



Alton's

Main Street

Volume XX Number 11

Alton, New Hampshire - November, 2004

Complimentary

~BE INFORMED~

AND VOTE!

**Voting will take place November
2 at Prospect Mountain High School,
7:00am to 7:00pm.**



Photo, above, shows the Main Entrance of Prospect Mountain High School. Photo, below, is a view of the Courtyard in the center of Prospect Mountain High School.



PROSPECT MOUNTAIN HIGH SCHOOL HOLDS DEDICATION CEREMONY By Dick Cunningham

Although students and faculty from Alton and Barnstead have inhabited the halls of Prospect Mountain High School for over a month and PMHS sports teams have served notice to other high schools in NH that they are ready to compete, it all became official on Saturday, October 16 when hundreds of parents and other citizens from the two towns were joined by students and faculty for the dedication and ribbon cutting of the new school. After tours of the \$19.2 million school, the formal program began in the spacious theater style auditorium with the Invocation by Reverend Bolster, the Pledge of Allegiance led by Travis Hopper and Meggan Stock and the National Anthem performed by the Prospect Mountain High School Band and Chorus.

Sam Greenlaw, School Board Vice Chairperson gave a welcome and introductions, followed by Eunice Landry and Wayne Fraser presenting a Historical Overview. Of particular interest was the frustration that the town of Barnstead suffered for many years in trying to find High Schools to accept their students. Even with Barnstead students spread out between 13 different Schools there was still last minute scrambling.

Board Chairperson Cydney Johnson touched on the creation of a Joint Management Agreement, the first in NH. Superintendent Normand A. Tanguay spoke of the positive challenges of the new school. Principal Russell Holden promised the Prospect Mountain High students will receive a superior education. "This school is going to be one of the best schools in the State of New Hampshire. That is my commitment to you, the members of the community."

Although the school has a current population of 475 students, it has a capacity for 800 students ready to accommodate the expected rapid growth of Alton and Barnstead for many years.

For More Photographs of Prospect Mountain High School, see page 20.



Main Street

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FAIR WARNING!

ALTON RED HAT SOCIETY CELEBRATES THIRD BIRTHDAY By Kathy Currier

The Alton Red Hat Society "Fair Warning Chapter" met at our Queen Mother's home on September 26th to celebrate our third birthday. Most of you may know her as Maryann Ryan, but for us she is Queen Mum. All who dressed in red birthday hats had a good time. I must say the hats were some of the most unusual I have seen. If a picture is found we will share it in a later issue.

We have had questions as to what the Red Hat Society is. The best way to describe us is through the poem that inspired the organization. The poet says when she is older she isn't going to be meek and mild. She threatened to get bolder. She'd put a red hat on her head, and purple on her shoulder. She'd make her life a warmer place, her golden years much golder.

We read the poem, all of us, and grasped what she is saying. We do not need to sit and knit, although we are all graying. We think about what we can do. Our plans we have been laying; instead of working all the time, we'll be out somewhere playing. We laugh, we cry, we hug a lot. We keep each other strong. When one of us goes out for fun, the rest all go along. We gad about, we lunch and munch, in one big happy throng. We've found the place where we fit in, the place we all belong.

There IS life after fifty and it's well worth the wait to have this much fun with no rules allowed.

ALTON'S BOOK CHAT By Debra Laurion

The book that we read for the October meeting was In the Devil's Snare by Mary Beth Norton. It discussed the Salem Witch trials and what happened around 1691. The book was very informative concerning what happened regarding women and children during that time period.

The next book we will be reading is On the Beach by Nevil Shute. The meeting will be on November 8th at 6:30 PM in the Agnes Thompson Room of the Gilman Library. All are welcome to join in the discussion, just pick up a copy of the book at the library prior to the meeting.

**VNA/HOSPICE
TREE OF MEMORIES**

**FROM THE ASSESSOR'S OFFICE
By Tom Sargent**

The Holiday Season is a time to remember those who have been special in our lives. For the eighth year VNA/Hospice is sponsoring a gathering of remembrance. Porcelain doves with a loved one's name will be hung on a tree outside the Town Hall. The ceremony will take place on Saturday, December 11th at 1pm inside the Town Hall. After music and appropriate remarks, each participant may hang their dove on the tree outside.

Purchasing a dove will help support our Hospice program as well as helping remember a loved one. In the past years we have had as many as fifty people taking part and have appreciated the support. Envelopes have been sent to past participants. Others who wish to purchase a dove may contact VNA/Hospice at 569-2729 or Alice Calvert at 875-2151. Doves will be available the day of the ceremony. The Tree of Memories is a VNA/Hospice way of saying 'thank you.'

**ALTON GARDEN CLUB ANNUAL MEETING
AND HOLIDAY LUNCHEON
By Vi Russell**

The Alton Garden Club Annual Luncheon will be held on November 8th at 12:30pm at the Skylight Dining Room Vocational Center at Kingswood Regional High School in Wolfeboro. The Hostess for this event will be Chairperson Diane Norton.

We would like to give you information on different approaches to property valuation that the assessor can use. There are three different approaches. This month we are going to focus on the Market Value. Market Value is not the highest, lowest, or the average. This is expressed in terms of money. This implies a reasonable time of exposure to market. It also implies that both buyer and seller are informed as to the best use of the property. It also requires a willing buyer and willing seller with no advantage being taken by either buyer or seller. It also recognizes the present and potential use of the property. This is the most sought out value for assessors.

There are two other approaches - Income and Cost that we will cover in future articles.

There are numerous calls for us to change a mailing address other than the new 911 numbers. To do this we require a written request from the owner. This will protect the owner and be kept in their file.

For your updated information the Land Use and Property Records will become three separate offices to better serve you. To reach the Assessor's Office the number is 875-5095, the Code Officer is 875-0107 and the Planner's Office is 875-2162.

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VNA-HOSPICE FLU VACCINE UPDATE

The VNA-Hospice of Southern Carroll County and Vicinity has put their Flu clinic program on hold due to the shortage of flu vaccine

The New Hampshire Department of Health and Human Services is currently awaiting information from federal suppliers and evaluating options for remaining NH supply to assure the best distribution possible.

The VNA-Hospice has not received any of their vaccine. The agency will continue to work with the Dept of Health and Human Services to secure vaccine for their high risk population. Any previously scheduled clinics are on hold until further notice. As more information becomes available the agency will post it on their voice mail system at 569-2729.

New Recommendations for prioritizing vaccine were released. The following priority groups for vaccination with inactivated influenza vaccine this season are considered to be of equal importance and are:

All children aged 6-23 months:

Adults \geq 65 years of age:

Persons age 2-64 years with underlying chronic medical conditions.

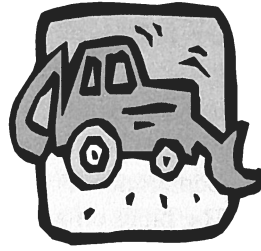
All women who will be pregnant during the influenza season.

Residents of nursing homes and long-term care facilities.

Children aged 6 months-18 years on chronic aspirin therapy.

Health care workers involved in direct patient care: and Out-of-home caregivers and household contacts of children aged $>$ 6months.

Persons who are not included in one of the priority groups described above should be informed about the urgent vaccine supply situation and asked to forego or defer vaccination.



HIGHWAY HAPPENINGS

By Ken Roberts
Highway Agent

Welcome to November! The holidays are almost here.

It's hunting season, and I would like to remind you to wear bright orange while walking, especially through the woods. Carry a flash light at night while walking on the roadway; wearing reflectors will also help any motorist see you while they drive by.

The highway department has been out grading the shoulders of the roads. We have been cleaning culverts, and raking and sweeping the road ways, maintaining our normal routes.

Merrill Excavating was accepted for the 2 year bid for winter sand. North East Mechanics was accepted for the 2 year bid for crushed gravel.

Old Wolfeboro Road has been paved from Rt.28N to Powder Mill Road, they have also loamed the edges of the roadway. Unfortunately the weather will be the deciding factor of how long the construction can continue. North East Mechanics are looking into the week of November 10th to end the construction for the season, they will be working for as long as they can.

We would like to say farewell to Michael Caverly who has changed his position from the Highway Dept. as a truck driver for 19 years, to work over at the Water Department . Good Luck Mike!

Please continue to call the Alton Highway Department for anything that we may have missed, your calls are appreciated, 875-6808. As always you make the town a safer place to live.

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IN Main Street**FIFTEEN YEARS AGO . . .**

...The Gilman Library received a gift of 23 videos from the MacArthur Library in Chicago. The videos are from the popular PBS series and cover health, peace and international cooperation, world environment and resources... A cast iron urn stolen from the Riverside Cemetery was found and retrieved by the Alton Police. It was in an antique shop in Portsmouth. For forty years Emily Barnes tended the flowers in the two urns. Sharon Howard has now taken this responsibility...The band stand in the Bay, built in 1926, will be rebuilt once the permit comes from the State Wetland Board...

TEN YEARS AGO . . .

...Dakota S. Benedetto, a senior at ACS, has been named a Commended Student in the 1995 National Merit Scholarship Program. This places her in the top 5% of more than a million students taking the qualifying tests...The first of many bicentennial meetings was held to initiate plans for June 16,1996 celebration. Nancy Merrill is Chairman. Muriel Stinson is in charge of fund raising. A pewter medallion displaying the Alton Town Hall will be sold... The Apache Players will present Neil Simon's "The Odd Couple". Heath Patterson will play Oscar Madison and Justin Swain plays Felix Ungar...

FIVE YEARS AGO . . .

Alton Community Services Program (CSP) now has a food pantry, medical equipment and an extensive referral service. There are intake coordinators, fuel assistance, child support services, housing and more...Alton businesses, residents and school Students are volunteering time to help. Elizabeth Sweeney chairs the project...The ice rink behind the Central Fire Station is being converted to a basketball court complete with lights... The Junior Girl Scouts will be holding a toy recycling project. Toys donated will be cleaned, polished and repaired. The Mrs. Santa people will distribute them at Christmas time...Video recordings of Selectman's meetings will be available at the Gilman Library for checking out.

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Alton, NH

**MOUNT MAJOR SNOWMOBILE
CLUB NEWS**

By Joanne Shibley, Treasurer

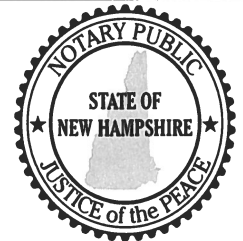
By now, all the leaves have fallen. It's time to tune up the trails, so please get out there and do your part. There are many fallen trees and branches in the way.

A big 'thank you' goes out to the few volunteers who re-built bridges on Route 28 (Trail 22 over the Coffin Brook) and on the Blue trail. Please don't leave all the work for the same group of people to do. Be Active!! It only makes the trails better.

If you haven't sent in your membership please send it now and don't forget to join the 'NHSA' as it is mandatory this year. Donations are needed to cover the bridge materials (\$1,500) and the club's portion of the excavation (\$5,000) on Trail 22-Alton Mountain and across Rte 140. Our expense is estimated at \$6,500, so please send a donation to help with these costs.

Check the web site for information at www.mountmajorsnowmobileclub.com. Our monthly meetings are on the 2nd Tuesday of each month at 7pm. at the Pearson Road. Community Center. As always, thank you to the many landowners that allow us access to their property.

Mary Jane Dascoli
Notary Public
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NATIONAL YOUNG READERS DAY CELEBRITY READ-IN LOOKING FOR READERS

By Dr. Jacqueline R. Verville, ACS

November 9th is National Young Readers Day Celebrity Read-In. We are searching for 10 celebrities from within or outside the community. If we are successful in getting 10, we have a chance at a drawing of \$1,000 worth of books for our students. All the celebrities need to do is come into the school to read on November 9th.

Won't you please help us find 10 celebrities? We have a few at this date, but need six or seven more. I would need to know the following information for each celebrity: 1) Names of the Celebrities; 2) Time they might wish to come into the school to read, i.e. 9-noon or whatever time they might be available. 3) I would also need to know if they need a book to read, or if they will bring one with them. 4) Do they have a preference for a grade level?

November 15-21 is also celebrated as Children's Book Week. That is the week of the Alton Central School Book Fair that will run daily until 5:00pm. On November 16th, the school will celebrate with a Literacy Extravaganza. Please save the date! The party begins with pizza from 5-5:30pm. Following the pizza party, there will be presentations by Judith Pancoast for Pre-K to grade 2; a presentation by Mrs. Kalabash about origami for grades 3 through 5. Pre-school parents will be treated to a presentation by Mrs. Reese; other parents will attend a presentation by Parent Information Center about Helping Your Child with Reading. More information will be forthcoming with your child. The book fair will be open until 7:30pm on the evening of November 16th. What a wonderful way to celebrate Children's Book Week!

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SENIOR CITIZENS CORNER

By Nancy Mooney Hebert

Over the leaf strewn hillside
Thin shafts of light expose
Naked trees in stark angularity
As each day a little shorter grows.
Wrapped in November's insularity
We, with grateful thoughts, abide
On glistening stubble in the fields-
Proud remnants of the harvest yield!

Georgianna Nason, vice-president of the Association, conducted the October meeting in the absence of President John Brooks, who forwent the gorgeous fall foliage season for a trip to Hawaii! Routine business was conducted, after which refreshments were served by Liz Roberts and Helen Stanford. Nancy Hebert won the attendance raffle.

Three new members have joined our ranks. We are pleased to welcome Herve and Helen Lambert, who recently moved to Alton, and Carol Testa-Prudhomme of Watertown, Mass. We do hope they will enjoy their association with us.

Our sincere sympathy to Georgianna Nason on the loss of her brother, who passed away recently.

Because of the Veterans' Day holiday, the blood pressure clinic will be held on November 18th at the center at 10:30 a.m. Claire Fitzgerald said that the flu shots are postponed indefinitely but it is hoped the clinic could be held in early November. Call her at 875-7102 for more information.

Now that most of the "snow birds" have gone back to the "hurricane" state, our numbers at the center dwindle, but the activities continue. The Whist Party club has several tables going every Thursday, and bingo is played after lunch on the other weekdays. The town recreation dept. and the Profile Bank will continue to conduct their monthly games for seniors, so call the center for the correct dates. Congratulations to Lester Grigg for winning the jackpot and two other games at the September senior bingo afternoon.

We wish everyone a wonderful Thanksgiving and also hope that the Christmas holiday season will be merry and bright and full of love and light. This correspondent will look forward to writing this column again in the Spring.

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ALTON OUTDOORS By Jack Miller

November is a transition month with the end of the fall season bringing on the winter. To the outdoors person, November means one thing—deer hunting season.

This year, Muzzleloader Season opens on October 30, state wide. In Alton's J2 Wildlife Management Unit (WMU), any deer may be taken by muzzleloader on October 30, 31 and November 1. Antlered deer only may be harvested Nov. 2-9. Firearms Season opens Nov. 10, state wide. In the J2 WMU (Alton), any deer is legal on the 10th and 11th, but antlered deer only from Nov. 12 - Dec. 5. These dates are ONLY for Alton's WMU J2. If you hunt any other WMUs, be sure to check the dates, as the regulations vary.

The whitetail deer is one of the most sought after big game animals in the USA. They are one of the wariest and elusive animals too. Deer have adapted to man's world and do a very good job of avoiding us. They are a hunting challenge, and we are lucky to have so many around us.

On opening day, there will be more hunters in the woods than there are deer. The hunters get the deer moving around and more animals are usually harvested that day than any other. It is said that if a deer lives through 4 hunting seasons, they are very well educated and almost unkillable. The mating urge is usually their downfall. Nov. 15th is the peak of the "rut", and bucks will roam out of their normal, or "home", territory looking for receptive does. This is a good time to be in the woods. Towards the end of this month, there may be snow and tracking will be easier. It's another great time to be in the woods.

Those lucky enough to bag a deer will be eating some of the finest wild game meat there is. Venison is low in saturated fat, low in cholesterol, no hormone injections and no red dye #5.

Good luck to all. See you out there!

ANNUAL THANKSGIVING BASKETS By Paulette Wentworth

Another year has gone by with Thanksgiving right around the corner. It is time to start thinking about the food baskets for the families in need of Alton. Donations would be gratefully accepted in the form of cash, check or money orders. Make donations payable to "Operation Blessings". You may drop off your contribution at the Town Hall to Paulette Wentworth or by mail to Town Hall, P.O. Box 659, Alton, NH 03809.

Canned good donations can be dropped off at the Town Hall from 8am-4:30pm on or before Friday, November 19. Please specify that they are for the "Operation Blessing" Project.

If you are interested in helping distribute baskets, or can suggest the home of a shut-in or a needy family, please contact Paulette at 875-0203 between 8AM and 4:30PM.

MOMS IN TOUCH By Phyllis Brooks

Moms In Touch is growing. We now have a new group meeting during the day. Kim Tinkham on 28 A is leading the daytime group. Please feel free to call her at 875-8173 for the meeting day and time.

The nighttime group still meets at my home (389 Stockbridge Cnr Rd) at 7:00 PM. Both groups are dedicated to praying for both Alton Central School and Prospect Mountain High School. If anyone knows of any Barnstead Mothers who would like to join us, please pass on our phone numbers.

There is power in numbers. Don't be shy, we come from many different backgrounds. Child care can be provided if needed.

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To The Future.



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A GOLDEN ANNIVERSARY COUPLE

It was 50 years ago when Hurricane Hazel whipped through New England on a Friday night in October. The next morning broke bright and clear, and on October 16 Mary Beatrice Eberlein and Bob Longabaugh were married in Greenfield, Massachusetts. Bob's U.S. Navy ship's constantly changing schedule had necessitated that the wedding be postponed five(!) times, but when Bob's destroyer finally arrived back in the States, the couple acted quickly and did not let even a hurricane get in the way of tying the knot.

Since their taking up residence in Alton in 1994, the couple have been active in civic affairs. MaryBee is currently the chairman of the Supervisors of the Checklist and Bob served as a town Selectman in the late 1990's. The two of them co-edited *Main Street* from 1997 until 2003.

Bob and MaryBee Longabaugh, then and now. Courtesy Bob Longabaugh



THANK YOU FROM THE ALTON VILLAGE 5 & 10

At this time of Thanksgiving, as has always been our custom, we would like to thank all of our customers for your support, and, most importantly, your friendship, during the many years we were the Alton Village 5 & 10/Ace Hardware.

It was a labor of love to own and operate our business. We were truly blessed and privileged to be serving our community.

You are all very special, and very important to us, and we thank you for letting us know how important we have been to you as well. To hear you say 'we're so glad you're here', 'thank you for being open', 'you're a lifesaver' so many times over the years was always very heartwarming to us, and made us feel really good. Thanks, so much!!

We wish all of you a blessed and peaceful Thanksgiving with many blessings to count. God Bless You!! Happy 66th Anniversary Mom & Dad, and many more!!

*/s/ Faithfully,
Ed, Chris, Auntie & Family*



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FOR THE FUN OF IT
By Kellie Troendle, CPRP
Parks and Recreation Director

Basketball Program

The Alton Parks and Recreation Department is sponsoring a youth basketball program for grades 3&4 and 5&6 starting in January and running through the first week of March. Teams will practice once a week at the Alton Central School gym from 5:30-7:00pm with games to be played at the New Durham School. The basketball program is a recreational program that will emphasize having fun; shooting, dribbling and passing skills; conditioning and teamwork. Registration fee is \$20.00 per player. Register at the Parks and Recreation Department by November 30. Volunteer coaches are needed; please contact us if you are interested in being a volunteer; background checks are required.

Recreation Soccer Awards Night

The Alton Parks and Recreation Department is sponsoring its annual Awards Night on Thursday, November 4, at 6:30pm at the Alton Central School with an ice cream social to follow. All players and their families are invited to attend. A special thank you to our coaches, assistant coaches, parents, players and our sponsors: Profile Bank, Union Telecommunications, Gillan Marine, Sandy Point Restaurant and Title Pro, LLC. For more information about our programs please call 875-0109.

After School Program
Thanksgiving Feast

The Alton Parks and Recreation Department is sponsoring an after school program for ages 7-10 on Wednesday, November 17 at the Pearson Road Community Center from 3:30pm-5:00pm. The theme is Thanksgiving Feast. We will create our own turkey and holiday necklace and feast on pizza. Join in the fun as we play cooperative games and enjoy a pizza party. Register by November 10 at the Parks and Recreation Department. Registration fee is \$5.00 and includes all supplies, pizza and supervision.

Senior Bingo
With Profile Bank and Alton Parks and Recreation

Alton Seniors are invited to participate in the monthly Bingo program co-sponsored by Profile Bank of Alton. Bingo will be held on Friday, November 19 at 1pm at the Pearson Road Community Center. The program is free to Alton residents. Prizes will be awarded and refreshments will be served. Stop by and join in the fun.

Yuletide in Alton

The Yuletide in Alton event is scheduled for Saturday, December 4, with the tree lighting to take place at 7pm at Ginny Douglas Park. Organizations interested in participating are invited to contact the Alton Parks and Recreation Department at 875-0109.



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HOLIDAY HOUSE PROMISES NOT TO DISAPPOINT By Purr Whalley

The Zonta Club of the Lakes Regions will be hosting this year's "Holiday House" in Meredith on Saturday and Sunday, November 20-21.

This year, this club's annual fundraiser will showcase an expansive, yet warm and inviting, three level, contemporary lakefront home located on Pinnacle Park Rd. As is the Zonta Holiday House tradition, the home will be decorated for the holidays with a twist, the challenge of incorporating the many crafts sold at Holiday House with the decorating scheme of the home. Our professional decorators will add their talents to make the whole house become a wonderful festive holiday delight!

Parking will be at Interlakes High School where a trolley will shuttle you over to Holiday House. Saturday's hours will be from 10-4 and Sunday's 11-3. Admission will be collected at the door.

Sales from Holiday House help to support many local area charities and organization. It is Zonta's only major fundraiser. Come explore the house and start your holiday shopping!

ALTON FIRE/RESCUE DEPARTMENT By Mary Jane Dascoli, Secretary

Calls for service for the month of September totaled 54. These calls include 12 Fire related, 41 Medical Emergencies of which 4 were motor vehicle crashes, and 1 Good Intent service call. We still continue to be very busy with calls for assistance above and beyond the normal day to day work load. As of the end of September, our call volume increased by 57 incidents as compared to this time last year. Please remember, if you have not already done so, post your E-911 numbers in accordance with the Town Ordinance. This will better enable our emergency responders to find you if and when an emergency arises.

The Alton Firemen's Association wishes to thank everyone that attended our 1st Annual Ham/Bean Fundraising Dinner for their support and donations. This was our first time hosting a Ham and Bean Dinner and if you were here with us, you know how delicious this feast was, not to mention the good company! We'd also like to thank those that contributed by bringing desserts for us to share with all; thank you they were delectable. Be sure and check out next months edition of Main Street for more information on our fund raising efforts to purchase life safety equipment through the sale of Christmas trees and Holiday wreaths.

ALTON CENTRAL SCHOOL STUDENTS LEARN THE IMPORTANCE OF HEALTHY SNACKS By Jane C. Smith, Family & Consumer Science Teacher

Growing teens may need more energy and nutrients than three meals a day provides. A good way for teens to get what they need is by eating healthy snacks. Alton Moms and Dads may want to stock their kitchens with yummy snacks that are low fat, low sugar, and nutrient-dense. Foods that are nutrient-dense provide a large amount, and a large variety of, nutrients in comparison to the number of calories. They are high in vitamins, minerals, protein and fiber. The following tips will help active teens snack in healthful ways:

- 1) Choose snacks from the five major food groups - meat & protein, fruits, vegetables, milk and dairy products, and breads, cereals, rice or pasta.
- 2) Avoid foods with low nutrient density such as candy and chips. Remember that snacks count as part of your total daily servings of food along with breakfast, lunch, and dinner.
- 3) Snack midway between meals so that you don't spoil your appetite just before a regular meal.
- 4) Remember that snacks count as part of your total daily servings of food along with breakfast, lunch, and dinner.

If you missed a group, here are a few healthful snack ideas: a handful of granola or sunflower seeds, low-fat yogurt with a few spoonfuls of crunchy cereal or diced fruit, wholegrain bread with peanut butter, celery sticks with low fat cream cheese and raisins, or a slice of pizza with vegetable toppings. Remember good nutrition is essential for health at all times of the day and at every stage of life.

Recently, Alton Middle School Students made granola bars in preparation for seventh and eighth grade hikes. The recipes follow. Note that there is no fat in either the granola or the granola bars.

Homemade Granola

16 cups (3lb) thick rolled oats; 1c. honey; 2 c. water
Gently heat honey and water in saucepan. Stir until warm and honey and water are blended together. Pour over oats. Mix. Oats should be dampened. Take precautions that oats do not become too wet and soggy or they'll become sticky and lumpy. Bake on three lightly greased cookie sheets in a preheated 180 degree oven for 50-60 minutes. Turn oven off and let the oats sit in the oven another hour until completely dry. Oats should be white when done. They develop an 'off' taste when browned.

Serve like any cold cereal with milk. Add fresh walnuts, pecans, almonds or raisins each morning.

The granola is best when all the ingredients are purchased fresh from a health food store or the nature food section of the grocery store. Buy THICK rolled oats, nuts with a snap and raisins that are soft and moist. Yield 1 gallon jar.

Granola Bars

3/4 c. honey; 1/4 c. brown sugar; 2/3 c. peanut but-

ter or almond butter; 2 2/3 c. granola (above) or oats; 1 c. whole wheat flour; 1/2 t. cinnamon; 1/3 c. wheat germ or ground flax seed; 2 c. mix in any combination - coconut, chocolate chips, raisings, unsalted nuts, finely chopped dried fruit.

Mix the honey and nut butter until well blended. Stir in remaining ingredients. If too sticky, add more oats, 1T. at a time. If too dry, add 1T. water at a time. Press into a lightly greased 9"x13" pan. Bake 10 minutes or until lightly browned. Cut while warm. When cool, wrap each individually in plastic wrap. Store in an airtight container.

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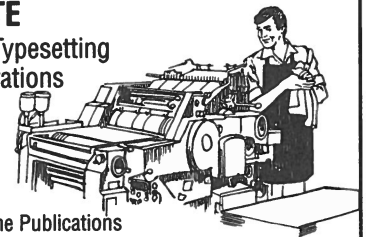
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Clubs and Services

Newborn/Maternal Home Visits: Community Health & Hospice Young Family Program nurses provide free home visits for pregnant women who are Medicaid-eligible and also offer a free visit by a Registered Nurse to any parent of a newborn in the greater Lakes Region. The program teaches infant care, what to expect in their child's growth and development, and parenting skills. For more information, contact the Young Family Program at Community Health & Hospice at (603) 524-8444.

Shots For Tots, Teens, and In-Betweens: provides immunizations for children to age 19. For dates and location, contact the Young Family Program at Community Health & Hospice at (603) 524-8444.

"Caring Caregivers" Support Group: a support group for caregivers of the memory-impaired and others in long term caregiving situations. The day group generally meets on the first and third Monday of the month from 10:00 to 11:30am. The evening group meets on the first Tuesday of each month from 6:30 to 8pm. Regular meetings are held at Community Health & Hospice, 780 North Main Street, Laconia. Please contact Pat Marceau at CH&H (524-8444, ext. 343) for additional information.

Community Health & Hospice welcomes volunteers and provides training in all programs. For more information on volunteer opportunities please contact Bev Nelson, Volunteer Coordinator, at Community Health & Hospice, 780 N. Main Street, Laconia, NH 03246 or call (603) 524-4339, ext. 348 or (toll-free) (800) 244-8549 in New Hampshire.

Alton Senior Citizens Association Whist Club Mon. & Thurs. 1-3pm, Bingo Tues., Weds., & Fri. 1-2pm. Pearson Road Community Center. All are welcome.

NOVEMBER EVENTS

Mon. 1 Red Cross Blood Drive, ACS, 3:45-7:45pm (p14)

Tue. 2 VOTE! PMHS, 7am-7pm.

Mon. 8 Alton's Book Chat, 6:30pm, Gilman Library (p.2)

Tue. 9 Celebrity Read-In, ACS (p.6)

Wed 10 'Meet and Greet', ACS, 6:30pm (p.14)

Fri 12 through 21st, Village Players production of 'Annie Get Your Gun', Wolfeboro (p. 16)

Sun 14 CYA Breakfast at American Legion, 8am-noon (p. 16)

Fri 19 Deadline for donations to Thanksgiving Baskets (p.7)

Sat 20 and Sun. 21, Zonta Club Holiday House, Meredith (p.10)

Bereavement Support Group: Community Health & Hospice offers a Bereavement Support Group at Community Health & Hospice, 780 North Main Street, Laconia. Call Carolyn Stevenson, 524-8444, ext. 321 for more information.

Overeaters Anonymous: Overeaters Anonymous (OA) meets weekly on Thursdays at the Alton Bay Community Center on Route 11 from 5:30-6:30 pm. Also Tues., Cong Church Ossipee, Sat., Huggins Hospital Wolfeboro. Call 434-7578 for more information. All are welcome.

Young Family Program: the Community Health & Hospice is offering a free Ages and Stages Questionnaire (ASQ) to parents of children ages four months through five years. The ASQ is a parent-completed screening system to help identify children who should be referred for a comprehensive assessment for medical, special education, early childhood education, mental health, and social services. For more information or to request a questionnaire, call Carol at 524-4339, ext. 346.

Blood Pressure Clinics: Blood Pressure Clinics are held on the Second Thursday of the month from 10:30-noon, Alton Senior Center, Pearson Road.

American Red Cross Blood Services: Red blood cells have a shelf life of only forty-two days, so new reserves must be added to hospital inventories every day. If you would like information about becoming a regular blood donor, contact the American Red Cross Blood Services - New England Region at 1-800-843-3500, or go to www.newenglandblood.org/nh for a list of blood drives.

ORGANIZATIONS:

Alcoholics Anonymous -- Tue., 8 p.m., Alton Bay Comm. Ctr.
Alton Community Services Prog., Sat., 10 a.m. - 12 noon., 875-2273

Alton Masonic Lodge #75 -- 2nd Thu. except July & Aug., 875-7448

American Legion -- 2nd Mon., 8:30 p.m., Legion Hall, Rte 28
American Legion Auxiliary -- 2nd Mon., 6:30 p.m., Legion Hall
American Legion Jr. Auxiliary -- 1st Wed., 6:30 p.m., Legion Hall
American Legion Family -- 2nd Monday 7:30pm, Legion Hall
Sons of the American Legion, 2nd Monday, 6:30pm, Legion Hall
Boy Scout Troop 53 -- Mon, 6:30pm, Central Fire Station
Cub Scout Pack 53 -- Last Wed., 7 p.m., Legion Hall
4-H Club, see website <www.alton4H.org>

Flying Club -- 2nd Wed., 6:30 p.m., 859-7900

Friends of the Gilman Library -- 2nd Tue. (in season), Library
Garden Club -- 4th Tue. (in season), Congregational Mtg. House
Happy Hobby Doll Club -- 4th Fri., 7 p.m., 364-7413 for directions

Historical Society -- Watch for announcements of programs, Apr. - Oct.; Nov. - Mar., Museum open by request, 569-2629

Knights of Columbus -- 1st Wed., 7:30 p.m., Pearson Road Community Center

Lions Club -- 1st and 3rd Thu., The American Legion, 6:30 p.m.

Moms In Touch -- Tue., 12:30 p.m., 875-2866

Mt. Major Snowmobile Club -- 2nd Tue., 7 p.m., Sr. Center, 875-3858 or <info@mountmajorsnowmobileclub.com>

OES, Warren-Alpha #10, Wolfeboro -- 3rd Tue, 7:30 p.m., 539-7898

Overeaters Anonymous (OA), Thursdays, 5:30, Alton Bay Community Center. Call 434-7578

PTSA. -- 3rd Wed., Alton Central School HS Library, 7 p.m.

Senior Citizens -- 2nd Wed., 1 p.m., Pearson Road Community Center

VFW -- 3rd Mon., 7:30 p.m., Pearson Road Community Center

CALL 875-2151 TO UPDATE THE ABOVE LISTINGS

Information Center

SCHEDULES

CHURCHES:

- Baha'i Fireside -- Thu., 7:30 p.m., Holway Residence, Old New Durham Road
- Bay Church -- 9:30am Sunday School, Church on Rand Hill Rd, 11am Worship Service, ABCCC; Weds. Prayer meeting - 6:45pm, Church on Rand Hill Rd. To confirm call 875-5211
- Community Church -- Sun. Service, 9am, Main Street Church Rev. Peter Bolster, Pastor; 875-5561
- First Free Will Baptist Church -- Sun. School, 9:45 am; Church, 11 am; Evening Service, 6 pm; Wed. Prayer Meeting, 7 pm; Depot St., New Durham; Pastor James Nason
- North Barnstead Congregational Church -- Sun. School and Worship Services, 10:30 am, 504 N. Barnstead Rd, Rev. Gray Fitzgerald
- St. Katharine Drexel -- Weekend Masses Sat. 4pm, Sun., 8:30am and 10:30am; weekday Masses, Mon. through Fri., 8am; Rev. George Ham; 569-2548
- Wolfeboro Bible Fellowship -- Sunday School, 9:30am; Worship Service, 10:30 am; Evening Service, 6pm; Wed. Prayer Meeting, 7 pm; Route 28; Pastor Scott Button

GILMAN LIBRARY: 875-2550

Tue. and Thu., 11 am - 7 pm; Wed. and Fri., 9 am - 5 pm; Sat., 9 am - 1 pm; closed Sun. and Mon.

SENIOR MEAL SITE: 875-7102

Mon-Fri., 10am-2pm; Pearson Rd. Community Center

SOLID WASTE CENTER: 875-5801

Sun., Mon., Fri., and Sat., 7am - 4:45pm.
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Rines Road Pit -- As of April 19, Sat. and Sun., 8 am - 2:45 pm.

TOWN HALL: 875-2161

Selectmen's Office, Tax Collector, Town Administrator, Town Clerk, and Welfare Officer, 8:30 am - 4:30 pm.
Building Inspector -- 875-5095 for hours and appts.
Parks and Recreation -- 875-0109 for info and appts.
Planning Director -- 875-5095 for hours and appts.

BOARDS AND COMMITTEES

BELKNAP COUNTY COUNCIL FOR CHILDREN AND FAMILIES--Contact Dick Wallace, Alton Appointee, phone 875-8221

BOARD OF SELECTMEN -- 1st & 3rd Mondays, 6pm. (re-plays on Channel 26 later in the week), Chairman Pat Fuller, call 875-2161 for appointment.

BUDGET COMMITTEE -- 3rd Thursday (twice a week in "budget season"), 7 pm, Chairman Gregory Fuller, 875-7448.

CEMETERY TRUSTEES -- Meetings posted at Town Hall and Post Office, Chairman Shirley Lane, 875-5864.

CONSERVATION COMMISSION -- 2nd & 4th Thurs., 7 pm, Town Hall, Co-Chairs, Earl Bagley and Justine Gengras, 875-5095.

FIRE WARDS -- 2nd Wednesday, 7 pm, Central Fire Station, Chairman Ken Roberts, 875-6808

GILMAN MUSEUM COMMITTEE -- Meets 2nd Mon., 5pm at museum, add'l on call, Chairman Kathy Currier, 875-5095.

LEVEY PARK TRUSTEES -- Meets on call, Chairman Dick Jones, 875-3855.

PARKS AND RECREATION COMMISSION -- Meets on call, Chairman William Lionetta, 875-0109.

PLANNING BOARD -- 2nd Monday, 7 p.m., Chairman Cynthia Balcius, call 875-5095 for appointment.

SCHOOL BOARD -- 2nd & 4th Mondays, 6 pm, ACS Chairman Wayne Fraser, PMHS Chairman Cydney Johnson, call 875-7890 for appointment.

SUPERVISORS OF THE CHECKLIST -- Meets on call, Chairman MaryBee Longabaugh, 875-5067.

TRUSTEES OF THE GILMAN LIBRARY -- 3rd Tuesday, 3pm, Chairman Nancy Jordan, 875-2550.

TRUSTEES OF TRUST FUNDS -- Meets on call, Chairman Joseph R. Houle, 875-7321.

WATER COMMISSION -- 4th Wednesday, 9:30am, Water Works Office, Chairman Buddy Peterson, Vice-Chairman John Conboy, Commissioner Mal Simonds. 875-4200.

ZONING BOARD OF ADJUSTMENT -- 1st Thursday, 7pm, Chairman Richard Quindley, 875-5095.

CALL 875-2151 TO UPDATE THE ABOVE LISTINGS OUR ELECTED OFFICIALS

U.S. SENATE

Judd Gregg, 393 Russell Senate Office Building, Washington DC 20510-2904; Phones: (202) 224-3324, (603) 225-7115, Fax: (202) 224-4952; e-mail: mailbox@gregg.senate.gov

John E. Sununu, 111 Russell Senate Office Building Washington DC 20510; Phones: (202) 224-2841, (603) 647-7500, Fax: (202) 228-4131; e-mail: mailbox@sununu.senate.gov

U.S. HOUSE OF REPRESENTATIVES

Jeb Bradley, 1218 Longworth House Office Building, Washington DC 20515; Phones: (202) 225-5456, (603) 641-9536, Fax: (202) 225-5822; web site: www.house.gov/Bradley

N.H. EXECUTIVE COUNCIL

Ray Burton, 271-3632 (Concord), 747-3662 (Woodsville)

N.H. SENATE

Robert Boyce, 875-7371, e-mail: SenatorBoyce@metrocast.net

N.H. HOUSE OF REPRESENTATIVES

<u>Janet Allen</u> , 269-6313	<u>James Pilliod</u> , 524-3047
<u>Gordon Bartlett</u> , 524-6536	<u>David Russell</u> , 364-7449
<u>Laurie Boyce</u> , 875-7371	<u>John Thomas</u> , 528-5112
<u>Charles Clark</u> , 293-9194	<u>Mike Whalley</u> , 875-7266

BELKNAP COUNTY COMMISSIONER

Christopher D. Boothby, 527-5400

BOARD OF SELECTMEN

Pat Fuller, 875-5546 Stephan McMahan, 875-6322

James C. Washburn, 364-7413

Alan Sherwood 293-7041 Cris Blackstone 875-0275

**FROM THE DESK OF THE
SUPERINTENDENT
By Donald E. Parks**

Meet and Greet Night for New Administrative Team

The Alton School District and the Alton Parent Teacher Student Association cordially invites the community to a "Meet and Greet" night for the new administrative team on Wednesday, November 10, 2004, at 6:30 PM in the music room. Present will be Laura Rogers, Principal; Steve Ross, Assistant Principal; Catherine Dix-Herndon, Director of Special Education; Dr. Jacqueline Verville; Director of Reading; and Karl Ingoldsby, Director of Buildings and Grounds.

Each new administrator will be introduced and each will speak for a short time. Light refreshments, coffee, tea, punch, and cookies, will be served. After the presentation, tours of the building will be conducted by the administrators to share improvements made to the building and improvements to be requested in the 2005 - 2006 budget.

We look forward to seeing you on November 10th.

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**BRIGHTEN THE HOLIDAYS!
SUPPORT MRS. SANTA FUND**

By Penny Williams

Every year many Alton community service organizations, led by the Alton Fireflies (the women's auxiliary of the Alton Fire Department), come together to provide the less fortunate of many ages - but especially the children - a Christmas bright with promise. For several years now the Mrs. Santa Fund has provided gifts for children newborn to age 17 and some senior citizens as well. This list grows longer each year.

Once again your generosity is needed by Mrs. Santa's Elves. New clothing and toys may be dropped off at the Alton Town Hall until December 1. Cash donations, which are used to purchase warm coats and boots, are also welcome. Donations are to be made payable to Mrs. Santa Fund and are sent to either: PO Box 755 or c/o Bank of New Hampshire, Main Street, Alton, NH 03809.

If you need help in providing necessities for your children or know of a family who would benefit from this program, contact Mrs. Santa's Elves by December 10: Elf #1, Daryl Czech (875-3815), or Elf #2, Sharon Hannafin (875-3079).

Make this holiday season a merry one for all of our friends.

**RED CROSS TO HOLD BLOOD DRIVE
By Lisa Finethy**

The American Red Cross will be having a blood drive at the Alton Central School on Monday November 1st from 3:45 - 7:45.

Anyone that donates from now until 12/29/04 can enter for a chance to win 2 tickets for a New England Patriots game at Foxboro. Winners will also receive an official autographed souvenir and official apparel.

Most people who are in good health, 17 years of age and weighing 110 pounds can give blood through the Red Cross.

If you would like to volunteer or donate food please contact Lisa Finethy # 875-7653.

Help save a life donate blood!

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JUVENILE FIRESETTERS WHO THEY ARE AND WHAT IS BEING DONE TO STOP THEM By EMS Lt. Sharon Hannafin

Almost every child has some curiosity about fire and it can begin as early as age two. According to the U.S. Fire Administration, up to 40% of set fires are started by children playing with matches; 50% of these fires occur in structures and usually in someone's home. The NFPA reports that fully one third of children who died in fires last year started the fires that killed them.

In an attempt to deter this problem, the Alton Fire and Rescue has joined the Belknap County Firesetter Intervention Team or the "FIT" Team. It is comprised of various agencies such as fire departments, law enforcement, school and professional counselors and youth services agencies. Juvenile fire setting is too complex for any one agency or department to solve on its own. By combining our resources and individual strengths, the "FIT" Team is able to maximize the effectiveness of treatment, counseling needs, fire safety awareness, and reduce the number of child set fires.

A child at any age can set a fire that can kill and destroy whomever and whatever is around them. Playing fire, i.e. matches/lighters must be handled with the attitude as a child playing with a loaded gun. The family intervention plan is a combination of fire safety education and professional counseling to help both the child and the family.

Some of the objectives of the "FIT" Team are to conduct fire safety education programs and child/family assessment for any agency that makes a referral to the team, to heighten public awareness and to alert parents to the dangers of fire as well as the availability of assistance in treating the juvenile firesetter.

For further information or to seek services from the "FIT" Team, please contact -Lt. Sharon Hannafin, Mary Jane Dascoli, or Fire Chief Alan Johnson at the Alton Fire Rescue Department, 875-0222.

MISSED THE P.M.H.S. DEDICATION? By Bob Longabaugh

If you are among the few Alton residents who were unable to attend the Open House and Dedication Ceremonies at Prospect Mountain High School on October 16, you can still see what you missed. The dedication, ribbon cutting, and subsequent tour of the building were recorded on videotape which can be checked out from the Gilman Library.

Alternatively, you can purchase a video to keep in your household's collection of significant Alton events. A VHS cassette costs \$10 and a DVD is \$15, obtainable from the cablevision public access channel serving Alton. Add \$2.50 for postage and handling and make checks or money orders payable to LRPA-TV. Mail the order to LRPA-TV, Huot Technical Center, 345 Union Avenue, Laconia, NH 03246.

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DRAWING TO BE HELD JANUARY 2, 2005

COMMUNITY THEATER ALIVE AND WELL...

By Jay Sydow

Community theater is alive and well and living in Wolfeboro. The Village Players of Wolfeboro have been working feverishly on their up-coming production of *Annie Get Your Gun*. This show is the "new" version which received rave reviews on Broadway.

The show is based on the actual meeting and "romance" of Frank Butler and Annie Oakley as seen through the eyes of that great showman Buffalo Bill. The show will take the audience through all of the ups and downs of this show business couple (some of you may have even seen them when they were on tour back in 1888) with such great songs like "There's No Business Like Show Business" and "Anything You Can Do I Can Do Better" to name a few.

The show has a great cast of characters filled with local folks from Tuftonboro and Ossipee to Alton and Barnstead and then some. These actors are people we all know. I bet you had no idea your doctor could act or that the guy who fixes your boat could sing. Well this is your chance to see it for yourself.

The Village Players production of *Annie Get Your Gun* will be November 12, 13, 19 and 20 at 8:00 pm and on November 14 and 21 there will be a 2:00 Matinee. Tickets are available at Blacks Paper Store in Wolfeboro or you can purchase them on-line at village-players.com.

I hope you all get a chance to come and see this great show. Maybe you will realize that it is time for you to unleash your hidden talents and join the Village Players and be a part of their next production. We are always looking for "new talent" on stage or off.

SUNDAY BREAKFAST ANYONE?

By: Doreen Johnson and Dick Wallace, CYA

On Sunday November 14th, the Alton Community Youth Activities Team (CYA) will be serving breakfast between 8 AM and noon at the American Legion Of Alton. Our goal is to support Prospect Mountain High School with their efforts to obtain hand held graphing calculators for students who may not be able to afford them otherwise.

Please join us... Bring your family and friends as well to help us raise funds for these student calculators. We believe that A community IS.... What a Community DOES ...TOGETHER!

Our thanks in advance to all who attend. A special thank you to the members of the American Legion for their efforts all year through and for keeping their doors open to help the Community of Alton. **Your support is sincerely appreciated!**

ALTON BEACH COMMITTEE GOALS By Dawn Wallace

This article will be outdated at the time of release but it does explain our committee goals. October 18th we will be meeting with the Selectmen to present our ideas to improve the current town beach in Alton Bay. While we believe this project will not alleviate the need for a new beach, this project will add beauty to our lakefront and show town pride. Results of this meeting will be in next month's article.

We will also discuss additional goals of the committee. The town has small lakefront properties that can give residents access to the lake. These properties are not large enough for beaches due to parking limitations. We would like to find a use for these properties. How would you like to use the lake? Call the Parks and Rec department with your ideas, 875-0109.

Lastly, we would like to provide the town with a beach on any body of water in Alton. This beach will have good water quality and be family user friendly. This is not an easy goal. We are currently interested in a property but access is an issue. Do you know of a hidden treasurer? This committee gathers for the interests of the community, if you would like to be part of the committee, have questions, comments or share any leads please call Parks and rec.

ALTON CENTRAL SCHOOL WELCOMES ARTIST IN RESIDENCE MR. EMILE BIRCH By Jennifer Van Cor and Pam Mathews

The Artist in Residence Committee at Alton Central School is extremely excited to have Mr. Emile Birch, a sculptor, come to our school this year for a residency with our students. He will be working with two core groups, grades one and four, to design, fabricate, and install a commemorative relief sculpture for our school. This sculpture will be totally student driven and will celebrate our new K-8 school.

The Artist in Residency program is administered by the New Hampshire Council on the Arts and funded through the National Endowment for the Arts. Schools throughout New Hampshire are able to contract with professional artists who are on the Council's register of juried artists. Though funding with a matching grant from this organization, we were able to obtain a grant and hire Mr. Birch to work with our students this year. He has worked on many public projects including public school installations throughout the state.

Please help us welcome Mr. Birch. If you are able and willing to volunteer some time to work on this commemorative installation, please contact us at the school. Also, be on the lookout for an upcoming teacher/community workshop with Mr. Birch. It should be terrific.

Thank you for helping us make this a great learning opportunity for our students and a unifying community event.

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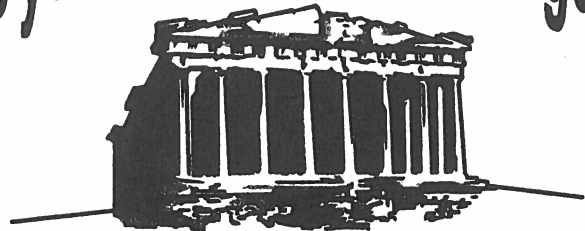
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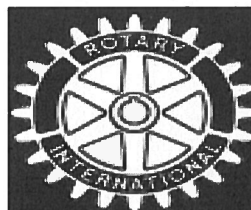


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THE CHECKOUT DESK By Holly Brown Librarian

BRASS BOOKMARKS

The Holiday Season is fast approaching. Have you started looking for that perfect stocking stuffer?? You may be interested to know that you may purchase a brass bookmark for just \$5.00. Each "Gilman Library" bookmark comes boxed and ready to wrap. All proceeds go to the Gilman Library and are earmarked for the library elevator. Stop at the circulation desk and check it out. Supplies are limited. So, don't wait!!

In addition, Bicentennial Posters, Alton Afghans, Alton Village Collectibles, Commemorative Bricks Canvas Book Bags, and T-shirts are still available for purchase. All proceeds benefit the Gilman Library Building Fund.

HOLIDAY TEA

If you are finding it hard to get into spirit of the Holiday Season that is just around the corner, perhaps the Friends of the Gilman Library can help. Mark your calendar and plan to join us for the Holiday Tea hosted by the Friends of the Gilman Library on Tuesday, December 14 from 2-4pm. As in previous years, the Friends are accepting donations of baked goods for the tea. A sign up sheet will be located at the circulation desk for anyone who would like to contribute to this very special event. Everyone is welcome.

BOOK DISCUSSION

The Book Discussion Group will meet on Monday, November 08 at 6:30pm here at the Library to discuss On The Beach by Nevil Shute. If you would like a copy of the book, please call 875-2550 or inquire at the circulation desk. New members are always welcome.

STORY HOUR BEGINS AGAIN

Pre-school story hour for children ages 3 to 5 will be held on Wednesday afternoons from 1-1:45pm. Story hour will not be held when Alton Central School is not in session due to scheduled vacations or inclement weather. Welcome to all story hour parents and children!!!! We hope to see you there.

VOLUNTEERING *A WORK OF HEART* By Laurie Boyce

The Volunteering at the school this year is incredible. We have more active volunteers than we have ever had. You are all to be thanked. This article is written because at the time (the middle of October) this is written, we need a volunteer to do the selling of milk and snacks on Wednesday. We had a good volunteer but her schedule changed and she can't help us anymore. It is working in the school cafeteria from 11:10 to 12:45. If you are interested at all, please give me a call.

HEADING OUTSIDE? WEAR BLAZE ORANGE! New Hampshire Fish and Game

Whether you're a hunter, hiker or just out for a stroll in the autumn woods, it's a good idea to put on an item of highly visible blaze orange clothing when you head outdoors this time of year. Hunters and all outdoor enthusiasts should wear a fluorescent orange hat, vest or jacket for safety; and pets should be dressed in a fashionable bright orange collar or bandanna.

Get out and enjoy the great outdoors, but be aware of hunting seasons and prepare to share the woods with hunters and stay visible and safe. In the last ten years, nearly 90 percent of those hurt in hunting incidents in New Hampshire were NOT wearing an article of blaze orange clothing, and the vast majority were hunters themselves.

In recent years, New Hampshire has had an excellent safety record during the hunting season, thanks to mandatory hunter education and widespread use of blaze orange clothing. The average yearly number of hunting incidents in the state has dropped from 21 in the 1960s to just 4 in the current decade — a remarkable accomplishment with upwards of 78,000 people hunting each year in the Granite State.

Muzzleloader season for deer runs from October 30 through November 9. We're just a few weeks away from the most popular hunting season — the regular firearms season for deer. Opening day for the firearms deer season is November 10, and the season runs through December 5.



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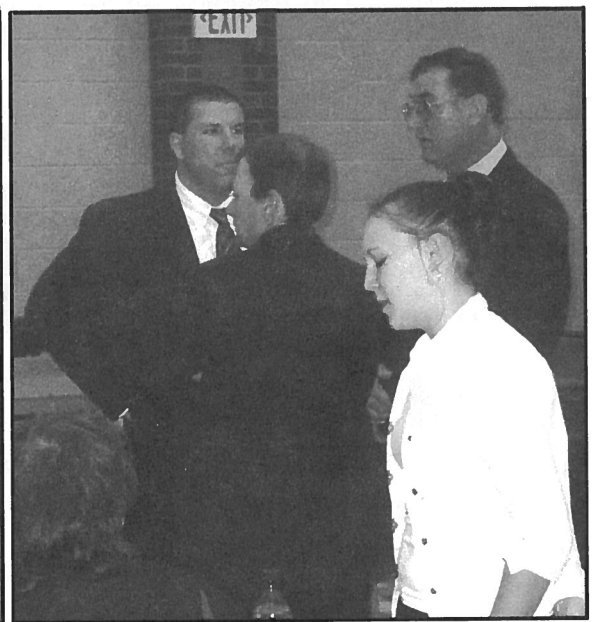
Prospect Mountain High School Dedication

Above: Snacks were provided in the Cafeteria. This photo was taken from the the second floor.

The photo at right shows Travis Hopper in the Greenhouse.

Below Left; Jeff St. Cyr, Ashlyn Briggs, Travis Hopper, Meggan Stock and Meagan DiVito prepare to cut the ribbon.

Below Right: Prospect Mountain High School Principal Russell Holden talks to School Board members Wayne Fraser and Larry Alting.



**GILMAN LIBRARY
NEW BOOKS**

FICTION

Binchy, Maeve	Nights of Rain and Stars
Brooks, Terry	Tanequil
Brown, Sandra	White Hot
Frank, Dorothea Benton	Shem Creek
Gerritsen, Tess	Body Double
Hoffman, Alice	Blackbird House
Hooper, Kay	Hunting Fear
Macomber, Debbie	It Happened One Night
Preston, Douglas J.	Brimstone
Rice, Luanne	Beach Girls
Roberts, Nora	Private Scandals
Sheldon, Sidney	Are You Afraid of the Dark?

NONFICTION

Lorig, Kate	The Arthritis Helpbook
Pauley, Jane	Skywriting

AUDIO

Bolcho, Steven (CD)	Death By Hollywood
Clark, Mary Higgins	The Second Time Around
Cook, Robin	Abduction
Cornwell, Patricia	Blow Fly
Patterson, James	The Lake House
Reich, Christopher (CD)	The Devil's Banker
Sparks, Nicholas	The Guardian
Winchester, Simon (CD)	Krakatoa

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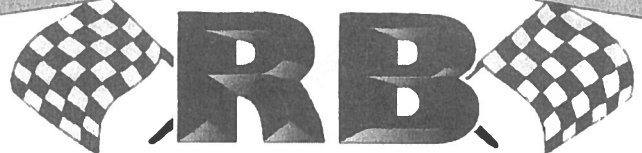
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HOW DOES *MAIN STREET* WORK? By Judith Pellowe

There are many people, and many steps, involved in getting *Main Street* to you each month. Often people have asked who does what, or how it gets done, so this month I'm going to walk you through a typical month.

From the first to the fifteenth, we gather. Ad copy, contracts, payments, etc, are all addressed by Jean Stone, Advertising manager. Jean looks over the copy and decides if it is ready to go 'as is' or if it needs to be set up by our Layout Manager. Ad copy and payments are due by the tenth of the month so that we have time to manipulate the ad and make sure it looks good.

If Jean determines that the ad needs to be worked on, she sends it along to Yvonne Lauziere, our Layout Manager. Yvonne puts the ads into a usable format and forwards them to the Editor.

While Jean and Yvonne are taking care of advertising, Alice Calvert, Publisher, is fielding calls about all kinds of things, from questions about deadlines to kudos and complaints. Alice makes phone calls, solves problems, and makes sure we all stay on track.

Meanwhile, Purr Whalley takes care of subscriptions. She sends out reminder letters to those whose subscriptions are about to expire, she buys stamps and prints out labels for the issues that are being sent out of town.

The members of various committees, Town Officers, and interested citizens send their stories to me, *Main Street's* Editor. Most are emailed to altonms@yahoo.com, but some are left in the *Main Street* box at the Bank of New Hampshire. Without those submissions, the paper would not happen. In addition, *Main Street's* board will submit a story or cover an event when time allows.

I go through the emails, print them all out, and save them on my computer. Whatever comes into the box at the bank is retyped. Hard copies of photos or other graphics are scanned into the computer. I check all the submissions for typographical errors (although I've been known to make my own 'typos' while retyping someone's submission).

After the fifteenth, it's time to put the paper together. I put all the text into Adobe Pagemaker, insert all the ads, and figure out how many pages the issue will be. Submissions may be further edited at that point to fit the space available. I try to edit as little as possible. If a story needs to be shortened, first I'll try to do things like shorten the date (from 'November' to 'Nov.', etc.) and time. If that doesn't work, I'll go through the story and try to take out some words, or even a sentence, without altering the basic tone of the submission. Questionable content is referred to the Board, and as a group the Board decides 'yes' or 'no'.

Once the paper is put together in the computer, the issue is burned onto a CD. The CD, along with a hard copy of the paper, is then brought to Alice, who in turn delivers it

to Independent Color Press. Generally *Main Street* goes to the printer on a Monday, and the printed pages are delivered to the American Legion Hall on Thursday afternoon.

On Thursday evening, a whole new batch of volunteers arrive at the Legion Hall to put all the pages into a cohesive paper. We have folks who collate, volunteers who staple, stamp, and put labels on the paper, and folks who count out the paper into bags to be delivered to the Post Office. Bob Smith, Jim Washburn and Keith King make sure that everything is properly labeled and bagged and ready to be delivered to the Post Office first thing Friday morning. Then the *Main Street* staff has a weekend to relax before the whole cycle starts again!

Here are some tips for your submissions:

We LIKE email. A story that is emailed can be cut and pasted, whereas hard copy left at the bank box has to be retyped, which is both time-consuming and creates an opportunity for the editor to make new errors. The preferred format is an email attachment. Please indicate in the 'Subject' line of the email what the article is regarding. 'X's Monthly Meeting' is preferable to 'November Main Street'.

If you can't email, type. If you can't type, print CLEARLY. Always make sure we have a name and phone number to call if we have questions.

If you are submitting a photograph, submit one that is clear and bright. Changing from color to black-and-white means that contrast is lost, so the better the original, the better the final result will be. Also, if you want your photo back, be sure to include a self-addressed stamped envelope so that we can get your photo back to you.

Photographs are best emailed as .jpg. Ads are best emailed as .tiff. Microsoft Publisher ads are VERY hard to work with – Microsoft is proprietary software, and doesn't allow itself to be saved as anything else. If you have a question about the format of your ad, email me and I'll try to help.

What we will print:

Main Street is a community paper. We are happy to take articles about events around town, clubs, organizations, and articles that provide information about how to take care of your business in town.

What we will not print:

As a community paper, we strive to be accessible to all members of the community. We do not take sides. We will not print political advertisements or commentary that takes one side of a complicated issue. We will not run editorials. We will not print anything that is sent to us anonymously, regardless of how benign it is.

We do NOT print anything that is 'soft advertising'. That is, anything submitted which is from a business promoting itself. If a business is doing something for the community, such as holding a food drive, we WILL print a notice of the event. Sometimes the distinction between soft advertising and community interest is a fine line; in that case, the board will decide.

CLASSIFIED ADS

Alton residents may place classified ads in any issue of Main Street. As a public service ads are primarily for *noncommercial* private individuals who have items for sale (except real estate for sale or rent), items or services wanted, free items, personals, or help wanted notices. The rate is \$1 for each noncommercial ad of 35 words or less. Each additional 35 words costs \$1. (There is no charge for "Cards of Thanks" or ads under the "Free" and "Ride Sharing" classifications.) The rate for commercial ads is \$12.50 per column inch. Main Street reserves the right to refuse any ad, or edit it for length/style. Ads must be submitted with payment to Post Office Box 210, Alton Bay 03810, by the 15th of the month preceding publication. Submissions may also be placed in the Main Street box at the Alton branch of the Bank of New Hampshire. **Ads must contain a phone number**

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BELKNAP COUNTY CONSERVATION DISTRICT ANNOUNCES 2004 ANNUAL YOUTH POSTER CONTEST

It's time again for BCCD's annual poster contest. The theme for this year is The Living Soil. Posters must be postmarked by Friday Nov. 5th or delivered to the office on Monday Nov. 8th. Posters can be created in any medium as long as the result is flat. If chalk is used, they must be sprayed to control the dust. Poster size must be between 8.5" x 11" and 22" x 28". Prizes will be awarded at the county level and the state level. Top posters will go to the National Association of Conservation District's (NACD) national competition. Aspects of a good poster include: a brief, catchy message, a slogan telling the viewers to do something and making them want to do it, colors and white space to get and hold attention, letters large enough to be easily read and words separated enough to make them quickly grasped.

The NACD website contains additional information about this year's theme (www.NACDnet.org). The child's name, school, grade and teacher should be on the BACK of the poster. It must be noted if a child receives help from an adult in creating the poster. For more information about the contest, this year's theme, or other BCCD programs, please contact us at 527-5880, Belknap@belknapccd.org, or 719 North Main Street, Room 203, Laconia, NH 03246. We look forward to seeing the work of Belknap County's youth!

Thank You

We'd like to say a sincere thank you to Dr. Steve Barsanti and the Alton Vet Clinic. If they weren't in town our puppy would have bled to death on the way to the hospital. We would also like to thank all of those who have helped with Kodiak's medical expenses. This past month we have been overwhelmed by the kindness and generosity of the people of this town.

The Monasky Family

Birth Announcement

Shawn Hillsgrove and Rebecca Doucette are proud to announce the birth of their daughter Cloe Elizabeth on September 28 at Concord Hospital.

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HOSPICE IS ABOUT LIVING NOVEMBER IS NATIONAL HOSPICE MONTH

By Wanda Harris

Hospice isn't a place. It's a type of care that focuses on living. It's about living as fully as possible up until the end of life.

November is National Hospice Month. In communities like ours across the country, hospices are honoring patients and families coping with life-limiting illness. Hospices are recognizing the professionals and volunteers who provide high quality care to those who need it most. National Hospice Month also provides an opportunity to promote important discussions with our loved ones and our health care providers about the care we would want at the end of life.

Hospice offers the services and support that Americans want when coping with life-limiting illness. Considered to be the model for high quality, compassionate care at the end of life, hospice care involves a team-oriented approach to care that includes expert medical care, pain and symptom management, and emotional and spiritual support. All care is expressly tailored to the patient's needs and wishes.

Based on current trends, the National Hospice and Palliative Care Organization projects that more than one million U.S. patients will receive Hospice care this year. The use of hospice is growing steadily.

But for every person that receives hospice care, there is another that would benefit from the services hospice offers but doesn't receive this special care. And while hospice usage is growing, about 30 percent of hospice patients will receive care for seven days or less-not enough time to benefit fully from the wide range of services that hospice can offer.

One of the best ways to make sure you and your loved ones benefit fully from hospice, should you ever need this care, is to talk about it before it becomes an issue.

We plan for weddings, the birth of a child, college and retirement. We even spend months planning for vaca-

tions. But rarely, if ever, do we plan for what we would want in the final phase of our lives.

It's not that Americans don't make end-of-life decisions. We write wills, we purchase life insurance, and we give consent to organ donation. Many people will even purchase a cemetery plot. But we don't prepare or plan for the actual process of dying.

LAKERS UNITED COLUMBUS CUP CHAMPS

By Peter Clifford

October 9th & 10th, the Little Lady's from the lake did it again this year at Exeter NH tournament. Columbus Cup 2004 Champs, Lakers United U12 girls won five soccer games, all shutouts, and scored 17 goals on the weekend. Beat John Stark United and Freemont Fighters twice and Exeter once.

Members of the team include, Heaven Aimes, Brooke Bastarache, Kirby Beranger, Marissa Brooks, Danielle Burwell, Sarah Clifford, Josie Couch, Nicole Dwyer, Kendall Graupner, Samantha Hillis, Emma Jones, Kelly Jones, Alexis Page, Megan Pollini, Danielle Tidd, and Tori Webster. Coaches are Pete Clifford, Mike Hillis, John Dwyer, and Steve Beranger.



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