



Not Just Another Haunted Hotel – The Balsams Resort Hotel

Dixville Notch, NH written by James Paradie © 2010

A good friend of mine as well as a paranormal junkie himself, Dennis Rano told me a story about when he went up to a hotel called the Balsams Grand Resort in Dixville Notch, New Hampshire to make a delivery. Looking at pictures of the Balsams, I can truly see it is a grand hotel. It does look beautiful, and a nice place to stay.

Just a short overview of the history of the hotel before I get going on Dennis' story: the hotel was opened shortly after the Civil War and was then known as the Dix House. The Dix House was a 25 room summer inn. The hotel was created by Colonel Timothy Dix, but sadly, Timothy wasn't able to see his glorious hotel sprout into what it is today due to he lost his life in a battle in 1812.

After a few owners, the man who made all the difference to the grand hotel, was a man by the name of Henry S. Hale from Philadelphia who was an inventor as well as an industrialist. By 1918, Hale's vision for the hotel steadily expanded until what is today. He doubled the room capacity to 400 guests by adding the Hampshire House.

But, what makes the Balsams Hotel such a haunted hot spot? To be honest, I didn't hear much about the Balsams, if at all, until Dennis told me about it a few months ago about his experience. Before we got to his experience; Dennis is a Coca-Cola delivery guy, he goes to different convenient stores, and delivers them Coca-Cola products to keep us all refreshed, but he's also a paranormal fanatic and owns a site called ufologists (come to my fan page, I have the link right there if interested). So, Dennis has been around to a lot of places, there's no denying that, but this one is his most freakiest one.

The Balsams, according to him, is one of the most haunted places he's ever been to, and with good reason. His experience is short, but does serve a purpose. Here are some highlights from what he told me.

Experiences:

Toilets flush on their own- there are no sensors on the toilets

A one armed man who mysteriously disappears

Three, laughing old ladies who also disappear

Also, when Dennis told the maintenance man of these happenings he motioned Dennis to come along with him down to the basement of the grand resort. The resort's basement is filled with pipes, BUT, strange part is, is that there are people buried in there. Needless to say, Dennis probably got out right quick.

Dennis has been back to the resort, and has actually slept there at one occasion and claimed it was one of the best restful nights he's ever had.

But, as I gone deeper into my research, I found a few more intriguing guests who have never checked out of the Balsams. You'd be thinking that just like the Mount Washington Hotel swears the staff to secrecy about not telling guests about the spiritual activity, the Balsams actually embraces it's ghostly guests of the dead. According to the book, *Weird Hauntings: True Tales of Ghostly Places*, in a chapter written by Joseph A. Citro, he said that when he talked to the president of the hotel, Stephen P. Barba, he was surprised to hear that Mr. Barba has actually documented the ghostly appearances since 1959.

According to Mr. Barba, the spiritual activity came to an uprising when they did renovations at the Balsams. He also claims that he does not discourage staff members to talk about the spirits and there is actually a bellhop who will not, under any circumstances, go up to the third floor.

Other Ghostly Guests:

The Vanishing Beauty- The legend of the Vanishing Beauty at the Balsams starts with how a doorman was heading up to a room. Upon getting halfway up the last set of stairs, he looked up and saw a beautiful woman sitting in a chair just beyond the landing. At first he thought it was just a guest, but taking in consideration to the hour, midnight, and her clothing, he wasn't seeing just a former guest, he was seeing a ghost. Let's just say, the doorman showed himself out after seeing this, but looking back, the beautiful woman vanished.

The Vanishing Beauty has been seen more than just once. She has also been seen or rather heard in the John Dix social parlor laughing. When guests try to look for her they are disappointed to find nothing. One man, however, had the same encounter, but with a different ending. When this man went to look for her, he passed a mirror, seeing a beautiful woman's delightful figure reflecting off of it. When he turned to where the reflection should be coming from, he is met by the scary sensation of him being alone. The Vanishing Beauty is no stranger and has been seen sitting in chairs, being in the shadows of the hotel, and has been even spotted in the main lobby, but the question is, who is this woman? What was her purpose at the hotel? Why is her soul condemned to the property? Those answers will probably never be answered.

Another guest, though his name is not something I want to be plugged with once I am spotted as a ghost, is known as--

The Naked Man- The legend of the Naked Man, according to Mr. Citro's story, is that one night a couple were staying in room 120. The wife was awoken to a man standing right at the foot of her bed. Thinking it was her husband she asked if he was okay. The response was not what she was expecting as it was not her husband standing at the end of the bed, it was a naked man standing at the end of the bed. She was also astonished to find out that the man was translucent, she could see through him. Before the figure disappeared, the husband had awoken up to this scary sight before the figure vanished. Other occurrences in this room are movement sounds and talking coming from the room even if there is nobody in there.

Who is the naked man? Who, besides some women I'm sure, wants to know? If you must know, there are two possible theories to who the naked man might be; one theory is that bandleaders used to frequent room 120. A second theory is when a bandleader drowned in Lake Gloriette which is on the resorts property.

The third ghostly figures are simply known as--

The Others- Though you may think that there is some horror, inhuman spirit which resides at the Balsams due to the name, but that is not the case. The name is only due to that the employees who have seen "The Others" can not distinguish what or who these identities may be. The Others have been spotted in the direction of the Sun Room. Before the employees can mention the apparition to their peers, the figure disappears. Most employees have said that they think the figure is a male. When

some of the employees pass the Captain's Study heading towards the Sun Room, they are overtaken by a cold sensation.

What is it? Bad wiring? Or is the world of the supernatural and the world of the living both of the same? A cross roads between the living and the dead may be located at the Balsams. Even though the Balsams does not have the same notorious ghostly realm such as the Mount Washington, it is still apart of the many ghostly highways that reside right in the great state of New Hampshire. Remember, if you have any ghost stories (your name would be totally confidential in the article- just tell me) do not hesitate to contact me. Feel free to contact me right on my fan page on Facebook (just search my name or "The Writings of James Paradie") or my email (scared-sheetlessncn@hotmail.com)-I'd love to hear them! Thanks for reading and happy haunting!

Jeremiah 32:27

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72 Percent of Americans Mail Back Census Forms

(SPM Wire) We've all seen the ads and received those envelopes in the mail, urging us to fill out and mail back our census forms.

Slightly more than 72 percent of U.S. households believed to be occupied have responded, mailing back their 2010 Census forms -- the same rate achieved in 2000.

The nation's response helps pave the way for the next phase of the Census: the deployment of 635,000 census takers nationwide, who will go door to door to obtain census responses from all remaining households.

The Census is a count of everyone living in the country and is mandated by the Constitution.



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Despite Tough Times Romance Is Alive & Well

(StatePoint) All across the country romance is blossoming. More couples are going to movies, sales of romance novels are climbing and sweethearts continue to exchange chocolate in heart-shaped boxes.

While America witnessed the worst economic collapse in generations, movie attendance rose 16 percent last year, the highest increase in two decades, according to Media by Numbers. Couples taking in movies no doubt contributed to this growth, say experts.

And with many book categories experiencing significant drops in sales last year, Nielsen BookScan noted a rise in the adult fiction category, with many publishers reporting an increase in the popularity of romance novels, in particular.

"Love is very popular. Romantic novels and films are great escapism, yet they also inspire us to bring romance into our relationships, unlike other forms of art and literature," says relationship expert, Gayle Rogers, who has been a romance novelist for the past 40 years. "My books keep up with the times and reflect what people want and need."

With romance alive and well, Rogers has seen a resurgence in the sales of her 1972 best-selling, million-copy classic, "Nakoa's Woman," which traces the lives of two star-crossed lovers in the Old West, and its newer sequels "Gladycy with a C," in which the lovers meet again in the Second World War, and

"For Love's Sake Only," where they unite in Elizabethan England. Her other six novels also have been faring well, due in large part to their continued focus on these popular characters and on love overcoming the obstacles of daily life.

"Good romantic fiction appeals to several generations of readers because love is essential to being human. I am just keeping up with the times," she points out.

In today's tough times, couples are enjoying romantic movies and books that transport them to other periods in their lives, such as the recent hit "The Time Traveler's Wife," or those set in history, such as Rogers' popular novel, "My Name Was Mary," which delves into the love between Abraham Lincoln and Mary Todd.

And other statistics show that American couples could be enjoying dates more frequently. According to the U.S. Census Bureau, 23.8 pounds of chocolate is consumed annually by the average American, much of it on Valentine's Day.

"The current state of the world seems to have drawn more people to romantic gestures and romantic fiction," adds Rogers, whose nine romance novels can be found in such online bookstores as amazon.com, bn.com and sojournerpublishers.com. No matter if your idea of romance is an escapist novel, a romantic comedy or a Barry White CD, you're not alone in seeking more romance.

Comedy Highlights the Barnstormers 80th Anniversary Season

TAMWORTH – The Barnstormers Theatre, the oldest professional summer stock theatre in the nation, has announced its 2010 summer season. “This year, the thread woven through our summer season is comedy, especially that broad, farcical comedy that was so characteristic of the 1930s when The Barnstormers was founded,” says Bob Shea, Artistic Director of The Barnstormers.

The seasons kicks off with “A Funny Thing Happened On the Way to the Forum” from July 6 to 10, with music and lyrics by Stephen Sondheim and book by Burt Shevelove and Larry Gelbart. “The wonderful thing about ‘Forum’ is that it’s so unapologetically theatrical,” says Shea. “It’s kind of a burlesque, like a circus coming to town. It takes anything subtle or thoughtful and throws it out the window.” Vincent Canby of the New York Times said, “This brazenly retro Broadway musical, inspired by Plautus, is almost as timeless as comedy itself.”

The stage turns from madcap to mystery with the consummate thriller “Wait Until Dark” from July 13 to 17. “Murder mysteries are a part of our DNA, and we try to do a couple every season,” says Shea. In this classic tale by Frederick Knott, author of “Dial M for Murder,” a young blind woman is set upon by thugs who terrify her—and the audience—until the final scene, when the tables are turned. “It’s a great story, the equivalent of a summer read,” says Shea.

Comedy returns with Moliere’s “The Miser” from July 20 to 24. This 1668 classic farce offers romance, intrigue, drama and abundant laughs. And despite being a broad comedy from the 17th century, “The Miser” is quite timely, says Shea. “It’s wonderfully topical, with everything that’s happening with the stock market, the preoccupation

with money, and how all that can collapse like a house of cards.”

From historic farce, The Barnstormers turn to contemporary comedy with “Almost Maine” by John Ciani from July 27 to 31. A collection of funny, surreal vignettes set on a cold, starry night in winter, the play documents an interior landscape of love and longing as quirky as the mythical town of Almost—a town very much like Tamworth, NH, The Barnstormers’ home town. Four actors play six to eight characters each, addressing the perennial question that outsiders have about small New England towns, “What do you do all winter?”

The Barnstormers’ anniversary season peaks from August 3 to 7 with “Room Service,” the zany comedy that inspired the 1938 Marx Brothers film of the same name. No matter what it takes, theatre producer Gordon Miller is determined that his show will go on. How else will he pay his mounting hotel bill? “This is really one of the classic masterpieces from that period of iconic 1930s plays during which The Barnstormers was born,” says Shea. “There’s a wonderful innocence and optimism about these plays, despite the difficult times that people were living in then.”

“The Ghost Train,” A Barnstormers’ perennial favorite, returns from August 10 to 14. “This is the first play we ever produced,” says Shea. “It’s a melodrama, and we’re virtually the only theatre company on the face of the Earth that does it.” The Barnstormers bring in special equipment for this production that will literally have audience members shaking in their seats. “It’s fabulously entertaining, because we do things that probably no one has done since the 1930’s in terms of

motion, lighting, and acoustic effects,” says Shea. “When that train arrives, it feels as the whole theater is splitting in half!”

Comedy takes a musical turn with “Ernest In Love,” a musical version of Oscar Wilde’s masterpiece “The Importance of Being Earnest,” from August 17 to 21. The play captures the high spirits and witty repartee of the original with the added bonus of music and lyrics.

“There’s also a civility about it that is part of the personality of The Barnstormers Theatre, something that our founder Francis Cleveland cared deeply about,” says Shea.

The Barnstormers’ anniversary season concludes as it opened, with another broad farce—“The Mystery of Irma Vep” from August 24 to 28. From dark and stormy nights in English drawing rooms to underground passages in ancient Egypt and things that go bump in the night, “The Mystery of Irma Vep” is a two-man tour de force, says Shea. “It’s the craziest play on the face of the Earth, with multiple characters coming and going, bringing all the stereotypes of old horror films back to life...literally!”

The Barnstormers Theatre is the oldest professional summer stock theatre in America, and the only one still doing summer stock in the classic manner, producing eight shows in eight weeks. “It’s a crazy schedule, and it requires very mature, talented actors to make it work,” says Shea. “But there’s an amazing energy and vitality that comes as a result, and we have the talent to pull it off.”

Curtain time is 7:30 p.m. for all evening performances. To learn more about The Barnstormers Theatre or to purchase tickets, call 603-323-8500 or visit their web site at www.barnstormerstheatre.org.

4-H Shooting Sports

A way to keep kids safe around firearms

by Kathleen Jablonski

I was one of those moms who didn’t want my son to have anything to do with learning about firearms and hunting. Living in northern Maine as we did, that was not an option. Luckily, I was able to find a safe way for him to learn about firearm safety and how to properly handle a firearm through a program with his youth group. To this day I’m glad I did. During this program, Mike learned about firearm safety and was able to develop his skills in this lifelong sport. He continues to be an avid outdoorsman and hunter.

Shooting sports training, however, goes beyond hunting. It is a method to teach young people personal responsibility for themselves and others, it is a way for youth to build confidence and skills in a project area, and it keeps kids involved in a positive youth development activity with an adult mentor. This unique sport can be enjoyed year round and can continue to be developed well into adulthood. Through continued participation, youth can develop concentration skills that can transfer to other walks of their life.

As an adult volunteer, you can help provide that same opportunity for our area youth through the Grafton County 4-H Shooting Sports project. Teaching youth safety around firearms, how to handle a firearm properly, what the safety protocol is for firearm use, how to clean and store firearms, as well as countless life skills.

Prior to educating youth, volunteers must first attend the 4-H Shooting Sports Leader Training. During this training each leader takes a specific training

track: rifle, pistol, or shotgun. An adult leader or a junior leader may also participate in the archery discipline. Larry Barker, 4-H Extension Educator in Coos County, organizes a once a year training session for leaders or potential leaders on how to teach shooting sports to youth. This year, the training is being held the weekend of May 15 and 16, 2010 at the 4-H Youth Center in New Boston, NH. (Leaders may also attend trainings in Vermont or Maine and receive reciprocal certification.) In order to become a leader, there is a screening process to complete with the county Extension Educator for 4-H Youth Development before attending the Shooting Sports training weekend.

Following training, leaders can form a project group or a specialty club where youth are taught the basics of firearm safety and have an opportunity to learn how to shoot properly. From there, county and regional competitions can be formed, and youth can even earn qualifications for national events. Properly screened Grafton County 4-H leaders can borrow equipment for 4-H club use.

Interested in becoming a leader to guide youth in safe shooting practices? Contact Kathleen Jablonski at the UNHCE Grafton County office at 787-6944 or email her at Kathleen.jablonski@unh.edu. The office is located at 3855 Dartmouth College Highway, North Haverhill, NH 03774 in the Grafton County Administration Building.

Look for next week’s column from the Extension office.

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Heating System Rebates Now Available

As part of the American Recovery and Reinvestment Act (ARRA), the New Hampshire Office of Energy and Planning received approval from the federal government to offer New Hampshire residents incentives for the purchase and installation of high efficiency home heating systems and/or domestic water heaters.

This program provides rebates for replacement installations of high efficiency home heating systems and/or water heaters in existing homes for current New Hampshire residential electric, propane, oil and natural gas customers.

To be eligible you must purchase, install and operate a heating and/or domestic water heater that meets all applicable efficiency requirements. Complete program details, including a list of eligible heating systems, is available here at the NHSAVES web site.

Due to the limited availability of ARRA funds, the program must terminate when funds are exhausted. Program termination information will be posted on NHSAVES.com website.

The ARRA Home Heating System Rebate Program incentives are effective as of April 19, 2010. Purchases made prior to this date are not eligible for the incentives.

The White Mountain Shopper HOME & GARDEN



Make Flowers Last Longer

(SPM Wire) It's the time of year to give and get fresh flowers. So how can you make them last longer?

Here are a few tricks of the trade from the Flowers & Plants Association in the U.K.:

Be sure your vase is very clean and use fresh lukewarm water with some commercial cut flower food added. Regularly top-up the water, adding flower food in proportion.

Remove all leaves below

water level. Cut at least one inch off stems, cutting on an angle with a sharp knife or scissors.

Avoid direct heat, sunlight or drafts, taking care to keep flowers away from fruit. Remove flowers that fade as they occur.

GARDEN LORE

Buttercup and clover, have a place in garden lore. Buttercups are thought to predict a person's taste for butter when placed under the chin. Finding a four-leaf clover is supposed to bring one good luck. Vegetables aren't immune from these sayings. Beans were thought to spawn demons, with white ones being a sign of imminent death. Tomatoes were once thought of as sources of evil and poisonous if ingested.

The common daisy has been a source of superstition for years and still is. Young people still pluck the petals while chanting "loves me, loves me not" in the hopes of finding true love. It is also believed that picking the flowers with eyes closed can foretell the number of years left until marriage. Dandelions, which are actually weeds, were believed to tell the remaining years left to live by blowing on their fuzzy seedpods and counting the leftover seeds.

Shrubs and trees are sources of garden lore as well. In addition to forecasting weather, such as when the leaves of trees overturn prior to rain, they are also subjects of superstition. Take the holly shrub, for example. This plant is generally seen as good fortune, offering protection against evil spirits. However, stepping on holly berries is supposed to bring about bad luck.

Tips For Battling Seasonal Allergies

(StatePoint) Allergy season bombards us with pollen and other allergens. But it's not just the great outdoors that cause allergies. The Environmental Protection Agency reports that indoor organic air pollution levels can be two to five times higher than their outdoor equivalent.

It's time to learn how to fight back against allergies and the pollutants in our homes that trigger them.

More than 67 million Americans suffer from allergy symptoms, ranging from hay fever to asthma. And many indoor pollutants -- including dust mites and pet dander -- are the top asthma and allergy triggers in young children.

Dust mites and dander are particularly difficult to eliminate. A few precautionary measures, however, can make your home relatively allergen-free.

Suck It Up

Vacuuming is one of the fastest ways to eliminate many home allergens and learning to vacuum smarter can help. Always clean a room from top to bottom, starting with curtains, tops of dressers and windowsills. A good vacuum cleaner also is critical, such as those with stretch hoses and

special brushes to clean difficult surfaces.

Consider bagless upright models with more powerful motors that can suck up dust mites from tough crevices, such as Panasonic's new MC-UL915 Jetspin Cyclone that relies on a powerful twelve-amp motor to get rid of lingering mites. This versatile vacuum even comes with an air turbine brush attachment for difficult jobs, like gently removing stubborn pet hair from delicate upholstery. When you're done vacuuming, simply pop out the easy-to-clean dust cup to empty and wash for less mess and a fresher smell.

To maintain a healthy home environment, always use a vacuum cleaner with a built-in HEPA Exhaust Filter that captures particles, such as allergens, irritants and pollutants. For more information about new vacuum cleaner technology, visit www.panasonic.com/vacuums.

It Comes Out In The Wash

Regular washings of linens is key, and the hotter the water the better. Wash bedding weekly with 140-degree water, which is hot enough to kill dust mites. So long as the water is sufficiently hot,

it isn't necessary to have an expensive washer with a steam cycle.

If you prefer to limit your hot water heater to 120 degrees or less to prevent scalding, consider a washing machine with a "sanitary cycle" that superheats water internally. You also can choose special anti-allergen detergents.

Work The Room

Limiting clutter is one of the simplest ways to reduce home allergens. And if you really want to make your home as allergen-free as possible, there are several easy and inexpensive homemade cleaning solutions.

For sanitizing countertops, spray a 50-50 mixture of water and hydrogen peroxide (the kind in a brown bottle) and wipe with a dry cloth. Tough bathroom mildew can be cleaned with a 50-50 mixture of water and white vinegar, while soap scum can be removed by sprinkling baking soda and scrubbing with a warm moistened cloth.

There's only so much you can do to combat outdoor contaminants during allergy season. Take that fight indoors and you'll have a better chance at breathing freely.



THE PUFFIN III - UNIQUELY NEW HAMPSHIRE

Purchased by the Closson family in 1928. The Puffin III is a 27ft Launch built in Lake Geneva, NY by Fay & Bowen Boat Company. The Puffin III has remained on Squam Lake with the Closson family serving five generations. During the winter of 1999, the Puffin III received a complete restoration by Owl Brook Boatworks of Sandwich, NH. Today she sports a beautiful mahogany finish, sparkling brass fittings and hand carved Puffin mounted on her bow. In 2000, The Puffin III received national exposure on ABC's Good Morning America.



The White
Mountain
Shopper



Golf Course Guide

VERMONT

VT Golf Course	Address	Telephone	#Holes	Public/Private	Par
St. Johnsbury Country Club	Route 5 Memorial Drive, St. Johnsbury, VT	802-748-9894	18	Semi-Private	NA

NEW HAMPSHIRE

NH Golf Courses	Address	Telephone	#Holes	Public/Private	Par
Androscoggin Valley Country Club	2 Main St, Gorham, NH	603-466-9468	18	Public	70
Bethlehem Country Club	1901 Main St, Bethlehem, NH.	603-869-5745	18	Public	70
Jack O'Lantern Resort	Route 3, Woodstock, NH	603-745-8121	18	Public	70
Lisbon Village Country Club	591 Bishop Road, Lisbon, NH	603-838-6004	9	Semi Private	36
Maplewood Country Club and Hotel	Route 302, Bethlehem, NH	603-869-3335	18	Semi Private	72
Mountain View Golf Course	Mountain View Road, Whitefield, NH	603-837-2100	9	Public	35
Owls Nest	40 Clubhouse Lane, Campton, NH	603-726-3076	18	Public	72
Sunset Hill Golf Course	234 Sunset Hill Road, Sugar Hill, NH	603-823-5522	9	Public	NA
Waterville Valley Golf Course	Route 49 Tripoli Road, Waterville Valley, NH	603-236-4805	9	Public	64
Highland Links Golf Course	Mount Prospect Road, Plymouth, NH	603-536-3452	9	Public	54
White Mountain Country Club	North Ashland Road, Ashland, NH	603-536-2227	18	Public	71
Waukegan Golf Course	Waukegan Road, Meredith, NH	603-279-6661	18	Public	71



In Search of Short Hikes with Big Views

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Presidential View from Mt. Crag

There are times when you have a yearning for a short and easy hike that has a big view. At such times, there are several likely candidates that fit this category. For example, there are popular hikes such as Mt. Willard in the Crawford Notch. Also worthy of consideration is the trek up the auto road to the top of Prospect Mountain at Weeks State Park near Lancaster, NH. Described below are two other short hikes which might be of interest.

Mt. Crag: This somewhat lesser known destination certainly meets the criteria of being a short and easy hike with a big view. Just off Route 2 in Shelburne, NH (just a bit east of Gorham), there is a little mountaintop called Mt. Crag. This lowly summit is at the southern end of the Mahoosuc Range, and it weighs in at just slightly over 1,400 feet of elevation.

To reach the trailhead, you can leave Route 2 at Meadow Road in Shelburne, and then make a left turn from Meadow Road onto North Road. This hike begins at the Austin Brook Trail (located on North Road 0.6 miles west of the intersection of Meadow & North roads). There is a small parking area at the trailhead, but there are times during the winter season when this lot is inaccessible. It's not advisable to park on the shoulder of the road, but some folks do.

The hike itself consists of 0.4 mile of nearly level hiking on the Austin Brook Trail to an intersection where you turn left

(west) onto the Yellow Trail. Trekking for 0.8 mile along this trail on a moderate grade will take you to the summit of Mt. Crag. Even by hiking at a leisurely pace and taking a few breaks to admire the beautiful open hardwoods along the trail, the round-trip trek to Mt. Crag can be done in 2 hours or less.

As indicated earlier, this humble little peak packs a BIG view! The "star-attraction" is the spectacular vista of the northern Presidential Range with the meandering Androscoggin River in the foreground. It is simply an amazing view for so little effort! Also, there are very picturesque eastern views looking down the Androscoggin Valley as the river winds its way through the mountainous terrain toward Maine. And, there are eye-catching views to the south looking toward the impressive Shelburne-Moriah mountain range.

Also, as a final note, it might be of passing interest to learn that on the property surrounding Mt. Crag is the historic site of the grave of Peter Poor. He was an early colonial settler in the area who was killed by an Indian during a raid in 1781. That raid was reported to be the last Indian raid in New Hampshire, and Peter Poor was the last settler in New Hampshire to be killed by raiding Indians.

Mt. Pemigewasset: A destination that is certainly more well-known than Mt. Crag is Mt. Pemigewasset. It is the 2,557 ft. mountain located at the south end of the Franco-



Lincoln and Lafayette from Pemigewasset

nia Notch. It was likely given its name because of its proximity to the nearby river that is also named Pemigewasset (derived from an Abenaki Indian word for "swift current"). This mountain is also known as "Indian Head" because of the profile that's visible on its south cliff (best viewed from a location on the Indian Head Resort on Route 3 in Lincoln).

Especially in winter months, the most popular route to this mountaintop is the Mt. Pemigewasset Trail which leaves from the Flume Visitor Center parking lot just off I-93. There is another route to the summit called the Indian Head Trail, however it is mainly used in summer months since the trailhead parking lot is unplowed in winter.

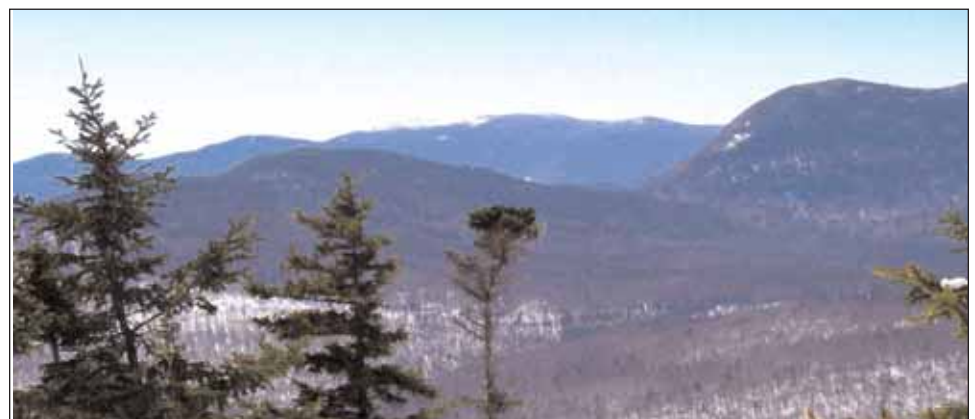
For a modest investment of time and effort, this mountain provides several views that I find particularly nice. One is the view looking southeasterly down Scar Ridge

toward Mt. Osceola. And other nice vistas are those looking westward toward the Kinsman Ridge, and toward Mt. Moosilauke a bit further to the south. But my very favorite is the impressive easterly view of Mt. Liberty in the foreground with its slide-streaked neighbor, Mt. Flume, in the background.

On a recent hike, while on my way back to the trailhead, I was rewarded for a second time with the same magnificent view of Liberty and Flume. However, this time the view was from a lower (slightly off-trail) vantage point, and it was just about at dusk. It was truly a stunning sight to see the reddish-orange colors of the setting sun reflecting off the snow-covered mountaintops. This colorful display is known as alpenglow. It provided a truly wonderful ending to another glorious day in the mountains!



Mts. Liberty and Flume from Pemigewasset



Moosilauke from Pemigewasset