



BARNSTEAD BANNER

Good News from a Small Town



IN THIS ISSUE

HAPPY THANKSGIVING!

LIBRARY HAPPENINGS

COMMUNITY FEAST

COMMUNITY EVENTS

IF YOU WOULD LIKE TO SUBMIT AN EVENT OR CLASSIFIED FOR THE BARNSTEAD BANNER, PLEASE EMAIL DANIELLE@OSCARFOSS.ORG WITH THE DETAILS.

TO SUBSCRIBE TO THE ONLINE ISSUE OF THE BANNER, GO TO WWW.OSCARFOSS.ORG /THE-BARNSTEAD-BANNER

Empty That Nest

by Kristina Schram

My husband and I are on the verge of becoming empty nesters. We have one son away at college, another who has graduated from college and works full-time, but is still at home, and a third that has officially leaped from the nest, leaving nothing behind but a trail of dust and lots of boxes of stuff he wants to keep, but not at his place. We've been nudging the one at home in the direction of the nest's edge, but he isn't getting the hint. Or he is, and prefers to ignore it. I get it. It's expensive out there. Plus, he would prefer we'd spend our money, rather than him spending his money. College taught him well.

I know there are parents who dread/hate the kids all being gone. We are not dreading/hating that. We love our children, but we want to go back to the carefree way things were BC (Before Children).

We want to be able to do what we want, when we want, where we want, and how we want, without consulting anyone first. For example, if I'm not feeling it, I don't have to make a full meal; I can have cake for supper! But with the children I feel like I have to put more effort into meals. Like maybe include something healthy. Yeesh.


Anyway, we have big plans for our empty nest. Recently, I've been considering turning one of the kid's bedrooms into a sauna. Not sure it's actually feasible, but if it is, it would be cheaper than heading south when the cold becomes too cold. Or maybe it could be a disco room so I can practice my interpretive dance moves without harming myself or the furniture. Or...wait for it...it could be a nude room! My husband is all for this last one; he got the idea after watching *Failure to Launch* with Matthew McConaughey, and has been fascinated with the notion ever since. Though he wonders (aloud and often), why limit it to a room? Why can't we have an entire nude house? While there's pretty much nothing stopping him from realizing his dream, in order to avoid trauma-I have to remind him of this numerous times a month-the children *do need to be moved out*. Also, once his dream becomes a reality, he needs to be sure to check the massive picture window that faces our driveway before strutting by in the altogether/a state of nature/in the raw/starkers (however you want to word it). Wouldn't want to traumatize my 82-year-old mother who's come for tea, right? Then again, she might like it and visit more, the little vixen.

At any rate, the older I get, the less patient I become. Probably because I know my time on this planet is limited, but also because this is the best I'm going to look and feel from here on out. I want to enjoy that while I still can. Judging by my mirror and my joints, the children need to make that leap, and soon. So if you have a room to rent or land to sell-for cheap, mind you-you can find me at home or work, dreaming about the day when I can sit in my sauna, eating all the cake, while my husband stands in front of the picture window in all his glory, traumatizing the delivery drivers and neighbors, alike. Huzzah!


Business Cards • Forms • Business Checks • Brochures
Color Copies • Stationery • Graphic Design • Magnets
Programs • Raffle Tickets • Rubber Stamps
Wedding Invitations and Accessories • Bookmarks

Full Color: Cards • Brochures • Flyers • Labels • Postcards
Customized Promotional Items • Banners • Yard Signs

GRANITE IMAGE
940 Suncook Valley Hwy • PO Box 683
Epsom, NH 03234 • 603-736-6056
print@granite-image.com • www.granite-image.com

 **CENTER BARNSTEAD
CHRISTIAN CHURCH**

Worship Service - Sundays @ 10AM

www.centerbarnsteadcc.org 

Be
grateful

BEAUTY IN THE STORM

There are those
who can only love a perfect rose,
a pretty face,
Or a lovely song full of grace.

They don't see the worth
of a worn flower that still blooms forth,
of an aging face that continues to smile,
Or of a sad song that makes tears worthwhile.

There are those who only love a clear sky,
oh, but not I.
Some only see beauty in clouds with perfect form,
yet I have come to love a storm.

A storm so full of power,
it makes those who hate it cower.
Yet, those who love it smile at the lightning colors.
Their faces lit by those powerful wonders.

Oh, how I pity those who cannot love a storm with its rain,
as they watch it with sad faces as it batters the window pane.
Oh, if only they could see the beauty in it all,
there's meaning behind it just like the change in fall.

If everything looked beautiful and stayed fine forever,
no one would take a deeper look at what held it together.
No, not even I,
would see the love in a smile as I passed by.

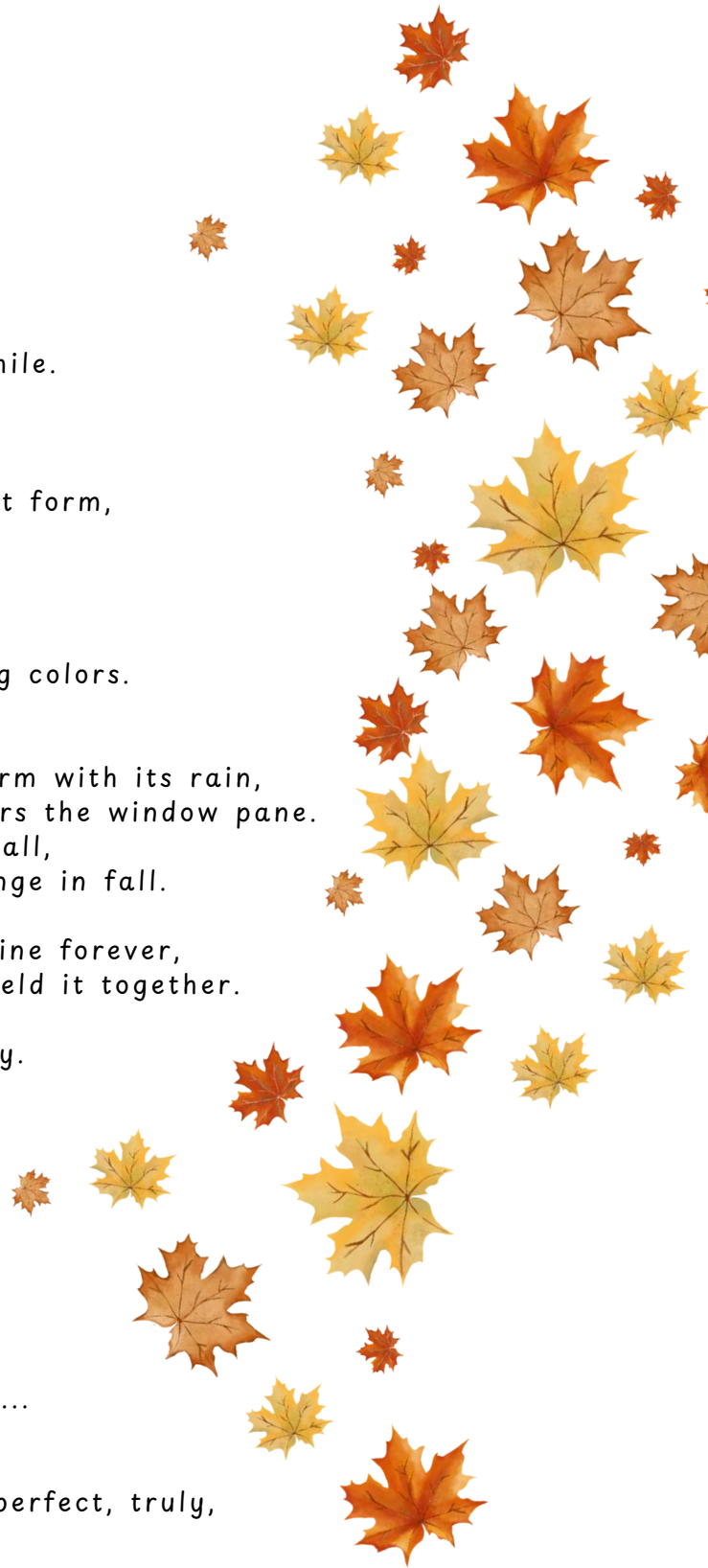
Tears would not mean as much,
and neither would a loving touch.
Life wouldn't be as grand,
if everything always went as planned.

It is due to imperfection,
that we must look beyond the infection,
the broken glass,
the sharp and jagged memories of our past...

To find the truth, the meaning, the beauty,
of what first appears ugly, chaotic and imperfect, truly,
So when you think of me, remember,
In this cold November...

That there's beauty in the storm.

- Composed by Alivia McKeen








BARNSTEAD COMMUNITY FEAST






NOVEMBER 23 | 12PM





Join us for a delicious meal and warm company as we come together to celebrate being a part of the community of Barnstead and share a traditional Thanksgiving meal together.



**Get more
information
and RSVP**



tinyurl.com/barnstead



Questions? Contact (603)269-3900



November Library Happenings



Good to Know Info: We are **Closed for Staff Training the 2nd Thursday of the month** until 3:00PM (11/14). Voting is Tuesday, 11/5. The library will be closed Saturday, 11/9, for Veteran's Day, and Thursday, 11/28, and Friday, 11/29, for Thanksgiving.

Pets of OFML Calendar: From **11/1-11/9**, vote on our Facebook page for your favorite Pets of OFML! The winners will be featured in our 2025 calendar. Calendars available for purchase in late November.

Fridays @ 10:30-12:00 Home School Group: *NEW!* Join us for a mix of stories, simple science/learning activities, and a creative art/craft activity that all go along with a theme for the week. Geared towards kids 4 and up, younger siblings are welcome to come along.

Sat. 11/2 @ 11:00AM Children's Tea Party: We are hosting a Children's Tea Party! Kids, this is the perfect excuse for you to dress up and enjoy a lovely time with other littles. Just bring your awesome self and we'll provide the rest! Space is limited, so please call or email the library to sign up.

Wed. 11/6 @ 6:00-7:30PM Meet and Read (18+): This month's book will be "Outlawed" by Anna North. Next month's book will be "Yellowface" by R.F. Kuang. Books available at the library.

Thurs. 11/7 @ 6:00PM Holiday Wreath Workshop: Get into the festive spirit by creating a wreath. We'll provide all the materials and step-by-step guidance to create a stunning wreath to adorn your home. Additionally, there will be a bow-making demonstration for you to add the final touch!

Fri. 11/8 @ 2:00-3:30PM Teen/Tween Cookie Decorating Party: Come learn different frosting techniques from Leah Whitney of Cookie Bear Baking LLC during our fall-themed cookie decorating event. Whether you're a seasoned pro or a beginner, this is a great opportunity to get creative and make some tasty treats. Don't miss out—bring your friends and get ready to decorate! Registration is required.

Fri. 11/15 @ 4:00-6:00PM Family Crafternoon: A family-focused event that happens every third Friday of the month. Join us as we make a craft and watch a movie. Materials are provided and light refreshments served.

Tues. 11/19 @ 3:00PM Senior Social Club (65+): Provides activities that foster community and relationship building. The club meets the third Tuesday of the month. Light refreshments will be served.

Tues. 11/19 @ 6:00-7:30PM The Tight-Knit Knitting and Crocheting Circle: *NEW!* Knitters and crocheters come together to work on your projects, discuss any technical difficulties you're having, and support one another. **NOTE:** The group typically meets the 4th Thursday of the month in the library meeting room, but with Thanksgiving this month, the date has been rescheduled to 11/19.

Wed. 11/20 @ 12:30-3:30PM The OFML Sewcial Club: This club meets the 3rd Wednesday of the month. Bring your sewing or quilting project, along with sewing machines and supplies.

Thurs 11/21-Sat. 11/23 @ Open Hours Holiday Craft Workshop: From 11/14 to 11/21, feel free to share/donate your clean crafting supplies to the library. From 11/21 to 11/23, all are welcome to stop by the meeting room to use free arts and craft supplies for making holiday gifts!

Fri. 11/22 @ 6:30-8:00PM Books & Banter (18+): Come ready for a lively discussion on the last 3 books you have read or are reading. All genres are good! Give the group a brief synopsis of your book and your thoughts on it so we can discuss. A list with the book titles/authors talked about will be provided after the discussion.

Fri. 11/22 @ 6:00-7:30PM Let's Write a Novel (16+): *NEW!* A series of structured classes on the how-to's of writing a book. Provides writers with inspiration, structural hints, and constructive feedback on your work

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



The Dangers of AI for Senior Citizens: Navigating the World of Scams



By Kristina Schram

As technology continues to advance, the emergence of artificial intelligence (AI) has brought about both remarkable innovations and significant risks, particularly for vulnerable populations like senior citizens. While AI can enhance communication and accessibility, it also opens the door to sophisticated scams that can have devastating effects on older adults. Understanding these dangers is crucial for safeguarding their well-being.

The Rise of AI-Driven Scams

AI technology is increasingly being leveraged by scammers to create convincing fraud schemes. One prevalent tactic involves AI-generated emails that solicit money from unsuspecting seniors. These emails can appear strikingly genuine, often mimicking the style and language of trusted sources—whether it's a bank, a government agency, or even a family member.

For example, a senior might receive an email claiming to be from their bank, stating that there's been suspicious activity on their account. The email might instruct them to click a link to verify their information. In reality, this link leads to a fake website designed to steal personal data. This form of phishing scam has become alarmingly common, and AI makes it easier for scammers to produce convincing communications at scale.

AI Impersonation: A Growing Concern

Another concerning development is the use of AI to impersonate real people. Scammers can utilize voice cloning and deepfake technology to mimic someone's voice or appearance, making it even harder for seniors to discern what is real. Imagine receiving a call from what seems to be a grandchild, pleading for financial help due to an emergency. In a moment of panic, a senior might send money, only to later realize they've been deceived.

These impersonation tactics can be incredibly effective, especially when the scammer knows specific details about the individual's life. With information readily available online, it's easier than ever for fraudsters to craft believable narratives.

The Impact on Senior Citizens

The emotional and financial toll of these scams can be severe. Many seniors live on fixed incomes, and losing money to a scam can lead to significant distress. Beyond the immediate financial loss, the psychological effects—such as anxiety, shame, and isolation—can be long-lasting. It's essential for family members and caregivers to recognize these risks and engage in open conversations about the dangers of AI-driven scams.

How to Protect Seniors

Educating seniors about these scams is a vital step in prevention. Here are some strategies to help keep them safe:

- **Awareness:** Encourage seniors to be cautious when receiving unsolicited emails or calls. Remind them to verify the identity of the sender before taking any action.
- **Skepticism:** Teach them to question the legitimacy of any requests for money or personal information, especially if they come from unexpected sources.
- **Secret Phrase or Word:** Establish a secret phrase or word with family members. This can be used to verify identities during phone calls or online communications. If someone claims to be a family member in need of help, they should use the agreed-upon phrase to confirm their identity.
- **Report Scams:** Encourage them to report any suspicious emails or calls to family members or authorities, such as the Federal Trade Commission (FTC).
- **Use Technology Wisely:** Help them set up spam filters and other protective measures on their devices to minimize exposure to scams.

Conclusion

As AI continues to evolve, so do the tactics used by scammers to exploit vulnerable populations. By fostering awareness and encouraging proactive measures, we can help protect senior citizens from the dangers posed by AI-driven scams. Keeping communication open and sharing knowledge about these threats is crucial in ensuring their safety in an increasingly digital world.

**Full Disclosure: This article and accompanying photo were AI-generated.*

LOCAL BUSINESS SPOTLIGHT: FISH TAILS BAIT AND TACKLE – BUILDING COMMUNITY AROUND FISHING

For over 14 years, Fish Tails Bait and Tackle has been a cornerstone of Barnstead's recreational fishing community, offering not just quality live bait and tackle but also a sense of family and community spirit. Owned by Donnie and Rebecca Murzin, Fish Tails started with a simple goal: to teach their three children the values of business and money management, while also providing additional income during the slow winter months when Donnie worked construction. What began as a small operation has since blossomed into a full-fledged business.

Donnie, a Barnstead native, who now runs the bait shop with the help of their two sons, Evan and Joseph, recalls how the local community rallied around them. "When we moved here from Pineo road we didn't have a space for the shop." Rebecca laughingly shares, "For a time we had tanks lined up outside the kitchen!" "Our neighbors, customers, and others in the community would randomly drop off the building materials that we needed to build the shop. It was amazing. We wouldn't be where we are without the community."

Fish Tails stands out from other bait shops for many reasons, but the quality of their live bait is a key factor in what keeps anglers coming back—some even make a long drive from out of state just to purchase bait to take back with them. While many bait shops source a majority of their live bait from outside the area, Fish Tails prides itself on offering high quality native bait, including hellgrammites and native crayfish, species that are hard to find elsewhere in New Hampshire.

"Unlike other shops the water in our tanks isn't recycled, it definitely helps the bait live longer," Donnie shares. The shop's reputation for quality and its personal touch has earned it a loyal customer base of locals, summer residents, and tourists. Whether it is kids excited about catching their first fish or seasoned anglers prepping for their next big catch, Fish Tails is a hub for advice, stories, and tips. The Murzin family cherishes the relationships they've built with their customers over the years. "We love seeing the kids come in, there is nothing like the excitement on a kid's face when they catch their first fish," says Donnie.

Fish Tails is a proud sponsor of several local fishing derbies, including the Chase Family & Barnstead Parks & Rec Fishing Derby on Locke Lake, and the Michaud Ice Fishing Derby on Brindle Pond. This past year they also sponsored an Ice Fishing Derby on Suncook Lake to support veterans. "It's all about giving back to the community that's supported us," Donnie adds. With the opening of a second location in Meredith, and plans to add a hunting section to their new shop, Fish Tails Bait and Tackle is growing, but it remains rooted in the same values that started it all: family, community, and a love for the outdoors. Donnie and Rebecca would love for you to stop by the shop at 1045 Beauty Hill Road and say hi.



HISTORICAL SOCIETY CHRISTMAS SALE!

Mark your calendar! The Barnstead Historical Society will be hosting its annual Christmas Sale on **Saturday, December 7, from 9am-1pm at the Barnstead Town Hall.**

New this year is Twisted Pines Farm, featuring a variety of wood crafts. The Congregational Church of North Barnstead will have a holiday-themed crafts available. MJ Michael Photography will return with her fine selection of photographed prints, cards and other eclectic gifts. Anne Watson will also return with her collection of holiday bows and other items.

Historical Society books will have its books available to purchase. Take a chance on a variety of raffle items donated by generous supporters.

We look forward to seeing you!

BE THE CHURCH
Protect the environment. Care for the poor.
Forgive often. Reject racism.
Fight for the powerless.
Share earthy and spiritual resources.
 Embrace diversity. Love God. Enjoy this life.

**CONGREGATIONAL CHURCH
OF NORTH BARNSTEAD - UCC**

504 N. Barnstead Rd. Center. Barnstead, NH
 — ccnorthbarnstead.com —

**Worship with us in-person
or join on Zoom at 10am**

**BARNSTEAD PARADE
CONGREGATIONAL
CHURCH**

❖

**Worship Service 9:00 A.M.
Rev. Sandy Pierson—483-2846**

Oscar Foss Memorial Library is looking for..

Stylish pets who love the camera (and books) for
the 2025 "Pets of OFML" calendar !

Submit a photo of your furry, feathered or scaled friend posing with their favorite book to ofmlstaff@gmail.com by 10/31/2024. Please include pet name, "likes" and "dislikes" and owner's name and contact info.

We will put the photos on our Facebook page the first week of November for voting, and the winners will be featured in our 2025 calendar (and their owner will receive a free copy!) Calendars will be available for purchase late November, just in time for the holidays!



1009 Upper
City Road
Pittsfield
NH made
goods

follow us on
facebook -
[sugarslocal](https://www.facebook.com/sugarslocal)



Community Events

VOTE! Presidential Election 11/5 at Barnstead Elementary School, 7AM to 7PM.

BES Middle School Halloween Dance: 11/1 at 6PM at Barnstead Elementary School.

Board of Selectmen Meetings will be Tuesday 11/12 and Tuesday 11/26 beginning at 5:00 PM at the Barnstead Town Hall.

Barnstead Against Bullying is a parent run and sponsored group that meets at the library on 11/5 at 6PM.

Alcoholics Anonymous meetings are held Tuesday evenings at 7 PM at the Center Barnstead Christian Church.

JMA School Board Meeting 11/19 at 6:00 PM at Prospect Mountain High School.

Adult Game Night: Sponsored by Barnstead Parks and Recreation on Monday 11/11 at 6PM at the Barnstead Town Hall.

BES School Board Meeting 11/25 at 6:00 PM at Barnstead Elementary School.

BES PTO: 11/14 at 6PM at Barnstead Elementary School.

PMHS Spanish Class Fundraiser: 11/16 12-9PM at Flannel Tavern.

BARNSTEAD PARADE CONGREGATIONAL CHURCH

COOKIE WALK!



**SATURDAY
DECEMBER 14, 2024
9 AM - 1 PM**



*Gobble
TIL YOU
Wobble*

JEANNIE'S RECIPE CORNER

CHEX PUMPKIN PIE CRUNCH



Ingredients:

- 1/4 cup brown sugar
- 1 Tbsp pumpkin pie spice
- 1/4 cup butter
- 2 tsp vanilla
- 2 cups Cinnamon Chex cereal
- 2 Cups Honey Nut Chex cereal
- 2 cups Wheat or Rice Chex cereal
- 8 ounces pecans

Prep Tip: Maximize your microwave when it comes to making homemade party mixes, like this one has lots of fall's favorite flavors!

Mix can be made up to 2 weeks ahead and stored in an airtight container.



Directions:

1. In a small bowl, mix brown sugar and pumpkin pie spice; set aside.
 2. In a small microwave -safe dish, microwave butter on high for 30 seconds or until melted. Stir in vanilla.
 3. In a large microwave-safe bowl, mix all cereals and pecans. Pour butter mixture over cereal mixture, stirring until evenly distributed. Add sugar and spice mixture and stir until coated.
 4. Microwave uncovered on high 5 minutes or until mixture begins to brown, stirring every minute.
 5. Spread on wax paper or a cookie sheet to cool. Store in airtight container.
- I usually make 4 or 5 batches —they make great little treats to give friends. I hope that you enjoy the treats!!
Have a Happy Thanksgiving from my kitchen to yours!

Holiday Hints:

- Pick the right menu. To spend more time with guest, look for recipes that can be made ahead of time.
- Rely on your refrigerator and organize it well beforehand so that platters, containers and beverages are easy to get to.
- Crockpot recipes are great for cooking and keeping your food warm.
- Check it off: There are many to do ahead of time—set your table the night before. Gather platters and serving dishes and utensils, wash and cover with a dry dish towel so they will be ready for the big day. Give the kids a job, too—like doing a vacuuming thru the house, taking out the trash: setting flowers about, maybe helping peel the veggies or stuff the celery.