

# THE Messenger

"Your Local Weekly Since 1869 ♦ A Tradition Worth Keeping"

Free ♦ Our 152nd Year ♦ Issue 13 ♦ March 26, 2021

2 for 1 issue!  
SENIOR LIFESTYLES  
Starts on page 25

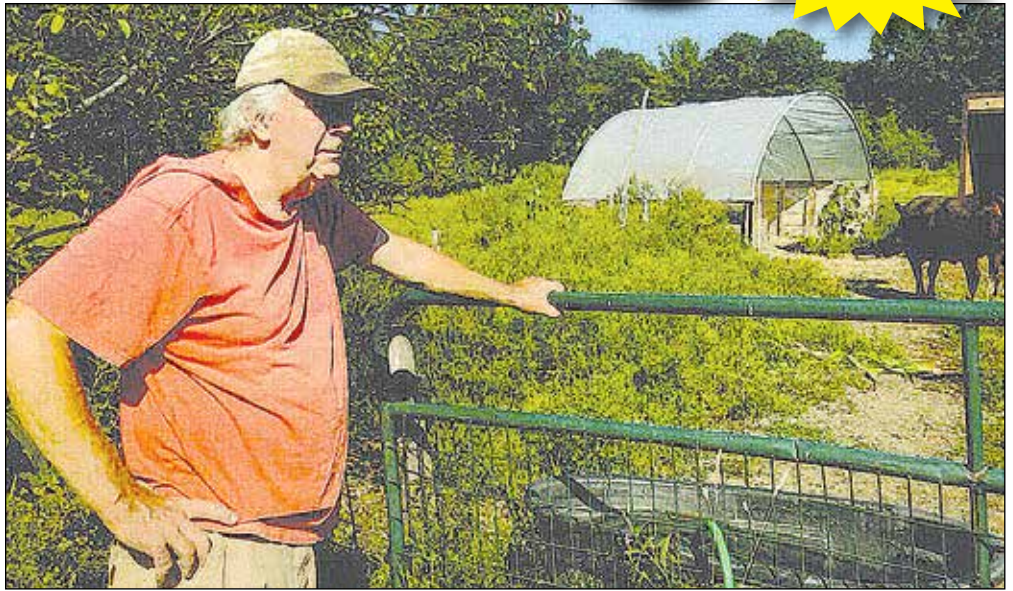


### Seismic Wave Lessons

AJ Pratts and James Conklin, sixth-grade students in Mrs. Merrill's class used Slinkies to learn about seismic waves during science class.

### Weare Scouts donations

Weare Scouts delivered 200 pounds of donated dog food to a rescued dog and his Veteran owner, thanks to a generous donation by 5 Acres Garden & Pet supply of Bradford.



Warner organic farmer Larry Pletcher.

## Warner Farm Preserved

### Conservation Easement on 118 acre Pletcher Farm

Warner organic farmer Larry Pletcher and Five Rivers Conservation Trust (5RCT) are collaborating to place a significant 118-acre conservation easement on Pletcher's property that will benefit residents of many area towns. 5RCT Executive Director Liz Short says, "Until the end of March, the Thomas W. Haas Fund of the NH Charitable Foundation will match every private donation we receive dollar-for-dollar.

By contributing now, local folks can take advantage of this terrific matching opportunity and help reach our goal. Donations in any amount will help conserve this important farm, and will protect streams, wildlife and forestland on the side of Mount Kearsarge, prevent development, and make agricultural use more financially viable for future farmers."

Pletcher's Vegetable Ranch is an

important local food source, selling fresh organic produce at area markets, retailers, and restaurants including the Concord Farmers' Market, the Concord Food Co-op, Dimond Hill Farm, the Warner Public Market, Sweet Beet Market, Whole Foods Market, and Revival Kitchen & Bar. Vegetable Ranch also participates in the Local Harvest CSA, selling weekly veggie bags through Concord Hospital and Local Basket, and provides fresh produce to the Senior Farmers Market Nutrition Program of the Belknap-Merrimack Counties Community Action Program.

Five Rivers Conservation Trust organization has conserved over 80 properties, totaling more than 5,400 acres in communities in the greater Capital region of New Hampshire. Learn more or contribute to the March Matching Donation at <https://5rct.org/pletcher/> or @FiveRiversNH

### This Week In History

**March 27, 1945**

Germans launch the last V-2 rockets

**March 28, 1862**

Union wins at Battle of Glorieta Pass

**March 29, 1865**

Appomattox Campaign begins

**March 30, 1862**

Confederate General Saqmuel Bell is born

**March 31, 1933**

Civilian Conservation Corps established

**April 1, 2003**

US Special Forces recover POW Private Jessica Lynch

**April 2, 1917**

Woodrow Wilson asks Congress to declare War against Germany



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## John Stark graduates share their experiences with the School Board

Becoming a welder, firefighter, neuroscientist, and member of the armed services—these are the goals of four students who shared their experiences of how they found a path to their futures at a recent John Stark School Board meeting.

“These students all have different backgrounds and experiences, but they all have John Stark in common and they all found a direction for their futures while here,” said John Stark School Counselor Karen Merrill-Antle. “We could not be more proud of them for their accomplishments and for their willingness to share their stories.”

Brooke Hurlburt came to John Stark toward the end of freshman year from an unsupported environment in New York. “Before I left New York, a relative told me I’d never go to college. I arrived here with no confidence and little hope for success,” said Hurlburt, who now lives with her legal guardians.

Determined to build her confidence, once Hurlburt arrived at John Stark she started talking to counselors, teachers, and peers. Hurlburt recalls that she was given so much positive feedback and support, that once she let that sink in, she knew she was capable of great things. Running through her mind was the phrase she often heard from school counselors—find what you love and are good at—and did just that when she found a



Front: Cameron Lombard. Back: (l-r) Kira Bergeron, Evan Lamphere, Brooke Hurlburt.

welding class at JSRHS.

“As soon as I lit that torch, I knew that was where I belonged. My mind stops when I weld and I only think about what I’m doing at that moment,” said Hurlburt. Now in the second half of her senior year, she’s taking advanced welding and will attend Manchester Community College for their welding program in the fall. “I am living my passion. I have found my future,” she concluded.

Henniker student Evan Lamphere says when he got to high school he

just did his work and passed it in not thinking about his future. But then he heard about the Concord Regional Technical Center or CRTC and applied to take classes there in his junior year. Students at John Stark can apply to attend the more than 12 programs offered at CRTC typically beginning in their sophomore year.

Evan chose Emergency Services as he recalled how much he enjoyed learning about firefighting in the Henniker Fire Department’s Explorers program when he was in middle school. “I’m so glad I chose Emergency Services because I learned so much and made new friends. I am so thankful for this opportunity for John Stark students as I now know what I want to do with my future,” commented Lamphere. He plans to attend Colorado Mountain College to study Fire Science and become a firefighter/EMT.

Kira Bergeron of Henniker shared how she went from wanting to graduate early to pursue her love of travel to staying all four years to explore more things available to her in high school. She started her journey when she took a psychology class in her sophomore year to increase her credit load for early graduation. “The teacher kept me engaged and helped me discover my love for psychology,” said Bergeron, who also went on the school-sponsored trip to Spain that same year.



## Welcome Warner Readers!

This issue of The Messenger is being mailed to you to introduce our weekly newspaper. Future issues will be mailed to you on a rotating basis. On weeks you do not receive one in the mail, you may pick it up each Friday at School House Cafe, Cyr Lumber, Knoxland, Main Street Bookends, The Local Medical Office, Bank, or Market Basket.

You may also download one at [www.granitequill.com](http://www.granitequill.com) or email us at [quillsales.com](mailto:quillsales.com) and we will send you one each week by Constant Contact.

Send us your news, notices, photos and announcements.  
We want to be **YOUR** weekly newspaper!

## HOME BUYER'S WISH LIST—THE BASICS



By: Joyce Bosse

There are so many factors to consider when looking for a house to buy. Your answers to the following questions may help focus your new home search:

- What part of town (or the country) do you want to live in?
- What price range would you consider? No less than \_\_\_\_\_ but no more than \_\_\_\_\_

- Are schools a factor and, if so, what do you need to take into consideration (e.g., do you want a specific school system, want kids to be able to walk to school, etc.)?
- Do you want an older home or a newer home (less than 5 years old)?
- What kind of houses would you be willing to see—single-story, two-story, split foyer, bi-level, tri-level, townhouse or condo, mobile home?
- What house style appeals to you most—contemporary, traditional, southwestern, colonial, no preference?
- How much renovation would you be willing to do? A lot? A little? None?
- Do you need to be close to public transportation?
- Do you have any physical needs that must be met, such as wheelchair access?
- Do you have any animals that will require special facilities? If so, what?

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**Yesteryear** Local history as reported in The Messenger

### March 27, 2020

Americans banding together to defeat Covid-19  
 Hillsborough man arrested for child pornography  
 New Boston's Nathan Noyes to lead NH State Police  
 American Pickers visiting New Hampshire in July

### March 29, 2019

Deering woman to play professional hockey  
 Peterborough approves \$250,000 for Cunningham Pond  
 New London starts Building & Facilities Committee  
 Antrim teen indicted on two additional felony counts

### March 30, 2018

3 people die in Hillsborough & Peterborough accidents  
 Psychiatric patient walks out of Monadnock Hospital  
 ConVal student suspended after gun control walkout  
 Heavy winds topple New Boston's champion tree

### March 31, 2017

Sunapee refused to appoint runner-up to fill vacancy  
 Sex offender escapes, caught in Tilton  
 Towns aid Deering in battling Driftwood Island fire  
 Chichester family loses home to fire

### March 25, 2016

Huge crowd gathers to honor Henniker's Rick Hall  
 New principal at Bartlett Elementary School  
 Commissioner approves Sunapee's Development Plan  
 Work underway at Bow's Public Safety Building

### March 27, 2015

Bow voters reject Public Safety Facility again  
 Confessed quadruple arsonist gets only 100 days  
 Angry bus drivers confront Newport School Board  
 Hopkinton Selectmen seeking volunteers

### March 28, 2014

16-year-old snowboarder injured at Crotched Mt.  
 High praise for New London's new Police Chief  
 Hubert's Department Stores donate 100 pairs of boots  
 Antrim paramedic pleads guilty to pair of felonies

### March 29, 2013

Newport shooting range faces three appeals  
 Six teacher layoffs included in Hillsboro-Deering reduction  
 Hopkinton residents oppose expanding Transfer Station  
 Second federal suit against Weare Police Department

### March 30, 2012

No kids allowed at Hopkinton Senior Center  
 Drug sweep at Newport Middle-High School  
 No change in recount of Sunapee Library Bond  
 NEC faculty gives \$100,000 to avoid layoff

### April 1, 2011

12 hour police standoff in Newport  
 Fish & Game honors Galpin  
 New London adopts beach use regulations  
 Andover man wins John McCrillis Award

# Hopkinton School District approves budget & teachers' contract, nixes SB2

Hopkinton School District's Drive-Thru Annual Meeting last Saturday was a great improvement over past efforts. The event was well organized and staffed, and proceeded smoothly and efficiently.

Voters overwhelmingly rejected a

proposed conversion to the SB2 meeting format by a vote of 325 Yes to 523 No.

All other articles passed by comfortable margins, including the proposed \$21.7 million Operating Budget which reflected an increase of \$795,767 or 6.5% over the current one. Also approved was a new one-year \$241,331 teachers' contract. The contract adds a new top step for teachers and carried a total cost of \$241,331. A similar contract proposal

failed during last year's voting.

Retiring Superintendent Steve Chamberlin has high praise for organizers who provided sufficient volunteers and an efficient set up, which made voting much smoother than in the past. Ballots had been posted online for viewing prior to voting to make the process faster.

In return, Chamberlain was thanked for his decade of leadership and dedication to the children of Hopkinton.



The Magdalen College Board of Trustees announced that Dr. Ryan Messmore has been appointed the fifth president of Magdalen College, beginning in July 2021.



Hopkinton's Drive-Thru Voting was well organized.

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Henniker Police Chief Matt French welcomes Officer Rachael Lang as the Department's newest full-time police officer.

### ConVal's recount reverses budget's defeat

Last Thursday's recount of the ConVal School District's \$52.6 million budget proposal reversed the outcome, showing that voters actually approved the budget. The recount showed the budget passing 1,636 to 1,629. Totals from last Tuesday's election indicated the budget failed by four votes, with 1,621 people voting in favor and 1,625 against. The differences in the vote tallies came from Greenfield and Sharon. The election-night count in Greenfield showed 94 people in favor of the budget, and 185 against, while the recount showed 104 "yes" votes and 186 "nos." In Sharon, the margin went from 48 Yes and 38 No to 54 Yes / 48 No.

### New Boston Grange Scholarship available

New Boston's Joe English Grange #53 is proud to announce the solicitation of applicants for our annual High School senior scholarship. This is the 41st year that the organization has offered this annual scholarship. This year's scholarship is in the amount of \$ 1,000.00 to be awarded to the winning applicant at the GHS Annual Scholarship night, this spring. Completed applications must be submitted to the GHS Guidance office by no later than Friday, April 21st. Applications can be found online at Goffstown High School, or by requesting an application by sending an email to Steve Sears, at: [stevesears1@comast.net](mailto:stevesears1@comast.net).

### Henniker Rotary Club scholarships available

The Henniker Rotary Club Scholarship Committee would like to remind the Seniors in High School from Hillsboro, Henniker and Weare that you can apply for The Henniker Rotary College and Technical College Scholarships. Those students from Henniker, Weare and Hillsboro that are Homeschooled or who attend a Private High School are also encouraged to make applications for these scholarships. Download an application from the Henniker Rotary Club Website at: [www.hennikerrotaryclub.com](http://www.hennikerrotaryclub.com), or pick up an application at John Stark High School Guidance Office, or the Hillsboro -Deering High School Guidance Office. Please remember that the application must be submitted in time to reach the Henniker Rotary Club by April 15.

### H-D School Board adopts travel guidelines

The HD School Board held an emergency ZOOM meeting on Monday to discuss travel protocols following this year's April School Vacation. With new guidelines from the NH DHHS, the Board voted to adhere to those guidelines, which, among other things, allow people to travel outside of New England and not have to quarantine when they return.



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## Several residents urge Select Board to purchase the Stahlman Building

John Cannon was unanimously elected Chairman of the New London Select Board at its Monday meeting.

Former Selectman Bill Helm, one of 35 signers of a petition urging the purchase and renovation of the Stahlman Building for the Police and dispatch Departments, explained the group's reasoning.

With Police Chief Emily Cobb opposed to renovating the Buker Building for her department, Stahlman provided a central location for the facility. Others stressed that this is a tremendous opportunity to plan for the town's future. If not used for police & dispatch, the building might be used for Workforce Housing, Senior Activities Emergency Management or the Recreation Department.

The Board was urged to negotiate with the owners now so that details would be available prior to Town Meeting voting.


Helm was opposed to the Building & Facilities committee's

recommendation to tear down Buker, and urged them to find new uses for the building.

Phil Sherman and Bob Bowers of the Building & Facilities committee opposed the petition.



Project Genesis has cleaned Butler Park prior to its Easter egg hunt at 10am Saturday morning March 27th! Ages 0-10, come meet and take a picture with the Easter Bunny!

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## ORAL BACTERIA LINKED TO RISK OF STROKE



Dr. Esin Narli

In a new study of patients entering the hospital for acute stroke, researchers have increased their understanding of an association between certain types of stroke and the presence of an oral bacterium (cnm-positive *Streptococcus mutans*).

Among the patients who experienced intracerebral hemorrhage (ICH), 26 percent were found to have a specific bacterium in their saliva, cnm-positive *S. mutans*. Among patients with other types of stroke, only 6 percent tested positive for the bacterium.

Strokes are characterized as either ischemic strokes, which involve a blockage of one or more blood vessels supplying the brain, or hemorrhagic strokes, in which blood vessels in the brain rupture, causing bleeding.

The researchers also evaluated MRIs of study subjects for the presence of cerebral microbleeds (CMB), small brain hemorrhages which may cause dementia and also often underlie ICH. They found that the number of CMBs was significantly higher in subjects with cnm-positive *S. mutans* than in those without.

The authors hypothesize that the *S. mutans* bacteria may bind to blood vessels weakened by age and high blood pressure, causing arterial ruptures in the brain, leading to small or large hemorrhages.

The study's lead author summed it up: "This study shows that oral health is important for brain health. People need to take care of their teeth because it is good for their brain and their heart as well as their teeth. The study and related work in our labs have shown that oral bacteria are involved in several kinds of stroke, including brain hemorrhages and strokes that lead to dementia."

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The Peterborough Police Department is excited to announce the newest addition to the roster. Master Patrolman Sweeney's new partner, K9 Queso. The pair will soon begin a vigorous training process at the Boston Police K9 Academy where they both will receive extensive training.

## TAKE YOUR MEDICINE



BY SARAH CHAPIN

Curcumin is widely used to impart color and flavor to food. A new study published in the journal *Epigenomics* identified possible therapeutic effects of this pigment and of other bioactive compounds found in food on stomach cancer, the third and fifth most frequent type of cancer among Brazilian men and women, respectively. The study involved a vast review of the scientific literature on all nutrients and bioactive compounds with the potential to prevent or treat stomach cancer and concluded that curcumin is one of them. The researchers found that compounds such as cholecalciferol (a form of vitamin D), resveratrol (a polyphenol) and quercetin can prevent or combat stomach cancer because they are natural regulators of histone activity.

Antibiotic use (pills/capsules) is linked to a heightened risk of bowel (colon) cancer, but a lower risk of rectal cancer, depending to some extent on the type and class of drug prescribed, suggests research published online in the journal *Gut*. The findings suggest a pattern of risk that may be linked to differences in gut microbiome (bacteria) activity along the length of the bowel and highlight the importance of judicious prescribing, say the researchers. In 2010, patients around the world took an estimated 70 billion doses of antibiotics—equivalent to 10 doses each. Antibiotics have a strong and long lasting impact on the gut microbiome, altering the balance of helpful and harmful bacteria. Penicillins were consistently associated with a heightened risk of bowel cancer of the proximal colon. Ampicillin/amoxicillin was the penicillin most commonly prescribed to these patients. By contrast, the lower risk of rectal cancer was associated with prescriptions of tetracyclines.

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## New Hampshire DAR Good Citizens named

The New Hampshire State Organization Daughters of the American Revolution are proud to honor high school seniors for being selected as their high schools' DAR Good Citizen for 2020-2021. A panel of judges selected one winner per chapter who then advanced to the state level competition. The state awards one male and one female winner and one second place award.

Zoey Cormicon from Spaulding High School in Rochester, New Hampshire, was selected as the female Good Citizen. Cormicon was sponsored by the Mary Torr Chapter.

Patrick Quinn from Hopkinton Middle High School was selected as the male New Hampshire DAR Good Citizen. Quinn was sponsored by the Mercy Hathaway White Chapter.

Both Cormicon and Quinn's application have moved on to the Northeast Division competition.

Second place resulted in a tie. The Ida Maybe Award will be presented to both Olivia Archard of Bedford High School, sponsored by the Molly Stark Chapter, and Jacqueline Dever of Goffstown High School, sponsored by the New Boston Chapter.

Statewide DAR Good Citizens include:

ConVal Regional High School – Abigail Theberge  
 Hopkinton Middle High School – Patrick Dyer Quinn  
 Goffstown High School – Jacqueline Dever



## Warner's Mount Kearsarge Indian Museum celebrates Maple Day

The Mount Kearsarge Indian Museum gave visitors a glimpse into how Northeast Native Americans first tapped into maple sugaring on Saturday. The day of activities included a sap boil on the side of the mountain, cooking demonstrations, guided walks through Medicine Woods and the outdoor campus, and a tomahawk throwing contest.

Maple Day at the Indian Museum was born out of the same desire that drives all their programs: to educate people on the lives and gifts of Native Americans, said Anastasia Glavas, the museum's office manager.

Glavas said it's a different perspective from celebrations at sugar houses across New Hampshire. This tradition starts with what Algonquins call the sugar maple — Sinsibuckwud — and a couple of legends about the origin of the word.

Some say that after a chief struck a maple branch with his axe, his wife collected the drippings and used it



The sap is boiling.

in boiling meat. But another legend has it that the Algonquin people were spending too much time drinking pure maple out of the tree, making them soft and lazy. So a spirit figure named Nanabozho cast a spell on the maple trees and turned the sap watery, thus

making it necessary to process the sap before it could be consumed.

The Warner museum's focus is on how Native Americans made their maple syrup, going back to before recorded time and before Europeans came to America.

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# THE Messenger

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### PHOTO SUBMISSIONS:

We encourage individuals and groups to submit photos of their events or activities, either by mail or e-mail.

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We strive every day to present full, fair and accurate news reports. We will correct, in this space, factual inaccuracies in our coverage. We encourage readers to tell us if we have made a mistake.

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#### IN New Hampshire

*Your Guide to What's Happening in the Granite State*

#### Senior Lifestyles

*A Guide for New Hampshire's Active Seniors*



## Publisher's Perspective



Hanna's Apple Pie French Toast.

### Hanna's Diner - It's Worth The Trip

Messenger readers know that this newspaper has long been a Small Business supporter. We have stressed "SHOP LOCAL" ever since we purchased the paper in 1989.

I do have a complaint, however, against one of our Hillsborough businesses, Hanna's Diner.

When she first opened, the diner featured a fabulous Apple Pie French Toast which I fell in love with. Each Sunday, I return, planning on

devouring another, only to be met with intriguing alternatives like Cinnamon Waffles, Strawberry Pancakes, or Steak Tip Burritos.

Beware hungry diners, if you go to Hanna's Diner, don't expect to find the typical "Diner Food." The new and delicious specials are not limited to the breakfast menu as Hanna has done the same with her luncheon offerings. In short, you owe it to yourself to give them a try.

### Henniker's David Tille leads Veterans FIRST Program

Former U.S. Department of Housing and Urban Development (HUD) Regional Administrator David Tille has joined Harbor Care, one of the state's largest providers of supports for veterans experiencing homelessness as the director of veteran services. At HUD, Tille was responsible for overseeing six states in HUD's New England Region and worked closely with Congress, municipalities, and



other stakeholders to create strong, sustainable, inclusive communities and quality affordable homes. He led HUD efforts both regionally and nationally around ending veteran homelessness, focusing on building partnerships with local, state and federal officials, and veteran leaders. Tille serves approximately 450 veterans and their families throughout the state each year.



## Sports

### ALL-STATE TEAMS

#### GIRLS BASKETBALL

##### Division II Girls Honorable Mention

Brady Johnson, senior, John Stark

##### Division III Girls Second Team

Caroline Camp, junior, Kearsarge; Murgan McGrath, senior, Hopkinton

##### Honorable Mention

Kally Murdough, junior, Hopkinton

##### All-Defensive Team

Kally Murdough, junior, Hopkinton

#### BOYS BASKETBALL

##### Division II Boys Honorable Mention

Ben McKean, senior, John Stark

##### All-Defensive Team

Wyatt Davis, senior, ConVal

##### Division III Boys First Team

Chris Stanchfield, junior, Kearsarge; Brandon Elrick, junior, Hopkinton

##### Second Team

Owen Milchick, senior, Hopkinton

##### Honorable Mention

Sam Carl, junior, Kearsarge; Zach Coombs, senior, Hillsboro-Deering

##### All-Defensive Team

Joseph Tsepas, senior, Hillsboro; George Jallah, junior, Kearsarge; John Jacobsen, senior, Hopkinton; Owen Milchick, senior, Hopkinton

#### BOYS HOCKEY

##### Division II First Team

Grady Chretien, senior, forward, Goffstown

##### Division II Honorable Mention

Luc Ouellette, junior, forward, Goffstown

##### Player of the Year

Grady Chretien, Goffstown

##### Division III Second Team

Ethan Molnar, junior, forward, John Stark/Hopkinton

##### Division III Honorable Mention

Lebanon/Stevens/Mt. Royal

### ConVal funding case back to Superior Court

The New Hampshire Supreme Court, in a unanimous decision, has dodged the central issue by sending the final decision in the ConVal vs. State of NH funding case back to the trial judge. The case, brought by the ConVal School District and 26 other districts, argues that the state grant of \$3,636 per student does not come close to covering the costs of an adequate education.

As the justices said in a footnote: "The weight and reliability of the data, and precisely which costs are constitutionally mandated, are issues that the trial court must address."

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## Henniker Select Board OK's Highway truck purchase - reopens Swap Shop

Kris Blombeck and Tia Hooper were reelected as Chair and Vice-Chair at Wednesday's Henniker Select Board Meeting and most of the committee assignments remained the same. The Board voted to accept the bid by Reed Truck Sales for the 10 wheeler truck at a total of \$208,525, less than the \$225,000 approved at the Town Meeting.

Kristen Mix of the Transfer Station asked permission for the Swap Shop to reopen on April 1. The Board agreed that with a combination of volunteers and paid staff that the Swap Shop could reopen during regular Transfer Station hours. Peter Flynn commented that if the system is abused, it may have to be looked at again. Mix mentioned that she could use more staff, particularly filling the full time position that is open, as she is the only full time employee. She also brought up the fact that the belt for the glass crusher is broken, and it will cost

about \$1500.00 to be fixed. While she has the money in the budget, the real issue is whether or not the Highway Department will be able to use the crushed glass, otherwise the town will have to pay to have the glass hauled away. It is the belief of the Board and the Administrator that the Highway Department will be able to use the glass.

The Board discussed the latest COVID-19 travel policies and member Leon Parker moved that the Town change their policy to coincide with the Governor's recommendations. There was some concern that employees, upon their return, could be exposing their co-workers as they would no longer have to quarantine. The motion passed.



A sparse crowd attended the Emerald Lake Village District's Budget & Bond Hearing on Saturday.

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## Proposed Noise Ordinance draws crowd to Hillsborough Select Board meeting

An expected large crowd caused the Hillsborough Select Board to hold its Wednesday meeting at the larger Fire Station conference room rather than Town Hall. At the outset, Chair Jim Bailey announced that the meeting was a Work Session on the proposed noise ordinance, not a Public Hearing, but those attending could speak during the public comment portion of the meeting.

The response was immediate, unanimous and universally negative.

Business owners Sean Burt (Tooky Mills Pub), and Steve Livingston (Livingston Arctic Cat), said the proposal would hurt their business, and Riche Colcombe, speaking for the Chamber of Commerce said the ordinance ran counter to Hillsborough wanting to be viewed as a “business friendly” community.

Several residents claimed the ordinance was overly broad and intrusive and urged the Board to reject it.

When asked, Police Chief David Roarick produced a chart showing noise complaints to his department dropped dramatically over the last several years to a low of 62 in 2020.

The Board closed indicating that another works session would be needed to further revise the draft before scheduling a Public Hearing.



Police Chief David Roarick explains that noise complaints have dropped steadily over the last several years to a low of 62 in 2020.

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## Honors

### John Stark High School Honor Roll

**Grade 12 High Honors:** Caysen Allard, Quinn Antle, Taryn Arel, Madeline Aucoin, Elizabeth Barnes, Noelle Barrieau, Kira Bergeron, Brianna Bodner, Caleb Bojarsky, Braileigh Booker, Christopher Brennan, Ivy Brooks, Riley Brooks, Abigail Burke, Summer Clement, William Connor, Andra Dagenais, Olivia Dame, Jorja Douzanis, Elizabeth Downing, Victoria Drake, Delaney Forrestall, Jacob Garside, Margaret Girardet, Madeline Goulet, Spencer Grant, Arianna Guay, Lauren Guerrette, Anthony Hagar, Alexandra Hardcastle, Ethan Hauptman, Austin Hazzard, Brady Johnson, Kaitlyn Lafleur, Evan Lamphere, Josselyn LeBlanc, Connor Little, Samuel Lovering, Nicholas Lundeen, Gianna Massaro, Madison McDonald, Benjamin McKean, Brianna Meisser, Isaac Michael, Orry Murdough, Lindsey Olson, Brooke Patnode, Brady Philibotte, Izaiah Pihl, Brianna Pinter, Lydia Piscina, Ethan Ploof, Cooper Rivers, Stephanie Rodonis, Isabella Roy, Alana Sevigny, Sarah Sheldon, Lillian Stogner, Kacie Weston.

**Grade 12 Honors:** Mason Biagiotti, Ryan Desainde, Jake Eisan, William Finn, Dustin Hallee, Daniel Hilyard, Brooke Hurlburt, Dakota Johnson, Thomas Johnston, Spencer Keane, Cody Lucier, Katerina Mandrino, Devin Menard, Sheridan O'Brien, Lillian Orleans, Cloe Palladino, Mackenzie Parker, Seth Paton, Brooke Porth, Joshua Reinert, Dawson Ruoff, William Savoy, Jeffrey Shepherd, Autumn Teixeira, Nathan Tower, Abigail Wing, Jaxson Wood.

**Grade 11 High Honors:** Brooke Blackburn, Gracie Bolduc, Kaitlyn Bossart, Noah Brent, Grace Caplan, Bailey Carignan, Andre Chabot, Jason Crean, Mason Dion, Brienne Duhamel, Nathan Fifield, Brandon Firman, Ketan Fournier, Terry Greene, Lexi Guimond, Maria Hagar, Evelyn Hallee-Cardoso, Teagan Hardcastle, Sophie Hebert, Nathan Innerfield, Alycia Keane, Carina Keirstead, Alyson Kenney, Edward Lacroix, Brianna Langdon, Ian Lavertu, Sophia Lemay, Jack Malone, Alexander Mann, Chad Martin, Kaylee Montgomery, Julia Moskey, Miles Murray, Nicholas Osborne, Devin Patterson, Natalie Patterson, Isabella Pelletier, Logan Pike, George Reph, Alexis Rinker, Christopher Roy, Emaly Roy, Ardaie Rustam, Nolan Scott, Andrea Seaver, Diana Stafford, Sunnie Steinbach, Arden Ulmer, Destiny Vickers, Maddy Wood.

**Grade 11 Honors:** Aaliyah Aladegbemi, Thomas Bryant, Austin Burkhamer, Enzo Cardin, Annabelle Charette, Jazmyn Curry, Emma Edwards, Presley Gaberseck, Jillian Gagnon, Nicole Grenier, Paige Hamel, Logan Hinse, Jordyn Lemay, Colby Lineberry, Trevor Marion, Jordan Moscato, Jaden Nelson, Nathan Nichols, Patrick Parker, Brenden Paulson, Brandon Perron, Jackson Souther, Keegan Werner, Cadence Williams.

**Grade 10 High Honors:** Robert Arnold, Lauren Ballou, Liam Bean, Jaida Beaulieu, Seth Boden, Grace Bowmar, Julia Briggaman, Kiera Briggaman, Joshua Brown, Liam Burgess, Emma Cate, Annileah Coubrough, Courtney Cranshaw, Jackson Davis, Emma Dobbins, Cassidy Downing, Rebecca Drabble, Vincent Draleaus, Ruby Dykstra, Quentin Fairo, Aubrey Fischer, Reagan Fischer, Kadie Forrestall, Molly Gamache, Logan Grant, Adrianna Grenier, Sarah Guillemette, Benjamin Hallee, Carlee Harder, Olivia Hargreaves, Natalie Hebert, Emma Huddleston, Kaiden Hunter, Jennifer Jezierski, Aidan Johnson, Dionna Joyner, Quince Kirtland, Rose Kosciuszek, Madison Lafleur, Elijah Lemire, Alexis Mandrino, Dominic Massaro, Sophia McGinty,



## Honors

Meghan Mefford, Hailey Michaud, Brayden Murphy, Jacqueline O'Donnell, Sydney Olsen, Madison Pachico, Nathaniel Peters, Katelyn Pinter, Sophia Pollard, Madison Porth, Jonathan Purdue, Andrew Raskett, Lydia Richman, Isabella Rouse, Megan Rousseau, Liam Scoledge, Natalie Smith, Wyatt Sohl, Gabrielle Souther, Griffin Spring, Brooke Sterling, Hillary Towle, Abe Twomey, Samantha Veilleux, Phoebe Walsh, Ava Weeks, Hannah Wing.

**Grade 10 Honors:** Lily Boisvert, Alexander Brown, Alexis Brown, Aidan Cardwell, Aidan Combs, Helen Connor, Christopher Dustin, Miles Lanier, Camden Lapointe, Kaitlynn McKillop, Adam Morrissette, Madison O'Donnell, Samuel Patrick, Emma Pelletier, Benjamin Prescott, Ryan Redman, Savannah Redman, Amelia Savoy.

**Grade 9 High Honors:** Julianna Aldrich, Alexis Allen, Anthony Bencosme, Rachel Berube, Lukas Boulanger, Hailey Brisson, Hunter Burke, Melody Couturier, Madelyne Cyr, Emma Davis, August Demers-Younie, Hayleigh Dennis, Bradley Dickinson, Brianna Dinan, Abigail Duclos, Juel Ferreira, Edie Fischer, Gianna Fournier, Tyler Fredette, Lucas Gagnon, Avery Geaumont, Eleanor Girardet, Kaitlyn Gosselin, Eva Grolljahn, Elizabeth Hatfield, Cody Hood, Danielle Jalbert, Natalie Jensen, Stephen Johnston, Brody Jones, Hunter Keim, Alexander Keirstead, Izabel Korbet, Reagan Lamothe, Connor Lavertu, Cheyenne Leger, Eli Lemire, Arik Linstad, Seth Marquardt, Ava Martin, Lauren Meade, Kayleigh Megowen, Amy Meyers, Logan Montgomery, Hailee Moore, Madelyn Morette, Nathan Morse, Rebecca Mussey, Merisa Nock, Olivia Nock, Daniel Patenaude, Katie Patterson, Makayla Pellerin, Audrianna Przybyla, Sarah Quinn, Nathan Restuccia, Avery Reynolds, Noelle Shelly, Eleanor (Ella) Smith, Bourne Spooner, Jeannette Vandel, Danielle Wheeler, Fiona Winsor, Olivia Worthen.

**Grade 9 Honors:** Peyton Arel, Annalina Austin, Kennedy Dwyer, Brandon Foote, Judith Foote, Josiah Fowler, Michael Gardner, Kyle Grenier, Alexis Guilmette, Braydon Hatstat, Nathaniel Houle, Michael Jezierski, Sarah Little, Brayden Menard, Alana Miller, Joseph Ouellet Jr, Byron Parrish, Delia Patten, Lilleea Perkins, Ryan Sahlin, Kadin Wayland, Megan Weston.



## Alma Mater

**Alexis McGuire**, daughter of Shannon McGuire Greene and granddaughter of Jim & Ellen McGuire of Hillsboro has been named to the Dean's List at New England College.

**Kayl Murdough** of Contoocook has been placed on the Gettysburg College Dean's Honor List.

**Nicholas Guarente** of Contoocook has been named to the fall 2020 Dean's List or Merit List at Canisius College.

**Lily Ogden**, a native of Hopkinton has been named to Emerson College's Dean's List for the Fall 2020 semester. Ogden is majoring in Communication Studies, a member of the Class of 2024.

**Nathan Riley** of Goffstown has been named to the Dean's List at The Citadel.

**Aria Ulmer** of Henniker made the Dean's List at Regis college. Ulmer is in the class of 2023.

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Kindergarten Parent Information Night via Zoom will be on May 12th at 5:30pm-Zoom Info to follow.

## Henniker Rotary's Outdoor Guide available

The towns of Henniker and Hillsborough hug the picturesque Contoocook River and are long known for access to great white water rafting and fishing. But these two towns offer far more in the way of outdoor recreation interests beyond the meandering river as you will discover when you pick up a free copy of edition 10 of the Henniker Rotary Club's Outdoor Guide to Henniker and Hillsborough, now available in businesses throughout the region. This edition features 74 pages of new and updated information about the four-season activities available to residents and visitors to our communities, including trails and hikes, annotated maps, directions on experiencing each destination and GPS coordinates for each trail as well as photographs taken by local photographers of special sites in Henniker and Hillsborough. Rotary distributes 10,000 copies of the guide at no cost to the public, thanks to generous advertising sponsorships by local businesses. Since its initial publication, nearly 70,000 FREE copies of the guide have been distributed. With your copy of the Outdoor Guide, you can enjoy all that our Contoocook Valley Region has to offer the outdoor enthusiast.



## Rehearing is held on Antrim Wind Project

Residents who live close to the Antrim Wind Project near Gregg Lake have filed a motion for rehearing of the November 23rd decision in which TransAlta was given a waiver on the noise testing it was required to do on the site. They claim the project is out of compliance with state guidelines, and that they have not been given a chance to weigh in on the problems. The project was approved by the state's Site Evaluation Committee with limits on the amount of noise the turbines could generate, as well as limits on the lighting on the turbines. Although the turbines were only supposed to flash lights when airplanes approached, residents say they flash constantly, while others say their windows shake at the noise of the turbines. A rehearing is being held.



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# Obituaries: Friends & Neighbors Remembered

## Warren F. Gee

HILLSBORO - Warren Fred Gee, 84, of Hillsboro, died March 18, 2021 at Pheasant Wood Nursing Home in Peterborough. He was born January 29, 1937 in Hillsboro, NH, lived in Unity, NH, before moving back to his family home in Hillsboro. Warren was the son of the late Andrew A and Bernice Jane (Proctor) Gee. He was also predeceased by his first wife, Eileen L (Haga) Gee; 2 brothers, Charles & Edward Gee; 1 sister, Isabelle Reed. Survived by his wife of 19 years, Beverly A (Smith) Gee of Hillsboro, NH; 2 daughters, Dixie Lee (Gee) Brown of Nassau, NY, Pamela Jane Akers of Mechanicsville, NY; 1 sister, Doris Watson of Phoenix, AZ; 5 grandchildren, 45 great



grandchildren, several nieces & nephews. Graveside services will be held Saturday May 8, 2021 at 1 Pm in Maple Ave Cemetery, Hillsboro, NH.

## Rusty (Pamela) Ottman

WEARE - On March 15th Rusty (Pamela) Ottman joined the hands of God and received her wings. She leaves behind her husband, Bruce and combined family of four sons, Robbie Cole and wife Brenda of North Thetford, VT, Jay Cole and partner Marsha of North Haven, NH, Shawn Ottman and partner Lisa Brown of Litchfield, NH, Derek Ottman and wife Michele of Merrimack, NH; seven grandchildren, Daniel, Josh, James, Erin, Morgan, Jarrod and Mikayla; two great-grandchildren, Sophia and Vivian-Rose; sister, Leslie Fifield of Post Mills, VT, and



her family Jeffrey and Eaden. Special family members include Donna and Wally Faulkner, Karen Pettorini, Tim, Dotty, Bradley and Paul. At her request there will be no services.

## Careen DuBuc Cardin

HOPKINTON - Careen DuBuc Cardin, loving wife and mother, passed away suddenly on March 13, 2021, at her home in Hopkinton, NH, at the age of 36. She was preceded in death by her mother, Edith (Edie) Loeb-Tomasko, her father, Vincent E. DuBuc, as well as her stepfather, Robert (Bob) M. Tomasko. She is survived by her husband, William (Bill) Cardin; daughters, Bristol Emery Cardin and Bentleigh Avery Cardin of Hopkinton, NH; brother, Cody DuBuc (Molly), along with nephews,



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# Obituaries: Friends & Neighbors Remembered

Theo and August DuBuc of Boston, MA; step-brothers, Kevin Tomasko (Rob Livingston) of Hopkinton, NH, Robert Tomasko, Jr. (Lisa) and Allen Tomasko (Nancy), both of Marlow, NH; step-sisters, Karen Shockey (David) of Wilsall, MT and Patrice Pierce (Pete) of Rising Sun, MD; as well as many beloved aunts, uncles and cousins.

## Catherine (Tempesta) Burnham

HILLSBOROUGH - Catherine (Tempesta) Burnham, of Newton, MA and Hillsborough, NH, passed away peacefully on Tuesday, October 20, 2020 in her 90th year after a life well lived. Born on June 4, 1930, she was the daughter of Nunziato and Caterina (Tramontozzi)



Tempesta of Newton, MA, and San Donato, Italy. Kay was the loving wife of the late Gerald Burnham for 50 years. Kay is survived by her sister Filomena (Tempesta) Stroup and the late Donald Stroup of Chicago; brother Gerardo (Jerry) of (Wayland) Newton, and the late Lillian (Marino) Tempesta; brother, the late Carmelo (Carmen) and Antoinette (Pellegrino) Tempesta of W. Newton; the late Loreto (Larry) and MaryLou (Esposito) Tempesta of Schenectady, NY. She is also survived by loving nieces and nephews (aka "the kids"): Robert (late) & Jean (DeRusha) Tempesta; Linda (Tempesta) & Philippe Ducrot, Lawrence & Cathy (Lupus) Tempesta, Susan Tempesta & the late Franny Mahoney, Gerard & Suzanne Tempesta, and Joseph & Christine Tempesta, 9 great and 4 great-great nieces & nephews

to whom Kay and Jerry were very connected and devoted.

## Merrill Wesley Nutter

HENNIKER - Merrill Wesley Nutter, 78, passed away at his home in Henniker on March 7, 2021. He was born in Concord, NH on June 27, 1942. He was predeceased by his mother, Norma Connor of Henniker, his father, Perley Nutter of Florida, and his stepfather, Karl Connor of Henniker. Merrill is survived by his son, Mark Nutter and partner, Ginger Card of Bradford, NH, his grandson, Ryan Nutter of Maine, his sister, Karla Connor Meyette and her husband, Brian of Cornish NH, as well as cousins. At Merrill's request, there will be no services.



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Tues.-Fri.  
7:30-6;  
Sat. 8-1

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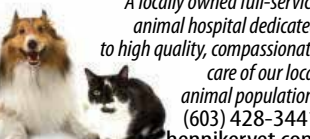
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# Events: Community Bulletin Board

## MONDAY MARCH 29-APRIL 3

**SPRING AG:** Stop by Fuller Public Library to pick up a free Fuller Spring in a Bag! Similar to our February bags...but a spring theme! One per child, they will be on the porch until they are gone.

## TUESDAY MARCH 30

**THE CHINOOK:** 6:30pm join Fuller Public Library's Zoom presentation of Harnessing History: On the Trail of New Hampshire's State Dog, the Chinook. This program is sponsored by N.H. Humanities and will be presented by Bob Cottrell. Call or email the library for the Zoom link, 464-3595 or director@fullerlibrary.info.

## FRIDAY APRIL 2

**FIRST FRIDAYS:** Poetry Night! "Native American Beauty is Diversity" – Time TBD. FREE. Guest Poets and Readings by this year's contest winners- In collaboration with the Mt Kearsarge Indian Museum. A Sign Language Interpreted Event - Newbury Town Hall Community Room.

## SUNDAY APRIL 4

**EASTER SUNRISE SERVICE:** The Lord is Risen! Join the community of Christians in Hillsborough in celebrating Easter with a Sunrise Service at 6:15 am. We'll be meeting at Intrepid Farm on Center Road. Please wear a face covering out of love and concern for others.

## TUESDAY APRIL 6

**ANTRIM LEGION MEETS:** American Legion Post 50 will hold their monthly meeting at the Post home on West St. at 7:30 PM. All members, veterans & guests are welcome.

## SATURDAY APRIL 10

**FREE DENTAL:** Henniker Family Dentistry will be providing dental care for veterans free of charge. Services include exams, x-rays, preventive care, fillings, and oral surgery. Services will be offered by appointment. We welcome all veterans interested in dental care to call Henniker Family Dentistry at 603-428-3419 to schedule an appointment.

## TUESDAY APRIL 13

**LIONS MEET:** The Hillsboro Lions Club meets at

the American Legion Hall at 7:00p.m. Visitors and prospective members always welcome. Masks and Social Distancing will be observed.

## SATURDAY APRIL 24

**MCCABE FOREST:** 10-11:30. Join the Grapevine's Carol Lunan and Harris Center's Susie Spikol for a morning and come search for the signs of spring at McCabe Forest. Look and listen for bird songs, sniff the air for the scent of spring's earliest flowers, and visit the magical vernal pools of this special spot. At the pools we will search for frogs, salamanders and other small creatures. A perfect way for families to start their Saturday.

**RABIES CLINIC:** for Cats and Dogs, 9-11 (rain or shine). Sponsored by the South Newbury Union Church. Held in the parking lot of the Friendship House (corner of Village and Sutton Roads). Rabies shot fee: \$14.00. Please bring a previous Rabies certificate or dog license, if available. Dr. Karen Moody will be the officiating veterinarian. Newbury Town Clerk will be present to register an license your dog. for more info call 938-2064.

## TUESDAY APRIL 27

**HILLSBOROUGH PRIDE PRESENTS**

*Town-Wide*

**YARD SALE**

*Day*

**SATURDAY May 22**

► Free maps available at Butler Park ► 8am-noon

**To be included on the Town Map:**

Name \_\_\_\_\_

Location \_\_\_\_\_

Items Available \_\_\_\_\_

Return this form and your check for \$5.00 — payable to Hillsborough Pride, PO Box 1190 by May 14, 2021



## Hillsborough Farmer's Market & Artisan Fair

**SATURDAYS & SUNDAYS • 9-2**  
**May 29 - September 5**

*Preston Street behind Hanna's Diner*

*Plants, baked goodies, jams, jellies, jewelry, crafts & more will be on display.*

We are always looking for new vendors and musicians. If you have home-grown, home-raised or home-made products you would like to sell, or musical talent to share, email [leighb@tds.net](mailto:leighb@tds.net)



# Events: Community Bulletin Board

**LIONS MEET:** The Hillsboro Lions Club meets at the American Legion Hall at 7:00p.m. Visitors and prospective members always welcome. Masks and Social Distancing will be observed.

## SATURDAY MAY 1ST

**BIRDING:** with Phil Brown from the Harris Center for Conservation Education at 8:00a.m. A local hike to see, hear and watch Spring birds. Bring binoculars if you have them. This program is open to a max of 10 masking wearing, social distanced people. We will start at The Grapevine and hike out from there.

## THURSDAY MAY 6 & 13

**PASTA:** Parenting A Second Time Around is a Cornell University curriculum for grandparents and other relative caregivers who are parenting grandchildren and other related children. From 7:00 to 8:30p.m. You can join with others in similar situations who are parenting teens to talk about development, discipline, supporting teens, and communication. Free program – visit [nhchildrenstrust.org](http://nhchildrenstrust.org) to register or call The Grapevine with questions.

## FRIDAY MAY 7:

**FIRST FRIDAYS:** Gallery Opening Receptions! 5:30-7:30. FREE. "Safe" Opening Receptions for New Exhibits – Dan Brenton at The New London Inn, Anna Marie Ash at Bar Harbor Bank & Trust, Gwen Nagel at Blue Loon Bakery, Whipple Hall TBD on Main Street, and Tatewell Gallery and New London Hospital on Newport Road! "Eat, Sip, Stroll, and Enjoy the Art!" ALL Exhibits Open during regular business hours!

## SATURDAY MAY 8

**GRAPEVINE SPRING WALK:** For the second consecutive year, we will be making this a virtual event as we continue to adhere to social distance protocols and limit group gatherings. More details! [grapevinenh.org](http://grapevinenh.org)

## TUESDAY MAY 11

**LIONS MEET:** The Hillsboro Lions Club meets at the American Legion Hall at 7:00p.m. Visitors and prospective members always welcome. Masks and Social Distancing will be observed.

## SATURDAY MAY 22

**"SWING, SWING, SWING" GALA:** to benefit Arts Scholarships! . . . and Annual 10x10 Art Sale! "Safely" At Colby-Sawyer College. Enjoy music and art all night! Cocktails and Complimentary Hors D'oeuvres! Tickets at Morgan Hill Bookstore, Tatewell Gallery.

## TUESDAY MAY 25

**LIONS MEET:** The Hillsboro Lions Club meets at the American Legion Hall at 7:00p.m. Visitors and prospective members always welcome. Masks and Social Distancing will be observed.

## FRIDAY JUNE 4

**FIRST FRIDAYS:** New London Barn Playhouse Open Rehearsal. FREE. Join the Barnies and the Artistic Director for a behind the scenes look at their upcoming shows. Q&A and Reception to follow @ the Barn Playhouse.

## FRIDAY JULY 2

**FIRST FRIDAYS:** Music on the Green! 6:15 FREE Concert at the New London Bandstand! Plus . . . the 2021 Scholarship Announcements!



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# Hillsborough Easter Sunrise Service!

**When: Sunday, 4/4**

**Where: Intrepid Farms  
on Center Rd.**

**Time: 6:15 am**

**\*Please wear a face  
covering out of love  
and concern for others.**

**THE LORD IS RISEN!!!**



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## Town of Weare, NH

### RFP FOR CEMETERY LAWN CARE CONTRACT

The Town of Weare is accepting proposals for a one (1) year contract for the Cemetery Lawn Care running from April 1, 2021 to November 30, 2021. Detailed specifications are available on the Town's website or calling the Selectmen's office at (603) 529-7525. All proposals must be received at the Weare Town Office in a sealed envelope no later than Monday, April 12, 2021 at 4:00PM. The Town reserves the right to accept and/or reject any and/or all proposals.

## JOHN STARK SCHOOL DISTRICT PUBLIC NOTICE

**John Stark Regional High School Cafeteria  
Monday, April 5, 2021 – 6:45 p.m.**

The John Stark School Board will hold a public hearing in accordance with RSA 198:20-b for the purpose of accepting unanticipated revenue funds from the Elementary and Secondary School Emergency Relief (ESSER II) Fund II under the Coronavirus Response and Relief Supplemental Appropriations (CRRSA) Act for the John Stark School District. The public hearing will be held at John Stark Regional High School at 6:45 p.m. in the cafeteria.

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246 West Main St., Hillsboro, NH  
or Email: [granitequill@mcttelecom.com](mailto:granitequill@mcttelecom.com)

## Town of Weare

### PUBLIC HEARING NOTICE

**Public Hearing on April 6, 2021 Via Zoom Meeting / Weare Town Office Building at 7:30 PM.**

#### Public Hearing for:

**Continuation of Case #11-20** Application for a variance from Gil and Shelley Duquette of 271 Quaker Street. Tax Map 404, lot 84 in the Residential District. The variance application is for Article #3, section 3.5 and 3.5.1, which authorizes reduced setbacks on a single-family residence.

**Case #05** Variance application from Amy Lunt for property on 298 Old Francestown Road, Map 411, lot 341 in the Rural Agricultural District. Applicant would like to build a second home on same lot as existing home. Variance is required from zoning section 3.1.1, to allow 2 homes on one lot.

**Case #06** Special Exception application from William and Gina Stevens on 34 Dudley Brook Road, Map 107, Lot 3, in the Rural Agricultural District. The applicant would like to construct an accessory dwelling use (ADU) and per Weare Zoning a Special Exception is required from Section 19.1.10.

**Case #07** Variance application from Lake Shore Village Realty Holdings LLC (Mike Colburn) for property on 18 Chester Drive, Map 103, Lot 1 in the Residential District. The applicant would like to construct a garage closer than the 30' requirement for the front setback of the property line, Weare zoning ordinance section 3.5.1 (non-conforming setback requirements).

**Case #08** Variance application from AG Paintball for the existing business at 158 Deering Center Road, Map 411, Lot 21 in the Rural District. The applicant has a sign for the business which is larger than allowed in accordance to the Weare Sign Ordinance section 34.10.1.

**Case #09** Special Exception application from Duck Pond LLC for property in Duck Pond Estates subdivision, Map 405, Lots 62-21, 22 & 23 for gravel removal in accordance with Weare Zoning section 19.1.6.

**Case #10** Variance application from Jordan Estrada for property owned by Louis Page on Bart Clough Road, Map 409, Lot 20 in the Rural District. The applicant would like to build a new home on a proposed private road in accordance to Weare Zoning section 17.1.1.

**Minutes** to review: March 2, 2021, January 5, 2021 and December 8, 2020 site walk minutes.

**2021 Appointments** for members.

**Anyone interested in attending this hearing/meeting via Zoom please send an email request to: [nbolton@weare.nh.gov](mailto:nbolton@weare.nh.gov) or [kdearborn-luce@weare.nh.gov](mailto:kdearborn-luce@weare.nh.gov)**

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# Senior Lifestyles

*A guide for active New Hampshire Seniors*



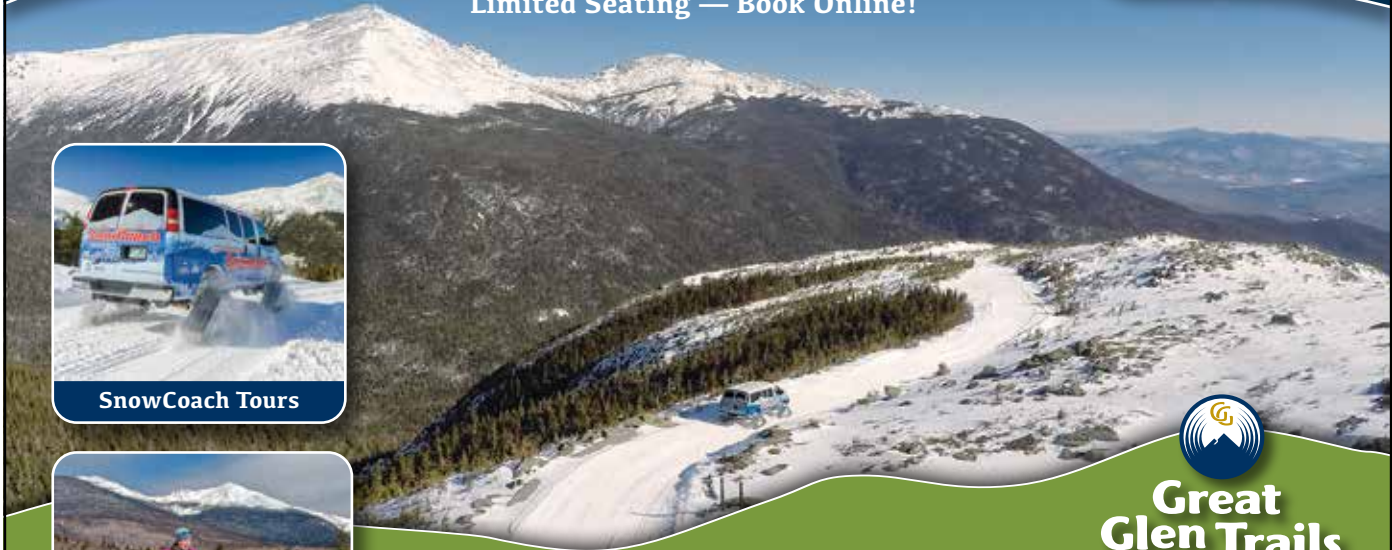
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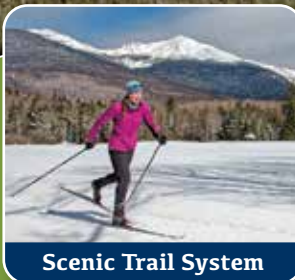
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## COA CHAPIN SENIOR CENTER PROGRAMS & ACTIVITIES

**37 Pleasant St., New London, NH  
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■ For April 2021

### The Four Foundations of Mindfulness Meditation

with Francine Rainone  
Tuesdays from April 6 - May 11  
10:00am – 11:00am

Newspapers, magazines, and online media have taken an interest in the techniques of mindfulness meditation. Studies indicate that it can be used successfully to improve health and increase emotional stability.

In this course we will learn how to practice the Four Foundations of Mindfulness meditation, which can be practiced by anyone, regardless of your personal religious beliefs or lack of religious beliefs. The emphasis will be on how to integrate the techniques and lessons into everyday life.

Participants can register to attend classes at the COA building or by Zoom. Please call COA at 526-6368 to register.

### REGULARLY SCHEDULED PROGRAMS

#### Tom & Tom's Men's Discussion Group -

Mondays at 9:00am via Zoom  
We want to hear your stories and we'll share a few of our own. Please call COA at 526-6368 to join.

#### French Discussion Group - First and Third Mondays at 4:15pm

Join this casual, friendly group to practice your language skills and have fun. Participants at all skill levels are welcome

Please call COA to register. Limit of 10 participants.

#### Bingo! – Mondays

at 1:00pm. Ten games for \$5. Ten bingo sheets with 6 cards on each sheet. Participants must be 55 years old and older. Please call COA to register. Limit of 10 participants.

#### Chair Exercises – Mondays, Wednesdays, and Thursdays at 10:30am

This low impact exercise program is perfect for those looking for an easy, effective exercise routine. Please call COA to register. Limit of 10 participants.

**VNA Foot Care Clinic at COA** -Second and Fourth Mondays at 9:00am-2:00pm \$25. Please call the Lake Sunapee Area VNA at 603-748-1731 to schedule an appointment.

#### Outdoor Recreation for Seniors –

Tuesdays and Thursdays at 10:00am  
Join this active group to walk, hike, kayak and more! Please call COA at 526-6368 to register prior to your first activity.

#### Memoir Writing Group - Tuesdays at 10:00am via Zoom

Please call COA at 526-6368 to join.

#### Book Discussion Group – Tuesday, April 13th at 10:00am via Zoom

The happiness project, or Why I spent a year trying to sing in the morning, clean my closets, fight right, read Aristotle, and generally have more fun by Gretchen Rubin. For more information or to get a link to the virtual meeting, please

contact [jroy@tracylibrary.org](mailto:jroy@tracylibrary.org).

**Painting Group** - Tuesdays at 1:00pm  
Bring your current painting project to work on. This is an informal group, and we'd love to have you join us. Please call COA to register. Limit of 10 participants.

#### Needlework Craft Group - Wednesdays at 1:00-3:00pm

Love to cross stitch, do needlework, quilt, knit or crochet? We'd love to chat, laugh, and get to know the folks who enjoy the same hobbies we enjoy. Please call COA to register. Limit of 10 participants.

#### Humanist Discussion Group – Thursday, April 15th at 1:30pm via Zoom

Welcome to those who are interested in delving into a variety of humanist and non-theist topics. We share our knowledge and experiences related to the challenging questions of religion, spirituality, and how they influence our lives. Using reason, critical thinking, and honest examination, we do our best to approach personal truths. Bring your thoughts, your questions, and an open mind, and join our lively, respectful monthly discussions.  
Please call COA at 526-6368 to join.

**Movie Matinee** – Thursday, April 29th at 1:00pm. "News of the World" Please call COA to register. Limit of 10 participants.

#### Computer Tutoring with Nick Oursoff

– Nick will be available for on-line tutoring sessions. Nick has an extensive background in computers from teaching to programming. Please call COA at 526-6368 for registration information.



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# ZOOM into Spring with LINEC

By Alice Nye

The Learning Institute of New England College (LINEC) has a lineup of online Spring classes tailored to appeal to you—and you—and even you! We have been offering courses for seniors for over thirty years now; and this Spring promises a variety of topics to engage your mind, your heart and your imagination.

Don't be deterred if you are unfamiliar with ZOOM; we can help you join up and enter in if needed.

Thought-provoking and enjoyable are two common responses to our classes. Other comments from class members include: fun, interesting and inspiring. The challenge of the pandemic led one mostly homebound member to refer to the online winter term as "a life saver—a breath of fresh air and community."

Spring Term classes include:

20th Century Women Poets; The World's Greatest Geological Wonders;

Biophilia: Life on Earth in All its Weird and Wonderful Diversity; Words from the Nursing Sisters, 1914 to 1918 in the Great War; Charles Dickens: a Product of His Time and Place; The History of the Supreme Court; The Art of Mindy Weisel: the Survival of Beauty; and a seven-week Film Series focusing on Orson Welles as an actor

and director.

Classes begin on April 5 and run through May 14. All courses are live in the ZOOM format. For more complete course and presenter descriptions as well as registration information, visit the LINEC website at [www.linec.org](http://www.linec.org); email: [linecregister@gmail.com](mailto:linecregister@gmail.com) or call 978-743-9071.



*A Winter Term special treat for LINEC members, many homebound due to the pandemic, was to travel along vicariously with New England College Biology Professor Eric Simon (top right) who has been leading students on educational journeys for many years. Here, with commentary by Dr. Simon, we joined with NEC students in exploring a Mayan archeological site in Belize. Other online excursions included Cuba, Patagonia, the Galapagos, Tanzania, and the Amazon.*



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## Don't let COVID-19 stop you from seeking critical healthcare

Despite falling rates of COVID-19 cases, seeking in-person healthcare is still a concern for many people. The Centers for Disease Control and Prevention reports 41% of U.S. adults had delayed or avoided medical care because of concerns about COVID-19. Nationally, emergency department visits declined from 2.1 million emergency department visits per week during the early COVID-19 pandemic, to 1.2 million after shelter-in-place orders went into effect. Children had more than a 70% reduction in emergency department visits. Additionally, emergency departments saw a 36% reduction in diagnoses classified as emergent, such as stroke and acute coronary syndrome (ACS).

"These statistics point to an alarming trend," said Dr. Maureen Bell, emergency department medical director for Vituity and chair of emergency medicine at Howard University College of Medicine. "As an emergency department physician, I understand patient concerns. However, it's critical for everyone to seek the care they need when they need it - for COVID-19 related symptoms or anything else. Hospitals, urgent care facilities and outpatient clinics are taking extra safety precautions to keep patients and staff safe from COVID-19 transmission."

Although we are in the midst of



a pandemic, medical emergencies and chronic conditions remain existent and critical. Emergent and routine care should still be a priority. Bell explains that in many emergency situations, minutes - even seconds - matter. By delaying care, your condition can worsen and have long-term impacts. In worst-case scenarios, delaying care may cause death.

"I have seen a number of patients with strokes and myocardial infarctions (heart attacks) delay coming to the emergency department out of fear of COVID-19, and as a result, they end up with worse outcomes because we've lost that valuable time for available interventions," she said. "Just last week, I had a patient come in after experiencing right-side weakness for three days. Imaging confirmed this patient had a stroke, and due to the delayed presentation missed the window for optimal intervention. This delay in seeking care will unfortunately result in a long-lasting disability."

Bell, and the health care experts at Vituity, recommend seeking medical care as soon as possible if you're experiencing any of the following:

- \* Chest pain or discomfort in the upper body
- \* Head injuries
- \* Weakness or drooping on one side of the body
- \* Fainting or ongoing dizziness
- \* Severe abdominal pain
- \* Difficulty breathing, wheezing or ongoing shortness of breath
- \* Severe headache
- \* Paralysis or significant weakness
- \* Significant or uncontrolled bleeding
- \* Sudden numbness
- \* Seizures
- \* Major trauma such as a bad car accident, fall or wound
- \* Irregular heartbeat
- \* Compound fractures (bone that protrudes through the skin)
- \* Severe allergic reactions

If you're unsure if you require emergency care, call your doctor right away. If you need immediate medical assistance, call 911 for emergencies.

"I want everyone to know that emergency departments and urgent care centers across the country are prepared to help keep everyone safe," said Bell. "Your health and safety is our top priority so if you or a loved one need care, please seek it." (BPT)

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# Steps for better health from a registered dietitian

"When you're figuring out what health or lifestyle changes you want to make, write out the pro's and con's of each change," said Registered Dietitian Kelli McGrane, M.S. (@HealthyToast\_RD). "Once you know why you're choosing these goals, tape that list on your fridge or keep it on your phone for a boost of motivation anytime you need it."

## 1. Be mindful of what you eat

People are home more than ever and it's easy to graze mindlessly through the kitchen. And as a result, the calories can add up quickly.

A simple way to monitor your calories is the Lose It! app - an easy, helpful way to track what you're eating and get inspired with healthy recipes. Since 2008, over 40 million Lose It! users have lost a collective 100 million pounds - that's 350 billion calories lost. "The app is a great way to help track calories and it also gives you information on the quality of your diet overall," said McGrane. "You can even use it to track your water intake and

activity throughout the day."

## 2. Prep your kitchen

More time at home means more time near the kitchen. To avoid temptation, consider moving unhealthy snacks to the back of the refrigerator so you see the healthier choices first.

Also, stock up on colorful vegetables and fruits, choose whole grains and keep lean proteins on hand for snacks. Try a handful of nuts or a hard-boiled egg, as protein is more likely to boost your energy.

## 3. Find a support system

Whether it's a friend with similar health goals, a group you can Zoom with or an online community, a support system is invaluable when working toward lasting changes. Not only can they cheer you on, but they may even join your efforts to get and stay healthy. While everyone has limited their in-person interactions, there are also many digital resources to help you reach your goals.

## 4. Figure out what moves you

Everyone's routines have been upended this year, and fitness is no exception. Now is the time to get creative and find an activity you love. Dancing to music, walking outdoors or using a stationary bike are all great ways to keep active.

"Not only can getting in some form of physical activity help burn calories, but it can also boost your mood," said McGrane. If you enjoy the outdoors during winter, try skating, skiing or snowshoeing. If you don't like the cold, online exercise classes or active video games are great options for those without exercise equipment.

## 5. Get enough rest

People often forget that sleep is a critical part of weight loss and health. If you aren't getting seven to nine hours of sleep a night, notice what's keeping you from going to bed. Can you turn off the gadgets an hour earlier? A quiet activity like reading or meditation can help you wind down and get to sleep easier. (BPT)

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## Aging in the Research Triangle: Keeping your brain healthy

With some of the best weather on the planet, gorgeous scenery and a concentration of cultural, educational and entertainment resources, the Research Triangle is one of North Carolina's crown jewels. Where you retire matters. Retiring in a community that is bountiful in cultural, educational and entertainment opportunities isn't just nice to have. It's a must for keeping your brain healthy. Everyone has "senior moments" from time to time. But declining brain health, dementia or Alzheimer's disease are not a normal part of aging. They are not a foregone conclusion. According to the Mayo Clinic, your habits before and during retirement can significantly lower your risk of developing these conditions. The Mayo Clinic's recommendations for staving off declining brain health include:

- \* Exercising regularly
- \* Staying mentally active
- \* Eating a healthy diet
- \* Getting plenty of sleep
- \* Remaining socially involved

One retirement community in the Research Triangle that takes those recommendations to heart is Searstone Retirement Community, founded in 2013.

Its residents frequently cite the natural beauty of the surrounding countryside as well as the cosmopolitan comforts and cultural treasures of its cities and towns to explain why they came and chose to stay in what is now the state's second-largest population center.

Resident Jewel Tolan can attest to that. Jewel and her husband David were drawn to the Research Triangle initially because it was located near their son and daughter-in-law in Cary, North Carolina. When they looked deeper into Searstone, they found it ticked many more boxes for the active, mentally satisfying lifestyle they envisioned for their golden years.

"We wanted a community surrounded by conveniences. We didn't want to drive 30 minutes to shop," she explains. "We wanted to be near urban areas and were thrilled to find a community that was a block away from everything."

Other benefits of retiring in the Research Triangle:

**Proximity to medical care.** This is an important factor as you age, and Duke and UNC health systems are nearby, offering residents an endless number of specialists and excellent care.

**Proximity to the airport.** Retirement does not mean the end of travel. Just the opposite. Searstone is 20-minute drive from an international airport, making it easy to zip away for a long weekend when the travel bug bites.

**Cultural and educational opportunities.** The Research Triangle is known for its cornucopia of culture. The universities are nearby, and the symphony is a short drive away in Raleigh. Pre-pandemic, Searstone organized outings to the museums, the arboretum and more.

**Fitness.** Numerous studies have shown that staying active keeps you mentally sharp throughout your life. Whether it's a stroll around the grounds, using the state-of-the-art fitness facility, swimming or even Zumba classes, keeping active is easy.

**Socialization.** Jewel says she has no lack of social life. "There is a great community here. I've made some great friends, through book club and the women's discussion group on Tuesday mornings. If you are a people person, it's really great to have this opportunity. There is always more to learn." Visit [searstone.com](http://searstone.com) or call 919-899-2431. (BPT)



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