

The Messenger

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

Free ♦ Our 154th Year ♦ Issue 13 ♦ March 29, 2024

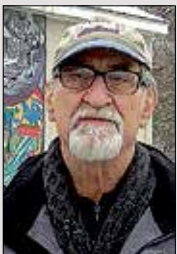


Senior Lunch served

The Hopkinton Fire Department recently prepared and served a Senior Lunch.

Warner's Albano resigns

Charlie Albano, a founder and 7-year



Chairman of Warner's Economic Development Advisory Committee is resigning, saying it's time for new energy and new blood.

This week in history

March 30, 1987

Vincent van Gogh's "Sunflowers" sells for \$40 Million

March 31, 1889

Eiffel Tower opens

April 1, 1984

Marvin Gaye shot and killed by his father

April 2, 1902

The Electric Theatre in Los Angeles opens

April 3, 1860

The Pony Express debuts

April 4, 1949

NATO pact is signed

April 5, 1951

The Rosenbergs given death penalty for espionage



The Newport Area Chamber of Commerce held its Annual Meeting and Awards Ceremony at the Newport Moose Family Center. Awards were presented to Students of the Year, Annie Renner and Gabe Merritt, Nonprofit of the Year, Newport Moose Family Center, Business of the Year, LaValley Building Supply, Citizen of the Year, Biddy Irwin. A Lifetime Achievement Award was posthumously presented to Bruce Jasper.

Former Bradford firefighter indicted for arson

Nathan Nichols is charged with seven counts of arson throughout the area

A former Bradford firefighter is under indictment for allegedly setting a series of fires. The investigation began with a small fire at a building right next to the fire station. According to a police affidavit, the man who



discovered the fire in September was the same man who set it.

Former Bradford Firefighter Nathan Nichols is charged with seven counts of arson. He's accused of starting fires

around the Bradford area while he was working for the town's fire department.

One of the fires he is accused of setting destroyed a sugar house on Johnson Hill Road in May 2022. According to the indictments, many of the other fires occurred around the same time and involved brush fires in Bradford and the surrounding areas.

Investigators began to take another look at those fires when the building next to the fire department caught fire in September. According to the affidavit, Nichols was at the station and left to do an errand. When he came back, he reported spotting the fire, the affidavit said. The flames were put out by another

firefighter with an extinguisher.

The fire was deemed suspicious because there was no reason for it to have started, and it appeared to have begun on the outside of the building, officials said. According to the affidavit, under questioning from an investigator, Nichols eventually said he started the fire with a sparkler. When the investigator pointed out the wood was too wet for that to be the case, Nichols allegedly admitted to using a lighter, which was recovered in a trash bin at the fire station.

Nichols is free but was ordered to wear an electronic monitoring bracelet, according to court paperwork.



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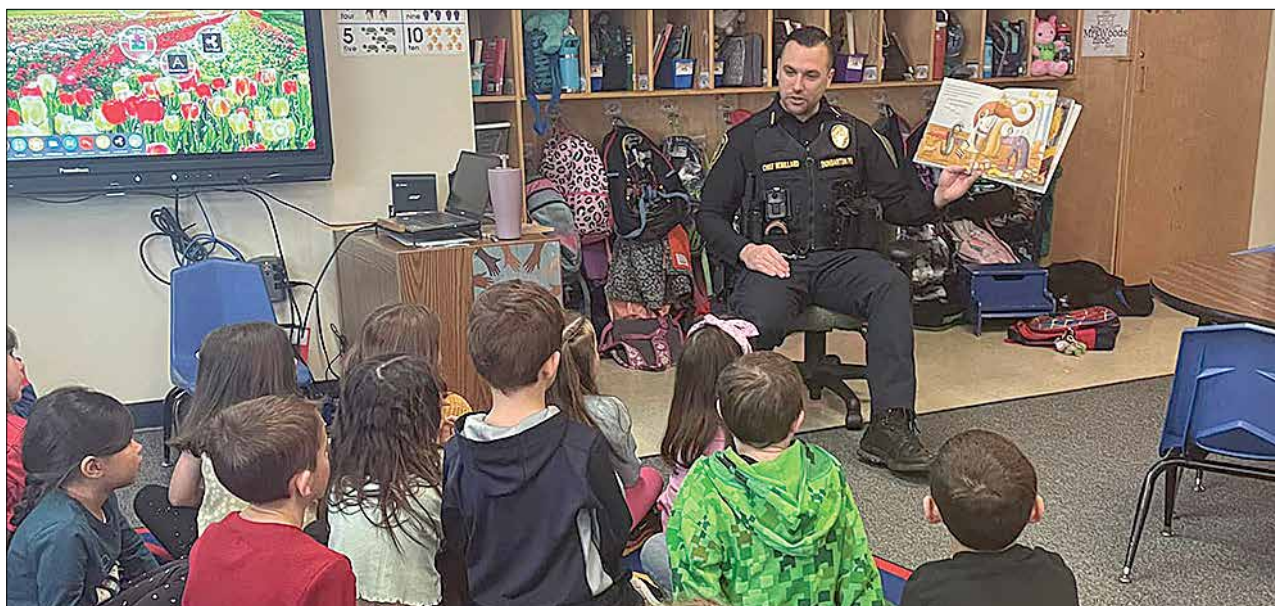
Coming up: Mother's Day

Include Your Business! Call 603-464-3388

Hometown Heroes



Officer Garrett Ancil was promoted by Deering Police Chief Philibert to the rank of Corporal. Corporal Ancil began his career in law enforcement with the Henniker Police Department in 2016 before joining the Deering Police in 2022. Also in attendance were Chief French, Lt. Dandeneau and Sgt. Mitchell of the Henniker Police Department as well as Chief Richards and members of the Deering Fire and Rescue Department.



Dunbarton Police participated in Literacy Week at the Dunbarton Elementary School. Many thanks to Mrs. Woods' first grade class for the warm welcome and laughs, as well as Reading Specialist Wanda White for the invitation.



Congratulations to Sunapee Firefighter Zach Belisle for passing the NREMT and becoming a National Registered EMR. Belisle has spent the last two months at the academy every weekend, attending the EMR class, (left photo). Congratulations to New London's live-in student, Firefighter Connor Heath on obtaining his Firefighter Level 1 certification, (right photo).

Hopkinton voters reject SB2, Transfer Station Fees & Hand Counted Ballots

Like last week's School District Annual Meeting, the opening of Thursday night's Hopkinton Town Meeting was slightly delayed to allow the influx of 714 voters time to sign-in and receive their voting cards.

As with the School District meeting, the first article up for discussion was a petitioned article seeking adoption of the SB2 form of ballot voting.

The school voting resulted in a majority voting in favor of SB2,

but the measure failed to gain the necessary 3/5 vote.

During Town Meeting the measure failed even to receive a majority vote and was defeated on a ballot vote of 329 Yes - 370 No.

The proposed \$9,746,744.00 Operating Budget passed easily as did articles calling for \$1,031,000.00 to be deposited into 11 Capital Reserve Funds and \$102,000.00 deposited into three Expendable Trust Funds.

\$2,200.00 was approved to expend from the Senior Center Rental Special Revenue Fund and \$45,000.00 from the Pay-

By-Bag Special Revenue Fund.

While voters approved the modification of both the elderly and disabled exemptions,

petitioned articles to set transfer station fees and to mandate the hand counting of ballots were defeated.



New London Firefighters were busy training on various rope rescue skills for their monthly training.



Hopkinton voters turned out in force for town meeting.

Spring is in the air

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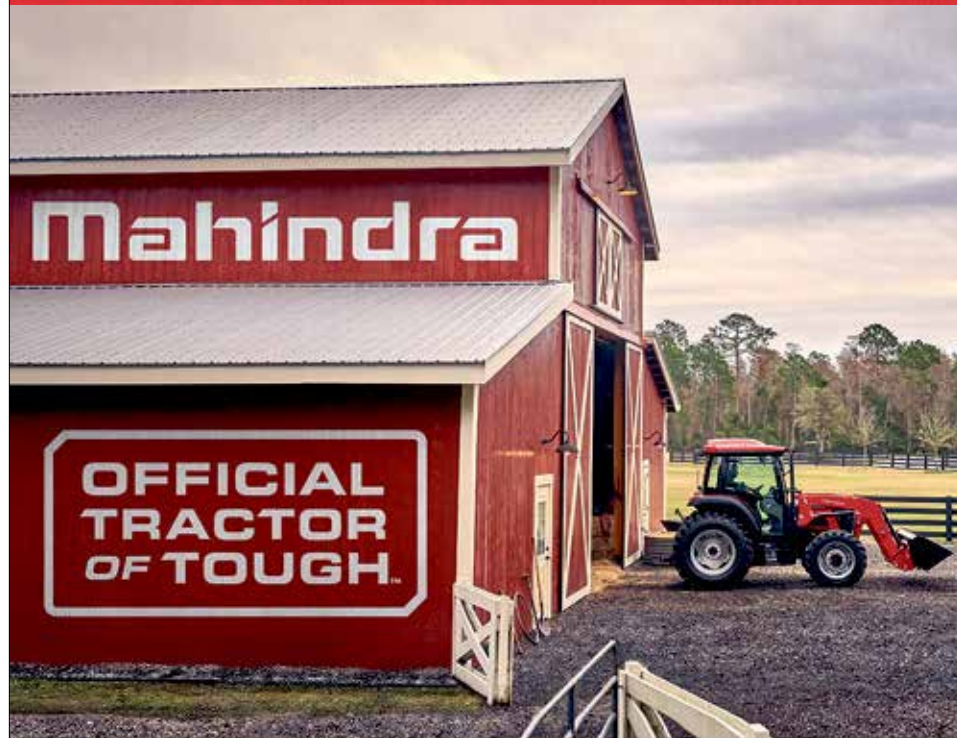
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Yesteryear *Local history as reported in The Messenger*

April 7, 2023

Hopkinton woman pleads guilty to threatening to kill neighbors
Henniker Special Olympian running in the 127th Boston Marathon
Firefighters from 12 towns respond to Hopkinton house fire
Icy road conditions contribute to Newbury & Bow accidents

April 8, 2022

Hopkinton woman indicted for attempted homicide
Subcommittee presents proposed Whipple Hall upgrades
Police report break-in at Goffstown gun manufacturer
Henniker to extend overnight parking ban on Main Street

April 9, 2021

Henniker Select Board says DOT forcing a roundabout
Ausbon Sargent adds 28 acre New London property
Fenton family provides Easter dinner to area
New Boston Postmaster retires after 16 years

April 10, 2020

Windsor man shot by Concord Police at standoff
New Boston Selectwoman chastised by Chair
Laura Purslow joins Weare Police Department
SoClean distributes 250,000 Covid-19 masks

April 10, 2019

Police searching for missing 53-year-old woman
New London Board seeking community volunteers
New Boston Fire Department adds new members
Judge denies ConVal's request for injunction

April 13, 2018

2nd head-on collision in 2 weeks at same spot
Henniker Police arrest man for attempted abduction
Weare Police understaffed with excessive overtime
Lock-down at Hillsboro-Deering High School

April 14, 2017

Student's toy gun causes alarm at ConVal
Gordon MacDonald confirmed as Attorney General
State and local officials discuss "Death Alley"
Drug Czar meets with ConVal Abuse Task Force

April 18, 2016

Colby-Sawyer senior dies on I-89
Ambulance service dominates Newport debate
Hancock Police arrest pair for multiple crimes
Henniker changes to Western Avenue project

April 10, 2015

Parlin Field will not be sold
Goffstown Lt gets Lifetime Achievement Award
Bow Selectmen adopt new street numbering system
Sullivan replaces Campbell as Bennington Chief

April 11, 2014

Dream of New London Community Center dashed
Board rejects Hopkinton Fair's PILOT Agreement
Dunbarton man arrested twice in a week for DWI
Ice skater collapses at Blodgett's Landing

Three families left homeless after Myrtel Street fire in Hillsboro

A quick response by Hillsboro and Mutual Aid Firefighters prevented any injuries to the occupants of this Hillsboro multi-family home on Myrtel Street. Although escaping without injuries the families lost all of their possessions and are forced to find other living arrangements.

In true community spirit, the Moose Lodge on School Street has set up a drop-off location for the families involved. The Lodge is collecting gift cards, hygiene

items, cash donations and clothing which these families will need immediately. Please NO furniture or household items at this time.

Lodge hours are Saturday 2:00-9:00 p.m., Sunday noon-7:00 p.m., Monday - Friday they are open at 3:00 p.m. and close around 7:00-9:00 p.m. through Thursday and open later on Fridays.

A drop box has been set up inside their door for personal hygiene items. Any monetary or

card donations should be left with the bar steward.

Items Needed Immediately:

Family #1: (Teens) Boy-men's size large in sweatpants and shirt;

Girl-women's size 2xl; Girl-women's sizes medium and large; Waiting on father's info.

Family #2: Family of 6 & dog Men's size 2xl shirts, size 40

pants; Women sizes 9, 8, 6; size 2 toddler; Girl sizes 11 and 12; Dog - Purina dog chow.

Toys appreciated ages 12, 10, 7 and 4.



Community response to the Moose Club's solicitation has been overwhelming. Please, no more clothing, they have plenty.



At this time, the needs are monetary, gift cards, toiletries, summer clothes, kids clothing, toys or games, blankets and towels.

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7834310, 7834344...\$17.99 each.

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JACKSON CONRAD COLTON ADAM

The Hopkinton High School Granite State Challenge team on set at the New Hampshire PBS studio in Durham. From left to right: Jackson Kovar, coach Liam Callahan, Conrad Mollano, Flo Dapice, Colton Murphy, Fin Murphy and Adam Richter. Mark Bolton. Courtesy photo NH PBS.



Teaching students how to tie shoes, dress for different seasons, and develop personal hygiene routines are just a few ways the Kearsarge Regional School District is trying to keep young children healthy. The district starts its health curriculum in the elementary grades, giving teachers an opportunity to share lessons with students as young as kindergartners.



2nd grade student Tony D'Oleo with Center Woods Elementary School Principal Jess Potter after it was announced his name choice of "Shadow" was the winner of the most votes in the school-wide election to give the school's eagle mascot a name, (left photo). John Stark Freshman Evan Furness was able to tell math teacher Elizabeth England the 154 digits of Pi for the new annual high school Pi in Science Competition. He won the top prize in the Pi Science Competition held on March 14th.



Area firefighters & EMS were constantly on call over the weekend.

Major weekend storm keeps area first responders on their toes

On Saturday, March 23rd (left photo), Sunapee Fire got called to 3 simultaneous calls: one motor vehicle accident and two medicals.

Because of the call volume both in Sunapee and other towns (New London and Newbury also had calls going at the same time as the three in Sunapee), one of the medicals ended up needing Lebanon Ambulance to respond because New London Am-

bulance was already transporting a patient from a motor vehicle accident in town to the hospital.

Newport Ambulance was already responding mutual aid to a medical call in New London, so they were unavailable for the calls in Sunapee.

Sunapee Fire responded to a total of four incidents during the snow-storm.

On Sunday, March 24th (right

photo), Sunapee Fire and New London Ambulance were called to Interstate 89 Southbound by Exit 12A for a motor vehicle rollover. While units were en route, New London Dispatch updated responding units that there were five patients in the vehicle, two of whom were entrapped.

Upon Sunapee Rescue 1's arrival, units found an SUV that had rolled over with five occupants inside. Four

of the occupants were able to self-extricate, but one was still entrapped inside. Sunapee Fire removed the vehicle's front windshield, and a firefighter entered the passenger compartment to help extricate the last patient. All five patients were transported by New London Ambulance with minor injuries. Interstate 89 Exit 12A Southbound was shut down for roughly an hour while crews were on the scene.

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The Scouting Way



Boy Scout Troop 99 Goffstown NH and Goffstown Troop 99G celebrated the achievements of Stevie Damboise in his Eagle Scout Court of Honor at Camp Carpenter. Congratulations on all your hard work and dedication!



The boys of Antrim's Troop 2 had a great meeting this past week, working on their Scout staves and playing gaga ball at Memorial Park.



Calling all girls in kindergarten and up. Come to a Girl Scout Build-A-Bear party in Peterborough on Wednesday, April 10, from 5-7 p.m. Find us at All Saint's Church, Reynolds Hall, 52 Concord St., Peterborough. Current Girl Scout members who bring a friend that signs up for Girl Scout membership will receive a free Build-A-Bear while supplies last, and the friend who signs up will get one too! Don't know a Girl Scout? No worries, anyone who signs up for membership at this event will receive a free Build-A-Bear!



Antrim's new Police Chief John Blake receives his Chief's Pin from his wife, Alex and son, Knox looks on.

Town of Antrim's new Police Chief promoted from within

Scott Lester can now resume his retirement. Antrim's retired Chief of Police assumed the role of Acting Chief on the retirement of Chief Brian Lord in July of 2023, while the town searched for a replacement. That search came to an end Monday evening with the swearing in of Chief John Blake.

Blake has been in Law Enforcement since 2012. He started his LE career with the Alexandria, VA police department and following his marriage, they decided to move to NH. With his wife, Alex and young son, Knox, they currently reside in Bow. Upon moving to NH, he obtained a job with the Weare Police Department

and became certified in 2017 as a full-time NH Certified Police Officer.

In November 2018 he joined the Antrim Police Department as a Full-time Officer. John quickly became a dedicated member of the department and was promoted to Sergeant in June 2021.

After an extensive search to fill the vacant chief's position, Sgt. Blake interviewed with the Select Board and a representative of the NH Association of Chiefs of Police. He was sworn in by Select Board member Bob Edwards before a large gathering of law enforcement personnel.

Pierce Lake residents in Antrim want cell tower removed

ITW, a telecommunications company which builds and operates cell towers in New England and South Florida, received permission to construct the 150-foot wireless telecommunications cell tower on Pierce Lake in September 2015. The tower was built with the understanding that it would provide cellular service to residents living in the vicinity of the tower and to the section of Route 9 which runs along the north side of the lake. However, lakeside residents say they are still unable to receive cellular service to the area, and would like the tower taken down.

During the Antrim Planning Board meeting last Thursday night, the board read a letter from the Antrim Select Board stating that complaints have been made that ITW is not in compliance with the board's Notice of Decision dated September 23, 2015.

Select Board member Bob Edwards, who is also an

ex officio member of the Planning Board said, "People who live on the lake are saying if they can't get service, they don't want to look at the tower anymore. They are saying they want the tower taken down." The letter from the Select Board stated that "a letter of non-compliance could be sent to ITW allowing them 30 to 60 days to become compliant."

Planning Board Vice Chair John Anderson agreed that as long as there is one service provider on the tower, it is in compliance. Planning Board member Kenneth Rubin seemed to agree, saying there was no point in decommissioning the tower, as "the goal is to get cell service by the lake and on Route 9." At the conclusion of a long discussion, Planning Board Chair Mark Murdough said that the next step for the Planning Board is to complete due diligence, review ITW's contract with the town and confer with town counsel.



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For more info please contact us at NHLionsgreenteam@gmail.com



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We will print signed letters to the editor on a space available basis. Letters should be no more than 250 words, typed or e-mailed. Letters must be signed but names may be excluded upon request.

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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.

Opinion/Editorial

Standing with Ukraine isn't partisan, it's right

By: *Colin Van Ostern & David Tille*

Two years ago, Russia invaded the sovereign country of Ukraine.



In March of 2022, the western world resolved to stand united with the people of Ukraine against this

unlawful war. Here in the United States of America, our two political parties stood united against Vladimir Putin and began to provide Ukraine with what it needed to protect itself, with allies across the globe.

Today, that unity is threatened -- threatened in part by an extensive misinformation campaign from Russia, which seeks to divide our nation from within.

We write this article as one Democrat and one Republican, coming to this issue from different backgrounds, but calling on our fellow citizens to rediscover the common ground that unified us when the invasion was fresh. We need that unity today.

One of us (David), is a U.S. Army veteran who served as a Russian linguist, and intelligence analyst on the former Soviet Union, who handled foreign relations issues for three members of Congress, traveled to Ukraine several times since Russia's annexation of Crimea, and hosted Ukrainian officials in the U.S. through the World Affairs Council. He is also a lifelong Republican and served as a regional administrator for New England in the Trump administration.

The other (Colin) is a New Hampshire business leader who rebuilt a software engineering team from a Ukraine-based team in 2019 to a U.S.-based team in 2020 for a local tech company. He watched as these co-workers with whom he shared Slack channels and work sprints took up arms or worked to get their families to safety.

Colin also is a former Democratic elected official in New Hampshire having served two terms on the Executive Council and as the Democratic Party's nominee for governor in 2016.

Independently, we helped raise hundreds of thousands of private dollars in the wake of the Russian invasion to support humanitarian efforts, and we did our best to support colleagues and their families as they struggled in the aftermath. It was heartwarming

through this difficult time to see coworkers and other Granite State community leaders lend their generosity to this cause.

But today, after more than 200,000 Ukrainian and 300,000 Russian casualties, the effort to stand up to Putin's aggression in eastern Europe must be seen for what it is: in the direct national security interest of the United States.

Day by day, Ukrainian forces now must make strategic retreats due to lack of ammunition. This winter, Russian soldiers have captured new territory in Ukraine for the first time in over a year.

Let's be crystal clear: Ukraine aid is the cheapest path forward for our country. The alternatives are to lose all or large parts of this sovereign nation in the heart of eastern Europe to Russian aggression, invite much more expensive incursions against NATO and our allies, and risk American troops in combat in Europe within the decade.

Sending military equipment to the brave men and women of Ukraine who are dying for their homeland is the bare minimum we can do.

It is disheartening to see Congress broken on too many issues, and that includes support for Ukraine. Whether as a standalone foreign aid bill -- like the bill that passed the U.S. Senate 67-32 already -- or packaged with bipartisan U.S. border security measures, this aid must pass Congress.

We believe if brought to the floor, the needed Ukraine aid package would have broad, bipartisan support. And if some extreme elements within the U.S. House try to depose Speaker Mike Johnson in return, we believe sensible Democrats and Republicans in Congress should come together to stop that effort -- which they have the power, and the numbers, to do.

Common ground is too rare in the Congress these days, but it is not extinct. We can do this much.

There is much discussion, rightly so, on the effort to protect our democracy in our domestic politics in 2024. But protecting democracy is not a domestic issue alone. We must stand with Ukraine.

Colin Van Ostern of Concord is a former state executive councilor (2013-2017) and Democratic gubernatorial candidate. David Tille of Henniker was a regional administrator for the U.S. Department of Housing and Urban Development (2017-2021) in the Trump administration and is a U.S. Army veteran.



Thanks to the Eversource crews who worked tirelessly to restore power after the season's worst storm. They certainly were paid well, but who of us would do their job. LDB



On Monday, March 25, many homes in Henniker and Weare were still without power. The Henniker Community School and Weare Middle Schools opened their cafeterias from 11 am - 1 pm for members of the community to come in to warm up, charge phones, and have some hot pizza. A true community effort by our knowledgeable problem solvers. The pizza was heated at John Stark, delivered, and served by the SAU 24 Leadership Team.

Dining Guide

Hanna's 1950's Diner

located at 83 Henniker Street in Hillsboro was purchased April 17, 2023 by the new owners, John & Althea Henderson.

Daily Specials

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\$3⁹⁹
LB

Deli Sliced
Smithfield Boiled Ham



\$4⁹⁹
LB

Deli Sliced, Selected
New England Traditions American Cheese



\$3⁹⁹

3-4 lb. Pkg. California
Peelz Navel Oranges or Minneolas



\$1²⁹
LB

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Cluster Tomatoes



2/\$6


8-9 oz. Pkg. Selected
Specialty Bakers French Twirls



FINAL FOUR APRIL 6TH

2/\$4

8 oz. Selected Shredded or
*Excludes Cuts
Food Club Cheese Bars



2/\$8

5-10.75 oz. Selected
Smartfood or Doritos Snacks



\$4⁹⁹

9-12 oz. Selected
New England Coffee



89¢

14.5-15.25 oz. Selected
Food Club Canned Vegetables



\$10⁹⁹

6 Huge Rolls
Simply Done Ultra Paper Towels



5/\$5

4.5-5.3 oz. Selected
Chobani Greek Yogurt



99¢

10 oz. Selected
*Excludes California Blend
Food Club Steamin' Easy Vegetables



\$9⁹⁹

12 Mega Rolls
Simply Done Bath Tissue



Grocery

12-16 oz. Selected
Prince Pasta

4/\$5

7.25 oz. Dinner
Food Club Mac & Cheese



5.25-10 oz. Selected
*Excludes Long Grain & Wild Rice and Quinoa
Near East Side Dishes

2/\$3



15 oz. Selected
Wish-Bone Dressing

2/\$5

30 oz.
Miracle Whip

\$4⁹⁹



Food Club- 12 oz.
Crisp Rice Cereal..... **OWN BRAND \$1⁹⁹**

Hunt's- 6 oz. Selected
Tomato Paste.....

Food Club- 18.7 oz.
Raisin Bran Cereal..... **OWN BRAND \$2⁵⁹**

Dinty Moore- 15 oz.
Beef Stew.....

Food Club- 23.9-24 oz. Selected
Pasta Sauce..... **OWN BRAND \$1⁸⁹**

Maruchan- 3 oz. Selected
Ramen Noodle Soup.....

Hunt's- 14.5 oz. Selected
Canned Tomatoes..... **\$1⁸⁹**

Heinz- 38 oz. Squeeze
Ketchup.....

Snacks

16 oz. Selected
Chi-Chi's Salsa

2/\$4

11.5-12.5 oz. Fudgy Cover
Graham Cookies or
Crav'n Flavor Fudgy Striped Shortbread Cookies



16 oz. Selected
Planters Peanuts

2/\$5



7.5-8.5 oz. Selected
Frito Lay Simply Snacks


2/\$8



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OWN BRAND



79¢

13.28-17.5 oz. Selected **Chi-Chi's Tortillas**

2/\$5

19 oz. Selected **Progresso Canned Beans**



2/\$3

16-32 oz. Selected **vlasic Pickles**



2/\$5



\$1.19 Sweet Baby Ray's or Sticky Fingers Smokehouse-
16-18.5 oz. Selected **Sauce and Marinade**..... **\$2.99**

2/\$4 Sweet Baby Ray's- 28 oz. Selected **Barbecue Sauce**..... **\$2.99**

3/\$1 Teddie- 16 oz. Selected *Excludes Organic **Peanut Butter**..... **\$3.49**

\$4.99 Simply Done- 19.4 oz. Selected **Dish Soap**..... **OWN BRAND \$2.29**

OWN BRAND



2/\$4

8.5-12 oz. Fudgy Striped Caramel Coconut or Selected *Excludes Fudgy Covered Graham & Fudgy Striped Shortbread **Crav'n Flavor Fudgy Covered Cookies**


2/\$5

8-10.3 oz. Selected Cashew Halves & Pieces or **Planters Mixed Nuts with Peanuts**



\$4.49

9.38-18.13 oz. Selected **Frito Lay Variety Snacks**



\$9.99

Drinks



Half Liter Bottles, 28 Pack **Pure Life Water**

\$4.99
+Dep where app.



12 oz. Cans, 8 Pack, Selected **La Croix Sparkling Water**

2/\$7
+Dep where app.



Liter Bottle Selected **Poland Spring Sparkling Water**

\$1.19
+Dep where app.

Specialty



18 oz. **Smithfield James River Barbecue Sauce**

\$3.99



12 oz. Clover **McLure's Honey Bear**

\$3.99



6.7-7.33 oz. Selected Bagel, Thins or **Stacy's Pita Chips**

\$3.49

Dairy & Frozen



64 oz. Selected **Blue Diamond Almond Breeze Almondmilk**

\$3.29



7-11 oz. Selected Sauce or **Giovanni Rana Stuffed Pasta**

\$4.49

OWN BRAND



28.2-32.7 oz. Selected **Crav'n Flavor Pizza**

\$5.99



48 oz. Selected Frozen Yogurt or **Hood Ice Cream**

\$3.99

OWN BRAND



30-42 oz. Selected **Crav'n Flavor Frozen Novelties**

\$3.99

OWN BRAND



18-30 oz. Orange Creamsicle or **Crav'n Flavor Strawberry Shortcake Bar**

\$2.99

38-40 oz. Selected Signature Meal Kits or **Giovanni Rana Lasagna**



\$11.99

9 oz. Selected **Giovanni Rana Fresh Cut Pasta**



\$1.79

22 oz. Selected **Kozy Shack Pudding**



\$2.99

25-28 oz. Selected **On-Cor Entrees**



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Harold Martin Elementary School to host “Camp Invention”

Camp Invention®, a nationally recognized, non-profit summer enrichment program, is coming to Harold Martin Elementary School the week of July 29 - August 2, 2024.

A program of the National Inventors Hall of Fame® in partnership with the United States Patent and Trademark Office, Camp Invention challenges children in grades K-6 to tap into their natural curiosity and use their creativity to solve problems. Through hands-on activities, Camp Invention promotes STEM (science, technology, engineering and mathematics) learning; builds confidence, leadership, perseverance and resourcefulness; and encourages entrepreneurship - all in a fun and engaging environment.

Each year, the program features a new curriculum inspired by some of our nation’s most world-changing inventors - the National Inventors Hall of Fame Inductees. This year’s Illuminate program encourages children to be confident in their ideas and explore their innovativeness through hands-on activities including:

Let’s Glow™: Creativity radiates as campers uncover the science of light through illuminating inven-

tions and glowing animals.

Prototyping Studio™: Children star as contestants on a game show where they mold, shape and transform their ideas into amazing inventions.

In the Game™: As campers create their own light-up game board, they team up to tackle athletics, design, business and invention

Operation: HydroDrop™: Children embark on a global operation to help solve water challenges around the world.

“Camp Invention opened up a whole new creative world for my daughter,” said the parent of a 2023 Camp Invention camper. “Now she looks around for things she can use to build new things, and she uses a creative thought process to figure out how to build it! She’s already looking forward to Camp Invention in 2024.”

All local Camp Invention programs are facilitated and taught by qualified educators who reside and teach in the community. Camp Invention serves 122,000 students every year and partners with more than 2,500 schools and districts across the nation. For more information or to register, visit invent.org/camp.

Eversource crews work around the clock to restore power

After replacing three broken poles on Davison Road in Henniker, Eversource crews make final repairs to restore power to 686 customers. Replacing a broken pole is labor-intensive work that can take up to 12 hours to complete depending on the dam-

age, and typically requires a digger truck and several lineworkers. On Davison Road, crews discovered that a ledge truck was also required for the job. Since the storm started, Eversource crews have been working to replace more than 100 broken poles across the state.



Sarah Locke of Henniker.

Henniker woman launches “Climb the Peak for MS”

Have you heard of the Climb the Peak for MS event?! It's happening June 9th 2024, 9 a.m. til 12 p.m. at Pats Peak in Henniker NH. It was founded and is organized by a Henniker resident, Sarah Locke, who was diagnosed in 2019 with Multiple Sclerosis.

Sarah solely created the idea of Climb the Peak for MS event using the Walk MS: Your Way campaign that the NMSS offers and with the help of amazing volunteers, last year was able to stand up her first, now annual, event and they raised \$16,000 that went directly to the National MS Society to help those with the disease and to fund a cure.

The goal of this event is to build awareness at a community level and bring residents and towns

together to create a family fun event for all levels of climbing and hiking to take an adventure together, get outside and raise money to help find a cure for Multiple Sclerosis. (Dogs on leashes are welcomed.)

She is bringing the event back for its second year and she's looking for bigger and bolder attendance. The event's goal is to raise \$20,000 this year. The event has a live raffle, DJ and a fun atmosphere. The amazing raffle items are donated by local and small business owners. You can sign up and / or donate to the event using this link <https://events.nationalmssociety.org/index.cfm?fuseaction=donordrive.team&teamID=54079> or directly contacting Sarah at sarah@sjlocke.com.

Weare Lt. Col. receives only a reprimand for sexual harassment

Mark Patterson of Weare, the New Hampshire National Guard lieutenant colonel who pleaded guilty to charges of assault and sexual harassment at a court martial in Texas received a sentence of reprimand — an outcome that will likely stop his advancement without severing him from the military.

In January, at a special court martial in San Antonio as part of a plea deal, Lt. Col. Mark Patterson of Weare pleaded guilty to assault by battery and sexual harassment of a female subordinate, in addition to violations of general and written orders and conduct unbecoming an officer.

The charges are related to Patterson's actions between October 2022 and January 2023 while he was leading the 941st Military Police Battalion, headquartered in McAllen, Texas, as part of the National Guard's mission supporting Homeland Security at the southern border.

According to the court martial record, Patterson, while assigned to Joint Task Force-North supporting the U.S. Border Patrol in Texas, told a subordinate that he was aroused by thinking about her and asked that she “wear a beer garden babe outfit.” He sent her personal text messages, pictures of himself, and acted possessive, hugging and touching her shoulders and back and inviting her to dinner, his hotel room and to spend time with him outside of work, while shaming her if she didn't engage in personal activities with him. He made repeated sexual comments and gestures, and told her she should “dance like cheerleaders.” At one point, according to court records, he commented that she “looked like his ex-girlfriend and his ex-girlfriend committed suicide.” At the court martial, Patterson also pleaded guilty to wrongfully engaging in conduct unbecoming an officer for showing photos that were sexual in nature to his subordinates.



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EXTEND YOUR LIVING SPACE OUTDOORS WITH A PERGOLA: PART II



By: Joyce Bosse

Cook up a designated zone for dining al fresco

If your home's layout is limiting the number of guests you can entertain, consider bringing activities that are traditionally done indoors to the backyard. For example, a pergola can help define a designated zone for cooking and dining, complete with a full-size outdoor kitchen or bar. And with the right building materials, there's no need to worry about what effect these types of activities might have on your backyard structure.

Create a relaxing backyard getaway

Designing spaces that promote health and well-being are more popular than ever, which makes sense given the events of the last few years. If it's difficult to find time for yourself within the walls of your home, use a pergola to create a backyard getaway that invites rest.

Typically, freestanding pergolas can be assembled across any type of outdoor surface, so consider installing it in a secluded corner of your property for moments of meditation. Because they can be configured in different ways to accommodate your design vision, there's no need to disturb your garden or landscaping during the install process. Create a peaceful sanctuary next to a pool or water feature to enjoy the sound of moving water during an at-home yoga session — or a nap. Complete your restorative backyard getaway with outdoor lighting for ambiance on a summer night.

A pergola can improve the usability of your home. The freestanding structure can become a designated space for heads-down concentration, outdoor dining and relaxation — take your pick. Whatever its function, it will surely add one-of-a-kind personality to your home's outdoor living space.

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Hillsborough Railroad Trestle

Hillsborough's History is coming Alive in June this year

Have you heard about History Alive this year? Do you know the river that runs through our town? Do you remember the trains that used to come through our town daily?

After the successful, but exhausting three sites at once during our 250th celebratory year, we decided to continue Jones Road every year the third weekend in August and to hold Kemp Park and Hillsborough Center sites in early June on alternate years so that students from the local schools can come on a

field trip.

This year, we will have History Alive at Kemp Park on June 7 and 8. On Friday we have 150 students from Hillsboro-Deering Middle School coming on Friday morning, and in the afternoon we are open to home schoolers. Then on Saturday we are open to the public.

Check out our poster and our website at: <https://historicalivenh.org> for the exciting events being offered this year!

Colby-Sawyer College announces Commencement Honors

Colby-Sawyer College has announced the names of two individuals who will be honored at the college's 186th Commencement ceremony on May 4, 2024.

Colby-Sawyer Trustee Deborah L. Coffin '76 will be awarded the Susan Colgate Cleveland Medal for Distinguished Service. The Jack Jensen Award for Excellence in Teaching will be presented to School of Nursing & Health Sciences Associate Professor Ann Fournier.

Coffin, a resident of Sunapee, New Hampshire, will receive the Susan Colgate Cleveland Medal for Distinguished Service, the college's highest honor, which is presented to individuals who exemplify former trustee Susan Colgate Cleveland's attributes, ensuring that her work, dedication and influence will be remembered by future generations. Associate Professor Ann Fournier will receive the Jack Jensen Award for Excellence in Teaching, the college's highest teaching award. It honors a teacher who communicates high expectations and encourages intellectual curiosity within and across disciplines; respects diverse talents and ways of learning and uses variety in instruction; and engages students and inspires

them to do their best work. As the recipient of the Jensen award, Fournier will deliver the Commencement address in May.

Fournier holds a PhD in nursing from Rutgers University, an MS in health care administration from New England College and an MSN with a specialty in acute care from Massachusetts General Hospital Institute of Health Professions. She also holds a BA in French/Spanish from Saint Anselm College. She has been teaching in the classroom and clinical settings for a variety of programs at both the graduate and undergraduate levels for more than a decade. She joined the Colby-Sawyer faculty as an assistant professor in 2019 and serves on the Wesson Honors Advisory Group committee at the college. She also helped plan and lead last year's Spring Break Alternative (SBA) trip to Tennessee, where students assisted with a Habitat for Humanity project.

Fournier is dedicated to student well-being and the nurturing of person-centered nurses, and she takes a particular interest in spirituality, holism and caring theory. She is also interested in the development and support of interdisciplinary courses.



Newbury Fire Rescue and Newbury Police responded to a car off the road on Route 103A near Shore Drive. The car was about 30 feet down the embankment and a heavy wrecker was required to pull the vehicle out. The driver was not injured. Firefighters had to divert traffic down Shore Drive as the wreckers had to block Route 103A in order to remove the car, (left photo). New London Firefighters were busy responding to a multitude of emergencies throughout last weekend's storm, (right photo).

Newport's 96 unit senior housing project needs variances

On March 19th, the Newport Planning Board approved the final design for North Newport Land Holdings' 96 unit senior housing project, but there are other factors that need to go before the Zoning Board before the project can move forward. According to Planning and Zoning Administrator Christina Donovan, variances are needed for the height of the structure being above 30 feet, and the rule zone doesn't

allow for multi-units.

North Newport Land Holdings bought the 15.54 acre parcel of land between the runway of Parlin Field Airport and Route 10 in 2021. Owner Doug Campbell partnered with President and CEO of Avanru Development Jack Franks to bring the project to life. Avanru Development is also developing the 42 units on Spring Street that is nearly complete.

New Boston among hardest hit communities in recent storm

Saturday's storm left many in one New Hampshire town without power, and many roads closed. One of the hardest hit communities was New Boston. Eversource reported that as of Monday morning, more than 68% of customers in town still did not have power.

Officials in New Boston said the town has not seen this many outages since 2007 when the big ice storm hit.

The assistant New Boston fire chief said about 20 roads were closed due to power lines or trees across

them, with another 20 to 30 locations around town with damage. The message from community leaders was to check on neighbors, fire up the generators and be patient while crews work to restore power to everyone in the community. "You don't really know what you have until they get folks out to survey the lines. We had a major issue on the junction there, but when they go fix that, they have to go down the road, see all the trees down, wires down, so it could be an extended period of time," said Dan McDonald, director of New Boston Emergency Management.

Fracestown celebrates Women's History Month

To celebrate Women's History Month and International Women's Day, more than 100 people attended Fracestown Recreation Commission's 1st dinner honoring the women of Fracestown.

Tables were decorated with a portrait of a "trail-blazing woman" from history, as Bob Bitterli and his all-male crew served an elegant four-course meal.

Ted Graham made the beef bourguignon, and Steve Griffin and Chuck Bohnsack made the chicken marsala. Ari Levine made salmon, Stewart Brock the vegetarian pierogies and Greg Neilley the potatoes au gratin. Other volunteer cooks included Brooks Place, Sam Feinberg, J.P. Stohrer, Kevin Pobst, Ron Cheney, Brian Carroll and the Town Administrator.

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Around Our Towns



Since 2008, Henniker Area Rotarians have donated their time and labor to building schools, purifying water, and taking care of the medical and dental health of a community of Hondurans who otherwise cannot access these services. "Amigos de Honduras" just completed its 24th week of "Service above Self," building a new school classroom, providing a school uniform and backpack to 75 children, and treating 634 medical patients and 182 dental patients. Thank you Nicole Lang & Steve Neuhoff for representing The Rotary Club of Henniker.



The Masons of Harmony Lodge #38 installed officers for 2024. Front Row: Sr. Warden Robert Anderson, Master Stephen Fogelsom, Jr. Warden John Hatfield, Secretary Malcom Butler. Second Row: Sr. Deacon Wyatt Gould, Treasurer Lawrence Gaskell, Chaplain Maurice Davison, Marshal Roger Neese.

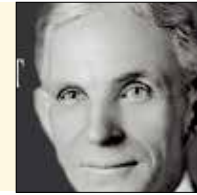


Peter Martel (L) of American Legion Post 50 Antrim, received a 60 years of continuous membership certificate from Commander Stephen Roy (R). Peter served as the Post 50 Commander in 1965. He now resides at the NH Veterans Home in Tilton, (left photo). The Kearsarge Food Hub (KFH) family is celebrating France Hahn as a recipient of the 2024 Union Leader's 40 Under Forty award, recognizing young leaders making a difference in NH. France is a Co-Founder and Co-Executive Director of the Food Hub, and she's been instrumental in leading the way in building it from the ground up since day one, (right photo).



Whether you think you can, or think you can't - you're right.

~ Henry Ford



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Obituaries: Friends & Neighbors Remembered

David L. Steffen

GOFFSTOWN - David L. Steffen, 43, of Goffstown passed away on Monday, March 11th at Catholic Medical Center surrounded by loved ones. David was born on June 27th, 1980, in Manchester. David was predeceased by his maternal grandparents; his cousin, Eric; and paternal uncle, Donald. He is survived by his wife, Sara Steffen, of 16 years; his three sons, Bradley Steffen (24), Noah Steffen (14),



Micah Steffen (12); his sister, Lisa Watson (Steffen); brother-in-law, Matt Watson; and his nieces and nephews, Kayla Watson, Alex Watson, Trista Voisine, Keegan Drake, Avarie Drake, and Grayden Drake. He is also survived by both parents, mother and father-in-law, many sisters- and brothers-in-law, and many aunts, uncles, and cousins. In lieu of flowers, make donations to <https://mission22.com/?campaign=473246>. A memorial gathering was held on Thursday, March 21st at the Cremation Society of New Hampshire, 243 Hanover Street, Manchester, New Hampshire. A memorial service was held on Friday, March 22nd at Sainte Marie's Roman Catholic Church, 378 Notre Dame Ave, Manchester, New Hampshire.

Wayne Henrey Elliott

ANTRIM - Wayne Henrey Elliott was born in Antrim, NH on February 4, 1935 to William "Dewey" and Doris L. (Barnett) Elliott. Wayne ended his journey at the age of 89 surrounded by family in his home on March 18, 2024. Wayne was predeceased by his wife of 63 years, Shirley L. (Blanchette) Elliott in September 6, 2020. Wayne is survived by his 2 brothers, Charles B. Elliott of Antrim, NH and Carroll



D. Elliott of Cypress, TX; his 2 sisters, Doris "Ann" Edwards of Antrim, NH and Joyce C. Dunlap of Honea Path, SC. He leaves behind his three daughters, Pamela A. Spalding and husband, Kevin Spalding of Washington, NH, Kathleen A. Mackey of Antrim, NH, and Vicky L. Boyer and husband, Rene Boyer of Windsor, NH; six grandchildren, Mark W. Giglio and wife, Aleisha Giglio of Newport, NH, Charlie Spalding of Hillsboro, NH, Mathew J. Mackey and wife, Lee-Anne Mackey of Hillsboro, NH, Timothy Giglio and wife, Tammy Giglio of Washington, NH, David W. Mackey and fiancé, Michelle Wilson of Henniker, NH, Sarah Wilder and husband, Ben Wilder of Stoddard, NH, Andrew Chandler and wife, Mariah Chandler of Windsor, NH; 14 great-grandchildren and 3 great-great-grandchildren. At Wayne's Request there will be no Services. A Celebration of Life will be held at a later date at the discretion of the family. Donations can be sent to Antrim Fire and Rescue.

Jim W. Griswold Jr

BENNINGTON - Jim Griswold Jr, 70, of Bennington, passed away on March 17th, 2024, surrounded by the comfort of family. Fondly known as Griz, Jim was a



lifelong resident of Bennington and was born on July 20th, 1953, in Peterborough, NH, to Jim and Betty Griswold. He is preceded in death by his mother, Betty, father, Jim, and his brothers, Buzz and Steve. Jim is survived by his beloved wife, Kathy Griswold, his son Jim and wife Shelley Griswold, son

Scott and wife Liz Griswold, along with their children Cadence and Eivin, daughter Tina and husband Josh Rochford, and their children Angela and Dylan. He is also survived by three stepdaughters: Katrina and husband Dan Rollins, Felicity and husband Chad Dachel, Riana Bosk and partner Cody Cadorette, and their child Eric. Jim is fondly remembered by his siblings Bob, Jill, Shelley, and Vicki. At Jim's request there will be no services. A celebration of life will be held at a later date at the discretion of his family.

Bonnie Lee Pratt

CONTOOCOOK - Bonnie Lee (Bent) Pratt of Contoocook passed away peacefully on March 14, 2024, at



Granite VNA Hospice House surrounded by her family and friends. She was 82 years young. She is survived by her children, Keith R. Pratt of Contoocook, Sheryl L Meeker of Contoocook, Kristine F. Blanchette and her husband Herm of Warner and her 4 grandchildren, Zachary, Taylor, Brynna

and Ethan. Bonnie was born March 1, 1942 in Boston, MA. A memorial service will be held on Sunday, April 28, 2024 beginning at 11:00 a.m. at the Slusser Senior Center, 164 Houston Drive, Contoocook, NH. In lieu of flowers, we ask that any donations be made to the Granite VNA Hospice House.

Sean Powers

Born 3/29/1984

Killed tragically on August 14, 2008

Our hearts broke that traumatic day!
We so love you & miss you.

Happy Heavenly
40th Birthday

Lovingly,
Your Family



Semper Fidelis (always faithful)
and You Were Sean!

Events: Community Bulletin Board

FRIDAY MARCH 29

CAL RIPKEN BASEBALL: The Minors division for ages 9 and 10 and Majors division for ages 11 and 12 are closed, but Greenfield's Cal Ripken Baseball program is still accepting registration for the T-ball (ages 5 and 6) and Rookie (ages 7 and 8) divisions until April 1. The fee is \$45, and boys and girls have to be the required ages as of April 30. To register, contact Liz Griswold at 603-831-3669.

CAMP MANAHAN: Registration is now open as well as swim lessons. Please give us a call at 603-680-4401 or email ysdirector@hillsboroughnh.net.

GOOD FRIDAY: 3:00pm procession with a cross from the Hillsboro Methodist Church to Smith Memorial Church for a worship service on the 7 Last Words of Christ at 3:15pm.

SATURDAY MARCH 30

SEEDY SATURDAY: (from March 23) at Fuller Public Library will be Seed Starting with Robin, 10:00-11:00am.

EASTER EGG HUNT: Announcing the Second Annual Greenfield Easter Egg Hunt at 9:00am. The event will take place at Oak Park. This family-friendly event is free and open to the public to participate. Oak Park is a carry in/carry out facility. Shannon Billodeau of The Lakeview Conservatory will bring a live bunny for attendees to see and visit with.

EASTER COOKIE WALK: 9:30-12:30pm at Upton-Chandler House Museum in Warner.

WINTER ARTS FOR KIDS: Whipple Hall, New London. Free. 9:00am. Springtime themed Arts & Crafts. Create one-of-a-kind, Spring-inspired arts & crafts before, after, and during the NL Town Rec's Easter Egg Hunt. Supplies and snack provided. All ages. Family-focused.

HILLSBORO AMERICAN LEGION CHILI COOKOFF

COMPETITION: 1:00pm. \$5 to enter, \$5 to judge, 50% to winner, 50% to Children's Scholarship Fund.

RABIES CLINIC: 12:00pm-2:00pm Bessie Rowell Community Center, Franklin. All dogs must be on a leash, all cats must be in carrier. \$15/dog or cat.

EGGSTRAVAGANZA: 9:00-11:00am Whipple Hall. Free art activities - bake sale - Easter egg hunt 10:00-10:30am on Town Green. Sponsored by New London Rec Dept. Easter egg hunt: 9:00am Greenfield Oak Park.

SUNDAY MARCH 31

SUNRISE SERVICE: The traditional community Easter sunrise service is at Intrepid Farm on Center Road (near Fox Forest) at 6:00am.

EASTER WORSHIP: at Smith Memorial Church, 30 West Main St, Hillsboro, begins at 10:30am and is followed by a special Easter egg hunt for the children.

TUESDAY APRIL 2:

HOW TO'S DAY: at Fuller Public Library. Sourdough Starter, 1:00pm or 6:00pm, just a few spots left, RSVP 603-464-3595. You will need a pint sized glass jar with lid to bring home your own starter, you will also taste baked goods made with sourdough.

ANTRIM AMERICAN LEGION POST 50: will hold their monthly meeting at 7:30pm at the Post Home, 7 West St. All members, veterans, and guests are wel-

come to attend.

THURSDAY APRIL 4

WHY WARNER: Join the Warner Historical Society for this opportunity to share individual stories of how and why we came to live in Warner. Free and open to the public.

FRIDAY APRIL 5

FIRST FRIDAYS: Newbury Community Room, Newbury Town Offices Free and Open to the Public Poetry Night - 2024 Poetry Contest Winners Enjoy an evening of poetry as this year's winners read their selection, and hear from this year's contest judge, Ewa Chrusciel.

SATURDAY APRIL 6

INDOOR FLEA MARKET AND CRAFT SALE: to benefit Pillsbury Public Library, 9:00am - 2:00pm at Warner Town Hall. Free admission.

REBECCA RULE: at 2:00pm, at the Deering Town Hall. The library will host a program from New Hampshire Humanities; "That Reminds Me of a Story". New Hampshire author and humorist Rebecca Rule will relate a collection of stories of New Hampshire. These stories hold our history and speak to us of community. Audience members may be asked to contribute a few stories of their own. Please join us for this special program, which is free to everyone.

CITY-SPIRIT EVENT: sponsored by the Dept. of Justice, is a unique opportunity for individual residents and other stakeholders in Franklin to identify what THEY think the city is doing well, what needs improvement, and what can be done about it. The day-long event at the Bessie Rowell Center is FREE (lunch included), but folks do need to register. Call City offices.

LINE DANCE LESSONS: Hillsborough American Legion ages 16+ 4:00pm - 7:00pm ; 21+ 7:00pm - 9:00pm. \$10 proceeds fund scholarships for community youth.

MONDAY APRIL 8

SOLAR ECLIPSE: viewing party at Fuller Public Library. Join us to view the solar eclipse between the hours of 3:15pm and 3:45pm. In Hillsboro we will not see a full eclipse. We will have safety glasses to give out. Don't want to stay for the whole time? Stop in for a free pair of glasses.

POETRY READING: with Ewa Chrusciel at Newbury Veterans Hall, 7:00pm. Free and Open to the Public. Enjoy an evening of poetry read by Ewa Chrusciel, distinguished poet, author, professor the judge of this year's contest. Presented by the Newbury Public Library and the John Hay Literary Society.

TUESDAY APRIL 9

LOCAL AUTHOR: Please join Colonel (Retired) Jim Creighton at 6:30pm as he discusses his book, Coalition Leadership, just published by the Marine Corps University Press. Jim, State Representative for Hillsborough County District 30, will discuss leadership lessons learned while commanding a 3000 member NATO combat brigade in Afghanistan from 2010 - 2011. Jim's goal is to help educate future leaders to improve their effectiveness in the future.

SOME DENTAL HISTORIC FACTS



Dr. Esin Narli

Q: When did the practice of dentistry begin?

A: That's a little hard to pin down, but here are some dates that are accepted:

A Sumerian text dating to around 5000 B.C. refers to "tooth worms" as the cause of dental decay. In 2600 B.C., a fan wrote on the tomb of Egyptian writer Hesy-Re, "the greatest of those who deal with teeth." Aristotle and Hippocrates, he of the Hippocratic oath, wrote about the pattern in which teeth erupt. They also wrote about treating decayed teeth and pulling teeth.

By 166 A.D., the Etruscans were using gold crowns and fixed bridge-work. In Germany in 1530, the first book devoted entirely to the practice of dentistry was published. Pierre Fauchard, a French surgeon who is credited as being the father of modern dentistry, in 1723 published "The Surgeon Dentist, A Treatise on Teeth." Between 1768 and 1770, Revolutionary patriot and silversmith Paul Revere, he of the Midnight Ride, ran ads in Boston offering his services as a dentist.

In 1825, Samuel Stockton began the commercial manufacture of porcelain teeth. 1840 marked the opening of the Baltimore College of Dental Surgery, the world's first dental school. It was there that the degree, Doctor of Dental Surgery, DDS, originated. In 1938 the nylon toothbrush - the first one to have synthetic bristles - came on the market. Next time you're in the chair, why not quiz your dentist on some dental history trivia?

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TAKE YOUR MEDICINE



BY SARAH CHAPIN

A growing body of evidence is showing that the healthy gut microbiome — a community of microorganisms that live together in the gut — influences many aspects of human growth and development, especially during adolescence. While there are many physiologic changes during this time, one of the most outward facing, and sometimes distressing, is the development of acne. Most individuals treat their acne with topical therapies; however, around 25% of adolescents require systemic antibiotics, such as minocycline, to help to alleviate symptoms and clear up the skin. These systemic antibiotic treatments often require long-term use — sometimes up to two years. Importantly, the effects of such long-term use of antibiotics during adolescence are unclear. Researchers show in work published online in *The American Journal of Pathology* that the makeup of the gut microbiome influences the accumulation of central (abdominal) fat, called adiposity. Disruptions in the microbiome resulting from long-term antibiotic therapy during adolescence dysregulated the expression of genes involved in lipid metabolism within the liver, causing increased accumulation of fat.

Long COVID risk has been found to increase with low levels of vitamin D, according to research presented at the 25th European Congress of Endocrinology.

A six-month study of healthy older men demonstrated that daily multi-vitamin/multimineral supplementation with a Centrum Silver supplement had a positive effect on key nutrition biomarkers. The research also showed that the changes in nutrition status could have direct connections to cellular function, measured by the oxygen consumption of the study participants' blood cells. The findings, published in the journal *Nutrients*, suggest that supplementation may be a key tool to help people stay healthier as they age.

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and be 5 yrs. old on or before 9/30/2024.**

Register Online at [https://www.hdsd.org/site/
Default.aspx?PageID=6116](https://www.hdsd.org/site/Default.aspx?PageID=6116)

After registering your child, please sign up for a
**Kindergarten Screening time at [https://www.hdsd.org/
site/Default.aspx?PageID=6116](https://www.hdsd.org/site/Default.aspx?PageID=6116) to be held at Hillsboro-
Deering Elementary School on June 11th and 13th**

**Kindergarten Parent Information Night
will be on May 29th at 5:30pm**

TOWN OF HENNIKER PLANNING BOARD NOTICE OF PUBLIC HEARING April 10, 2024

The Town of Henniker Planning Board will hold a **public hearing
on April 10, 2024, at 6:00 PM at the Community Center,
57 Main Street**, to discuss the following:

- PBCase: 2024- 01 Proposed subdivision of an existing 19.58 acre lot into three frontage lots, Foster Hill Road, Map 6 Lot 278B, Applicant/Owner Wood Hill, LLC. **Application Acceptance & Public Hearing.**

Copies of all materials are available for review on the Town of Henniker's website, April 10, 2024, Planning Board meeting link as well as in person at Town Hall.

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Town of Hillsborough NH LEGAL/PUBLIC NOTICE

Zoning Board of Adjustment • Case No. 2024-04

Notice is hereby given in accordance with RSA 676:7 that the Hillsborough Zoning Board of Adjustment will hold a Public Hearing on a Special Exception submitted by Chris Knight of Knight Brothers Development LLC. to allow the development of two buildings with four residential units in each. The property is located at 57 School Street (Map 24 Lot 21 in the Village Residential District.

The Public Hearing for this application will be presented to the Hillsborough Zoning Board of Adjustment Monday, April 8, 2024, at 7:00 p.m. at the Hillsborough Town Office Meeting Room at 27 School Street, Hillsborough, New Hampshire

Please contact Planning Director Robyn Payson at 603-464-7971 or e-mail robyn@hillsboroughnh.net with any questions regarding this application.

HILLSBORO-DEERING SCHOOL DISTRICT INTEGRATED PRESCHOOL

The Hillsboro-Deering School District is accepting applications for anticipated preschool openings for the 2024-2025 school year. The program is available to children who will reach the age of 3 or 4 by September 30, 2024 and are a resident of Hillsboro, Deering, or Windsor. Apply at <https://hdsd.powerschool.com/public/>

For additional information please contact
Robin Whitney, Principal, at (603) 464-1283
or rwhitney@hdsd.org

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Assorted colors. Steel frame, crank tilt, polyester fabric. 8389066, 8353997, 8403610, 8353898, 8389108, 8353856, 8389033, 8354185, 8353823
9' Solar LED Umbrella, 8462418, 8462392, 8462384, 8462434...SALE \$69.99 each.



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\$289.00 **-\$90** ACE REWARDS EXCLUSIVE* **RED HOT BUY**

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DEWALT® 20V MAX Trimmer & Blower Combo Kit

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