

Alton Parks and Recreation Community Connection

Trick or Treat Hours

The Town of Alton Trick or Treat hours are Friday, Oct. 31 from 5-7 p.m. Plan to stop at the Gilman Museum on Main Street between 4:30-6 p.m. for the Monster Mash Costume Runway- there will be treats and a chance to walk through the Halloween lights. Great photo opportunity for your entire group at our spook-tacular place.

Halloween Pet Costume Contest

Submit a photo of your pet (or a pet in your family/ friends) now through Oct. 24 and be entered into the Alton Pet Costume Contest. Categories include cutest costume, scariest costume and most creative. Winners

will be announced on Halloween. Submitted photos will be posted on the Alton Parks and Recreation Facebook page for all to see. Submit photos to parks-rec-asst@alton.nh.gov.

Halloween Candy- Drop Off Site

The Alton Parks and Recreation Department is collecting Halloween candy for the National Junior Honor Society to distribute to Alton homes around the village for Trick or Treaters. If you would like to participate in Trick or Treating but are off the beaten path, consider dropping off a bag of candy for your neighbors to pass out on Trick or Treat night. Candy can be dropped off now through Oct. 27 at 328 Main St., in the lobby from

8 a.m.-4:30 p.m. Monday-Friday or after hours in the box outside the office. All donations will be brought to ACS for distribution.

Alton Parks and Recreation — Let's Play Soccer Program

The Alton Parks and Recreation Department sponsored a free soccer program this fall for ages two to seven where everyone was invited to play soccer. The program was a success with children learning, playing and having fun. The Parks and Recreation Department would like to acknowledge and thank the people that made the Let's Play Soccer Program possible. A huge thank you to the generous sponsors who provided t-shirts, soccer equipment and drill stations: The Boys Landscaping; Alton Excavation; JHVAC Heating, Ventilation and Air Conditioning and RBGx2 Trucking and Construction. Thank you to the many volunteers who shared their love of soccer with the over 110 participants: Erick Bourdeau; Andrea Bourdeau; Kathy Bourdeau; Kristin Thomas; Rebekah Thomas; Lena Lamotte; Kristi Maciejewski; Karen Natale; Brady Moulton; Nate Cloos and Deanna Hanley.

Weight Training classes — Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, with AFAA Certified Instructor Kellie Troendle, from 1:30-2:30

p.m. at the Gilman Library for adults of all ages and abilities. This program is ongoing. 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.

Pilates classes in Alton Bay — Tuesdays and Thursdays

The Alton Parks and Recreation Department is sponsoring Pilates classes at the Alton Bay Community Center on Tuesdays and Thursdays, 9:30-10:30 a.m. with certified instructor Donna Lee. All level adults are welcome for a full body, low impact class that will improve muscle tone, flexibility, balance and strength. Pre-registration is \$10 per class or \$15 drop in. Bring a mat and water. For more information/register contact Donna at breathepilates1@yahoo.com or parksrec@alton.nh.gov.

Walking Group — Tuesdays

Alton Parks and Recreation is sponsoring a walking group for ages 10 and up on Tuesdays from 9-10 a.m. Are you looking to get active but running or hiking may be too much? Join us for a walk led by Sam from Alton Parks and Recreation each Tuesday morning. The group will start at the Parks and Recreation office (328 Main St.), continue around Alton, and loop back. Each walk will be roughly an hour at an easy pace. Supportive shoes are recommended. Contact parksrec-asst@al-

ton.nh.gov or 603-875-0109 to sign up.

Fusion Belly Dancing

The Alton Parks and Recreation Department is sponsoring Fusion Belly Dancing Classes with Katie Hynes on Tuesdays at 5:30 p.m. at the Pearson Road Community Center for adults.

Create a unique and evolving artform with traditional belly dance movements and influences from various other dance styles. No registration required. Just drop in \$15/class. For more information contact parksrec@alton.nh.gov or 603-875-0109.

Guided Meditation

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursday, Oct. 30 from 6:30-7:15 p.m. at the Gilman Library, Agnes Thompson Meeting Room. Meditation is helpful for reducing stress and slowing our bodies down to breathe. The program is free, donations accepted to benefit local charities. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Hit the Trail! Hiking Programs offered for all levels

Join hiker, Bonnie Dodge, for beginner focused hikes on Fridays or progressive hikes on Wednesdays. Hikes start at 10 a.m. at the trail head in Alton and surrounding towns.

Beginner Friday hikes are a great opportunity for hesitant folks to discover the wonderful world of hiking and learn about the best trails in the area- the program is focused on hikes for beginners. Sign up at parks-rec-asst@alton.nh.gov or 603-875-0109 the Wednesday before the hike day.

Progressive Wednesday hikes are for those that are looking for a hiking challenge. The hikes will gradually increase in difficulty each week- making this a great way to be outside and exercise. Sign up at parks-rec-asst@alton.nh.gov or 603-875-0109 the Monday before the hike day.

Bring water, comfortable walking/hiking shoes, and a snack. A new trail location will be announced each week to the group. Program is free.

Travel Club — Trip to Canyon Country 2026

Alton Parks and Recreation is sponsoring a trip with Collette Tours to Canyon Country in 2026. Trip highlights include Grand Canyon; Lake Powell; Rafting on Horseshoe Bend; Bryce Canyon National Park; Zion National Park, Las Vegas and much more. Trip dates are May 15-22, 2026. Includes airfare, 11 meals, hotels, and guided transportation through Canyon Country, including walking, bus, and boat tours. This is a great way to travel solo or in a group.] For more information contact 603-875-0109 or parks-rec-asst@alton.nh.gov or denise@liveitwelltravel.com.

Gilford police log

GILFORD — The Gilford Police Department reported the following arrests from Oct. 6-19.

Alysia M. Baker, age 35, and Melanie L. White, age 41, were arrested on Oct. 6 for Receiving Stolen Property.

A 50-year-old male was taken into protective custody for intoxication on Oct. 9.

Justin Benoit, age 46, was arrested on Oct. 10 for DUI-Impairment and operating a motor vehicle after Suspension of Registration.

Eli A. Auger, age 44, was arrested on Oct. 11 in connection with a warrant.

Ethan Joseph Sirles,

age 23, was arrested on Oct. 12 for DUI-Impairment.

Joseph A. Cole, Jr., age 38, was arrested on Oct. 12 for Loitering or Prowling, Receiving Stolen Property, Resisting Arrest or Detention, Possession of a Controlled Drug, and Contempt.

Velvet Elaine Weeks, age 54, and Julie L. Robins, age 49, were arrested on Oct. 12 in connection with warrants.

Sage Tiffany Kiedaisch, age 47, was arrested on Oct. 16 for operating a motor vehicle with an Unofficial Inspection or Registration Decal.

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Community Calendar October 23–30

Wednesday, Oct. 23
At Gilman Library, six o'clock sharp,
A Spooky Story Hour lights up the dark.
Ghost tales and cider, all ages invited —
Bring your courage, you might be frightened.

Thursday, Oct. 24
Down at Alton Bay Center, nine to ten,
Morning Pilates begins again.

Stretch, breathe, balance — ten bucks a try,
Then coffee and chatter when muscles comply.

Friday, Oct. 25
At Gilford Community Church, come see,
A Harvest Supper from five to three —
Well, five to seven, to set it right,
Turkey and pie on a crisp fall night.

Saturday, Oct. 26
At Barnstead Parade, from ten till two,
The Fall Craft Fair waits for you.

Candles and quilts, baked goods galore,
Local talent behind every door.

Sunday, Oct. 27
New Durham Meetinghouse, ten a.m. start,
A hymn sing to warm the community's heart.
After the service, there's coffee and chat —

Bring a friend, a smile, and your best Sunday hat.

Monday, Oct. 28
Gilmanton Year-Round Library, six thirty bell,

Hosts Haunted History Tales to Tell.
Lanterns glow and legends creep —
A night to make the brave lose sleep.

Tuesday, Oct. 29
At Prospect Mountain High, at four o'clock,
The Timber Wolves soccer takes to the rock.
Cheer them loud as the daylight fades —
Spirit's strong in the autumn shades.

Wednesday, Oct. 30
Back to Gilman Library, noon to two,
Join Crafters Circle — glue and view.
Leaves outside are nearly gone,
But in this room, the color lives on.

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Greater Lakes Region Children’s Auction to be held Dec. 9-12 at Belknap Marketplace

BELMONT—The 44th annual Greater Lakes Region Children’s Auction will be presented by Hannaford Supermarkets from Tuesday, Dec. 9 to Friday, Dec. 12, live at the Belknap Marketplace in Belmont.

The auction airs daily from 9 a.m. to 7 p.m. Each day will offer items up for bid, on-air fun and appearances from friends and neighbors throughout the community. On Friday, Dec. 12, auction volunteers will come together to announce the total funds raised for children and families in need.

“Don’t miss it,” said Jennifer Kelley, executive director of the organization.

Kelley thanked the Massachusetts-based Vernet Properties, which owns the marketplace, and other business leaders throughout the Lakes Region who continue to show their generosity to the auction as it raises funds to support local, low-income children and families.

Can’t make it in person? There are so many ways to enjoy the Children’s Auction and bid on fantastic items for your family and friends. Viewers can tune into Channel 25 or stream at ChildrensAuction.org, laconiadailysun.com or Facebook.com/ChildrensAuction. Listen with Zack Derby and friends at Lakes 101.5 FM.

The auction is also seeking new, unused, non-perishable items, big and small. Gifts cards are always a hit with bidders. Other popular items in-



clude electronics, tools, tickets to sporting events, toys, services—you name it, we need it! Convenient item collection sites are now open throughout our region, including Alton, Ashland, Belmont, Bristol, Center Harbor, Franklin, Gilford, Laconia, Meredith, Moultonborough, Plymouth and Tilton. Visit ChildrensAuction.org for details.

And on Black Friday, Nov. 28, visit our collection

site at the Belknap Marketplace and drop your items off between 11 a.m. and 3 p.m. On Saturday, Nov. 29 and Sunday, Nov. 30, items can be dropped there from 11 a.m. to 3 p.m. We will also be accepting items the weekend before the auction week right at The Marketplace from 11 a.m. to 3 p.m. Stop by and see us in person!

Bid online at ChildrensAuction.org, or over the phone during Auction

week at 603-527-0999.

Pre-bidding begins on Black Friday, Nov. 28, on items with a retail value of \$300 and more.

If you’re a business owner and have always wanted to get involved with the Children’s Auction, it’s not too late to become a sponsor. Sponsorship opportunities exist at every level. Email us at Jenn@ChildrensAuction.org or call 603-527-0999 for more information on

how your business can make a difference in the lives of children.

Follow the auction on social media at Facebook.com/ChildrensAuction,

Instagram.com/childrensauction603/ and LinkedIn.com/company/greater-lakes-region-childrens-auction/.

Gunstock expects another season-pass sellout

Prices increase Nov. 1; opening day Dec. 6

GILFORD — Gunstock Mountain Resort's 2025/2026 season pass sale is approaching its second-tier pricing deadline. All season pass products will increase in price at the stroke of midnight on Oct. 31, and Gunstock expects to see another sellout season on Winter Prime season passes this year.

"Purchasing now is the most cost-effective way to secure a Gunstock season pass and ensures our skiers and riders a place on the mountain every day of the season - even on sold-out days when day tickets are not available," said Gunstock President and General Manager Robert Drake. "In an effort to provide the best on-mountain experience for all of our guests, Gunstock limits

the number of season passes sold each year and limits the number of lift tickets sold each day. Winter Prime season passes reached sold-out status before opening day last winter, and we expect demand for season passes to be similar this year."

Season pass sales at Gunstock end when a determined number of passes have been sold. Gunstock offers season pass options to suit every skier and snowboarder: Winter Prime, valid every day of the winter season with no blackout dates and the best selection of added benefits; Winter Midweek, valid midweek days only, excluding designated holiday periods; N.H. College Pass, a multi-mountain college pass with access to Gunstock, Cannon, Cranmore, and Waterville Valley; Gunstock Nordic Pass, providing unlimited access to Gunstock’s entire cross country and mixed-use trail network.

Healthy Steps for Older Adults offered by Granite VNA at Gilman Library in November

ALTON — The Granite VNA will offer the program Healthy Steps for Older Adults at the Gilman Library Meeting Room, 100 Main Street, Alton, on Nov. 14 and 21. Learn how to protect yourself and live a full and active life, free from the fear of falling!

A minimum of eight participants is required to hold the program. Registered participants must complete a balance screening and attend both workshops. The deadline to register is November 10th. Call Granite VNA at (603) 224-4093, ext. 85664 to register and schedule a 15-minute, balance screening appointment.

The sessions are as follows:

- Friday, Nov. 14 1:30 - 2:30 p.m. - Balance Screenings
- Friday, Nov. 14 2:30 - 4:30 p.m. - Workshop 1

Friday, Nov. 21 1:30 - 3:30 p.m. - Workshop 2

Granite VNA complies with applicable Federal civil rights laws and does not discriminate in services and access to treatment, appropriate care or employment in its programs or activities on the basis of race, color, sex (pregnancy, sexual orientation, or gender identity), national origin, conscience, religion, disability, age, genetic information, marital status, source of payment, or the absence of advance directives.

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Holding on to the last of Fall

There's a pause in the Lakes Region calendar that doesn't get a name. It comes right about now, after the last farm stand closes but before the first snowplow rattles down Route 11. You can feel it in the mornings: air sharp enough to sting your lungs, frost climbing the pumpkins that nobody's had the heart to toss out yet.

This is the brief, in-between season when life slows just enough to remind us why we live here. The docks have been pulled in at Ellacoya and Alton Bay. Boats sit shrink-wrapped and tucked away like secrets waiting for spring. The maples and birches, so recently on fire with color, have started to give up their leaves. And yet there's beauty in that surrender — a lesson in letting things rest.

We spend so much time rushing from one big season to the next that we forget the small ones are what hold the world together. Fall's final weeks bring out the quieter rhythms that built towns like ours in the first place. People stack their last cords of wood, sweep the porches, and trade garden gloves for snow shovels. The clatter of chain saws and the smell of burning brush replace the buzz of summer traffic.

Along the shore of the Big Lake, this is when community means something real. You see it at the church suppers where volunteers ladle chowder until the pot scrapes empty. You hear it at the Friday night football games where breath turns to fog and parents cheer through mittened hands. You feel it in the library reading rooms where the radiator hums and neighbors swap recipes instead of headlines.

There's also an honesty to this time of year. The leaves fall, the gardens fade, and the landscape stops pretending. It's a reminder that we're not owed endless color or warmth. We earn both by enduring the rest. The same goes for the life of a small town. Businesses that thrive in July must work twice as hard in November. Town boards shift from planning events to balancing budgets. Residents look ahead to another winter of sand barrels, furnace bills, and school delays.

But tucked inside that routine is a stubborn sort of hope. Every light left glowing in a window, every friendly wave on a back road, says something about who we are. We choose to stay. We keep building lives around lakes that freeze solid and hills that turn white for months at a time. And we find, year after year, that it's still worth it.

So, before the season fully turns, take a slow walk by the bay. Visit the farm stand that's selling the last of its cider. Stop by the high school to catch a playoff game or a band concert. Thank the folks who clear the roads, mend the trails, and make sure our little towns keep running. These are the people who give this place its warmth when the temperatures drop.

Winter is waiting, but there's still time to breathe in the smell of woodsmoke and damp leaves. Hold on to that moment. It's not a pause between seasons — it's the heart of living here.



JOSHUA SPAULDING

State Meet action

Mikey Perry putts for Prospect Mountain during the Division IV State Meet at Newport Golf Club last Thursday afternoon. Perry finished tied for 41st place with a score of 97 over the 18 holes while teammate Gavin Gorton finished with a score of 112 to tie for 60th place.

LETTERS FROM EDWIN

Gravity

They say that this will be the last hot day of the year. There's going to be a giant harvest full moon tonight. I ought to celebrate or something. Right? That means not working. Wouldn't you think?

I hopped into the truck and headed off to a customer's house and figured that I'd finish up all the last things on his list for me to take care of. When I got there, I realized that I had forgotten to take all the accessories that I needed to accomplish my tasks. What the heck! Why do I do these things?

On the way back to the house, I passed the road to the lake. The truck kind of instinctively made the right turn, and before long, I was walking down the path to the shed to change into my bathing suit.

Coming out of the water, I saw that the bench I usually sit on to drip off had already been put away. That means that maybe the hammock would be gone too. Yes sirree, it was. No beach nap today. I walked over to where it used to be and looked down to see

one of its S hooks in the grass. I picked it up and put it in the shed. They'll need that next spring.

The next day one of my jobs was to install a ceiling fan. It's usually a pretty straight forward deal. This house already had a nice angled mounting box way up high on the cathedral ceiling to start the assembly from. I needed to use my ten-foot step ladder to get access to the box.

Over the years, the companies who make these things have smartened up a lot and make them pretty easy to put together. This one was made by a company with a prestigious name that apparently didn't want to stoop to such base trivialities as making it easy not to drop screws and washers or having things fit properly or designed not to drop. The little things.

There was a time when I would know exactly where something I dropped fell by the sounds it made. Different surfaces sound different and the location would easily be located from the last sound heard. Not so anymore.

I tried my best to keep things under control, but a rubber washer slipped my grasp. I heard it bounce off a ladder rung and land on a hard surface. It wasn't on top of the coffee table, or on the floor. It didn't go far. Reassessing the situation, I checked on the magazine shelf and there it was. It bounced right in there. Thank you, Lord.

I finally got it all together without too much speaking out loud. It looked splendid. The only problem was that it wasn't working. It's totally wireless, of course, and pressing all the buttons did nothing. I didn't want to take it all apart again to check that I hadn't made a wiring mistake. I felt that I hadn't. But what else could it be? My customer got involved and when she "accidentally" hit the switch next to the fan switch, that had "nothing to do with the fan", it started working.

Well thanks again Lord. I don't have to tear it all apart. It's already taken me more time than I'd expect. At least at this point I would have

been privy to the magical procedures required to get the thing to go together. But all I had to work with, short of analyzing the house wiring, were a white and a black wire up in the electrical box. I have my theories as to how the second switch is involved as it is a two-way light switch, but that's for another day. She's happy with her pretty new fan. The old one looked fine to me. I hope she doesn't misplace the little remote.

I have a fine collection of remotes. I just tossed one that I know goes to something I don't have any more. I'm sure there are lots more that I don't have a use for. I'll bet there are a zillion remotes laying around people houses, in drawers, under cushions, behind beds that they don't know are there and like me, don't really need them anymore. Such is all that stuff that just falls out of our lives to get picked up by our trash collectors.

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.

Matter of Law



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Do your parents have an estate plan?

BY ORA SCHWARTZBERG

Attorney

Schwartzberg Law

Estate planning for your parents

Initiating conversations about your parents' future, especially concerning their finances, medical care, and memorial wishes, can be challenging, but it is undeniably one of the most important discussions you can have with them. Addressing these topics sooner rather than later benefits everyone involved and ensures greater peace of mind and preparedness for the future. This crucial dialogue should encompass plans for when one or both parents pass away as well as scenarios where they become incapacitated and unable to manage their own affairs. To help ensure that their estate plan is comprehensive and aligns with their wishes, consider discussing the following key areas with your parents:

- A team effort. Encourage your parents to compile a list of their advisors, starting with legal and financial professionals, including their contact information. This list should also include the contact information for your parents' doctors so that whoever they nominate as their health care agent can reach them if necessary. Even if they prefer not to share the list immediately, they can create it and let you know where to find the information if the need arises.

- Last will and testament or a trust. If you discover that your parents do not currently have a last will and testament or revocable living trust it is probable that they do not have other essential estate planning tools, as these important tools are often created as part of a comprehensive estate plan. If they do have a will in place, confirm when it

was created, who the executor is, and where the original wills are stored. Similarly, if you discover that they have a trust, you will want to confirm who the trustees are and whether they have properly "funded" their trust. You should also find out where the original trust documents are stored. Stress to them that you do not need to read their will or trust, but knowing where to find the original documents is crucial to ensuring that their wishes are carried out when the time comes.

- Medical directives. While discussing your parents' estate plan, confirm whether they have created a living will (also known as an advance directive) and a medical power of attorney. These important tools allow someone to make medical decisions on their behalf if they are unable to make

or communicate their own medical decisions. If you discover that they have these tools in place, encourage them to have a conversation with their chosen agent under their medical power of attorney to ensure that the decision-maker understands your parents' feelings and wishes about both their medical care preferences as well as their end-of-life care, such as how their medical affairs should be handled should they become incapacitated and whether or not they want to be on life support.

Why estate planning matters

Failing to put together an estate plan often leads to chaos, excessive costs and taxes, unnecessary court involvement, inadequate incapacity planning, potential hurt feelings, delays in distributing inheritances, and even unexpected outcomes after death.

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Simulation Theory

During an interview years ago, Elon Musk famously claimed there’s a “one in billions” chance that this is base reality. In other words, he believes it’s far more likely that we’re living in some simulation than in the original, foundational universe.

But what kind of simulation? A digital computer program? A spiritual matrix? That idea may sound bizarre—after all, everything feels real, doesn’t it? Yet this isn’t just late-night dorm room talk. Some of the world’s most respected thinkers are taking the idea seriously. It’s not about rejecting science—it’s about following it to its farthest, strangest conclusions.

Let’s start with String Theory. It’s a theoretical framework in physics proposing that the fundamental building blocks of the universe aren’t particles, but tiny vibrating strings. These strings, depending on how they vibrate, give rise to all particles and forces—even gravity.

The math checks out, even if we haven’t proven it experimentally yet. It’s one of the best candidates for a “Theory of Everything” that could unify quantum mechanics with general relativity.

At the 2011 Isaac Asimov Memorial Debate titled “The Theory of Everything,” theoretical physicist Sylvester James Gates, Jr. dropped a bomb-

POSITIVELY SPEAKING

TOBY MOORE

shell. He revealed that he found something astonishing embedded in the equations of string theory: patterns of “error-correcting codes”—the same kind used in computer programming to detect and correct mistakes.

Sitting next to him, astrophysicist Neil deGrasse Tyson reacted with stunned amazement: “You’re blowing my mind right now!”

Why would error-correcting codes appear in the fabric of the cosmos? Gates himself admitted he doesn’t know the implications yet. But the mere presence of such codes leads to a wild yet serious question: Could the universe itself be structured like a vast, intelligent computation?

That’s where the idea of the simulation arises.

On late-night television, when asked if he thought we were living in a simulation, Neil deGrasse Tyson replied, “I wish I had a good argument against it, but I don’t...”

And while the science doesn’t prove this, it pushes our imagination into territory that philosophers,

mystics, and spiritual traditions have been exploring for millennia: that reality is deeper than it appears.

It doesn’t mean we live in a video game controlled by aliens.

It might mean that the universe is information-rich, consciousness-infused, and governed by principles far beyond our current understanding.

My friend, physicist and laser pioneer Dr. Mani Bhaumik, wrote about this in his book “Code Name God.” He argues that modern physics, far from disproving a creator, points toward a transcendent source of intelligence.

That’s a powerful idea: that our minds are just beginning to awaken to truths

already embedded in nature.

Dr. David Selbie, interpreting the implications of quantum physics, has emphasized: Our choices and behavior as conscious observers—not the accumulation of material goods—are what matter. Those things are transient illusions. True immortality lies in evolving consciousness beyond the physical hologram.

Similarly, Dr. Amit Goswami, a quantum physicist known for his explorations of consciousness, has stated: “Contrary to what they tell you, you are not a limited material being.”

This idea echoes something timeless. Whether

through the lens of physics or philosophy, the message is the same: You are more than you think you are.

Quantum physics shows us that particles don’t even exist in fixed states until observed. They remain in a state of possibility. In a strange and very real way, attention shapes outcome. This isn’t just a metaphor—it’s physics, though interpretations vary.

So what does this mean for us?

It means we live in a participatory universe. That our focus, our awareness, our very act of observation—matters. That we are not passive passengers in reality, but active participants.

No, quantum physics

doesn’t promise we can manifest Lamborghinis with our thoughts. But it does suggest something far greater: that we are wired into the very structure of existence, and our consciousness has weight in the world.

And that, perhaps, is the most hopeful message of all.

We are not powerless. We are not accidents. We are not limited.

We are participants in something vast, intelligent, and alive.

The universe is not outside us. We are part of it. And the deeper we look, the more we realize:

We are more than we think we are.

Country Bookseller welcomes “Buried New Hampshire” authors

WOLFEBORO — On Friday, Oct. 24 at 4 p.m. at The Country Bookseller, New Hampshire authors Rick Davidson and Bill Thompson will host a presentation showcasing their new two-volume series, “Buried New Hampshire: Graveyards Have Stories to Tell.” These captivating books reveal the hidden narratives behind some of the state’s most intriguing burial sites. Each tombstone tells its own tale, reflecting the past and often revealing stories of valor, deep emotions, or significant tragedies.

In New Hampshire’s cemeteries, you can discover stories of European settlers, enslaved African Americans, Indigenous peoples, heroes, murder

victims, murderers, artists, writers, and notable historical figures.

As authors and photographers, Rick and Bill dedicated a year to exploring fascinating legends, conducting research, following clues, and photographing granite state cemeteries. During the presentation, they will share selected stories from their two volumes. Volume I will be available for purchase and signing at the event, while Volume II is set to be released on Nov. 28.

For further information or to reserve a copy, please call The Country Bookseller at (603)569-6030.

The Country Bookseller is located at 23 A North Main St., Wolfeboro.

Local radio is alive and thriving in the Lakes Region

REGION — Recently, Lakes Media walked away with a number of awards at the New Hampshire Association of Broadcasters Awards.

Mountain Country NH morning guy Mark Ericson won first place for best newscast.

Lakes FM won multiple awards including second for best long form radio program for the Lakes Region Community Forum Focus on Homelessness, first place for best feature story for the Good News Story of the Day, and afternoon hostess Heather Bishop won first for best radio personality.

104.9 The Hawk won second for best radio station of the year.

The Warren Bailey Community Champion award was giving to the stations owner Dirk Nadon. Nadon and Warren had worked closely over the years especially the last few. During his speech Nadon stressed the importance of local radio and community, things he learned from Bailey.

But wait, there’s more! The next night, Dirk Nadon was awarded a Business Excellence Award from The NH Business Review Magazine. Nadon won in the best service and professional services small business category.

After thanking his staff, Nadon spoke about the importance of teamwork and community.

BY MARTHA SWATS

Owner/Administrator

Comfort Keepers

Every year, three million seniors are treated in the emergency room for fall injuries. And, falling once doubles someone’s chances of falling again.

Preventing accidents in the home, including falls, is one of the most important planning strategies for helping seniors stay independent. Fractures, head trauma and other injuries can cause long term mobility issues and have lasting physical effects. And, once an injury occurs, it can affect someone’s ability to live the way they want and enjoy the same lifestyle and activities.

Health issues that occur more often as we age can also make seniors more likely to fall. These risk factors include:

- Muscle weakness
- Heart disease
- Parkinson’s disease
- Alzheimer’s disease and other dementia
- Malnutrition
- Low blood pressure
- Poor vision
- Ear infections or inflammation

• Pain or sensitivity in the legs or feet

There are some precautions that seniors and their families can take to reduce the likelihood of a fall.

Evaluating risk factors and taking preventative measures in a way that considers the unique lifestyle, needs and health of a senior can help.

• Minimize trip hazards – Some fall hazards are obvious; flights of stairs, slippery shower floors or cords that are too far from a wall outlet. But there

are less obvious features that can be an issue for someone with dizziness or vision loss. These can include loose rugs, certain types of carpeting, dimly lit hallways or a dog toy in the middle of the floor. Removing the hazard or installing safety devices, like grab bars and brighter light bulbs, can help.

• Evaluate footwear – Footwear that has an open back, doesn’t fit properly, is worn out or has a slippery bottom can all contribute to tripping or balance problems. There are a variety of safe shoe options to fit any activity and personal style...safe shoes don’t have to be boring!

• Know the effects of medication – Seniors and their families should talk to a healthcare professional about how a person’s specific medications – both prescription and over-the-counter – can have side effects that cause dizziness or balance issues.

• Nutrition and exercise – Having healthy habits when it comes to diet and exercise can prevent weakness in the legs and feet, and can reduce pain. Seniors should always talk to their doctor about any diet and exercise plan, and can ask specific questions about how these things affect their fall risk factors.

• Focus on mental health – Studies show that there is a correlation between depression in seniors and falls. According to one report, “both depression and fear of falling are associated with impairment of gait and balance.” Positive mental wellbeing can improve many areas of a senior’s life, and reduced

fall risk is another benefit. Connecting with loved ones, finding a sense of purpose, engaging in enjoyable activities and experiencing joy can improve physical and mental quality of life.

Some families only think about fall prevention after a loved one is hurt. Taking precautions before an accident happens can help seniors maintain their physical health and their independence.

Comfort Keepers® can help

For every client, our Comfort Keepers team does a thorough home evaluation to minimize hazards in the home – including fall risk evaluation. Our caregivers can help with mobility issues, provide transportation to scheduled appointments, and support physician-prescribed exercise regimens and diets. And, our goal is to elevate the spirits of our clients and their families every day. As part of an individualized care plan, caregivers can also help with activities like cooking, cleaning and physical care. Whether a senior is recovering from a fall or needs help with fall prevention, we can provide services to help.

To learn more about our in-home care services,

contact your local Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items all

Meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been

serving New Hampshire residents since 2005. Let us help you stay independent. Please call 603-536-6060 or visit

our Web site at nhcomfortkeepers.com for more information.

References: Centers for Disease Control and Prevention. “Falls Are Serious and Costly.” Web.

Better Health While Aging. “Why Older People Fall & How to Reduce Fall Risk.” Web. 2017.

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PETS OF THE WEEK



Meet Bruno!
Bruno is a handsome, self-assured gentleman who's ready to rule a home of his own. This independent guy knows what he likes — and what he doesn't — and he's not afraid to set boundaries (politely, of course).
Bruno isn't a fan of sharing his kingdom with other cats, and fast-moving young children can make him a bit uneasy. He's looking for a calm, cat-savvy home where he can relax, be respected, and receive the royal treatment he deserves.
Ideal Home: Adult-only or older children, no other pets
Personality: Confident, independent, affectionate on his terms
Hobbies: Napping in sunnyspots, observing his subjects, ruling with quiet charm
If you believe every king deserves a castle, Bruno just might be your perfect match. Come meet him and earn a spot in his royal court!



Meet Winnie!
Winnie is a 6-year-old with a quiet spirit and a heart full of love just waiting to bloom. This sweet girl is on the shy side and takes a little time to warm up, but once she feels safe, her gentle nature shines through. She enjoys soft voices, slow walks, and a cozy spot to curl up and watch the world go by.
Winnie would thrive in a calm, patient home where she can come out of her shell at her own pace. She's not the life of the party—but she'll be your loyal shadow, happy just to be near you. She is hesitant about new people entering her household and can become protective of her people.
If you're someone who understands that trust takes time and love is quiet, Winnie might be the perfect companion for you. Come meet this tenderhearted girl and let her show you how special a shy dog's love can be.



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JOSHUA SPAULDING

Brayden Drew's hat flies off his head as he tees off on the first hole during last week's Division III State Meet.

GOLF

(continued from Page A1)



JOSHUA SPAULDING

Andy Taylor putts for Gilford during the Division III State Meet last week in Ashland.



JOSHUA SPAULDING

Colton Byars chips onto the ninth green during the Division III State Meet at Owl's Nest Vineyard Course last week.



ELISSA PAQUETTE

NH State Senators David Watters (D) and Mark McConkey (R) sponsored successful legislation to support the Lakes Region Technology Center's Marine Technology program. Goodhue Boat Company has been instrumental to its successful launch.



ELISSA PAQUETTE

Ryker Booth, student ambassador for the Marine Technology program, speaks to teachers, Governor Wentworth Regional School District board members, Goodhue Boat Company staff and representatives for the marine industry gathered at the Lakes Region Technology Center on Friday, Oct. 17, to celebrate the launch of the new program.

MARINE

(continued from Page A1)

gy program, "the first of its kind for our students" on Friday, Oct. 17. She called upon Jeremiah Burke of Goodhue Boat Company, the major sponsor of the program, to speak on the establishment of the program to the audience of students, teachers, Boat Company staff, and Governor Wentworth Regional School District Board (GWRSD) Members.

Burke said the idea for such a program began before Covid, stalled out during the pandemic, and has now come back to life. The boat-making industry is a \$1.4 billion enterprise, generating 6,000 jobs in New Hampshire among around 280 companies, he said. Burke also pointed out that these are year round careers in service to New Hampshire's 100,000 registered boats.

Goodhue Boat Company offers instruction to students on Thursday mornings, who work side by side with its technicians. Instruction is also offered by a teacher from the Lakes Region Community College.

State Senators David Watters (D) and Mark McConkey (R) sponsored successful bipartisan legislation to support the Lakes Region Technology Center's program, which includes Perkins grants.

"I can feel the spirit in the building," said Watters to the students. "You want to be here."

He went on to declare that the future is in the trades in this state and told the students, "Everybody believes in you. We want you to stay in New Hampshire."

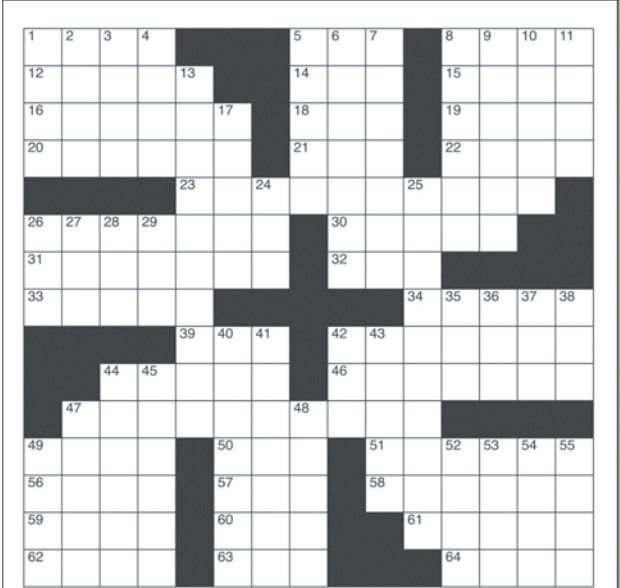
"CTE education is paramount for the two of us," said McConkey, who said the recent legislation shows that commitment.

"I know how much technology programs mean to our students," said GWRSD Superintendent Caroline Arakelian. Addressing the students, she said, "It's what gets you out of bed in the morning."

The new program offers a pathway from small engine instruction to Marine 1 and Marine 2 and continues with course offerings from the Lakes Region Community College.

A tour of the instruction area showed the boat donated by Goodhue Boat Company, which according to a staff member has enough problems to address through the school year. On Friday, students were attempting to install a fuel pump, an effort that included assistance from the company's technician Nick Falcinelli.

The celebration concluded with gifts of Goodhue Boat Company attire to the students and well wishes for the year ahead.

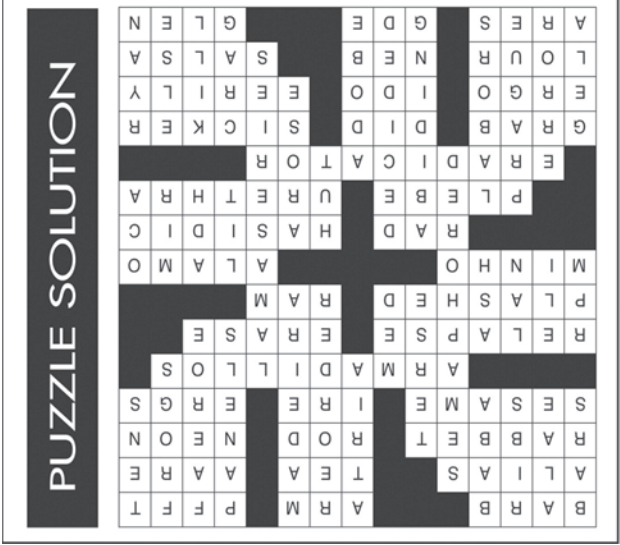


CLUES ACROSS

- 1. Remark
- 5. Upper body part
- 8. Expression of dismissiveness
- 12. Alternate name
- 14. Popular beverage
- 15. Swiss river
- 16. Step-shaped recess
- 18. Rocker Stewart
- 19. Bright shade of color
- 20. Popular "street"
- 21. Wrath
- 22. Heat units
- 23. Nocturnal omnivorous mammals
- 26. Fall back into
- 30. Remove from the record
- 31. Sound a splash made
- 32. Popular Dodge pickup model
- 33. Jamaican river
- 34. Notable event in Texas history
- 39. Cool!
- 42. Subset of Judaism
- 44. Newly entered cadet
- 46. Duct in urinary system
- 47. Exterminator
- 49. Snatch quickly
- 50. Have already done
- 51. Less healthy
- 56. Therefore
- 57. What couples say on the altar
- 58. Mysteriously
- 59. Look angry or sullen
- 60. Bird's beak
- 61. Taco ingredient
- 62. Square measures
- 63. Google certification (abbr.)
- 64. Singer Hansard

CLUES DOWN

- 1. Pubs
- 2. Wings
- 3. Popular BBQ dish
- 4. Small sponge cake
- 5. Open-roofed entrance halls
- 6. Organize anew
- 7. Type of wine
- 8. Forums
- 9. North Atlantic islands (alt. sp.)
- 10. Pond dwellers
- 11. Large integers
- 13. Signaled
- 17. Brief
- 24. Type of student
- 25. Tibetan monasteries
- 26. Revolutions per minute
- 27. NY Giants great Manning
- 28. Local area network
- 29. Residue from burning
- 35. Illuminated
- 36. Vasopressin
- 37. Notable space station
- 38. Wood sorrel
- 40. Adhering to laws
- 41. Chose
- 42. Hovel
- 43. Stood up
- 44. European city
- 45. Works ceaselessly
- 47. Mistake
- 48. Sun-dried brick
- 49. Sicilian city
- 52. A steep rugged rock or cliff
- 53. Murder
- 54. Other
- 55. "Deadpool" actor Reynolds



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Golden Eagle boys battle past Prospect Mountain

Prospect coach Cory Halvorsen earns 100th varsity win to close week



JOSHUA SPAULDING

Gilford's Christien Nunez and Prospect DJ Scarpa battle for position in action last Tuesday afternoon.

BY JOSHUA SPAULDING
Sports Editor

GILFORD — The boys' soccer teams from Prospect Mountain and Gilford met to kick off the penultimate week of the regular season on Tuesday, Oct. 14, with the Golden Eagles scoring two first-half goals on the way to a 3-0 win.

Prospect's Wyatt Bubar made a run in early and Gilford goalie Gavin Forest made the stop. Isaac Casale had a direct kick for Prospect that went over the top of the net and Rylan Clifford had a good defensive clear for the Timber Wolves as well. The Golden Eagles had a good run into the zone and Carter Bruneau made a run into the zone that was stopped by Prospect's Logan DeWitt and the Timber Wolves had a direct kick that Gilford's Luke Javalgi cleared out of the zone.

Bruneau had a solid defensive stop for the Golden Eagles and Orion Neathery sent a shot over the top for the Timber Wolves. Bryce Lounsbury had a bid denied by Forest and Gilford's Christien Nunez sent a nice cross in to Omario Brooks, who was taken down in the box, giving the Golden Eagles a penalty kick chance.

The Golden Eagles put Brady Allesandro on the line and he delivered the penalty kick with 27:36 to go in the first half and Gilford had the 1-0 lead. DJ Scarpa made a run into the zone for Prospect that was

turned back by Gilford's Jevan Beale and Brooks had a cross in that was cleared by Clifford. Neathery just missed connecting with Bubar on a chance at the other end of the field.

Gilford had a corner kick chance that Neathery cleared out of the zone after Bode McLean sent a crossing pass into the middle. Beale had a direct kick chance that Clifford headed out of the zone and Scarpa had a cross that Brody Mosher cleared out of the zone. McLean made a run for the Golden Eagles and Clifford cleared the ball from the zone. Beale had another direct kick that Prospect goalie Charlie Yeaton grabbed and the Timber Wolf keeper also stopped a bid from Owen Wolpin.

Anthony Sanville had a good clear for the Timber Wolves and Forest was able to grab a bid in the zone for the Timber Wolves. Yeaton stopped a bid from Ben Valles and Nunez made another run that was stopped by Bruneau in the Gilford defense. Beale had another direct kick that Yeaton grabbed and Javalgi had a direct kick that Clifford cleared from the zone. Easton St. Cyr for Gilford and Chance Montplaisir for Prospect had bids denied at their respective ends.

In the final minutes of the first half, Bruneau was able to make a run into the zone and bury the shot and Gilford took the 2-0 lead to the halftime break.



JOSHUA SPAULDING

Jevan Beale controls the ball during action against Prospect Mountain last week.

Casale just missed connecting with Bubar on a chance and Neathery sent a shot wide of the net on a Prospect corner kick. Casele sent another shot in that Javalgi cleared out of the zone and Orion Neathery had a direct kick chance that Knyte Neathery sent wide of the net. Casale had another bid in the zone that Javalgi cleared and Casale also sent a shot wide of the net.

Scarpa had a crossing pass for Prospect that Javalgi cleared and had another cross that missed the mark in front. Beale sent a direct kick over the top of the net and Casale just missed connecting with Bubar, with Forest grabbing the chance. Forest also stopped a Scarpa bid and the Gilford defense cleared a crossing pass from Wolpin. Beale had a direct kick cleared from the zone and Kael Weber sent a nice ball in that Yeaton grabbed.

Clifford made a good run up the field for the Timber Wolves, with his shot going wide. Orion Neathery had a shot denied by Forest and the Gilford goalie then punched Orion Neathery's direct kick out of the box.

The Golden Eagles upped the lead to 3-0 with 17:12 to go with Wolpin moving the ball up the field and striking it to the back of the net. Scarpa had a direct kick headed out by Beale and Blake Snell sent a nice ball in to the zone

that was snared by Forest. Casale had a shot denied and another shot go wide of the net. Wolpin sent a shot over the top and had another bid denied by Yeaton. Forest grabbed another Prospect bid and Sanville had a late chance go wide as the clock ticked off for the 3-0 Gilford win.



JOSHUA SPAULDING

Prospect Mountain goalie Charlie Yeaton leaps to grab the ball in action in Gilford last Tuesday.

The Timber Wolves finished off the week with a 1-0 win against Sanborn, which gave coach Cory Halvorsen his 100th career varsity win.

The Timber Wolves will finish the regular season at St. Thomas on Friday, Oct. 24, at 4 p.m.

Gilford will finish the

regular season on Friday, Oct. 24, on the road at Fall Mountain at 6:30 p.m.

The Division III boys' soccer tournament starts on Wednesday, Oct. 29, at the home of the higher seed.

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

Tilley third, Gilford girls fifth at Capital Area Championships



DAN ATTORI - CONCORD MONITOR

Maria Tilley runs in the Capital Area Championships last week at Merrimack Valley High School.

BY JOSHUA SPAULDING
Sports Editor

PENACOOK — The Gilford cross country team took part in the Capital Area Championships at Merrimack Valley High School last Thursday afternoon. The Golden Eagle girls finished fifth overall, with St. Paul's School taking top honors.

Maria Tilley continued her impressive season with a third place finish overall, second among public school runners, with a time of 19:18. Kylie Kelly finished in 24th place in a time of 21:55 and Athena Booth was 34th in 23:13. Alissa O'Brien was 42nd overall in a time of 23:58 and Brooke Baron finished out the scoring for Gilford with a 63rd place finish in a time of 25:48. Amanda Schaffnit finished out the field of Golden Eagles with a 73rd place finish in 30:13.

William Reinhardt led the Gilford boys with a time of 19:07 for 35th place overall. Gunnar Marvel was 56th overall in a time of 20:28 and Daniel Perron was 70th in a time of 22:06. Wren Reinholz placed 76th overall in 24:48 and Griffyn Greene finished out the field of Golden Eagles in 78th place in 24:51, with the Golden Eagle boys finishing in 10th place as a team.

The Golden Eagles will be taking part in the Division III State Meet on Saturday, Oct. 25, at Derryfield Park in Manchester. The girls will run at 10 a.m. and the boys will follow at 10:40 a.m.

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

HIGH SCHOOL SLATE

Thursday, Oct. 23
BELMONT

Boys' Soccer vs. White Mountains; 3:30

Girls' Soccer at White Mountains; 3:30

Friday, Oct. 24
GILFORD

Boys' Soccer at Fall Mountain; 6:30
Football at Stevens; 7

Girls' Soccer vs. Fall Mountain; 3:30
WINNISQUAM

Boys' Soccer vs. Somersworth; 4
Volleyball vs. Souhegan; 6

Saturday, Oct. 25
WINNISQUAM

Football vs. Farmington-Nute; 2

All schedules are subject to change.

HIGH SCHOOL SLATE

Thursday, Oct. 23
KENNETT

Boys' Soccer vs. John Stark; 4
Girls' Soccer at John Stark; 4

Volleyball vs. Winnisquam; 6

KINGSWOOD

Girls' Soccer vs. Keene; 6

Friday, Oct. 24
KENNETT

Football vs. Trinity; 7

Volleyball at Kingswood; 6
KINGSWOOD

Football at St. Thomas; 7
Volleyball vs. Kennett; 6

PROSPECT MOUNTAIN

Boys' Soccer at St. Thomas; 4

Girls' Soccer vs. St. Thomas; 4

Volleyball at John Stark; 6

All schedules are subject to change.

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A Listening Room experience at Oct. 29 Songwriter Round-Up

MEREDITH — The partnership between Katie Dobbins Music (Gilford) and Hermit Woods Winery & Eatery (Meredith) which has brought the monthly music series Songwriter Round-Up to the Lakes Region is set to deliver another great show at the end of this month. Held in the region’s premier listening room, The Loft located on the second floor of the Winery, this series has been giving audience members a chance to experience the original music of talented sing-



ences and showcasing incredible talent with each performance.”
The next Songwriter Round-Up show takes place on Wednesday, Oct. 29, featuring the Lakes Region’s own Katie Dobbins, a singer-songwriter who delivers her artistry with beautiful vocal tones wrapped in guitar and piano melodies, Derek Sensale, a singer-songwriter from Vermont who blends folk, Americana, and indie-rock styles with introspective lyrics to present songs that are both intimate and engaging, and Rupert Wates, a singer-songwriter born in England who has resided in the U.S. since 2006. Rupert is a multi-award winning artist that infuses his melodic art/folk music with elements of several other genres to support his lyrical storytelling. All of these artists bring their own unique life-lyrics, melodies, and styles to the stage. This promises to be an evening of great original music and dynamic entertainment that you won’t want to miss. Learn more about each of these artists on the Hermit Woods Winery website.

A complimentary wine tasting will begin at 5:30 p.m., the Loft opens at 6 p.m. for seating & dinner orders, and music starts at 7 p.m. Patrons can further enhance their evening by selecting from a menu of tasty items available from Chef Kaylon Sweet of Sweet Mercy’s Kitchen. Tickets can be purchased in advance at hermitwoodswinery.com/the-loft or in-person at the Winery.

er-songwriters from the New England area and beyond. At each show, three artists share their songs and stories in a unique in-the-round style performance. Held on the last Wednesday of each month, this intimate series features two different songwriters each month alongside host performer Katie Dobbins.
The series presents area residents and visitors an opportunity to experience the show “magic” that each new lineup creates. Winery co-founder and owner Bob Manley is thrilled to have his establishment be home to the monthly Songwriter Round-Up Series.
Remarking on the success of the series, Manley reaffirms the valued partnership the Winery has developed with Katie Dobbins Music, expressing, “Working alongside Katie Dobbins and her Songwriter Round-Up Series has been an absolute delight. Katie brings an engaging presence to the stage, effortlessly connecting with our audi-

Gilford Community Church offers retreat for women

ALTON — The Gilford Community Church is sponsoring an event just for women and is welcoming back Gina McGuire as the keynote speaker. A Retreat for Women, entitled, “Stepping Outside the Box” will be held on Saturday, Oct. 25, at the Brookwoods Conference Center on the lake in Alton.
Opening the program will be Gina McGuire, a Holistic Board-Certified NH Registered Nurse and a Health and Wellness Practitioner. She presents regionally and nationally to inspire, motivate, and educate people to care for their bodies and minds. Her energy is contagious!
The all-day event, held from 8:30 a.m. to 3 p.m., promises a day of relaxation, reflection and fun. Attendees are invited to choose attending sessions such as Chair Yoga, Crafts, Reiki and Sound Healing, Guided Meditation, Line Dancing, Skin Care and more. In addition, there



COURTESY PHOTO

Gina McGuire will be opportunities to explore the beautiful conference center setting.
The cost is \$45, and includes an outstanding buffet lunch.
Registrations may be made by calling the Gilford Community Church office at 603-524-6057

Monday through Thursday from 8:30 a.m.-2 p.m. Call now as space is limited and bring a friend.
Located in Gilford at 19 Potter Hill Rd., the Gilford Community Church (GCC) is an inclusive, open community that welcomes believers and doubters, seekers and skeptics, young and old. Viewable live on Facebook and available on YouTube, Sunday service at GCC takes place at 10 a.m. To learn more, or virtually attend service, visit gilfordcommunitychurch.org.

Church Service SCHEDULE

ABUNDANT HARVEST FAMILY CHURCH
Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center, 251 Main St., Union.
Pastors Daniel and Sherrie Williams, 473-8914.
For more information, please visit abundantharvestnh.org or e-mail abhf@faith.com.

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

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

CENTER BARNSTEAD CHRISTIAN CHURCH
Worship Service 10:00am
Bible Study 11:15am
Rte 126 next to Town Hall
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centerbarnsteadcc.org

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20 Church St Alton
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Pastor Ryan Blackard

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Pastors Mike & Kathy Matity
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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

Town	Address	Type	Price	Seller	Buyer
Alton	18 Bachelor Dr.	Single-Family Residence	\$407,000	Ronald E. White	Alexandra Hogan
Alton	4 Circle Rd.	Multi-Family Residence	\$175,000	Russell & S. MacLeod JRET	Carl E. and Christine L. Ammons
Alton	18 Donald Dr.	Single-Family Residence	\$950,000	June W. Kennedy	Jennie and Jacob Hakala
Alton	Franklin Way	N/A	\$10,000	Christine and Joseph Perella	Jeremiah Vanderneut and Jillian Cote
Alton	Pipers Point Lane, Lot 47	N/A	\$425,000	Lucinda H. Lee 1999 Trust and Madeline J. Lee	Amber and Stephen Prudhomme
Alton	55 Suncook Valley Rd.	Single-Family Residence	\$100,000	Diane J. Corr Estate and Cherie Plummer	JP Builders Company LLC
Barnstead	11 Circle Dr.	Single-Family Residence	\$289,933	Jessica R. and Chad W. Rondeau	Nathan Barrett
Barnstead	123 Parade Rd.	Single-Family Residence	\$580,000	Evan Turek	Kyle B. Phelps
Barnstead	N/A	N/A	\$35,000	Jessica L. Sampson	Mwaac RET and Michael A. Ciriello
Gilford	170 Belknap Point Rd., Unit 40	Condominium	\$1,300,000	Ronald C. and Susan D. Whitmore	Daniel H. and Susan C. Fogg
Gilford	Runway 3517 Condo Unit A4	Condominium	\$162,000	Runway 3517 LLC	Catshot Group LLC
Gilford	15 Sprucewood Dr.	Single-Family Residence	\$528,000	W. Keith Parrish 2001 Trust and Kathleen W. Graham	Jesse A. and Madison Simoni
Gilford	20 Waterford Pl., Unit 15	Condo-Nonresidential	\$65,000	Frank W. Thomas Trust	Mootrey Fiscal Trust and William B. Mootrey
Gilford	118 Weirs Rd.	N/A	\$475,000	Lynne C. Kober IRT	Anthony and Cheryl Dicterio
Gilford	N/A (Lot 8-72)	N/A	\$425,000	Jessica K. Wallace	Tbf LLC
New Durham	S. Shore Road	N/A	\$715,000	W.J. Allard	Philip Bossy

ABOUT THE REAL REPORT

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

locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com or 669-3822. Copyright 2011. Real Data Corp. In the column

“Type”: land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Powerhouse announces 2026 season!

LACONIA — On Sunday, Oct. 19, Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre in Laconia, announced to a crowd of enthusiastic participants and supporters its plans for a fun-filled 2026 season. The calendar will include a five-show Colonial Series, a five-show Spark Series at venues around Laconia, an annual fundraising event and a couple of special events involving new collaborations.

The Colonial Series will kick off in February with a joyful, music and dance filled version of Shakespeare’s “A Midsummer Night’s Dream” adapted and directed

by Joel Iwaskiewicz and set in the Louisiana bayou. The May show is the East Coast American premiere of a brand new musical based on Kate DiCamillo’s popular book “The Magician’s Elephant.” August will bring the very popular “Shrek the Musical,” followed in October by “Peter and the Starcatcher,” a play based on the popular novel series that imagines how an orphaned boy became Peter Pan. The season will wrap up with the traditional holiday favorite “A Christmas Carol: The Musical Ghost Story.”

The Spark Series has some familiar events and some new ones. In February, some of Powerhouse’s talent-

ed teens will tour local libraries with “Pooh’s Birthday Surprise” by Jaydie Halperin during school vacation in honor of the 100th birthday of Winnie the Pooh! May and September will bring Powerhouse back to Prescott Farm with the spring New Play Festival and the fall outdoor theatre adventure, “Big Bad: The Trials and Tribulations of a Fairy Tale Wolf” by Tess Hodges. Audiences will follow the Big Bad Wolf and Little Red around the Prescott campus through different wolf-related fairy tales. October will offer a staged reading of John Pielmier’s “Hook’s Tale” — Captain Hook’s (our apologies...according to him,

that’s actually Cook, with a C) rebuttal to the events of Peter Pan as he tells his side of the story. The Spark Series wraps up in November with the annual Power Chords holiday concert. Powerhouse’s annual fundraiser which supports its programs and the Colonial Theatre Advancement Fund will be March 21. This year’s edition is called Just Duet: Super Team Edition - where two teams can partner together on one of their songs for a quartet.

In March, Powerhouse will partner with the Winni Players to produce the hysterical comedy “The Play that Goes Wrong” at the Winnepesaukee Playhouse in Meredith. And

on June 27, Powerhouse will join with a portion of the Lakes Region Symphony Orchestra to perform the musical “1776” in concert to celebrate America’s 250th Anniversary.

Says Powerhouse Associate Producer Courtney Palmer, “With all the things going on in the world, our goal for 2026 was to produce a season that would be extremely fun for our performers to work on, and joyful for our audiences to attend. We are so excited for a year filled with laughter.”

And despite rising production costs, Powerhouse has committed to keeping tickets \$25 and under for all its productions.

Says Producer Jo-

hanna Halperin, “The shows we’ve chosen have appeal to all audiences. Adults will enjoy them, but they are also appropriate for families so we want to make sure our tickets continue to be the best value in local theatre and affordable for families to attend together.”

Tickets for 2026 will go on sale in January. Powerhouse is looking for some new Corporate Sponsors to help support these exciting productions. For information on how you can become a sponsor email info@powerhousesenh.org. To sign up for auditions, workshops, and to learn more about Powerhouse check out powerhousesenh.org.



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November events at Oscar Foss Memorial Library

BARNSTEAD — Good to Know Info: For Veteran’s Day, the library will be closed Tuesday, Nov. 11. We are closed for staff training on the second Thursday of every month until 3 p.m. (Nov. 13). We are also closed Thursday, Nov. 27, and Friday, Nov. 28, for Thanksgiving.

From Nov. 1-9, vote on our Facebook page for your favorite Pets of OFML! The winners will be featured in our 2026 calendar (and their owners will receive a free copy). Calendars will be available for purchase in late November, just in time for the holidays!

Holiday Craft Workshop: Our yearly tradition at OFML is back! Starting Thursday, Nov. 19, and running through Saturday, the 22nd: Stop by the meeting room to use free arts and craft supplies for making holiday gifts. Patrons are welcome to share/donate their clean crafting supplies. Donations can be

dropped off at the library during open hours between Nov. 1 and 19.

Home School Group: Join us Fridays from 10:30 a.m.-noon for a mix of stories, simple science/learning activities, and a creative art/craft activity that all go along with a theme for the week. The activities are geared towards kids ages four and up, and younger siblings are welcome to come along. There will be an event posted ahead of time on their Facebook group (Barnstead NH Library Homeschool Group) for each weekly meet-up, so you’ll always know what to expect and if you need to bring anything.

Music and Movement Storytime, aka Littles Love to Learn! Join us on Tuesdays at 10:30 a.m. for an interactive storytime filled with stories, songs, and loads of sensory play designed specifically for toddlers.

Every Wednesday at

10:30 a.m. is Children’s Storytime. Visit us at the library for stories, crafts, and singing. Then experience the cozy ambience in the children’s area, which has all sorts of neat things to do. Make new friends. Set up playdates. Check out books, movies, and games, play with the trains, Legos, and puppets. Come for the learning, stay for the fun!

Start your week off with Yoga Monday! Gentle Hatha-Flow runs from 10:15-11:40 a.m., Senior/Beginner/Chair Yoga is noon to 1 p.m., and Intermediate Hatha-Flow lasts from 5:30-6:50 p.m. Classes are by donation (suggested \$8). All are welcome and encouraged to attend, regardless of ability to donate.

Jamming Tuesdays at OFML: 6-8 p.m. (ages 18 and up). Do you play a string instrument? Well then, dust it off and come make music with us! On the first (Nov. 4) and third (Nov. 18) Tuesdays of the month, join us for jam

nights at the library (in the meeting room). No need to be an expert—just bring your instrument and a love of music. Share a few tunes, trade chords, get feedback (if you’d like), and most of all, have fun!

Our Meet and Read Book Club (ages 18 and older) takes place on the first Wednesday of the month (Nov. 5), from 6-7:30 p.m., in the library. This month’s book will be “Project Hail Mary” by Andy Weir. Next month’s book will be “Because We Are Bad” by Lily Bailey. Books are available at the library. Bring food, bring thoughts, bring a friend!

Bead Animals & Bracelets is happening Thursday, Nov. 6, from 4-5:30 p.m. Come make your own bead animals and bracelets at the library. All materials included—just bring your creativity. With the holidays coming up, these make perfect handmade gifts for friends and family. Come hang out,

get crafty, and take home your creations!

On Friday, Nov. 14, at 5:30 p.m., we are having another Teen/Tween Cookie Decorating! Join us for a sweet and creative workshop by our cookie expert, Leah Whitney—just for teens and tweens. Learn the basics of cookie decorating, then Leah will guide you step-by-step in designing a set of beautifully curated, seasonal sugar cookies. As you can imagine, this program is quite popular, so registration is required.

Family Crafternoon is a family-focused event that happens every third Friday of the month (Nov. 21), at 3:30 p.m. This month we will be making holiday gifts! Materials will be provided and light refreshments served.

On Friday, Nov. 21, from 6:30-8 p.m., join us for Books & Banter. This lively book club is open to everyone and invites

you to share and explore a wide range of genres. Come ready to discuss up to three books you’ve recently read, giving a brief synopsis to spark conversation. Don’t miss out on the fun—come share your thoughts, learn about new books, and enjoy a cozy evening of discussion.

Let’s Write a Novel! Join us in the library’s meeting room for a series of structured classes on the how-to’s of writing a book. This class typically runs from 6-7:30 p.m. on the last Friday of the month, but is being changed to the third Friday (Nov. 21) due to Thanksgiving. Budding writers, 16 and older, ignite your passion for storytelling, discover how to build your hero’s journey, and take your novel from concept to can-do!

For events that require registration, please contact us at 269-3900 or ofml-staff@gmail.com to reserve your spot!

Assistant Cafeteria Manager

Job Summary:
The Winnisquam Regional School District is looking for a motivated and organized Assistant Cafeteria Manager to help oversee the daily operations of the cafeteria. This role supports and works under the direction of the Cafeteria Manager in ensuring food safety and quality standards, maintaining inventory, and delivering efficient meal service to students and faculty. The ideal candidate has leadership experience in food service, strong communication skills, and a commitment to creating a positive and safe dining environment.

Apply on schoolspring.com.

SHAKER REGIONAL SCHOOL DISTRICT KITCHEN MANAGER

Shaker Regional School District has an immediate opening for a Kitchen Manager for Canterbury Elementary School. Duties include, but are not limited to, oversight of food and supply inventory, maintaining daily food production records, preparation and distribution of breakfast and lunch, and oversight of kitchen staff. This school-year position is 6.00 hours per day, with starting pay of no less than \$18.43/hr, and is eligible for the district contribution toward Health Insurance, plus fully paid Dental, Life, and Long-Term Disability Insurance.

Please submit an application and 3 letters of reference to Nancy Cate, 255 Seavey Rd, Belmont, NH 03220. You may contact Mrs. Cate at 603-267-6525 X1352 to obtain an application or visit the Human Resources section of our website: www.sau80.org to download a copy. Successful completion of a post-offer pre-employment criminal background check, including fingerprints, are required. Shaker Regional School District is an equal opportunity employer.

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COACHING VACANCIES

Shaker Regional School District is seeking coaches for the 2025-2026 Winter season for following athletic teams:

- BMS Boys 5/6 Basketball
- BMS Basketball – Team 1
- BMS Basketball – Team 2

Interested individuals should contact Cayman Belyea, Athletic Director, by phone at 603-267-6525 ext. 1362 or email at cbelyea@sau80.org. Successful completion, with satisfactory results, of a post-offer, pre-employment criminal background check, including fingerprints, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, New Hampshire and is an Equal Opportunity Employer.

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Energysavers Inc, a 50 year old hearth & spa product retailer in the Lakes Region, is looking for a motivated individual that wants to learn the trade of installing hearth products. You must be comfortable working on roofs when necessary and able to work with an installer to move heavy items. Energysavers pays for all educational costs to get and maintain NFI wood, gas and pellet certifications as well as a NH gas fitters license for gas hearth installations and service. Starting pay, \$18-\$20 hour based on experience.

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Wilson/Kobrenski Quartet featuring Mike Sakash & Tim Gilmore to perform at The Loft at Hermit Woods

MEREDITH — The Loft at Hermit Woods Winery & Sweet Mercy’s Kitchen is proud to present the Wilson/Kobrenski Quartet featuring Mike Sakash & Tim Gilmore on Thursday, Oct. 23, for an evening of boundary-blending music that merges the rhythms of West Africa with the harmonic sophistication of jazz and contemporary improvisation.

Guests will enjoy an unforgettable evening of exceptional music, fine wine, and creative cuisine in The Loft’s warm, intimate setting. The evening begins with a complimentary wine tasting from 5:30–6 p.m., followed by dinner service from 6–7 p.m., featuring the new Fall Menu by Chef Kaylon Sweet. The performance begins promptly at 7 p.m., with drinks and dessert available during the show.

About the artists
Dave Kobrenski (Fula flute, ngoni, percussion) is a multi-instrumentalist who has spent two decades



exploring and sharing the musical traditions of West Africa. His expressive mastery of the Fula flute—a rare, three-holed woodwind instrument—has been described as “the voice of Africa itself taking flight on the wind.” Kobrenski also performs on the kamaale ngoni, calabash, and djembé, bringing an earthy authenticity and depth to every performance.

Jed Wilson (piano) is a versatile pianist and com-



poser with a Bachelor’s degree in Jazz Performance from the New England Conservatory. Known for his fluidity across genres—from folk to free improvisation—Wilson has been a creative collaborator with some of New England’s most celebrated musicians, including jazz vocalist Dominique Eade.

Mike Sakash (clarinet, saxophone) brings technical mastery and soulful expression to the ensem-



ble. With advanced degrees from the University of Massachusetts and the



Eastman School of Music, Sakash’s career has spanned teaching, arrang-

ing, and performing across the country. Currently the Arts Department Chair at Fryeburg Academy in Maine, he continues to inspire through both performance and education.

Tim Gilmore (drums, percussion) rounds out the quartet with a dynamic blend of precision and groove. A veteran performer with credits including Lester Bowie, Marion McPartland, and Tower of Power, Gilmore has appeared with ensembles from the Cape Ann Symphony to the Harry Skoler Jazz Quartet, and brings decades of rhythmic experience to the stage.

HAUNTED

(continued from Page A1)
partnership.

The entire nature trail is packed with special effects, props, and frightening fun. Not to mention what Chasse calls the “scarers.” This loyal group of talented actors secretes themselves behind tree trunks, in hollows, under leaves, and, yes, inside coffins, until an unsuspecting victim happens by, so be prepared to be startled.

It’s no walk in the woods, as they say, but it is literally one, so make sure your costumes allow for adequate vision; unless you’re planning on keeping your eyes closed during the trek, which we’ve heard many people do.

Tamer activities are inside of the Trick or Treatinghouse, including craft making, hot chocolate drinking, popcorn eating, (washable) tattoo applying, and candy selecting. Don’t worry, the hosts have provided an opportunity to enjoy the trail scare-free Thursday from 5:30 - 7 p.m. when there are no live spooks, and “No Scare” time on Saturday from 5 - 5:30 p.m.

For the stout of heart, the full shock effect will be

on hand Friday 6:00 - 8:00 p.m. and Saturday 5:30 - 7:30 p.m.

Saturday is the time to attend if you’re hankering for candy. Chasse said candy will be available along the trail during the “No Scare” time, and Dot Veisel of the Recreation Commission and Select Board will take up her annual position as candy dispenser inside the Trick or Treatinghouse all of that evening.

What makes her withstand the generally cold weather, horrifying decorations, and petrifying costumes year after year?

It seems she “absolutely loves” giving out candy at the event.

“It is such fun to watch the kids as they search through the bowl of candy looking for just the right treat that they’ve been waiting for all evening,” she explained.

“And it’s a credit to the parents, the school, and our town,” she added, “that 99 percent of the children say, ‘Thank you.’ That’s what keeps me coming back.”

If candy isn’t your thing, the Seacoast Pretzel Company, with a variety of soft, Bavarian pretzels, and the Palomino Mobile Bar

trucks will be there on the week-end.

Despite being more of a nightmare than many commercial haunts, there is no charge for the Haunted Trail. Donations are welcome, though, and those monies are put toward expanding the event so it is never the same twice in a row.

Chasse said she appreciates the fact that some sections of the trail have been “adopted” by a group or family, which cuts down a bit on the work she and other volunteers do for set-up.

Even so, it’s a huge undertaking for the equally huge reward of revelers coming together to have a good time.

Not content with a big, ghostly Halloween celebration, the New Durham Recreation Department will also host a Trunk or Treat on Oct. 31 from 5 - 7 p.m. at the Town Hall parking lot.

Chasse said candy donations for the event are needed, as are volunteers to hand out the treats. More information can be found at ndparksandrec.com and Chasse can be reached at ndrec@newdurhamnh.gov.

TOWN OF NEW DURHAM PLANNING BOARD PUBLIC HEARING NOTICE

Tuesday, November 4, 2025
7:00 PM at NEW DURHAM TOWN HALL
Susanne Fuller and Sarah McPhee

You are hereby notified that a hybrid Public Hearing will be held in person and over Zoom by the New Durham Planning Board on Tuesday, November 4, 2025, at 7:00 pm in the New Durham Town Hall. The hearing is regarding a Stormwater Conditional Use Permit within the Residential, Agricultural, Recreational Zoning District, the Shorefront Conservation District, and the Steep Slopes Conservation District submitted by Thomas W. Varney, of Varney Engineering, LLC., on behalf of Susanne Fuller and Sarah McPhee for property at Map 113, Lot 011, at 290 South Shore Road, New Durham, New Hampshire. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom meeting, please contact the Land Use Assistant at ndlanduse@newdurhamnh.gov or the Planning Board.

Public Notice: All interested persons are invited to comment on any potential effects that may be caused to historic properties from a proposed 140-foot-tall monopole telecommunications tower to be located at N43 32’ 09.16” W71 08’ 26.25”, Tax Map 209 Lot 34, 320 Kings Highway, New Durham, Strafford County, NH, if any such properties are located at or near the site. Comments may be submitted, within 30 days of the notice publish date, by email to info@klumbenv.com or by U.S. Mail to A&D Klumb Environmental, LLC, P.O. Box 155, Canterbury, NH 03224, 603-746-5065. Questions about this facility or this notice may be directed to the above contact information. This notice is provided in accordance with the regulations of the Federal Communications Commission, 47 C.F.R. Part 1, Appendices B and C.

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TOWN OF NEW DURHAM PLANNING BOARD PUBLIC HEARING NOTICE

Tuesday, November 4, 2025
7:00 PM at NEW DURHAM TOWN HALL

Kenneth H. & Sandra Dickie and Steve DePalma & Kelly Dyer

You are hereby notified that a hybrid Public Hearing will be held in person and over Zoom by the New Durham Planning Board on Tuesday, November 4, 2025, at 7:00 pm in the New Durham Town Hall. The hearing is regarding a Subdivision – Design Review within the Residential, Agricultural, Recreational Zoning District and the Wetlands Conservation Overlay submitted by Randolph R. Tetreault, of Norway Plains Associates, Inc., on behalf of Kenneth H. & Sandra Dickie and Steve DePalma & Kelly Dyer for property at Map 267, Lot 001, at 72 Ten Rod Road, New Durham, New Hampshire. The full application is on file at the New Durham Town Offices for review during normal business hours. If you have any questions on Zoom meeting, please contact the Land Use Assistant at ndlanduse@newdurhamnh.gov or the Planning Board.

League of NH Craftsmen Gallery spotlights fiber artist Katie Pugliese

MEREDITH — The League of New Hampshire Craftsmen Meredith Fine Craft Gallery invites you to step into a world of imagination this fall with a delightful new collection of needle-felted Woodland Creatures and Ghosts by juried-in fiber artist Katie Pugliese. Each piece is handcrafted from soft wool fibers, transformed through intricate felting techniques into charming little figures full of personality and warmth.

From racoons sweeping with tiny brooms to squirrels and chipmunks carrying little pumpkins, and mice relaxing with gentle turtles watching the spirited felted ghosts, Pugliese's creations are all ready to cozy up and celebrate the whimsical autumn season together. These one-of-a-kind figures look like they could have stepped straight out of a classic storybook or fairytale, bringing with them that same feeling of childhood wonder.



Pugliese began needle felting in 2016 and continues to challenge her creative imagination by being inspired by the wonders of nature that surrounds her. Her needle felting brings

to life these little spirits of the forest, with each one developing its own expression as she works.

The Meredith Fine Craft Gallery invites you to come see Katie Pug-

liese's display of whimsical felted Woodland Creatures and Ghosts. Whether you're looking to add a touch of autumn charm to your home, find a heartfelt handmade gift, or simply enjoy the magic of the season, these felted creatures are sure to delight visitors of all ages.

For more information, please call the Gallery at 603-279-7920 or visit our website meredith.nhcrafts.org. The League of NH Craftsmen Gallery is lo-

cated at 279 DW Highway, Meredith.

The League of NH Craftsmen is a non-profit organization that encourages and promotes the creation, use and preservation of fine contemporary and traditional hand crafts. The League represents the signature of excellence in fine craft, through the work of its juried members and its rigorous standards for self-expression, vision, and quality craftsmanship.

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