

Fall sports awards handed out at PMHS

BY JOSHUA SPAULDING
Sports Editor

ALTON — The Prospect Mountain fall sports awards were held on Tuesday, Nov. 9, and numerous awards were handed out to athletes competing in soccer, volleyball, golf, cross country and bass fishing.

The NHIAA Sportsmanship Awards were presented to two athletes on each team.

The bass fishing winners were Anthony Sanborn and Wyatt Varney, while the golf team honorees were Aidan Conrad and Cameron Gagnon.

For the boys' cross country team, Liam White and Dennis Simpson were the winners while Chloe Kane and Emily Shurtleff were the winners from the girls' cross country team.

For the varsity volleyball team, Casey Bredbury and Jennica Robidoux were the winners while Amaya Funk and Gwenivere Christie were the JV volleyball team winners.

For the varsity boys' soccer team, Christopher Cox and Austin Perrault were the winners and Derek Hopkins and Shaun McAneney were presented the awards for the JV boys' soccer team.

Olivia Noyes and Ella Smith were named the winners for the varsity

girls' soccer team and the JV girls' soccer team winners were Reese Burke and Lani Demers.

Individual team awards

Coaches from each of the teams then presented individual awards for accomplishments throughout the season.

For the boys' varsity soccer team, Cam Dore, TJ Locke, Joseph DeJager and Cole Stockman all received the Coaches Award.

Jaden Burt was named Most Valuable Player for the girls' varsity soccer team, Rebecca Hopkins was named Most Improved Player, Abigail Wittenberg won the Coaches Award and Sarah White received the Matt Locke Award.

For the varsity volleyball team, Ella Misiaszek was named Most Valuable Player and Erin Rawnsley and Aijah Thoroughgood both received the Coaches Award.

For the golf team, Spencer Therrien, Glidden Martin and Bruce Rawnsley all received the Coaches Award.

Dennis Simpson was named Most Valuable Player for the boys' cross country team, Liam White was named Most Improved Player and Joseph Howlett was presented with the Coaches Award.

Veronica Dowd received the Most Valuable Player award for the girls' cross country team. Jillian Simpson was named Most Improved Player and Hannah Capsalis won the Coaches Award.

Wyatt Varney and Anthony Sanborn were both named Most Valuable Player for the bass fishing team while Alexandria Duclos was named Most Improved Player and Emily Sanchagrin was given the Coaches Award.

For the JV boys' soccer team, Kaleb Kennedy, Joseph Deane and Benjamin Gagnon were all presented with the Coaches Award.

Ava Tibbs was named Most Valuable Player for the JV girls' soccer team, Grace Brooks was named Most Improved Player and Abigail Argue was presented with the Coaches Award.

For the JV volleyball team, Gwenivere Christie was named Rookie of the Year while Ashley Lyle was named Most Improved Player and Alexis Wilson and Shannon Kelley were presented with the Coaches Award.

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

Revolution United continues to grow



JOSHUA SPAULDING
REVS UNITED founder Cory Halvorsen (left) has welcomed Prospect Mountain graduate Lucas Therrien as the club's Program Director.

New program director and indoor opportunities for local sports club

BY JOSHUA SPAULDING
Sports Editor

ALTON — These are pretty exciting times for the Revolution United.

What started as a soccer club back in 2011 has grown into a local sports program that has a little something for everyone. "We've transformed over the last few years to a sports group, not just a soccer club," said club founder Cory Halvorsen. "We still are the community club where we have a purpose to serve the high school, they have to have a feeder program."

However, a few years ago, the Revolution United became the official recreation program for the soccer and basketball programs in the towns of Alton and Barnstead.

"Adding the recreation program opened up a lot of opportunities to these kids through

our contacts," Halvorsen added, noting that the local athletes recently got a chance to play on the turf at Gillette Stadium before a New England Revolution game. "Those are opportunities that we can provide that they might not have had before."

As the club continued to take on more and more, Halvorsen realized that it was time to add some extra help and he didn't have to turn too far to find the right person for the job.

Prospect Mountain graduate Lucas Therrien, who graduated from the school in 2019 and went on to New Hampshire Technical Institute and earned his associate's degree in sports management was brought on as the club's Program Director in July. Therrien did his

internship with the club and that's when things started to come together for the full-time position.

"He's the only full-time employee and we have a grant process to get funds, so it has no effect to registration fees," Halvorsen said, noting the grant provides five years of payment for Therrien's position. "We don't have to raise money to pay for it."

"From a growth standpoint we needed somebody to be full time," he added.

For Therrien, it was a natural fit.

"I like the area, Wolfeboro, Alton, Barnstead, Pittsfield, Epsom, and the community is great," Therrien said. "And soccer has been on the up and up here."

"The soccer teams have been getting better
SEE REVOLUTION, PAGE A7

School Board votes to post Right to Know requests

BY ELISSA PAQUETTE
Contributing Writer

WOLFEBORO — In a 5-1 decision, with one abstention, the Governor Wentworth Regional School District (GWRSD) Board voted on Nov. 1 to post Right to Know requests to its website (GWRSD.org). The move followed a report from Superintendent Kathy Cuddy Egbert of eleven requests received since the end of the last school year.

Some of the requests have been quite extensive, she said, "one of them involving thou-

sands of electronic pages of curriculum and 23 boxes of curriculum documents and materials. Others have involved invoices, HVAC plans, architectural drawings, maintenance records, phone records and months of email correspondence." Their extensive nature has involved several people in the district, including teachers, the curriculum director, the business director, the IT person, and the superintendent and her assistant, amounting to around 40 to 50 hours of labor, according to Cuddy-Egbert.

In addition, attorneys fees have mounted as the documents have to be reviewed for the redaction of information
SEE SCHOOL, PAGE A7

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COURTESY
National Honor Society inducts new members
Congratulations to the newest members of the Prospect Mountain High School chapter of the National Honor Society. They were inducted at a ceremony on Wednesday, Nov. 10. Pictured (L to R): Front row: Amber Fernald, Grace Simensen, Madilyn Neathery, Haylay Berry, Mackenzie Renner. Back row: Liam White, Spencer Grow, Ben Breuer, Ava Morton, Ella Misiaszek. Not pictured: Evan McCracken.

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The process we used in becoming A2A (Accessible To All) started with an audit. A specialist using the NH Accessibility Checklist admired our beautiful building with pressed tin, vibrant colors, old wavy glass windows but focused on accessibility. As a result of the findings, a number of projects were planned over several years. Some projects were easy and there was total agreement among the congregation, others were more challenging and pushed up against tradition and a 200-year-old building. The handicap parking was easily designed, paved and marked. The ramp entry was attached to a new door cut into the building, a door which served as a second safety exit. Getting a wheelchair to the front of the church for preaching or reading liturgy required the removal of the platform and steps to the pulpit. That touched a few traditional sensitivities and required multiple conversations. Similarly, but less concerning, was the removal of some pews for wheelchair access.

This North Barnstead church became a year-round church in 2000, after more than 80 years as a summer congregation. Getting running water and a full bathroom took us 10 years, including a “come well or high water” fundraising campaign. By comparison, making the bathroom accessible was easy. All along this journey, we were adjusting how we do church to accommodate all people. Large print bulletins and hymnals were made available and hearing assistive devices were purchased. Each year we celebrated Access Sunday and Mental Health Sunday with guest speakers and preachers, educational materials were regularly distributed, and a team of companions were organized for blind congregants for services as well as other church events.

Our Team leader for this ministry was Joyce Beairisto, an active member of our church and a leader in the disability community in New Hampshire. She was honored for her work in heading our church’s A2A project by receiving the Governor’s Accessibility Award. As you can see, we had a head start from the beginning! Joyce’s tireless leadership, breadth of knowledge about the issues, and her strong advocacy kept us on track.

The Inclusion Committee for this work paused pre-Covid, with a promise to get back to the work with a new focus on understanding Mental Health issues, including addiction. This inclusion work has seeped deeply into the culture of CCNB as we proudly proclaim – and explain – what it means to be A2A. Everyone and every body is welcome.

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Seigars earns volleyball All-State honors



JOSHUA SPAULDING

GILLIAN SEIGARS of Kingswood earned All-State Honorable Mention for Division II.

BY JOSHUA SPAULDING
Sports Editor

REGION — The New Hampshire Volleyball Coaches Association has announced the All-State teams for the recently-concluded 2021 fall season.

The Division II First Team included Gilford setter Riley McDonough

and outside hitter Kate Sullivan and Plymouth outside hitter Abby Bassingthwaite.

Honorable Mention went to Kingswood middle hitter Gillian Seigars and Gilford libero Ashley Sanderson.

Joining McDonough, Sullivan and Bassingthwaite on the First

Team were Enya Kaonga of St. Thomas, Elayna Montenero of Campbell, Emma Hampton of Oyster River and Annie Jerome and Kailtyn Miller of champion Coe-Brown.

Milford senior outside hitter Izzy Unsworth was named the Division II Player of the Year.

Second Team honors

for Division II went to Kim Gowell of Oyster River, Stella Crosby, Ali Fortin and Madi Murphy of Milford, Sierra Halligan of Laconia, Mya Ford and Ashleigh Von der Linden of St. Thomas, Annika Gunderson and Catherine Carignan of Campbell.

Joining Seigars and Sanderson in earning Honorable Mention were Ester Hacker of Hanover, Emma Rodenhiser of Con-Val, Meghan Roemer of Pelham and Morgan Bruner of Campbell.

In Division III, First Team honors went to Newfound outside hitters Malina Bohlmann and Paulina Huckins and Inter-Lake setter Haven Lopez and middle hitter Molly Moynihan.

Second Team honors in Division III went to Newfound setter Mikayla Ulwick and right side hitter Emalie Ruiter, Moultonborough outside hitter Michelle Fell

and Kennett middle hitter Olivia Arias.

Honorable Mention in Division III went to Moultonborough middle hitter Charlotte Johnson and setter Olivia Tatro.

Joining Bohlmann, Huckins, Lopez and Moynihan in earning First Team honors were Gracie Re of Epping, Joey Skubisz and Maddy Kniphfer of Portsmouth Christian and Molly Reed of Sunapee.

Division III Player of the Year honors went to Mascenic outside hitter Annika Martel.

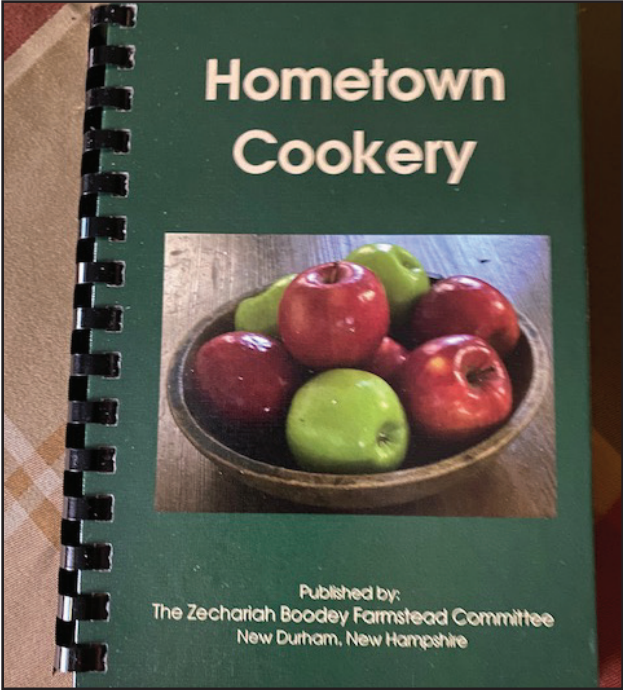
Also earning Second Team honors alongside

Ulwick, Ruiter, Fell and Arias were Mackenzie Cormier and Lyla Buxton of Mascenic, Pacy Morgado of Epping and Elizabeth Mullen and Taylor. Hasselbach of Trinity.

Joining Johnson and Tatro with Honorable Mention were Katelyn Claus and Emma McNally of Sunapee, Adrianna Morasse of Raymond and Rose Rioux of Hillsboro-Deering.

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

“Hometown Cookery” cookbooks available



NEW DURHAM —The Zechariah Boodey Farmstead Committee is pleased to announce the “Hometown Cookery” cookbooks are

available for purchase. The Committee appreciates the generosity from so many wonderful cooks who supported our call for recipes.

Anyone on your gift giving list will be delighted to receive this unique gift, featuring wonderful recipes from appetizers to candy and desserts. There is something for everyone! This special edition cookbook contains photographs; information about landmarks and historic sites within our community; some history about the Boodey Family; and loads of helpful hits. Imagine the pride you’ll feel knowing your gift helped support an important historic preservation project. To help with your shopping convenience, the Committee will be at the Annual Christmas Fair, held at the New Durham School, Saturday, Nov. 20. Also, cop-

ies of the “Hometown Cookery” cookbook may be purchased for twenty dollars, by contacting Cathy by phone 603-859-4643 or email cathyo@tds.net, or Crissa by phone 207-351-5248 or email chevansme@gmail.com.



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Don't be a source of misinformation

There is never a good excuse to not be informed about what is happening in your town or school district. In this day and age, with technology at our fingertips, information is readily available in a matter of seconds. Public hearings are always posted in local papers, town halls and libraries as well. Minutes from meetings are also easily accessible on town and district websites. School districts are constantly emailing information home to parents on a daily basis. Finding information could also be as simple as calling a family member or friend who tends to always be in the know. If people remain unaware of what is going on, they only have themselves to blame.

Further, do not post misinformation on social media. If you don't understand a situation completely, refrain from posting about it, until you do, unless of course your post is an inquiry. Posting misinformation does two things — it makes you look uninformed and unintelligent, and second, it passes on misinformation to others who might believe that what you're posting is true. Fact check or find out more information before blindly posting things you know nothing about. Would you give a book report without first reading the book?

While being informed is key to being a productive member of your community, keep in mind to not overwhelm yourself with too much negative news. Be sure to check the news twice a day, then turn it off. Now, if you're a news junkie, and are unaffected by too much negativity, then of course, have at it.

Be sure to avoid news on social media as it's often biased and filled with misinformation. Make sure your news sources are reliable.

Experts say that when people consume too much information, it's hard to process it in a meaningful way. It can also make it difficult to remember all of the facts. In order to properly think about new information, you need time to process it and compare it with other facts you know. You need time to reflect and form an idea or opinion that logically makes sense.

Instead of letting hours go by doom-scrolling, spend some time outdoors or with friends and neighbors. By doing so, you're engaging with fellow Americans in a positive, productive way.

Letters to the Editor

Does our representative even consider himself part of the United States?

To the Editor:

Rep. Raymond Howard, Jr. (Alton, Barnstead, and Gilmanton) has exhibited a disturbing progression over the years from bizarre but harmless proposals (such as his sponsorship of a costly bill to have state legislators paid in silver dollars) to truly alarming fringe behavior. At the end of 2020, he was a co-signer of a manifesto declaring himself and others to no longer be citizens of the State of New Hampshire. (Note, however, that he did not give up his seat in the state legislature of the state he no longer belonged to.)

More recently, when Howard's leader Mike Sylvia, head of the beleaguered Belknap County delegation, sponsored a constitutional amendment seeking to have New Hampshire secede from the United States, many of us wondered if Ray Howard would join in this secessionist movement. As it turns out, in a letter of Oct. 25 to the Laconia Daily Sun, Rep. Howard made it clear that he has indeed endorsed the Free State movement declaration of independence. No more Social Security, no Medicare, no federal highways, no US passports, and so on.

Meetings of the state legislature and the county delegation all begin with a recitation of the Pledge of Allegiance: "I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one nation, under God, indivisible, with liberty and justice for all." Does Mr. Howard cross his fingers when he recites those words? Does he stay silent? Or does he mouth the words in public and then try to divide this indivisible nation with his secessionist manifestos?

Do the people of Alton, Barnstead, and Gilmanton, who reside in Mr. Howard's district, want to be represented by a legislator who not only does not consider himself a citizen of the State of New Hampshire, but now does not even want New Hampshire to be part of the United States? Don't we deserve better?

Ruth Larson
Alton



COURTESY

Local artist designs cards to benefit East Alton Meeting House

The officers of the 200-year-old East Alton Meeting House Society announce the opportunity for the extended Alton community to support this East Alton landmark at Gilmans Corner. Alton resident Peter Ferber has completed the nostalgic rendering of a winter scene at Gilmans Corner with a horse-drawn sleigh arriving at the Meeting House. The artist has captured this moment in time to remind all to treasure the upcoming holidays with family and friends. The original painting has been reproduced as a holiday card, with the artist's generous consent. You may make a donation of \$20 for a packet of 10 cards or \$2.75 for an individual card. All proceeds will support the yearly preservation of this Alton community treasure. Your support last year made it possible to complete interior painting. Please inquire about any shipping charges. To follow up, you may contact Janice Fenton at (603-569-0141) or by email at lajafmta@aol.com The officers extend warm wishes to you and your family for the holiday season and thank you for your support.

STRATEGIES FOR LIVING

A journey of love

BY LARRY SCOTT

The stories of "Christians" who have done something ignorant, unlawful or immoral are legendary and most generally the only ones to hit the news. There is, however, an unseen and unheralded army of dedicated men and women who are serving the Church, in some cases at the peril of their lives, who do great credit to their faith with a commitment to everything Christianity stands for. Katie Davis is a classic case in point.

Following a Christmas holiday visit to Uganda in 2006, responding to a drive to serve in mission work in some form, Katie was invited by the director of an orphanage in Uganda to join them as their Kindergarten teacher. On her first morning in class, prepared for a group of 14, 138 showed up ... and Katie's heart was lost to "her kids."

It is a fascinating story, told in her book, "Kisses for Katie," published by Howard Books, and perhaps one incident a few years later, will tell the story.

"One of my favorite mornings, after I returned to Uganda [following a one-semester attempt at a college education], began when my three oldest daughters [she is now in the process of adopting 13 children "of her own"] marched into my room, where I was still sleeping. 'Mommy, there are children we need to help, please.' 'Okay,' I said groggily, 'where?'

They took me to the abandoned house down the road. In the back room were seven children on the dirt floor. They were completely filthy and starving. The oldest was eleven and the youngest was two years old. I had never seen children so sick.

... They all had severe ringworm, malaria, and scabies ... among other conditions. Two of them were the skinniest human beings I had ever seen. ...

Of course, the girls and I took them home. I have never been so proud of my family as I was when I watched their reaction. Prossy, Margaret, and Agnes went straight to the tub to give the children baths. ... In less than an hour, our seven neighbors were a new bunch of children – bathed, dressed, fed, and giggling. ...

This was one of many, many times I have watched my children embrace and welcome in our home strangers and people in need. ... How beautiful it is to watch the unwanted feel loved and important, to watch strangers become family members (Kisses from Katie, p. 142)."

You will read in this

column the stories of such luminaries as Lee Strobel, Chuck Colson, Mother Theresa, or Katie Davis – men and women who have discovered a dynamic relationship with God through Jesus Christ and have found a way to share it with others. They have discovered that Christianity works, but it undeniably works best for people who have chosen to serve.

Like Katie, who had to forego a college education, leaving her family and her boyfriend behind, serving God sometimes demands great personal sacrifice. Serving often in obscurity, however, they will tell you they would never exchange their life-style for anything this world has to offer. Theirs, you see, is no ego trip; it is a journey of love.

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

Letters to the Editor

What's going on?

To the Editor:

Gas prices on the rise, food and services all costing more; there is a conspiracy afoot.

Ever notice when a Democrat is in the White House, that last sentence is true? Well, there is a simple reason; Democrats talk about giving people a raise, tax break or whatever puts cash in "We The People's" hands. When Corporate America hears this, their mindset hears higher cost and less profit, related to their bottom line. So too with the fuel markets; it is very political. Just to make the Dems look bad, raise the gas cost, then lower for the new Jurassic world, the Velociraptors (Raptors), if you will. They should like that symbol, instead of the Elephant. Which seems to be promoting the violence so many of

today's political parties' leaders seem to court, encouraging from their base acts of irresponsibly. It says to the election officials all across the land be afraid, be very afraid; we 'R's' are coming for you if you don't send the vote our way. Before you jump all over me, it's been all over the news.

No matter what your political view, threats of violence, evil phone calls to public servants is not okay, ever. Do, however, pay attention to the increased numbers in violence, and threats, and crazy behavior from people you may even know. I trust my gut; it is saying this country is being torn apart because of a loser who wants to flaunt his ability to evade accountability for his criminal activity.

Thus, making all of our laws, of the land, which bind, good faith citizens together in a common civilization, a joke, he is laughing at you all who believe in him. He's laughing at me as well; I'm not so special.

This is endless. I see few written letters to this paper in support of the loser, so what? Do you all agree with me? Please say so if you do. That last guy at the White House, before Jan. 21 has done his damndest to tear our country apart. To shake your own beliefs in what this country stands for, most of this country voted to turn out the last guy because, they saw a serious character fault. I believe they will do the same in 2024 if President Biden keeps falling off the wagon. Mr. Biden, you need to stiffen your back, get

your programs out of the bottleneck that is Congress, sell to the public what your vision for the future of our country will be if you get the build, back, better program. Which I support with what little I know of it. Whereas again and again sounds like more crime, graft, and loser threats, part two. Democrats need to step up their game, crimes against the constitution are happening some of that can be called treason they need to call it that. Don't let the history of the moment define you, You must define how history will record this period of transformation it would be sad to think, perhaps you will be the last freely elected president.

Respectfully,
John Q. Henderson
Barnstead

When an old nicety just doesn't hack it



By JOHN HARRIGAN
COLUMNIST

It seemed pertinent to write a few lines this week about public access to private land. There appears to be a lot of confusion about this. Probably I'll only muddy the waters.

In particular, I hear a general queasiness among hunters away from their own areas or hunters from out of state about being where they're not wanted. If there's one dominant theme, it's this one.

Elmer Fudd is walking along in his silly hat and sees posted land on one side of the road and unposted land on the other. He's clearly not wanted on the land that's posted (hint: the signs say "No Hunting.") But is he welcome on the other?

In New Hampshire, we have what is known as the presumed privilege of trespass. This means that unless the land is "posted" with signs to the contrary ("No Trespassing," "Hunting with Permis-

sion Only," and so on), you're welcome there.

It is thus exactly the opposite of the situation in most states, where access is forbidden unless specifically invited.

Before the usual knee-jerking begins, and people go tisk-tisking "There goes New Hampshire again," it's worth noting that other New England states adopted this system too. Still, the standouts are Maine, New Hampshire, and Vermont.

But the old way is under attack just about everywhere, led by newcomers who've bought or inherited their little piece of God's County and don't want just anybody and everybody coming along and setting foot on sacred ground. This seems totally illogical to them, and they want no part of it.

Somewhere in my reading, a good long while ago, I ran into a plausible explanation for this quirk of a system we have.

Four centuries ago, three ships stood off the New England coast. Aboard one, officers were drawing up what would be known as the Mayflower Compact. Among its agreements were these:

The New World would not be like the old, particularly England, where

commoners crossing the gentry's lands had to keep to the common paths. Land would be held in common, and the right of trespass would be presumed. This was the way of the native American, and it seemed to make sense,

This made a nice story, except that it was just that, a nice story. A few years ago, I finally took time to track down the Compact, and there was no mention of any of this--not even a phrase.

Nonetheless, the newcomers adopted the Indian way of viewing all land as held in common, except making money on or from it. It actually belonged to someone, if not native Americans then by those speculators who had paid the various tribes and nations for it, as required by the Crown. (Only later, after much subdivision and lands "awarded" war heroes and exalted politicians, did stealing aboriginal lands become rampant).

Speculators soon caught onto the fact that settlements were going to follow up rivers, and bought all the land they could ahead of them. To people from Europe, where all of the water rights had long since been bought up, some owned by families for centuries, the acquisition of water rights was a tremendous thing.

Sometimes at first, and then quite often, speculators and sales agents recognized spurious "chiefs" who were said to be "authorized" to sell tribal lands. As schoolchildren have learned for generations, Indians had little concept of private ownership, and defined land vaguely in term of watersheds. With a sweep of a hand and the phrases "flowing into" and "the waters of," they delineated enormous tracts.

As long as King George III held sway, the rapacious land speculators were largely held in check. With 13 independent colonies, it was Katie bar the door. And once the crush of immigrants and the colonies' own natural growth spilled over the Appalachians and down into the Great Lakes and the Ohio valley, nothing--not even Presidential threats and promises--could stop the westward expansion.

What will happen regarding northern New England's quirky (but somehow wonderful) approach to public trespass on private land?

I think the rights of property owners will eventually trump the cherished privilege of trespass. To me this is a shame, for its greatness is also its downfall. It is an accommodation built totally on trust.



JOHN HARRIGAN
Most state and federal land is open to hunting. This is part of the Connecticut Lakes Headwaters Tract, in Pittsburg, and this stream that some people could jump over is--believe it or not--the Connecticut River.

When you allow people onto your land, you trust them to do the same for you and yours. Thus was born one of the more famed signs on the matter: "If you post your land, you don't belong on mine."

Landowner rights are all the rage just now. Hunters who use hounds to pursue and tree their quarry are bringing the land-access issue to a head. Dogs do not acknowledge property lines, of course, and some landowners are most definitely against hounding, even those who are ambivalent about hunting or even hunt themselves.

Perhaps someone will propose some sensible legislation that attempts to thread the needle. Or perhaps someone will challenge the current laws in court.

But it will be a challenge, whether by case-law or legislation, to do justice to a way of life that was always somehow mystical, mythical, and magical.

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

Comfort Keepers

Seniors and kitchen safety: Tips for the "Heart of the Home"

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

A kitchen is often the central gathering place in the home. Family dinners, special occasions and time shared together all happen in the heart of the home.

Making sure the kitchen a safe, happy place is important. On a daily basis, many of us spend time in our kitchens, and it is easy to forget that the kitchen can be a place where dangerous accidents are not uncommon -- especially for seniors.

When it comes to senior adults and kitchen safety, the numbers show where potential issues can occur:

The National Fire Protection Association reports that three (3) in ten (10) home fires start in the kitchen, more than any other room in the house.

The Centers for Disease Control and Prevention reports that 76 million cases of foodborne illness occur each year, including 5,000 fatal cases. Older adults, due to a natural decrease in their immune systems, can succumb to food poisoning more easily and have a harder time fighting it off if they do.

Kitchens are also areas with high fall-risk areas: items stored out of reach, slippery floors, and the likelihood that meals are carried to eat in another room.

The Federal Emergency Management Agency (FEMA) reports that people over the age of 65 have a 2.7 times greater risk of dying in a kitchen fire than the general population.

For those that want to

ensure that the kitchen is as safe as possible for their senior loved ones, there are three key areas to consider:

Fire prevention and safety -- The primary cause of kitchen fires is unattended food -- seniors should never leave the kitchen when food is cooking. Automatic shut-off devices are a great tool to help seniors that have memory issues but like to spend time cooking. Loose clothing, kitchen towels and pot-holders can all catch fire if too close to the stove, so it is good to be mindful about fabric near flames. And, on a regular basis, a qualified electrician should check wiring and outlets to ensure safety compliance -- this is a common cause of fires in older homes.

Foodborne illness prevention -- Because of the ways our bodies change when we get older, foodborne illness can become a much more serious issue. This can be prevented by properly storing food, checking fridge temperatures often, properly reheating food, cleaning old items out of the fridge and pantry often and checking expiration dates.

Reduce fall risks -- When seniors need to reach an item, whether stored too high or too low, it can cause a balance issue that may lead to a fall. Keeping cooking items within reach is critical. Clutter on counters should be removed, bright lights are helpful, and the heaviest objects should be stored at waist level. Water is often a problem in the kitchen -- possible issues include spilled water from the sink, leaking refrigerators and pipe leaks. Spilled water can make kitchen floors slippery, so adding mats and

checking water sources often is important.

The kitchen can be a joyful place in the home, with intentional action to minimize the risk of accident or illness. Being safe in the kitchen is not just common sense -- and revisiting safety tips for the kitchen is never a waste of time.

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About one-quarter of Americans over age 65 need help with everyday activities such as eating, cooking, and getting in and out of bed or a chair. Our trained caregivers can help with these and other tasks, while engaging clients in activities that improve quality of life. They can also provide support for physician approved diet and exercise plans, provide transportation to appointments and community events and can assess a home for safety issues and reducing fall hazards. For more information on how we can help, contact your near-

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About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal

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PETS OF THE WEEK

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 learn 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 that 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

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.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	120 Mount Major Highway	Res-Mtl. Bldg.	\$50,000	120 Mount Major Highway RT and Harvey G. Buchanan	Vacanza RT and Steven Boccelli
Alton	NH Route 11	N/A	\$1,000,000	120 Mount Major highway RT and Harvey G. Buchanan	Vacanza RT and Steven Boccelli
Alton	NH Route 11	N/A	\$300,000	120 Mount Major Highway RT and Harvey G. Buchanan	Vacanza RT and Steven Boccelli
Barnstead	18 Belmont Dr.	Single-Family Residence	\$515,000	Sue Travers	Jose and Mara Resendes
Barnstead	231 White Oak Rd.	Single-Family Residence	\$440,000	Jeffrey N. and Misty M. Thurston	Gary and Karen Kennett
Barnstead	N/A	N/A	\$310,000	Christopher Atkinson and Stephanie Fowler	Susan Bowen
New Durham	Brightwaters Drive	N/A	\$231,733	James Meighan	Kala P. Kumar
New Durham	165 S. Shore Rd.	Single-Family Residence	\$225,000	Spooner Fiscal Trust and Stuart M. Spooner	Marina Furman and Roman L. Nazareth

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.thewarrengroup.com

Exhibits, educational programs highlight 2021 at Wright Museum

WOLFEBORO — As the proverbial ball dropped on 2020, Wright Museum of WWII staff, volunteers, and board directors shared one goal regarding the upcoming season.

"We were determined to make the 2021 exhibition season a successful one," said Mike Culver, long-time executive director.

Their hopes were met with success from opening day on May 1.

"May and June attendance were among the best ever, and July set a record with over 5,000 visitors," he noted.

Other highlights include a 20 percent increase in membership along with a measurable increase in attendance at

the museum's annual Goodgame-Canney Lecture Series compared to 2020. The Wright's lectures and education programming took place in the new DuQuoin Education Center.

"It is a wonderful space dedicated to education and community engagement," explained Culver.

The museum's exhibits also drew "raves," according to Curator Justin Gamache, who said the season covered important aspects of American and world history.

"We touched on the importance of World War I and explored numerous themes from

World War II, including the role of women, recruiting posters, and mementoes," he said.

Other highlights included a collaboration between The Wright and Taylor Community, a nonprofit continuing care retirement community, based out of Laconia and Wolfeboro.

"Taylor Community created a series of videos where they interviewed residents, some of whom fought in World War II, and their family members," explained Culver. "Part of our mission is to help tell and preserve people's stories, so this has been a wonderful partnership.

The third video in Faces of Taylor is set to be released sometime in November.

Culver said The Wright was also able to raise close to \$100,000 as part of the Biber Foundation's Project25 Challenge Grant. Begun in 2019, Project25 is an ongoing multi-phase project that has included the addition of the DuQuoin Education Center and expansion of the museum's Art Gallery among other enhancements.

"Given the challenges of 2020, we were thrilled at the responses we received from visitors far and wide," said Culver.

"In total, we welcomed more than 18,000 people in 2021 compared to 8,000 last year...It's a wonderful validation of our mission to provide a vivid perspective on the profound and enduring impact of the World War II experience on American society."

The region's leading resource for educators and learners of all ages on World War II, The Wright features more than 14,000 items in its collection that are representative of both the home-front and battlefield.

To learn more about the museum, visit wright-museum.org.

ALTON POLICE LOG

ALTON — The Alton Police Department responded to 124 calls for service during the week of November 07-13, including 3 arrests.

-1 Male Subject was arrested for Driving After Revocation or Suspension & Suspended Registration.

-1 Male Subject was arrested for Driving After Revocation or Suspension.

-1 Male Subject was arrested for Driving After Revocation or Suspension, Misuse or Failure To Display Plates, Unregistered Vehicle, False Inspection or Registration Sticker & Driving Without Giving Proof.

There were 7 Motor Vehicle Accidents.

There were 6 Suspicious Person/Activity Reports on Old Wolfeboro Road, Alton Mountain Road, Eagles Way, Fernhill Drive, Mallard Drive & Drew Hill Road.

Police made 20 Motor Vehicle Stops and handled 6 Motor Vehicle Complaint-Incidents.

There were 85 other calls for services that consisted of the following: 1 Assist Fire Department, 1 Fraudulent Action, 4 Employment Fingerprinting, 2 Assist Other Agencies, 1 Pistol Permit Application, 1 Animal Complaint, 3 Juvenile Incidents, 5 General Assistance, 3 Alarm Activations, 1 Noise Complaint, 2 Lost/Found Properties, 10 General Information, 1 Vehicle ID Check, 1 Harassment, 1 Sex Offender Registration, 1 Destruction of Property, 3 Civil Matters, 2 Wellness Checks, 2 Criminal Mischief, 1 Disabled Motor Vehicle, 19 Directed Patrols, 4 Medical Assist, 12 Property Checks & 4 Paperwork Services.

Annual Pumpkin, Pine and Pie Fair returns Nov. 20!

BARNSTEAD — The Congregational Church of North Barnstead is adding delicious pies, just in time for Thanksgiving, to our annual Pumpkin and Pine Fair this year. The pies are all homemade by our marvelous CCNB Pie Ladies.

Our well-known Fair has other treasures to offer you on separate tables inside the church and enticing meals-to-go including delicious fish chowder and other soups and meat chili in

our Cafe' right next to the church.

The Baked Goods and Kitchen Supplies table will have tempting yeast and other breads, jams and jellies, cookies, and cherry, blueberry, pumpkin (made from Locke Farm pumpkins), and apple pies.

One table has "Made in New Hampshire" items and the "Collectibles" table has Christmas decorations and colorful afghans in a wide variety of sizes. There also is a Batik Boutique

featuring African batik and wax printed fabrics creatively turned into purses and wallets and many other colorful, useful items.

Our Silent Auction will feature lovely items and gift cards acquired from local businesses. You will find charming holiday gifts for everyone on your gift list!

Please join us at the Congregational Church of North Barnstead, UCC, at 504 North Barnstead Rd., from 9 a.m. to 1 p.m. this Saturday,

Nov. 20. Take Route 28 and turn onto Peacham Road (opposite White Oak Road). Follow Peacham to where it ends and then turn right onto North Barnstead Road. The church is down aways on the left. Parking is on the street. We will be wearing masks just to be cautious since the church is relatively small, and we will appreciate it greatly if you do the same. Thank you. We look forward to seeing you.



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COURTESY

Lions at work

This month, the Greater Wakefield Lions Club has been busy improving and maintaining their sponsored cabin at Camp Pride in New Durham. Attached are photos of the crew painting the trim of the cabin on a bright and sunny fall day. The Wakefield Lions also power washed, raked leaves, and made spot repairs of the cabin's exterior. We look forward to happy campers filling the cabin again next summer. Lions Camp Pride is owned and operated by Lions District 44H, and is available to be utilized by non-profit groups and educational institutions for their special programs including conferences, retreats, and youth or adult camps.



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Local author’s to sign new children’s book at Country Bookseller

WOLFEBORO — Autumn Siders and illustrator Carli Gauvin will be at The Country Bookseller Saturday, Nov. 20 from 11 a.m. to 1 p.m. to sign copies of their new children’s book, “E.M. Sanchez and the Broken Bird Feeder.”

Mysteries and tuna are two of P.I. Sanchez’s favorite things, but not necessarily in that order. Teamed up with her partner Web, the famous yellow bird, there isn’t a case in nature these two can’t solve. In the first of this new children’s series, the duo take on a case of a broken bird feeder in the community. Can they solve the mystery and still find enough time for E.M. Sanchez to nap?

Autumn Siders is the store manager at The Country Bookseller. She holds a B.A. in English from the University of New Hampshire. She

is the author of “#nofilter,” “Not My Type,” “Spermeo & Juliegg,” and “She Loves Me, She Loves Me Not.” “E.M. Sanchez and the Broken Bird Feeder” is her first book for children and targeted towards ages 5+ and reading levels grades two through five.

Carli Gauvin is currently a high school student in New Hampshire. She takes part in many organizations, such as Student Council, the National Honors Society, Drama Club, and the Music Department. She became a self-taught artist during middle school and has spent the past few years learning to draw different subjects in different mediums.

Emilita, the real-life Sanchez was adopted from the Lakes Region Humane Society. There will be a raffle on the day of the event with prizes donated by Winni Paw

Station. The proceeds from the raffle will go to the Lakes Region Humane Society and dona-

tions for the shelter from their wish list will gladly be accepted.

For additional information or to reserve copies of any of Autumn’s books, call The Country

Bookseller at (603)569-6030.

Pittsfield church to hold annual Christmas Fair

PITTSFIELD — The Dorcas Guild of the First Congregational Church, 24 Main St., Pittsfield, will be holding their annual Christmas Fair, Silent Auction and Bake Sale, Saturday, Nov. 20, from 9 a.m. to 2 p.m. The Silent Auction ends at the close of the fair, 2 p.m.

This fair has everything -- knits, handcrafted items, jewelry, gourmet products, quilt raffle, and the “Unique Boutique.” Parking and wheelchair accessible entrance at rear of church. Masks are highly recommended. Call the church office for more information: 603 435-7471.

SCHOOL

that would violate the privacy of individual employees, parents, and children.

There is more accounting to come, she said, but so far “it may be around \$11,000 - \$15,000 for what has been requested so far.” But it is not just about the cost, it also is about the fact that people are being taken away from their jobs running the district. “I do not want the daily operation of the school district to suffer,” she stated.

To add insult to injury, the person who ordered the most extensive tranche of materials, available since Oct. 18, did not come in to examine them within the timeframe. Teachers needed their materials back. They were returned. And then the individual put in the same request after business hours on Nov. 1.

In light of the number of requests that continue to come in, Cuddy-Egbert introduced the idea of having a private company manage them. Discussion on whether they should be posted on the website followed. Wolfeboro’s Charlene Seibel felt they should be part of the record, but New Durham member Stefanie King spoke for protecting requestors’ privacy and against such a move, citing it might “attract negative consequences” and “legitimate requestors

might be hesitant.”

“I respectfully disagree,” countered Effingham board member Jim Pittman. “It imposes a burden on the school system. It’s difficult to know the motives. Anonymity does not do favors to any of us.”

Seibel reminded the board that State Representative Glenn Cordelli at a previous board

Super Knights

The following Kingswood Regional Middle School students received the October Super Knights Award for “Respect”. In the first row is: 1) Ryan Santerre; 2) Aaron King; 3) Isabella Bailey. In the second row is: 1) Chris Mullen; 2) Matt Fitzpatrick; 3) Owen Cotton. In the third row is: 1) Sawyer Linton; 2) Ryder Shannon

REVOLUTION

and better, not just for the Revolution, but in the surrounding schools too,” he continued. “And our numbers are on the rise.”

The Revolution, through their recreation programs in the local communities, will also be able to help parents determine what the right next step is for their kids.

“It’s an extra step in the development of players, you can see where players can be slotted,” Halvorsen said, “We’re

able to give advice on what steps to take.”

Therrien noted that the U10 team had some recreation players who were excelling on their teams move up to play with the U10s.

“And since we do soccer and basketball, you don’t have to generally choose between sports,” Therrien said.

Another exciting development for the Revolution is the opening of an indoor facility in Epsom that will be allowing the players to play indoor soccer throughout the winter on a regular

basis.

The facility, being built by Elite Sports Academy, will allow the Revolution to train indoors throughout the winter. Halvorsen said that the team will continue to play indoor league games out of the usual facility in Bow.

“This is going to be a really good place to train and get that training done,” Halvorsen said. “We’re really excited about it, it’s something we’ve never been able to provide before.”

Therrien has also been charged with help-

ing to bring in some new coaches, as both he and Halvorsen noted that without coaches, the club wouldn’t be able to offer all the programs that it offers.

Anyone looking for more information on the Revolution United’s sports programs can check out the club’s website at revsunitied.com.

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

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THE READING ROOM AT GILMAN LIBRARY

FRIENDS RAFFLE DRAWING ~ The four spectacular baskets will be raffled off by the Friends of the Gilman Library at their next Friends Meeting at 3:15 p.m. on Thursday, Dec. 3. Come into the library and make an afternoon of it. The Theater Thursday Classic Movie Matinee will be shown at 1 p.m. and the Friends meet at 3:15 p.m. You are

encouraged to come and meet our Friends. You need not be present to win one of the four raffles. Good luck! The baskets can be seen at the library and pictures and information is on our website at <https://gilmanlibrary.org/friends>.

LATEST ADDITIONS TO THE COLLECTION ~ This week, our newest titles at the library in-

clude the non-fiction by Joel C. Rosenberg, "Enemies and allies: an unforgettable journey inside the fast-moving & immensely turbulent modern Middle East" and several new fiction titles from popular authors. You might like "Down, the Hatch" / M.C. Beaton, "Gated Prey" / Lee Goldberg, "The Judge's List" / John Grisham,

"State of Terror" by Hilary Rodham Clinton and Louise Penny, "A Darker Reality" / Anne Perry, and "Black Ice" / Brad Thor. Come into the library and see what else we have.

HOLIDAY REMINDER ~ We would like to remind you that the Gilman Library will be closed on Thursday and Friday, Nov. 25 and

26. The library will be open on the following Saturday, the 27th, from 9 a.m. until 1 p.m. Holiday Hours are posted in house, on our social me-

dia, and on our Web site calendar at <https://gilmanlibrary.org/calendar>. See you soon!

Wolfeboro to host Gingerbread House Jubilee in 2021

WOLFEBORO — Visitors to Gingerbread Amy's workshop in the woods have donated their cottages to this year's Gingerbread House Jubilee.

The event, sponsored by Lake Winnepesaukee vacation rental provider Yankee Pedlar and Gingerbread Amy, will feature up to two dozen houses on display and will be available for attendees to take home if they wish (and get there in time to select one). All cottages will be given away for free and gift-wrapped on request.

The jubilee is organized by "Gingerbread Amy" Knapp, who has been creating rustic and charming gingerbread houses for more than 20 years. She also teaches "The Tao of Gingerbread House Design + Construction," a workshop that allows people to learn the easy way to design and create gingerbread houses of their own.

"We are very excited about our fifth year where businesses and residents can pick up a festive decoration for their home or office - and have some fun," said Knapp. "It's a weird and wacky event with hot chocolate, cookies and sometimes Silent Santa. We look forward to it every year."

With the Gingerbread House Jubilee, the community is inviting individuals and families from throughout the country to visit the weekend of December 5.

Last year, Gingerbread Amy created and donated more than 25 gingerbread houses to local residents and organizations in the Wolfeboro area and began offering a workshop Airbnb.

The 2021 Gingerbread House Jubilee will take place Sunday, Dec. 5 from 2-4 p.m. at The Barn at The General Wolfe, located at 518 S. Main St. in Wolfeboro. To learn more visit GingerbreadHouseJubilee.com.

Alton Legion donates to End 68 Hours of Hunger

ALTON — A special thank you to the Alton American Legion Family Post 72, which donated \$500 to the Barnstead End 68 Hours of Hunger Program to support local families during the holidays. The \$500 will help us during the holiday season to help supplement food for our families.

Each year, End 68 Hours of Hunger continues to advance its mission to end childhood food insecurity. This problem impacts a child's health and education as children. Through our food donation program, we have affected the lives of many children and teachers report that children are more responsible and their performance improves. Actual documented increases in reading and math scores have been reported as well. We make a difference in the potential success of every child we feed! It is with the help of donations from supporters that we will continue to make improvements in the lives of these children. How you can help!

Please: No glass, no refrigerator items) The following items we need the most are: Breakfast Bars and Pop Tarts, Individually wrapped cookies, fruit snacks and Crackers, Granola Bars, Homestyle Baked prepared meals, Canned Beef, Pepperoni. Donations: Can be dropped off at the Barnstead Elementary School, preferably on Thursday's between 3 and 4 p.m. But during school hours is fine. For more information: Call End 68 Coordinators, Lori Mahar at 603-490-5254 of Heather Brown at 603-848-9660. The Alton American Legion Family Post 72 support their veterans; however, they also support their local communities through donations, fundraisers

and providing Thanksgiving and Christmas packages. In this time of Covid and economic instability, please reach out to see how you can help in your local community.

PEASLEE FUNERAL HOME

Cremation Service

(603) 755-3535

www.peasleefuneralhome.com

Main Office: 24 Central Street, Farmington, NH

2079 Wakefield Road, Wakefield, NH

Alton Funeral Home 12 School Street, Alton, NH



FOOD FACT!

THIS STUFFED DOUGH DISH WAS CREATED IN NAPLES AND IS OFTEN SERVED ALONGSIDE PIZZA.

ANSWER: CALZONE

Math Blocks

Fill in the missing blocks with numbers between 0-10. The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals on the bottom.

4	3		13
2		7	9
	5	1	14
14	8	14	

1	5	8
7	0	2
6	3	4

Solution

Get Scrambled

Unscramble the words to determine the phrase.

FTSDUEF SCTUR

Answer: Stuffed crust

THIS DAY IN...



HISTORY

• **1842:** ABRAHAM LINCOLN MARRIES MARY TODD IN ILLINOIS.

• **1922:** HOWARD CARTER DISCOVERS THE ENTRANCE TO THE TOMB OF TUTANKHAMEN IN EGYPT.

• **2008:** SENATOR BARACK OBAMA WINS THE PRESIDENTIAL ELECTION AGAINST SENATOR JOHN MCCAIN.



KNEAD

work dough with the hands

How they SAY that in...

ENGLISH: Dough

SPANISH: Masa

ITALIAN: Pasta

FRENCH: Pâte

GERMAN: Teig

Did You Know?

A STUDY BY THE USDA FOUND THAT PIZZA IS AN EXTREMELY POPULAR MEAL AMONG MALES AGES 6-19. ONE IN FOUR MALES IN THAT AGE GROUP CONSUME PIZZA ON ANY GIVEN DAY.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: CALZONE

Church Service SCHEDULE

ABUNDANT HARVEST FAMILY CHURCH
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 254 Main St., Union.
Pastors Daniel and Sherrie Williams, 473-8914.
For more information, please visit abundantharvestnh.org or e-mail ahf@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10am-6pm; Tues-Thurs 9am; 875-6161.

BEFREE COMMUNITY CHURCH, ALTON
Alton 9:30 a.m. Sun. Meeting at Prospect Mountain High School. Pastor Ben Ruhl, www.befreechurch.net.

CENTER BARNSTEAD CHRISTIAN CHURCH
Worship Service 10:00am
Bible Study 11:15am
Rte 126 next to Town Hall
Call or Text (603) 269-8831
centerbarnsteadcc.org
Pastor Brian Gower.

COMMUNITY CHURCH OF ALTON
Prayer Meeting 9:00 am
Rev. Dr. Samuel J. Hall, 875-5561.
Day service 8:30am Alton Bay Gazette, Alton, NH
10 am Worship Service
20 Church Street, Alton
Our services are live streamed on YouTube
Sundays at 10 am
www.ccoalton.com

CONGREGATIONAL CHURCH OF NORTH BARNSTEAD, UCC
Sun. School and Worship Services
603-776-1820
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH
and live streamed on Zoom Sundays at 10 AM
ccnorthbarnstead.com

FIRST CONGREGATIONAL CHURCH UCC FARMINGTON
Worship Services 10:00 AM
Sunday School 10:15 AM
400 Main Street
Farmington, NH 03835
Pastor Kent Schneider 755-4816
www.farmingtonucc.org

FIRST FREE WILL BAPTIST CHURCH
Sun. School 9-10am; Church 11am; Evening Service 6pm;
Wed. Prayer Meeting 7pm. Depot St., New Durham;
Pastor James Nasson.

PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.
on the Parade in Barnstead
Sunday Morning Worship Service for all ages begin at 10:00 a.m.
Prayer Meeting - April through November at 7:00 p.m. on Wednesday Evenings.
Pastor Sandy Pierson - 483-2816

ST. KATHARINE DREXEL
40 Hidden Springs Rd., Alton, 875-2548
Father Robert F. Cole, Pastor.
Mass Saturday 4pm;
Sunday 8:30 & 10:30am;
Daily Mass Mon., Tues., Wed., Fri. 8:00am.

ST. STEPHEN'S EPISCOPAL CHURCH
Sunday 9:30, 10:30am & 11:30am, Pittsfield
Rev. Miriam Acevedo, 435-7908
www.ststephenspittsfield.com

UNITED METHODIST CHURCH
Rt. 171 at Tugbinboro Corner.
Sunday services 10:30 am. Church 603-539-8058

UNITARIAN UNIVERSALIST SOCIETY OF LACONIA
Sunday services and religious education 10:00 a.m.
All are welcome.
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46 Center Street, Wolfeboro
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Route 16, West Ossipee, NH 603-539-3301 baker-gagnefuneralhomes.com

(800) 539-3450

Alton Parks and Recreation connection

Cozy Craft

Stay cozy and warm this Winter with your very own homemade blanket. Alton Parks and Recreation is offering a No-Sew Fleece Blanket kit for ages eight to 99! The blanket features a fun snowflake print on one side, and "bright icy blue" plain fleece on the other side. Blankets are 48" wide in a cozy throw size. \$6 each. Limited quantity available. Grab one while you can! Homemade blankets make great holiday gifts, and are a fun activity to do. To reserve your blanket for pickup at the Parks and Recreation office (328 Main St.), please contact parksrec-asst@alton.nh.gov or 603-875-0109.

Virtual Thanksgiving Parade

Join the fun by sending in a photo of your creative float (shoebox size diorama, miniature vehicles), talent (musical/dance) or sign (drawings, posters, positive thoughts) to be included

in a virtual parade slide show. Bring smiles to your community as we celebrate the holidays together. Submit a picture or video to parksrec-asst@alton.nh.gov by Nov. 22 to be featured on the PR Facebook page on Nov. 24.

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.

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. Yoga for Fitness- Adults of All Ages- Fridays from 1:00p.m.-2:00p.m. Contact 603-875-0109 or parksrec@alton.nh.gov to sign up.

Light Up Night

The Town of Alton is celebrating "Light up Night" on Saturday, Dec. 4 in the Alton Village on Main Street. Free events include: 5 p.m.- Santa arriving by Fire Truck outside of Town Hall; photo opportunity with Frosty and the Grinch on Main Street sponsored by the Alton Water Department; Holiday Hayride

with Santa sponsored by Alton Home and Lumber; Take Home Craft and Positivi-Tree at Monument Square sponsored by Alton Parks and Recreation; Caroling; 5:30 p.m. - Tree Lighting at Town Hall sponsored by the ABA; 11 a.m.-8 p.m.-Festival of Trees and Gingerbread House Contest at the Gilman Museum sponsored by the ABA.

Light Up Night Events are free and are open to the public. For more information or to add your community event to the Light Up Night celebration, contact the Alton Parks and Recreation Department at www.alton.nh.gov; 603-875-0109, parksrec@alton.nh.gov.

"Light Up Alton" Event

Holiday House Decorating Contest & Business Decorating Contest

Let's make the season bright by bringing

holiday spirit to Alton.

For Residents: The Alton Parks and Recreation Department is sponsoring a Holiday House Decorating Contest. The contest is open to homes within the Alton and Alton Bay zip codes (03809 & 03810). For an Entry Form and Contest Rules go to www.alton.nh.gov or contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov.

FOR BUSINESSES/Nonprofits: The ABA is sponsoring the Business Decorating Contest. For Business Entries, email your pictures to the

ABA info@altonbusinessassociation.com or post on the ABA/Alton Parks & Recreation Facebook Event Page, be sure to include your business name!

Please send photos by Dec. 17. Prizes will be awarded to category winners! Winners will be announced on Dec. 20. Categories for prizes are: People's Choice (Facebook Vote); Most Holiday Spirit; Creative Use of Lights; and Best Main Street Location. Happy decorating Alton and thank you for joining us in bringing festive cheer to our community.

HELP WANTED

SHAKER REGIONAL SCHOOL DISTRICT EMPLOYMENT OPPORTUNITIES

Shaker Regional School District has the following positions available:

Food Service:

Canterbury Elementary School; 4 hours per day
Food Service Substitute

Custodians:

Belmont Middle School – 2nd shift
Belmont High School – 2nd Shift (2 openings)
Belmont High School – 1st Shift Lead Custodian

Belmont Elementary School:

Elementary Teacher – Anticipated – 1 Year
Classroom Assistants
1.1 Behavioral Assistants
1.2 General Special Education Assistant – Part Time
General Special Education Assistants
Library Assistant

Canterbury Elementary School:

1.1 Behavioral Assistant
General Special Education Assistant

Belmont Middle School

General Special Education Assistants
1.1 Behavioral Assistants

Belmont High School

1.1 Behavioral Assistants

District Wide

Substitute Teachers

Please visit the Human Resources page on the District Website, www.sau80.org or call 603-267-9223 to request additional information.



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(603) 279-7046

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\$399,900
Just Listed!

This newly renovated home is set on almost a 1/2 acre level lot in Gilford. It features 3+ BR, 2-BA, open concept living space. A new kitchen with granite counter tops, new appliances, updated bathrooms, pre-finished engineered hardwood floors & spacious deck.

\$199,900
MLS# 4888140

Private 3-BR WF home on over an acre offering 110' of quiet and serene pond frontage on Downing Pond. This is a rare find in New Durham and the perfect opportunity for someone looking for inexpensive waterfront property.

\$69,900
MLS# 4888241

This affordable home is located near all the Meredith amenities — schools, stores, restaurants, farms, banks, and best of all, Lake Winnepesaukee and Lake Waukewan! This single-wide, 3-BR mobile home has a spacious yard, back deck & enclosed porch.

Construction has started! Brand new luxury condo home to be built! 2,200 sf., hardwood floors, granite counter tops, S.S. appliances, first floor laundry, loft overlooking the living room & two bonus rooms. **\$435,000 MLS# 4878239***

Land for Sale! Danbury NH

A 15-acre parcel with over 2,040ft. on Bog Brook in Danbury, NH. Opportunities for outdoor recreation. Located just minutes from Newfound Lake, near Ragged Mountain Ski Resort and the Danbury Bog Wildlife Management Area. The parcel is mostly open grass land along NH Route 104. Property is in current use, buyer to pay fees **\$80,000 MLS# 4869028**

*This condominium has not yet been registered or exempted from registration by the New Hampshire Attorney General Consumer Protection Act Bureau (the "Bureau"). Until such time as these condominium units are exempted from registration or registered with the Bureau no binding contract for sale or lease of any unit or interest may be created.

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

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

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

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

For The Washington DC area, please call HUD at 275-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write

The Commission at 163 Loudon Road, Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

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Please visit www.clarkeplaza.com for more information.
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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,
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PITTSFIELD, NH

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Today, MSA Globe continues to lead the market in serving firefighters by providing innovative, head-to-toe PPE solutions that advance innovation in firefighter performance and safety.

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. We offer an excellent training program!

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

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
- Bag goods

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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RN M/S

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Physical Therapist

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Facilities Director

Environmental Services Technician

Maintenance Tech

Cook

Registered Dietician

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Holiday Gift Guide

10 gift ideas for people who love to cook

Many people know someone who loves spending lots of time in the kitchen. Certain home cooks may enjoy whipping up favorite recipes, while others might get excited about experimenting with new flavors and ingredients.

A love of cooking paves the way for many different gifting opportunities. Food-related gifts also come in a wide variety of price points, making it easy for shoppers to spend as little or as much as they want. Check out these 10 gift ideas for the foodie on

your holiday shopping list.

1. Sheet pans: They may not seem like the most sexy or high-tech tools of the kitchen, but sheet pans are among the most versatile. They can be used for cookies, sheet pan cakes, oven-frying cutlets or fries, or even serving as the perfect bases for candy brittle.

2. Air fryer tool set: By now many people have hopped on the air fryer bandwagon, but they may not have all of the accessories to take air frying to the next

level. From spatulas to tongs to silicone brushes, an air fryer tool set can make meals even more delicious.

3. Dutch oven: You'd be hard-pressed to find a more hard-working tool in the kitchen than a Dutch oven. These heavy, often enameled cast iron vessels come in various quart sizes. They can be used to cook stews, breads, cakes, and much more.

4. Kitchen compost bin: Home cooks who want to cut down on waste will appreciate a countertop compost bin

to gather food scraps.

5. Serving board: The rise in cheese and charcuterie boards means cooks will need something attractive to serve their spreads. Wooden and stone boards are attractive when serving sliced cheeses, crackers, chutneys, and other appetizer.

6. Electric wine opener: Wine is the perfect complement to many dishes, and what easier way to open bottles than with an electric wine opener? Many are compatible with almost any bottleneck and can open

several bottles on a single charge.

7. Spiralizer: The trend for pasta alternatives continues, and having a spiralizer that can turn vegetables like zucchini into spiraled "noodles" will be handy in most kitchens.

8. Apron and accessories: Home cooks need to protect their clothing in the kitchen. A fashionable apron and matching oven mitts can make a statement and keep clothes clean.

9. Meat delivery: The number of direct-to-home meat shipping

providers continues to grow. Have quality cuts of meat delivered right to a home cook's house so that he or she can cut back on trips to the store.

10. New blender: Today's blenders can crush ice, process foods, puree, and chop foods. These versatile appliances make a welcome addition to any kitchen.

Stock up on food-related gifts now for those people on your holiday shopping list who love to cook.

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**BROCK'S
GIFT CARDS
AVAILABLE**

<div style="text-align: center;"> <p>\$19⁹⁹</p> <p>Snow Broom Super wide foam head. Quickly clears deep and heavy snow. (9269960)</p> </div> <div style="text-align: center;"> <p>\$9⁹⁹</p> <p>7-1/4" Circular Saw Blade 24 teeth. Durable and strong. (D0724A)</p> </div> <div style="text-align: center;"> <p>\$19⁹⁹</p> <p>Glue Gun Heat quicker and holds temperature. (2098739)</p> </div> <div style="text-align: center;"> <p>\$28⁷⁹</p> <p>1/4" x 50' Air Hose Won't kink under pressure. (1795723)</p> </div> <div style="text-align: center;"> <p>\$26⁰⁹</p> <p>16 Oz. Claw Hammer Curved claw pulls out nails. (20263)</p> </div> <div style="text-align: center;"> <p>\$9⁹⁹</p> <p>Yellow Tape Rule Suspenders 2" wide elastic heavy duty straps. (2029999)</p> </div>	<div style="text-align: center;"> <p>\$26⁹⁹</p> <p>Power Hammer Drive Tool Low velocity 22 caliber single shot hammer drive power. (5432987)</p> </div> <div style="text-align: center;"> <p>\$74⁵⁹</p> <p>Orbital Jig Saw Powerful 3.9 amp motor. 500 - 3100 RPM. (4329K)</p> </div> <div style="text-align: center;"> <p>\$235⁰⁰</p> <p>18V 2-Pc. Combo Kit Includes drill/driver and 2 speed impact driver with assist mode. (CX200RB)</p> </div> <div style="text-align: center;"> <p>\$109⁰⁰</p> <p>1/4" Crown Stapler Selectable trigger controls. Magnesium body with oil free motor. (SLS18MG)</p> </div> <div style="text-align: center;"> <p>\$249⁰⁰</p> <p>Framing Nailer Clipped head. Patented truedrive magazine. (PR0325XP)</p> </div> <div style="text-align: center;"> <p>\$209⁰⁰</p> <p>1.5 HP Air Compressor 2.5 gallon tank. 135 psi. (PC0968)</p> </div>	<div style="text-align: center;"> <p>\$9⁹⁹</p> <p>Speed Square Try square, miter square, saw guide, line scribe and protractor all in one. (2617561)</p> </div> <div style="text-align: center;"> <p>\$99⁰⁰</p> <p>7-1/4" Circular Saw 15 amp motor delivers 5,800 rpm. (5007F)</p> </div> <div style="text-align: center;"> <p>\$485⁰⁰</p> <p>10" Slide Miter Saw Powerful 13 amp direct drive motor delivers 4300 RPM. (LS1018)</p> </div> <div style="text-align: center;"> <p>\$84⁹⁹</p> <p>Brad Nailer No-mar tip on the nose protects the work piece. (NT50AE2)</p> </div> <div style="text-align: center;"> <p>\$209⁰⁰</p> <p>Oscillating Multi Tool Includes 1 multimaster tool, backing pad, 9 sanding sheets, universal E-cut blade and bag. (2486793)</p> </div>
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Holiday Gift Guide



Post-pandemic gifts for friends and loved ones

Families, businesses, schools, and just about everyone had to modify daily life in dramatic ways due to the COVID-19 pandemic. Some of the most significant effects of COVID-19 — beyond the health implications — have been the changes in outings and gatherings and the ways holidays were celebrated.

The 2021 holiday season figures to be especially jovial as the world continues to emerge from the pandemic. As shoppers hit the holiday shopping trail once more, they can look to the pandemic for gift-buying inspiration.

Travel-related gifts
Travel restrictions greatly limited where

people could go, so millions embraced staycations as a means to taking breaks from school and work. Travel restrictions have now been lifted in many parts of the world, and vaccinated individuals may feel more comfortable traveling again. Consider gifts that include travel essentials, such as luggage, plane tickets, toiletries, hotel vouchers, and even gift cards to use on vacation purchases.

Preparatory gifts
People are much more “germ-conscious” as a result of the pandemic. Cases of COVID-19 are on the decline, but it still pays to be cautious and sanitary. Gifts that promote cleanliness may

continue to be appreciated and also prepare a person should another pandemic occur in the future. Stylish reusable face masks; special sanitary “keys” that limit contact with things like ATMs, doors and elevator buttons; ultraviolet disinfecting lamps; and even purses and bags that can be cleaned without damage are all gift ideas that make cleanliness more convenient.

Home improvement supplies
In the wake of canceled vacation plans, homeowners channeled their vacation dollars into home improvements. Those who still have plans to redo and renovate will appreciate gifts that may include

gift cards to popular home improvement and design retailers. In addition, as certain home improvement materials like lumber have gotten more expensive, a cash gift to offset the cost of materials can help people see projects through to completion.

Dining out vouchers
Even though many restaurants pivoted to takeout service or established outdoor seating to meet safety requirements, dining establishments still felt the pain of the pandemic. More people have now returned to traditional dining, and restrictions on indoor dining have gradually been loosened. Therefore, gifts that focus on dining out, such



as certificates for favorite restaurants or wine bottle caddies for BYOB establishments, can make for great gifts.

Support new hobbies
Many people took on new hobbies and explored new activities to pass the time during the pandemic. Encourage these hobbies by gifting tools and supplies. If a

person adopted a new pet, try pet-toy subscriptions or even purchase pet health insurance. Though the pandemic is something many people would love to forget, holiday shoppers can look to it for inspiration when buying gifts for loved ones this year.

5 ways to support small businesses this holiday shopping season

Small businesses long have been the heart and soul of local communities. There is something to be said about being on a first-name basis with a local restaurateur or another small business owner, as such familiarity often translates into exemplary service. According to the U.S. Small Business Administration, small businesses account for 99.9 percent of companies in the country, due in large part to the broad defini-

tion of small businesses (those with fewer than 500 employees). However, the vast majority of businesses in the United States have a staff that's smaller than 20 workers, according to the Small Business & Entrepreneurship Council. These firms employ nearly 60 million workers, says the SBA. Despite the prevalence of small businesses, fewer than 80 percent of entrepreneurial small business ventures make

it beyond their first year, and only around half make it beyond five years. Consumers who want to help their favorite small businesses survive can use the holiday season and beyond to set the course for success. Consumers can make a concerted effort to fuel this important cog in their local economic engines. • Shop local. The concept is simple but effective. Opting to shop in

local stores over larger conglomerates and franchises can help small businesses take root. Before making holiday shopping lists, visit local stores and base gift ideas on items they have in stock. Chances are those gifts will be one-of-a-kind. • Purchase gift cards/certificates. All businesses have slow periods, and post-holidays is often a time when sales stagnate. Gift cards may bring new customers into local businesses who might otherwise not have patronized them, potentially creating new repeat customers.

• Cater holiday meals and gatherings. The holiday season is chock-full of entertainment opportunities. Individuals can rely on nearby restaurants and other food and beverage businesses to cater holiday parties. Some businesses also may be willing to discount or donate food for nonprofit group activities, such as church holiday bazaars, school holiday concerts or fundraising fairs. • Mention small businesses on social media. The holiday season breeds excitement. Therefore, when shoppers are in local stores,

they can snap pictures of products and overflowing shopping bags and post them online while praising local businesses. • Think about subscription gifts. Enrollment in a health club or a massage therapy service are gifts that keep on giving for the recipient, but also help ensure consistent incoming cash for the business providing the service. When shopping this holiday season, consumers can look to the small, local businesses in their communities that help make towns and cities unique.



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Holiday Gift Guide



Major benefits to early holiday shopping



Some people begin their holiday count-downs the day after the festivities have come and gone. With 365 days until the next celebration, it may seem like one has all the time in the world to complete holiday tasks. But before long, holiday crunch time arrives and some people find themselves rushing around to buy gifts and other essentials.

A 2020 Gallup poll found the average holiday shopper planned to spend \$942 on gifts in 2019. The personal finance site Mint.com from Intuit reported roughly \$729 billion was spent during the holidays in 2019 — making it the biggest holiday season to date.

Though the pandemic changed the holiday shopping landscape in 2020, a return to normalcy appears to be on the horizon for the 2021

holiday shopping season. In fact, the adage of “the early bird catches the worm” could help shoppers scoop up gifts and bargains before the holiday shopping rush begins. Individuals who start their holiday shopping early this year may discover there are many benefits to such an approach.

Spread out spending

Those who begin shopping well before the holiday season arrives can spread their spending over several months rather than a short period of time. This can make shopping more affordable for those who

may have limited financial leeway. It may be easier to swallow spending an extra \$100 per month throughout the year as opposed to having a \$1,000 bill at year’s end.

Shop sales

A Coresight Research survey found that more than 25 percent of shoppers expected to start holiday shopping earlier than usual in 2020, when retailers offered their promotions earlier than normal to compensate for a decline in brick-and-mortar shopping. While it remains to be seen what retailers will do this year, shopping

early means people are not beholden only to holiday sales promotions; they can take advantage of major sales throughout the year, including Martin Luther King Jr. Day, Memorial Day, Labor Day, back to school season, tax-free weekends (often offered in August), and even retailer-specific sales like Prime Day.

Avoid delays

Continued pressure on shipping companies as online shopping has become so prevalent inadvertently leads to delays. Couple this with supply chain disruptions due to the pandemic, and certain items may be out of stock or on back order.

“With potential product shortages continuing, if you see something you know you want, go ahead and buy it,” said

Karl Haller, retail industry expert at IBM Global Business Services.

Shopping early also assists those who have to ship gifts domestically or internationally. Shopping early ensures those presents get to their recipients on time.

Getting a head start on holiday shopping is advantageous to shoppers who want to budget, save and ensure items are available.

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HO-HO-HOLIDAY Gift Guide

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Christmas in Wolfeboro Parade

Santa's Arrival & Tree Lighting Ceremony
Caroling at the tree leading up to the ceremony.

Saturday, November 27th at 3pm

Family Shopping Days

Businesses will collect your donations to L.I.F.E. Ministries Food Pantry and Wolfeboro Children's Christmas Fund.

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Holiday Gift

Guide



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rather than a gas model (you may get an end of season deal)

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☐ Install a Sense home energy monitor (\$75 discount from Sense, \$75 NHEC Rebate) to better understand your electric use

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