feb. 6	Hockey vs. Fryeburg; 6:30
KENNETT Hockey vs. Kingswood; 4:30	KINGSWOOD Alpine Skiing at Crotched Mountain (State Meet); 10
Monday, Feb. 8	Thursday, Feb. 11
KENNETT Hockey vs. Berlin; 5:30	KENNETT Ski Jumping at Proctor (State Meet); 6
KINGSWOOD Boys' Hoops at Gilford; 6 Girls' Hoops vs. Gilford; 6	Unified Hoops vs. Berlin; 2
PROSPECT MOUNTAIN Boys' Hoops vs. Belmont; 6 Girls' Hoops at Belmont; 6	KINGSWOOD Boys' Hoops vs. Gilford; 6 Girls' Hoops at Gilford; 6
Skiing at Gunstock (Girls' State Meet); 10	PROSPECT MOUNTAIN Boys' Hoops at Belmont; 6 Girls' Hoops vs. Belmont; 6
	All schedules are subject to change.

Knight girls second, boys third at Cranmore



LAUREN MACPHEE skis through the giant slalom at Cranmore last week.

JOSHUA SPAULDING



CAM YATES races through the course at Cranmore during action last Thursday.



HADLEY LARSON scored for Kingswood in the giant slalom at Cranmore.



BLAKE SANDLIN skis for Kingswood at Cranmore last Thursday morning.

BY JOSHUA SPAULDING
Sports Editor

NORTH CONWAY — The Kingswood alpine ski team took to the slopes of Cranmore Mountain Resort in North Conway on Thursday, Feb. 28, skiing two runs of giant slalom and two runs of slalom.

The Kingswood girls finished second in the morning giant slalom, led by Abby Fournier, who placed ninth in a time of 57.52 seconds.

Lauren MacPhee was 14th in a time of 1:00.31 and Hadley Larson finished in a time of 1:02.11 for 15th place.

Abbie Heald finished out the scoring for the Knights with a time of 1:03.23 for 16th place overall.

Isabella Pickle was 18th in 1:04.27, Carolyn Day skied to 19th in 1:05.4, Natalie Marcou-

lier was 23rd overall in 1:09.05, Ella Meserve was 24th in 1:12.22 and Brityn Roark was 27th in 1:15.33.

The Knights were also second in the afternoon slalom and again it was Fournier leading the way, finishing eighth overall in 1:40.87.

MacPhee was next in for Kingswood, finishing in 1:44.81 for 10th place and Heald finished in a time of 1:56/58 for 13th place.

Day rounded out the scoring with a time of 1:57.41 for 14th place overall.

Marcoulier was 18th in 1:59.15, Pickle was 20th in 2:00.59, Larson placed 25th in 2:21.21, Meserve was 26th in 2:22.76 and Roark was 28th in 2:23.52.

The Knight boys were third in the morning giant slalom, with Calvin

Kinville pacing the way with a time of 56.06 seconds for 14th place.

Robert Hotchkiss came in 15th in 27.72 seconds and Cameron Yates skied to 17th place in a time of 57.44 seconds.

Blake Sandlin rounded out the scoring with a time of 1:00.6 for 21st place.

David Lehmann was 22nd in 1:01.13, Max Roark was 23rd in 1:04.28 and Riley Saxby was 30th in 1:39.13.

The Knight boys moved up to second place in the afternoon slalom, with Hotchkiss leading the way with a time of 1:35.93 for 11th place.

Yates was 13th overall in 1:37.32 and Kinville was the third scorer with a time of 1:41.53.

Lou Arinello finished out the scoring with a 17th place in 1:44.84.

Roark was 25th in 2:01.33, Sandlin placed 26th in 2:02.45, Lehmann was 28th in 2:05.08 and Saxby finished in 29th in 2:12.43.

The Knights will host

a meet at King Pine on Friday, Feb. 5, to wrap up the regular season before the state meets take place at Cranmore on Tuesday, Feb. 9, and Crotched Mountain on

Wednesday, Feb. 10.

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

Lakes Region Lacrosse Club spring registration is open

REGION — Lakes Region Lacrosse Club (LRLC) is calling all first-eighth grade lacrosse fans present and future to join their spring 2021 season. It's hard to imagine, but spring is right around the corner, and with it will come the opportunity for first through eighth grade girls and boys to head outside to play lacrosse, dubbed "the fastest game on two feet." LRLC offers US Lacrosse-certified coaches committed to providing a safe, organized and fun environment for all participants as they all anxiously await relief from the pandemic. LRLC's spring 2021 program is open to most towns around the Lakes Region, with Laconia being the notable exception as it has its own Laconia Lacrosse Club. LRLC is always looking for coaches/assistants looking to help create a positive experience as well. Check out www.lrlacrosse.org for registration info and other details.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

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Barnstead	Varney Road	N/A	\$329,000	Richard and Nancy Gardner	Migdalia Gonzalez-Sostre
Barnstead	Varney Road	N/A	\$162,000	John M. and Benitta D. Bartolin	Elan Financial LLC

ABOUT THE REAL REPORT

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

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

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

Registration open for Phase 1b of COVID-19 vaccine process

BY ERIN PLUMMER
mnews@salmonpress.news

REGION – Registration is open for the COVID-19 vaccine for those who qualify under Phase 1b of the state's vaccination plan, including people age 65 and over, those with two or more eligible medical conditions, and those in certain workplaces.

Registration for Phase 1b opened on Jan. 22 and is still in progress and vaccinations started on Jan. 26. Those who are eligible under this phase must take part in a specific process to register for the vaccine.

The New Hampshire Department of Health and Human Services issued an alert on Jan. 17 outlining the vaccination and registration process under Phase 1b.

According to DHHS, Phase 1b is open to people age 65 and over, those under 65 who have two or more listed medical conditions that make them more vulnerable to COVID-19, residents

and staff of residential facilities for people with intellectual and developmental disabilities, corrections workers and staff at correctional facilities, and health workers and first responders who haven't been vaccinated yet.

All of these categories have different places to register.

People 65 and over can register at <https://vaccines.nh.gov>. Those without internet access can call 211 for assistance.

People who are under 65 and have two or more listed medical conditions need to register through their healthcare providers. The list of conditions includes cancer, chronic kidney disease, COPD, diabetes, Down Syndrome, heart conditions (including coronary artery disease, heart failure, and cardiomyopathies), immunocompromised states, obesity (a BMI of over 30), pregnancy, and sickle cell disease.

Healthcare providers will register eligible patients and sign them up for vaccine clinics through their respective healthcare organizations (locally these include LRGHealthcare, Huggins Hospital, Speare Memorial Hospital, and others). Those healthcare providers that have access to the vaccine can vaccinate their patients, while those who don't have access to the vaccine can refer them to a specific site through the system.

Others can also register through <https://vaccines.nh.gov> and 211. They can also go through their respective workplace and organization or through a vaccine clinic organized by the Regional Public Health Network.

Vaccines in New Hampshire are available only to New Hampshire residents. The only exception is if someone who lives out of state but works at a business or organization in the state

that makes them eligible, such as a healthcare worker, first responder, corrections worker, or others. All others must register through their respective state of residence.

Right now, vaccine registration in New Hampshire is going through the CDC's Vaccine Administration Management System (VAMS), though NH DHHS is transitioning to their own Vaccine Management System (VMS).

Visiting <https://vaccines.nh.gov> will take people step-by-step through a registration process. After registering online for the vaccine, people will receive an email from vams@cdc.gov to complete the registration process. This is a legitimate email and should not be deleted or marked as Junk. If this email doesn't arrive in an inbox, check the Spam or Junk folder.

For more information on the vaccine registration process and

COVID-19 in the state, visit the state's official COVID-19 page at <https://www.nh.gov/covid19/index.htm>.

For more information on the VAMS system and for questions on the process visit <https://www.cdc.gov/vaccines/covid-19/reporting/vams/index.html>. This contains a list of Frequently Asked Questions related to the registration, system, and appointment process.

More information on the vaccine and state's vaccination process can also be found on a fact sheet through NH DHHS at <https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/vaccination-planning-faq.pdf>.

Local residents named to Dean's List at Saint Anselm

MANCHESTER — Saint Anselm College has released the Dean's List of high academic achievers for the first semester of the 2020-2021 school year. To be eligible for this honor, a student must have achieved a grade point average of 3.4 or better in the semester with at least 12 credits of study which award a letter grade. A total of 547 students representing 24 states and 3 countries received this honor.

Mark W. Cronin, Dean of the College, announced that the following students have been named to the Dean's List for the fall 2020 semester at Saint Anselm College, Manchester:

Bentley Warren of Alton
Nicole D. Bourque of Center Barnstead

Church Service SCHEDULE

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ROTARY

(continued from Page A1)

causes and work together as a way to help others, whether it's for charity, or help people to reach their full potential through teaching them how to communicate, lead and attain self-confidence, so they may also serve others," she added.

White Mountain Toastmasters meets every Wednesday from 6 until 8 p.m., except during holidays via Zoom. Its mission is to provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth.

Toastmasters International is a non-profit educational organization that teaches public speaking and boasts a



COURTESY

Sheila Oranch, member of the White Mountain Toastmasters, addressed the Alton Rotary Club about how both organizations can work together. She is an Innkeeper /JP/ wedding planner and IT consultant for small and intermediate size businesses. She's also managing Coppertoppe Inn & Retreat Center, Hebron.

membership exceeding 313,000 in more than 126 countries and 14,650 clubs. It was founded in 1924 and can claim thousands of our most prominent and prestigious leaders in politics, industry and entertainment who were once Toastmasters mem-

bers. To learn more about Toastmasters, go to: <http://5122.toastmastersclub.org>. or call 744-5036 or e-mail sheila@coppertoppe.com.

Oranch was introduced by Rotarian Duane Hammond.

GIRLS

(continued from Page A1)

that game, Abby Kelly had two goals, Rachael Paraskos had two goals and Meserve, Hailey Kelly and Sarah Paraskos

each had a tally.

The Knights are scheduled to play at St. Thomas on Saturday, Jan 6, at 3 p.m. in Dover and then hosts Pinkerton on Wednesday, Feb.

10, at 8 p.m.

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



NIA GARLAND moves the puck in action on Saturday at Pop Whalen Arena.

Central New Hampshire VNA & Hospice announces community awards

REGION — Central New Hampshire VNA & Hospice recently announced the recipients of their Annual Agency Awards.

The Leavitt/Knight Volunteer of the Year Award, named in honor of longtime employees Charlotte Leavitt and Doreen Knight. Both Charlotte and Doreen spent time working with the volunteers of the agency and this award honors their commit-

ment to volunteer service and the agency mission. The award was given to David Barth for his many years of volunteering in the Hospice program, in particular for his work with the Veterans in our care.

The Millham Leadership Award, named in honor of Alida Millham and her continued leadership throughout NH's Lakes Region was awarded to John Beland. This award was in rec-

ognition of John's leadership and persistent efforts during the COVID pandemic. Lisa Dupuis, Central VNA CEO praised John for his work, both with Central VNA but also with the community at large.

The Shirley Bentley Outstanding Clinician Award, named in honor of Shirley Bentley for her years of dedication to the agency and the nursing profession. Shirley, a retired VNA

administrator and RN, had served as a trustee and was very involved with the agency. The award was presented to Heidi Loring, an employee of the agency for more than 27 years, who embodies the ideals and values that Shirley Bentley herself displays ... empathy, compassion, and high standards of care.

About Central New Hampshire VNA & Hospice

The Mission of Cen-

tral New Hampshire VNA & Hospice is "Promoting dignity, independence, and well-being through the delivery of quality home health, hospice and community-based care services." Central New Hampshire VNA & Hospice serves Lakes Region communities in Belknap and Southern Carroll County and provides Home Care (nursing and rehabilitation services in the home); Pediatric Care (direct health care,

education and support services for children and families); and a comprehensive, team-based Hospice program. Central New Hampshire VNA & Hospice is a not-for-profit, Medicare-certified provider of home care and hospice services, licensed by the State of New Hampshire. The agency is governed by a volunteer Board of Trustees and supported by private and corporate donations.

Conservation District marks 75th anniversary with programs for today's challenges

REGION — Now celebrating its 75th anniversary, Belknap County Conservation District (BCCD) continues to serve County residents, farm and forest landowners, towns and community organizations. Today, locally led conservation focused on retaining soil health, water quality, wildlife habitat and preventing flood damage is still important for Belknap County's environment and economy.

This year, BCCD is:

-Expanding food assistance programs working with local farmers to provide surplus produce free to combat hunger. This includes work with food pantries and free distribution locations with community partners.

-Restoring 2.6 miles of stream habitat in Alton and Sanbornton and assessing stream habitat in Meredith.

-Piloting a community-based volunteer coordination for Belknap County environmental stewardship and food assistance programs, Volunteers are key to important programs across the County. Collaboration of these efforts will make it easier to share the full range of volunteer needs and opportunities available and how to get involved.

All these projects are funded through grants and fund-raising. Over the last five years, the Conservation District has raised over \$504,000 in grants from private, non-profit, state and federal sources.

"Annual County funding to the District is essential to help cover administrative costs and leverage our ability to do great projects and provide conservation advice and assistance," said Lisa Morin, BCCD Program Coordinator.

For more information on Belknap County Conservation District Programs check belknapccd.org.

LRGHealthcare and partners publish 2020 Community Health Needs Assessment

LACONIA — LRGHealthcare, The Partnership for Public Health, Central New Hampshire VNA & Hospice and HealthFirst Family Care Center announces the release of the 2020 Community Health Needs Assessment (CHNA). This assessment conducted every three years helps to identify major health concerns, analyze community health needs and helps to create a plan for working on unmet needs in our community. Technical support for the assessment was provided by the Community Health Institute/JSI.

Several methods were used to gather the information in the assessment including an online survey of community residents, a direct email survey of community leaders representing multiple community sectors; a set of three community discussion groups; and a review of available population demographics and health status indicators.

Respondents to both the community leader and general community resident surveys were asked to select the top five most pressing health needs or issues in the community from a list of 22 topics. Affordability of health insurance and health care costs, along with the related issue of prescription drug

costs, were top issues identified by community respondents. Other top concerns identified by community survey respondents were availability of mental health services, substance use prevention and treatment, and availability of primary care services.

We are grateful to have had the response from community leaders and members to provide critical insight to the needs of our communities. We look forward to using these results as a compass that will continue to support the community.

If you are interested in reading the complete Community Health Needs Assessment report, it is available at www.lrhg.org and on

the websites of the other partnering organizations. For a hard copy of the report, please call 527-2948.

LRGHealthcare is a not-for-profit healthcare charitable trust representing Lakes Region General Hospital, Franklin Regional Hospital, and affiliated medical providers. LRGHealthcare's mission is to provide quality, compassionate care and to strengthen the well-being of our community.

Partnership for Public Health serves as the host entity for the Winnepesaukee Regional Public Health Network with a mission to improve the health and well-being of the region

through inter-organizational collaboration and community and public health improvement activities.

HealthFirst's mission is to provide high quality primary healthcare, integrated behavioral health, treatment, prevention, and education services to residents of our service area, regardless of their ability to pay or insurance status, depending upon available resources.

The mission of Central New Hampshire VNA & Hospice is promoting dignity, independence, and well-being through the delivery of quality home health, hospice and community-based care services.



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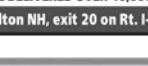


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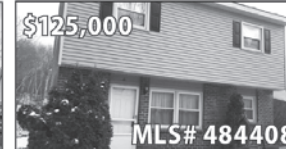
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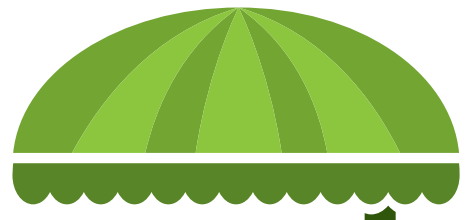
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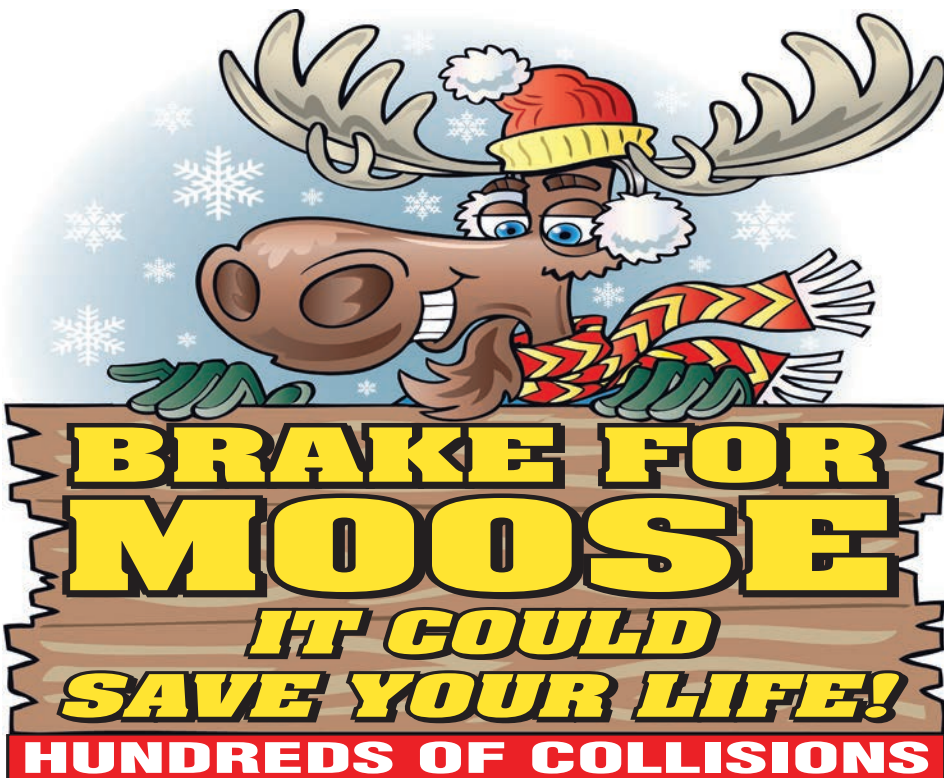
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MVSB donates \$5,000 to Lakes Region Community Developers on behalf of Carol Bickford

MEREDITH — When Carol Bickford recently retired from New Hampshire Mutual Bancorp after 37 years of dedicated service, most recently as the Senior Vice President and Retail Lending Officer, the Board of Directors for Meredith Village Savings Bank (MVSB) opted to honor the valued employee with a donation of five thousand dollars to the nonprofit of her choice. Bickford selected Lakes Region Community Developers (LRCD).

In her role, Bickford led the highly skilled teams of mortgage specialists at Meredith Village Savings Bank, Merrimack County Sav-

ings Bank and Savings Bank of Walpole to offer personal, tailored support for individual mortgage needs, including construction lending, second homes, unusual homes and first-time home buyers.

“Carol’s work made a significant difference for MVSB, our customers and our community,” noted Moe Lafreniere, Chair of the Board for Meredith Village Savings Bank. “I’m not surprised by her choice of organization to support. LRCD does great work throughout the Lakes Region to make sure everyone has a healthy home. Because of her decades of work in helping people purchase homes,

Carol appreciates the joy and confidence that comes with having a healthy and stable place to live. She has supported financial education and programs that help people of all economic situations throughout her decades with our organization.”

“We are so grateful to Carol and the Board of MVSB for this donation,” said Carmen Lorentz, Executive Director of LRCD. “Carol has been an amazing advocate and partner for many years, helping us to create affordable housing, provide transitional housing and supports for homeless families, develop new types of


real estate to respond to local community needs, and empower families to succeed.”

Lakes Region Community Developers helps the Lakes Region thrive by developing healthy homes, creating vibrant community assets and engaging residents. Founded in 1988 as the Laconia Area Community Land Trust, LRCD has developed 365 healthy and affordable rental homes in Ashland, Gilford, Laconia, Meredith, Tilton and Wolfeboro. In 2017, LRCD expanded their mission to include new types of real estate development and

new programming that empowers residents to effect positive change in their communities. For more information, visit lrcommunitydevelopers.org.

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.




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COURTESY
Lakes Region Community Developers Executive Director Carmen Lorentz thanks Carol Bickford for the donation made by Meredith Village Savings Bank in her name upon her retirement after 37 years.

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