



Tilton-Northfield Fire District cuts ties with Sitar

TILTON — The Tilton-Northfield Fire District is announcing that Michael W. Sitar, Jr. is no longer serving as the Fire Chief, effective Nov. 5.

At a meeting held that evening the Fire Commission executed a separation agreement in the Chief’s contract, which resulted in the termination of his employment.

The District will not be commenting on the specifics of this personnel matter, as it is confidential under applicable employment and privacy laws, but would like to thank Sitar for his many years of dedicated service to the towns of Tilton and Northfield. During his tenure, Sitar made significant improvements to enhance the safety of the District and its residents.

The Fire Commission has appointed Deputy Chief Sean Valovane as Interim Fire Chief to oversee Fire District operations during this transition period. The District is committed to ensuring that fire and emergency services remain fully staffed, fully operational, and responsive to the needs of the communities we serve.

Further updates regarding leadership and the process for selecting the next Fire Chief will be provided when available.

Belmont Elementary Girls On The Run gathering food for local pantries



BELMONT — The Girls on the Run program at Belmont Elementary School has been working hard this fall, meeting twice a week to develop important skills, including building self-confidence, working together with others, and developing persistence to keep moving forward when faced with challenges, all while using running as a tool to help them grow.

SEE **GIRLS**, PAGE A8

Holiday makes for early deadlines

With Thanksgiving falling on Thursday, Nov. 27, when the Winnisquam Echo would ordinarily be hitting the streets, the submission deadline for any press releases and letters to the Editor intended for publication that week has been moved up to Wednesday, Nov. 19 at 4 p.m. Submissions can be e-mailed to Editor Brendan Berube at brendan@salmonpress.news.

The staff of the Winnisquam Echo wishes our readers a safe and happy Thanksgiving.



Loudon Elementary students honor veterans through meaningful visit



TILTON — Student leaders from Loudon Elementary School recently spent a memorable day at the New Hampshire Veterans Home in Tilton, where they sat down with veterans to learn firsthand about their experiences, sacrifices, and service to the nation.

The visit, organized by the school’s Student Council, was designed to give students an opportunity to connect with members of the military community and gain a deeper understanding of what it means to serve one’s country. Throughout the visit, students interviewed veterans from various branches of the armed forces, asking questions about their time in service, the friendships they built, and how their experiences shaped their lives. Teachers accompanying the group said the conversations were heartfelt and inspiring.

“Our students were completely engaged,” stated Student Council Advisor and second grade teacher Mrs. McPherson. “They showed genuine curiosity and empathy. Hearing stories directly from the veterans gave them a perspective that is difficult to achieve in the classroom.”

For many students, the visit was their first time meeting a veteran in person. They learned about the challenges and rewards of military life and about the importance of perseverance, teamwork, and courage. The veterans, in turn, expressed appreciation for the students’ interest and respect.

“The veterans were very nice and interesting,” said fourth grader Pip-pin Rose. “It was fun to hear their stories, and they all served in a war, but never gave up.”

As part of the next phase of the project, the Student Council members will take what they learned from the visit and create presentations to share with all classrooms at Loudon Elementary School. These student-led presentations will be delivered in the days leading up to Veterans Day, helping the entire school community celebrate and honor the contributions of America’s veterans.

School leaders hope the project not only strengthens students’ understanding of history and citizenship but also inspires them to continue finding ways to give back.

“This experience connected learning to empathy,” said the Student Council Advisor and 5th grade teacher Mrs. Davis. “Our student council members are bringing those lessons home and sharing them with the entire school; that’s what leadership is all about.”

The visit to the New Hampshire Veterans Home was more than a field trip; it was an act of gratitude and a powerful reminder that the stories and sacrifices of veterans continue to inspire the next generation.

Lakes fight back to beat Belmont in semifinals



The Inter-Lakes volleyball team celebrates a key point in the Division III semifinals last Wednesday.
BY DAN ATTORI
Contributing Writer

DERRY — It’s easy for players to trust the process when they’re winning, but it takes more faith when they’re not. The top-seeded, undefeated, two-time defending champion Inter-Lakes Lakers faced a challenge that they hadn’t seen in a year in Wednesday night’s Division III volleyball semifinal.

Number four Belmont (14-4) won the first set, and had an eight-point lead in the third set and a seven-point lead in the fourth, but the Lakers (18-0) stayed calm and composed down the stretch, winning a match where every set was contested, 23-25, 25-20, 26-24, 25-22, to punch their tickets to Saturday’s Division III championship game against number two Farmington (16-2).

The Lakers haven’t lost a match since Sept. 25, 2023, and they hadn’t lost a set since last year’s Division III final, a 3-1 victory over Concord Christian.

SEE **SEMIS**, PAGE A8

Audubon announces program on Lake Umbagog

MOULTONBOROUGH — On Thursday, Nov. 20 at 7 p.m. at the Loon Center in Moultonborough, the Lakes Region Chapter of the New Hampshire Audubon Society will present a program called “A Visit to Lake Umbagog,” presented by Bob Quinn.

In far northeastern New Hampshire lies the richest wildlife area in all of the Granite State — Lake Umbagog. William Brewster, the paragon of 19th century field ornithologists described it as “...like many a precious stone, [it] has beauty and charm due to the effectiveness of its perfect setting”

The Umbagog region is still one of the wildest, most bird-rich areas in northern New England. In this show Bob Quinn will share the dramatic scenery of this remote area, as well as talk about some of the

fascinating changes in Umbagog’s bird life over the last 140 years. The focus of

the program will be on the Lake Umbagog National Wildlife Refuge and its

efforts to protect this dazzling northern lake and the surrounding forests. Bob

will also share his visit to Umbagog during the 2024 solar eclipse.

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 Wildlife 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 Rte. 109 turn on to Lee Road and turn left on Lee’s Mill Road.



Powerhouse announces audition opportunity for area teens!

LACONIA — Teens 12-18 who love to act are invited to audition for “Pooh’s Birthday Surprise!”

For the first time Powerhouse Theatre Collaborative, the resident theatre company of the Colonial Theatre, will be producing a play that is only open to teens. The production will mostly rehearse and perform during New Hampshire’s February break (Feb. 23-27) at area libraries to entertain younger kids and their families.

Winnie the Pooh is turning 100 in 2026 and to commemorate that milestone Powerhouse commissioned Jaydie Halperin to create a short play from

the original Winnie the Pooh stories. With familiar characters including Pooh, Christopher Robin, Piglet, Tigger, Eeyore, Kanga and Roo and Rabbit, Powerhouse is looking for between seven and nine teens to participate in this production.

Auditions will be held at the Colonial Theatre on Sunday, Nov. 16 at noon. To register for auditions and find out more about the production, go to powerhousenh.org/auditions. Readings will be from the script and are provided in advance on the website so teens can practice. The production will be directed by Powerhouse’s Associate Producer, Courtney Palmer, who is also the director

of the Inter-Lakes Middle High School Theatre Company.

Says Palmer, “I am very excited to direct this teen production. Powerhouse has always done family-friendly shows, but it’s wonderful to have something just for youth. I grew up with Winnie the Pooh

and was even in a Winnie the Pooh Jr production when I was in middle school, so it’s a real full circle moment for me to share this story with a new generation.”

Contact info@powerhousenh.org for more details or with any questions about the production.

COMMUNITY CALENDAR November 13–20

Here’s what’s happening, lakeside and near, Events to bring cheer as November draws near.

Friday, Nov. 14 – Belmont Mill’s the place to go, For Coffee & Crafts from ten to four or so. Yarn, glue, and chatter—no fee to attend, Bring projects in progress or start a new trend!

Saturday, Nov. 15 – Tilton Senior Center’s fair, Vendors and bake goods will sweeten the air. From nine until two, the tables will gleam, With quilts, jams, and cookies that melt like a dream.

Sunday, Nov. 16 – Northfield’s library hosts a tale, A History of Railroads—no need to avail Your wallet; it’s free, and starts right at three, A trip down the tracks of our own century.

Tuesday, Nov. 18 – In Sanbornton Square, A Community Supper welcomes all there. Six o’clock sharp, no RSVP, Bring good appetite and good company.

Wednesday, Nov. 19 – The Belmont Mill hums, With an Open Archives Day—history drums! Browse ledgers and letters from long, long ago, You might find your great-granddad’s name in a row.

Thursday, Nov. 20 – Back in Tilton once more, The Farmers’ Market opens its door. Three thirty to six—fresh cider to pour, And produce still hearty from autumn’s last store.

So wrap up and wander, there’s much to explore, In towns by the lakes that we’re thankful for.

Tilton Senior Center hosting emergency preparedness program

TILTON — An Emergency Preparedness program will be presented by Partnership for Public Health at the Tilton Senior Center on Wednesday, Nov. 19, from 12:15 to 1:15 p.m.

This program is to help empower you with essential skills: making a kit, making a plan, and staying informed. Learn about home fire safety and prevention, making a disaster kit, emergency first aid, what to do in a power outage, and more.

This program is open to all and free to attend.

Tilton Senior Center is located at 11 Grange Rd. in Tilton. For more information, please call 603-527-8291. To learn more about Partnership for Public Health, go to <https://www.pphnh.org/>.

BELMONT POLICE LOG

BELMONT — The Belmont Police Department reported the following arrests during the week of Oct. 27 to Nov. 3.

A 64-year-old female from Belmont received a summons in lieu of arrest on Oct. 28 for Prohibited Smoking or Kindling Fire.

James J. Logue, age 30, of Gilmanton was arrested on Oct. 29 for Theft By Unauthorized Taking.

Kathryn Ann Kingsbury, age 20, of Belmont was arrested on Oct. 30 for multiple counts of Domestic Violence-Simple Assault resulting in Bodily Injury or Personal Contact.

Ryan Devere Frederick, age 26, of Belmont was arrested on Oct. 31 in connection with a warrant.

Casey Justin Burke, age 35, no known address, was arrested on Nov. 2 for Criminal Trespassing and Breach of Bail.

Christine Elizabeth Kirk, age 31, of Gilmanton Iron Works was arrested on Nov. 3 for Criminal Mischief, Resisting Arrest or Detention, Disorderly Conduct, and multiple counts of Simple Assault resulting in Physical Contact or Bodily Injury.



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Greater Lakes Region Children's Auction seeks donations

LACONIA — The Greater Lakes Region Children's Auction is seeking items to auction off at its 44th annual event, which will run this year from Tuesday, Dec. 9 through Friday, Dec. 12 from 9 a.m. to 7 p.m. at the Belknap Marketplace in Belmont.

Convenient drop off locations are now up and running.

Jennifer Kelley, executive director of the auction, said, "We're looking for new, unused items, big and small. Gift cards are always a hit with our bidders. Other popular items include electronics, tools,

tickets to sporting events, experiences, toys and services. You name it, we need it."

Drop off locations are in:

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

ASHLAND: Meredith Village Savings Bank, 5 Riverside Dr.

BELMONT: Baron's Major Brands, 225 Daniel Webster Highway; Belmont Fire Dept, 14 Gilmanton Rd.; Mattress Firm, Belknap Marketplace, 96 Daniel Webster Highway;

and Ollie's Bargain Outlet, Belknap Marketplace, 96 Daniel Webster Highway

BRISTOL: Tapply Thompson Community Center, 300 North Main St.

CENTER HARBOR: Meredith Village Savings Bank, 28 State Route 25

FRANKLIN: Grevior Furniture, 440 Central St.

GILFORD: Bank of New Hampshire, 1441 Lake Shore Road Route 11 and 1 Country Club Road; Children's Dentistry, 369 Hounsell Ave, Suite 1; Franklin Savings Bank, 11 Sawmill Road; Gil-

ford Country Store, 1934 Lake Shore Road; Lakeshore Market & Deli, 28 Weirs Road, #4; Wine'ing Butcher, 28 Weirs Road; and Meredith Village Savings Bank, 1383 Lakeshore Road

LACONIA: Bank of New Hampshire, 62 Pleasant St.; Body Covers, 94 Primrose Dr. North; Irwin Automotive Group, 59 Bisson Ave.; Irwin Hyundai, 446 Union Ave.; Irwin Marine, 958 Union Ave.; and Meredith Village Savings Bank, 379 South Main St. (Route 106)

MEREDITH: Meredith Insurance Agency, 2 Lakes

St., Suite 1, and Meredith Village Savings Bank, 71 NH Route 104 and 24 NH Route 25

MOULTONBOROUGH: Bank of New Hampshire, 960 Whittier Highway #25; For Your Eyes Only, 517 Whittier Highway; and Meredith Village Savings Bank, 991 State Route 25

PLYMOUTH: Meredith Village Savings Bank, 131 Main St.

WOLFEBORO: Meredith Village Savings Bank, 66 North Main St.

This year's auction is presented by Hannaford Supermarkets.

decades we have distributed more than \$9.2 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.



COURTESY

This past weekend, reader Derek Pappaceno had the pleasure of visiting Tilton Village Thrift & Antiques and meeting its owner, George. What started as a simple visit quickly turned into an inspiring conversation and a generous donation to our local high school community. George, a truly gracious and warm individual, donated a collection of flatware to our metals class. This material will be invaluable for our students as they learn and practice new techniques. His generosity speaks volumes about his character and commitment to supporting education. Beyond the donation, George showed a genuine interest in Pappaceno's curriculum at the Alton Central School and how they are engaging students. As an educator himself, he shared many wonderful stories about his time in the classroom and his love for teaching. It was clear that he does a significant amount for the community and has a deep, enduring passion for the educational process. The store itself is a treasure trove! Walking through the aisles of Tilton Village Thrift & Antiques is an adventure—it's full of books and countless hidden treasures waiting to be discovered. It's more than just a shop; it's a place with heart, run by someone who truly cares. Pappaceno offers a massive thank you to George for his kindness, his time, and his wonderful contribution to our students! We encourage everyone to stop by the store, say hello to George, and support this fantastic local business.

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Celebrate Christmas with the Cows at Brookford Farm

CANTERBURY — Join Brookford Farm Nov. 29 & 30, Dec. 6 & 7, and Dec. 13 & 14 from 11 a.m. to 5 p.m. for our Christmas with the Cows event - a celebration of our animals returning to their winter housing from their green pastures.

Get into the holiday spirit with family friendly DIY's crafts, delicious farm fresh food, holiday music and specialty gifts. This is the perfect event for families looking for a unique Christmas experience. The market will be set up inspired by the Strietzelmarkt (German Christmas Market) originating out of Dresden, Germany. Mostly outside, it will have a festive atmosphere! Don't miss out on this special opportunity to create lasting memories together on the farm this holiday season!

Farm to Table Food will be available to purchase, including traditional German food (Opa's Goulash, Oma's Dresdner Stollen, Quark Balls, Sauerkraut & German Wurst, Hot Mulled Punch).

Our German Christmas Market will feature specialty items and gifts. Visitors can also make their own candles, wreaths, and gnome homes and purchase a Christmas tree.

For more information, visit <https://www.brookfordfarm.com>

Tickets:
General Admission (13 +) \$14 on eventbrite/ \$15 at the door
Children's (4 - 12) \$9 on eventbrite / \$10 at the door
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Opinion

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 quiet work that holds a town together

Most of what makes a town strong happens quietly. No ribbon-cuttings, no headlines, no speeches. It’s a parent chairing a booster meeting after a long day at work, a plow driver who starts before dawn, a neighbor who checks on the elderly couple next door when the lights go out.

Small towns run on this kind of effort—the unpaid, unglamorous kind. We depend on volunteers to fill out committees, EMTs to respond at two in the morning, and clerks to keep a dozen overlapping state regulations straight. It’s not glamorous, but it’s the difference between a functioning community and a collection of disconnected houses.

In an era where national conversations feel increasingly distant and divisive, local engagement is the antidote. It’s hard to demonize your neighbor when you’re standing next to them stacking chairs after a public meeting. Town government, for all its flaws and frustrations, remains the most direct form of democracy we have.

The challenge today isn’t a lack of talent or care—it’s burnout. The same handful of people end up doing everything, while others assume the work will somehow get done. It’s easy to forget that every library program, budget vote, and planning decision needs actual humans behind it.

A healthy town spreads that load around. It doesn’t ask for perfection, only participation. Attend a select-board meeting. Join the planning board. Coach a youth team. Volunteer at the transfer station cleanup. None of it takes heroics, and all of it matters.

When those roles go unfilled, decisions get made by default. Roads don’t get paved, grants go unclaimed, and momentum slips. The cost of civic apathy is subtle but cumulative—it shows up years later as potholes, neglected buildings, and frayed trust.

The good news is that every community still has more goodwill than cynicism if you look for it. The person you wave to at the post office, the retiree leading a fourth-grade field trip, the teenager stacking shelves at the food pantry—they’re all proof that local commitment still exists, even if it’s quiet about it.

The next time a notice for volunteers appears on a bulletin board, resist the reflex to walk past it. Take the meeting minutes. Bake for the fundraiser. Show up. The foundation of small-town life isn’t money or policy—it’s the people willing to give an hour when nobody’s watching.

That quiet work is what holds a town together. And if we stop doing it, we stop being one.



COURTESY
The Belmont Police Department would like to recognize and congratulate Chief Matthew Currier of the Gilmanton Police Department for receiving a Unit Citation Award last night at the Congressional Law Enforcement Awards ceremony. Currier’s dedication, leadership, and commitment to public safety continue to make a positive impact on the region, and we are proud to call him our neighbor and partner in service. Please join us in congratulating Chief Currier and his department on this well-deserved honor! Photo courtesy of the department’s Facebook page.

Life balance

We all want to move forward — to reach the goal, finish the book, launch the business, get in shape, fall in love, or become the person we know we could be. We all have dreams, and most of us don’t lack the desire. What we lack is the willingness to act when the timing isn’t perfect.

I’m all about maintaining a work-life balance, and boundaries are essential, but I sometimes think that it’s not the world slowing us down — it’s our own rules. The quiet, self-made commandments we invent in the name of balance, boundaries, and self-care. Rules like “I don’t check emails after 5,” or “I don’t work weekends,” or “I don’t follow up twice with the same client.” They sound healthy — responsible even — but sometimes they’re invisible fences around our potential.

We build them to stay sane, but if left unchecked, they can also prevent us from going where we truly want to be in life.

A lot of these rules come from a good place. We’ve been burned before. We’ve felt the crash after burnout, the sting of rejection, the exhaustion of trying too hard. So we promise ourselves lim-

its: never again, not after hours, not on Sundays. But what starts as protection can quietly become a kind of confinement. Sometimes growth begins exactly where discomfort starts.

Every ambitious person eventually faces a crossroads between their rules and their results. The people who go far — the ones we admire — aren’t necessarily smarter or luckier. They’re just the ones who decided certain rules didn’t apply to them.

Stephen King ignored the publishing world’s “one book a year” rule. He wrote so fast that his publisher couldn’t keep up, so he created a pseudonym—Richard Bachman—to release more. When readers discovered the truth, both names became bestsellers, and the rule was never taken seriously again.

Or take Jeff Bezos, who in Amazon’s early days answered customer emails and support calls at 2 a.m., believing connection mattered more than sleep. That obsessive rule-breaking focus on customers became the DNA of one of the world’s biggest companies.

Or Ed Sheeran, who played dozens of free or low-pay gigs in a single

year, sleeping on couches and busking on street corners. Friends said he was devaluing his art — but those nights built the loyal fan base that later filled stadiums.

Or Elon Musk, who broke Silicon Valley’s “focus on one thing” rule. While most founders were told to master one company at a time, he was building rockets, cars, and solar panels all at once.

Each one of them broke a rule that sounded smart but wasn’t serving the dream.

I’m not suggesting that people should work 24/7, but I am saying that sometimes you need to work 24/7. Knowing when to be flexible with your work-life balance can change your entire future. It’s knowing the difference between a guardrail and a cage.

Discipline isn’t always about sticking to the same schedule forever; sometimes the boundaries need to bend. The rules that once protected your peace can, at a different season of life, start protecting your comfort instead. And comfort is a silent thief of momentum.

Every ambitious person reaches a point where “bal-

ance” becomes an excuse. Where the rule that once made sense starts standing in the way, the truth is, you can’t build an extraordinary life while staying entirely within ordinary limits.

Your next breakthrough may not require a new plan, a new mentor, or a new skill. It may require pushing past self-imposed boundaries.

Examine the rules you’ve established for yourself. Keep the ones that keep you healthy — the ones that let you rest, recover, and reconnect with life. But question the ones that keep you safe at the expense of your potential.

We all need balance, and progress isn’t found in balance alone. It’s found in the moments you lean just a little further than what feels comfortable — when you stay an extra hour, take the extra call, send the extra pitch.

You don’t need to give up balance — just bend it in the direction of what matters most.

Toby Moore is a columnist, the star of Emmy - Nominated A Separate Peace, and the CEO of Cubestream Inc.

Winnisquam Echo

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Winter parking ban now in effect in Belmont

BELMONT — The Town of Belmont has issued a Winter Parking Ban from Nov. 15 to April 30.

There shall be no overnight parking of any vehicles along the roadways during this time.

The Public Works Department understands the hardship this may cause to some of the citizens residing in the downtown area and because of this, allows vehicles to park overnight in the Municipal parking area near the Library.

We ask for your cooperation during winter weather events. Please consolidate vehicles that are left overnight to the front, right of the parking lot closest to Main Street as you pull into the Lot. This will allow for snow removal to take place efficiently and reduce the risk of damage occurring to private vehicles left overnight.

Immediately after the storm, please clean your vehicle off in place, leaving the snow where it was parked and move to a spot that has been plowed and treated for your safety. If possible, park consolidated as before to reduce obstacles for plow personnel.

The Town of Belmont Public Works Department takes pride in the maintenance it provides to the Citizens of Belmont. This simple winter storm procedure will help achieve the high level of service we strive for. We appreciate your cooperation in this matter.



The month of November has been home to many historical events over the years. Here's a look at some that helped to shape the world in November 1925.

- The western comedy "Go West" opens on November 1. Silent film legend Buster Keaton stars as "Friendless" and Fatty Arbuckle appears in an uncredited role.
- Sixteen people lose their lives in a small village in Wales when a dam bursts on November 2. The burst comes after five days of heavy rains.
- The Victrola Talking Machine Company introduces its new electrically-recorded phonograph records on November 2. The records can be played on the Victor Orthophonic Victrola, which cost around \$95 in 1925, or the equivalent of nearly \$1,700 in 2025.
- The film "The Pleasure Garden" is released on November 3. The release marks the directorial debut of English filmmaker Alfred Hitchcock.
- Italian Socialist Tito Zaniboni is arrested in a room at the Dragoni Hotel on November 4. The hotel is located across the street from the Chigi Palace in Rome, and Zaniboni is accused of renting a room with the intent of shooting Italian Prime Minister Benito Mussolini, who was scheduled to deliver a speech from the palace balcony.
- The National Hockey League awards a franchise to Pittsburgh, Pennsylvania, on November 7. The club is named the Pirates, which is also the name of the city's baseball team. The franchise moved to Philadelphia for the 1930-31 season before ceasing operations at the end of that campaign.
- The divorce trial of socialite Leonard "Kip" Rhineland and Alice Jones begins in White Plains, New York, on November 9. At the urging of his family, Rhineland sought an annulment of the marriage upon finding out that Jones was biracial. An annulment was never granted, but the marriage ultimately ended in divorce, and neither Rhineland or Jones ever remarried.
- On November 10, the Archbishop of Canterbury appoints a 12-person committee of six doctors and six clergymen to investigate the veracity of faith healing.
- Louis Armstrong and His Hot Five record their first songs together on November 12. The recordings are considered highly influential for the development of jazz music.
- Polish Prime Minister Wladyslaw Grabski and his cabinet ministers resign on November 13. The mass resignations occur over a difference of opinion with the Bank Polski SA regarding economic issues plaguing the country.
- The American Basketball League opens its inaugural season on November 15. The league is the first national professional basketball league in the United States.
- General Motors purchases British auto manufacturer Vauxhall Motors for \$2.5 million on November 16.
- The autopsy of Tutankhamun concludes on November 19. Limited forensic science available at the time, coupled with significant deterioration of the body, limits the findings of the autopsy.
- The luxury train the Orange Blossom Special begins operations on November 21. The train transports travelers from New York City to Miami, Florida.
- The "Hat Law" goes into effect in Turkey on November 25. The law forbids the wearing of non-western headgear, including the fez or the turban.
- A state funeral is held for Queen mother Alexandra at Westminster Abbey in London on November 27. The procession marching behind the casket includes the kings of England, Denmark, Norway, and Belgium.
- The Grand Ole Opry debuts as a radio show on November 28. Fiddler Uncle Jimmy Thompson is the first to perform on the show.
- The new Madison Square Garden on Eighth Avenue between 49th and 50th Streets in Manhattan hosts its first event on November 29. The event is a six-day bicycle race known as "Six Days of New York."



Thanksgiving is a time for celebrants to express gratitude for all that they have. Thanksgiving presents an opportunity for friends and loved ones to gather around a dinner table and enjoy a delicious meal together. Turkey frequently is at the centerpiece of Thanksgiving feasts. Many may be surprised to learn how turkey and other foods came to be such integral components of the Thanksgiving meal. Here are 12 facts about turkey and more, courtesy of Foodprint, Kansas Farm Food Connection, AgHires, and Business Insider.

1. When talking about turkey, getting the names for these birds right is necessary. Many people say "Tom Turkey" at Thanksgiving, but hens (female) birds are more commonly found at the table than a Tom (male) turkey. Poult are young turkeys. Toms are more likely used for deli meats, cutlets and ground meat because they are so much larger.
2. Americans eat roughly 46 million turkeys on Thanksgiving.
3. As many as 2,500 to 4,500 calories may be consumed by a single person during the Thanksgiving meal. That's more than the recommended calorie intake for an entire day for most healthy adults.
4. The "Turkey Talk-Line" is sponsored by Butterball. Turkey experts are on call during the holiday season to answer questions.
5. It typically takes 14 to 18 weeks for a turkey to reach maturity. Heritage breeds descended from wild flocks will take longer to mature.
6. It is not confirmed that turkey was at any "first Thanksgiving" meal. Accounts vary and only allude to "fowl" being consumed.
7. Despite being more inclined to run, turkeys, particularly wild ones, are able to fly. Domesticated turkeys may not be able to fly because they are bred to be heavy for more breast meat.
8. Dark meat in poultry is associated with muscle use because working muscles require extra blood vessels to deliver oxygen, making meat darker. Turkey predominantly run, so their thighs are known for being rich with dark meat.
9. Around 88 percent of Americans will eat turkey for Thanksgiving dinner.
10. Television dinners were born from turkey leftovers in 1953. The meat was packaged in aluminum trays with various side dishes.
11. Jellied cranberry sauce is a common complement to turkey. Ocean Spray indicates more than five million gallons' worth of jellied cranberry sauce is purchased for Thanksgiving.
12. Despite eating all this extra food, the average holiday weight gain is only about four-fifths of a pound, according to the New England Journal of Medicine.

These turkey facts can make for good Thanksgiving dinner table conversation this year.

Let's talk turkey

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47th Annual Great Meredith Ice Fishing Derby returns Feb. 7 & 8

MEREDITH — The Meredith Rotary Club is thrilled to announce the 47th Annual Great Meredith Ice Fishing Derby, taking place February 7-8, 2026 across New Hampshire's beautiful lakes and headquartered at Hesky Park in Meredith. Since 1979, this beloved event has drawn thousands of anglers and families for a weekend of community, camaraderie, and competition — and this year promises to be the biggest yet!

Record-breaking prize pool

For 2026, the Derby has increased its prize pool to over \$80,000 in total cash prizes, making it the largest cash prize pool in New Hampshire. Anglers will compete for top prizes of \$15,000, \$5,000, and \$3,000, along with dozens of category prizes and daily cash drawings.

All Grand Prize finalists will walk away winners — every remaining finalist after the top three will receive \$1,000 each, ensuring that all finalists go home with cash prizes. With double the daily cash prizes and chances to win up to \$5,000 without even baiting a hook, every ticket holder has an opportunity to take home a prize.

New "Turn-In & Win" Program

New for 2026, the Meredith Rotary Club has partnered with the New Hampshire Fish and Game Department to introduce the "Lake Trout Turn-In & Win" program. This conservation-focused initiative encourages anglers to target and submit Lake Trout caught in Lake Winnepesaukee of any legal size. Each eligible fish earns a raffle entry for a \$2,500 cash prize, with all donated fish going to feed animals at the Squam Lakes Science Center. This exciting addition helps maintain healthy fish populations while giving anglers another way to win.

Limited-time holiday merchandise sale

Derby fans can now show their spirit with ex-



clusive merchandise available for delivery before the holidays — but only for a limited time! Apparel and accessories are on sale now through Nov. 21. Order early and gear up for the ice with official 2026 Derby swag, available at www.IceFishingNH.com.

Family fun for all
In addition to the main Derby competition, the weekend features a Kids Ice Fishing Clinic and Activity Tent, making it a family-friendly event for anglers of all ages. Whether you're competing for big catches or just soaking in the atmosphere, the Mere-

dith Ice Fishing Derby continues its proud tradition of supporting local causes — contributing nearly \$3 million to community projects since 1982.

Event details
Dates: Feb. 7 & 8
Headquarters: Hesky Park, Meredith
Tickets: \$50 per person

(valid for both days)

Purchase Tickets & Merchandise: www.IceFishingNH.com

About the Meredith Rotary Club

The Meredith Rotary Club has proudly hosted the Great Meredith Ice Fishing Derby since 1979, raising funds to support

local charities, youth programs, and community development across New Hampshire's Lakes Region. To date, over \$2.9 million has been donated back into the community.

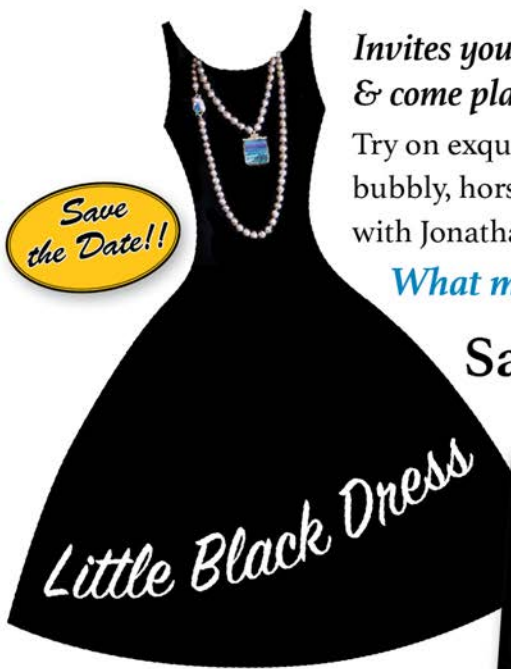
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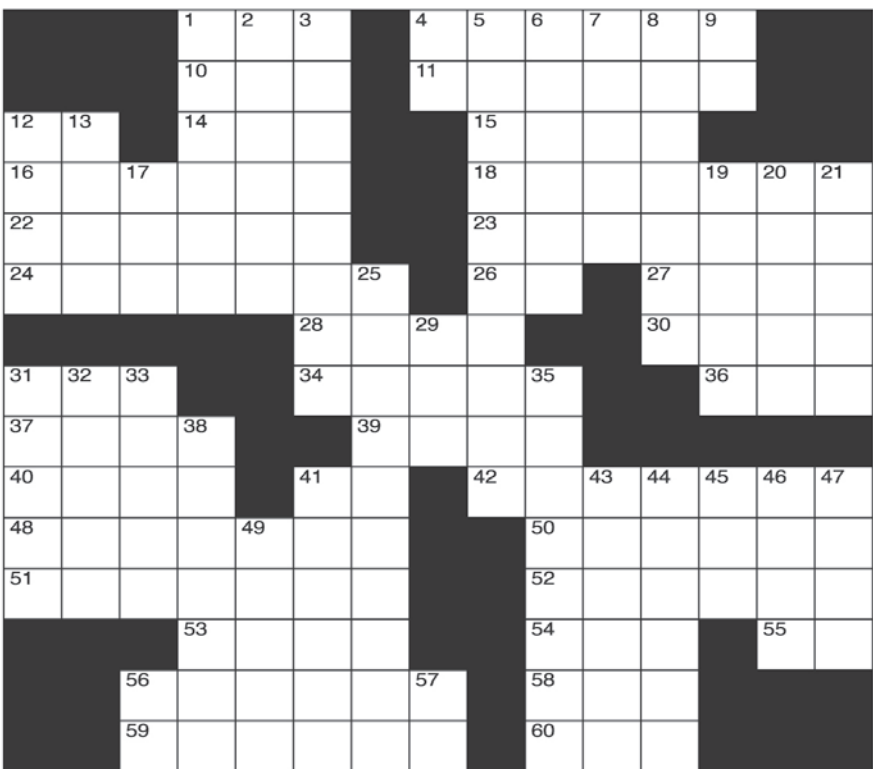
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Guest Vocalist
Taylor O'Donnell

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LRSO.org





CLUES ACROSS

1. Popular broadcast network

4. Train line

10. Go quickly

11. Straightforward

12. Canadian province

14. Swiss river

15. It can be straight or curved

16. Edit

18. Utter repeatedly

22. Gotten up

23. Sea vessel

24. Agents of one’s demise

26. Not out

27. Something to scratch

28. A round water pot

30. Slang for cylindrical green fruit

31. Promotions

34. Masses of matter
36. Soviet Socialist Republic

37. Nightstand item

39. The content of cognition

40. Arab ruler

41. Northern U.S. state

42. Chewed in small bites

48. Hawaiian island

50. More thin

51. Of one

52. Rigid bracelet or anklet

53. Barbary sheep

54. Not even

55. Atomic #106

56. Haggle

58. Boxing’s GOAT

59. Division of a group into opposing factions

60. Vietnamese offensive

CLUES DOWN

1. Horse-drawn carriage

2. Prejudices

3. Peacefully

4. University athletic official

5. Soldiers

6. Large mollusk

7. Take out again

8. Sour or bitter in taste

9. Songwriter Tunstall

12. Husk of wheat

13. Flexible covering in some birds

17. Energy

19. Night monkey genus

20. Small nails

21. Colorless volatile liquid

25. In a way, changes integrity
29. Mark Wahlberg’s stuffed animal

31. Remember it

32. “Good Will Hunting” lead man

33. Pleasant facial expression

35. Sea vessel

38. Lacking poetic beauty

41. Tall, swift and slender dog

43. Sports personality Michelle

44. Robber

45. Liquefied natural gas

46. Snakelike fish

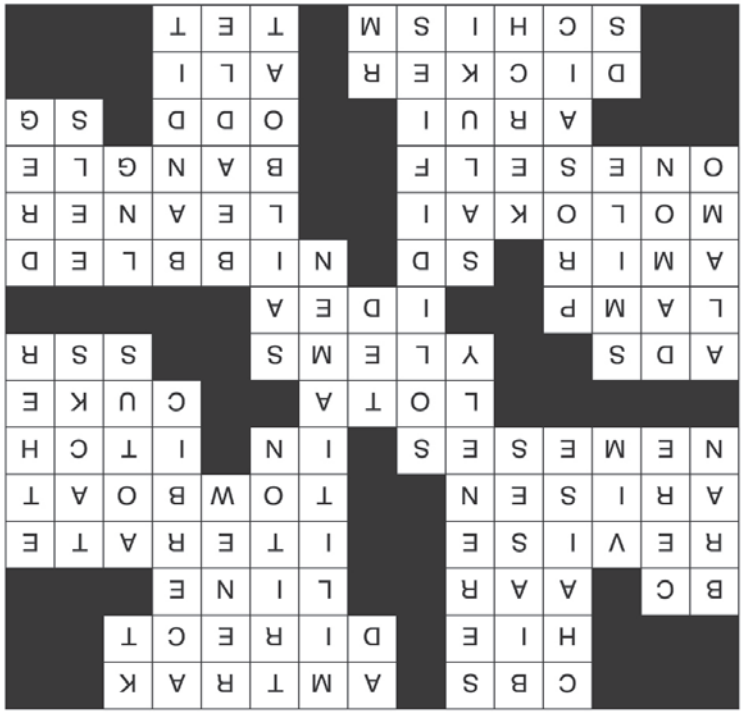
47. Sediment at bottom of a liquid

49. Crimean seaport

56. Bad grades

57. Popular S. Korean rapper

PUZZLE SOLUTION



GIRLS

CONTINUED FROM PAGE A1

One component of the program involves planning and implementing a community service project. As we approach the holidays, the girls have decided to collect food and other important items for our local food banks in Belmont and Laconia.

The drive begins on Monday, Nov. 10, and will continue through Monday, Nov. 24. Our local food pantries are in need of the following items: canned goods, macaroni and

SEMIS

CONTINUED FROM PAGE A1

“It was uncharted territory for us ... I wasn’t sure how we’d react to it,” Inter-Lakes head coach Randy Mattson said. “But they responded and they performed in the end.”

Playing with nothing to lose in front of a raucous crowd, Belmont took a 7-3 lead early, but things tightened up after that, with no team leading by more than three points the rest of the way. There were seven lead changes and 10 ties over the course of that first set, including a tie at 23-23.

Belmont senior setter Madi MacDonald set up fellow senior Hayden Blanchard with a nice pass in the middle of the court that Blanchard slammed towards the sideline. The Lakers couldn’t return the hit, sending Belmont’s supporters in a thunderous reaction that would rival many championship-winning points.

Even the players and fans who remained from the first semifinal (Farmington defeated number three Trinity, 3-1) stood and applauded the upstart Raiders for what they had achieved.

With a set in hand and confidence on their side, Belmont continued to play well, but seniors Lillian Lybrand and Kiera Moynihan (15 kills, 15 service points, 16 digs) had some big hits to give the Lakers an early lead, although no team led by more than three points until late in the set. Inter-Lakes led 15-14, but a four-point service run from Moynihan helped open the Lakers’ lead to 24-17.

Belmont fought off three set points, but Inter-Lakes eventually closed out the set, 25-20, to the match at one set each.

“We struggled to execute in the beginning,” Mattson said. “Even though we’ve been here, nerves really showed in the beginning. We’re playing a team that’s very motivated with a huge crowd. That was a factor. It helped to motivate their players and

cheese, pasta, baby food, baby wipes, diapers, toilet paper, toothbrushes, and toothpaste. If you are willing and able to support the girls as they seek to support local families in need, items can be delivered to the main office at Belmont Elementary School, Monday through Friday from 8 a.m. until 4 p.m. The final day for collections will be Monday, November 24th. Please feel free to call the school with questions at 603-267-6568. The girls thank everyone for their consideration and support of this important cause in

our local communities.

Girls on the Run offers programs designed to inspire girls of all abilities to recognize and embrace their inner strength and make meaningful connections with others. Trained coaches use physical activity and dynamic discussions to build social, emotional, and physical skills while encouraging healthy habits for life. In today’s unpredictable world, the strategies learned at Girls on the Run are more important than ever.

it helped to unnerve us a little bit. We just talked about trusting the process and trusting our training and realizing that we needed to do what we are capable of doing.”

The Lakers really needed to have faith late in the third set when they were on the wrong end of a 19-11 scoreline, Belmont’s biggest lead of the match. Senior Liv Chandonnait took over the match for a stretch, getting several kills in quick succession, and Blanchard had a couple huge blocks and an ace to help the Raiders build that lead.

Strong service from junior Alyssa Snow (18 digs, 12 service points, four aces) led Inter-Lakes back on top, 25-24.

MacDonald made a highlight-worthy dive to keep the rally alive on set point, but Inter-Lakes junior Gracie Stephens sent it right back with authority to give the Lakers a 26-24 win and a 2-1 lead.

The fourth set played out similarly, with Chandonnait and Blanchard leading the attack to help Belmont build a 21-14 lead, but Moynihan took over with her team trailing 22-16 and led them on a nine-point service run to close out the match.

“That just shows the resilience of my team,” Mattson said. “They knew they weren’t executing, they just had to figure it out.”

For the Raiders, Chandonnait and Blanchard led the offense, while Mac-

Donald led the team in assists.

“She’s a little spitfire,” Kelly said. “She’ll go for any ball and will do anything to get the offense going.”

Kelly also credited junior libero Molly O’Connell and sophomore Rowan Sottak, a late season JV call up, for leading the defense.

While the Laker seniors have finished all four of their seasons in a championship game, the Belmont seniors have had a very different experience.

Raider seniors Chandonnait, Blanchard, MacDonald, Sami O’Connor and Meg Soucie didn’t even make the playoffs as freshmen, and were eliminated in the quarterfinals in the last two seasons. They helped elevate Belmont volleyball to a level the program hasn’t reached in more than 20 years. Belmont last appeared in the final four when they were the Class M (now Division III) runner-up in 2002.

They were also key in Kelly’s transition from volunteer assistant to head coach over the past year.

“It was a really great season with these girls. I’ve had a lot of fun,” Kelly said. “This year, I had a plan to surprise everybody, and I think we achieved that. I love every single one of these girls. They left their hearts on the court tonight. Not the way that we wanted it to end, but the fact that we took a set is a win for us. In my book, we’re champions.”



Kierra Moynihan goes up for a block during semifinal action against Belmont last Wednesday.

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PETS OF THE WEEK

Meet Simi!

Simi is the total package — handsome, loyal, and full of energy! This athletic boy loves to run, jump, and show off his playful spirit, so a home that can give him plenty of exercise and adventure is a must. Whether it’s a long walk, a backyard sprint, or a good game of fetch, Simi is always ready to move.

Once his zoomies are out of the way, though, he’s all about snuggles.

True to his velcro-dog nature, Simi loves nothing more than being right by your side, soaking up all the love he can get. When he gets excited, he proudly picks up his favorite toy to show it off — and yes, he insists his harness goes around both him and his toy. Simi would prefer to be the only dog in the home without other pets- he loves to chase and hunt



smaller animals for fun.

A man knows what he wants, after all! Simi always looks dashing in his signature bandana and is ready to steal hearts (and maybe a few squeaky toys) wherever he goes. If you’re looking for a loyal best friend with energy, style, and endless affection, Simi is your guy.

Meet Noodle!

Meet Noodle — The Cozy Little Lovebug with a Heart Full of Wiggles! Say hello to Noodle, a 10-year-old Chihuahua who’s as soft, sweet, and comforting as a bowl of your favorite comfort food. This charming little gentleman came all the way from Tennessee, and he’s ready to bring a big helping of warmth, love, and tail wags to his forever home!

Noodle is the definition of a snuggle pro. He’s happiest when he’s cozied up in a soft blanket, rocking one of his favorite sweaters, or trotting over for some gentle back scratches — bonus points if you give him a good rump rub! (He’ll happily “noodle” his way right into position for those.) With colder weather on the way, this southern sweetheart is eager to experience his very first snow — wrapped up, of course, in something cozy and cute. While Noodle may have a cloudy spot in one eye, he doesn’t let it slow him down. He sees the world with his heart, and that heart is full of love, loyalty, and endless affection. He’s a gentle soul who moves through life at a calm, easy pace — the



perfect companion for quiet evenings, soft blankets, and warm cuddles. Noodle’s personality is all about joy in the little things: a good nap, a scratch behind the ears, or simply being close to his people. He’s got a dash of goofiness, a sprinkle of sass, and a whole lot of heart — the kind of dog who reminds you that life’s best moments are the cozy ones. This Pawliday season, Noodle’s wish is simple: a forever family who’ll love him just the way he is — gentle, snuggly, and full of wiggles. He’s ready to curl up by your side, fill your home with warmth, and “pasta” his love your way for the rest of his days. Adopt Noodle — because life’s just better when it’s full of love, laughter, and a little extra wiggle.



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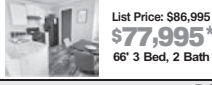
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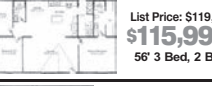


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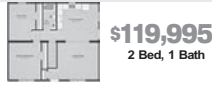


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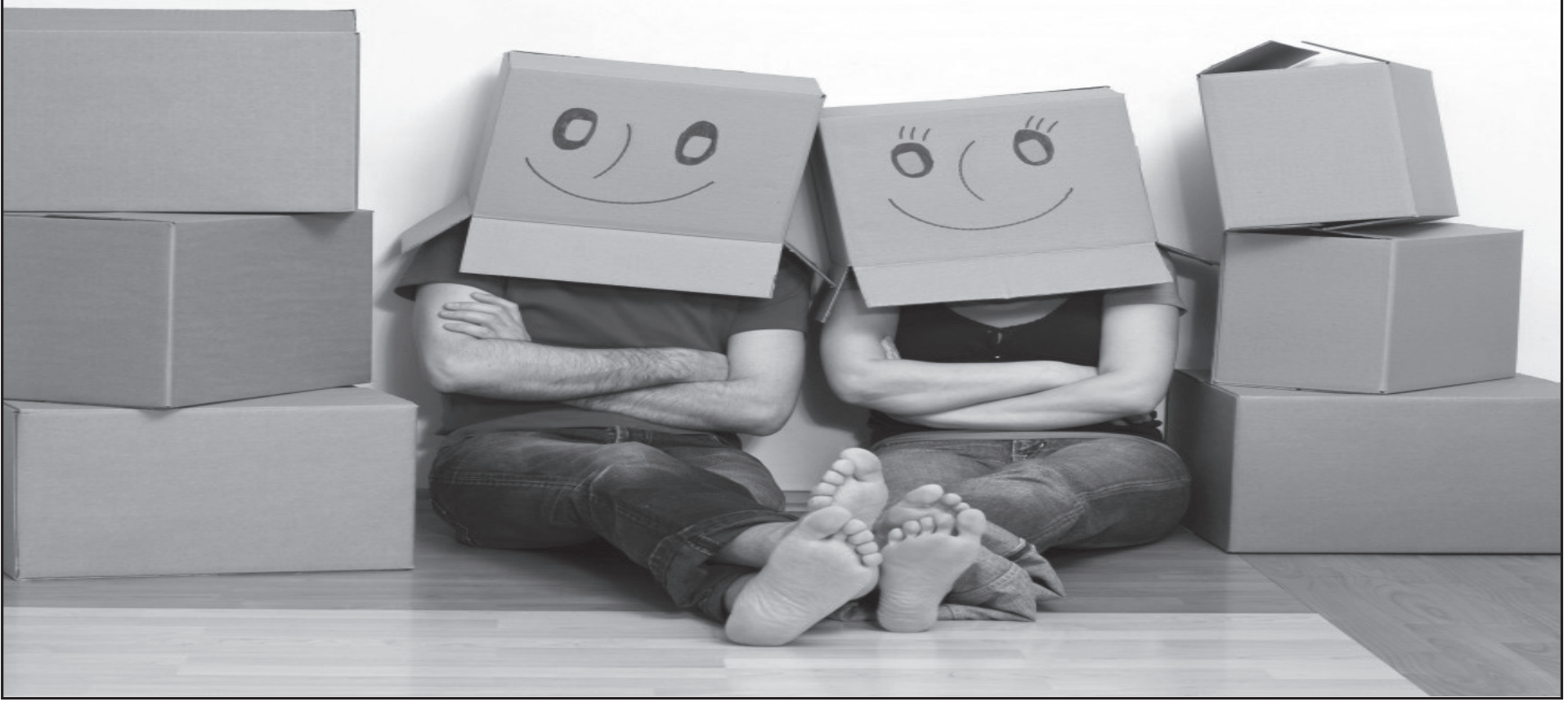


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THIS DAY IN HISTORY



332 BC: Alexander the Great is crowned pharaoh of Egypt.

1889: Journalist Nellie Bly begins a successful attempt to travel around the world in fewer than 80 days.

1960: Ruby Bridges is the first black child to attend an all-white school in Louisiana.

World FACT:

This is the study of the physical features of the earth and its atmosphere.

Answer: Geography

Double Word Puzzle

Unscramble the words to reveal the sentence.

RTAEH

1	2	3	4	

GOEBL

5	6			

DITSSEU

RWKO

8					

		X	P	L											
1		6	2	1		3	4	1		8	6	2	5	7	

Answer: Explore the world

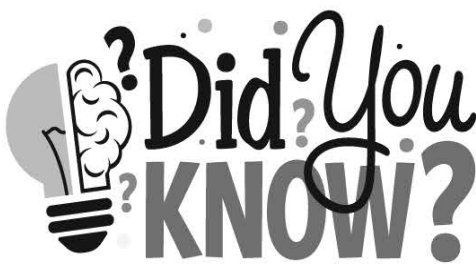
NEW WORD

TERRAIN

a stretch of land, particularly in regard to its physical features

How they say that in...

- English:** Soil
- Spanish:** Tierra
- Italian:** Terra
- French:** Terre
- German:** Erde



Asia is the largest continent in the world by area. It stretches from the Mediterranean Sea to the Pacific Ocean.



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Setting Thanksgiving history straight



Thanksgiving is celebrated each fall and often serves as the entry point to the holiday season. Tradition plays a large role in Thanksgiving celebrations, as families incorporate many customs into their celebrations that some believe were once tied to the earliest Thanksgiving meals. But the truth about those customs is a lot murkier than celebrants may realize.

According to the Smithsonian National Museum of the American Indian, the “First Thanksgiving” features a romanticized depiction of a friendly harvest celebration between “Pilgrims” and “Indians.” This altered account of what took place in the seventeenth century served as a foundational story that’s been reinforced through

the years. However, American Indians attest that the story is more complex than the prevailing narrative suggests. Here’s a look at some of the inaccuracies that have been revealed regarding the “First Thanksgiving.”

MYTH: The First Thanksgiving was the first time that settlers and Native nations interacted.

TRUTH: The Wampanoag and neighboring nations had been interacting with European explorers, traders and others for nearly 100 years prior to the English settlers’ arrival at the Wampanoag village of Patuxet in 1620.

MYTH: The American Indians’ decision to assist the English settlers was based on friendship.

TRUTH: In reality, the Wampanoags’ decision to help the English was more about forming political alliances than making friends. The Wampanoag were hoping to fend off attacks from rivals.

MYTH: The First Thanksgiving was repeated each year.

TRUTH: This initial meeting of peoples did not spark an annual tradition. There is no record of Pilgrims inviting the Wampanoag people to the harvest meal. The Wampanoag men likely came because they heard gunfire from a hunt and investigated. And the feast wasn’t repeated. Historians note the relationship between the Wampanoag and Pilgrims ultimately deteriorated, culminating in King Philip’s War.

ip’s War.

MYTH: The 1621 gathering was the first American Thanksgiving.

FACT: Thanksgivings actually were religious events that took place before the 1621 gathering. History News Network says that Texans claim the first Thanksgiving in America actually occurred in a community near El Paso in 1598. Spanish explorer Juan de Onate was said to have held a Thanksgiving festival after leading hundreds of settlers on a 350-mile excursion across the Mexican desert.

MYTH: Turkey was on the menu for the harvest meal shared.

FACT: The meal likely consisted of venison, wild fowl and other locally available foods, like cranberries.

MYTH: Pilgrims dressed in black with buckles and black steeple hats.

FACT: Historian James W. Baker explains that these Pilgrim depictions were formed in the nineteenth century when black and buckles helped create an emblem of quaintness. In fact, the early Pilgrims did not dress in such garb, and wore colorful clothing throughout much of the week, reserving black for Sunday services.

Inaccuracies abound

regarding the first Thanksgiving. Prevailing accounts present a romanticized view of relations between Pilgrims and the Wampanoag people that has per-

sisted through the years. Shedding light on myths can spur new discussions about this beloved holiday.

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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.



A 2024 Economist/YouGov poll found that turkey continues to reign supreme on the Thanksgiving dinner table. When asked what they’ll be eating at Thanksgiving dinner, 67 percent of poll participants indicated they plan to eat turkey, making it the most popular food to find its way onto the dinner table for this popular holiday. Additional staples also remain wildly popular among Thanksgiving celebrants, suggesting that food is among the more sacred Turkey Day traditions. When asked what they plan to eat at Thanksgiving dinner this year, participants noted some easily recognizable favorites:

- Mashed potatoes: 56 percent
- Bread or rolls: 55 percent
- Pie: 54 percent
- Stuffing: 51 percent
- Gravy: 51 percent
- Green beans: 40 percent
- Sweet potatoes: 39 percent
- Cranberry sauce: 38 percent
- Corn: 33 percent



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REQUEST FOR PROPOSALS SNOW REMOVAL

Shaker Regional School District is soliciting quotes for snow removal at its three campuses in Belmont, NH. Proposals are due by noon on November 5, 2025. The Shaker Regional School Board will award the bid at its meeting on November 12, 2025.

Base Bid:

1. 1” – 6” accumulation
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7. Minimum bid is for 1 year (2025-2026)
8. Provide an alternate bids for a 2-year and 3-year contract.

Proof of Worker’s Compensation Insurance and liability Insurance for a minimum of \$1 Million, with SRSD named as Additional Insured, is required.

Please send sealed bids to Debbie Thompson, Business Administrator, 58 School Street; Belmont, NH 03220.

LRSO holiday concerts feature Taylor O'Donnell Dec. 6 and 7



REGION — The Lakes Region Symphony Orchestra invites audiences to celebrate the holidays with a joyful blend of traditional and modern favorites at its annual holiday concert. “North Pole Playlist” will be presented on Saturday, Dec. 6 at 7 p.m. at the Colonial Theatre in Laconia, and again on Sunday, Dec. 7 at 3 p.m. at the Inter-Lakes Auditorium in Meredith. Under the direction of Music Director Benjamin Greene, the symphony will fill the

stage with seasonal cheer. Returning as featured soloist is Taylor O'Donnell, whose captivating vocals delighted audiences in LRSO's May 2025 “Sounds of the '70s” tribute concert. Known for her seamless blend of jazz, folk, and contemporary styles, O'Donnell brings both power and grace to the stage. Her impressive career includes performances at Carnegie Hall and Lincoln Center, as well as collaborations with Grammy-winning

producer David Foster and appearances on The Oprah Winfrey Show. The holiday program offers something for everyone, from timeless classical works to festive popular favorites. The orchestra will perform beautiful arrangements of traditional carols such as “Hark! The Herald Angels Sing” and Bach's “Jesu, Joy of Man's Desiring,” alongside spirited renditions of holiday standards including “Winter Wonderland.” “I've Got My Love to Keep Me

Warm,” and Barbra Streisand's twist on “Jingle Bells.” The concert also features music from “The Nutcracker” and a touching narrated musical retelling of Tomie dePaola's “The Legend of the Poinsettia.” This family-friendly celebration captures the many moods of the season, from sacred reflection to jazzy exuberance.

This pair of concerts continues the Lakes Region Symphony Orchestra's tradition of bringing exceptional live performances to central New Hampshire audiences. Now celebrating its 50th anniversary season, LRSO remains a cornerstone of the region's arts culture.

LRSO extends its gratitude to Cupples Car Company and Fay's Boat Yard whose generous support makes these performances possible.

Tickets and additional information are available at www.LRSO.org. Celebrate the spirit of the season with the Lakes Region Symphony Orchestra and experience the warmth and beauty of our North Pole Playlist.



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