

Gilford Steamer

THURSDAY, NOVEMBER 16, 2023

GILFORD, N.H.

“Mamma Mia” wraps at GHS this weekend

BY ERIN PLUMMER

mnews@salmonpress.news

GILFORD — Performers from Gilford High School are bringing the characters, songs, and energy of the popular musical “Mamma Mia” to the stage for one last weekend.

This weekend, GHS theater will present “Mamma Mia” at the GHS auditorium for the second and final week of performances. Members of the cast have been working hard to get their performances and choreography ready for the show.

“Mamma Mia” follows the story of Sophie, who tries to find which of three men is her father before she gets married on a Greek Island. The show tells a story using the music of the popular ‘70s group ABBA.

Isabella Cottrell plays Sophie’s mother Donna, who used to play in a band and became a single mother at a young age. She fell in love with three different men, one who might be Sophie’s father.

“She’s very grounded. She likes to have fun, but she has a lot of responsibility on her shoulders,”



PHOTOS BY ERIN PLUMMER

The cast of Gilford High School’s production of “Mamma Mia” rehearses ahead of their opening weekend.

Cottrell said.

Cottrell also helped with some of the show’s

choreography alongside choreographer Heidi Noyes-Bourgeois. She

previously did choreography in a production of “The Wizard of Oz.”

Cottrell said while the process can be stressful at times, it has been a

valuable experience

SEE MAMMA MIA, PAGE A14

Proposed zoning amendments up for discussion in Alton

BY ERIN PLUMMER

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ALTON — The town’s list of draft zoning amendments includes new provisions for flexible zoning two zones, lowering the minimum number of guests for bed and breakfasts, adding a definition for junkyards, and amendments to make several ordinances more consistent with state law among others.

Alton’s Planning Board and Zoning Amendment Committee will hold a joint meeting on Nov. 21 at 6 p.m. to discuss the proposed zoning amendments for 2024. The draft proposed amendments can be found on the town website at alton.nh.gov and copies are available at the Planning Department.

Going into the Nov. 21 meeting, there are eight proposed draft amendments.

Amendment 1 would change the minimum required number of guests in the definition of a bed and breakfast. Currently, the definition of a bed and breakfast includes that a minimum of three guest rooms are available for transient use and changes that to one guest room as the minimum requirement. According to the amendment’s rationale, this change would address potential conflicts with the recently approved short term rental ordinance and allows bed and breakfasts to have less than three guests.

Amendment 2 adds a new definition for “Junk

yard” to the permitted uses regulations with the definition meeting state law and changes the definitions to “Automotive and Truck Junk

Motor Vehicle Dealer,” “Automotive and Truck Motor Vehicle Dealer,” and “Automotive and Truck Used Motor Vehicle Dealer” to meet the

definitions as outlined in state law.

Under this amendment anything meeting the specific definition of a “Junk yard” will not

be allowed in any of the town’s zoning districts. According to the rationale this change in defi-

SEE ALTON, PAGE A14

Holiday decorating contest to span three towns

BY ERIN PLUMMER

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REGION — This holiday season will be even more merry and bright for those who decorate their houses, as residents of Alton, New Durham, and Farmington can enter a contest to show off their holiday lights.

The Parks and Recreation Departments of Alton, New Durham, and Farmington will be teaming up for the Light it Up! Multi-town Deco-

rating Contest.

Residents of all three towns can enter the contest to share their holiday lights. All three parks and recreation departments will provide maps of all the decorated houses that people can drive by and see.

Anyone who is interested in entering can submit their address to their respective parks and recreation department to be included on the map. In Alton, people are asked

to email parksrec-asst@alton.nh.gov or call 603-875-0109. New Durham residents can email ndrec@newdurhamnh.us or call 603-859-2091. Farmington residents can email erogers@farmington.nh.us or call 603-755-2405 to enter.

Sign up by Dec. 9 to get on the map and maps will be available starting Dec. 13.

Each house that entered in the contest will; be illuminated from Dec.

13-26. People can travel around the map and look at all the different houses.

“Check out one town per week or visit all of the decorated houses in one weekend,” read the post on the Alton Parks and Rec’s Facebook page.

Prizes will be given out for the best decorated houses with a winner from each of the three towns. The winners will be announced on Dec. 19.

Early deadlines for Thanksgiving

With Thanksgiving falling on a Thursday, when the Gilford Steamer would ordinarily be published, that week’s edition will be arriving in subscribers’ mail boxes a day early, on Wednesday, Nov. 22.

In order to accommodate this change in our schedule, the submission deadline for any press releases and letters to the Editor intended for publication that week has also been moved up, to Thursday, Nov. 16 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

The staff of the Gilford Steamer thanks our readers for their cooperation with this temporary change in deadlines, and wishes them a safe and happy Thanksgiving.

Registration open for GYC Turkey Trot

BY ERIN PLUMMER

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GILFORD — Before enjoying a big holiday dinner, people have the chance to go for a little run on Thanksgiving morning during the Gilford Youth Center’s 16th annual Turkey Trot.

Registrations are still open for the annual Turkey Trot at the Gilford Youth Center; an annual 5K race on Thanksgiving morning.

The race started as a group of local people

SEE TURKEY TROT, PAGE A14



FILE PHOTO

Runners will take off for the annual Turkey Trot at the Gilford Youth Center this Thanksgiving morning.

Alton Parks and Recreation Community Connection

Guided meditation with instructor Karen Kharitonov

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring a new Guided Meditation Class on Thursdays, Dec. 7-28 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. Give yourself permission to take a break and breathe. Guided Meditation will teach skills to train the body to relax when stressed, find clarity, and gain wisdom in daily life activities and challenges. Stop in and try a class, and experience the positive state of meditation. The program is free, donations are greatly appreciated to support local charities. Drop by anytime. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Turkey Day Yoga- Nov. 23

We all know the turkey cooks itself. While it does, why not yoga? Pamela Mott, partnered with Alton Parks and Recreation, will be hosting Community Yoga on Thursday, Nov. 23 at 9 a.m. inside the Alton Bay Community Center. All levels and all ages are encouraged to attend. This special class will focus on foundational postures Sun A and B, and the wisdoms of yoga including our wellbeing. Class will be accessible to all participants regardless of previous experience. Class will be by donation with proceeds to benefit community programming. Text 603-393-0595 for preregistration. Drop ins are en-

couraged and welcome. For more information contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov.

Light Up Night- Dec. 2

The Town of Alton is celebrating "Light up Night" on Saturday, Dec. 2 in the Alton Village on Main Street. Free events include: 5 p.m.- Santa arriving by Fire Truck at Town Hall; 5-6 p.m.- Meet with Santa inside Town Hall, Photo Booth for great family photos, bring your camera and get a group picture with our photographer inside Town Hall, Make and Take Free Craft at Town Hall, Holiday Hayride loading up at Monument Square- sponsored by Alton Home and Lumber; 11 a.m.-7 p.m.-Festival of Trees and Gingerbread House Decorating Contest at the Gilman Museum sponsored by the ABA; plus more to see and do. Light Up Night Events are free and are open to the public. For more information contact the Alton Parks and Recreation Department at 603-875-0109, parksrec-asst@alton.nh.gov.

Holiday Cookie Decorating

Ages 5 and up are invited to join Alton Parks and Recreation on Saturday, Dec. 9 at the Pearson Road Community Center from 10-11:30 a.m. for gingerbread cookie ornament decorating with Joan Blackwood. Ornaments can be taken home to decorate the tree or given as a handmade gift. The event is free for Alton residents, and will include festive music and cheer. Pre-register by December 4 to reserve your space at parks-

rec-asst@alton.nh.gov or 603-875-0109.

Light It Up!- Alton Tri-Town- House Decorating Contest

Let's make the season bright by bringing holiday spirit to Alton and show our neighboring communities how festive we are. Towns of Alton, New Durham and Farmington will be providing maps of decorated houses for people to drive by and see. If you are interested in decorating your house in Alton this year, send your property address to parksrec-asst@alton.nh.gov by Dec. 9, and you will be included on the Alton Map, and also entered into the contest to win a great prize, each Town will have one grand prize winner. Houses will be illuminated for the season from Dec. 13-26. Winners of all Towns will be announced on Dec. 19. Maps of the three Towns with all the decorations to see will be available Dec. 13. Check out one Town per week or visit all of the decorated houses in one weekend. For more information contact Alton Parks and Recreation at 603-875-0109 or parksrec-asst@alton.nh.gov.

Slow Flow Yoga with Pamela Mott, 200 YTT Certified

Start your day with a morning Yoga practice with certified instructor Pamela Mott. Mondays and Wednesdays from 6:30-7:30 a.m. at the Alton Bay Community Center or choose the online option and practice from home. All levels are welcome and encouraged. Class focus is Sun Salutation A and B; Hatha Yoga and the 8 Limbs. Pre-registration is preferred, text 603-393-0595. Cash and Venmo accepted. Pre-registration and virtual attendance is \$10; Drop in \$15. Classes are ongoing. For more information contact Alton Parks and Recreation at 603-875-0109 or parksrec@alton.nh.gov.

Weight Training Classes- Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednes-

days from 1:30-2:30 p.m. at the Gilman Library for adults of all ages and abilities. Learn new exercises and build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information contact parksrec@

alton.nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.

Saxx Roxx Concert Announced- Save the date

The Alton Parks and Recreation Department is sponsoring a free con-

cert on Friday, Jan. 19, 2024 from 7-8:30 p.m. at the Prospect Mountain High School auditorium. Snow date is Jan. 20, 2024. Local residents of all ages are invited to attend. Mark your calendars for this upcoming event.

ABA November Monthly Member Highlight: Tracings Graphics (Screen Printing, Embroidery, & Ad Specialties)

ALTON — Every month, the Alton Business Association sits down with one of our amazing ABA members to get to know them a little better! For November, we spoke with Tracy Chrisenton-Lionetta of Tracings Graphics. We ask each member the same questions, providing an opportunity for our members to highlight the important work that they do in our communities. If you're an ABA Member and would like to be considered for future Monthly Member Highlights, please reach out to us via email at info@altonbusinessassociation.com.

Q: Tell us about your business?

A: We offer screen printing, embroidery, banners and signage, ad specialty items, and graphic design services.

Q: Tell us about yourself?

A: Bill and I graduated from Alton Central School. I graduated from UNH and we started Tracings Art Gallery in 1988. We moved the business from Center Harbor to Rivers Bend in Alton in 1990. In 1991, we switched gears from the gallery and my teaching art lessons, to focus on screen printing. Bill is a veteran, volunteered with Parks and Rec, coached many sports teams over the years, and currently

has a passion for fishing both competitively and volunteering to introduce the sport to youth. He also has a computer business where he builds, repairs, and educates some of his clients on safe computer practices.

Q: How did your business get started?

A: It started in 1991 after moving our art gallery/frame shop in Senter's Market, Center Harbor, NH, to Rivers Bend Professional Building and switched to screen printing. We outgrew that location and built Tracings as it stands today on Drew Hill Road in 2002.

Q: What has your relationship with the Alton Business Association done for you or your business?

A: We are still new to the ABA but love that the local businesses are coming together under its umbrella.

Q: What do you value most about this community?

A: The quality of life here.

Q: Why did you want to open your business in this community?

A: Bill and I grew up here in Alton and chose to stay to raise our own family here.

Q: What business accomplishment are you

most proud of?

A: Helping our client family bring their ideas together to producing products they can be proud of.

Q: What does the future hold for you and your business?

A: Tracings has continued to grow from just myself in 1991, having Bill come in board full time shortly after starting, to five of us currently employed. We expanded into embroidery a year ago, and that too continues to grow. We are working with clients from across the country and look forward to continued growth.

Q: What is one piece of advice you wish you had as a new business member?

A: Be patient and know that to be successful it will take a lot of hours and hard work, but the rewards can be wonderful. The people we've met through the business over the years feel like extended family.

Q: How can people who want to learn more about you or your business get in touch with you?

A: Our Web site and Facebook pages are a great way to access additional info-www.tracingsgraphics.com Facebook: Tracings Graphics & Screenprinting. Email or stop in.



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Temple B'nai Israel of Laconia remembers Kristallnacht

LACONIA — On Thursday, Nov. 9, the Lakes Region community gathered on the steps outside of Temple B'nai Israel to commemorate Kristallnacht, “The night of Broken Glass.” This is the third consecutive year that this event has been held and the first snowfall of the season did not deter people to remember the victims, denounce hatred, and stand in witness to the atrocities of the Nazi regime. NHPR reporter Olivia Richardson referred to the event as “an evening of warmth, support, and remembrance.”

TBI member Lois Kessin planned the event inviting local dignitaries and clergy to speak. Most notably, Congressman Chris Pappas and Rabbi Robin Nafshi of Temple Beth Jacob in Concord. Local dignitaries included Brian Beihl, host and producer of the American Democracy Minute Radio

Report, Retired Judge Jim Carroll, Rev. Judith Wright of the Unitarian Universalist Society of Laconia, Pastor Campbell Lovett of the Congregational Church of Laconia, Steve Tucker, Superintendent of the Laconia School District, David Stam ps, Chair of the Laconia Human Relations Committee, and Ira Keltz, President of Temple B'nai Israel, standing in for Rabbi Jan Katz who could not be in attendance. TBI Member John McArthur led the attendees in singing traditional Hebrew melodies.

Kristallnacht was described as “Germany’s most bloody assault on Jews since the Middle Ages,” according to Rabbi Jan Katz. This year marks the 85th anniversary of this tragedy that was the beginning of the Nazi’s all-out persecution and slaughter of the Jews of Europe. The State of Israel was born of the tragedy of

the Holocaust. Today we are faced with an unimaginable attack on Israel by Hamas which has spurred global antisemitism to heights not seen since World War II. It was hard not to connect the two events and the global reaction.

“Jewish communities everywhere are hurting deeply because of the lingering trauma of the Holocaust, because of the rise of antisemitism, because of the unimaginable suffering of our brothers and sisters in Israel, and because of the suffering of the Palestinian people. Yet, here in Laconia and the Lakes Region, we know we are not alone. You are with us, and you show us the power of empathy,” as stated by Rabbi Katz.

Brian Beihl offered his personal recollection of visiting Nuremberg in 2015: “As we walked through the streets, we began to see small brass squares embedded as



small cobblestones into the pavement. Each of them is inscribed with, ‘Here Lived,’ followed by names, the address, and a short phrase in German which described the fate of those people: Internment, suicide, exile or, in most cases, deportation and murder.” He continued,

“They’re called Stolpersteine, or ‘Stumbling Stones,’ and are now installed in 1,200 cities and towns across Europe and Russia. This project began in 1992, and as of June 2023, 100,000 Stumbling Stones have been installed. It’s the largest decentralized memorial in the world.”

Upon conclusion, Beihl offered this important message: “We must shatter silence by speaking out. We must shatter complacency with action. We must shatter authoritarianism by voting. We must shatter violence with peace. We must shatter hate with love.”

Greater Lakes Region Children’s Auction ornaments now available



Country Cook’n at the Lakeside is selling Children’s Auction ornaments to their Gilford customers, along with a chance to win one of five \$25 gift cards. Left to right, owner Tara Scullin, Becky Witham, Grace Sherkanowski, Peggy Simoneau and Amber Fudge.

LACONIA—’Tis the season to support the Greater Lakes Region Children’s Auction, and local businesses are now selling decorative ornaments for in-store display or to take home. The ornaments cost \$1, \$5 or \$10 and help raise money for the auction, which will be held this year from Tuesday, Dec. 5 through Friday, Dec. 8, from 9 a.m. to 7 p.m., at the Belknap Marketplace in Belmont. The ornaments are four-inch-round cardstock ornaments that customers can write their names on for display at a business or to take home. All proceeds benefit the auction.

Ornaments are available at many community partner locations: Alton: Foster’s Tavern, 403 Main St. Bristol: Cielito’s Mexican Restaurant, 50 South Main St. Danbury: Danbury Country Store, 705 US-4 Gilford: Bank of NH, One Country Club Road; Bank of NH, 1441 Lakeshore Road Route 11; Gilford Country Store & Nahamsha Gifts, 1934 Lake Shore Road; Gilford Hills Tennis & Fitness Club, 314 Old Lakeshore; Gunstock Mountain Resort, 719 Cherry Valley Road; H. Salon, 28 Weirs Road; Patrick’s Pub & Eatery, 18 Weirs

Road; The Wine’ing Butcher, 28 Weirs Road; Winnepesaukee Bay Gulls 2, 18 Weirs Rd, Fireside Inn & Suites, 17 Harris Shore Road. Laconia: Bank of NH, 62 Pleasant St.; Body Covers, 94 Primrose Drive North; Café Déjà Vu, 311 Court St; Case n Keg Laconia, 855 Union Ave #2554; Crazy Gringo, 306 Lakeside Ave.; Defiant Records & Craft Beer, 609 Main St. units; High Octane, 1072 Watson Road; Laconia Village Bakery, 660 Main St.; LACS Snack Shack, Memorial Park, Tower Hill, 264 Lakeside Ave; Water Street Cafe, 141 Water St. Meredith: Bank of NH, 312 Daniel Webster Highway; Great Northern Trading Company, 312 Daniel Webster Highway at Mill Falls; Fitness Edge, 169 Daniel Webster Highway; Forest view Manor, 153 Parade Road; Giuseppe’s Pizzeria & Ristorante, 312 Daniel Webster Highway, Mill Falls; Harley-Davidson Laconia, 239 Daniel Webster Highway; Hermit Woods Winery & Eatery, 72 Main St.; Middleton Building Supply, 157

Main St.; The Wine’ing Butcher, 81 NH Route 25; White Birch Gifts, 63 Main St. Moultonborough: Bank of NH, 960 Whittier Hwy Route 25, Winnepesaukee Bay Gulls 118 Whittier Highway. Plymouth: Bank of NH, 6 Riverside Dr. Gilford Country Store and Nahamsha Gifts will have a raffle at both locations; for every \$1 donated by purchasing an ornament, the customer will receive a raffle ticket to win a \$100 gift basket (at each store). Winnepesaukee Bay Gulls in Gilford & Moultonborough offer three one-day-old bagels with the purchase of a \$5 ornament and six one-day-old bagels with the purchase of a \$10 ornament. Country Cook’n At the Lakeside and Great Northern Trading Company: For every \$1 of donation, the customer will receive a raffle ticket to win one of five \$25 gift certificates. Businesses interested in offering ornaments at their location should call 603-527-0999 or email jenn@children-

sauction.org. About the Greater Lakes Region Children’s Auction Numerous fundraising events in the Lakes Region throughout the year support the Greater Lakes Region Children’s Auction, including our four-day signature event every December. In the past four decades we have distributed more than \$8 million to over 80 nonprofits that serve low-income families and children in the Lakes

Region, all through volunteer efforts, community donations and corporate sponsorship. The Auction falls under the umbrella of the Greater Lakes Region Charitable Fund for Children, a 501(c)(3) nonprofit organization that helps local community organizations that serve children and families in need. For more information about the Auction, the nonprofits it supports and how you can help, visit ChildrensAuction.org.

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We Will NOT be Undersold

Worry less about gifts, more about quality time

As the holiday season approaches, many of us find ourselves caught up in the whirlwind of gift shopping, decorating, and party planning. While these festive traditions bring joy and excitement, it's essential to remember the true meaning of the holidays. This year, let us consider shifting our focus from the materialistic components of the season to something more precious: quality time spent with friends and family.

In recent years, the holiday season has become synonymous with consumerism. We are bombarded with advertisements enticing us to buy the latest gadgets, toys, and luxury items, often causing stress and financial strain. The pressure to find the perfect gift can overshadow the real essence of the holidays – the opportunity to connect with our loved ones on a deeper level.

One of the greatest gifts we can give each other during this season is our time and undivided attention. In our fast-paced lives, it's all too easy to let precious moments slip away. This holiday season, try to slow down, unplug from our screens, and fully engage with our friends and family.

Quality time is at the heart of strong and meaningful relationships. It's a chance to create cherished memories by simply just hanging out.

Instead of stressing over finding the most extravagant gifts, consider alternatives that emphasize experiences over possessions. Plan a family hike, a cozy movie night, or a day of volunteering together.

It is worth noting that this shift doesn't mean abandoning gift-giving altogether. Thoughtful, meaningful gifts can still play a role in the holidays, but they should complement the primary emphasis on quality time spent with loved ones.



COURTESY

Local group urges action on climate change

A nonpartisan group of area citizens concerned about climate change recently hiked to the top of Pine Mountain in Alton in support of action to address the problem. The photo above shows them holding their "Climate Action Now" banner, with the beauty of Lake Winnepesaukee and the mountains in the distance.

LETTERS FROM EDWIN Larcenous

All of a sudden there's fire in the wood stove and I'm digging out my warmer winter garb. I was at a customer's house today who had already dawned his long johns. I'm certainly leaning towards my lined pants. Right now I've got one of my quilted flannel shirts on top of my vest, which wasn't quite sufficient. It's raining outside so the humidity is making it feel colder than it really is. It'll feel warmer when it gets colder.

Well, it did get colder, and the rain went away. Two nights ago, we had our first frost and last night when I came home, I looked at the other cars parked there and there was snow on them. Talk about rapid fire. People are telling me that it's going to be a snowy cold winter. I figure only God knows, but that will be fine with me. The wood bin is full and the propane tank too.

So today, after the coldest night so far, I had to work outside next to a lake and it wasn't expected to warm up all that much. Not being very fond of being cold, I too threw on my

long johns, top and bottom and added a second coat and switched to a mad bombers hat on my head. This is winter grade garb, all layered up to be adjustable.

There was a steady breeze coming in off the water all day. It wasn't till three in the afternoon that the clouds opened up letting in enough sun to allow me to jettison the outer coat and my gloves for the remaining time. Speaking of gloves, I can state here that the extensive testing that I performed this morning shows that my regular work gloves with added knit liners are definitely warmer than another pair that were advertised as being lined gloves. Just so you know.

It had been a while since the bluebird family vacated their house. I'd see them flying all around the yard and never saw them going back to the house. Last weekend, I was out doing things around the woodshed and thought that it would be a good time to clean out their house for next year. It was totally filled up to the hole. It came out as

one piece and I brushed out the remaining little bits with my glove. I closed it back up, put the ladder away and considered it a job well done.

The next day as I was getting dressed, I noticed some kind of commotion going on outside the window. It was all the bluebirds. First, I saw the father fly into the house, then mom. Pretty soon there was a number of little ones in there too. The whole bunch of them inside the house at the same time, checking out the larceny perpetrated upon their former home. What a crazy scene. I'll have to go back to see if they left me a tip.

Another thing I came up with while trying to clean up things was an old canning jar from 1996. This must have been the year that the big old oak tree behind the rock pile got covered with chicken mushrooms. Looking out the kitchen window there was a small outline of orange to the tree. When checking it out, the back side of the tree was covered. There had to be twenty or even thirty pounds worth,

or more. Some were so high that you couldn't reach them without a ladder and at that time, I didn't have one.

The jar is one of the old fashioned canning jars with the rubber ring that would get used for little kids game toss things. The water level has dropped to about two thirds its original level, but there is nothing funny growing in it. It looks totally edible. It is definitely well past its sell by date, which I usually don't pay much attention to, but in this case, I think I will.

With all this cold weather coming, I pulled up my onions. Maybe 30 pounds or so. Right now, they're drying in the music room. I usually dry them in the woodshed, but it's too cold nights to chance it. No more music till the onions dry out. It was my only space large enough. I'm still waiting to find the time and motivation to dig up the potatoes. I see next week their forecasting rain. Got to get them before that happens.

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

The Law of Averages

For many of us, a neverending stream of worries dominates our thoughts. These persistent fears disturb our peace of mind and impact our ability to enjoy life.

Will the economy crash? Are we headed for nuclear conflict? Is my partner going to leave me? Will my child be lost to addiction?

It's one worry after another, a never-ending cycle, like a hamster running on a wheel.

Yes, it's normal to worry at times, but there is a point where it can impair your physical health, causing you to be worried sick!

Imagine a universal law that can help manage these fears. If you're constantly burdened with fear and worry, keep reading because this law is so simple and easy to understand that you don't need anyone to teach you how to use it.

When fear overwhelms you, you must ask yourself, "What are the odds?"

Why, you ask? Because the law I'm talking about is called "The Law of Averages."

This principle, described by Dale Carnegie in his book "How to Stop Worrying and Start Living," is a pragmatic approach to tackling the worries that plague our

minds.

The Law of Averages teaches us to analyze our fears logically and statistically.

Carnegie once said, "Ninety-nine percent of the things we worry about never occur!"

Imagine Sarah is about to board a flight for a long-awaited vacation. She should be excited, but a nagging worry clouds her: the fear of a plane crash. Each sound during takeoff and bit of turbulence inflates her anxiety.

Now, let's apply the Law of Averages to Sarah's situation. This principle suggests evaluating the likelihood of an event based on statistical probability, rather than subjective fears. So, what do the numbers say?

Plane crashes are rare, with odds of about one in 11 million. To put this into perspective, you're more likely to be struck by lightning or win a major lottery jackpot than experience a plane crash.

Knowing these stats, Sarah can see her fear doesn't match how safe flying is. Like millions before, the Law of Averages tells us that her flight is overwhelmingly likely to be safe and uneventful.

Let's consider John,

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a dedicated employee at a large corporation. Recently, there have been rumors of layoffs, and John is increasingly unable to focus, plagued by the fear of being laid off.

Every meeting invite or email from his boss heightens his anxiety, and he starts imagining the worst-case scenarios.

Now, let's apply the Law of Averages to John's situation. This principle encourages us to evaluate the likelihood of an event based on statistical data and realistic assessment rather than fears and rumors.

First, John can look into the economy and his industry's stability. Are widespread layoffs happening in his field, or is it relatively stable? Next, he should consider his position within the company. Has he received positive performance reviews? Does he have unique skills or experiences that are valuable to the team?

Suppose John finds that his industry is stable and his performance has been consistently strong. In that case, the Law of Averages would suggest his chances of being laid off are relatively low. While it's not

impossible, the probability doesn't warrant the level of worry he's experiencing.

This approach doesn't dismiss your fear but puts it into a rational framework. The Law of Averages is a powerful tool to counteract our exaggerated anxieties about rare events.

The Law of Averages is beautiful for its simplicity and usefulness.

It doesn't ask you to stop worrying cold turkey, which is nearly impossible. Instead, it offers a pathway to reframe your worries into something manageable. By analyzing the probabilities, we often find that many fears are less likely to materialize than we think. And even if they do, you're mentally prepared to handle them and work towards a better outcome.

"By the law of averages, it won't happen." is the phrase Carnegie said has destroyed ninety percent of his worries and made years of his life beautiful and peaceful beyond his highest expectations.

Next time you find yourself in the grip of fear, pause, breathe, and embrace the Law of Averages to transform fear into a catalyst for confidence and clarity.

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Abenaki Outing Club hires first executive director

Scott Martineau on board to help club continue to grow

BY JOSHUA SPAULDING
Sports Editor

WOLFEBORO — The Abenaki Outing Club took a big step forward with the recent hiring of an executive director, giving the previously all-volunteer organization a person on the payroll to help navigate everything heading into the new winter season.

“From a volunteer organization to having someone on staff, this is an inflection point in the program’s evolution,” said Gilford’s Scott Martineau, who was hired as the Abenaki Outing Club Executive Director. “I am dedicated 100 percent of the time to running the program and growing the program.”

Martineau comes to Abenaki with a background in skiing that goes back for many years. He’s coached at McIntyre, Pat’s Peak and Gunstock and has also worked with the University of New Hampshire ski team.

“I’ve been coaching older kids for quite a while, but this opportunity came up and it brings me back to when I first started coaching at McIntyre,” Martineau noted, pointing out that the Abenaki Outing Club has now registered as an official 501c3 non-profit with the state. He praised the club’s board of directors, led by Seth Kassels for their support as well as Chuck Smith,

the operations director for the Abenaki Ski Area and Pop Whalen Arena and the Friends of Abenaki for the work that the group has done in continuing to make improvements to the town-owned facility.

Martineau comes on board as the Abenaki Outing Club offers a new Nordic program for this winter on the expanded snowmaking system that will include a Nordic loop. The freestyle program, which had taken a bit of a hit during the COVID-19 pandemic, started to expand last year and is continuing in that direction again this year.

“We’re at 93 percent of our goal in terms of en-

rollment and we expect to exceed those enrollment goals,” Martineau said.

He also pointed out that the club had its first dryland training ever and about 50 kids turned out, which he said showed how eager everyone is for the start of the new ski season. He said Abenaki Ski Area deserves a lot of the credit for the excitement generated around the club.

“I jumped at this because of this hill, it’s such a fantastic place,” Martineau stated. “For U14 and under, this hill is the best.

“If you get the kids here and having fun, they’ll put the time in,” he continued. “And

we have the facility to ourselves at times. We are able to get hours of training in you can’t get other places.”

He stated that the ski area is popular enough that he has other clubs looking to rent space on the hill for some of their training.

“We have great relationships with Pat’s Peak and Gunstock, so we have quite a bit of the equipment we need,” Martineau stated. “We’ve started an equipment program this year too. We’re trying to get the cost down so its affordable for anyone interested in skiing.”

The club is also doing fundraisers to help offer scholarships for kids

who want to be part of the program and Martineau encouraged anyone who is interested in joining the team and wants information can visit abenakiskiteam.org.

In addition to the snowmaking being put on the Nordic loop, the area will be looking to add some additional lightning and new wheels are being installed on the rope tow.

Martineau notes that the opening day for the ski area is scheduled for Dec. 2, assuming Mother Nature cooperates with cold temperatures to ensure snowmaking.

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

BNH participates in statewide #NHBanksGiveBack effort

#NHBanksGiveBack2023



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Bank of New Hampshire employees performing various volunteer efforts across New Hampshire.

LACONIA — Throughout the month of October, Bank of New Hampshire participated in #NHBanksGiveBack, a volunteer celebration organized by the NH Bankers Association. BNH joined the New Hampshire banking industry to support local communities through volunteer efforts and financial support.

#NHBanksGiveBack is a coordinated month of service where NH Bankers Association’s member banks are asked to engage in one or more of their regularly scheduled community service efforts during the month of October.

Bank of New Hampshire proudly engaged in a range of charitable activities during the #NHBanksGiveBack campaign, with a total of 24 dedicated volunteers contributing 77 volunteer hours. In addition to contributing valuable time, BNH also donated \$10,450 in fi-

fundraising Golf Tournament” in Hillsborough

Somersworth Festival Association’s “Pumpkin Festival” in Somersworth

Concord Coalition to End Homelessness’ “Blues, Brews, and BBQ” in Concord

Town of Thornton’s “Trunk or Treat” in Thornton

Cleaning buses at the Boys & Girls Club of Manchester in Manchester

Volunteering with the New Hampshire Food Bank in its statewide Fresh Rescue program

SCARE NH’s costume donation drive and volunteering at the distribution event

Restoring a playground and teaching classes at the Community Action Partnership of Strafford County in Dover

Sponsoring Pumpkin Fest, judging the pumpkin display competition, and helping set up for the event with the Lakes Region Chamber in Laconia

Bank of New Hampshire is proud to have been part of this statewide effort, showcasing our dedication to the well-being of the communities we serve.

Bank of New Hampshire is excited about this partnership as we aspire to remain an in-

dependent mutual financial institution, delivering innovative solutions and exceptional service, while assisting our employees, customers and communities to build brighter futures.

Bank of New Hampshire, founded in 1831 provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 21 banking offices and assets exceeding \$2 billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s custom-

ers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit BNH. Bank

About New Hampshire Bankers Association

The New Hampshire Bankers Association is a statewide, not-for-profit trade association representing and serving banking institutions in the State of New Hampshire. The mission of NH Bankers is to support our members by fostering a banking environment that strengthens our communities. For further information, please visit www.nhbankers.com or call (603) 224-5373.

State Police cruiser struck in Gilford

GILFORD — On Friday, Nov. 10 at approximately 4:48 p.m., a New Hampshire State Trooper was on patrol on Route 3 northbound in the town of Gilford. During this time, the Trooper observed a motor vehicle violator traveling in the southbound lane. The Trooper activated his emergency lights and began to turn his vehicle around.

As the Trooper conducted the U-turn, a vehicle traveling behind him failed to yield and crossed the double yellow line and collided into the cruiser. The operator was identified as Constine Kostas, age 93, of Boxford, Mass.

Kostas and his passenger were transported to Concord Hospital in Laconia. Additionally, the Trooper was also transported to Concord Hospital in Laconia. All involved in the collision sustained minor injuries. Troopers on scene were assisted by the Gilford Police Department and Gilford Fire and Rescue.

Anyone who may have witnessed the collision is encouraged to contact Det. Sgt. Kempes Corbally either by email at Kempes.R.Corbally@dos.nh.gov or at (603) 223-8928.

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Edward Jones: Financial Focus

Do your investments match your goals?

As you go through life, you'll have various financial goals — and to achieve them, you'll need to invest. But just recognizing the need to invest is not as useful as matching specific types of accounts or investments with specific goals. How can you make these connections?

Let's look at some common goals and how they could possibly be met with appropriate accounts and investments:

- *Saving for a down payment on a house* — When you're saving for a down payment, you want a certain amount of money available at a certain time — so, for this goal, you won't want to take too much risk. Consequently, you might consider investing in certificates of deposit (CDs), which will pay you regular interest payments and return your principal when the CDs mature. CDs

are issued in a range of maturities, from one month to 10 years. Other vehicles you might consider are money market accounts or other cash equivalents.


- *Saving for a child's education* — If you have children, and you'd like to help them pay for some form of higher education, you may want to consider a 529 education savings plan. Any earnings growth in a 529 plan is federally tax free, provided the withdrawals are used for qualified education expenses, and you may also receive state tax benefits. A 529 plan can be used for college, approved trade school programs, student loan repayments and some K-12 costs. And if the child you've named as a beneficiary chooses not to continue their education, and doesn't need the money in a 529 plan, you can generally switch beneficiaries to

another immediate family member.

- *Saving for retirement* — This is the one goal that will remain consistent throughout your working years — after all, you could spend two or even three decades in retirement, so you'll need to accumulate as many financial resources as you can to pay for those years. Fortunately, you likely have access to several good retirement-savings vehicles. If you work for a business, you might have a 401(k) plan, which offers you the chance to put away money on a tax-deferred basis. (If you have a Roth option in your 401(k), your withdrawals can be tax free, although, unlike a traditional 401(k), your contributions won't lower your taxable income.) If you work for a public school or a nonprofit organization, you may be able to participate in a

403(b) plan, which is quite similar to a 401(k), and the same is true if you work for a state or local government, where you might have a 457(b) plan. And even if you invest in any of these plans, you can probably also contribute to an IRA, which gives you another chance to invest on a tax-deferred basis (or tax-free basis, if you're eligible for a Roth IRA). Try to take full advantage of whatever retirement plans are available to you.

Here's one final point to keep in mind: While some investments and accounts are appropriate for certain goals, they may not necessarily be suitable for your individual situation — so keep all your options in mind and take the steps that are right for you.



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Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Greater Lakes Region Children's Auction item collection sites open

LACONIA — The Greater Lakes Region Children's Auction announced recently that many collection sites are now open to drop off items for this year's event from Dec. 5 to 8, at the Belknap Marketplace.

Jennifer Kelley, the auction's executive director, said, "We're looking for new, unused items, big and small. Gifts cards are always a hit with our bidders. Other popular items include electronics, tools, tickets to sporting events, experiences, toys, services. You name it, we need it."

Collection boxes are at these locations in the Lakes Region:

Alton: Irwin Marine, 396 Main St., Meredith Village Savings Bank, 82 Wolfeboro Highway

Ashland: Meredith Village Savings Bank, 5 Riverside Drive

Belmont: Baron's Major Brands, 225 Daniel Webster Highway, Belmont Fire Dept, 14 Gilmanton Road, and Mattress Firm, Belknap Marketplace, 96 Daniel Webster Highway



Auction volunteer Charlene Moses, left, and Executive Director Jennifer Kelley show off a collection box.

Bristol: Tappl Thompson Community Center, 300 N. Main St.

Center Harbor: Meredith Village Savings Bank, 28 State Route 25

Franklin: Grevior Furniture, 440 Central St

Gilford: Franklin Savings Bank, 11 Saw-

mill Road, Gilford Tennis and Fitness Club, 314 Old Lakeshore Road and Meredith Village Savings Bank, 1383 Lakeshore Road

Laconia: Body Covers, 94 Primrose Drive North, Irwin Automotive Group, 59 Bisson Ave, Irwin Automotive Group, 446 Union Ave., Irwin Marine, 958 Union

Ave., Meredith Village Savings Bank, 379 S Main St. (Route 106), The Wellness Complex, 827 N Main St.

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104 and 24 NH Route 25

Moultonborough: Meredith Village Savings Bank, 991 State Route 25

Plymouth: Meredith Village Savings Bank, 131 Main St.

Tilton: The Country Store at Tanger Outlets, 120 Laconia Rd., Dox on

COURTESY

Winnisquam, 927 Laconia Rd.

For more information, to donate or volunteer, visit childrensauction.org or call (603) 527-0999.

About the Greater Lakes Region Children's Auction

Numerous fundraising events in the Lakes Region throughout the year support the Greater Lakes Region Children's Auction, including our four-day signature event every December. In the past four decades we have distributed more than \$8 million to over 80 nonprofits that serve low-income families and children in the Lakes Region, all through volunteer efforts, community donations and corporate sponsorship. The Auction falls under the umbrella of the Greater Lakes Region Charitable Fund for Children, a 501(c)(3) nonprofit organization that helps local community organizations that serve children and families in need. For more information about the Auction, the nonprofits it supports and how you can help, visit ChildrensAuction.org.

Plymouth State softball announces winter softball clinics

PLYMOUTH — The Plymouth State University softball program has announced additional dates in its series of off-season clinics, head coach Mike Bernier announced on Friday.

The program will be running an Advanced Pitching Clinic in January, as well as three Winter Softball Clinics (not position-specific), in February.

Online registration is required for all Plymouth State Athletics camps and clinics and is available at athletics.plymouth.edu/camps.

Plymouth State Softball Advanced Pitching Clinic

Hosted at the ALL-Well North building, this one-day advanced pitching clinic will take place on Sunday, Jan. 28 (11 a.m. – 1 p.m.). The clinic is facilitated by former NCAA Division I Merrimack College pitching coach Harold Sachs, along with members of the PSU softball coaching staff and pitching staff and is open to high school athletes (grades nine-12). The registration fee is \$100 per person. Athletes are asked to bring their own gloves, sneakers, and water, and to provide their own catcher.

Plymouth State Winter Softball Clinics

Hosted at the ALL-Well North building, this series of clinics run by PSU softball coaches and players will cover throw-

ing, fielding, hitting and baserunning. The clinics are offered on Feb. 4, 10, and 18, from 11 a.m. – 2:30 p.m. each day. The clinics

are open to athletes in grades six-12. The cost to attend a single clinic is \$80, with discounted rates for two sessions

(\$140), and all three sessions (\$200). Athletes are asked to bring their gloves, bats, sneakers, and water.



COURTESY PHOTOS



For a good cause

During the month of October, the Gilford girls' soccer team wore pink uniforms and raised funds for the breast cancer awareness fight. The girls also took part in the Making Strides Against Breast Cancer Walk in Concord. All told, the team raised \$850 to help fight breast cancer and team members hope to raise even more next season.



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Gubernatorial candidate Cinde Warmington makes her case to Tri-Town Democrats

BARNSTEAD — On Nov. 6, gubernatorial candidate Cinde Warmington spoke to members of Tri-Town Democrats of Barnstead, Gilmanton and Alton at Barnstead Town Hall. The meeting was well attended, with Democrats and several Undeclared voters present. (The other Democratic gubernatorial candidate, Joyce Craig, was guest speaker at the group's October meeting.)

Warmington was elected to the Executive

Council in 2020, and is the lone Democrat on the Council.

The Executive Council is a powerful governing body that meets with the governor every two weeks, advises him, and provides a check on his powers. It votes on pardons, contracts worth more than \$10,000, and nominations.

As councilor, Warmington has had a front row seat at observing how state government is run and feels she has a clear picture of what

needs to change in order for the people of New Hampshire to thrive. She believes that everyone deserves a shot at the future. No matter how humble their beginnings, if they work hard, they should be able to succeed. She had her shot. She worked her way through college, earned an MBA and law degree, and worked 40 years in the healthcare field. But for many young people, the American dream has slipped away. Many will never

be able to buy a house; even two incomes are not enough.

New Hampshire is 60,000 units behind in affordable housing, which is much higher than in surrounding states. This crisis has led to a larger homeless population and to worker shortages.

Warmington feels strongly that the way mental health issues are currently being handled in the state is plainly inhumane and costly to New Hampshire. The state has never integrated mental healthcare into the healthcare system, into schools or into outpatient programs. This would be a priority for her as governor.

Warmington believes that public education is the bedrock of our democracy, and is concerned that the current Commissioner of Education, Frank Edelblut, is undermining public education, instead of supporting it. As governor, replacing him would be one of her top priorities, as well as restoring to our teachers the dignity and respect they deserve.

Also at the top of her list is the current assault on women's reproductive rights. Warming-



Cinde Warmington

ton firmly believes that women must be free to make their own healthcare decisions. She wants to protect a woman's access to abortion and to fund family planning.

In addition, she wants to address gun violence and ensure that everyone has the right to vote, the right to affordable childcare, and the right to a renewable energy future.

Every two weeks, Warmington goes toe-to-toe with Gov. Sununu. She knows how to work across the aisle. She

represents 81 cities and towns and coordinates with state commissioners on a regular basis. As a result, she believes she has developed good relationships with them and feels that her transition from councilor to governor would be an easy one.

Be sure to join Tri-Town Democrats on Dec. 4 at Judy Wagner's home in Gilmanton for what promises to be a fun night of trivia, when you will be tested on your knowledge of political facts and local folklore!

Kingswood announces first quarter honor roll

WOLFEBORO — Kingswood Regional High School is pleased to announce the following students have met the criteria for honor roll for the First marking period ending November 3, 2023. All students who earn a numerical quarter grade of 93 to 100 in all classes will receive Highest Honors recognition. All students who earn a numerical quarter grade of 84 to 92 or higher in all classes will receive Honors recognition. Congratulations to our honor roll students!

Highest Honors

Grade 12: Dominic Alberto, Brandon Bergeron, Brady Clarke, Andrea Daggett, Riley Davis, Aaron Desmond, Kerri Dureau, Samuel Frazier, Christiana Gardiner, Olivia Griffin, Adrianna Guldbrandsen, Jackson Hall, Hannah Hartley, Keegan Kilkelly, Haleigh Lindsay, Jaylynn Lizotte, Kallen Malone, Emily Matos, Joshua Nelson, Norie Jo Perkins-Levasseur, Vanessa Rogers, Noah Silva, Noah Swenson, Katharine Viands, Anaka Waldron, Carrigain Williams, Marquis Williams, Landon Young.

Grade 11: Gavin Anderson, Sophia Baca, Alivia Blaney, Caleb Brenner, Jacob Brown, Norah Brown, Isabella Bush, Keagan Cole, Rowan Donovan-Laviolette, Edward Evans, Katherine Haley, Evan Harrington, Summer Inman, Spencer Kelly, Samuel Keniston, Oliver Kolodner, Caden Laing, Jaylin Lovering, Liam Moore, Lyla Murray, Emma Pinard, Sebastian Roberts, Sierra Rose, Kylie Ruths, Riley Stevens, Adriane Teves, Bradley Tuttle, Ailena Urquhart, Jiner Zhuang.

Grade 10: Samantha Bennett, Thomas Bronson, Liam Brown, Malcolm Clark, Nathan Cloos, Alexander Cronin, Nathaniel Demain, Nelson Edwards, Isabelle Fournier, Michael House, Jordyn Martineau, Cooper McCourt, Brady Moulton, Adrianna Noel, James Rogers, Gianna Santangelo, Grady Steele, Evan Thurston, Joseph Vasco, Audrey Wood.

Grade 9: Lexi Baker, Madison Bowley, Kayla Cegielski, Kelsie Davis, Kilee Davis, Jacob Dubuc, Isaac Gagnon, Avery Gilpatrick, Keira Haley, Adelle Harrington, Adaline King, Kiernan Kolodner, Avery Kunzler, Payton Leclair, Morgan Lewis, Rinnapa Malika, Caden McAllister, Maya Nolin, Alexis Olkkola, Emma Ouellette, Kaylee Pert, Zachary Pickle, Ava Randall, Acacia Scott, Eva Scott, Cameron Tuttle.

Honors

Grade 12: Sarah Arbour, Kayla Armstrong, Hailey Bilodeau, Rylee Booth, Grace Bushman, Connor Campbell, Caitlyn Carroll, Danika Chominski, Curtis Cloos, Brody Copenhaver, William Crane, Aiden Cummer, Emerson DeNitto, Karleigh DeWitt, Lila Dostie, Troy Dow, Marisole Duran, Lucy Edwards, Benjamin Ford, Clyde Forgy, Elliott Giessler, Orion Grupp, Ethan Huffman, Darcie Jackson, Amelia Kilmister, Karleigh Kluft, Austin Leach, David Lehmann, Charlotte Ling, Spencer Manchester, Michael Michaud, Sophia Moulton, Cole Murray, Megan Ouellette, Jacob Peck, Kolby Place, Keegan Quinn, Blake Sandlin, Sarah St. Jean, Flavia Tomanek, Haven Varney, Angileanna Velardo, Liam Walsh, Neil Whitcomb.

Grade 11: Lacey Arno, Julia Jean Avery, Benjamin Baca, Tyler Bamford, Matilda Bellington, Kadence Blodgett, Emily Brown, Garrett Burke, Corey Chapman, Spencer Clark, Maya Colson, Reese Couture, Liliana Duque, Hayden Eastman, Caelum Forgy, Grayson Gilpatrick, Avery Gregory, Savanah Hughes, Justin Jenkins, Jack Larson, Addison Lawlor, Stephen Lawrence, Noah Leighton, Brenna Lewis, Benjamin Livie, Stella Lunt, Kylie Nardello, Jackson O'Keefe, James Parquette, Samantha Petit, Richard Piper, Kylie Rapoza, Kolton Ritchings, Calvin Sanft, Morgan Sprince, Charlie Stipo, Landen Tedesco, Maia Tomanek, Hannah Vachon, Isabella Vachon, Cormack Welch, Susan Wetherald, Eva Zavas.

Grade 10: Timilehin Abere, Annika Akey, Samuel Baca, Thomas Benker, Miley Bentley, Ayden Bernier, William Blake, Makenzie Boisvert, Ryker Booth, Graham Burke, Brynn Demers, Annissa Desrochers, Allison Doherty, Kaden Duque, Sophie Edwards, Reese Fischer, Haylee Hammes, Quinn Ivone

Allyson Jedrey, Griffin Karcher, Kylee King, Emma Korntved, Brendan MacPhee, Jack Marks, Jacob Moody, Chris Mullen, Olivia Pedersen, Joy Peterson, Nevaeh Quinn, Liam Rauschnot, Dean Richards, Ayla Robinson, Bryce Sandlin, Elijah Seward, Hayden Sherman, Charity Thomas, Faith VanAuken, Grady Whitcomb, Benjamin Wright, Julia Young.

Grade 9: Taylor Allar, Mathew Ames, Adelyn Arsenault, Aliyah Arsenault, Isabelle Bean, Cody Bennett, Paige Boston, Ellie Brown, Brady Call, Lainey Clarke, Jerilyn Cornwell, Elliott Crouse, Taylor Culverhouse, Cassius Degro, Isabella Dickey, Vaeh Dow, Caleb Duford-Stevens, Keyla Duncombe, Sophia Dupell, Ella Eastman, William Edwards, Laura Fernandes, Izabella Forest, Tiana Fowler, Elizabeth Gagne, Saige Griffin, Opal Grupp, Brody Hanson, Hayden Herbert, Victoria Hicks, Chloe Houghtaling, Colby Karstedt, Seamus Kelly, Evan Kimball, Caroline Kinzlmair, Lindsey LaPierre, Abigail Lemay, Emma Lewis, Cassidy Libby, Tessa Libby, Jamison Magnell-Lynch, Jocelynn Mayo, Paisley McInnis, Cohen McNevech, Hayden Merrow, Aidan Nelson, Megan Nicol, Ciara Noble, Giselle Nunez, Saylee O'Blenes, Myles O'Keefe, Peter Prentice, Cadance Reilly, Charlotte Sanborn, Ryan Santerre, Jeremy Sellers, Zackary Seigney, Olivia Shaw, Kurtis Sheffer, Richard Smith, Alyvia Stevens, Ava Waldron, Carmin White.



COURTESY

Advantage Kids earns national recognition

'Advantage Kids,' a non-profit Gilford-based tennis organization, recently received a prestigious New England award. The organization earned the National Junior Tennis and Learning (NJT) Chapter of the Year award during New England's largest tennis conference and awards ceremony in Natick, Mass. Advantage Kids works extremely hard to introduce the benefits of tennis to children for free by partnering with local schools and organizations and providing financial assistance to students. This year, the organization has partnered up with the Bryan Brothers, the most successful doubles team in tennis history, from the US to help raise money for the organization.

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Audubon announces program on Belize

MOULTONBOROUGH — On Thursday, Nov. 16 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a program on “Belize: Tropical Birds and Conservation in Action,” presented by Bob Quinn.

Belize is a wonderful destination — especially for the first-time visitor to the tropics. Almost

all of the marvelous tropical creatures and plants are there — toucans, parrots, trogons, antbirds, brilliant butterflies, leaf-cutter ants, palm trees, fruit trees, gorgeous flowers, gentle breezes... plus the wonders of the Mayans and their remarkable buildings and culture. This program is focused on a large protected area — the enormous and unique Rio Bravo Conservation Area.



An Olive-baked Euphonia

COURTESY

Quinn is a native of New Hampshire with a degree in zoology from the University of New Hampshire. He has led field trips throughout North America, as well as numerous trips to Trinidad, Costa Rica, Panama, Ecuador, Brazil, Peru, Venezuela, Australia, New Zealand, and Bhutan. He is the proprietor of a natural history services business, Merlin Enterprises, and has worked on contract for the U.S. Fish and Wild-

life Service, the State of New Hampshire, the Society for the Protection of NH Forests, and the NH Audubon Society among others.

The Loon Center is located on Lee’s Mill Road; follow the signs on Blake Road from Route 25 near the Moultonborough Central School, or from Route 109, turn on to Lee Road and turn left on Lee’s Mill Road.

Greater Lakes Region Children’s Auction seeks, thanks sponsors

LACONIA — As the Greater Lakes Region Children’s Auction gears into its busy season in preparation for the 2023 auction to be held at the Belknap Marketplace and online, Tuesday, Dec. 5 through Friday, Dec. 8, from 9 a.m. to 7 p.m., its leaders are still seeking sponsors.

View sponsorship options at childrensauction.org/sponsorship. To get involved as a sponsor or donate items, email Jenn@ChildrensAuction.org.

tion.org or call 603-527-0999.

Sponsorships help raise awareness for an organization. For instance, those who sponsor a day of the auction are featured the entire day, with the organization logo visible to bidders and community members. The organization is also featured on air and on the digital screen that appears in the broadcast and streaming.

“The Children’s Auction would not be successful without our sponsors, and the beauty of sponsorship is that it’s a win-win for businesses. They get to raise awareness about their organizations while also helping children and families in need in our communities,” said Jennifer Kelley, executive director for the auction.

Kelley also thanked these area sponsors who have already come forward.

Hannaford is the event’s Presenting Sponsor and MB Tractor the OverBid Sponsor for the Week.

Other sponsors include: Bank of New Hampshire, Bonnette, Page & Stone, Children’s Dentistry, Dairy Queen, EPTAM, Gilford Hills Tennis and Fitness, Granite State Glass, Hi Gloss Boat Restoration, Irwin Marine, Jugger-naut Fitness, Laconia Harley Davidson, Mere-

dith Insurance Agency, Meredith Village Savings Bank, Pike Industries, Sawyer’s Dairy Bar, The Edge, and The Xavier Group.

Media Partners are Breezeline, Lakes FM 101.5, Lakes Region Public Access, SnapRoot Creative Digital Marketing and The Laconia Daily Sun. And in-kind partners are Belknap Marketplace, Belmont Self Storage, SOS Tech, Huot Career and Technical Center, and Taylor

Rental.

Viewers can bid online at ChildrensAuction.org. The event will be streamed live on the auction website and at LaconiaDailySun.com and Facebook.com/ChildrensAuction. Watch live on Breezeline Channel 12 and Lakes Region Public Access TV Channel 25, or listen on Lakes FM 101.5.

Learn more about the Auction at ChildrensAuction.org.

Lakes Region Mental Health Center celebrates selection as a Hannaford Bloomin’ 4 Good program beneficiary

MEREDITH — Lakes Region Mental Health Center has been selected

as a beneficiary of the Hannaford Bloomin’ 4 Good Program for the

month of November.

The Hannaford Bloomin’ 4 Good Program, which launched in August 2021, is an easy way for shoppers to give back. Every Bloomin’ 4 Good Bouquet with the red circle sticker sold supports a nonprofit organization local to the Hannaford in which it was purchased.

Lakes Region Mental Health Center was selected as the November 2023 beneficiary by local store leadership at the Hannaford located at 50 NH-25 #5, Meredith, NH 03253. Lakes Region Mental Health Center

will receive a \$1 donation for every Bloomin’ 4 Good Bouquet with the red circle sticker purchased at this Hannaford location in November.

About Lakes Region Mental Health Center

Lakes Region Mental Health Center is the NH-designated community mental health center serving 24 towns in Belknap and Southern Grafton Counties. A non-profit, private corporation founded in 1966, LRMHC provides integrated care to children, adults, elders and their families who are living with and recovering from mental illness and/

or emotional distress. LRMHC professionals provide the highest quality of care, and by working in partnership with other health care providers, hospitals, law enforcement, corrections, courts, school districts, social workers and public health officials, LRMHC is able to provide a continuum of care for patients and improve the quality of life in the Lakes Region. In Fiscal

Year 2022, LRMHC’s 200+ employees served 3,512 children, adults and families and provided over \$372,000 of charity care. For more information, visit lrnhc.org or call 603-524-1100.

For more information about the Hannaford Bloomin’ 4 Good Program, please visit hannaford.2givelocal.com.

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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 abundantharvestn.org or e-mail ahbf@faith.com.

ALTON BAY CHRISTIAN CONFERENCE CENTER
Sundays throughout the summer 10am & 7pm, 875-6161.

BEEFREE 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
centerbarnsteaducc.org

CHRISTIAN COMMUNITY OF PRAISE C.O.P. PRAISE GATHERING
Gathering Saturday evenings at 5:30 p.m.
The Gilmanston Community Church
1803 NH Route 140, Gilmanston Ironworks, NH
ccoppraisegathering@gmail.com

COMMUNITY CHURCH OF ALTON
Pastor Jared Cassidy
10am Worship service Sunday
20 Church St Alton
(603) 875-5561
www.ccaalton.com

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Rev. Rebecca Werner Maccini
603-776-1820
Our services are in person at 504 North Barnstead Road, Center Barnstead, NH and live-streamed on Zoom, Sundays at 10 a.m., ccnorthbarnstead.com

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Sunday School 10:15 AM
400 Main Street
Farmington, NH 03035
Pastor Tom Gardner 755-4816
www.farmingtonnuc.org

FIRST FREE WILL BAPTIST CHURCH
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Wed. Prayer Meeting 7pm. DeJof St., New Durham;
Pastor James Nasson.

PARADE CONGREGATIONAL CHURCH OF BARNSTEAD, N.H.
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Pastor Sandy Pierson - 483-2846

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Rev. Miriam Acevedo with Rev. Stephen Ekerberg
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UNITED METHODIST CHURCH
Rt. 171 at Tiptonham 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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MAPLE STREET CHURCH
Sunday Service 11am
96 Maple Street, Center Barnstead NH 03225

CCVD Procedural Defect Meeting

Dec. 2, 2023 9:00am

at the Garage.

81 Mountain Dr,

New Durham, NH

SHAKER REGIONAL SCHOOL DISTRICT REQUEST FOR PROPOSALS - SNOW REMOVAL

Shaker Regional School District is soliciting quotes for snow removal for the 2023-2024 School Year at its three campuses in Belmont, NH. Bid specifications can be found on the district website, www.sau80.org, or by contacting Steve Dalzell, Director of Building & Grounds, at 603-267-9223 ext. 5309. Proposals are due by noon on November 16, 2023. The Shaker Regional School Board will award the bid at its meeting on November 28, 2023.

Temple B’nai Israel commemorates Kristallnacht

LACONIA — Temple B’nai Israel will commemorate Kristallnacht, also known as “The Night of Broken Glass,” on Thursday, Nov. 9, on the front steps of the temple located at 210 Court Street in Laconia, starting at 6 p.m. The Lakes Region community is invited to bear witness and partake in a program with influential community leaders and clergy from various faiths offering words of comfort and songs of hope to unite against hatred and intolerance.

Eighty-five years ago, Nov. 9, 1938, violent mobs, spurred by antisemitic exhortations from Nazi officials, destroyed hundreds of synagogues, burning or desecrating Jewish religious artifacts. Approximately 7,500 Jewish-owned businesses, homes, and schools were plundered, and 91 Jews were murdered. An additional 30,000 Jewish men were arrested and sent to concentration camps. This marked a turning point in the history of the Jewish population of Europe as the Nazi regime transitioned from antisemitic rhetoric and laws to the brutal, aggressive persecution of Jews that ultimately led to the Holocaust.

Today, antisemitism is surging globally. In the Lakes Region recurring incidences of antisemitic graffiti have escalated from park benches and library shelves to buildings and personal attacks. With the State of Israel under siege and defending itself to survive there is a renewed responsibility to remember and commemorate Kristallnacht. Temple B’nai Israel will remain vigilant, standing for righteousness and justice for all persons, ensuring that the world learns from both the distant past and recent events.

THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	Alton Mountain Road	N/A	\$705,000	Debra A. and Randy C. Anderson	Marjorie Wiggins and Martha M. McDrury
Alton	115 Main St.	Commercial Building	\$200,000	Rong L. Guo	Christy Painchaud LLC
Alton	574 Stockbridge Corner Rd.	Single-Family Residence	\$420,000	Wayne D. and Catherine A. Fraser	David G. and Shirley A. Bartlett
Barnstead	Half Moon Road	N/A	\$190,000	Francis W. Senkel RET	Francis N. Courtney and Nancy E. Southwick
Barnstead	Locke Lake Colony Lot 70	N/A	\$707,333	Ryan L. Heath LLC	Robert B. and Lori A. Dube
Barnstead	24 Oak Dr.	Single-Family Residence	\$250,000	Jeremy and Caitlin Lebowitz	Jeffrey M. and Sarah A. Paquette
Barnstead	Suncook Valley Road	Residential Open Land	\$89,000	Garland Farm LLC	Lisa A. Mackay and Alfred G. Drouin
Barnstead	N/A	N/A	\$520,000	Derek T. and Jamie S. Edge	Tristan Wallace and Denise Lyakhovich
Gilford	30 Bakers Rd.	Residential-Other	\$131,200	Furmer 3rd and Mary Souther	Jason and Hillary Coolidge
Gilford	34 Leisure Dr.	Residential Developed Land	\$58,800	Jana Srajer	Lindsay and Joseph O'Connell
Gilford	24 October Lane	Single-Family Residence	\$515,000	Brenda A. and Mark S. Williams	Shanna and Wayne Percy
Gilford	N/A	N/A	\$255,000	Kenneth J. Crosby	Woods Fiscal Trust and Mari F. Woods
Gilmanton	5 Bacon Way	Single-Family Residence	\$150,000	Heather M. Stone	Robert R. and Ileana M. Stone
Gilmanton	Crystal Lake Road	N/A	\$740,000	Brian M. Lamont and Jennifer A. Swift	Mark and Christine Ostrosky
Gilmanton	32 Holiday Dr.	Single-Family Residence	\$330,000	Janet L. Sierstorpff RET	Ronald E. Cartwright
Gilmanton	N/A (Lot 7)	N/A	\$620,000	Ann C. Hammond	Kenneth M. and Deborah Pacunas

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 in-

volve 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

LRSO holiday concerts feature vocalist Sheree Owens Dec. 9 & 10



REGION —The holiday season is upon us, and the Lakes Region Symphony Orchestra (LRSO) invites you to

embark on a musical concert journey filled with joy, warmth, and timeless seasonal melodies. Join us Saturday,

Dec. 9 at 7 p.m. at the Colonial Theatre in Laconia, and Sunday, Dec. 10 at 3 p.m. at Inter-Lakes Community Auditorium

in Meredith.

This year we are delighted to introduce our guest vocalist, Sheree Owens, a dynamic talent of the Powerhouse Theatre Collaborative in Laconia. Sheree's stunning voice takes center stage, adding her personal touch to orchestral classics like Ave Maria, and shining bright with popular favorites including Barbra Streisand's "White Christmas," Sarah Reeves' "My Favorite Things," Angela Lansbury's "We Need A Little Christmas," The Carpenters' "The Christmas Song," and many more beloved holiday tunes.

Sheree Owens' journey began in elementary school, and her passion for music led her to earn a degree in Musical Theatre from Dean College. She's no stranger to accolades, having proudly received three

New Hampshire Theatre Awards for her outstanding performances in Les Misérables, The Penelopiad, and her captivating portrayal of Charity Barnum in Barnum.

These holiday concerts are the talk of the Lakes Region, and tickets disappear faster than hot cocoa on a chilly winter day! Tickets are \$20-\$30 for adults, and \$10-\$15 for students college-age and under (please, no children under age five).

Don't wait—these concerts sell out and will be a gift you'll treasure all season long! Visit www.LRSO.org to buy seats for the Colonial Theatre or Inter-Lakes performances. You can also order by phone using the contact numbers listed for each venue on our website.

The Lakes Region Symphony Orchestra ex-

tends its gratitude to its concert sponsors, Fay's Boat Yard and Cupples Car Company. Their unwavering community support is an essential part of what makes LRSO, your community orchestra, possible.

Stay connected with us on Instagram at [LRSO.NH](https://www.instagram.com/LRSO.NH) and Facebook at [LRSO1](https://www.facebook.com/LRSO1). As we continue to grow, we are looking to expand our Board of Directors. If you are interested in being a part of the LRSO journey, seek out a Board member at any concert, or contact us through www.LRSO.org/contact.

Join us for an unforgettable celebration of holiday magic and musical enchantment, and let the spirit of music fill your heart with warmth and joy. Happy Holidays from LRSO!



Scholarship Foundation to benefit from Hannaford Bloomin' 4 Good program

Lakes Region Scholarship Foundation has been selected as the beneficiary of the Hannaford Supermarket's Bloomin' 4 Good Program through the month of November. Hannaford Supermarkets' Bloomin' 4 Good Program will be supporting the Lakes Region Scholarship Foundation by donating a portion of sales of every Bloomin' 4 Good bouquet sold! This is the perfect time of year to liven up your inside with a beautiful Fall bouquet! Left to right: Cassandra Hamilton, Assistant Customer Service Manager Hannaford Gilford, and Chris Guilmet, Assistant Director Lakes Region Scholarship Foundation.



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Lakes Region singer-songwriter to perform at the NE Music Awards!



FOXBORO, Mass. — Lakes Region Native and five-time nominee Dakota Smart has been selected to perform at the 2023 New England Music Awards at Six String Grill & Stage, Foxboro, Mass., on Sunday, Nov. 12.

Smart, 23-year-old Singer-Songwriter from Alton, has once again caught the attention of Music enthusiast with his 2023 New England Tour of over 100 performances this year and the release of his newest song, “Greatest Thing You’ve Never Seen.” He was one of the handful of Artists chosen to perform out of hundreds of talented acts from several New England States. For more information and tickets, visit <https://nemusicawards.com>

This is one of many successes for this young singer-songwriter Dakota Smart. His career writing music and performing at the age of 10, by the time he was 17, he was on tour with an opening band for legendary Three Dog Night. At 18, he was already writing and releasing professional studio recorded songs. And started winning song competitions. He received multiple New England Music Awards nominations by the time he was 21. He also released his fully produced album “Leap of Faith” and was selected out of more than 1,100 acts to perform in a Nashville Showcase in front of a panel of Music Industry A&R and Labels. Covid downtime inspired him to write dozens of new songs which have tilted the ear of many music industry professionals encouraging him to continue this journey. He was recently paired with Nominated Producer, Lowell Reynolds to record 10 of his new songs at historic Blackbird Studio, Nashville. He was thrilled to record in the same room as one of the most iconic rock bands, Queen! Today, he’s a sought-after performer throughout New England. Dakota’s very passionate about writing and performing new music that is described by his audiences as “way above his years.” He’s one to watch! You can hear Dakota Smart music on Spotify and all Music streaming platforms. Follow him on social media @Dakota Smart Music and <http://www.dakotasmart.com>.

Temple B’nai Israel We Care concert raises funds for Interlakes Community Caregivers



COURTESY
Pictured are We Care’s Stu Needleman, Committee Chair and Barbara Katz, Marketing Chair. Interlakes Community Caregivers representatives are Pam Joyal, previous Executive Director, Chris Kelly, Board President, Dyan Lowman, Board Secretary, Kathryn Holt, Executive Director, Amy Blongy, Lead Coordinator, and George Jewell, Board Treasurer.

LACONIA — On Monday, Nov. 6, representatives of We Care of Temple B’nai Israel presented the Interlakes Community Caregivers with the proceeds from their recent sold-out fundraising concert. The event was held on Oct. 28 and featured The Jersey Tenors, in a much anticipated return engagement to the Lakes Region.

One enthusiastic audience member remarked, “Such a fun night with great entertainers...from a Jersey girl!”

The evening’s proceeds of \$23,295 was a result of ticket sales and the support of businesses who sponsored the event including Audi Nashua, Interlakes Family Dental, Miracle Farms Landscaping, Comfort Keepers, Electrical Installations, McCarthy Lawn and Landscape, The Platinum Group at Re/Max Bayside, Ippolito’s Furniture, Northway Bank, Taylor Community, The Moultonborough Lions Club, Break Away Rentals, Circle Dental, E.M. Heath Market, Moulton Farm, Overhead Door Options, Re/Max Bayside, and Winsor Homes. The partnership between We Care, Interlakes Community Caregivers, and these outstanding community minded businesses will help to support the ongoing commitment of the Interlakes Community Caregivers to the population they serve.

MVSB’s Devin Scott completes WorkReadyNH teller training program

LACONIA — MVSB (Meredith Village Savings Bank) is proud to announce that Devin Scott has recently completed the WorkReadyNH training program as required toward ultimately achieving his Bank Teller Registered Apprenticeship certification. He began shadowing as a teller apprentice in MVSB’s Laconia office in the summer, working closely with his mentor and co-workers to gain banking experience.

“I previously came from a background in food management, so I started with very limited knowledge of the banking industry,” said Scott. “This program helped ease me into this new career path and taught me valuable skills such as interviewing, customer service and using computer programs. Everyone at the bank has been fantastic to work with and always willing to an-



Devin Scott

swer my questions and guide me through procedures. I would say I am lucky and thrilled to have joined the program.”

WorkReadyNH provides 60 hours of professional-level training that addresses the soft skills that employers want in the workplace, including communication, problem solving, decision making, business ethics, conflict resolution, employer expectations, team building and more. MVSB is proud to offer the Bank Teller Registered Apprenticeship program in partnership with the Community College System of New Hampshire and Apprenticeship NH. This program provides apprentices 16 years and older with a practical pathway to a career in banking while receiving pay and mentorship. Go to apprenticeshipnh.com to learn more. MVSB has been serv-

ing the essential banking needs of people, businesses, nonprofits and municipalities for over 150 years. As a mutual savings bank, MVSB has no stock-holders but rather operates for the benefit of its customers, employees and community. Since our founding, one thing has always remained true: caring is at the heart of everything we do. By building and nurturing relationships, we believe that we can cultivate a community where we all thrive. It all starts with caring about our customers and neighbors. To learn more, visit any of the local branch offices located in New Hampshire in Alton, Ashland, Center Harbor, Gilford, Laconia, Melvin Village, Meredith, Moultonborough, Plymouth, Portsmouth, Rochester or Wolfeboro, call 800-922-6872 or visit mvsb.com.

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PETS OF THE WEEK

Ralph

Meet Ralph! This goofball is such a sweetheart and brings so much joy to the staff and volunteers here at the facility. He loves meeting new people and is always curious of other doggos. Ralph does have an autoimmune disease that requires treatment by daily medication and will require routine veterinary check ups (Check with your vet! You will find the monthly cost is not high!). During his



Gismo

Meet Gismo! With the softest coat and cutest face, she wants to be the center of all your attention and will provide adorable meows of approval. Submit an application to learn more about this cutie!



down time, between eating treats and playing fetch, Ralph loves to cuddle up for nap time and would be a great addition to a home looking for a little extra love.

Recently, members of our Volunteer Program, have been able to give Ralph some extra time out of the shelter! Through these outings we have learned - Ralph loves water and hiking. He enjoys getting to spend time outdoors and making new friends along the way.



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Belknap Mill book club meets by Zoom Nov. 29

LACONIA — The Belknap Mill Page Turners Book Club invites you to join them this month to read “Lady Editor: Sarah Josepha Hale and the Making of the Modern American Woman.” Author Melanie Kirkpatrick will join for the book club meeting via Zoom on Nov. 29 at 6 p.m. To join the book club, email jill@belknapmill.org.

“Lady Editor” re-creates the life of a major nineteenth-century woman, whose career as a writer, editor, and early feminist encompassed ideas central to American history. Melanie Kirkpatrick is a writer-journalist based in Connecticut and a senior fellow at the Hudson Institute, a Washington think tank. She contributes reviews and commentary to various publications, including the opinion pages of The Wall Street Journal, for which she worked for 30 years. Her books include “Lady Editor: Sarah Josepha Hale and the Making of the Modern American Woman” (2021), “Thanksgiving: The Holiday at the Heart of the American Experience” (2016) and “Escape from North Korea: The Untold Story of Asia’s Underground Railroad” (2012).

For more information about upcoming programs and events at the Belknap Mill, visit www.belknapmill.org.



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Favorites return to Barnstead Historical Society Christmas Sale

BARNSTEAD — Fan favorites Tiede Farms Smokehouse is returning to the Barnstead Historical Society Christmas Sale! Be sure to stop in on Dec. 2, from 9 a.m.-1 p.m. while you’re doing errands to pick up a delicious breakfast sandwich.

If breakfast isn’t your thing, be sure to pick up a cup of Jeannie Terry’s delicious soup or chowder.

Also returning are Mary Lou Conton with a variety of hand quilted items and Anne Watson with festive holiday bows, fun games for kids and painted items, such as sea shells and rocks.

While you’re there, pick up a copy of one of Stuart Merrill’s books for the history buff on your list. Both books, “History and Genealogy of the Barnstead Early Settlers from 1727 to 1970” and “History of the Barnstead Fire Departments” have been made available to the Historical Society for sale through a generous donation by his late wife, Grace, and we are eternally grateful and honor both of their memories. And thanks to all for making this day one we look forward to each year!



PHOTO BY ERIN PLUMMER

GHS displays Halloween spirit

Right before Halloween, Gilford High School students decorated pumpkins in each of their advisories with pumpkin was done by each class. All the pumpkins were mounted outside the school’s front windows for everyone in the school to see.



REAL ESTATE



Equal Housing Opportunity

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.

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

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3BR/3BA, 2,188 sf. cape in the gated community Long Bay on Lake Winnepesaukee. This versatile residence offers the potential for 4 bedrooms, a 2 car garage, and open concept layout with a seamless flow. Deck off the back of the house overlooks meticulously landscaped lawn get for entertaining.

2BR/2BA, 1,680 sf. townhouse perfect for an income property, year round residence or just a great getaway retreat in Waukewan Village with many recent updates including the kitchen, fresh paint, new water heater, new ceiling fans, lighting and more. Just a short distance from the town beach.

Live and work at the same great location with Lake Winnepesaukee water views in this 3BR/3BA, 1,780 sf. ranch. Previously an auto repair shop for 20+ years and is suitable for many business types. There is also a heated pre-fab garage on the property. Some rehab needed, property is being sold as is.

3BR/2BA, 2,081 sf. luxury Lakeside unit on the 3rd floor with private access elevator and many custom finishes overlooking Pausug Bay on Lake Winnepesaukee while still affording high privacy. Featuring granite counters, hardwood and tile flooring, fireplace, 2-car garage and more!



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Creative Coloring

Celebrate holiday cooking.
Color in this picture to create your own masterpiece.



THIS DAY IN...



HISTORY

- **1901:** GUGLIELMO MARCONI TRANSMITS THE FIRST TRANSATLANTIC RADIO SIGNAL.
- **1946:** THE UNITED NATIONS EMERGENCY FUND (UNICEF) IS ESTABLISHED.
- **1972:** APOLLO 17 BECOMES THE SIXTH AND FINAL APOLLO MISSION TO LAND ON THE MOON.



THIS FOOD IS OFTEN THE
MAIN COURSE AT HOLIDAY
MEALS.

ANSWER: TURKEY



MENU

a list of dishes
available in
a restaurant

How they
say that in...

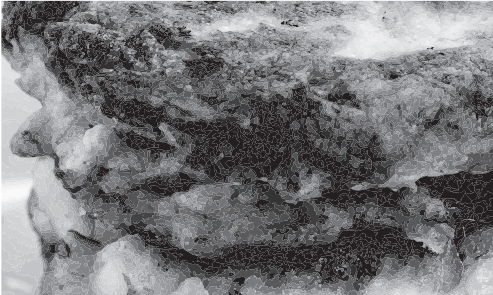
- ENGLISH:** Dinner
- SPANISH:** Cena
- ITALIAN:** Cena
- FRENCH:** Dîner
- GERMAN:** Abendessen

Did you
know?

EGGNOG IS A BEVERAGE SERVED
DURING THE HOLIDAY SEASON THAT
IS MADE FROM EGG
YOLKS, MILK AND
AROMATIC SPICES.



GET THE
PICTURE?



Can you guess what
the bigger picture is?

ANSWER: LATKES

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to holiday decorating.
Each number corresponds to a letter.
(Hint: 18 = I)

A. 16 18 25 23 26 4

Clue: Metallic strips

B. 8 24 25 7 4 26 23

Clue: Wax illumination

C. 4 18 14 17 16 23

Clue: Strings of bulbs

D. 1 11 26 24 16 17

Clue: Evergreen door or wall hanging

Answers: A. tinsel B. candles C. lights D. wreath

SUDOKU

4				9	7			
	1			8				4
	8			3			2	
	6	4					1	
				9				
	3	7	6	4				2
	7			8				5
							4	
		5		1		8		

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!

6	4	5	9	1	2	8	7	3
3	9	8	7	6	5	2	4	1
2	7	1	3	4	8	6	9	5
1	3	7	6	5	4	9	8	2
8	5	2	1	7	9	4	3	6
9	6	4	8	2	3	5	1	7
5	8	6	4	3	1	7	2	9
7	1	9	2	8	6	3	5	4
4	2	3	5	9	7	1	6	8

ANSWER:

Laconia Historical & Museum Society presents “Our Local Veterans: The Revolutionary War to the Persian Gulf”



Ray Peavy, Jr. and Warren Huse discuss and review the artifacts on display in the Our Local Veterans: The Revolutionary War to the Persian Gulf exhibit at the Lakeport Freight Museum. A slideshow presentation of “Our Local Veterans: The Revolutionary War to the Persian Gulf” will be shared on Wednesday, Nov. 15 at 6 p.m. in the Laconia Rotary Auditorium at the Laconia Public Library.

LACONIA — A slideshow presentation of “Our Local Veterans: The Revolutionary War to the Persian Gulf” will be shared on Wednesday, Nov. 15 at 6 p.m. in the Laconia Rotary Auditorium at the Laconia Public Library. As part of the Laconia Historical & Museum Society’s Our Yesterday’s 2023

Presentation Series, this is a free program that the community is welcome and encouraged to attend. The possibility of one of Laconia’s own being present during Benedict Arnold’s treasonous attempt to turn-over West Point in 1780, the incredible bravery of a Lieutenant Commander re-

fusing to give up his post during one of the worst battles of WWII, and what a local doctor saw on the front lines that made him apologize to his wife for his vehemence are only a few of the stories that will be part of the Our Local Veterans presentation. Raymond Peavy, Jr., LHMS Board member

and retired Senior Chief Petty Officer, will share excerpts and stories about Laconia veterans who served in our nation’s military from the Revolutionary War onward. Ray served a combined total of 26 years with the US Marine Corps and Navy Seabees. He works tirelessly to preserve and share the

history of our community’s veterans. An exhibit of the same name, consisting of military items and remembrances, is available for viewing at scheduled times until Saturday, December 9th at the historic Lakeport Freight House Museum in Lakeport Square. For a full list of ex-

hibit viewing times, additional information about this program, or to learn more about LHMS and other upcoming events, please visit laconiahistory.com or LHMS on Facebook and Instagram.

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Energysavers Inc, 163 Daniel Webster Hwy, Meredith NH



MAMMA MIA

(continued from Page A1)

“You learn the backside of a production too,” she said. “It’s fun to have something in your head, tell people to do it and (bring it) to life.”

Avery Hennig plays Donna’s daughter Sophie, who is getting married in Greece.

“She’s looking for her father,” Hennig said. “She’s very bubbly and fun, young, in love.”

Luc Martin plays Sam, who was with Donna 21 years ago and might be Sophie’s father.

“He finds out he was actually in love with Donna,” Martin said.

Grace Cook plays Rosie, one of Donna’s best friends and bandmates.

“She’s very much a tomboy, she’s very antsy,” Cook said. “I would

say she has no filter.”

Cook said Rosie says what she thinks and also described her as dedicated to her friends.

Members of the cast said they have been enjoying the production. Cottrell said “Mamma Mia” is her favorite show.

They said they work hard and everything eventually comes together.

“Mamma Mia” will take the stage at the GHS auditorium Friday, Nov. 17, and Saturday, Nov. 18 at 7 p.m. Tickets can be purchased online at <https://www.onthestage.tickets/show/gilford-high-school/64e0cd9f41f-1c30e38740d9b/tickets>. Tickets are also available at the door.



GHS students work on their choreography in rehearsals for “Mamma Mia.”

ALTON

(continued from Page A1)

nitions is to distinguish between the different automotive definitions that better aligns with state law.

Amendment 3 will add provisions for a Flexible Zoning Subdivision, which will be allowed in the Residential Rural Zone and Rural Zone. Under the amendment, the General Provisions section will allow the Planning Board to grant conditional use permit its for Flexible Zoning Subdivision in both these zones and which would allow for approving reduced lot sizes, frontage requirements, and setbacks as well as permit multiple dwellings. All of these must meet regulations as outlined in the proposed amendment.

“This amendment is being proposed to allow

for flexibility in subdivision design to increase the diversity of the town’s housing stock, and other important resources in the community, in accordance with the Vision and Goals of the Master Plan,” read the amendment’s rationale.

The amendment would also remove the provision that two separate family dwellings can only be constructed in the Rural Zone on lots with more than 45 acres. This would allow for more flexible housing.

Amendment 4 would amend the section on Condominiums to be more in line with state law. Under the current ordinance the construction of new multifamily dwellings that would be conveyed as condos would require planning board approval and could not exceed five

units per building for all multifamily structures built after 2004. Under the amendment the ordinance would permit new construction for condominium conveyance in any district with site plan and subdivision approval by the planning board, making it closer to state law.

Amendment 5 would amend the definitions for “Self Storage Facility” to allow units to be sold individually.

Amendment 6 would allow short term rentals in the Recreation Service Zone. According to the rationale voters decided on the short-term rental amendment last year. State law, however, changes to a permitted use in a zoning district with 100 or fewer properties requires that a notice of public hearing be sent to each of the property owners in the dis-

trict. This amendment will fulfill that requirement for the Recreation Service Zone.

Amendment 7 would rename the definition of “Church” to “Religious Use of Land and Structures.” A state law went into effect last year that prohibits municipalities from regulating site plans or zoning for the religious use of land and structures and the name will be amended to be more consistent with the state.

Amendment 8 would repeal the article on Shoreland Protection Overlay District to remove a redundancy. The section would be repealed because state law already allows municipalities to enforce provisions of the Shoreland Water Quality Protection Act.

TurkeyTrot

(continued from Page A1)

who wanted to go for a run on Thanksgiving morning. As the years went by the race steadily grew, drawing more and more people. On average the race sees around 400 participants a year coming from all over New England.

The Turkey Trot draws a wide variety of people including locals, people who are in the area visiting relatives for the holiday, people

who travel to different 5K’s, and more.

The Turkey Trot is scheduled for Thanksgiving morning, Nov. 23 in front of the GYC. Walkers will start at 8:45 a.m. and runners will take off at 9 a.m. The course goes around Gilford Village and ends back at the GYC.

“The course is a registered 5K course, and is considered flat and fast,” read the GYC website. “It is ideal for both runners and walkers.”

People of all ages and abilities are encouraged

to take part.

Runners will be timed, and results will be available on the GYC Web site right after the race.

Overall times will be posted as well as times for different age brackets including 12 and under, 13-19, 20-30, 31-40, 41-50, 51-60, and 60 and over. Last year’s overall winner was Garrett Pitt with a time of 16:58 and the top female finisher was Molly Sunderlin with a time of 19:45. The winners typically receive a pie.

The event is also friendly to walkers as well as people with pets and strollers and families.

Registration is open on the GYC website. Participation is \$26 per person and \$90 for families up to five people. The event will take place rain, snow, or shine.

Proceeds from the race will benefit GYC programs.

To register, visit <https://www.gilfordyouthcenter.com/2023-turkey-trot-5k-race-family-walk.html>.

Holiday Gift Guide

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Safety first when buying toys for children this holiday season

December is a special time of year for children, millions of whom await the arrival of Santa Claus and the bounty of toys he delivers each year. When buying holiday gifts for youngsters, adults must consider safety. According to the Alliance for Children and Families, approximately 217,000 children are treated at hospital emergency rooms for toy-related injuries each year. Holiday shoppers are urged to stick to age-related recommendations on product packaging and avoid toys that do not contain the ATSM (American Society for Testing and Materials) label.



Happy Thanksgiving!

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Holiday Gift Guide



Age-based guidelines for buying toys and gifts

The holiday season involves making holiday gift lists and checking them twice, or even more frequently to ensure that gift-givers find the best fit for recipients. While age may only be a number in certain instances, when it comes to gifting, age should be a consideration — particularly when kids are involved.

The Consumer Product Safety Commission reports that an estimated 86,000 children treated for toy-related injuries

each year are younger than five. Toy-related injuries are preventable, and prevention often comes down to choosing age-appropriate toys for kids.

Toys can be choking hazards when small toys or those with small pieces are given to children who are too young to use them safely. Kids are curious and often put items in their mouths. Choking is the fourth-leading cause of unintentional death in children under

age five, indicates The Emergency Center. Falls, eye injuries, drowning, and motor accidents are leading causes of gift-related injuries. Here's how to select age-appropriate gifts.

- Read the packaging carefully. Most toys and other children's products will come with an age range recommendation. While some kids may be mature beyond their years, it's best to choose gifts that fall within the recommended range.



This is particularly the case for infants, toddlers and any child under the age of five.

- Avoid fad gifts. Children often want the latest and greatest gadgets and toys for gifts even if they are not the smartest choices for their ages. Resist the urge to buy something just to be the “cool parent or grandparent,” especially if it isn't age-appropriate. Mermaid tails became popular in recent years, and likely will see increased presence thanks to the home-viewing release of a popular live-action mermaid movie. However, they limit movement and can make swimming more difficult, potentially increasing risk of drowning.
- Provide safety gear. As children age, they may be more interested in gifts that appeal to hobbies and abilities. Scooters, bicycles, skates, and other items are popular among older children. These gifts should only be purchased for those with proven ability, and even then, accompanied with the appropriate safety gear. This can include helmets, knee pads and eye protection.
- Consider waiting before gifting certain electronics. Although children may be able to use devices safely, there are many who advocate for waiting to give young children smartphones and tablets due to the consequences of excessive screen time. The American Academy of Child and Adolescent Psychiatry says children ages two to five should limit non-educational screen time to about one hour per weekday and three hours on weekend days. Children should be encouraged to pursue healthy habits that limit use of screens, so gift-givers can look for gifts that help to this end.

Age-appropriate gifts

ensure safety for the day gift lists. youngest people on holi-

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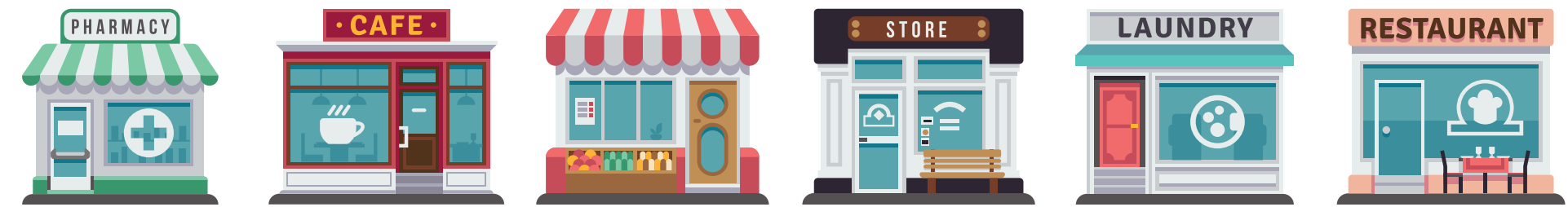


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Gilford Community Church to host Gals' Night Out



GILFORD — On Friday, Nov. 17 at 6 p.m., Gilford Community Church (GCC) will host Gals' Night Out with music from the Bel Airs, who perform Doo Wop and Vintage Rock 'N' Roll. Men are also invited to the event, which includes a catered dinner.

"I won't be surprised if some dancing takes place," said Kathleen Merriam, who manages

GCC's Gals' Night Out events.

According to Event Co-Chair Katherine Meierjurgan, Gals' Night Out was "a great way" for her to meet people when she was new to the community.

"The programs are interesting and informative, dinner is always delicious, and the company is delightful," she adds.

Gals' Night Out events also serve the interests of philanthropy, as attendees are encouraged to bring items in support of New Beginnings, the only domestic and sexual violence crisis center serving Belknap County. These items include laundry detergent, diapers sizes 4, 5 and 6, trash bags, paper towels, toilet paper, hair brush-

es, and hair conditioner.

Tickets for Gals' Night Out are \$25 and may be purchased at the GCC administrative offices at 19 Potter Hill Rd. in Gilford. For those with questions, call (603) 524-6057.

Future Gals' Night

Out events include Jan. 19, 2024 (Squam Lake Science Center), March 8, 2024 (Sheryl Faye will roleplay as Queen Elizabeth or Abigail Adams), and May 17, 2024 (The Powerchords will sing Broadway).

Located in Gilford, NH, GCC is an inclusive,

open community with a broadly ecumenical spirit that welcomes people from all denominational and cultural backgrounds. Sunday service at GCC takes place at 10 a.m. at 19 Potter Hill Rd. in Gilford. To learn more about GCC, visit gilfordcommunitychurch.org.

Mrs. Santa is here!

ALTON — Mrs. Santa is here in Alton with Alton Community Services, gearing up for the 2023 Christmas season.

Alton families in need can sign up with Mrs. Santa by reaching out to altoncs32@gmail.com, stopping in at ACS Wednesday evenings between 5:30 and 6:30 p.m. or Saturday morning between 9:30 a.m. and noon or text/call Chris Racine at 603-833-3482. There are forms available on a table outside the entrance door to ACS (food pantry); submission(s) must be in on or before 11/20/23. Mrs. Santa will have everyone's wish list items available for pickup on Dec. 16 between noon and 1 p.m. at the food pantry (next to Buns'n Bowls).

Anyone who would like to help Mrs. Santa and/or donate to Mrs. Santa can contact Chris at 603-833-3482; financial donations are greatly appreciated as there is an increase in need of Mrs. Santa. Let's all of us in our wonderful Alton community help make the 2023 holiday season be the best yet!

Alton Community Services extends a heartfelt thank you to all our residents who have helped in the past and who continue to support Mrs. Santa!

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