THURSDAY, OCTOBER 28, 2021

COVERING ALTON, BARNSTEAD, & NEW DURHAM - WWW.SALMONPRESS.COM

Dare to tackle the Haunted Trail at New Durham's 1772 Meetinghouse

BY CATHY ALLYN

Contributing Writer

NEW DURHAM
— Dare to get scared.

In the tradition of the frightening sequel of Haunted Trails in 2020, the third installment of Halloween fun/fear at the 1772 Meetinghouse and Meetinghouse Park at 207 Old Bay Rd. will terrorize attendees this Friday and Saturday from 6 – 8 p.m.

Only the stout of heart should navigate the transformed nature trail, as special effects, props, and generally scary doings lurk behind every twist and turn.

Inside the Trick or Treatinghouse, folks can compete eating doughnuts hanging on a string, gobble some popcorn, warm up with hot chocolate, and add to their night's candy haul. The workers be-



New Durham's 1772 Meetinghouse and Meetinghouse Park will once again come alive with the undead and other creepy creatures, as New Durham Parks and Recreation Director Celeste Chasse, center, will confirm. Her collaboration with Farmington Parks and Recreation for the Haunted Trails this Friday and Saturday from 6:00 - 8:00 p.m. apparently includes tricks and some good natured tormenting from Assistant Director Erica Dickie-Yelle, L, and Director Erica Rogers, R. The event is open to all ages

Director Celeste Chasse and her counterpart in Farmington, Erica Rogers, along with Farmington's Assistant Parks and Recreation Director, Erica Dickie-Yelle, have teamed up to put on functions the two towns share.

hind the event have dou-

bled, as New Durham

Parks and Recreation

"This collaboration has been going on since May," Chasse said.

She said it is beneficial in a variety of ways, adding "They have more stuff than I do, like the Recreation Center to hold Bingo. We became friends and decided to do more together."

Farmington residents will join the local victims.

Chasse said working together has SEE D ARE, PAGE A7

Library benefits from Hannaford Community Bag Program

and includes activities inside the 1772 Meetinghouse.

ALTON — In late June 2021, the Gilman Library announced the notification that the library would receive \$49 in donations as the beneficiary designated for the June Community Bags Program at the Alton Hannaford at 80 Wolfeboro Highway. More donations came in before the end of the day on June 30. A check has just arrived in the amount of \$56. The library thanks Hannaford and the community members who purchased reusable bags to support the Gilman Library during this month of June.

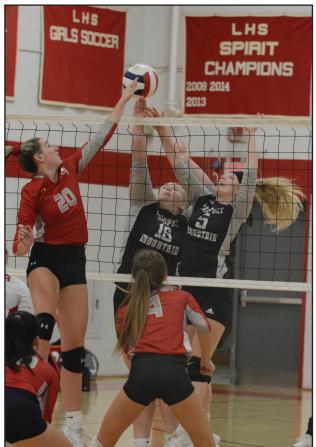
Now Hannaford announces an additional method of donating through the Community Bag Program. You may now purchase a reusable bag at any Hannaford, anywhere, at any time and designate where you want your \$1 donation to go. Just choose a bag with the "Giving Tag" and follow the instructions on the tag to go online and direct the \$1 donation to the non-profit of your own choosing.

If you are not familiar with this program, the Hannaford Helps Reusable Bag Program makes it easy for shoppers to support their community and environment by buying durable, reusable shopping bags. A portion of each Community Bag purchase goes to a local non-profit.

When you buy a bag, be sure to practice standard safety protocols. Wash your reusable bags before and after use, and if possible, bag your own groceries at check out when using a reusable bag.



Volleyball Timber Wolves fall in final regular season game



Joshua Spaulding

SHANNON KELLEY and Aijah Thoroughgood go up to the net in action last week in Laconia.

BY JOSHUA SPAULDING

LACONIA — The Prospect Mountain volleyball team wrapped up the regular season with a trip to Laconia on Thursday afternoon and dropped a 3-0 decision to

the Sachems.

"It hasn't been a bad season, it was kind of our first Division II season," said coach Karen Pearson. "We're going against some of the bigger schools, but we've held our own most of the time."

Ella Misiaszek started the first set with an ace but Laconia came back and got the next seven points for the 7-1 lead before Aijah Thoroughgood had a good return for Prospect's second point. Erin Rawnsley had a hit and the Timber Wolves pulled within 10-5, but Laconia pulled off four points in a row to stretch the lead to 14-5.

Laconia continued to open the lead, getting it out to 18-9 before Sophie Sarno and Shannon Kelley combined for a chance for the Timber Wolves. Maddie Penfield came through with a service ace for the Timber Wolves to pull them within 20-12, but Laconia got a couple of points in a row and pushed the lead to 23-12. Sarno had a hit and then added a service ace to cut the lead to 23-14. The Sachems were able to finish out the 25-16 win to take the 1-0 lead.

Thoroughgood and Sarno had a good return



ELLA MISIASZEK bumps the ball in action last week against Laconia.

for the Timber Wolves to start the second set, but Laconia answered with their own point. Sarno followed with a hit but the Sachems pushed ahead by a 5-3 score. The hosts continued to open the lead, getting it out to 12-4 before the Timber Wolves got on the board again.

Laconia kept the score moving forward, stretching the lead to 14-6 and then to 17-7 before Casey Bredbury had a hit for the Timber Wolves. The Sachems kept the score pushing forward and eventually closed out the 25-11 win.

The third set saw Prospect get out to a 5-1 lead behind hits from Sarno and Bredbury but Laconia battled back to cut the lead to 6-2. Jennica Robidoux had a hit for the Timber Wolves to open the lead to 9-3 but the hosts continued to fight back and eventually pulled even at 10 and then took the lead to 15-10.

Prospect battled to stay in it, but the Sachems opened up the lead to 18-14 and 21-15 before Thoroughgood and Penfield had solid plays in the back row for Prospect to make it 21-16. However, Laconia got the final four points and closed out the 25-16 win for the 3-0 victory.

"We are a young team, but we're definitely working on things," Pearson said. "It's a whole new ballgame when you get to the playoffs."

Prospect finished off SEE VOLLEYBALL, PAGE A7

Alton residents named winners in Art and Poetry Challenge



COURTESY PHOTO

PATRICIA HAYES: Alton, First-Place Winner, Adult Art. Inspiration: "We lay down our arms so we can reach out our arms to one another."

ALTON — Two Alton women were winners in the recent Art and Poetry Challenge given by the Racial Unity Team. Residents throughout New Hampshire were

challenged to use a line from the poem, "The Hill We Climb," by Amanda Gorman for inspiration to create their own work of art or poetry. Cash prizes were awarded for

art and poetry in elementary, middle school, high school, and adult categories.

Patricia Hayes was awarded \$200 for her first place win in the adult art



COURTESY PHOTO

MARIE DOLIBER: Alton, Second-Place winner, Adult Art. Inspiration: "We will raise this wounded world into a wondrous one."

category. Her painting was inspired by the line, "We lay down our arms so we can reach out our arms to one another."

Marie Doliber's painting, inspired by the

Courtesy

line, "We will raise this wounded world into a wondrous one," took the \$100 second place award.

In all, 64 works of art and poetry were displayed during a monthlong exhibit in the Levenson Meeting Room at Portsmouth Public Library. The exhibit will now go on the road to be displayed in other New

Hampshire libraries and public buildings. This project was made possible by a grant from Kennebunk Savings.

The Racial Unity Team will offer another Art and Poetry Challenge in early 2022. This and other projects can be seen on their web site, www.racialunityteam. com and on Facebook.

Baking 1800s style

Visitors to the first of the New Durham 1772 Meetinghouse's Merry Meetings were treated to not only a host of cooking artifacts, but also freshly made Johnny cakes with maple syrup and butter, mulled cider, and apples freshly picked at



the Miller Farm. Members of the Meetinghouse Restoration Committee, which sponsored the event, noted that although children were fascinated by the items, several attendees were familiar with such things as pie birds, butter presses, and graniteware. Some had used an eggbeater, although not one as old as the example on display. Tours of the building, decorated for an upcoming Halloween event, and the grounds, and information on the restoration project rounded out the event.

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Alton Parks and Recreation Connection

Trick or Treat Hours The Town of Alton Trick or Treat Hours are Sunday, Oct. 31 from 5-7 p.m.

Virtual Halloween Costume Parade

In an effort to best display your Halloween costumes and make others smile- send a picture of your groups wearing their awesome Halloween costumes to parksrec-asst@alton.nh.gov by Nov. 1. Photos will be featured in a "Halloween Costume Parade" on the Alton Parks and Recreation Facebook page on Nov. 2. For some people this is their favorite holiday- share your great photos with all of us.

Fall Hike on Pine

Mountain Alton Parks and Recreation staff are leading a fall hike up to the top of Pine Mountain on Tuesday, Nov. 9 at 10 a.m. The hike is free and geared for all abilities. Hike solo or bring a friend. Check out one of the best hikes in Alton with a panoramic view of the big lake. Parking is available at the Mike Burke Parking Lot on Avery Hill Road. Sign up by Nov. 5 at parksrec-asst@alton.nh.gov.

Free Weight Training and Yoga Zoom Classes

The Alton Parks and Recreation Department is offering free Zoom exercise classes for local residents. Classes are held live through Zoom, computer and internet access is required. Participants must register in advance to receive the class session link. Weight Training- Adults of All Ages- Mondays and Wednesdays from 1:30-2:30 p.m. Muscle building exercises for a strong body with stretching, balance and flexibility components too. Yoga for Fitness- Adults of All Ages- Fridays from 1-2 p.m. Class will feature traditional yoga postures, strengthening poses, and stretching. Contact 603-875-0109 or parksrec@alton.nh.gov

to sign up. DIY Craft Projects Every Tuesday in November follow along to a new craft tutorial posted on the Alton Parks and Recreation Facebook page. Crafts include: Autumn Leaf Bowl; Tin Can Luminary; Framed Puzzle; Thankful Jar, and Tea Light Ornament. Homemade crafts make great gifts for special occasions, and are a fun activity for the whole family to do together. Supply lists will be posted on the Facebook page or contact the office at parksrec-asst@alton.nh.gov to have a list sent to you.

Adult Pickleball

Join in the fun with organized play for experienced adults (18+years). Experienced players meet Mondays, Wednesdays, Fridays, and Sundays at the Liberty Tree Park Courts from 8:00a.m.-11:00a.m. Program is ongoing. Register in advance with the link on the Town of Alton website or at https://www.signupgenius.com/go/30e0b4daea82ba0fd0-byinvitation. Please park across the street from the Fire Sta-



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Fred Moyer to perform in virtual piano concert

WOLFEBORO — Pianist Fred Mover will be the artist for the WFOM's 86th season's second concert on Saturday, Nov. 13, at 7:30 p.m. The celebrated artist returns by popular demand and launches a festive evening with the Grande valse brillante in E-flat major Opus 18 by Frederick Chopin and Felix Mendelssohn's Fantasy in F-sharp Minor, Op. 28.

The concert is free of charge and may be accessed electronically when you send an e-mail to info@wfriendsofmusic.org and request the unlisted You Tube link be sent to your preferred e-mail address. The link will be released to you shortly prior (late afternoon) to concert time and sent to the email address you sent.

For the centerpiece of the evening Moyer has chosen Tchaikovsky's Piano Concerto No.1 in B-flat Minor that contains the melody that later became the popular song "Tonight We Love." Full orchestral accompaniment is provided by USolo software, invented by Moyer as but one of the in-studio enhancements he applies to his redefined piano recitals, which have thrilled audiences around the world especially during the past two years. He performs on his Steinway Concert Grand, providing four-camera views, high quality lighting and sound as well as the MoyerCam which displays the keys and hands on the underside of the piano lid.

After the Tchaikovsky concerto first movement, Moyer provides an intimate interlude of two piano pieces by Alec Wilder (1907-1980) remembered as a popular composer who wrote for Frank Sinatra, Peggy Lee and others. Moyer describes Wilder's compositional style as "jewel-like piano writing, tinged with jazz harmonies"--- fortunately discovered from a large stash of hand-written solo piano manuscripts that had been sequestered until Moyer's revelation.

Moyer will then be joined by his long-time jazz associates Peter Tillotson, bass, and Bob Savine, drums, in a notefor-note transcription of Oscar Peterson's "Girl Talk." As a finale, an unexpected treat directly from Moyer solo at the Steinway when he gives his composed arrangement of "Let Us Dance," which just might bring his virtual audience to its feet with a few quicksteps to wind up the festive evening's experi-

For 86 years WFOM has provided music to the residents of Wolfeboro and the Lakes Region through ticket sales, advertisers, sponsors, and donors to sustain its musical performances, educational programs, grants, equipment, and lessons to students in the Governor Wentworth School District. as well as providing full tuition grants for middle school and high school music students to attend the University of New Hampshire's prestigious Summer Youth Music School. For our 86th virtual season, WFOM has provided our 2019-2020 season advertisers and sponsors an additional year's credit at no cost to them. WFOM would be immensely appreciative if any music lover/supporter would consider a donation to WFOM to



INCREDIBLE piano and orchestra with the Moyer Cam bringing classical and jazz favorites.

help pay for the free virtual concerts this season. Donations may be made Box 2056, Wolfeboro, NH

at wfriendsofmusic.org 03894. or sent to WFOM, P.O.

ALTON POLICE LOGS

ALTON — The Alton Police Department responded to 119 calls for service during the week of October 10-16, including four arrests.

One male subject was arrested for reckless operation and endangering welfare of a child/ incompetent.

One male subject was arrested on a warrant.

There were 86 other juvenile incident, seven general assistance, two miscellaneous, five alarm activations, one case work follow up, two lost/found properties, two highway/roadway hazards, one sexual assault, seven general information, one vehicle

ID check, one destruction of property, two civil matters, three wellness checks, 30 directed patrols, four medical assists, four property checks and two paperwork services.

Ora Schwartzberg, Esq.



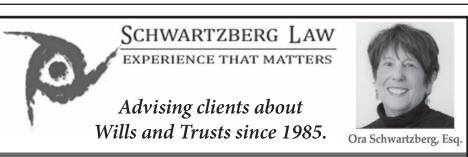




Enter if you dare

Be warned and careful, when, or if you visit the Alton Community/Seniors Center, there's much now there to frighten and scare you. From skeletons to ghosts, ghouls, goblins, and big black spiders including many other Halloween iconic characters. This display of horrors was set-up by members of the Alton Centennial Rotary Club along with members of the Senior Center staff. Some of the Rotarians, pictured here, who worked putting the display together were (I to r), Alton Centennial Rotary Club President Richard Leonard, June McLaughlin, Rhys Stucker and Robert Regan. For those who have the courage to stop by the center, it's open Monday through Friday providing low-cost lunches for seniors. along with socializing and organized fun activities, but be on your

Guard, as the sign on the front door reads: Enter only if you dare.







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Opinion

Clash of the horror titans

With Halloween taking place in four days, we figured we'd have a bit of fun and pose the question who's scarier — Freddy or Jason?

For those not in the know, Freddy Krueger is the lead character from the 1980's movie series, 'A Nightmare on Elm Street', created by Wes Craven. Donning a black hat and a red and grey sweater, Krueger played by Robert Englund, literally gave all of us '80's kids nightmares for months. With his face shredded and his claw hand, we all definitely slept with the light on for a while.

Enter Jason Voorhees from the famous "Friday the 13th" movies. Voorhees was the young son of a camp cook turned killer, Mrs. Voorhees. This film was created by Victor Miller, Ron Kurz, Sean Cunningham and Tom Savini. The plot begins with a group of teenagers on vacation at a lakeside camp. One by one they start to disappear. What could be scarier than a hockey mask, machete wielding ghost?

A poll we conducted revealed that Freddy is the scarier of the two leading men. This revelation may not offer us anything of real value, but it does give us some insight on what the majority considers 'scary.' We remember watching the "Nightmare on Elm Street" series as adults and actually laughing during parts we thought were scary as youths.

One reader replied, "Freddy, because he's in your dreams."

Another brought up a good point: "You can run away from Jason, but not Freddy."

Another reader took the question quite seriously and gave us a great answer: "I'd argue that Jason was more the product of childhood trauma. A missing father, mentally ill mother who goes on a killing spree after she thinks he's drowned. Freddy's supernatural capabilities far surpass Jason. So I'd say Freddy."

"Freddy is the scarier of the two, but Michael Meyers is a true problem," remarked one person.

Another said, "Freddy, because you can't resist falling asleep, and with Jason there are no facial expressions."

One person called it a draw, stating "Can't do it; it's like the chicken and the egg question. Props to Freddy for the nightmares but props to Jason for the daymares."

We got a chuckle out of 'daymares.'

Of course, our Executive Editor and movie buff gave his take: "Freddy, but I'm going to qualify my answer by saying Freddy from the first two 'Nightmare' movies, before they turned him into Don Rickles in a striped sweater."

We can't write an editorial regarding scary characters without mentioning Gollum from the "Hobbit" and "Lord of the Rings" franchises. No one is scarier than Gollum, and he did it without even try-

With that, we hope you enjoy Halloween, half off candy sales, a scary movie or two and enjoy the beautiful fall weather before the snow flies.



Season finale

Ryan Warr of Prospect Mountain and Manny Mahoney of Belmont chase after the ball in the regular season finale for both teams on Friday in Alton. Belmont picked up the 3-1 win over the host Timber Wolves. The Division III tournament opened after deadline on Tuesday. The quarterfinals are Friday, Oct. 29, at the home of the higher seed and the semifinals are Monday, Nov. 1, at Bank of New Hampshire Stadium in Laconia at 4 and 6:15 p.m.

LETTERS FROM EDWIN

Catching up

BY EDWIN TWASTE

Contributing Writer

This morning I woke up at about 4:45. I got up and went to the bathroom then instead of heading downstairs to start my day, I crawled back under the blankets for a couple more minutes of horizontal time. I heard the clock downstairs ding five times and should have gotten up. But I didn't. The next thing I knew was that I opened my eyes to see the clock was telling me that it was 6:30.

I had turned off my clock radio a couple weeks ago so that it wouldn't be playing music for an hour every morning in my absence and never switched it back on. It's so nice and quiet in the morning without all those ancient hits that I've heard a zillion times. The substitute robot usually calls me after 5:30 so that's a pseudo-alarm clock. But they obviously didn't need anyone today.

Maybe I needed the sleep, but I was now running way behind for everything today. I'm so glad that I don't punch a time clock, and I did manage to make up a good amount of that lost time before I headed out the door for the truck.

I actually remembered my glasses. And my cell phone. And my work list that had the address and phone number of the new customer I was to stop by at the end of the day. These are things that I regularly need to make multiple return trips to my bedroom to recover. I even remembered to throw in the chain saw and cord that I needed.

It was wonderful to find that I arrived only 15 minutes later than usual for this job. I got out of the truck and started working and quickly cool. It wasn't sunny, and the effect of the humidity from being on the water makes it feels even colder than it is. I had run out of the house without my long-sleeved shirt or a hat. Yesterday's weather forecast predicted a nice sunny day today in the 70s. Things had changed and one of my efficiencies of the morning was not to check the weather.

Being a hat guy, I really need to wear one when it gets cool, or I'll find out real quick from my sinuses. I dug out a painter's hat, not much insulation but it seemed to help. Then I scavenged my rag bag and found a ratty old turtleneck that hadn't been initiated yet so it was still clean, and put that on. I wore them both all day because it never really got much warmer.

I rolled up a long sleeve shirt into a baseball hat and threw them on the shelf over the windshield just in case. It probably won't happen again as the weather continues getting colder and warm clothes will become the norm.

Have you ever thought of all the boxes that are needed for all this new age of internet purchasing? I'm wrapping up some summer projects at this house where mom and dad have already gone to Florida. But their daughter will be staying there all winter. They have a two-car garage to store their summer cars in. One is still parked outside. I went into the garage to get a tool and saw a small mountain of corrugated boxes where

mom's car is supposed to be. This girl gets a lot of packages. I hinted that she ought to take care of her pile. She had no idea what to do. I suggested a bonfire.

On the way home I remembered to stop at a house where I met a woman in her 90s who wanted me to solve her problem. Her oil man wouldn't deliver her oil. We went out to survey the problem and the area surrounding the fill pipe was totally overgrown with thorny vines. I dug out my loppers and proceeded to cut all these pesky climbing needle plants. Some were blackberries and then there was another similar variety with different leaves that totally out climbed the blackberries. I wish I had had my gloves.

After cleaning everything up, I went inside to settle up. We talked a bit and I gave her a good price that included a senior discount. When she heard my amount she said, "On no, you worked too hard for that," and doubled it. Thank you,

Letters to the Editor

A new journalist?

40 words

To the Editor:

Regarding John Q Henderson of Barnstead's very frequent letters, especially the last two, I have to say "huh?"

As easy to understand as a circle with too many corners. My geometry just doesn't compute.

> Chet Kania Alton

Send your letters!

Baysider P.O. Box 729 Meredith, NH, 03253

Or, you can e-mail us at brendan@salmonpress.news Please include your name, address and phone number.

To the Editor:

The fall season is mov-

ing from the greens and browns to the orange, reds and golds, a lot of orange this year seems to outweigh all the other colors. Perhaps, mother nature is asking for some kind of accountability, signaling for Americans to put into orange suits, those who are trying to destroy our country. Our environment has been under attack for years, the COVID-19 virus has been slowed but not stopped, we ended polio you may have forgotten. The list of problems is ever growing, the present administration is focused on nice words, "dignity, is gained though a job, work if you will." We have all heard what Joe's father said to young Joe. I really am tird of hearing the same speech I want to see movement on critical is-

The color orange

sues, that are facing this country and accountability for the political party, that is obstructing progress at every turn, all base on fear that the minority of white people in America will lose political control, to the majority, of non-white people. I was raised to believe

the majority rules. I would rather have a government that represents the make up of the people, then a government that is run by a few, who's will is to serve only their own interest. Please note I did not vote for Joe Biden in the New Hampshire's primary. He wasn't strong enough to fight the fight I saw coming, I now see I was right to withhold my support at that time. Joe Biden is a nice, decent, and good man full of good intention. But he, so far, has not stopped

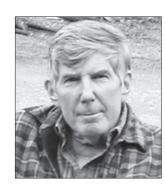
dead in its tracks, #45 movement to kill the American dream. Why has the last loser guy number 45 been allow to continue to spread his evil, why has he not been put into an orange jump suit? He certainly broke the law, many of them. Why hasn't he been made to bear the cost for all these audits he's calling for, but instead is being allowed to charge the taxpayers to pay for his fraud.

Our right to vote here in New Hampshire may not be under threat in 2022 however it may be in the future, if the Retrumplicans don't like how the state votes in 2022. Joe Biden has not done enough and #45 has done nothing to protect American's freedoms at the ballot box. Where this country ends up is very much dependent on the vote in November of

2022. If you are in favor of the violence, promised by the groups who attacked our Capitol Building in Washington DC, on Jan. 6, 2021, do nothing different when you go to vote, just know if the party who supports that day as "a walk in the park" do not win in 2024 that January day in 2021 will look like a birthday party gone wrong, compared to what the aftermath of a republican lost of the White House in 2024, it will be an allout blood bath brought to you by the same insurrectionist of Jan. 6, 2021. Just look around at all the chaos done at the bidding of loser 45, by his minions who are as the sheep to the slaughter and have yet to awake to their false patriotism.

> John Q. Henderson Barnstead

Notes in an old jar, hanging from a tree



By John Harrigan

COLUMNIST

A while back, I was reminiscing with son Mike about an overnight trip into the woods we took when we lived on Route 2 just east of Jefferson. It was not your typical sleepover in the back yard, but instead involved two of the principal peaks north of the Presidentials, and took us navigating the woods by dead reckoning.

The peaks were Mount Starr King at 3,907 feet, and its neighbor Mount Waumbek at 4,006. Our house, far below, was the so-called "red school house," opposite the Cedric Phelps Road (it was never a schoolhouse so far as I could determine, but was indeed a sort of institutional red).

This was in the mid-'80s, when Mike was around 12. We bushwhacked up the southeastern slopes of Mount Starr King, named for the Rev. Thomas Starr King (1824-1864). The going got more difficult as we neared the summit, mainly because the ground-cover became mostly scrub spruce.

This became head-high and then waist high, and ever-more intertwined and impenetrable, and now and then I grabbed Mike by the knees and pushed him through to where he could grab a handhold.

Many summits have histories of being cleared of low growth for the views they could afford, Mount Star King's included, but that was decades ago, so we didn't tarry. Instead, we took a couple of side-trails to views of the Presidentials, and then headed for the summit of Waumbek, reached via an old path through old growth along the backbone of a connecting spine.

Somewhere in my reading I remembered mention of an old message-jar supposedly hanging from a tree atop Waumbek, so we fanned out (difficult for a group of two) and soon found it. Inside were several notes from visitors over the years, and I added ours to the mix and returned the jar to its perch.

After a light lunch, I took a compass bearing on the headwaters of a little brook over the hump in the Kilkenny Basin, although I didn't really need it, having hunted the area often. But that's why they make maps and compasses. Best friend John Lanier was supposed to pick us up

on the Kilkenny Loop Road at around noon the next day. We'd never live it down if we were late.

We made our bunks the old way, collecting fir balsam boughs soft on their ends with spring growth, and layering them so the softest parts of the boughs were uppermost, like shingles.

Making camp this way always reminds me of accounts about people who travelled through the primeval forests of the East in the late 1600s, with only what they could carry on their backs. These were the trappers, long-hunters, adventurers, and explorers. Ultimately, they supplied the information needed by the treaty-makers of wars between European rulers, who annexed and ceded huge parts of the New World like so many chessboard pawns.

The surveyors and map-makers were often commissioned by the nobility, who were granted lands in the colonies and beyond as the spoils of war. They could afford provisioners and camp-helpers, and established a series of base camps so they could hopscotch across the land, doing their meticulous work.

A Colonial surveying team was using rod and chain to detail what the Indians already carried



Hiking right into cold weather is nothing new to many of New England's major peaks, as attested to by this fieldstone fireplace near the top of Mount Starr King. (Photo courtesy northeasthikes.

(more or less) in their heads. Known today as First People, they described great swathes of lands in terms of watersheds---the lands drained by the Androscoggin, Piscataqua, Merrimack, Ashuelot, and Connecticut rivers, for example. These lands, often vaguely described, were often "sold" by alleged chiefs or sub-chiefs---the supposed representatives of people who had no notion of private property, all lands being held in common.

At some point early in my newspapering career, when I was mentally collecting material that would stay with me for life, somebody told me about the old habit that summit visitors had of leaving notes in bottles.

This, I think, was Casey Hodgdon of Gorham, a high-country forest ranger who as a sidejob held surveying rods for famed mapmaker and mountaineer Brad Washburn. Casey carried a good deal of mountain legend and lore around in his head, and I was lucky to hike with him for many a mile.

Early travelers and, in a way, explorers were the advance scouts for successive waves peak-baggers, who at least at first wanted to leave evidence that they had visited such places, so unusual were their destinations. The notes said, in essence, "Kilroy was here." Often, they

contained an addendum or two, like directions to the nearest spring.

Either way, I've looked all around whenever I've reached some seldom-known summit in some seldom-known place, a summit once known to some and perhaps sought by many, but now overgrown by hardy, century-old spruce, with no evidence of anyone at all but a few notes in a jar, over there somewhere, swinging from a branch.

(Please address mail, including phone numbers for questions, to campguyhooligan@gmail. com or 386 South Hill Rd., Colebrook, NH 03576.)

STRATEGIES FOR LIVING

OK ... So you messed up again

BY LARRY SCOTT

deeply depressed because you have failed again. If you will let me, however, I would like to cheer you up for I do have something to say. No matter how great your failure, perhaps it is time, as you have done when your GPS has taken to you to a dead end, to recalibrate.

History tells us that many of the men and women society has most admired have been right where you are. Writing in Shrink, Tim Suttle

makes this observation: "Most of the lasting lessons I've learned in ministry have come through failure. ... We all fail. Failure is an inevitable part of being human. Even much of what we call success has its root in failure. Michael Jordan was cut from his high school basketball team. Albert Einstein didn't speak until he was four years old and was considered not very

anchor job because she was thought to be unfit for television. Walt Disney was fired from a newspaper for lacking imagination. Thomas Edison was called stupid by his teachers. ... If you poke around and study the great success stories, you'll usually find a truckload of failure somewhere.... Some of the most important moments of our lives will come through our

failures. ... I think God uses our lives against us. ... He takes hold of the jagged edges of our lives and our stories and uses them to scrape away everything that is killing us. God takes our failures in hand and makes them the instrument by which he can grind down our rough edges, peel away the death that traps us there, and free us to become fully hu-

man (pages 217-218)." Unfortunately for us, hindsight doesn't count.

bright. Oprah Winfrey Had I had the perspective You are sitting there, was demoted from a new 30 years ago that I have however, that I am about today, had I been able to mature without the disorientation and isolation of the 14 years I spent behind the steering wheel of a long-haul truck ... my life would have been dramatically different. But that is called experience, and the clock cannot be turned back. My track record may have been a history of abominable failure, but it has also been a journey of growth.

The crises of my life, in short, have not been wasted. My relationship with God, my marriage, and, ironically, my satisfaction with where and who I am, all reflect my journey. I can honestly say I would not want to live the last twenty years over again ... but neither would I want to change anything. My journey has made me the man I am today. I am happy with my station in life, at peace with God, and

to fold up my wings and fade away. Indeed, my failures are legendary, and if that is a necessary condition for success, then I am a prime candidate. I remain convinced God isn't through with me yet; my ambitions and dreams remain toward a more fulfilling tomorrow. Every day is a new day; I'm excited about what lies ahead!

That is my journey, the point behind this column, and I am inviting you to join me in this great adventure.

For more thoughts like these, follow me at indefenseoftruth.net.

BOAT MUSEUM

Vintage Boats, Lake Memorabilia Family Activities, and More!

VIRTUAL LECTURE SERIES

October 14 at 7pm

The Red Rose Crew: A True Story of Women. Winning, and the Water with Daniel J. Boyne



Learn about he first camp-based US women's eight selection, under Harvard men's coach Harry Parker, and their surprising run to a silver medal at the 1975 World Championships.

November 11 at 7pm The Technological Revolution in Rowing with Jim Dreher



Crew racer, coach and engineer. Jim has helped revolutionize the sport with high-performance carbon composite parts and has developed a wealth of experience with the sport.

All lectures are FREE. Please visit nhbm.org/lecture-series for more information about the complete series and to register.



This project was made possible with support from humanities NH Humanities, in partnership with the Nationa Endowment for the Humanities.

399 Center Street, Wolfeboro 603.569.4554 · nhbm.org

TOWN OF NEW DURHAM ZONING BOARD PUBLIC HEARING NOTICE

TUESDAY NOVEMBER 9, 2021 7:00 PM @ NEW DURHAM TOWN HALL & ZOOM

Paul and Tammy Tiralla

You are hereby notified that a Hybrid Zoom/Public Hearing will be held by the New Durham Zoning Board on Tuesday November 9, 2021 at 7:00 pm for case #2021-027. The hearing is regarding an application submitted by Varney Engineering, on behalf of Paul and Tammy Tiralla. The property is located at 362 South Shore Road, Map 114 Lots 11 and 12. The applicants are requesting variances to Article V Section E: Dimensional Requirements for Town of New Durham. Flood Hazard Area and Water Body Setbacks, Article XIV Section C.1.b: Shorefront Conservation Overlay District and Article XXI Section G.2.b: Non-Conforming Buildings, Land or Uses.

The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on the application or about ZOOM, please contact Robin McClain at ndlanduse@newdurhamnh.us or the Zoning Board.



News, really close to home

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Seller

McGreenery Properties LLC

John D. and Christine Birnie

Steven T. and Rebecca A. Olive

Lawrence W. and Robin A. Russell

Timothy S. and Jennifer J. Dinges

Meghan E. and Andrew P. Collins

Bowe Contracting LLC

Robert and Donn Giroux

Cassandra J. Bystrack

Penny Williams

Henry Hansen

Teresa M. Sellarole

Town **Address**

207 Alton Shores Rd. Alton Alton 93 Gilmans Corner Rd. Alton 51 Rollins Rd. Alton 81 Scott Dr. Alton N/A (Lot 1)

Barnstead 18 W. Shore Rd. Barnstead N/A New Durham 407 Birch Hill Rd. New Durham 69 Copple Crown Rd. New Durham 19 Franconia Dr.

New Durham Lorin Heights New Durham 17 Meaders Point Rd.

OUT THE REAL REPORT

Here are recent real estate transactions in Alton and

the surrounding areas. These sales summaries are in-

formational only, not a legal record. Names shown are

usually the first listed in the deed. Sales might involve

Type Price
Single-Family Residence \$270,000 Residential Developed Land \$300,000 Single-Family Residence \$1,450,000 Single-Family Residence \$170,000 \$380,000 Single-Family Residence \$360,000

N/A \$810,000 Single-Family Residence \$250,000 Single-Family Residence \$1,650,000 Single-Family Residence \$280,000

\$150,000 Single-Family Residence \$439,000

> 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. Ad-

ditional publicly recorded information on these sales, prior sales and data from Department of Revenue Ad-

additional parties or locations. Prices are usually 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. Web-

Johanna Griffiths and Stephen O'Connell

Derek Dionne and Liana Asbury

Aleah L. Leblanc and Richard Hart

James A. and Jamie L. Moushigian

David R. and Theresa J. Laroche

Stephen F. Eldridge 1992 Trust

ministration forms is available at www.real-data.com site: www.thewarrengroup.com \$38,000 raised to help fund Charity Care at Huggins Hospital

TUFTONBORO

Thanks to the generous support of all who participated, the 2021 Huggins Hospital Golf Classic raised \$38,000 for Huggins Hospital's Charity Care Program. The Charity Care Program at Huggins Hospital helps members of the community receive the health care they need regardless of ability to pay or insurance status. As a non-profit community hospital, Huggins Hospital provides hundreds of thousands of dollars toward Charity Care and financial assistance every year. In the hospital's fiscal year 2020 Community Benefits Report, Huggins reported more than \$500,000

was provided back into the community to cover healthcare services for those who could not afford them and more than \$6 million in total community benefits were provided to the community from Huggins Hospital. These services include free care, subsidized health services and more.

Huggins Hospital would like to thank Bald Peak Colony Club for hosting the Golf Classic and thanks the individual players and the teams put together by the following, who were all instrumental in the tournament's success: BerryDunn, BNY Mellon, Brookside Entertainment Systems.

Carter Business Services, Catholic Medical Center, Daniels Electric, Dartmouth-Hitchcock Health, Farmhouse Landscaping, the Huggins Hospital medical staff, Jackson Lewis, Johnson and Jordan, Meredith Village Savings Bank, MicroFab, NCM Management, Huggins Hospital CEO Jeremy Roberge, William Saunders, Stewart's Ambulance Services, Dr. Lucian Szmyd, Wallace Building Products, and Workplace Benefit Solutions.

The 2022 Huggins Hospital Golf Classic is scheduled for Thursday, Sept. 29. For more information about supporting Huggins Hospi-

year in addition to long-

standing returnees," he

said. "Lecture attend-

ees are a sophisticated

group that expects to be informed. entertained.



COURTESY PHOTO

Buyer

Patricia Martine

Kelly J. Morin

Michael A. Cicchetti

Brian and Debra Mellen

Karen A. Goldthwaite

Deborah E. Lussier RET

SUPPORTERS raised \$38,000 for Charity Care at Huggins Hospital during the hospital's Golf Classic hosted by Bald Peak Colony Club Sept. 30.

tal's community benefit initiatives or about the

tact Huggins Hospital's Philanthropy Manager Golf Classic, please con- Cheryl Kimball at ckim-

ball@hugginshospital. org or by calling 515-2089.

Wright Museum concludes Ron Goodgame and Donna Canney Education Series

WOLFEBORO — The Wright Museum recently concluded the annual Ron Goodgame and Donna Canney Education Series, which takes place every Tuesday evening throughout the season.

According to Mike

Culver, executive direc-

tor of the museum, this year was "particularly powerful." "We are so appre-

ciative of our devoted Wright Museum audience, which included many new faces this

and sometimes moved emotionally each Tuesday evening—our job is not to disappoint them." In total, Culver said Carpet • Rugs • Wood • Tile & Stone • Vinvl • Design & more than 1,200 people Installation • Commercial & Residential attended this year's Ron Goodgame and Donna Canney Education

> pre-pandemic. "We are very thankful for the generosity of Ron and Donna, who have supported this se-

Series, a number com-

parable to prior years



AUDIENCE members enjoying a lecture from the 2021 Ron Goodgame and Donna Canney Education Series at the Wright Museum of WWII.

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Gannon

Meet Gannon! This big doofus loves to play, go for walks and eat treats. He's an inexperienced fella who needs an experienced owner to help him lean his manners! Gannon isn't a big fan of other dogs or cats, so he's seeking to be the only pet in his new home. Because Gannon is inexperienced with petting and handling, and he's still learning to share his things, he will do best in a home without children. Gannon is currently being treated for a skin condition that may or may not resolve with his current treatment plan. His adopters should speak to their veterinarian, and be prepared for the possibility than Gannon will need to take medication or be on a perscription diet for the rest of his life. If you are looking for a mature dog who needs help learning what love is really all about, then ask us about Gannon!

Cinder here, and I have got some stories for you! My background is not like most, making it even harder for you to say no to adopting me. I am quiet around new people, but enjoy petting sessions. I would prefer a quiet home, one where I can warm up at my own pace and be the snuggle bug everyone here at the shelter knows I can be.



1305 Meredith Center Rd Laconia, NH 03246 • (603) 524-9539

ries for six years," he said. "Their consistent support has enabled us to bring to Wolfeboro extraordinary speakers, authors, filmmakers and musicians, many of whom are nationally known. Collectively, they deliver a wide range of interesting and unique topics relating to American history."

One lecture highlight from this year's series includes a talk by best-selling author, historian and film maker Rick Beyer, who presented "The Ghost Army of World War II." In this lecture, which took place in August, Beyer discussed the trickery and deception used to fool the enemy in France in 1944, including the use of

inflatable tanks.

"Rick is just one example of the caliber of speakers who help to make this lecture series so popular every year," explained Culver, who expressed optimism for 2022. "We are already planning next year's calendar of speakers. It should be another great year."

The region's leading resource for educators and learners of all ages on World War II, the Wright Museum features more than 14,000 items in its collection that are representative of both the homefront and battlefield. To learn more about Wright Museum, visit wrightmuseum.org.

DARE

(continued from Page A1)

taken some of the burden off of her.

"My volunteers can't work on Parks and Recreation activities during the week, so having the help from Farmington gives me extra hands," she added.

She's going to need all of the hands she can get for this weekend, attached or otherwise. The Haunted Trails are a giant production.

"This year, it's going to be bigger and better," stated volunteer Scott Goodspeed, "with more scares per mile. We're looking to put on a really good show."

So far, he's worked about 40 hours on the project. He gets involved because he "loves Halloween. Plus it's great for the town and the kids to have a safe place to come and have a great scare."

Here's a good time for a little advice: if you stop to read any signs along the way, you will not be moving fast

This will be the third year for volunteer Mark D'Entremont, who has lots of memories of trail walkers' reactions. He recounted the time he was concealed behind a tree at the Early Settlers' Burying Ground.

"It was right at the end of the trail, so this woman thought everything was over," D'Entremont said.

His sudden appearance beside her caused quite the scream.

D'Entremont had an interesting reflection, sharing "Little kids are actually much more observant and some of them spotted me behind the tree. The adults? Not so much."

Advice: keep your eyes open and try to avoid the witch crossing.

Dickie-Yelle

the regular season at 7-9. The Division II tournament

was slated to kick off after deadline on Wednesday,

Oct. 27, and continues on Friday, Oct. 29, both at the

home of the higher seed. The Division II semifinals

are Wednesday, Nov. 3, at Pinkerton Academy at 5

Sports Editor Joshua Spaulding can be reached at

279-4516, ext. 155 or josh@salmonpress.news.

walked the trail one rides and Halloween evening to get a feel for things, and commented, "At night, it's spooky enough, so when you start adding things to it, it's going to be a great effect."

She said she was excited to be part of the event. "I'm more excited that I'm not being the one who is being scared."

Advice: the area has not been checked for zombies, so act accord-

Rogers said pulling off a function of this size is "a tremendous amount of work, but it's a ton of fun and I'm having a blast doing it."

"There are lots of new thrills," Chasse said of the fresh scares along the route.

New props have been purchased and volunteers are building others. It's said there will be a tarped area with dangling ... you don't want to know, as well as underlit pallets containing ...again, you don't want to know.

Advice: take periodic head counts, to assure against losing someone.

A sixth grader, helping to decorate the inside of the Meetinghouse, said he was "really looking forward" to the upcoming event.

Children are more than welcome, especially in light of the rising cost of goblin food. The spookiness factor of the trail is high, but sensitive souls can carry a flashlight to signal "scarers" along the trail that they should sit tight until that party passes.

"We want everyone to feel they can attend and have a good time," Chasse said. "Because of the flashlights, even little kids can have a great time. It really is an event for all ages."

Like everything in Meetinghouse Park, the Halloween celebration has an appreciable history. Haunted hayplays at the school took place decades ago. Utilizing the 1772 Meetinghouse started in 2006, when the newly formed Meetinghouse Restoration Committee (MRC) wanted to hold events at the pre-Revolutionary War building to heighten awareness of its need for restoration.

town-wide Α celebration of witches, ghouls, and things that go bump in the night was born. The Committee enlisted the aid of the local theatre group, the Merrymeeting Merrymakers. The actors and writers jumped in, making use of the fact that magically, at Halloween, the ghosts of the 1772 Meetinghouse are granted voices, and performed a supernatural comedy, based upon the history of the building.

Hundreds of residents turned up and the tradition continued for several years, as haunts trod the floorboards of the Meetinghouse and activities spilled out onto the grounds.

One of the Merrymeeting Merrymakers remembered the plot of the second play that was performed.

"The Meetinghouse's past was trying to escape the building," he said. "It was dark inside and there were a lot of scary effects like strobe lights, rattles, rumbles, and reverberation."

Effects made the experience fun, but the real point of the play was that the Town has a building filled with history and memories, that modern day residents can pay attention to.

"The voices of the Meetinghouse want to speak to those who are here now," he said. "The people of the past made decisions, sang, and worshiped in this building. They were planning for the future."

Digging out the script, he provided the final paragraph, which was performed in unison, and reads: "We were alive. We lived in houses and cooked our food and played with our children and shivered in the winter and swam in the summer. We were alive. We came through those doors to help our neighbors and settle disputes and hear the preacher and maintain good order. We were alive. And we built this building from the forest. We built this building for you. So you would remember."

Tales of ghostly denizens of the Early Settlers' Burving Grounds and their explanations of how they wound up there, a horror-filled Old Stone Pound and candy-filled tour of the trails by the Parks and Recreation Department, and Town officials showing up in costume continue to be told around camp-

The Meetinghouse fell dark and quiet for a few years, and then the Recreation Department once again partnered with the MRC for Halloween Happenings on site.

MRC always, As members are thrilled to see townspeople using the area, citing that the large open spaces. creaky old building, and marked wooded trails make the park the perfect place to hold a townwide event.

Ample off-road parking, overseen by MRC members and lighted by the New Durham Fire Department, is available.

Information on the restoration project will be available inside the Trick or Treatinghouse. and members will be present to collect email addresses of those interested in receiving an e-newsletter. Other members will be scattered over the grounds, but may not be completely visible.

The event will run rain or shine, and is free, although donations are appreciated. Chasse would be grateful for more candy donations. as well as volunteers, especially on Saturday evening. Middle and high school students looking for volunteer credits are encouraged to help and

should get in touch with her at ndrec@newdur-

hamnh.us. Activities at the Meetinghouse are not the only game in town. A Trunk or Treat event takes place during the Town's trick-or-treating hours of 5:00 – 7:00 p.m. on Saturday at the Farmington Fish and Game Club on Old Bay Road. Those wanting to participate can sign up at ndparksandrec.com.

Berry's Bait, behind Johnson's, and the Food Pantry on Main Street will also give out treats during that time.

An upcoming event to watch for is a holiday lights program similar to the spectacular last year's Light Up Your Night at Meetinghouse Park; this year it will be along the McCarthy Trail in Farmington on Dec. 10 and 11, co-sponsored by the New Durham and Farmington Parks and Recreation Departments.

That's assuming you're recovered by then from this weekend.

So if vou're wondering how best to celebrate All Hallows' Eve, wonder no more. There's a night to dismember, that is, remember in store for

And for the final piece of advice: if you discover anything suspicious on the trail, do not investigate. Run, instead.

Plenty of nonsense in Nunsense, coming to the Village Players Theater

WOLFEBORO

It's been a rough year, rougher than most for all of us. But for the Little Sisters of Hoboken, it's been utterly, hilariously tragic, and five talented actors tell the Nunsense tale at Wolfeboro's historic Village Players Theater, Nov. 11 – 14.

The audience will quickly find that the five nuns feverishly preparing a benefit variety show are—quite literally—a skeleton crew on a macabre mission. The funds they raise will pay for the burial costs of the final four nuns killed by the tainted vichysoisse (cold potato soup) served by the convent's own chef, Sister Julia, Child of God.

Having successfully raised funds to bury the first 48 dead nuns. The Little Sisters are in a race against the NJ Health Department to clean the final four corpses from the convent's deep freeze. This production of

Nunsense brings together six talented actors recognized throughout the Lakes Region theater community. The Reverend Mother, Sister Mary Regina is played by Kathleen Hill; while her rival Mistress of the Novices, Sister Hubert is brought to life by Carol Light. Anna Jortikka brings out her inner "Brooklyn" in her impersonation of Sister Robert Anne, a toughie from Cannarsie; and Jennifer Schaffner (who

also choreographs the production), aptly plays the sweet, confused Sister Mary Amnesia. Sister Mary Leo, the novice intent on becoming the first-ever nun ballerina, is danced by Emily Marsh. Understudying all five roles is Emily Judkins, who, perhaps, should be nominated for the 2021 prize for "Most Dance Routines Stored in a Single Person's Brain."

Directed by Rosemary Lounsbury, with musical direction by Julie Carbone, and produced by Carol Bense, Nunsense will be presented Thursday - Saturday, Nov. 11 – 13 at 7:30 p.m., and Sunday, Nov. 14, at 2 p.m., at The Village Players' Theater at 51 Glendon St., Wolfeboro.

Tickets are sale now at www.village-players.com/nunsense or after Nov. 1, by leaving a voice mail at the box office at 603-569-

Seating is limited because of COVID protocols, and masks are required. The theater's full COVID policies can be found at https://www. village-players.com/ covid-19/ and should be reviewed before buying tickets or coming to the theater.

The Village Players is a non-profit community theater that welcomes onstage and non-stage members of all ages. Visit www.village-players. com to learn more.

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William T. Fleming, Jr.

William T. Fleming, of Alton, NH formerly of Dedham, MA passed on October 7, 2021. He was preceded in death by his beloved wife Linda. He is survived by his daughter Brenda M. Hendron of Bellingham, MA and granddaughter Kristina M. Hendron of Marlborough, MA. "Billy" will be remembered fondly by his family, firefighter brothers and biker buddies. He loved sharing time with his beloved wife riding the Harley Davidson on open roads across the country, spending winters in Florida in the RV and summer vacations boating on Lake Winnipesaukee. In his younger years, Billy was also an avid drummer in a country band. His pas-

BY ROZA BENOIT

non-profits

Friends raffle

Thank you, Friends. The Friends of the Gilman Library recently held an open house in the library to celebrate National Friends of the Library Week. Good food and great company were enjoyed by all who attended. If you missed the party, you still have time to get in on the beautiful raffle. Four lovely baskets that really need to be seen to do them justice, are waiting for some very fortunate winners to be drawn. More information is on our website at gilmanlibrary.org/ friends. Better yet, pop

Thank you to Alton Hannaford for our recent gift of \$56 from the Community Bag program. See our website for more information on this generous program that benefits local

Gilman Library



sion was firefighting and he served 38 years on Dedham Fire Dept, and years after that as a volunteer firefighter in Alton, NH. Billy kept busy in many ways by driving oil trucks, school buses and plowing in the winter while always making friends along the way. Calling hours were conducted in Dedham Ma. a Funeral Mass and was celebrated at St.

Mary's Church, Dedham MA on Wednesday, October 13 with a wonderful collection of dear family and friends, and a very touching large presence of his brothers in arms from the Dedham Fire Department. Internment was at Brookdale Cemetery, Dedham. The family would like to invite all of his NH friends to A Celebration of Life at the American Legion Alton, NH on November 7 from 2-4pm. Expressions of sympathy may be made in William's memory to Shriners Children's Boston Burn Care at 51 Blossom St., Boston, MA 02114, www.shrinerschildrens.org/en/locations/boston

Shirley (Green) Sydow, formally of Framingham, MA and Alton Bay, NH died peacefully on October 10th at Mountainview munity in Ossipee, NH, having just reached her 95th birthday the week

before.

Shirley was born in Boston on October 2, 1926. She graduated from The Forsyth School of Dental Hygiene in 1947. She met her husband, Paul, on a blind date to a Bruins game (after assuring him she knew ALL about hockey) and became a lifelong hockey fan as a result. Shirley and Paul (aka Doc) made their home in Framingham, MA and raised their four children there. Shirley was active in Cub Scouts. Eastern Star and Rainbow Girls and served as a Deacon at the Grace Congregation Church.

Their favorite place was a boathouse on Winnipesaukee Lake that they bought in 1966.

Shirley Sydow, 95



Doc loved to wave in any friends who boated by the house and Shirley would, often reluctantly, put together a delicious dinner for everyone. Many lifelong friends were made as a result.

Shirley loved to garden, read and knit, go swimming with the ladies, and probably never missed an episode of Dancing With The Stars. She had a beautiful voice and loved to sing, a trait that none of her children inherited. She spent the last several years of her life at the incredible Mountainview Community in Ossipee where she entertained

the loving staff and other residents with her silly facial expressions that dementia could not

Known by her family and friends as Mom, Gram, Shirl, Big Gram, Bubby and Great Grammy, Shirley will be forever cherished by her children Julie (Rob) Palmason of Wolfeboro NH, Jeffrey (Ann) Sydow of Alton Bay NH, Jay Sydow of Alton Bay NH, and Jennifer (Jim) Whalley of Bow NH; 6 grandchildren; and 3 great-grandchildren.

In lieu of traditional calling hours, friends and loved ones are invited to join Shirley's family on Saturday, November 13th at Julie and Rob's house, 567 Forest Rd in Wolfeboro, NH. Please stop in any time from 1-4 PM and share a memory of Shirley. Due to Covid-19 concerns, we kindly ask that you attend only if vaccinated and feeling healthy.

Send all obituary notices to Salmon Press, by e-mail to obituaries@salmonpress.news Deadline is Monday at noon

READING ROOM

Friends of the Library Week













Harvest Happening Last week's community event was a great success. If you did not make it to the Gilman Library table to pick up your Doodle Dudes surprise bag, stop at the

circulation desk. There are still a few left. While you are visiting, check out our scarecrow and festive Fall décor in the front entrance court-

Latest editions

We have just added several new books from Heidi Hecklebeck series by children's author Wanda Coven. For those that enjoy horror flicks in late October, we have just added the complete first, second,

and final seasons of Penny Dreadful DVDs. We also have a new Mitch Rapp CD Book, Enemy at the Gate by Kyle Mills, the YA Fiction titles The House in the Cerulean Sea, by T J Klune, and Tiger's

Dream (The Tiger Saga #5), by Colleen Houck, and more titles and formats for all ages. See you soon.

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into the library at 100

Main St. and see them

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are here, check out the

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Knights shut out Falcons in playoff opener

Kingswood field bockey drops quarterfinal decision in Portsmouth





ANA EKSTROM races the ball up the field during playoff action last week against Bow.



SARAH PARASKOS (20) celebrates her goal against Bow with teammate Emelia Galimberti.

BY JOSHUA SPAULDING Sports Editor

WOLFEBORO — The Kingswood field hockey team got off to a bit of a slow start in the opening round of the Division II tournament on Tuesday, Oct. 19.

However, once the Knights got rolling, they didn't slow down, cruising to a 6-0 win over Bow to advance to the Division II quarterfinals.

"It was a great win, it's good to have practice tomorrow," said Kingswood coach Kaitlin Reilly. "It was an all out effort, we regrouped after last week's two losses."

Both teams had some early chances, with Bow getting a corner chance that they couldn't connect on. Erin Meyer, Fallon Peacock and Sarah Paraskos all had good chances for the Knights, while Emilia Galimberti had a good defensive stop for the Knights. Meyer had a shot go wide of the net and the Falcons also had a shot on net that Kingswood keeper Carrigan Williams was able to stop.

The Knights had a late corner in the first quarter, but the ball didn't go in the net and the game went to the second quarter with no score on the board.

Ekstrom just missed connecting with Abby Fournier on a bid to get things started in the second quarter, but it didn't take the Knights too long to get on the board, as Peacock sent a nice ball up to Ekstrom, who fired a shot to the far post and past the Bow keeper for the 1-0 lead with 12:48 to go in the mark and Meyer had a first half.

Haley Brooks and Rachael Paraskos had good defensive stops for the Knights and the Kingswood girls had a corner opportunity, with Peacock and Ekstrom getting in close, but they were denied by the Bow defense. The Knights had another corner chance and Ekstrom fired a shot on net that was saved and Peacock got to the rebound and put the ball on net, but it was also saved.

The Falcons came back with a good ball

through the crease, but Sarah Paraskos was able to clear the ball from the

Kingswood was able to double the lead to 2-0 with 7:27 to go in the first half, as Ekstrom fought her way into the circle and battled through the defense and put the ball past the Bow keeper for the 2-0 lead.

Sarah Paraskos and Meyer teamed up for a chance and then Galimberti sent a ball wide of the net. Kingswood had a corner that missed the good crossing pass that just missed the mark.

The Knights were able to add a third goal with just 37 seconds to go in the first half, as Meyer was able to rip a shot into the net on a corner and Kingswood took the 3-0 lead to the halftime break.

Kingswood wasted little time scoring in the second half, as they put two goals in the back of the net in the first four minutes. Sarah Paraskos got the scoring started for the second half by scoring on a corner just a minute into the half and Kingswood was up 4-0.

Just four minutes into the half, the Knights pushed the lead to 5-0 as Ekstrom sent a nice ball ahead to Ekstrom, who put the ball in the net for the fifth goal of the game.

Ekstrom sent a shot wide of the net, Rachael Paraskos had a solid defensive stop. Bow had a couple of corner chances that the Knights were able to clear. Brooks also had a good defensive stand. Ekstrom and Meyer connected on a chance that went wide of the net and Bow had a late chance that Williams stopped, sending the game to the fourth quarter with the Knights up 5-0.

The Falcons had a couple of early chances in the final quarter, with Williams making a save. The visitors had two corners, with Rachael Paraskos making a defensive stop on the second of the two. Ekstrom had a shot stopped by Bow's keeper and Brooks made another solid defensive stop.



than seven minutes to go in the game, as Ekstrom fired a shot off the post and then put the rebound in for the 6-0 lead. Brooks sent a shot wide of the net and Fournier had a run into the zone that was stopped. Both teams had late chances, but neither team was able to score and the Knights took the 6-0 win

terfinals. "We did a little soul searching (after the regular season-ending losses) and we knew we needed to bring back our team chemistry," Reilly said. "This was a new phase of the season.

to advance to the quar-

"We wanted to take advantage of the opportunity to host a playoff game," the Knight coach continued. "I'm proud of them for stepping up and doing what I knew they could do, for each other, for themselves and for everyone here."

The Knights moved on to the Division II they dropped a 3-0 decision to Portsmouth on Friday afternoon.

The Knights finished the regular season at 9-5 and earned the seventh seed in the Division II tournament.

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



Gunnar

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KATHY SUTHERLAND

Senior Knight

The Kingswood football and cheer seniors were honored at Friday's home game against undefeated Timberlane. Football players honored (I to r) included Thomas Giessler, Robbie Hotchkiss, Andrew Keniston and Matt Perkins. The lone senior cheerleader is Emma Scott. Kingswood will finish the regular season on Friday at Kennett at 7 p.m.



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Knight soccer boys cruise to win in regular season finale



SENIORS Declan Sluss, Carter Morrissey and Gabe Arinello played their final regular season home game last Tuesday.

BY JOSHUA SPAULDING

Sports Editor WOLFEBORO — The Kingswood boys' soccer team gave its fans something to enjoy in the final regular season game, as the Knights scored three goals in the first half on the way to a 4-0 win over John Stark on Tuesday,

"The boys came out on fire tonight and elevated their play for our seniors and that's all you can ask as a coach," said coach Erik Nelson. "The young guys stepped up with the injuries to other guys."

Kingswood had a couple of early corners made a run in that the

but could not convert and the Generals had a chance that was stopped Kingswood keeper Caleb Russo. James Yarling had a long direct kick and Vinny Butka got in close on a crossing pass. Gabe Arinello had a bid go over the top of the net and Dom Alberto had a run in that the Stark keeper was able to

Butka and Alberto just missed connecting on a chance and Butka had another shot go wide of the net. Yarling had a good defensive stop and Russo stopped a John Stark chance. Alberto

General goaltender was able to grab.

With 23:52 to go in the first half, the Knights were able to get on the board when they were awarded a penalty kick and Butka stepped up to the line and delivered the penalty kick for the 1-0 lead for Kingswood.

Noah Swenson headed a ball wide on a Carter Morrissey throw-in and Morrissey was able to clear away a John Stark crossing pass. Yarling and Jonathan Hossack strong defensive plays for Kingswood and Yarling had a direct kick that Butka headed wide



JAMES YARLING boots a ball out of the zone in action against John Stark last week.

The Knights were able to up the lead to 2-0 with 9:34 to go in the first half, as Morrissey sent a direct kick into the box and Butka was waiting at the far post and headed it past the John Stark keeper for the 2-0 lead.

Just a minute later, the Knights struck again, this time with Arinello delivering a goal off a throw-in from Morrissey and the Knights had a 3-0 lead. Declan Sluss had a good defensive stop and the Generals had a couple of good chances, one on a direct kick and the other on a corner, but they were unable to convert. Alberto had a late chance for the Knights, but his shot went wide and the game went to halftime with

the Knights up 3-0. The Generals opened the second half with a good chance, but Russo was able to make the save. Arinello came back with a bid that went over the top of the net and Troy Dow had a shot that was stopped by the Bow keeper. John Stark had a direct kick that was

headed on net inside the box and Russo was able to make the save.

Morrissey had a couple of bids go wide of the net and Bayden Rapoza made a nice move through the defense for a chance. Yarling made a clear in the defensive zone and Alberto and Butka had good chances in the zone.

Kingswood had a couple of corner chances but could not convert and Russo had a save on a John Stark chance. Morrisssey had a bid go wide on a corner kick.

The Knights got their fourth goal of the night with 13:47 to go, as Arinello collected his second of the night and Kingswood's lead was

Butka headed a ball high over the top of the net and Rapoza made a run into the zone that was turned away. Yarling mdae a good defensive stop and Morrissey was able to clear a John Stark direct kick out of the zone and then also had a shot go wide of the net as the Knights

finished off the 4-0 win.

'It's nice to see the kind of goals we're getting, 10 goals in the last two games," said Nelson. "And they're against quality opponents. We definitely want to start that heading to the play-

"That has traditionally been an issue for us, scoring goals," Nelson added, pointing out that a pair of sophomores, Butka and Alberto, are the team's leading scor-

The Knights finished the regular season at 7-8-

The Division II tournament kicked off after deadline on Tuesday, Oct. 26, and continues on Friday, Oct. 29, both at the home of the higher seeds. The semifinals are Tuesday, Nov. 2, at 4 and 6:15 p.m. at Stellos Stadium in Nashua.

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

Knight net girls power past Bears in regular season finale strong serving. She had ton added a service ace

TILTON — The Winnisquam and Kingswood volleyball teams hit the court on Friday night as the regular season drew near an end.

The Knights were able to finish their season with a 25-17, 25-11, 25-19 win, though the Bears were able to bounce back and pick up a 3-2 win the following day in Peterborough to wrap up their season.

"I thought that was a good, strong finish for said Kingswood coach Lynette Place. "We did a lot of good things, we passed the ball well and our serves were more consistent than they have been."

'We've made super improvements (since the beginning of the year)," said Winnisquam coach Rachel Guyer. "There was a lot of individual play at the beginning of the year, but tonight they showed how they can be as a team."

Kingswood came out and took care of business in the first set, winning by a 25-17 score and the second set saw the Knights pull away late. They were up 16-11 when Sophie Moulton stepped to the service line and proceeded to close out the game with some

five aces in the run of nine points, with Harmony Drenning chipping in with a nice block along the way and the Knights took the 25-11 win for the 2-0 lead.

The strong serving continued into the third set for the Knights, as Dakota Turner had a couple of aces and got the Knights out to a 6-0 lead. Brooke Tasker and Drenning helped out with big hits before Winnisquam's Triniti Carter got a hit to get the Bears on the board.

Tasker and Carter exchanged hits and Winnisquam got a pair of service aces from Delaney Skourtis to pull close at 7-6. After a Kingswood point, hits from Carter and Laura Slate allowed the hosts to tie the set at eight. Kingswood went up by one but again Winnisquam pulled even.

Gillian Seigars came through with a couple of big hits for the Knights, but Winnisquam didn't back down and tied the match at 10 and 11 and took a 12-11 lead. Tasker pulled Kingswood eecn at 12 with a hit and after the Knights went up by one, Turner had a service ace to help the Knights pull out to a 15-12 lead. Amber Dolliver had a good return for the Knights and Moul-

as the Knights went up 18-13.

Slate came up with a good block for the Bears, but Drenning responded with a hit for the Knights. After a Seigars hit, Tasker came through with an ace and Kingswood was up 21-15. Slate got a service ace for the Bears but a good play from Turner answered on the other side of the

Kingswood got a service ace from Mariah Aikens to go up 24-17 and after a couple of points from the Bears, the Knights were able to close out the 25-19 win and the 3-0 victory to close out their season.

"It was nice to finish feeling strong," said Place. "The last couple of days, they've worked harder than they have all year (in practice).

They're figuring some things out and they've had a heck of a lot of energy," Place continued. "It carried over into to-

"They'll go (into the playoffs) feeling they can do a lot of damage," the Knight coach said.

"COVID impacts everything and I think the girls did really well adiusting to everything." said Guyer, who noted that different people were out at different times and people had to be moved around the court. "They did a good job going into new positions and trusting me as a coach.

"It only brightens things for the future next year," the Bear coach added.

Kingswood finishes the regular season at 8-8 and Winnisquam, with the 3-2 win over Con-Val on Saturday, finishes at

The Division II volleyball tournament was slated to kick off after deadline on Wednesday, Oct. 27, and continues on Friday, Oct. 29, both at the home of the higher seed. The semifinals are set for Wednesday, Nov. 3, at Pinkerton Academy in Derry at 5 and 7 p.m. Full brackets are available at nhiaa.org.

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





SENIORS (I to r) Eliza Tibbetts, Savannah Cheney, Megan Davey, Lexie Eldridge, Jill Caravella and Anna Tibbetts were honored prior to their final home game last week.

BY JOSHUA SPAULDING

WOLFEBORO — As they have throughout the season, the Kingswood soccer girls put up a fight in the regular season finale, but the John Stark Generals came through with the 5-1 win to knock off the Knights on a chilly and windy night in Wolfe-

boro. Coach Shane Flood's girls came out with a good look from Madison Eaton sending a ball in just ahead of Savannah Cheney and then keeper Heidi Roiter came out to make a grab on a John Stark chance. Rowan Donovan-Laviolette had a good defensive stop.

The Generals had another chance deflected in the zone and Avery Dinges made a nice clear from the zone. John Stark sent a shot over the top of the net and after another good clear from Dinges, Marcella DeNitto and Kylie Rapoza connected on a bid that was stopped by John Stark's keeper.

Kingswood had a corner kick that missed the mark and Megan Davey and Sara Hyde came

up with good defensive stops for the Knights. The Generals also sent a shot wide of the net and with 15 minutes to go in the first half, Roiter made a save on a John Stark chance, but the rebound was put in the net for the 1-0 lead

Amelia Kilmister and Cheney just missed connecting on a chance and Rapoza had a shot that was stopped by the John Stark keeper. Kilmister and Cheney connected on another chance, but the John Stark defense turned up the heat to make the stop.

The Generals had a huge chance when they sent a shot off the post that bounced down and rolled across the goal line but did not go in. John Stark had a late corner kick and Rapoza had a good crossing pass, but the first half came to a close with the Knights down by a 1-0 score.

The Generals came out on fire in the second half and scored two goals in the first seven minutes of the half, the first just two minutes in for the 2-0 lead and the next coming five minutes later for the 3-0 lead.

Then, just three minutes later, the Generals scored their fourth goal of the game. Roiter made a save on a direct kick from the Generals and Donovan-Laviolette had a good defensive stop as well. The visitors had a corner kick that missed the mark and Davey had a good defensive stop for the Knights.

Kingswood had a corner kick that they couldn't convert and Rapoza had a shot that was saved by the John Stark keeper. DeNitto and Rapoza teamed up on another bid that missed the mark and Roiter made a save for the Knights.

The Generals scored their fifth goal with 13:45 to go in the game. Rapoza came back with a chance that was denied and after a John Stark chance, had another bid that was stopped by the General goalie.

Kingswood had a late corner kick that they couldn't convert and the Generals sent a shot over the top of the net.

In the final five minutes of the game, the

SEE **GIRLS** PAGE A11



AMBER DOLLIVER sets the ball in action at Winnisquam on

Friday night.











Night of the Revolution

Revolution United brought down local recreation and competitive soccer teams down to Gillette Stadium on Saturday, Oct. 16, to play on the same field that the Patriots and New England Revolution play on. Players were brought down from many towns, including Alton, Barnstead, Pittsfield, Epsom, Chichester and more. All of the kids got to watch the top-ranked Revolution play against the Chicago Fire after playing on the very same field just hours before.

Girls

FROM PAGE A10

Knights were able to get their last goal, as Rapoza got through the defense and fired the ball in for the final score of 5-1.

The Knights wrapped up the regular season at 2-13-1. The Division II

tournament was scheduled to start on Wednesday, Oct. 27, and continues on Sunday, Oct. 31, both at the home of the higher seed. The Division II semifinals are Thursday, Nov. 4, at Bill Ball Stadium at 4 and 6:15 p.m.

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



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Full-Time Installers Assistant

Energysavers Inc, a 46 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. LEARN WHILE YOU EARN!

No prior experience required. Must have a valid driver's license and pass the pre-employment drug screening. Stop in to fill out an application:

Energysavers Inc, 163 Daniel Webster Hwy, Meredith NH

PITTSFIELD, NH

LOOKING FOR A JOB WITH PURPOSE?

How does helping to protect firefighters sound?

Join the MSA Globe Family

Over 130 years ago, Globe invented firesuits/turnout gear, to help keep firefighters safe.

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MSA Globe employs 400+ employees, operating three plants, in more than 130,000 square feet of manufacturing space.

Open Positions:

Stitching Machine Operator

- · Utilize a variety of industrial single needle, double needle and programmable machines to stitch one of over 100 operations to complete the firesuit shell or liner
- Cross training may include learning Snapping, Seam Seal, Automated Stitching, and Trim, Material preparation, Labeling, Inspection, Matching and Final packaging. OPEN TO ENTRY LEVEL CANDIDATES.

Special Knowledge, Skills and Abilities Required:

- · Able to speak, read and write English
- · Have basic knowledge of computers or tablets · Willing to learn
- · Enjoy working with your hands
- · Able to sit and/or stand for long periods of time
- Able to lift approximately 30 pounds
- · Strong organization skills and high attention to detail

Candidates with experience in the following areas are encouraged to apply

- · Quality Control and Inspection
- · Machine Operation · Assembly / Crafting / Knitting
- · Stitching / Quilting

16-6396-MCP / 08.2021

Cutting Room Associate

- · Work in a fast paced environment preparing materials and fabrics used to create the firesuits / turnout gear
- · Will spread fabric on one hundred foot table, perform quality inspection, and measure and mark fabric to be cut to specification
- · Cut fabric into pieces using a Gerber Cutter
- · Place cut goods on rolling racks · Prepare material for other areas of production

Special Knowledge, Skills and Abilities Required:

- · Able to speak, read and write English
- · Have basic knowledge of computers or tablets · Able to use and understand a ruler and measurements
- · Must be able to stand/walk, bend, reach and work with your hands for full shift
- · Able to assist in team lifting of approximately 30 pounds · Strong organization skills and high attention to detail
- Previous experience in Quality Control and Inspection desirable
- · ANSI rated safety shoes (composite, steel or alloy toe) and safety glasses required

Full-time associates are eligible to receive: Sign-On Bonus of \$500 after first scheduled work week is completed. Stay-Bonus of \$500 after 90 days - \$1.000 after 6 months', Quarterly Bonus', Competitive Pay. Great Benefits (including Medical, Dental, Vision, 401K and more), Flexible Schedules, Paid Time Off and Holiday Pay, Tuition Reimbursement*, and so much more!

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* Terms and conditions apply

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HALLOWEEN TRACES ITS ORIGINS TO THIS COUNTRY.

YNSMEK: IKELAND

What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

Α



B



mətz 1988id 221 fol 91bbim no center of pizza 3. No eyes on ghost 4. Pumpkin Answers: I. Extra spider on right 2. No spider in



- 1415: THE BATTLE OF AGINCOURT BETWEEN ENGLAND AND FRANCE TAKES PLACE.
- **1760**: KING GEORGE III OF BRITAIN IS CROWNED.
- 1940: BENJAMIN O. DAVIS IS NAMED THE FIRST AFRICAN AMERICAN GENERAL IN THE U.S. ARMY.



PHANTOM

ghost or figment of the imagination



ENGLISH: Ghost

SPANISH: Fantasma

ITALIAN: Spettro

FRENCH: Fantôme

GERMAN: Geist

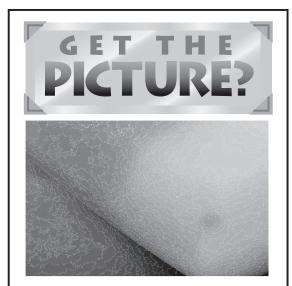


TO HELP A JACK-O'-LANTERN LAST LONGER AFTER IT'S BEEN CARVED, LEAVE THE STEM INTACT AND CUT A HOLE TO INSERT A LIGHT IN THE BACK OR BOTTOM OF THE PUMPKIN, INSTEAD.

Answers: A. faucet

B. counter

D. flooring



Can you guess what the bigger picture is?

VNSMEK: CVNDL COKN

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A B C D E F G H i J K L M N O P Q R S T U V W X Y Z

Determine the code to reveal the answer!

Solve the code to discover words related to kitchens and baths. Each number corresponds to a letter. (Hint: 18 = 0)

A. 13 17 4 5 20 10

Clue: Where water comes out

18 4 15 10 20 11 В.

Clue: Flat-topped fixture

11 20 15 18 22 17 10 20

Clue: Restore or rebuild

13 9 18 18 11 6 15 26 D.

Clue: What's underfoot

SUDOKU

	2						3	4
	6		4			5		
doooo							9	
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4		9		7		3		

Numbers

Fun By The

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

2	9	3	g	Z	month	6	8	†
6	Þ	uudi	3	8	S	9	2	ç
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L	G	6	2	Þ	9	8	mak	ε
8	geom	Þ	Z	ε	2	2	6	9
ε	2	9	made	6	8	Þ	G	L
9	6	2	8	G	ε	L	Þ	and a
mah	L	9	6	2	Þ	3	9	8
Þ	3	8	9	- dans	L	G	2	6

:R3WSNA

Breast Cancer awareness

How breast cancer treatments can affect the immune system



Treatment for breast cancer is highly effective. Five-year survival rates for breast cancer have increased dramatically in recent decades. and much of that success can be credited to cancer researchers and campaigns designed to inform women about the importance of screenings.

Breast cancer is highly treatable, but treatment typically leads to some unwanted side effects. According to Johns Hopkins Medicine, women undergoing treatment for breast cancer may experience a host of side effects, including fatigue, pain, headaches, and dental issues. Cancer treatments, most notably chemotherapy, also can take a toll on women's immune systems.

Why does chemotherapy affect the immune system?

Cancer is caused by an uncontrolled division of abnormal cells in the body. According to Breastcancer.org, chemotherapy targets these abnormal cells, but also can affect fast-growing cells that are healthy and normal. So chemother-

apy can damage cells throughout the body, including those in bone marrow. When bone marrow is damaged, it's less capable of producing sufficient red blood cells, white blood cells and platelets. Breastcancer.org notes that the body is more vulnerable to infection when it does not have enough white

Does chemotherapy always weaken the immune system?

blood cells.

The effects of chemotherapy on the immune system depend on various factors. According to Breastcancer.org, a patient's age and overall health may influence the effects of chemotherapy on their immune systems. Young, healthy patients may be less vulnerable to infections from weakened immune systems than aging, less healthy patients. However, Susan G. Komen notes that the median age for breast cancer diagnosis in the United States is 63, so many patients are likely to be affected by the impact that treatment can have on their immune systems. The length of treatment and amount of medi-

cines patients receive also can affect the impact of chemotherapy on patients' immune systems. Breastcancer.org notes that being administered two or more chemotherapy medicines at once is more likely to affect the immune system than just one medication.

Other treatments

Chemotherapy is not the only treatment that can affect breast cancer patients' immune systems. The Cancer Treatment Centers of America® notes that surgery, radiation, CAR T-cell therapy, stem cell transplants, and even immunotherapy can affect the immune system. Surgery can overtax the immune system and compromise its ability to prevent infections and heal wounds caused by the procedure. Like chemotherapy, tion therapy can damage healthy cells and lead to an increased risk of infection. And while immunotherapy is designed to boost the immune system by helping it recognize and attack cells more effectively, it also can lead to an overactive immune system that attacks healthy cells.

Cancer treatment is often highly effective. However, patients may need to work with their physicians to combat treatment side effects that can adversely affect their immune systems.

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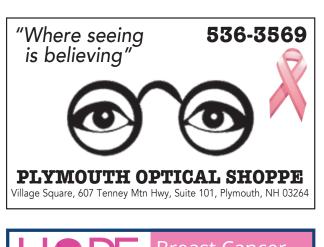
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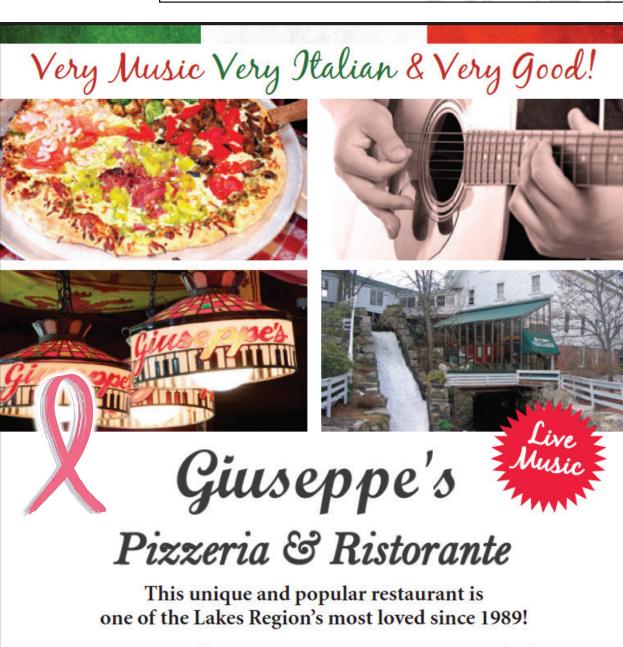












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For more information about the open house please contact our Director of HR, Eliot Davis.

taylorcommunity.org

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Warning Signs of Alcohol Abuse

professional help for alcohol abuse or addiction please call 1-800-NCA-CALL (622-2255) or visit neadd.org for more information.

A trickly little leaf

BY VIVIAN LEE DION

Contributing Writer

After a two-month wait, my appointment with the optometrist was here. I could tell his office was booming because the parking lot was nearly full, and I was lucky enough to find a spot at the far end of the lot. A beautiful ornamental tree with overhanging branches welcomed me, and tiny amber crescent leaves wiggled in the breeze. They drifted toward the ground like feathers from the sky. Some gently fell on my shoulders and in my hair. Autumn is a beautiful time of year with colorful red, orange and golden leaves plus cooler days. I'm full of energy and feel refreshed taking morning walks and working outside. Finally, the old, dependable window air conditioner was removed and put in storage for the winter. This gives me hope for the end of the hot, muggy days, and I'm delighted the bedroom is filled with welcoming sunlight in the afternoon.

A comedy of errors greeted me at the office. You see, I jotted down the time of my appointment as 10:40 when it was actually scheduled for 9:40, oops. The receptionist smiled and said, "I'll have the scheduling personnel greet you to discuss your options." I was guided to a small desk with a big computer, and after giving her my insurance information and other pertinent data, she said, "Ah, there you are." She made me feel very comfortable, and remarked that, "You're not the only one who missed their appointment this week. We have had several other people who were in the same predicament." She looked at me sympathetically like I needed reassurance, and she continued with additional small talk I felt good leaving the office knowing that no matter how busy the staff was, or how many patients were in the office, at that moment the staff cared and gave me their undivided attention, but I'd have to wait another eight weeks before I can return to their office to have an eye exam. Thank goodness, I have no pressing issues and the strength of my prescription glasses is just okay because I know there will be a slight change in the magnification. I can't read a book or newspaper for a long period of time without feeling tired or losing interest in what I'm reading.

The final comedy of errors happened when I returned to my car; I sat there disappointed and for some reason looked at myself in the mirror. I did a double take because nestled under the rim of my eyeglasses a small crescent leaf that camouflaged itself as a "black eye." It even fooled me because I thought, when did I hurt my eye? Maybe that's why the staff was so kind and compassionate. I realized I was fine and it was a little leaf that played a trick on all of us.

Edgar Allen Poe said, "Believe nothing you hear, and only half of what you see."

Vivian Lee Dion of New Durham is a writer and speaker and can be reached at windyhollow@metro-

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