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Valley Feature

What's Cooking? Josh Farrington and the art of cooking at the White Mountain Hotel

By Rachael Brown

Josh Farrington likes the heat of the kitchen. In fact, he has ever since he was a young child.

Growing up in northern Vermont and the Mt. Washington Valley, Farrington helped out on his grandparents' dairy farm and cooked with his mother, dad and grandmother. He says his parents had two different styles of cooking.

Perhaps it was the early experience that led Farrington to a career in the kitchen, earning him the American Culinary Federation's White Mountain Chapter Chef of the Year Award this past May, and leading him to his current position as executive chef at the White Mountain Hotel and Resort situated on the 254-acre estate of Hale's Location.

Farrington talks about his career, his love for and the art of cooking.

"Ever since I was little, my favorite place was in the kitchen cooking with my grandmother. My mom is a good cook — my mom and dad are opposite cooks. Mom is a recipe cook, and Dad just throws things in a pot, adds stuff until it tastes good," says the affable Farrington, eldest of seven sons, five of whom are chefs.

"It goes way back — my mom mailed me a recipe from an aunt. Mom says my aunt and I used to make popovers together. I don't really remember that," he says with a smile.

What he does remember is how he fell in love with cooking.

"I have always worked in restaurants. I took culinary arts at St. Johnsbury Academy, and then started in the kitchen right after high school," says Farrington.

His first stint was at the Wildflowers Inn, Burke, Vt., where he began by washing dishes, doing prep work, moving on to the breakfast chef.

When head chef moved to Oregon, Farrington took that position.

"I stayed for nine years. At Wildflowers, I was all by myself. I then went down the street where a friend of mine was opening a restaurant," says Farrington.

Here, he ran the kitchen for a 120-seat restaurant—Wildflowers sat 40 — had 12 people working for him.

"It was a good experience to see the difference in restaurants," says Farrington, who eventually took a position in Burlington, Vt.

His next move was a project of a lifetime, he says.

"My same friend was opening a restaurant, the Black Bear Grille and Tavern, St. Johnsbury; he said he wouldn't do it unless I came back," explains Farrington.

The property needed a total gut job.

"It was a chef's dream in some ways. I sat with a tape measure, a catalogue in the proposed kitchen, drew what I wanted, where I wanted it and in a few weeks a tractor trailer pulled up with all the equipment," says Farrington.

At the Black Bear and Grille, Farrington was the general manager facing a new set of challenges in the casual pub atmosphere, which also boasts a 300-seat function room.

"I stood in one spot, and people came to me all day long. I didn't really cook — tried to, then something would fall apart and I had to bail on the kitchen guys [leave the kitchen], and I didn't like that," he said.

In his next position, he was back in the kitchen.

"I came here [Mt. Washington Valley] specifically for the job," says Farrington, whose father lives in the Valley and sent him a local help wanted ad for the position at the White Mountain Hotel.

"I applied for sous chef, and have been here since 2008," he



Rachael Brown

Josh Farrington, executive chef at the White Mountain Hotel and Resort and ACF White Mountain Chapter Chef of the Year 2012, loves what he does and says cooking is truly an art form.

adds.

Farrington held that position until Executive Chef, Brad Southwick left and Farrington was promoted. He has been executive chef for the past year.

Farrington takes his culinary skills to the kitchen, overseeing a staff of five, preparing for a 120-seat dining room in the 80-room hotel. He can feed as many as 200 people for dinner. The hotel, with a nine-hole golf course located at the base of White Horse Ledge, adjacent to Cathedral Ledge, serves breakfast, lunch- in season- and dinner nightly including a well-known seafood buffet on Friday evenings.

To serve his guests, Farrington uses his most important kitchen tool: his creativity.

"Though creativity may technically not be a tool, it is what I use; cooking is an art," says Farrington.

He credits his staff, too.

"This is the smallest staff I have had. They are incredibly talented," he adds.

So how does Farrington come up with menu items like Whiskey Maple Pork Tenderloin pan seared, finished in the oven and topped with candied maple bacon, or NH Apple Chicken, a grilled Statler breast topped with caramel apple glaze with a wedge of cheddar cheese?

It's all in the pictures.

"I look at pictures of food. I see a photo I may like. I don't read the recipe. I make it up by looking at the pictures. It might be a picture of chicken. I will think perhaps this will taste good with pork or veal.

Food is a very artistic thought," he says.

He shops unconventionally, too.

"I go to the grocery store and shop backwards, get meat or poultry first, then go to produce and build. I go to make it, and it comes out differently," he adds.

Farrington changes the menu at the hotel seasonally, and tries to source as many items as he can locally.

It is the joy of cooking that truly inspires him.

"Cooking is a people pleasing aspect. I get enjoyment of watching people like my food. I really enjoy cooking. It is not often in life that you find a job you get paid for to do your art," he says.

For more information, visit: www.whitemountainhotel.com or call 356-7100.

On the Cover

Sugar on snow

Kate (last name withheld) of Brookfield watches her four year old daughter Emma, enjoy "sugar on snow," a seasonal treat of warm maple syrup mixed with fresh snow, at the Remick Country Doctor Museum & Farm in Tamworth during the Museum's annual Maple Sugaring event on March 9.

Photo by Dennis Coughlin

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Valley News



State Champs!

Courtesy

Above the Back Bay Squirt 1 Hockey team gather for a photo after winning the Squirt Tier 3 State Championship recently! Players on the Back Bay Team are from Carrol County-Wolfeboro, Tuftonboro, Conway and Bartlett. The team is heading to Gorham Maine next weekend to play in the USA Hockey New England Sectionals. There, the talented team will represent New Hampshire! Front row, l to r: Goalies Bobby Leblanc and T.J. O'Keefe. Second row, l to r: Connor Stanely, Hailey Fuller, Kara Luby, Elias Hastings, Cody Emerson, Colby Hall, and Drew Swinnerton. Third row, l to r: Nick Potenza, Reid Demain, Colby Clegg, Shane Bush, Kobi Lees, Logan McEvoy, and Logan Brown. Last row, l to r: coaches Head coach Brian Hastings, Tim O'Keefe, Scott lees, and Greg McEvoy.

MWVAA offers creative art workshops for children

NORTH CONWAY — Creative Art Workshops will be offered to children in grades two through eight by the Mt. Washington Valley Arts Association this spring, in their Downstairs Gallery at 16 Norcross Place.

On Saturday, March 23, Sue Fortier will lead a workshop in acrylic painting and drawing from 10 a.m. to noon. Sue is a "Friday Painter," as well as secretary of the MWVAA. Children will spend the morning painting and drawing, and will be able to take their completed work on canvas board home with them.

On April 6, from 10 a.m.-noon, JP Goodwin will offer a lively workshop in pastels and watercolor. JP, a well-known valley watercolorist, as well as Vice-President of the association, will take the children through the basics of watercolor and pastel. All supplies will be provided for both workshops.



Courtesy

Creative Art Workshops will be offered to children in grades two through eight by the Mt. Washington Valley Arts Association this spring, in their Downstairs Gallery at 16 Norcross Place.

Cost is \$20 for one or \$35 for both.

Classes will be limited in size, so pre-registration is required. To do so, please contact Laura at the MWVAA office at 356-2787, Wednesday-Friday, or email Laura@mwvarts.org.

The Mt. Washington Valley Arts Association is an independent, community focused, non-profit organization which exists to promote the study, appreciation, and display of the visual arts, particularly the art of the Mt. Washington Valley.

Olympian Justin Freeman of New Hampton defends title during "Ski to the Clouds" race

PINKHAM NOTCH — Defying the odds, gravity and a competitive field, Olympian Justin Freeman returned to the Mt. Washington Auto Road to defend his title in the 17th annual "Ski to the Clouds," presented by Maxiglide, and won for the fifth consecutive time with a time of just 45:01.

The top finishing female skier was Meredith Piotrow in 1:04:48. In the snowshoe division, veteran Mount Washington Road Race competitor Dave Dunham was the top male finisher in 1:00:07 and Bridget Ferrin-Smith was the top female, with a time of 1:13:39.

The Ski to the Clouds

event, presented by Maxiglide, thought by many to be North America's toughest winter 10km race, takes place each winter on the Northeast's highest peak and includes a climb of more than 2,200 vertical feet over the final 6km of the course.

"It's a great race on a great

JUSTIN, see pg. 4

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The MOUNTAIN EAR office is located at 24 Reporter Court in North Conway, New Hampshire. Please direct all correspondence to: the Mountain Ear, P.O. Box 1890, North Conway, N.H. 03860

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The Mountain Ear welcomes Letters to the Editor pertaining to local community issues. All correspondence should be signed, include a return address, and be addressed to P.O. Box 1890, North Conway, N.H. 03860. faxed to (603) 447-5474 or e-mailed to earnnews@salmonpress.com. All letters should be received prior to publication and be no longer than 300 words. The Mountain Ear reserves the right to edit letters for length and clarity and to not publish letters deemed unsuitable.

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Valley News

A full field registers for Mt. Washington Auto Road bicycle race

PINKHAM NOTCH — The Mt. Washington Auto Road Bicycle Hillclimb takes place in late summer, but as usual, the field for this all-uphill climb to the summit of the highest peak in the northeastern United States is already full.

Registration for the 2013 race opened on Feb. 1, and closed ten days later, as 635 cyclists – the maximum the Auto Road can accommodate – had taken every spot available at the starting line.

Anyone still hoping to pedal the 7.6 daunting miles up Mt. Washington on August 17 is invited to join the waiting list, from which the organizers will fill vacancies when any registered riders withdraw. The Tin Mountain Conservation Center, in Albany, the race's beneficiary, maintains this waiting list at <https://www.bikereg.com/Net/17625>.

Meanwhile, cyclists can also sign up for Newton's Revenge, the other summer bike race held on July 6 on exactly the same ultra-steep course. Registration for Newton's Revenge opens each year when the Hillclimb registration has reached capacity. The registration site is www.newtonrevenge.com.

The Mt. Washington Auto

Road Bicycle Hillclimb attracts Olympians, hardcore bicycle road racers, mountain bikers, triathletes, all-around adventure athletes, tandem teams, and even the occasional unicyclist. They pay \$350 apiece for the opportunity to ride up the Auto Road's 12 percent grade to the mountain's 6288-foot summit. For that fee they get a souvenir T-shirt, a superb lunch, a tax deduction, and the opportunity to make an ascent repeatedly described by professional riders as more arduous than the steepest climbs in the Tour de France.

The men's course record, 49 minutes 24 seconds, was set in 2002 by Tom Danielson – who became the first American finisher in the 2011 Tour de France. The women's record belongs to French cycling legend Jeannie Longo, who made the climb in 2000 in 58:14.

In 2006, the overwhelming demand for a chance to ride a bicycle to the Mt. Washington summit led the Auto Road management to create a second race on the identical course. Held this year on July 6, Newton's Revenge features many of the same professional and highly-ranked amateur cyclists who have ridden in the Hillclimb. In

2013, Cameron Cogburn of Cambridge, Mass., and Marti Shea of Marblehead, Mass., won the men's and women's top prizes in both races.

The size of the field for both the Hillclimb and Newton's Revenge is limited by the ability of the road crews and race officials to monitor the safety of all participants and by the number of vehicles that can be parked at the summit to bring cyclists back down the hill after the race. The Hillclimb is filled to capacity every year; Newton's Revenge typically draws between 250 and 350 riders.

The Hillclimb is the primary fund-raising event for the non-profit Tin Mountain Conservation Center, which offers classes, workshops, excursions and other lessons in the workings of the natural world. Junior riders – anyone under 20 years of age on race day – are eligible for free entry if they raise funds through donations to Tin Mountain in connection with their registration; four such riders are chosen each year. This year Tin Mountain is also introducing a raffle in which, for \$100 per ticket, the winner will get free annual entry to the Hillclimb for his or her lifetime.

For Newton's Revenge, the

entry fee is \$300, of which a portion is donated to various charities in the Mt. Washington Valley, while the rest defrays expenses similar to those in the Hillclimb. Riders who are already registered for the Hillclimb may enter Newton's Revenge for \$150.

Entrants in either race may also register for its practice ride. These are held on June 2, for Newton's Revenge, and July 21 for the Hillclimb, with riders beginning the ascent any time between 5 a.m. and 6 a.m. There is no additional fee for the practice ride, but the number of riders is limited to 300, and the ride is open only to riders who are already registered for the corresponding race. Registered participants will receive Practice Ride registration instructions via email.

The Mt. Washington Auto Road Bicycle Hillclimb and Newton's Revenge are two of 11 events in the Bike Up the Mountain Point Series, familiarly known as BUMPS. The series includes Mt. Ascutney in Vermont, Mt. Greylock in Massachusetts, Whiteface Mountain in New York State, and other uphill races. For further information, see www.hillclimbseries.com.

EORA donates to Kismet Rock Foundation

NORTH CONWAY — Kismet Rock Foundation is a non-profit summer school based in North Conway that teaches a comprehensive curriculum in technical rock climbing to children of social and financial poverty.

This curriculum is a vehicle through which nearly all aspects of a student's potential are developed. The Kismet students come from various communities in the Northeast including Bartlett, Gorham, Berlin, Manchester, Portland, Maine, Vermont and Boston,

Mass.

Kismet students develop athleticism, analytic skill, good judgment, focus, intuitive awareness, team awareness, relationship skills, patience, compassion, honesty, humility, and ethical behavior. Kismet students gain the skills and knowledge required to contribute positively to the world and increase their overall self-esteem. The

Kismet Rock Foundation is not a clinical program.

Because of the personal

nature of climbing relationships, students of various backgrounds quickly learn to reach across the boundaries of age, race and differing social experience.

The opportunity created between the EORA, Sky Ambitions and Kismet is perfect. Dave and Kristin Karl of both EORA and Sky Ambitions have been climbing friends of Kismet Founder, Mike Jewell for years. The relationship between the organizations is natural. Both Kismet and EORA are



Courtesy

Pictured, left to right, are Dave Karl - EORA sales rep and president of Sky Ambitions, Mike Lane - KISMET Rock Foundation Executive Director, and Michael Jewell - Kismet's founder and visionary.

Nonprofits, and Sky Ambitions services the equipment Kismet needs to allow the instruction of technical rock climbing to happen safely and effectively.

"As we head into our 13th year providing this wonderful program to today's youth, every dollar helps, along with the relationships we develop in the Mt. Washington Valley and the awareness we bring to this program have never been so important. Kismet is indebted to all the organizations who contribute to its success," said Mike Lane, Executive Director, Kismet Rock Foundation.

Justin, from pg. 3

course," observed winner Justin Freeman.

"It's quite something and very different to ski in winter on the same course we run each summer for the footrace," he said.

"While uphill cross country skiing is just beginning to catch on, now that we've got Nordic World Cup champions from the USA and an impressive Nordic team coming up there's a lot to look forward to," Freeman added.

There was a mass start of skiers at 10 am followed by a mass start of snowshoers 5

minutes later on race day. Conditions were just right, as there was no wind at halfway on the Auto Road.

"We were able to go to the intended finish line this year, rather than the shortened course which was necessitated by weather conditions in the past," explained Howie Wemyss, General Manager of the Mt. Washington Auto Road and Great Glen Trails Outdoor Center.

Cash prizes were awarded to the top finishers as follows:

MEN: 1st place \$250; 2nd place \$150; 3rd place

\$100

WOMEN: 1st place \$250; 2nd place \$150; 3rd place \$100

Top Male over 40: \$200
Top Female over 40: \$200
SNOWSHOE CATEGORY: 1st Place Men \$100
1st Place Women \$100

Sponsors for this year's event include: Maxiglide, Salomon, Hammer Nutrition, Vitamin Water, Dasani, Polartec and SKIDA. For more information call the Mt. Washington Auto Road at 466-3988 or access the full results and photos online at www.skitotheclouds.com.

Valley News / Critter Corner

100,000 Vertical Challenge raises record funds again for Make-A-Wish Foundation®

PINKHAM NOTCH — A total of 42 skiers and riders registered and accepted the challenge to conquer over 100,000 vertical feet in a single day on Monday, March 11 to benefit Make-A-Wish Foundation® of New Hampshire. Weather for the event was ideal for the field of male & female, young & old, and ski & snowboard participants to push themselves to complete the marathon alpine event.

This year's participants were able to collectively raise over \$133,000 in pledge donations to set a new event record high donation amount.

Loading the Wildcat Express high-speed summit quad chairlift at 7:30 a.m. to begin the 100,000 vertical foot

challenge (skiing or snowboarding a minimum 48 runs down the legendary Lynx trail), the majority of the largest field of participants that the event has ever seen were able to complete the personal challenge. More impressive, top fundraisers for this year's 100K Day were lead for a fourth year in a row by Kevin Elwood of Boxford, Mass. having raised over \$83,000. William Steward of Topsfield, Mass. was second top fundraiser, having submitted over \$7,000 in collected donations. And friends Derek Pelletier and Ryan Hill of Boxford, Mass. were very close in taking the third highest in collected donation amounts with both having raised just under \$7,000 each



Courtesy

A total of 42 skiers and riders registered and accepted the challenge to conquer over 100,000 vertical feet in a single day on Monday, March 11 to benefit Make-A-Wish Foundation® of New Hampshire.

for the event with Derek surpassing Ryan by only a small margin of total donations.

Wildcat Mountain has previously been recognized by

Make-A-Wish Foundation® of New Hampshire among its "Chris Greicius - Society of Strength" donor level. Now in its tenth year, the event has

now surpassed \$433,000 total and continues toward the next recognized Make-A-Wish Foundation® of New Hampshire donor level set at \$500,000. The annual event is unique to Wildcat Mountain coupling the accessibility and speed of the Wildcat Express high-speed, summit lift and the ski area's greater than 2,100 vertical foot drop.

Wildcat Mountain would like to thank all participants, donation supporters, volunteers, and recognize the generosity of those that helped to make the event possible providing in-kind support and top fundraising prizes including: Fischer Skis, Rossignol Skis, Bern Unlimited, Dakine, Boston Patagonia, Kelty, Coca-Cola Bottling Company of Northern New England, Attitash Mountain Resort and Wildcat Mountain.

The mission of the Make-A-Wish Foundation® of New Hampshire (www.newhampshire.wish.org) is to grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. It strives to provide children with the hope for better times, the strength for the tough times and the joy to experience the present. The Make-A-Wish Foundation® of New Hampshire is part of the nation's largest and most recognized wish-granting organization, with chapters and volunteers throughout the United States and the world.

Grand Opening for 1,000-mile "Ride the Wilds" trail system set on June 15

By Edith Tucker

STEWARTSTOWN — The likelihood that completing a 1,000-mile-long interconnected ATV trail system in Coös County — now branded "Ride The Wilds" — in time for summer riding is now so great that an all-day Grand Opening will be held on June 15 at Coleman State Park.

"We chose that day because we figure that even the system's remote trails at higher elevations will be dry enough to open up," explained Harry Brown of Stewartstown, president of the North Country OHRV Coalition that is co-sponsoring the celebration with the state Bureau of Trails.

New Hampshire Grand recently assisted the Coalition by facilitating a strategic messaging session with all the participants interested in working together for the success of an interconnected trail system. Each of the 15 ATV clubs represented by the Coalition is eligible to have one board member.

Common signage, easily accessible maps, a logo and website — and possibly mobile apps — are all on the docket as the Coalition's next steps.

Brown, who has been untiring in his efforts to connect the trail system so that ATV riders don't have to trailer their vehicles from one location to another, compares "connectivity" to opening up a new factory. "It's a new economic development driver that will help existing small businesses, like the Diamond Peaks Motel and Store on Route 26 in Colebrook, and spur new hospitality-oriented

enterprises to open up, from restaurants to rental and repair shops.

"It's all coming together," Brown explained in a Wednesday afternoon phone

interview. "Members of the OHRV Coalition believe that connecting up the trails will help bring riders from across the Northeast to the 7,500-acre Jericho Mountain State Park in Berlin as well as customers into downtown Colebrook and other North Country communities."

Many people — club members, boards of selectmen, the Coös county commissioners and delegation, state Bureau of Trails and personnel in other state DRED divisions — have worked hard to make this happen, Brown explained. He happily concluded, "The Grand Opening on June 15 will indeed be a grand day!"



Courtesy

Say hello to Squeaks

If the kitty has any black in their coat, their adoption fee is 50 percent off! Squeaks (above) says "we got 'em, come and get 'em!" Nightwing, Marga, Dude, Patches and many more deserving kitties are waiting for their forever homes! You can meet Squeaks and the other qualifying kitties at the Conway Area Humane Society!

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Valley Education

SAU9 Middle School Science Fair Weekly

Students at Josiah Bartlett and Kennett Middle School have been working on a science fair project as part of their curriculum. The science fair will be held on March 29 at Kennett Middle School, and the public is invited to attend. This science fair will help prepare students for the Mount Washington Valley Regional Science Fair on May 9 at the Tech Village.



Courtesy

Nicole LaRoche
Kennett Middle School
Eighth Grade, Team One,
Mr. Littlefield

The question I am trying to answer is "Does the age of a person affect their willingness to comply with a command that has consequences?" I have always found psychology interesting. When I heard about an experiment called the Milgram Experiment I had a hard time understanding what exactly it was all about. Ever since then, I have wanted to try my own version of this experiment to help me understand it better.

I am testing this question by asking people a series of moral dilemma questions. I have asked multiple people in many different age groups these

Nicole LaRoche tests Hunter Smith.

questions. To keep the testing fair and equitable I have randomized the order in which the questions are asked. My hypothesis is that age will have an effect on willingness to comply. I believe that a person's willingness to comply will decrease as there age increases.

The most challenging part of this process has been setting up the experiment. When I first developed this question I was not sure how I would be able to test it. In the Milgram Experiment the consequences included things like the participant getting shocked if they did not comply. I needed to come up with a way to test people without actually causing them

any harm. After doing some research and talking with my peers and Mr. Littlefield, I came up with a series of moral dilemma questions to ask people. It also took me a little while to figure out how to measure the results. While it has taken me longer than I thought it would to get the experiment going, everything is now going very well.

I am hoping that research like this can help us to better understand how the human brain works. This project may be proving more difficult than I first thought, but it is definitely worth it. Last year I was pressed for time and I did not enjoy my experiment. This year is a big

change, I am really enjoying doing my experiment and don't mind the work that it has required. It has been a very good process for me and it has taught me a lot about psychology and how I work with difficult situations.

Tyler Tessier
Kennett Middle School
Eighth Grade, Team One,
Mr. Littlefield

The question I am trying to answer is "Does the volume or the genre of music have a greater impact on your test results?" I am interested in this because many people say they like to study or do their homework while listening to music. I want to see if this helps or hurts their grade.

I am testing my question by having people take a math test while listening to different types and volumes of music. To ensure that I have enough data to accurately answer my question I am trying to test as many of my classmates as I can. I am also making sure that the tests are all the same difficulty level and none of the questions are repeated. Each participant will be tested once without music and again with two different

types of music, once at each volume level.

My hypothesis is that the volume of the music will have more of an impact on a person's performance than the genre. I think that louder music will cause lower test scores.

I have not run into any big challenges while working on this experiment. While I do need to test a large number of people to get enough data to answer my question, this has not been difficult because I have been able to test people in my science class. Testing people in my science class has made it very easy to get a lot of data. The only problem that I have run into with this experiment was determining how I was going to test people. Once I determined that I would use a math test I was able to start testing people and get the experiment going.

I am enjoying working on my science fair project this year. I like testing people and being the head of an investigation. I am hoping that I can determine if listening to music while studying is helpful or harmful. If I am able to figure this out I might be able help people study more effectively.

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- None
- 12.27-31.2013
1.18-19.2014
2.15-20.2014
- 12.27-31.2013
1.18-19.2014
2.15-20.2014
- 12.26-27 &
12.30-31.2013
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Valley Education

Healthcare scholarship applications now available

NORTH CONWAY — Applications are now available for Memorial Hospital's annual scholarship fund, including the \$1,000 Dr. G. Harold Shedd Memorial

Bridges, from pg. 7

port for the need to reach ALL learners. In addition to teaching University of Maine's graduate courses for the Center of the Study of At Risk Youth, Pender provides professional development workshops at local, state, and national conferences on the topics of behavior management, developing a sense of

Award and the VNS Kathleen Sheehan Memorial Award.

Affiliated with the local MWV Dollars for Scholars Chapter, the hospital's scholarship awards are designed to support those pursuing careers in health-related fields. The program specifically seeks to assist those students within the hospital's service area (towns served by SAU 9, SAU 13 and MSAD 72) who have already demonstrated the successful completion of part of a higher education degree. Adult learners returning to school, changing careers or seeking additional education are encouraged to apply. Students must be accepted into an accredited course of study in a

health-related field on at least a half-time basis, and demonstrate successful completion of some earlier portion of their program of study.

Candidates must submit completed application forms to the hospital's Human Resources office not later than May 15. Awards are based on scholastic ability, applicable work experience, essay, and demonstrated financial needs. Dollars for

Scholars is a national program that receives matching scholarship awards for students at participating colleges and universities. Applications and more information are available by contacting the Human Resources Department at Memorial Hospital, 356-5461, ext. 2384. An application can also be downloaded from the hospital's website, www.memorialhospitalnh.org.

Letters

Thanks to supporters of OLLI program at Granite State College

To the Editor:

The Conway area chapter of OLLI at Granite State College would like to thank all of the businesses who have supported our efforts this year: Flatbread Pizza, Hannafords, Shaws, White Birch Books, Woodworks (a division of Cormack Construction), Leavitt's Country Bakery, Soy Fire Candle, Toy Chest, Funkie Bubble, Surefine Supermarket, The Penguin, Local Grocer, Cool Jewels, Subway, and Valley Vision. These businesses have provided food, door prizes for our events, and general support for our classes in the Mt. Washington Valley.

I also want to thank all of our volunteer planning team, and particularly our past chair, Barbara Holmes; our new chairs, Laura Jawitz and Patti Rau; and our curriculum chair, John Peterson. It is through the work of these volunteers that we are able to offer 24 new classes starting mid-March. The membership-driven OLLI program welcomes any participant over the age of 50 to its classes, where there aren't any prerequisites or grades, but a genuine, widely held passion for learning. There are now 118 OLLIs in colleges and universities across the country, all of which celebrate a commitment to lifelong learning and "learning for the fun of it."

For further information about our classes, membership or how you can get involved, please pick up an OLLI catalogue at Granite State College, contact 513-1377 or see our website: www.oli.granite.edu.

Thanks again for all those who support our lifelong learning programs in the Valley.

Sincerely,
Betsy Gemmecke
Outgoing OLLI staff liaison

Thanks to all who made Cupcake Battle a success

To the Editor:

The Board of Directors of Mount Washington Valley Promotions would like to express their sincere thanks to the many people who made the Feb. 16 Cupcake Battle such a great success!

The biggest thanks, of course, goes to the amazing bakers who worked so hard to

create unique and delicious treats for our guests. Thanks also to Settler's Green for allowing us to use the beautiful space at Settler's Corner and to Crystal Geyser for donating water. And, finally, to all the people who attended the event, including Kendra

and John from Around the Valley.

We have just confirmed a sponsor for next year's event, so the prize money will be bigger and the competition more fierce...

Congratulations to all the winners, and we look forward to seeing what flavors you come up with next year.

Lisa DuFault
Executive Director
MWW Promotions

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Education / On the Rock Pile

By Mike Dorfman
Summit Intern

This week started off under the influence of a relatively stationary low in the Maritimes. With the low nudging slightly closer to shore Monday, a moist flow shrouded the summit in fog with snow totaling 2.6 inches. The low shifting eastward on Tuesday; however, several weak disturbances rotated in from the east as the low continued to exit, putting the summit in the fog with snow showers. A large center of low pressure approached New England Wednesday as it slowly travelled up the coast. As this area of low pressure lingered offshore, an easterly wind brought bands of precipitation and fog to the summit Wednesday through Friday. A ridge of high pressure began building into the area Friday afternoon and Saturday and

temperatures edged into the upper 20's by Saturday evening as a warmer air mass moved into the region. This ridge began to slide east of the summit, allowing overhead cloud cover to increase Sunday in front of a low pressure system.

Although this week's weather started off under the influence of a coastal storm that dropped over two feet of snow in the Boston area, it seemed as if finicky Mother Nature decided to spare outdoor enthusiasts this weekend. With a building ridge of high pressure, skies cleared, temperatures warmed and winds dropped off allowing the Rockpile to look more like a tanning salon than the site of the world's second highest land wind speed. It is important to remember that even with a spring-like feeling creeping into the valleys, win-



Courtesy

Rime ice on the stage office after six days in freezing fog.

UNH Cooperative Extension to host apple tree pruning workshop

FREEDOM — Join the University of New Hampshire Cooperative Extension for the 2013 Apple Pruning workshop on Saturday, April 6 from 10 a.m. – noon at Eleanor Jenkins', 381 Towle Hill Rd. in Freedom. Cost: free.

Learn about pest management, fertilizing, and other cultural practices.

Pre-registration is required. Please call Betty Lou at 447-3834 or email bettylou.canty@unh.edu for more information and/or to pre-register.

Used prom dress sale to be held March 30

NORTH CONWAY — The Fourth Annual Gently Used Prom Dress Sale, to benefit the Miss Mount Washington Valley Teen Scholarship Program, will take place on Saturday, March 30 at the North Conway Community Center.

Full length gowns are sold for \$15, and shorter formal dresses for only \$10. The timing of this sale makes it an ideal opportunity for young ladies to save money on their prom dresses and for not quite so young ladies to find the perfect dress for the Red Parka Pub's Senior Prom. The donated dresses cover all sizes, styles and colors. New donations are always gratefully accepted.

The money raised goes towards scholarships for contestants in the Miss Mount Washington Valley Teen Scholarship Program, which takes place this year on April 28. The program is designed to help young ladies learn interview, public speaking and poise while participating in the excitement generated by a pageant. It is open to

girls in grades seven through 12 who live in those towns whose students attend Kennett High School, Kingswood High School and Fryeburg Academy. In the past 24 years, more than \$30,000 in scholarship money has been awarded. Information on the pageant is available at <http://missmwwteen.webs.com>.

To learn more about the Gently Used Prom Dress Sale, or to donate gowns to the project, contact Elizabeth Estey at 662-5720.

WEATHER MT. WASHINGTON OBSERVATORY

Compiled by
Observatory Staff

Date	High	Low	Prec.	Snow
4-Mar	14	6	0.26	2.6
5-Mar	16	10	0.04	0.6
6-Mar	13	6	0.19*	2.4*
7-Mar	25	5	T	0.1
8-Mar	22	14	0.04	0.6
9-Mar	29	22	0.00	0.0
10-Mar	36	26	0.00	0.0

Peak Wind gust was on March 8th
from the E at 80 MPH
*Snowfall estimated

ter still has a strong grip in the mountains. A hike through beautiful, calm weather can quickly turn into a terrifying crawl through hurricane force winds with little visibility and bone-chilling cold. Be sure to check the higher summits forecast on the Mount Washington Observatory's Web site before you head into the mountains, and if you're

heading into avalanche terrain, visit www.MountWashingtonAvalancheCenter.org for an avalanche forecast for Huntington and Tuckerman Ravines.

For more information on the Mount Washington Observatory and our various overnight and day trip opportunities visit us at

www.MountWashington.org. Also feel free to stop by the North Conway, Weather Discovery Center on Main Street. Exhibits are free for the entire family, and at 11 a.m. and 2 p.m., you can connect to the summit through a live video feed. Also consider becoming a member to help support the non-profit Mount Washington Observatory!

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Valley Folks & Focus

Valley Mr. Pageant

The 2013 Mount Washington Valley Mr. Pageant was held at M&D Productions on Sunday, March 10. Five men, representing area non-profits, competed in interview, public speaking and formal wear competitions. At the end of the event, Matthew S. Parker, of Albany, was named winner for his organization, MWV Children's Museum. First Runner-up, representing Starting Point, was Timothy W. Psaledakis.



Lisa DuFault
Nate McCann (left) applauds as Matt Parker (right) is named Mount Washington Valley Mr. at the March 10th event, sponsored by Valley Promotions.



Lisa DuFault
Matthew S. Parker was crowned Mount Washington Valley Mr. on March 10. He will join Mount Washington Valley Ms., Christina Howe at non-profit events over the next year.



Lisa DuFault
MWV Children's Museum Shelly Morin (right) joins board Vice President and newly crowned Mount Washington Valley Mr. Matthew Parker in accepting a check for the Museum. Parker won the prize money by winning the March 10 Pageant.



Lisa DuFault
2012 Miss Mount Washington Valley Teen, Andrea Porter (left) and 2012 Mount Washington Valley Ms., Christina Howe (right) were among the guests at the 2013 Mount Washington Valley Mr. Pageant, where Matthew Parker (center) was crowned King.



Lisa DuFault
Mount Washington Valley Mr. contestants (l-r) Nathaniel McCann - Fryeburg Historical Society, Rafe Matregrano - M&D Productions, new King Matthew Parker - MWV Children's Museum, Runner-Up Timothy Psaledakis - Starting Point and Thomas Wreck - Harvest Hills Animal Shelter.

BFFA Dinner

In celebration of St. Patrick's Day, the Bartlett Firefighter's Association held their annual Corned Beef and Cabbage Dinner on March 9 at the Glen Fire Station. Always a favorite, the line was created before the doors were open. Funds raised from the dinner help with the purchase of tools for the department.



Lisa DuFault
Jimmy McCarthy digs into his early St. Patrick's Day dinner at the annual Bartlett Firefighter's Association Corned Beef and Cabbage feast at the Glen Fire Station.



Lisa DuFault
The spoon brigade is ready to serve. (l-r) Cassidy Chick, Ruth Chick, MJ Roberts and Rose Roberts at the BFFA Corned Beef and Cabbage Dinner.



Lisa DuFault
Bartlett Fire Chief Pat Roberts (right) serves up the corned beef at the March 9 dinner at the Glen Fire Station.



Lisa DuFault
Maple syrup season at the Sugar Shack

(Left) March is Maple Syrup season, and the Sugar Shack at Believe in Books' 100 Acre Woods was a busy place last weekend.

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Valley Folks & Focus

Kennett drumline show

"Mystical Things," the 2013 Kennett High School Drumline Show, opened Friday, March 8 in Loynd Auditorium. The final performance will be held on Friday, March 15 (snow date Saturday, March 16) at 7 p.m. Tickets may be purchased at the door. (More photos on Page 12)



Lisa DuFault
Members of Kennett High School's Drumline open the March 8 "Mystical Things" show with an upbeat number.



Lisa DuFault
Kennett High's Drumline performed in various groupings at the "Mystical Things" show. The final chance to see the show is March 15.



Lisa DuFault
Kennett drummer Kyle Walker on the kettle drum at the March 8 Drumline performance of "Mystical Things."

MTMC Winter Waltz

Mountain Top Music Center's fourth annual Winter Waltz party was held at the Eagle Mountain House in Jackson on March 9. Under the direction of maestro Chris Nourse, the Mountain Top Community Orchestra entertained dancers and music lovers at the gala event. Local dancers Shannon Hurley and Fred Paulitz demonstrated the Tango, as well. Even in the midst of the fancy gowns some chose to wear, the silent auction, and a chocolate fountain (yes, a fountain of flowing chocolate!), the most dazzling part of the evening was the elegant music played by the Orchestra.



Lisa DuFault
Shannon Hurley and Fred Paulitz demonstrate the Tango at Mountain Top Music Center's Winter Waltz Party on March 9.



Lisa DuFault
Dave Mason (back center), Chairman of the Board of Trustees for Mountain Top Music Center, enjoys the chocolate fountain with members of the Mountain Top Community Orchestra following their performance at the Winter Waltz Party. (l-r): Deb Maille, Kate Vachon, Amy Berrier.



Lisa DuFault
Joe and Judy Perez waltzed the night away at the fourth annual Winter Waltz Party at the Eagle Mountain House

M&D Productions' "[title of show]"

"[title of show]" is a musical about two nobodies named Hunter and Jeff, who decide to write a completely original musical starring themselves and their attractive and talented ladyfriends, Susan and Heidi. Their musical, "[title of show]," gets into the New York Musical Theatre Festival, and becomes a hit. Then it gets an off-Broadway production

at the Vineyard Theatre, and wins three Obie Awards! Then it's announced that their musical is going to Broadway and the twists begin. Performances will be at M&D Productions' Your Theatre Thursday, March 14, Friday, March 15, and Sunday, March 17 at 7:30 p.m., Saturday, March 16 at 4 p.m., Thursday, March 21, Friday, March 22, and Saturday, March 23 at 7:30 p.m. and Sunday, March 24 at 4 p.m. Contact the Box Office at 662-7591 to reserve tickets. (More photo on Page 12)



Lisa DuFault
(l-r) Hunter (Paul Allen) and Jeff (Chris Madura) decide to write a musical to enter into the New York Musical Theatre Festival in the opening scene of M&D Productions' current offering, {title of show}.



Lisa DuFault
(Left) Mountain Top Music Center board member Betsy Harding, and her husband Sam, were all smiles as they took to the dance floor at the March 9 Winter Waltz Party.

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Did you know?

Jen's Friends is currently supporting 65 local cancer patients.

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Faith,
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Originally designed in 2005 for Steve Eastman and his family to wear as a symbol of hope and unity while Steve fought cancer. The amulets can now be purchased by all and the funds raised go to the benefit of Jen's Friends Cancer Foundation.

Available at the following local businesses:
Fields of Ambrosia, The Mountain Ear, J Town Deli,
North Country Fair Jewelers, Lone Star Jewelers and Spruce Hurricane
or online at jensfriends.org

Valley Folks & Focus

Valley's Got Talent finals

The finals of the second annual Valley's Got Talent show to benefit White Mountain Community Health Center were held on March 9 at the Leura Hill Eastman Performing Arts Center at Fryeburg Academy. Eight acts were selected from a field of 20 who auditioned. At the end of the evening, vocalist Laura Olzerowicz won the grand prize, with Opera singer Kerri McCollum placing second and vocalist Kelli Consoli taking third.



Lisa DuFault
Laura Olzerowicz wowed the crowd and the judges, taking first place in the second annual Valley's Got Talent competition on March 9.



Lisa DuFault
The only act to dance was Shazaraya, with their fun and colorful "Belly-Fu" performance.



Lisa DuFault
Valley's Got Talent organizer Edith Houlihan (right) presents a check for \$500 to 2013 winner Laura Olzerowicz. Show hosts Dennis O'Neil and Davey Armstrong are in the background.



Lisa DuFault
High school student Kerri McCollum, last year's "Fan Favorite," performed an operatic aria and garnered second place at White Mountain Community Health Center's second annual Valley's Got Talent.



Lisa DuFault

New exhibits at MWV Children's Museum
MWV Children's Museum is working on some amazing new exhibits, with the help of M&D Productions' Executive Director Mark DeLancey. The Museum will host a Grand Opening of the new downstairs display on March 20 from 6 to 8 p.m. Here, MWV Children's Museum Operations Coordinator, Miriah Jones (right), tries to pry these secrets out of M&D's Mark DeLancey.



Lisa DuFault
A unique lineup of percussion rocked Loynd Auditorium on March 8 as Kennett's Drumline preented opening performances of "Mystical Things." See Page 11 for more.



Lisa DuFault
The cast of M&D Productions' {title of show} pose for publicity photos as they prepare to take their musical to Broadway. (l-r): Susan (Lia Gilmore), Jeff (Chris Madura), Heidi (Molly Paven) and Hunter (Paul Allen). See Page 11 for more.

Mt. Washington Valley arts ASSOCIATION
PO BOX 1603, 16 Norcross Place
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Children's Art Workshops

EXPLORE Acrylic & Graphite
Saturday, March 23, 2013
10:00 am- 12:00

CREATE Watercolor & Pastel
Saturday, April 6, 2013
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Grades 2 thru 8
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The Downstairs Gallery at Norcross Place
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Lisa DuFault
Heidi (Molly Paven) and Susan (Lia Gilmore) work on becoming friends as well as co-stars in {title of show}, on stage now at M&D Productions. See Page 11 for more.

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Snow a welcome four-letter word in the Valley during February vacation

REGION — When Mt. Washington Valley businesses recently compared 2013 Winter Vacation Weeks with 2012, there was one prominent word used to describe the business increases over last year: snow.

While at times the snow was somewhat of a blessing and a curse, with snow impacting some weekend travel plans, most Mt. Washington Valley businesses applauded the 20 to 30-inches of snowfall that occurred in the Valley during President's Week and New Hampshire Vacation Week. The well-timed storm prior to vacation week (which many called Nemo) also helped to fuel excitement about hitting the slopes and trails for winter adventure. Many also credited the "backyard" effect of skiers seeing snow in their own backyards to motivate them to travel to Mt. Washington Valley and enjoy all the outdoor recreation there. Overall, the responses were extremely positive to an informal survey of businesses about the two vacation weeks distributed by the Mt. Washington Valley Chamber of Commerce.

As would be expected, all those involved in delivering winter adventure had nothing but smiles following the President's Week and New Hampshire Vacation Week. Peter Gagne, owner of Northern Extremes Snowmobiling, shared the company had a record vacation week.

"We sold out the entire nine days of President's vacation week (and weekends on

both sides) at both of our locations, he shared. Gagne added, "The snow down south really helped ...we welcomed a huge increase from travelers from Southern New England especially from Connecticut". Northern Extremes Snowmobiling also had a very strong NH Vacation Week, sharing that sales were up nearly 15 percent from 2012. Terry MacGillivray, owner of Northeast Snowmobile Rentals reported a 300-percent increase in sales over 2012 for President's Week and a 200-percent increase in sales for the New Hampshire Vacation Week also crediting the great snow conditions and an increase in couples and groups this year.

Ski resorts and XC Center marketing directors were enthusiastic about the increased snowfall timed perfectly with the vacation weeks. Thom Perkins, Executive Director of the Jackson Ski Touring Foundation reported a 24-percent increase in trail pass sales and even more in lesson sales at the XC Center for the President's week and more than a 12-percent increase for New Hampshire Vacation week (reporting before the vacation week ended) crediting the snow conditions, and an increase in lesson sales.

"We have been teaching a large number of lessons. We had days that doubled previous eight year average of lessons. We have been putting emphasis on learning to ski for several years and it is starting to pay off," shared Perkins.

Cranmore Mountain Resort was up eight percent in skier visits over 2012 for President's Week and five percent for President's Weekend, according to Cranmore Mountain, Becca Deschenes, Marketing Manager. Reporting before the end of the New Hampshire Week, Cranmore was already 13-percent up in skier visits over 2012.

"The storm right before President's week helped people get really excited to get out and ski and ride," commented Deschenes.

Craig Clemmer, Director of Sales & Marketing for the Omni Mount Washington Resort, reported double digit growth for the New Hampshire Vacation week at Bretton Woods. Genn Anzaldi, Director of Marketing at Black Mountain told the chamber 2013 President's Week was one of the best vacation weeks on record for Black Mountain which logged a 15 percent increase in skier visits over last year for the President's Vacation Week crediting the great snow conditions and plenty of pre-vacation promotion for the increase.

Lodging properties reported to the survey with equal zeal. Steve Lambert, GM at Red Jacket Mountain View Resort reported a 25 percent increase in room sales over last year, crediting everything from great snow to "alligators to hedgehogs

in the ballroom" (part of the traveling zoo that visited the resort during the vacation week along with a group of Olympic jump ropers). Tom Spaulding, GM at Hampton Inn and Suites reported essentially even occupancy with last year (which was also nearly sold out during vacation weeks), sharing that the storm on President's Weekend left some digging out in Massachusetts. He credits the indoor water park offering a "weatherproof" attraction for guests with vacation week success.

Artie Adams, General Manager at Eastern Inns, reported in with one of the best vacation weeks in a long time, also crediting the great snow conditions for the increases over last year.

"We had a lot of families extended their stays because of the great skiing conditions and location and excellent customer service," explained Adams.

A number of additional lodging property owners responding to the survey but wishing not to be quoted also reported occupancies ranging from "even" compared with last year to 30 percent increases. Every lodging owner responding to the survey was extremely positive about their room sales for the two vacation weeks.

Dorthea (Dot) Seybold, Retail General Manager at Settlers' Green Outlet Village and Settlers'

Crossing had just three words to describe her enthusiasm for President's Week shopping.

"Up-Up-Up," she explained when asked about increases over last year.

Dot explained that the outlet center welcomed more Canadians this year, but primarily credits the great snow conditions with attracting more skiers to the region, who shopped after they hit the slopes. Dot's comments were mirrored by others who responded to the survey saying they welcomed many Canadians during President's Week.

"Overall, we are very positive heading into March," commented Janice Crawford, Executive Director of the Mt. Washington Valley Chamber of Commerce.

"With more than 170 inches of snowfall this winter in parts of Mt. Washington Valley fueling plenty of enthusiasm for outdoor winter adventure, we expect to see a strong end of the ski season extending well into early-to-mid April," finished Crawford.

To learn more about visiting Mt. Washington Valley, including complete vacation planning tools, visit www.Mtwashingtonvalley.org or call 1-800-DO-SEENHY (800-367-3362). To learn more about planning your next vacation to New Hampshire, visit www.visitnh.gov.

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Valley Business

New Balance and Crocs scheduled to open in late April at Settlers' Green Outlet Village

NORTH CONWAY — Settlers' Green Outlet Village has announced the opening of two new outlet stores this spring.

U.S. Cellular to host free device workshop in North Conway

NORTH CONWAY — A smartphone or tablet is aimed to make your life easier, but not everyone has the time to learn how to use their device to its full potential.

To address this, U.S. Cellular is offering a free Device Workshop on Thursday, March 28 from 5 to 7 p.m. at 1584 White Mountain Road in North Conway, where current or potential smartphone users can learn more about the features, tips and tricks of their specific device.

At the workshop, U.S. Cellular associates will offer attendees hands-on assistance to get the most out of the features on their Android™-powered, Windows™ Phone and BlackBerry® devices, such as the Samsung Galaxy S® III™.

"Your phone can simplify and enhance your life, which is why U.S. Cellular provides a high-speed nationwide network and the latest phones and tablets. Ensuring every customer knows how to get the most out of their device is just one of the ways we provide the best customer experience," said Matt Kasper, director of sales for U.S. Cellular in New England. "From offering unique benefits like Overage Protection and a valuable rewards program that recognizes loyalty, we treat every customer like a neighbor, not a number."

The latest Android™-pow-

ered, Windows™ Phone and BlackBerry® options offered by U.S. Cellular enable customers to transform a smartphone to a device that meets their exact needs. The Samsung Galaxy S® III™ allows customers to enjoy faster web browsing and quick app downloads with access to U.S. Cellular's high-speed nationwide network.

The workshop is open to everyone. Please call 356-7900, ext. 3 to RSVP.

About U.S. Cellular

U.S. Cellular rewards its customers with unmatched benefits and industry-leading innovations designed to elevate the customer experience. The Chicago-based carrier has a strong line-up of cutting-edge devices that are all backed by its high-speed nationwide network that has the highest call quality of any national carrier. Currently, 61 percent of customers have access to 4G LTE speeds and 87 percent will have access by the end of 2013. U.S. Cellular was named a J.D. Power and Associates Customer Service Champion in 2012 for the second year in a row. To learn more about U.S. Cellular, visit one of its retail stores or uscellular.com. To get the latest news, promos and videos, connect with U.S. Cellular on Facebook.com/uscellular, Twitter.com/uscellular and YouTube.com/uscellularcorp.

4,400 square feet of retail space in the historic "airplane hangar" building, located at the entrance to the outlet center. Settlers' Green is also pleased to announce the opening of Crocs, a world leader in innovative casual footwear for men, women and children, scheduled to open in late April.

New Balance, headquartered in Boston, Mass., was founded in 1906, and is a \$2 billion company. It has deep roots in New England, continuing to manufacture in the United States with three Maine factories in Norway, Norridgewock and Skowhegan. In fact, 25 percent of its US shoes sales are products made in the US and its US facilities employ more than 2,000 manufacturing, executive and sales personnel.

"This is a great American company with deep roots in New England and we are thrilled that they are opening in our center," stated OVP Management, Inc. General Manager, Dot Seybold. The unique 'airport hangar' building deserved a quality retailer and New Balance is one of the

best."

The company is a leader in sustainable manufacturing and in assuring the health of its workers, in the US and the world. In 2011, New Balance announced their partnership with the City of Boston for the New Balance Hubway Bike-Share Program. The program provides members low cost access to bicycles for in and around the hub of Boston. They have also recently established a \$7 million initiative with Boston Children's Hospital for the Prevention of Childhood Obesity, a growing problem in the US and the world.

For more information about New Balance, visit newbalance.com.

Since its inception in 2002, Crocs has sold more than 200 million pairs of shoes in more than 90 countries around the world. The brand celebrated reaching \$1 billion in annual sales in 2011. In 2007, the Colorado-based company announced its Crocs Cares Program, which provides more than 2.5 million pairs of shoes

to impoverished areas, as well as those affected by natural disasters in more than 40 countries.

Crocs will be located in B10 next to Wilson's Leather Outlet at Settlers' Green Outlet Village. For more information about Crocs, visit crocs.com.

Settlers' Green Outlet Village, located in North Conway, New Hampshire, is a 60 plus store outlet center with a unique village setting offering landscaped courtyards, cafes and restaurants, and a wide variety of outlet shopping experiences including Coach, J. Crew, Banana Republic, Nike and more.

Celebrating its 25th year, Settlers' Green Outlet Village recently completed a million dollar renovation. OVP Management, Inc. is the developer and operations manager of Settlers' Green Outlet Village, Settlers' Crossing and Settlers' Corner. For more information about Settlers' Green or to find leasing information, visit ovpmanagement.com.

Taoist Tai Chi Center to welcomes returning instructors, announces open house

BRIDGTON, Maine — The Taoist Tai Chi Center, located at Depot Street, Bridgton, is pleased to announce the return of instructors Judy Melcher-King and Howard Melcher-King to rejoin the other instructors at the Bridgton Center.

Both Judy and Howard are certified beginning and continuing instructors in the art of

Taoist Tai Chi with over twenty two years of teaching experience. Judy is also a Health Recovery instructor. This compliments the existing teaching experience when combined

with the other certified instructors teaching at the Bridgton Center to over one hundred years of experience.

Tai Chi is a moving meditation, relieving stress and improving concentration and sense of well being. The slowly turning motions loosen joints and spine, and relaxes points of tension in the body. This supports free circulation of internal energy (chi) and

leads to a clear and peaceful mind and gentle temperament. Experience and research is

showing that Tai Chi in conjunction with appropriate medical treatment, can be an

effective therapy for many health issues involving critical



Courtesy

Taoist Tai Chi Instructors at the Bridgton Center. Front: Dan Broder, Leslee Borelli, Judy Melcher-King, Toni Forsythe, Carol O'Neil. Back: Howard Melcher-King, Patricia Logan, David Bull, Joe Randall, Peter Beale, Chuck Renneker.

body systems. These include but are not limited to; musculoskeletal system, digestive system, respiratory system, circulatory system, and nervous system.

The Bridgton Center is part of the New England Branch of the Taoist Tai Chi Society of the USA., a not-for-profit organization whose aims and objectives are: to make

Taoist Tai Chi internal arts and methods available to all who wish to learn them, and be educated about health-improving qualities of Taoist Tai Chi.

The Bridgton Tai Chi Center, located at 41 Depot St., Bridgton, Maine, invites the public to an Open House and

Demonstration Saturday, April 6 at 10 a.m. The Center will be offering several beginner classes beginning April 8, and also will be offering Health Recovery classes beginning on April 9 from 4:30 to 5:30 p.m.

Beginning classes will be offered in Brownfield beginning on April 11, at the Brownfield Community Center, located at 90 Main St., Brownfield, Maine.

For a copy of the schedule of classes or a brochure, please contact the Bridgton Tai Chi Center at 41 Depot St., Suite 2, Bridgton, ME 04009; Phone 207-647-8142;

e-mail maine@taoist.org. http://newengland.usa.taoist.org.

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Loon Mountain Resort hosts 13th Annual Last Call - biggest snowboarding event in the east

LINCOLN — Filling the void left by the departure of the US Open, Loon Mountain Resort on March 18 will host Last Call, the biggest snowboarding event in the East.

What started 13 years ago as a grassroots New England event has evolved into a springtime rite of passage that attracts some of the country's top professional and amateur snowboarders. Described as one of the nation's most laid-back snowboarding events by Transworld Snowboarding, Last Call is a come-as-you-are, jam-style competition with \$5,000 in prize money up for grabs. This will be the 10th year that Loon has hosted the event with co-sponsor Eastern Boarder.

The contest will be broken up into three sessions, including big air, rails, and a special mystery session. The jumps and jib setups will be as big and audacious as the high-caliber riders who regularly compete in the event.

"Everything's probably a little bigger than it usually is, a little more chiseled and defined than it would be for the regular public park," said Jay Scambio, Terrain Park Development Manager for Boyne Resorts.

While riders will compete for \$5,000 in prize money and gear, Last Call is better known as an anti-contest, where old friends enjoy the March sun, eat a barbecue lunch together, and throw down in the park.

"It's basically a day for everybody to get together and celebrate the end of the season," said Scambio. "Some people just come to hang out, snowboard, and meet up with friends they haven't seen in a while, and other people come to get after it and ride the amazing setups."

"If you look at the US Open or the X-Games, it's very formatted, and very structured, and there's a lot of money behind it," Scambio says, "Whereas at Last Call there's been this pretty high level of rider but we've maintained a grassroots vibe."

Registration for Last Call runs from 8:30 to 10 a.m. on March 18 in Java Junction. Riders meet in Loon Mountain Park at 10:45 a.m., with a 3:30 p.m. awards ceremony at the Shaping Shack. An après party will follow from 4 to 6 p.m. in the Paul Bunyan Room. Throughout the contest, competitors and spectators can scope out a tent village filled with reps from K2, Oakley, Crab Grab, Red Bull, and other sponsors.

Loon Mountain Resort is New England's most-accessible mountain resort destination, featuring Superior Snow, Guaranteed, 2,100 feet of vertical, and three peaks full of terrain variety. Terrain ranges from gentle beginner slopes to long cruisers, steeps and tree skiing, plus a full progression

of award-winning terrain parks, halfpipe and superpipe. Loon's Snowsports School offers programs for all ages and abilities and the Adventure Center features zipline, cross country skiing, snowshoeing, ice-skating, equipment rentals, tours, and an indoor climbing wall. Loon

Mountain is operated by Boyne Resorts, the largest family-owned four-season resort company in North America, and is located in the White Mountain National Forest, operating in partnership with the USDA-Forest Service. For more information about Loon Mountain, visit

loonmntn.com, like Loon on Facebook at facebook.com/loonmntn, or follow @loonmntn on Twitter. For more information about Loon Mountain Parks, visit facebook.com/loonparksnh or follow @loonparksnh on Instagram.

Memorial appoints new team to lead its philanthropy efforts

NORTH CONWAY — Scott McKinnon, president and CEO of Memorial Hospital, recently announced that the organization has appointed Karen Davenport and Mike Davenport to lead their philanthropic efforts.

Karen joins the organization as director of philanthropy and Mike as associate director of philanthropy. The positions are part of an increasing recognition by the hospital and its Board of Trustees of the importance of philanthropy as the hospital heads into its second century.

The Davenports are joining Memorial at a critical juncture as the organization is in the process of developing a separately incorporated philanthropic foundation.

"The purpose of the new Memorial Hospital Foundation is to form a fundraising arm for the hospital," Scott McKinnon said. "It will help preserve the hospital's legacy for the future, ensuring support for the health care needs of the community. Donors will also benefit from the additional assurance that their gifts will always be used here in Mount Washington Valley to support Memorial."

The Foundation is designed to build upon the hospital's current fundraising efforts including its annual appeal; the



Karen Davenport and Mike Davenport, the new philanthropy team at Memorial Hospital. *Courtesy*

Bigelow Society honoring the vision of founder Helen Bigelow Merriman; the long-running Memorial Golf Tournament; its Legacy Gala event now entering its second year; and gifts left through people's estates/planned giving. The Davenports bring the organization considerable talent in the field of charitable giving and development, as well as experience in healthcare and finance. Mike Davenport has deep roots in Mount Washington Valley. He was a principal owner at Attitash

Mountain from 1985-1994, and a trustee at the Mt. Washington Ski Education Foundation and Cranmore Ski Education Foundation in the 1980s. Recently appointed trustee of Vaughn Community Services in North Conway, his health care interests date back to 1974 as a long-time board member for North Shore Medical Center in the Boston area. Professionally, Michael was administrative vice president at Naumkeag Trust Co. in Salem, MA and a director at Eastern Bank & Trust Company from

1974-2003. He currently serves as a trustee of Eastern Bank. A seasoned development professional, Karen Davenport spent 12 years in philanthropy and volunteer services at Alice Peck Day Memorial Hospital in Lebanon, NH. Since leaving there in 2000, Karen has held executive roles at The Planned Giving Company and Davenport & Barr - Partners in Philanthropy. Her experience includes developing annual giving programs, capital and major gift campaigns and comprehensive planned giving programs. She is an accomplished public speaker and presenter of seminars and educational workshops on a variety of subjects related to charitable giving. Memorial Hospital, a non-profit organization founded in 1911, has long benefitted from the generosity of Valley residents and visitors. The hospital was built through the charitable support of Helen Bigelow Merriman who donated the land on which the hospital is built. Merriman was at the forefront of women at the turn of the century who believed in doing good for the community. She lived in Worcester, MA and the Valley was her second home. For more information on Philanthropy at Memorial Hospital, please call 356-5461, ext. 2264.

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Badger Realty Team members leverage relationship with leading real estate companies of the world

NORTH CONWAY — Badger Realty's Managing Broker Brenda Leavitt and Marketing Director Debbie Anderson were among more than 1,800 attendees from the U.S. and abroad at the recent 2013 Annual Performance & MarTech Summit, held at the Cosmopolitan in Las Vegas, Nev.

The event was hosted by Leading Real Estate Companies of the World (Leading RE), a global relocation network with nearly 500 member companies producing \$235 billion in annual home sales, of which Badger Realty is proudly a member.

The MarTech Summit featured a three-day action-packed program where top Realtors, marketers and technical partners came together to share tips on selling their listings to a global audience through the use of practical applications of new technologies, best practices in mobile solutions, and ways to support our agents with the best tools for success. Participants learned from industry leaders how to advance and foster business for their properties at the local and international level.

"It was a educational opportunity to meet and learn from the top real estate marketers and agents in the U.S. from LA to New York, and Dallas to Seattle," said Anderson. "I also met with other marketers, owners and agents from agencies in Spain, Switzerland, Dubai and the Bahamas. It really opened our eyes to how far we can reach with our affiliation with the Leading RE network."

Brenda was equally enthusiastic about the summit.

"It was exciting to be able to see firsthand the many new products that we will be able to utilize for the purpose of serving both buyers and sellers in a more efficient way. The offerings of technology are incredible, and we are looking forward to better outfitting our brokers with what is needed on our website as well as other materials that will be helpful to buyers and sellers," she said.

Badger Realty is one of the more than 500 Leading Real Estate affiliates worldwide serving the Mt. Washington Valley and Western Main. For more about Badger Realty and Leading RE, please call 1-603-356-5757, visit www.BadgerRealty.com or contact a Badger Realty agent today.

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| <p>✓ DO... set an example. Have your hearing tested on a regular basis.</p> | <p>✗ DON'T... threaten or use guilt to persuade your loved one to seek treatment. Confrontation can lead to feelings of defensiveness and resentment, and can be a roadblock to seeking treatment.</p> |
| <p>✓ DO... accompany your loved one to appointments and visits to professionals. You can provide valuable information to assist in the diagnosis and treatment of the hearing loss, as well as invaluable emotional support to your loved one.</p> | <p>✗ DON'T... wait! Family and loved ones can be the primary driver in motivating people with hearing loss to seek help. As with most health conditions, earlier diagnosis and treatment of hearing loss leads to the most successful outcomes.</p> |

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Nooks & Crannies

Winter wonderland on Mount Waumbek



Steve Smith

The snow-capped sweep of the Presidential Range is revealed from an outlook near the summit of Mt. Starr King in the Pliny Range, north of the village of Jefferson. The Starr King Trail provides a moderately graded snowshoeing route to 3,907-foot Mt. Starr King and Mt. Waumbek, its 4,006-foot neighbor.

By Steve Smith

One of my favorite snowshoeing trips in March is a climb up the Starr King Trail to the summits of Mt. Starr King (3,907 feet) and Mt. Waumbek (4,006 feet) in the Pliny Range, just north of the village of Jefferson. This route in the northern White Mountains features beautiful hardwood and conifer forests, and the views from the two wooded summits have opened

up considerably in recent years to reveal the Presidential Range in all its snowy majesty. If you're counting, you also get a 4,000 footer in the bargain.

Though the hike is a solid eight miles round trip with 3,000 feet of elevation gain, the grade is moderate the entire way, ideal for an easy-paced snowshoe climb and a pleasant sliding descent. Last Friday, just before our recent

warm-up began, I lucked into some of the best snowshoeing conditions of the season: four to six inches of softly packed powder atop a firm old track.

Winter parking for the Starr King Trail is on the south side of Route 2 in Jefferson, just west of where Starr King Road leads up to the unplowed summer trail-



Steve Smith

These open, lichen-draped balsam fir woods along the Starr King Trail are typical of the Pliny and Pilot Ranges in the northern White Mountains.

head. I carefully crossed Route 2 and walked up the gravel road, bearing left to the end of plowing. Strapping on my snowshoes, I followed the partly broken track up an old logging road, soon passing an old circular stone well beside the trail.

After a couple of right turns, the yellow-blazed trail

wended its way up onto the broad southwestern ridge of Mt. Starr King. For the next half-mile I ascended, at the snowshoer's plodding pace, through an expansive forest of mature hardwoods, with many old gnarled sugar maples -- one of the finest

see pg. 19

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Out & About



Living history

Grayson Alosa (left) and Mike McIlvaine of the Remick Country Doctor Museum & Farm in Tamworth educated visitors about life in a vintage maple sugaring encampment during Remick's annual Maple Sugaring event, which featured numerous educational demonstrations, activities & events on March 9.



Making maple syrup

Karen Sulewski (right), Executive Director of the Remick Country Doctor Museum & Farm in Tamworth, explains to visitors Adele and her grandson Jones (last names withheld) how people in the colonial era would boil maple tree sap down into syrup, during Remick's annual Maple Sugaring event, which featured numerous educational demonstrations, activities & events on March 9.



Stoking the fire

Eric Sulewski of the Remick Country Doctor Museum & Farm in Tamworth stokes the fire under the Leader Patriot Evaporator, which reduces maple tree sap into syrup, during Remick's annual Maple Sugaring event, featuring numerous educational demonstrations, activities & events on March 9.



Winter greens

Annie Burke of Tamworth purchases a bag of salad greens from Gary Dall of GrowGood Greenhouses in Chocorua during the Winter Farmer's Market at the Tamworth Town House in Tamworth on March 9.



Drumline

Members of the KHS & Eagle Drumline perform an opening medley of songs during their original show, "Mystical Things," in the Loynd Auditorium at Kennett High School in Redstone on March 8. Ticket proceeds benefit the school's music department, helping to purchase percussion equipment, and defray field trip expenses. There will be one more performance of the show on March 15 at 7 p.m. in the school's Loynd Auditorium.



Moving to the beat

Kaelin Mitchell played the cymbals during Eagle Drumline's performance of "Transformations," one of 19 numbers presented as part of their original show, "Mystical Things," held in the Loynd Auditorium at Kennett High School in Redstone on March 8. Ticket proceeds benefit the school's music department, helping to purchase percussion equipment, and defray field trip expenses. There will be one more performance of the show on March 15 at 7 p.m. in the school's Loynd Auditorium.



Mushrooms for sale

Keith Garrett of the New Hampshire Mushroom Company in Tamworth brought several varieties of his mushrooms to the Tamworth Winter Farmer's Market, at the Tamworth Town House in Tamworth on March 9. For more information, please visit nhmushrooms.com.

Photos by Dennis Coughlin

The Healing Garden

Essential oil safety

By Kathy Lambert, MH

Essential oils are the natural substance extracted from plants. It is the concentrated liquid containing the volatile aroma compounds of the plant. Many oils are steam distilled, while others are considered resins. Essential oils are used in aromatherapy and natural skin care products. Essential oils are not fragrance oils. Fragrance oils are chemicals derived in a laboratory. Essential oils should be properly diluted in an oil before use. Be sure to do a patch test on a small area of skin before you using any product extensively. You never ingest an essential oils. Be sure to never apply to eyes or other sensitive areas.??

Neat application of an essential oils means to use it undiluted on the skin. There are just a couple of oils in which this is safe to do. Lavender is the one most commonly used neat. Under certain conditions you can use Tea Tree, Sandalwood, and Ylang Ylang.?? As with any natural substance, just because it is natural does not mean it is safe to use. There are precautions when using essential oils. Essential oils should be

avoided by people with certain health related issues. For example, those who have epilepsy should not use Camphor, Fennel, Hyssop, Sage or Rosemary for any reason. Those who have thyroid issues should not use Lemon Balm. Be sure to check any products you may be using for these ingredients. You should consult an aromatherapist before using essential oils for health. ??Pregnant women should avoid most oils, but they especially should avoid using the following essential oils: Angelica, Anise (Star), Aniseed, Basil, Bay Laurel, Catnip, Cedarwood (all types), Celery Seed, Cinnamon, Citronella, Clary Sage, Clove, Cumin, Cypress, Fennel (Sweet), Hyssop, Jasmine, Juniper, Marjoram, Myrrh, Peppermint, Rose, Rosemary, Sage, Spanish Sage, Tarragon and Thyme. Many of them are considered emmenagogues which cause uterine stimulants and can cause a miscarriage.?? Those who have high blood pressure, or have a tendency towards high blood pressure, should avoid essential oils of rosemary, sage, thyme and hyssop. People who are diabetic should stay clear of angelica.



??Phototoxic essential oils accelerate sun-damage on exposed skin. Care should be taken to use them carefully. A few that are phototoxic include Bergamot (except for Bergapten-Free types), Cumin, Ginger, Lemon, Lime, Lovage, Mandarin, Orange and Verbena. These oils should be used carefully.?? Many essential oils can cause dermatitis to some individuals. These include Aniseed, Basil, Black Pepper, Cajeput, Caraway, Cedarwood (ALL

types), Cinnamon, Clove, Eucalyptus, Garlic, Ginger, Lemon, Parsley, Peppermint, Pine Needle, Thyme, and Turmeric. These oils should be diluted to three times the normal dilution. If you are sensitive to these you should not use products that contain them. Again, always do a patch test.?? Certain essential oils may cause skin sensitization, in which the skin becomes easily irritated. If your skin has a tendency to become irritated easily, you should avoid basil,

bay laurel, cedarwood, chamomile (both kinds), or citronella. Garlic, geranium, ginger, jasmine, lemon, lemongrass, peppermint, orange, tea tree, thyme, vanilla, and Ylang-Ylang are among others that can sensitize skin.

These warnings are not complete and are provided for your information only. It is written in hopes that you can expand your own personal knowledge of the products you are currently using.

The following is a list of Essential Oils that Cloverleaf Farm will never use, and the reasons why.

Rue -Skin Toxin?Tansy - Risk of Liver Toxicity?Pennyroyal - Immuno, Liver, & Kidney Toxicity Risk?Sassafras -Risk of Toxicity to liver function.?

Kathy Lambert is the owner of Cloverleaf Farm Apothecary in Effingham. Kathy is a medical herbalist with over 15 years experience in herbal medicine, aromatherapy, and natural healing. She can be reached at kathy@cloverleaffarmnh.com or 539-7878. Visit www.cloverleaffarmnh.com for more information.

from pg. 17

hardwood walks in all the Whites. In May, these woods are carpeted with spring wildflowers.

At 2,900 feet, the trail swung left and began a mile-long traverse along the west side of the ridge through snow-caked conifer forest. Glimpses through the trees revealed that this would be an excellent day for distant views beneath a high grey cloud deck. Partway along this section I chatted with two descending snowshoers. They left a beautifully packed track in their wake, making the rest of the ascent easier for me.

A deep snow platform near the summit of Starr King granted winter-only views of the western White Mountains, and all the way out to Mt. Mansfield and other peaks in Vermont's Green Mountains. Just beyond, I emerged in a clearing that was once the site of a hiker's shelter; only the fireplace now remains. Here the famous Starr King view of the Presidentials, obstructed in recent years by trees, was once again wide-open, thanks to some judicious tree removal by unknown parties.

The entire sweep of the range could be seen here, from Mt. Madison across to Mt. Webster. The Northern

Peaks and Mt. Washington were pure white, looking like cardboard cutouts against the stark grey sky. Thomas Starr King, the 19th century prose-poet for whom the mountain is named, would have loved it.

The ridgcrest ramble across to Mt. Waumbek was a winter wonderland delight, weaving through open stands of snow-plastered firs. These old lichen-draped woods extend for miles along the crest of the Pliny and Pilot Ranges. I met one other snowshoer who had driven up from Long Island through a snowstorm to bag a few winter 4,000-footers (Waumbek was his 28th). From then on, I had the mountain to myself.

The summit of Waumbek is

a clearing in the woods with no view, but just fifty yards east on the little-used Kilkenny Ridge Trail, there was a wide-screen vista, courtesy of an open blowdown patch, taking in the Presidentials, the Carter-Moriah Range, and many other high summits.

Whenever I visit Waumbek, I like to proceed another two-tenths of a mile along the Kilkenny Ridge Trail to the mountain's eastern knob, which is only a few feet lower than the "true" summit. I followed the lonely tracks of an uber-hiker who goes by the name of "Bombadil" on an internet forum. The previous day he had broken trail, solo,

through several feet of powder across the long ridge from Mt. Weeks to Mt. Waumbek.

In late winter, the deep snow on Waumbek's east knob lifts you for a good view northward over the scrubby trees. It was clear enough to spot several Maine 4,000-footers in the distant Rangeley Lakes region.

Nearer at hand, I studied the peaks of the intriguing Kilkenny region, most notably North Weeks in the Pliny Range and Terrace Mountain, Mt. Cabot and The Horn in the Pilot Range. As noted in the wonderful new book, "The Geology of New Hampshire's White Mountains" (which will be reviewed in an upcoming col-

umn), the Pliny and Pilot Ranges are a "ring-dike," a semi-circular landform resulting from volcanic activity nearly 200 million years ago.

The down-and-up meander through the firs back to the summit of Starr King went easily. After a final peek at the Presidential vista, I enjoyed a sweet sliding shuffle down the long grade of the Starr King Trail. When I emerged down in the open hardwoods, a low orange sun made a sudden appearance, and I was treated to a magnificent display of rosy alpenglow on the forest's blanket of snow. It was a magical ending to perhaps the best snowshoeing trek of the season.

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The Freedom Column

By Lisa Wheeler

Okay, Freedomites, get out your calendars...there is a lot to take note of coming up! First, Libby at the Town Office wrote to remind people that it is important to come out and vote for the town, school and zoning ordinances.

Big things will be happening at the Freedom Village Store this coming weekend. The first Artisans' Night of the year and St. Patrick's Day. Ten year old Silas Feuerborn's skill hand dying silk scarves will be featured Friday night starting at 6 p.m. Silas' scarves are for sale at the Artisan's Corner in Wolfeboro, L. Mays Trading Company in Effingham, as well as at the FVS. This is a first for the store; honoring the artistic skills of someone who is still a student. Refreshments will be served at this is family event. Corned beef and cabbage courtesy of Mary Ann Hogan and Irish soda bread courtesy of Tim Kennedy will all be served Saturday morning. If you are concerned about getting a serving before we are sold out, stop by the store and put your name on the reservation list.

If you've been meaning to come to the library's Winter Film Series, you have one more chance this year. Come see "The Intouchables" on Sunday, March 17 at 4 p.m.. The film, popcorn and even the soup supper afterward are all free. Check the calendar of events on the library's website for a description of this highly acclaimed and uplifting film.

The next Pizza & Movie night is Friday, March 22 at 5 p.m. The movie is "Wreck-It Ralph."

The MWV Lacrosse Club has their first fundraiser at Flatbread's on Tuesday, March 26 from 4-9 p.m. Team t-shirts, lax items and raffles will be available for purchase. A percentage of all pizzas sales will go directly to into club coffers for team use so come support our young players.

MWV Dollars for Scholars presents the Combined Concert featuring the talented students of Kennett High

School and Fryeburg Academy. This year's concert is at Kennett High School on Wednesday, March 27 at 7 p.m. Tickets are Adults: \$7; Students: \$5; Family: \$20. All proceeds go directly to scholarships for local students.

The Gibson Center is hosting an AARP Driver Safety Course at The Gibson Center in North Conway from 8:30 a.m. to 3:45 p.m. The entire course will be held in one day. A lunch break will be taken. Participants are encouraged to have lunch in the Gibson Center dining room. AARP volunteer instructor Dan Andrews will be presenting this course through a combination of group discussion and video. For more information or to register for the course, please call the Gibson Center at 356-3231. The fee for the class is \$12 for AARP members who show their membership card. Cost to all others is \$14.

The Fundraiser dinner and auction for Freedom's Fred Sawyer has a date change. Please note that the dinner/auction fundraiser is now being held on April 6 from 5-7 p.m. For more information, contact Anson Senter at 207-850-0331.

The MWV Arts Association is offering children's art workshops on March 23 and April 6, from 10 a.m.-noon for students in grades two through eight. The first workshop will introduce students to the basics of acrylic painting and graphite drawing and the second workshop will focus on pastels and watercolor. The cost is \$20 for one or \$35 for both. The workshops will be held in the Downstairs Gallery of Norcross Place in North Conway. Contact the MWVAA office at 356-2787.

The First Christian Church of Freedom will hold their annual Easter Breakfast at the Town Hall from 8-9:30 a.m. Easter Service will follow at 10 a.m. at the Church.

The Freedom Heritage Commission will sponsor an educational event to witness "the old ways" preserved in New Hampshire rural life

today. Join us for a trip to Sanborn Mills Farm, Loudon, on Wednesday, April 17. We will leave by carpool at 8:30 a.m. sharp for a 10 o'clock start to our day's tour. Bring your own bag lunch/drink. Be prepared to walk around a 19th Century farm/mill complex to observe the saw and grist mills in operation, view the sustainable land project, and explore various buildings with the Farm Manager. This property reflects agrarian life much as it was lived in the

early days of our own self-supporting Freedom community. For more information, call Gale Morris at 539-5449.

If you are a high school senior or post graduate student already enrolled in college, scholarship applications are now available. To be eligible, you must be or plan to be a full time student in 2013, and be a resident of one of the towns served by Kennett High School or Fryeburg Academy (towns within SAU 9 or 13, and MSAD 72). Please note

that students who are home schooled, students who attend private or charter schools, and students from Eagle or Carroll Academies are also eligible if they meet the residency requirement. Applications may be found at FA and KHS Guidance offices, Granite State College, local libraries, or at dfsmwv.homestead.com. Meeting all deadline dates and enclosing all of the critical info is crucial. This year the deadline date is March 31.

See you at the polls!

Valley Business

North Conway Music Center to host Grand Re-Opening April 6

Win a Fender or Washburn guitar

NORTH CONWAY — North Conway Music Shop is moving to 4,000 square feet of beautiful, refurbished, historic space right in the middle of the North Conway strip at the Red Barn Center.

All are invited to attend the Grand Re-opening on Saturday, April 6 from 10 a.m. to 4 p.m. There will be a ribbon cutting at 10am, live music, snacks, drawings for a Fender and Washburn guitar and other musical items, lots of give-aways and tours of the facility throughout the day.

Befitting its new and

expanded offerings, the business will now be known as North Conway Music Center. The upstairs has been converted to beautifully outfitted, sound-proof lesson facilities featuring piano, drum kits, keyboards and all the comforts of home. The expansive main floor houses a huge variety of new and used musical instruments, a try-out room, expanded repair facilities, thousands of music accessories and gifts and room for concerts and presentations.

North Conway Music Center is also the home of Charles Double Reed

Company, a 30 year old oboe and bassoon specialty company recognized as one of the leaders in its field. Founded in New York City by owner Brian Charles, it has been located in Mount Washington Valley since 1994 and provides instruments, handmade reeds, and professional repair services to professional double reed musicians worldwide through its catalog and website.

Their new location dates from 1796, and served as the Moat Mountain House, among other uses over its historic 216 years.

Deschenes named Cranmore Marketing Manager

NORTH CONWAY — Becca Deschenes, of North Conway, NH, has recently been named Marketing Manager at Cranmore Mountain Resort, located in North Conway, NH. Deschenes has worked at Cranmore for eight years where she has taught skiing and snowboarding; coordinated Marketing Events; and most recently she served as Executive Assistant to the President and General Manager, Ben Wilcox. Deschenes attained a

Marketing and Communications degree (BS) from Plymouth State University in 2009 and her Master's in Business Administration in 2011. An avid skier and snowboarder, Deschenes is also the lead singer of the group Rek'-lis.

"Becca has proven in a short period that she is an aspiring ski area professional and Cranmore is lucky to have someone with her drive and commitment to be heading up our marketing department,"

commented Ben Wilcox, Cranmore President and General Manager.

"A native to the Mount Washington Valley, Becca understands Cranmore's rich history along with the modern expectations of today's guests which will be a real asset to her in her new position," adds Wilcox.

Deschenes joins the Cranmore Senior Management Team which includes her father Rick Oaks, Cranmore's Mountain Manager.



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Charity Chatter

By Lisa DuFault

If you are a fan of local history, you should enjoy the non-profit I am spotlighting this week. Railroading has always been an important piece of the Valley's history and the town of Bartlett was once a hub of railroading activity. In addition to the station, the town boasted a roundhouse and a number of "putt-putt" garages. Freight trains and passenger trains traveled into and through the village up until the 1980's and have returned with the use of the tracks by Conway Scenic Railroad.

The Bartlett Roundhouse was built in 1887, by the Portland & Ogdensburg Railroad, with six stalls that housed helper steam locomotives. Their job was to help large trains make the uphill trip to Crawford Notch. With the demise of the steam engine, the roundhouse was altered in the early 1950's but by the end of that decade its usefulness was over. The building was sold to the state of New Hampshire and became the local sand and salt shed for the highway department. The use of the building for storage of salt caused the wallboards to rot, and the edge of the village location left it open to vandals.

The Bartlett Roundhouse Preservation Club was formed in the spring of 2008 in an effort to save the historic Mountain Division structure. That fall they successfully got the building listed on the state of New Hampshire's Registry of Historic Places. The state also granted a limited use agreement to the organization. An all volunteer club, much of their time has been spent cleaning up the site so that structural damage may be assessed by contractors. In September of 2011, the organization received their official 501 (c) (3) approval

from the IRS, allowing them to raise funds for the preservation of the building.

The Mission of the Bartlett Roundhouse Preservation Club is "To preserve, protect and restore the 1887 Bartlett Roundhouse, located on the former Maine Central railroad's famed Mountain Division in Bartlett, New Hampshire. Our secondary mission is to preserve, obtain and protect any items of historical relevance pertaining to the Bartlett Roundhouse, railroad history of Bartlett and through the Crawford Notch." \$10 annual membership is encouraged, as is the donation of time, services, materials and artifacts.

According to club President, Scotty Mallett, "The structure is still stable, but needs work if it is to survive. Without work being done to the building to halt the decay, it will collapse within the next few years." The future of the historic building is uncertain, but the group is working to recondition the structure for all to enjoy. At the Amherst Model Railroad Show, in January, the BRHCP was awarded a grant, which will be used to start cosmetic restoration on a 1923 wooden Russell Snow plow that is located in the roundhouse.

Many club members are also train enthusiasts. The Bartlett Roundhouse Preservation Club's signature event is a Model Railroad Show. This year's event will be held on Saturday, May 18 at the Josiah Bartlett Elementary School. Organizers are thrilled that there will be a two-foot-by-25-foot HO scale layout combining three model railroads, as well as Thomas the Tank Engine and friends in O scale. Dealers will also be on hand, selling modeling supplies, railroad art and DVD's. This is a great family event and



Lisa DuFault

The Bartlett Roundhouse sits vacant, waiting for the TLC the Preservation Club plans to bestow on it.



Lisa DuFault

The Bartlett Roundhouse Preservation Club will host their second annual Model Railroad Show on May 18 at the Bartlett Elementary School. Club President Scotty Mallett will be on hand to answer questions and accept memberships.

helps a worthy cause, whether you are a railroad fan or just a history buff. The show will run from 10 a.m. to 4 p.m. More information about the event, and about the club, can be obtained by visiting the website: <http://bartlettroundhouse.blogspot.com>. Tax-deductible donations may be mailed to Bartlett Roundhouse Preservation Club, Inc., PO Box 16,

Bartlett, NH 03812-0016.

Mount Washington Valley Promotions is a non-profit organization whose purpose is to assist other non-profits in promoting their events and fund-raising activities. This is accomplished via an online calendar of events, a printed newsletter, a twice-monthly newspaper column in the Mountain Ear, a weekly television program, a Facebook

page, email distribution and a Web site (www.valleypromotions.net). All Mount Washington Valley (& vicinity) non-profit groups are invited to join and submit their information to share. The calendar is updated constantly with incoming information. To learn more, contact Lisa DuFault at 374-6241, or email valleypromotions@gmail.com.

Round-Ups

Eastern Slope Ski Club announces important upcoming dates

REGION — The Eastern Slope Ski Club would like to remind the community of a few important (and fun!) dates that are right around the corner:

Friday, March 15 the 40th Annual Red Parka Pub Challenge Cup Race at Attitash.

Tuesday, March 19 is Jr. Program Volunteer

Appreciation Night at the Red Parka Pub (6:30 p.m.).

For more information, visit www.easternslopeskiclub.org, and please like us on Facebook.

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Passages



Hilde Maria Hoffman

Hilde Maria Hoffman, for-

merly a long time resident of Bartlett, more recently a resident of Mineral Springs Health and Rehab of North Conway, died Feb. 27, 2013.

Hilde was born on Aug. 29, 1917 in Heutingsheim, Germany, the daughter of Gotlob Abraham Bender and Friederika Emelia Eberhart Bender, the third of five children. In post World War II, Hilde resided in the French Occupied Zone of Berlin with her husband, Ervin Walther, and her 18-month-old daughter, Margaret Heidirosa, until their tragic deaths in April and May of 1945.

Hilde permanently moved to the US in 1960, where she learned to speak and read English before becoming a naturalized citizen. While traveling with her long time employer, the Cartier family of Glen Cove, N.Y., Hilde met her late husband, Emil Hoffman, with whom for many years she co-managed the previously established Hoffman House in North Conway, a charming restaurant and inn noted for its fine German cuisine and hospitality, the location of which later became the Scottish Lion and is presently, the Moat Mountain Smokehouse and Brewery.

Having been predeceased by her four siblings, she is survived by a dear nephew, Manfred Bender, his wife, Susi, and their children of Denkendorf, Germany; by other nieces and nephews living both here and abroad; and by her dear friends, Linda Campbell of Jackson, Barbara Tupper of Silver Lake and Erik Limmer of Glen.

Hilde will be remembered by friends and family for her love of children, animals, and flowers, and by her lovely singing voice, but above all, by her warm and welcoming home full of lovingly prepared, graciously served, delicious home baked food, pastries and German cookies. Recipients of her German stollen were especially dear to her heart.

In lieu of flowers, donations may be made in Hilde's memory to either the NH Audubon Society, 84 Silk Farm Rd., Concord, NH 03301 or the Cystic Fibrosis Foundation, 114 Perimeter Rd., Unit GH, Nashua, NH 03063. There will be no calling hours.

A memorial service will be held Saturday, April 13, 2013 at 3:45 p.m. at the Lutheran Church Nativity, 15 Grove St., North Conway.

Arrangements are through the Furber & White Funeral Home, 2925 Main St., North Conway, NH 03860.



Patricia McKowen

Patricia (Pat) McKowen, 69, of East Conway went home to be with the Lord on March 6, 2013, following a lengthy illness.

Born May 4, 1944 to Harry and Barbara S. Howard, Pat lived and worked a majority of her life here in the valley, from working with family and friends at Faye's Fine Foods to Carroll Reed, Faye's Dinette, the Redstone Variety, and Elvio's Pizzeria. Then Pat decided on a career change to work in Home Health Care with Carroll County Health Care. Then a few years later another career change to barber school, where

she would later work side by side with her brother-in-law Phil Roberts then Kathy Hunter at the Village Barber Shop.

Pat had a variety of loves and interests, from her love of animals of all kinds, her cats, dogs, horses (lightning her favorite), her love of horseback riding and traveling to county horseshows with her daughter Casey and sister Judy. Spending time with family and friends during the holidays.

She had a heart bigger than life itself, and was always ready to lend a helping hand when someone needed her. Her kindness and generosity will be missed by many.

Pat, in her early years, married Joseph Barbour and raised three children, Joe Barbour, Barbara Barbour and Scott Barbour. Joseph, Sr. was

killed in a car crash in 1969.

A few years later, Pat met and married Edward (Butch) Mckowen and together welcomed their daughter Casey Lynn Mckowen.

Throughout Pat's life in difficult times, her faith and love of her Lord Jesus Christ was developed at an early age at the First Baptist Church in North Conway under the Rev. A. Eugene Lloyd, and later at the White Mountain Chapel with pastor Jack McCarron, through those times she held tightly on to her faith knowing that our Lord Jesus would always give her strength to bring her through to be a strong woman of faith.

Pat was predeceased by her parents, Harry and Barbara Howard; husbands Kenneth (Joe) Barbour and Edward (Butch) McKowen; daughters Stephanie and Barbara Barbour; brothers Buster and William (Billy) Howard; sisters Sandra Bellman, Gwen Ledoux and Faye Roberts.

Pat leaves behind brother Eugene Howard of Nahant, Mass. and sister Judith Rowell of Freedom; sons Joe Barbour and wife Celina and son Wesley of Danielsville, Ga. And Scott Barbour of North Conway; daughter Casey Lynn McKowen Memia Kariuki and husband Tony, along with their son, Malik Anthony Kariuki Memia, who gave her her greatest joy and blessing in watching him grow.

Pat also leaves behind many nephews, nieces, cousins and friends whom she touched throughout her lifetime and will be sadly missed by all of us.

Visiting hours will be at the Furber and White Funeral Home in North Conway on Saturday, March 9 from 6 to 8 p.m. Funeral services will also be held at the funeral home on Sunday, March 10 at 2 p.m. with a reception to follow in the ballroom of the White Mountain Hotel at Hale's Location on Westside Road.

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Round-Ups

Center Ossipee Firemen's Association to host "Ham Night" penny sale

OSSIPEE — The Center Ossipee Firemen's Association will be holding their annual "Ham Night" Penny Sale on Saturday, March 23 at the Ossipee Town Hall.

Ticket Sales will be from 2

– 7 p.m., and the drawing of the prizes will start at 7 p.m. Some of the prizes "up for grabs" include a Coach brand purse, recliner, gas grill, small tables, chairs, and hundreds of other new items and gift certificates.

Three Easter ham dinner baskets will also be raffled off as well as the pig!

For more information, please call 539-4401, ext. 0. The Ossipee Town Hall is located at 55 Main St., Center Ossipee.

A.C.T.S. Camp Canine offers April 15 deadline for early registration discount

REGION — Assistance Canine Training Services (A.C.T.S.) will offer four sessions of Camp Canine this summer to boys and girls ages 10 – 14.

The deadline for early registration discount is April 15. Camp Canine is in its sixth season and this popular program offers campers the opportunity to work with and train service dog puppies. A.C.T.S. will hold Camp sessions in Fryeburg at Telling Tails Training Center and in Center Tuftonboro at Hydeaways Golden Acres.

Camp Director, Robin Crocker states, “Camp Canine is in its sixth year. We are working hard to keep the program fresh and new for repeat campers. We are always working on new activities and games. And of course there are always new puppies every year.”

Dot Hyde-Williams, Executive Director of A.C.T.S. and Camp Director of the Center Tuftonboro program, adds, “In the last few months, we have brought in three new puppies. At the end of last year we brought in four new puppies. So this summer there will be lots of young and eager dogs for the campers to work with.”

The campers participate in a

Gravel road maintenance workshop, March 23

FREEDOM — Most people don't realize that one of the biggest threats to lake water quality comes from erosion of natural soils in developed areas. Road shoulders, driveways, roof drip lines, logging areas and gravel roads often provide a ready source of erodible soil, as these areas are subject to the erosive power of rain and wheels.

On March 23, Madison resident and gravel road guru, Russ Lanoie, will give a workshop at the Freedom Town Hall on gravel road maintenance techniques that can improve performance and durability of gravel roads, while helping protect surface water quality through properly managed drainage.

Russ is a specialty sitework contractor who has over 40 years of experience installing surface drainage and maintaining dirt roads in the White Mountains of New Hampshire. He has an associates degree in Civil Technology from UNH

wide variety of activities at Camp Canine. Each is designed to teach them about dog training, dog care, and specifically about how to train service dogs. Campers participate and enjoy training sessions, games, art projects, demonstrations, field trips, and much more. Each camper is assigned a puppy and works with that puppy for the week long session. Camper days are from 9 a.m. to 3 p.m., and each minute is planned with activities that not only entertain, but also educate and build character.

According to Crocker, “I have five years experience running an overnight summer camp program and many more years experience as program director in that same camp. My philosophy is that camp should be a place where children can succeed and develop self esteem. We structure our program to be supportive and to offer lots of variety in our activities. So each child can do well at something. The dogs really help us. They learn to love their campers and they are always willing workers.”

Cathy Burke, Camp Counselor and A.C.T.S. Board of Directors member, states, “This is an amazing program. I have worked with

and has written and presented programs on unpaved road maintenance, energy conservation, solar home design, understanding septic systems, wet basement mitigation, and unpaved road maintenance.

This workshop will be based on Russ's gravel road maintenance manual, A Ditch in Time, which will be available for purchase at the workshop. A sample of A Ditch in Time is available on his website www.ruralhometech.com. The workshop is targeted at camp operators, road associations, private land owners who maintain long unpaved driveways, and more generally, to those who contract for dirt road maintenance.

The morning workshop will be followed by a site visit to assess a nearby road. The workshop is free and will be held at the Freedom Town Hall in Freedom Village from 9 a.m. to noon. Please register by calling GMCG at 539-1859.



Courtesy

Assistance Canine Training Services (A.C.T.S.) will offer four sessions of Camp Canine this summer to boys and girls ages 10 – 14. The deadline for early registration discount is April 15. Camp Canine is in its sixth season and this popular program offers campers the opportunity to work with and train service dog puppies. A.C.T.S. will hold Camp sessions in Fryeburg at Telling Tails Training Center and in Center Tuftonboro at Hydeaways Golden Acres.

children my entire life and in just one short week I see these kids learning things far beyond just how to train a dog. And at the end of the week, it's not unusual to see

some tears. The kids really love the dogs.”

There will be two week-long sessions of Camp Canine in Fryeburg and two sessions in Center Tuftonboro. The

deadline for the early enrollment discount is April 15. For more information contact Cathy Burke at 986-6600 or visit the A.C.T.S. Web site at www.AssistanceCanine.org.

Entertainment

- Almost There – Albany**
March 15 – Simon Crawford Band/
every Friday @ 4pm
- Attitash Mountain Resort – Bartlett**
March 16 – Ptarmigan's Pub- Ovation(A)
March 16 – Bear Peak Lodge- Al Shafner(A)
March 17 – Ptarmigan's Pub- Livin' The Dream(A)
- The Conway Café**
March 16 – Every Sat. Mike's Mobile Tunes
- The Corner House Inn – Center Sandwich**
March 14 - Simon Brooks, Storytelling Dinner
March 15 - Jon Sarty
- Delaney's – North Conway**
March 20 – Black Mountain Ramblers
- The Inn at Thorn Hill – Jackson**
March 16 – Mike Jewel
- Lyceum – Tamworth**
March 17 – Sundays “Live at the Lyceum”,
1:30-3:30pm.
- May Kelly's Cottage – North Conway**
March 15 – Dennis & Davy (N)
March 17 – Irish Seisium, 3-7pm
- McGrath's Tavern – North Conway**
March 14 – Rek'lis, 9pm
March 16 – Scott Baer, 9pm
March 17 – Shark Martin, 9pm
- Rafferty's Restaurant & Pub – North Conway**
March 14 – Thursday Trivia Night (N)
March 18– Monday Billiard-Golf Night
- Red Parka Pub – Downtown Glen**
March 15 – Now Is Now
March 16 – Now Is Now
March 18 – Open Mic' with Ryan St. Onge
March 20 – Jonathan Sarty @ 5pm

LOUNGES, TAVERNS & PUBS

- Shannon Door Pub – Jackson Village**
March 14 – Dennis O'Neil & Jon Deveneau, 7pm
Fundraiser- Bartlett Elementary
School- Class Trip
March 15– Marty Quirk 8pm
March 16– Marty Quirk 8pm/ Apres Ski 4-6pm
March 17– St. Patty's Day. Door Open at 1pm.
Kevin Dolan & Simon
Crawford at 7:30pm
- Shovel Handle Pub – Jackson**
March 14 – Bob Rutherford & Susan Goyette
March 15 – Tess Erskine
March 16 – Anni Clark
March 17 – Tom Dean
- Wentworth – Jackson**
March 15 – Ronnie Chase (D)
March 16 – Ronnie Chase (D)
- White Mountain Hotel – North Conway**
March 15 – Mike Jewel (D)
March 16 – Heather Pierson (D)
March 17 – Sunday Piano Brunch with Mike Jewel
- Wildcat Inn & Tavern – Jackson Village**
March 16- Apres Ski with Al Shafner, 2-4pm
The Wayfarers, 9pm - close
March 17- Jonathan Sarty, 6:30-8:30pm
March 19- Hoot Night, Open Mic
with Jonathan Sarty
- Wildcat Mountain – Pinkham Notch**
March 16- Ski with WXGR (A)
March 17- Pat Foley (A)
- White Lake Inn and Tavern – Tamworth**
March 16 – Open Mic with Josh Vekos
- Wolverine Grille - North Conway**
Every Wednesday – Open Mike with Simon
Crawford

(N)=Nightlife, (A)=Afternoon, (D)=Dinner, (B)=Brunch

Calendar

SAVE THE DATE

MWVArts Downstairs Gallery Exhibit. Terri Brooks & Barbara Perry. Mon-Sat. 10-3. Runs thru March 23. FMI: 356-ARTS.

Ongoing Events

Alzheimer's Support Group meets second and fourth Tuesday of each month at the Merriman House, Memorial Hospital. Caregivers will find sympathetic and knowledgeable support and advice. Info 356 5461 X 194

Madison Library; Friday morning, 10am playgroup/preschool story time. Social time for babies and toddlers, parents and caregivers, age-appropriate stories FMI Call 367-8545 @ madisonlib on Twitter for a clue.

Blood pressure checks at the Freedom Village Store Tuesday mornings.

The Cook Memorial Library in Tamworth holds "Stories and Songs" a story time for young children on the first 3 Tuesdays of each month at 10:30. Tech Tuesday is held from 3:00-4:00. FMI Michael@tamworthlibrary.org 323-8510.

North Conway Community Legal Services (CLS) has a low cost legal clinic (by appointment only) every Wednesday in North Conway. FMI 888-696-3393 or 473-2002. CLS is a 501 c 3 non-profit Check us out at www.lowpaylaw.org www.nhcommunitylegal.com

CoDA Meetings a Twelve Step Fellowship of men and women in the development and maintenance of healthy relationships. Tuesdays at 7pm at Eastern Slope Inn, Gibson Suite, No. Conway FMI 207-283-3267 or email Bill @ williambean@msn.com

Fryeburg Public Library offering FREE Tax Return HELP, 2.19-4.19. 9am-2pm. Both volunteer tax preparers are certified and trained annually by the IRS to prepare and e-file both State of Maine and Federal Tax Returns. FMI: 207-935-2731. To schedule an appointment.

The White Mountain Stamp Club meets twice monthly year-round on the second Wednesday at 1:30 PM & on the third Tuesday at 7:00 PM at the home of Barbara M. Savary, 1724 NH Rte #16 on the corner of the South end of Bald Hill Road. Everyone interested in stamps is welcome! FMI 603-447-5461 or email Barbara @ bmsavary@gmail.com.

Overeaters Anonymous. 5:30-6:30pm at the Ossipee Valley Bible Church (near Napa Auto). FMI: Vikki at 323-3369.

Loss and Recovery Group. For those who have lost a loved one, this group meets Wednesday's at 5:30pm at Visiting Nurse, Home Care & hospice of Carroll County, 1529 White Mountain Highway (former Lenox Bldg). Experience shows that a group process aimed toward recovery from the loss of a loved one can significantly enhance one's quality of life. No registration necessary. FMI: F. Gardiner Perry, D. Min, CPC at 603 662 9552

Every Tuesday. Walk through the Grades at White Mountain Waldorf School. 8-9:30am. This is a great opportunity to see how Waldorf Education is taught in the elementary and middle school classrooms, by educating the whole child: academically, emotionally, socially, and spiritually. Parents only please. FMI: 603-447-3168 or email info@whitemountainwaldorf.com

Resale Shops to Benefit Animals at Conway Shelter. Retail Boutique featuring upscale clothing & accessories located in Norcross Place across from the Courtyard Café; open Tues. through Sat. 10am to 3pm or The Harrison House offering a variety of domestic goods and much more; located at 223 E. Main St at driveway entrance to the shelter Shop or re-purpose your items to help the shelter. Open Tues. Thurs. Sat. & Sun. 10 am-3 pm. FMI Call 447-5605

Mt. Top Music for babies (free). Babies from birth through eighteen months play interactive games involving familiar songs, rhymes and rhythm. Every Thursday from 9:30-10:am. For toddlers and their caregiver's dance, play rhythm and acoustical instruments, sing and play games using familiar songs. Thursday 10:15 - 11:00 FMI call 447-4737

MWV Children's Museum 2936 Rt16 North Conway - Music For Tots held at MWV Children's Museum. Mountain Top Music with Sharon Novak every Friday at 11am. Kids History Tree House: A safe indoor Tree House for kids to play in with the near by History Tree exhibit. Dress-up Drama Center: for Kids 0-9 can dress-up in a multitude of costumes then put on their on performance on the little stage. Thomas the Train: kids can make an electric train weave in and out of rooms. Also play with a miniature "Thomas the Train" set. Outer Space Exhibit: kids can wonder thru the outer space hallway full of "glow in the dark" views and inspire curiosity of the mysteries of our universe. FMI for all events at MWV Children's Museum call (603) 356-2992 or www.mwvchildrensmuseum.org \$ 5.00 suggested donation per child. Some programs with Healthy Kids

Gold /Maine Care are free

Recurring Events at the Gibson Center:

Mondays:

*Chair Exercise at 10:30am.
*Bowling after lunch. Board the bus and travel to Saco Valley Sports Center; bowl two strings., for only \$9.

Tuesday:

*Second Tuesday each month: Blood pressure Clinics and VNA foot checks at 11:am to 12:00 and the last and blood pressure checks.

*Lunch & games at Silver Lake Landing. Lunch is at noon, followed by games or a movie.

*10:00am Strength, Balance & Stretch with Bobbi Broeme.

Wednesday:

Last Wednesday of the month: Ambulance Blood Pressure Clinics from 11:45 to 12:45.

*Wii practice from 10:30 to 1:30. Practice your golf swing, tennis game or bowling. Game day at 12:30. Play bridge, scrabble, Cribbage, Canasta, Rummy or board games.

Thursday:

*Belly Dance Class at 9:0am.
*Chair Exercises at 10:30am.

Friday:

*Swimming at the MWV Aquatic Center after lunch - board Center bus Gibson.

*Ballroom Dance Class at 12:30pm. Learn to waltz, foxtrot, swing, and some Latin dances. 6 weeks. \$30./members. \$0./non-Gibson members.

*Stretch, Balance & Strength. 10-11am in the activity room.

"Care for the Caregiver Support Group" Self-care for those caring for a loved one at home is the focus of this support group that meets Wednesday's at the Gibson Center at 12:30pm. No registration necessary. For more information, call F. Gardner Perry, D. Min., CPC at 603-662-9552. Next session March 20-April 24.

Gibson Center for February & March. AARP Income Tax Preparation. Free for low income and over 60. Monday-Wednesday, starting February 4. Please call for your time: 356-3231.

"A Course in Miracles, a study course. Thursday s, 10-11:30am. Bidson Center. Facilitated by David Brand. The course is on going, weekly attendance is not necessary. You may join at any time. This is an independent study group, not affiliated with any church, religious group or organization.

TAOIST TAI CHI offers classes for the beginner, continued learning and health recovery in North Conway, E Madison, Tamworth and Brownfield ME. In North Conway at the Eastern Slope Inn Plaza. FMI call 603-356-5581 or visit newengland.usa.taoist.org.

St. Margaret of Scotland Church 85 Pleasant Street, Conway NH holds a weekly

adult study program. The study group will meet every Sunday from 11:00 AM to Noon, in the parish hall after Sunday service.

The Breakfast Club, the monthly M&D Productions' Executive Director meeting is held the 1st Monday of each month at M&D Productions, call Mark at 603 662 7591 to reserve your seat.

There will be a FREE Adult Learner Study Group meeting by appointment on Saturdays for 10am-noon at Carroll Academy, 11 Runnell's Hall, Chocorua (cross from the Chocorua Library). Focus will be on all 5 content areas: Reading, Social Studies, Science, Math and Writing. FMI: Elisabeth Swiriduk at 603-323-5100. There are a limited number of seats available, so call now to reserve. Remember: You can do it!

Mount Washington Valley Choral Society rehearsals are held in the Kennett Middle School Choral Rooms on Mondays. We will gather at 7:00pm. Nancy Farris and George Weiss will be with us again this season. FMI: MWVChoralSociety@yahoo.com. Share this information with others who like to sing. Need altos and tenors!

Open Door Bible Church, 2324 Rt. 16. Next to West Ossipee Post Office. Sunday worship at 9:30am. Wednesday Bible Study and Prayer at 6:30pm. Saturday Community Prayer at 9:00am. FMI: Paster John Donovan 508-380-0471.

BINGO! Sponsored by Theatre North, every Friday night at 6:30pm, doors open at 3:30pm. Located at St. Anne's Hall on School Street, Berlin Largest payout in the area

Walk -in -Wednesdays. 9am-4pm. Visiting Nurse, home Care & Hospice of Carroll County, 1529 White Mountain Highway, NC. Next to Green Granite Inn. Basic health screenings, blood pressure, foot checks, advance directives, questions about home health care services. Free and open to the public. FMI: 356-7006 or 1-800-499-4171.

Kiwanis Club of the Mount Washington Valley meets every Wednesday evening at the New England Inn and Lodge at 6pm. Kiwanis is a global organization of volunteers dedicated to changing the world, one hild and one community at a time. FMI: 603-722-7267.

Jackson Public Library hosts monthly storytime ; held the 3rd Thursday of each month at 10am. The program is free and open to all. Call the library for more information at 383-9731.

Gibson Center Carriage House Thrift Shop. Gently used clothing, housewares, and more. Monday -Friday 10am -2 ish; Saturday, 9am-1ish.

Carroll County RSVP has recently started Bone Builders, a low impact exercise program for seniors who are interested in a mild program to strengthen their bones and muscles. At the Eaton Town Hall on Tuesday and Thursday for 9-10am; at the North Conway Congregational Church on Tuesday and Thursday for 11am-noonpm. FMI: CCRSVP Monday-Friday, 8am-4pm at 356-9331.

Friends of the Conway Public Library. Monthly meeting at 4pm, the third Wednesday of each month.

Calendar of Events

Thursday 3.14

Wine Down. Thursday at the Snowville Inn. One Price. Sample featured wines, enjoy a glass and choose from three appetizers. FMI: 447-2818

M & D Productions. (Title of Show) at 'Your Theatre'. This is a "Two For One" night. This musical is about two nobodies named Hunter and Jeff who decide to write an original musical starring themselves and their attractive and talented ladyfriends, Susan and Heidi. Their musical gets into the New York Musical Theatre Festival and becomes a hit. Performances are March 14,15,17,21,22,23 at 7:30pm. March 16,24 at 4:00pm. FMI: 603-662-7591.

Conway Public Library. 3:30pm. After school club for grades 6 and up celebrates Pi Day (3.14)! Next Gen invites area youth to a Pie Eating Contest/ Win a chance to throw a pie at a librarian! FMI: 603-447-5552.

Bartlett Elementary School 8th Grade Fundraiser at Shannon Door Pub, Jackson. \$1.00 from every pizza sold between 4-11pm will be donated to the upcoming class trip.

Grand Summit Hotel in Bartlett. Red Cross Bloodmobile. Noon-5:00pm, sponsored by Friendly's. FMI: 1-800-733-2767.

Friday 3.15

Bartlett Rec. Dept. goes to the Boston Flower Show. Bartlett, Jackson residents at \$45. All other towns at \$50. Two pick up locations. Storyland and Madison Church. Get them early...we will sell out! FMI: 374-1952.

Friday Painters - meet every Friday from 9:00 - 12:30 begin studio work. FMI 356-2787 www.mwvarts.org Meet in Downstairs Gallery of MWVArts, 16 Norcross Place, North Conway Village. Will have a studio schedule available shortly. Bring something of your own to work on this week.

M & D Productions. (Title of Show) at 'Your Theatre'. This is a 'Pay what you can' night. This musical is about two

Valley Vision Channel 3 Schedule:

MAR. 15-21, 2013

(Schedule Subject to Change)
 website: www.vv3tv.org
 phone: 603-356-8941

Friday, 3/15

6:00a North Conway Water Precinct (3/13)
 7:30a Let's Move!
 8:30a Your Workout
 9:00a Scholar Bowl (student games 2 and 3)
 10:00a Lost in Movies
 10:30a Around the Valley
 12:00p Recreation Weekly
 12:30p Breakfast with Willie
 1:00p Albany Town Meeting
 3:00p North Conway Water Precinct (3/13)
 5:00p Scholar Bowl (student games 2 and 3)
 6:00p Lost in Movies
 6:30p Around the Valley
 7:00p Charity Chatter
 7:30p Remember When
 8:00p The Valley's Got Talent - 2013
 9:45p Conway Planning Board (3/14)

Saturday, 3/16

6:00a Conway Planning Board (3/14)
 7:30a Let's Move!
 8:30a Your Workout
 9:00a Charity Chatter

9:30a Remember When
 10:00a The Valley's Got Talent - 2013
 12:00p Scholar Bowl (student games 2 and 3)
 1:00p Lost in Movies
 1:30p Around the Valley
 3:00p Conway Planning Board (3/14)
 5:00p Charity Chatter
 5:30p Remember When
 6:00p The Valley's Got Talent - 2013
 7:45p Centerstage Theater: The Wizard of Oz
 9:05p Conway Selectmen (3/12)

Sunday, 3/17

5:30a Scholar Bowl (student games 2 and 3)
 6:30a Lost in Movies
 7:00a Around the Valley
 7:30a Let's Move!
 8:30a Your Workout
 9:00a Charity Chatter
 9:30a Remember When
 10:00a The Valley's Got Talent - 2013
 12:00p Pastor Tim
 12:30p Fryeburg Municipal Programming

Monday, 3/18

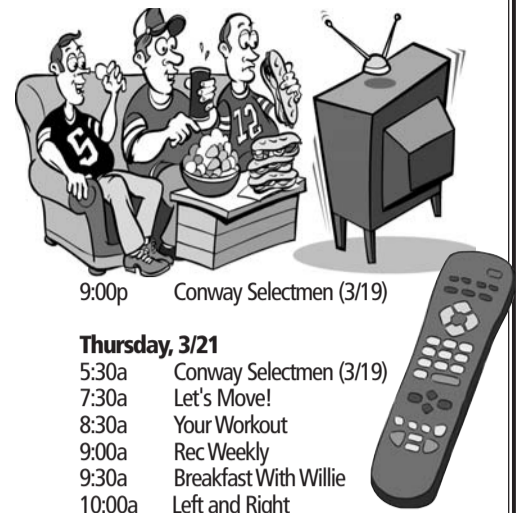
5:30a Centerstage Theater: The Wizard of Oz
 7:30a Let's Move!
 8:30a Your Workout

Tuesday, 3/19

9:00a Centerstage Theater: The Wizard of Oz
 10:15a North Conway Water Precinct (3/13)
 12:00p Charity Chatter
 12:30p Remember When
 1:00p The Valley's Got Talent - 2013
 3:00p Centerstage Theater: The Wizard of Oz
 5:00p Conway Planning Board (3/14)
 7:00p Harvest Hills
 7:30p Today in the Valley
 8:00p KHS Drumline
 9:00p Carroll County Commissioners

Wednesday, 3/20

5:30a Carroll County Commissioners
 7:30a Let's Move!
 8:30a Your Workout
 9:00a Harvest Hills
 9:30a Today in the Valley
 10:00a KHS Drumline
 12:00p Carroll County Commissioners
 3:00p Conway Selectmen (3/19)
 5:00p Harvest Hills
 5:30p Today in the Valley
 6:00p KHS Drumline
 7:00p Rec Weekly
 7:30p Breakfast With Willie
 8:00p Left & Right



9:00p Conway Selectmen (3/19)

Thursday, 3/21

5:30a Conway Selectmen (3/19)
 7:30a Let's Move!
 8:30a Your Workout
 9:00a Rec Weekly
 9:30a Breakfast With Willie
 10:00a Left and Right
 12:00p Harvest Hills
 12:30p Today in the Valley
 1:00p KHS Drumline
 2:30p Conway Selectmen (3/19)
 5:00p Rec Weekly
 5:30p Breakfast With Willie
 6:00p Left & Right
 7:00p Scholar Bowl (adult games 6 and 7)
 8:00p Lost in Movies
 8:30p Valley Mister Pageant
 9:15p Eggs & Issues: NH Production Coalition

nobodies named Hunter and Jeff who decide to write an original musical starring themselves and their attractive and talented ladyfriends, Susan and Heidi. Their musical gets into the New York Musical Theatre Festival and becomes a hit. Performances are March 15,17,21,22,23 at 7:30pm. March 16,24 at 4:00pm. FMI: 603-662-7591.

40th Annual Red Parka Challenge Cup. All proceeds from the race benefit the Eastern Slope Ski Club. Longest running, pro-style dual giant slalom ski race in the United States. F M I : redparkachallengecup.com.

Conway Public Library will be open on Fridays at 10am! A; 8:30pm closings will change to 8:00pm. The NEW hours will be: Mon., Tues., and Thurs. from 10am-8pm. Wed. from 10am-6:30pm. Fri. and Sat. from 10am -5pm. It's Your Library- Use It!

Saturday 3.16

GMCG will host GET WET! Training for teachers and volunteers at the Community School in Tamworth. This year, GMCG in Effingham, Freedom, Ossipee, Tamworth, and Tuftonboro will test their home well water in their classroom through GET WWT! Groundwater Education through Water Evaluation and Testing. 10:30am-noon.

FREE Adult Learner Study Group, 10am -noon. Carroll Academy, 11 Runnell's Hall, Chocorua, NH; across from the Chocorua Library. 10 week course will focus on all 5 content area: Reading, Social Studies, Science, Math and Writing. Call Elizabeth Swiriduk at 323-5100 to sign up.

Every Saturday. MWV Ski Touring. 1:30pm. Guided snowshoe walk along the East Branch and Saco rivers. The tour will depart from the Touring Center and last 1.5-2 hours covering a distance of less than 2 miles at an easy pace for all ages and abilities. Reservations are required. FMI: 603-356-9020.

M & D Productions. (Title of Show) at 'Your Theatre'. This is a "Sell It Out Saturday" night. This musical is about two nobodies named Hunter and Jeff who decide to write an original musical starring themselves and their attractive and talented ladyfriends, Susan and Heidi. Their musical gets into the New York Musical Theatre Festival and becomes a hit. Performances are March 15,17,21,22,23 at 7:30pm. March 16,24 at 4:00pm. FMI: 603-662-7591.

Conway Public Library. 12 noon-2pm. "Be Tech Savy". Volunteers will be on hand to answer your questions and guide you through difficulties with any and all electronic devices. Bring in your iphone, ipad, tablet, Smartphone, Kindles and what ever you have! Get one-to-one help in a relaxed and friendly atmosphere. No need to register—just come in!

Village Players, Wolfboro. FMI: 603-539-4973 or 603-569-6382. The Traveling Wolfburys bring their brand of 60s rock, blues, and folk. 7:30pm. Music and Food a Good Mud Season Combo.

Apple Tree Pruning Workshop. 8:30am-noon. Pietree Orchard, 803 Waterford Rd., Sweden, Me. FMI: 800-287-1482. Lesley.quick@mine.edu. Presented by Scott Miller, orchard Manager. Dress to be outdoors and please bring hand pruners and pruning saws if you have them.

Brownfield Lions Club will host a dance at the Lions Den on Rts. 5/113 in Brownfield, Maine. 8pm-12 midnight. Music by the Night Riders. Dances are BYOB and a 50/50 raffle is held. Proceeds will benefit the Susan L Custis Foundation providing camping for underprivileged children.

Sunday 3.17

Ski with a Naturalist at Great Glen Trails. Really get to know Pinkham Notch. Learn about the flora and fauna that make our corner of the world so special.

You'll scout for tracks in the snow. You'll learn about the different trees in the Glen, listen for distinct bird calls. Understand how the ecosystem works in Pinkham Notch. FMI: 603-466-2333.

M & D Productions. (Title of Show) at 'Your Theatre'. This musical is about two nobodies named Hunter and Jeff who decide to write an original musical starring themselves and their attractive and talented ladyfriends, Susan and Heidi. Their musical gets into the New York Musical Theatre Festival and becomes a hit. Performances are March 17,21,22,23 at 7:30pm. March 24 at 4:00pm. FMI: 603-662-7591.

West African Drumming Workshop with Sayon Camara of Guinea, West Africa. All Saints Episcopal Church, 258 S. Main St., Wolfeboro. FMI: 802-779-4914. Learn the traditional music of Guinea, West Africa. He will share the music, song, drumming and story of the village rhythms of the Malinke people. All levels are welcome to participate. 12:30pm-4:00pm.

Sayon Camara & Landaya: live! Benefit Concert. All Saints Episcopal Church, 258 S. Main St., Wolfeboro. FMI: 207-779-4914. 5:00-6:30pm. Debut performance of this traditional West African ensemble! Authentic and irresistibly joyous. For all ages. Dancing always appreciated. Proceeds assist in building homes to provide shelter for American families educating children in Guinea.

Masonic Hall Neighbor-Neighbor Benefit Breakfast/ 8am-11am. Masonic Hall in North Conway. Please bring a non-perishable food item for our local food pantries. Menu includes juice, coffee, pancakes, waffles, omlettes, ham sausage, etc!

Wright Museum in Wolfeboro. 2013 Cabin Fever Lecture Series. 2:00pm. Doors open at 1pm. Half Pint, viewing of this 30 minute film and discussion with the director, Duncan Putney. Premier

screening, a new shirt dramatic film about a boy who finds himself thrown back in time- right into 1044 France on the eve of D-Day. FMI: 569-1212. RSVPs are strongly encouraged to ensure sufficient seating.

Monday 3.18

The Mount Washington Stompers Square Dance Club is holding a Square Dance Workshop every Monday night from 6:45-9:00pm at the Conway American Legion on Tasker Hill Road, 2nd building on the left. Lots of good music, food, fun, excellent exercise and friendly people! FMI: Arthur447-5527 or Barbara 356-5546

Conway Public Library continues a series of Family Place Workshops for 1-3 year olds and their parents or caregivers. The "learn to Play, Play to Learn" workshops vary according to the interests of the participants as well as tackling the common issues like fussy eaters, potty training, positive discipline, encouraging development, music and more. FMI: 447-5552.

Conway Public Library, 6:00pm. It's time to think about gardening again! We invite the public to a free workshop with master gardener Michelle Delucia. The focus is on perennials - choosing, planting and maintaining the right ones for your location. Bring your notebook. The program is free and open to the public. FMI: 447-5552.

Conway Public Library. NO Storytime for weeks March 9, March 11. NEW Library Hours: Mondya, Tuesday, & Thursday. 10am-8pm, Wednesday, 10am-6:30pm, Friday & Saturday, 10am-5pm.

Mountain Garden Club. "Landscaping with Water: an Element of Life" presented at 9:30am by Greg Bossart, landscape designer and owner of Rock N Waters in Freedom, at the Salyards Center in Conway Village. Free and open to the public. Snow date is March 25th!; check the website www.mountaingardenclub.org for cancellation information.

Friends of the Bartlett Public Library. 4:30-9:00pm. Benefit dinner fundraiser at Joseph's Spaghetti Shed, Dine to Donate. FMI: 356-8462.

Tuesday 3.19

Conway Public Library. 6:00pm. Hosts a visit with Freddie Wilkinson, author of One Mountain, Thousand Summits. The book focuses on the mystery surrounding a catastrophic incident on K2. The author interviewed many of the survivors, including the sherpas that guided some of the multinational groups involved. The presentation is a multi-media program. The public is invited. All welcome.

Jackson XC. Tuesday Trekkers Snoeshoe Trek. Last time together! FMI: 383-9355. Beginner to expert.

Wednesday 3.20

Bridgton Recreation Department hosts a program for wood carvers 7-9pm each Wednesday. This program is free and light refreshments will be served. Held at 26 North High St, which is behind the old town hall in the Bridgton Ice Rink. FMI: Bob Carey at 978-290-1879 or Tom Tash at 207-647-1126.

Leura Hill Eastman Performing Arts Center. The Metropolitan Opera Live in HD presents: Francesca da Rimini. Zandonai's opera, inspired by an episode from Dante's Inferno, returns in this lavish production, last seen in 1986. 12-4pm. FMI: 207-935-9232.

Friends of the Conway Public Library meet at 4:00pm at the Conway Library.

Jackson XC. 2-4-1 Wednesday X/c Skiing. Last time together! FMI: 383-9355.

MWV Children's Museum. 2013 Exhibts Grand Opening. 6-8pm. Huge Event! We are reopening the downstairs with new exhibits. Special guests, food, music. Rediscover your Children's Musuem! Your kids have grown and so have we! FMI: 356-2992.

Round-Ups

Carl Johnson Memorial Ski-a-Thon taking place March 16

PINKHAM NOTCH — The Carl Johnson Memorial Ski-a-Thon to benefit ALS will again take place at Great Glen Trails on March 16 from noon to 3 p.m.

The FUNdraiser, as it's called, will give anyone who participates a chance to ski as many laps as they feel like, while raising money for the ALS Foundation. The \$20 registration fee includes a trail pass and all proceeds will go to ALS.

It is fitting tribute that Great Glen Trails will be hosting the Carl Johnson Memorial Ski-a-Thon on Saturday, March 16. Carl was the kind of person who always asked someone if they needed a hand, especially on a cross country ski trail...in fact, he was constantly on the lookout for a chance to help or someone to encourage. He was a well known fixture at Great Glen Trails, whether in the timing shack for Nordic Meisters or volunteering in some other way. Most impor-

tantly, he wanted to make it fun. Johnson is still remembered fondly at GGT, since the crippling disease ALS took his life in 2006

"The Carl Johnson Memorial Ski-a-Thon is our annual effort to raise money for ALS. Carl was a good friend and co-worker at Great Glen for many years. Full of fun, just the right outlook on life and very active, Carl was a wonderful role model for many. He was, for years, the friendly volunteer timer for our weekly Nordic Meisters cross country race series. This ski event is held in his memory - and as he would have liked, it's all about fun. We'll have a wacky tights competition, then ski as many laps on a 5km course as we can in 3 hours and enjoy food and drinks at the lodge following the ski," explained Howie Wemyss, Great Glen Trails General Manager.

Prizes will be awarded on event day for the most laps completed and the highest



Courtesy

The Carl Johnson Memorial Ski-a-Thon to benefit ALS will again take place at Great Glen Trails on March 16 from noon to 3 p.m. The FUNdraiser, as it's called, will give anyone who participates a chance to ski as many laps as they feel like, while raising money for the ALS Foundation. The \$20 registration fee includes a trail pass and all proceeds will go to ALS.

amount pledged. As always, the participant with the loudest and wackiest tights will also win a prize. There will also be an ALS Benefit raffle for two handcrafted wooden vessels made by local artisans

Ed Good and Sean Doherty. Nearly \$4,000 was raised in 2012 for the ALS Foundation.

The Carl Johnson Memorial Ski-a-Thon will take place on Saturday, March

16 from noon to 3 p.m. For more information or to register online, go to www.greatglen-trails.com and check under events, or call 466-2333. Day of event registration will take place from 9-11 a.m.

Yankee humorist and storyteller

Rebecca Rule and Tom Diegoli featured at Effingham Writers' Night

EFFINGHAM — Stories are a fabric that connects us, enriching our lives, sparking our imaginations and warming our hearts.

Rebecca Rule gathers and tells stories; Tom Diegoli weaves stories through poetry and prose. The Friends of the

Effingham Public Library invite you to join us for an evening of tall tales and wee folk, along with your poetry music and stories at Writers' Night in the meeting room of the Effingham Public Library at 7 p.m. on Thursday evening, March 21.

Rebecca Rule has collected stories about what's special about this rocky old state of New Hampshire for more than 15 years, and includes many of them in her book "Headin' for the Rhubarb: A NH Dictionary (Kinda)." Her latest book (and first picture book for children) is "The Iciest, Diciest, Scariest Sled Ride Ever," illustrated by Jennifer Thermes. Her book, "The Best Revenge," won the New Hampshire Writers Project award for Outstanding Work of Fiction and was named one of five essential New Hampshire books by New Hampshire Magazine. She writes regularly for UNH Magazine and hosts an interview show, the New Hampshire Authors Series, on NHPTV. Rebecca recently received an honorary doctorate from New England College for storytelling and contributions to New Hampshire literature.

About her passion for stories, Rebecca Rule says, "The great thing about collecting stories is they're free and you don't have to dust them. Stories not only speak to us of history, they hold our identity."

Her work in Berlin collect-

ing stories of the mills, logging, and the Androscoggin Valley reinforced her idea that New England stories need to be preserved and shared. Rebecca Rule's many published books include "Live Free and Eat Pie: A Storyteller's Guide to New Hampshire"; "Could Have Been Worse: True Stories, Embellishments and Outright Lies"; and "Moved and Seconded: NH Town Meeting, the Present, the Past, and the Future."

The son of a naval officer and high school teacher, Tom Dagnoli grew up spending his summers in a tent in Conway, on the Saco River, where he learned a great love and respect for nature and the natural world. After college, he moved to the farm his family bought in Chatham, where he raised vegetables and sheep for 15 years. He moved back to the Mt. Washington Valley in 1990, and is raising three lovely daughters, all of whom like to write. He has worked as an electrician, machinist, chef, cabinetmaker, substitute teacher, art dealer, and picture framer. His current interests include teaching young children that they can enjoy writing poetry and volunteering as

a New Hampshire Hunter Safety Instructor. He has published two chapbooks, "One With The Land" and "Interface," and a DVD, "The Skunkskin Session." He can be reached at thomasdiegoli@earthlink.net.

Come to listen, or bring a piece of your own writing to share. Writers' Night, the third Thursday of the month is for those who write - music, poetry, prose, fiction, non-fiction - and for those who enjoy listening. Each month we will feature one to two writers, followed by an open-mic opportunity for others to share a piece of original writing or acoustic music (up to five minutes). Enjoy light refreshments and conversation with other writers and artists. The Writers' Night is just one of many enriching community events taking place at the Effingham Public Library. For more information, contact: Katie McCarthy, 6 5 1 - 9 7 9 6 katiemccarthy@roadrunner.com, call the Library 539-1537, or check out past and future presenters on the Library Web site: <http://effingham.lib.nh.us/>. The Library is located at 30 Townhouse Rd., Effingham.

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Bike the Whites gears up for 18th season as most affordable inn-to-inn tour in New England

REGION — “Bike The Whites,” a three-day Inn-to-Inn bike tour in the White Mountains of New Hampshire, will soon be starting its 18TH season (May 1 to Oct. 31).

For spring/summer/fall 2013, New England’s best choice for value-conscious and environmentally-conscious travelers looking for an Inn-to-Inn biking experience will once again be “Bike The Whites.” This three-day getaway offers customized route planning for cyclists of all abilities, the scenic beauty of New Hampshire’s White Mountains region, plus award-winning dining, comfortable accommodations and unsurpassed hospitality from three of New Hampshire’s premier country inns. Bike The Whites starts their season in May with a spring discounted rate of only \$299 per person, by far the lowest rate for Inn-to-Inn bike tours in New England.

With gasoline prices remaining at high levels, what better and more affordable way to explore the beauty of New Hampshire’s White Mountains than up close on a bicycle. On Bike The Whites Tours guests drive to the first Inn and park their car for the remainder of the tour, enjoying the panoramic views, rivers and lakes, and other natural beau-

ty as they pedal from inn to inn. Then at the Inns they are treated to friendly service, delicious meals, and personalized accommodations.

Lodging and meals are provided by three of New Hampshire’s finest country inns, Brass Heart Inn, 1785 Inn & Restaurant, and Inn at Crystal Lake, each renowned for natural beauty, outstanding service, comfortable lodging, and exquisite cuisine. As travelers and cyclists themselves, this group’s innkeepers’ mission is to make the pleasure of a fine country inn, along with the exhilaration of biking in New Hampshire’s scenic White Mountains region, affordable for all vacationers. In addition to the good rates of the tour packages, guests save on the high price of gas, as their cars are parked throughout the tour (providing environmental savings also).

Each morning of the tour begins by planning routes based on the guests’ ability and energy levels, as the guests enjoy a hearty country breakfast to fuel their day. There is plenty of sightseeing and attractions along the routes; scenic spots, covered bridges, swimming holes, waterfalls, farm stands, orchards, etc. The routes range from 20 miles to as much longer as desired, featuring rolling terrain along back roads surrounded by

New Hampshire’s White Mountains. You’ll arrive at the end of the day having earned your evening of relaxation in a comfortable premier country inn, with a gourmet meal and the coziest of rooms waiting.

Bike The Whites package

rates are \$299 per person during May, \$379 during June, \$429 from July 1st through September 15th and \$499 during fall foliage from September 16th through the end of October. While the rates are higher during fall foliage, it is the most popular

season, and reservations need to be made early for fall foliage. For more information, visit the “Bike The Whites” web site at www.bikethewhites.com or call 356-9025 to check on availability and book your reservations.

The Gibson Center Feinstein Challenge 2013

NORTH CONWAY — It’s that time of year again to open our hearts and participate in the 16th annual Feinstein Challenge.

Mr. Feinstein, a noted philanthropist associated with the University of Rhode Island, has promoted one of the most successful grassroots campaigns in our country to fight hunger. Raising awareness of this issue and challenging organizations to raise funds, Mr. Feinstein divides a \$1 million grant nationwide to food programs such as Meals on Wheels and Congregate Meals.

Your generous response has helped raise over \$80,000 for the Gibson Nutrition Program, benefiting our senior recipients and friends. Let us continue to rise to the challenge of ensuring our seniors ongoing food security and independence at home. Together we can make

a difference in the lives of our friends and neighbors. Donations for this cause must be received from March 1st to April 30th. The donations can be cash, or checks. If you choose to write a check, make it out to the Gibson Nutrition Program and write on the memo line: “Feinstein Challenge.” Please respond as soon as possible so all donation are received by April 30.

Gibson will keep all monies donated as well as receive a proportionate share of the Feinstein Grant. We are serving approximately 115 Meals on Wheels a day, significantly over our state contract, in addition to our daily Congregate meal. Call the Nutrition Office at the Gibson Center between 8 a.m. and 3 p.m. at 356-3231 for further information. We thank you for considering this appeal and for your past

assistance and ongoing partnership in supporting the mission of the Gibson Center.

We can count cash donations as well as canned goods. To assist with the fundraising this year we will hold two Teas with canned goods donations, March 21 at the Gibson Center, and April 17 at Silver Lake Landing. We will also hold one Feinstein Dessert Auction, just before Easter, on March 28. If you would like to bake for the auction, or join us for the Teas, please sign up. Dance Hostess, Alice Clapp will hold two ballroom dances, March 14 at Silver Lake Landing, and April 25 at the Gibson Center. Please bring a canned good to the dances. All are welcome!

Please remember, checks must be dated between March 1 and April 30.

Art Show in Denmark, ME



Courtesy

Spring is just around the corner and although we are still seeing lots of snow, this is your chance to view beautiful spring color through the works of local artists. ‘Art Barks in Denmark’ will be held on Saturday, March 30 at the Denmark Arts Center. A wine and cheese reception will be held at 5 p.m., and the show will end at 8 p.m.

DENMARK, Maine — Spring is just around the corner and although we are still seeing lots of snow, this is your chance to view beautiful spring color through the works of local artists.

‘Art Barks in Denmark’ will be held on Saturday, March 30 at the Denmark Arts Center. A wine and cheese reception will be held at 5 p.m., and the show will end at 8 p.m. Many

mediums will be on display, and an opportunity to purchase a one of a kind piece of

local art is available. What a fun way to support local artists as well as homeless animals all wrapped in one evening. Please bring your friends and plan to be amazed at the talent coming to Denmark Arts Center!

Each artist has graciously offered to donate a portion of their sales to support the homeless cats and dogs at Harvest Hills Animal Shelter.

For more information on this event, call Joan at 207-935-4358



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*Some restrictions apply. See us for details.

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Skiing with Seven

By Sven Cole

Is it just me, or are you starting to expect at least a foot of fresh snow every week? This ski season started out a bit slow, in terms of snow fall, but is finishing with a bang, on par with the bang that started the universe. While that last storm wasn't that impressive, I'm sure we have a bit more snow coming our way before we're spending our days in flip flops.

With all this great snow, it should be a skiers dream. Perfect early morning firm corduroy perfect for skate skiing or ripping

carved turns at the resort, followed by awesome spring corn by mid day. Yet, my guess is that within a couple of weeks many a hard core skier will be pining for warm temps and golf greens, or maybe dry singletrack. I hate to say it, but I will bet that I'll be feeling that way by April 1 as well, and it's a darn shame.

Skiers have a genetic disposition to have a messed up internal clock when it comes to seasons, and it happens every year. In the fall, the foliage barely has time to fall from the tree and cover our yard before we are feeling like the

ski season should already be in full swing and our days should be spent ripping groomers or enjoying perfect set track, instead of raking. We spend a tremendous amount of time online looking to see who has snow- natural or man made, and if none can be found locally we jump on a plane and head to British Columbia or Yellowstone for our Nordic fix or head to Mammoth or Jackson Hole for a session of early November powder skiing.

All the while good trail running, mountain biking, road riding, paddling, and hiking

around. Often this early exuberance leads us to weeks, if not months of painfully chasing snowflakes that just aren't there.

These same people, and I'll state right here that I am often one of them, then get through the middle of March and start wanting to get back to the bikes, the trails, and the waterways and curse the weatherman every time they predict cold days and a possible snowstorm. And I know I'm not alone because most of the ski areas, both cross-country and downhill will be closed this year long before the snow pack is gone, all because there isn't enough interest.

What is wrong with us?

If you were hoping I had some insightful answer then it looks like I'm about to disappoint you. I have no idea why we do this, but I do know this year would be a great year to try and set a new trend. Let's just pretend for a moment that we put our same snow chasing skills to work as spring approaches that we use in the fall. It will be a whole lot easier and we may find surprisingly different results.

Imagine, if you will, that come May 1 this year, you wake up with the intent of getting in a few kilometers of crust cruising on our skate skis or a last bash of spring bumps up on Grandstand or Kessler, before a good ride on the road bike. The touring centers will be closed as will the

downhill areas but there is a good chance that most of the ski areas will still have large stashes of snow somewhere on the mountain. Go for a hike and get in the skiing. It's funny, as I write this, it sounds mildly ridiculous- but I know that if it were mid November and that was where the snow was, I'd find a dozen other skiers and half the UNH ski team on that very same patch of snow.

I see a big advantage to giving this a try, first it'll be fun but more importantly it will put me much further into November next fall before I need to ski (or at least that is my theory). Beyond that if I am still out skiing in late April and early May then that means that I won't be on my road bike as much and won't then need to clean it nearly as much! The best part, unlike in the fall, if the snow is gone then that likely means the weather is perfect for our other adventures!

So who's with me? Let's see how long we can ski into the season. This could be the year that we collectively reset our internal clocks and change the way we all look at the ski season. I can feel the momentum now!

I've gotta get back to the internet to find where it's warm and dry so I can go ride my bike.

Sven Cole is a local skier and writer and you can follow him on Twitter @svencole.

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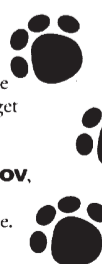
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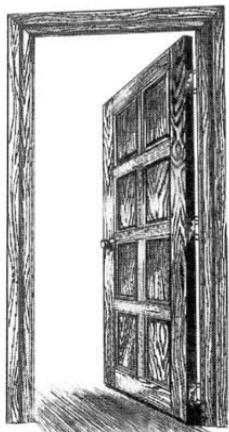
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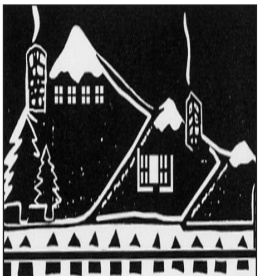
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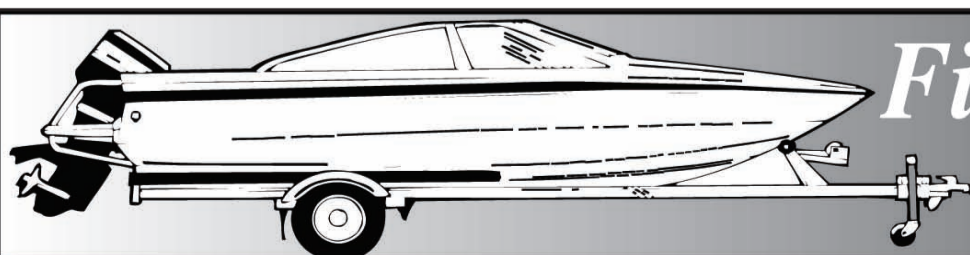
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68" Comp. \$20 **\$10**
80" Comp. \$25 **\$14**

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59" Comp. \$40 **\$18**
68" Comp. \$40 **\$18**

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Selection varies by store

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9" 4.75
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Valley Education

KHS Key Club announces members of the month for January

REDSTONE — Two active members of the Kennett High School Key Club were recently selected as Members of the Month for January. They were selected competitively from over 90 members of the KHS Key Club.

Junior class member Andrew Casella and Sophomore Mae Van Rossum were honored with their Member of the Month Certificates at a recent Key Club meeting. These two KHS students have been extremely supportive of Key

Club's charitable and community service activities. In particular, during the month of January, they supported activities such as the fundraiser at Flatbreads Pizza Company and the All-Nighter Event for Charity, as well as other Key Club activities.

Key Club primarily supports three children's charities through its fundraising projects: Camp Sunshine in Maine, the Kiwanis Pediatric Trauma Institute at Tufts New England Medical Center in Boston, and Children of Peace



Courtesy

Kennett High School Key Club members of the Month for January are Mae Van Rossum and Andrew Casella.

International. The Kiwanis Club of Mount Washington Valley proudly sponsors the KHS Key Club.

Key Club is an international student-led organization which provides its members with opportunities to provide service, build character and develop leadership. The Kennett High School Key Club meets in the KHS library at 5 p.m. on Mondays. All KHS students are welcome to join.

Arran R. Dindorf of Bartlett

Named to Colby College Dean's List

WATERVILLE, Maine — Arran R. Dindorf, a senior at Colby College in Waterville, Maine, was named to the Dean's List for his outstanding academic achievement during the fall semester of the 2012-13 year.

Arran is the son of Mark Dindorf and Nancy Ritger of Bartlett, and attended Kennett High School.

Students whose grade point averages were 3.67 or higher were named to the Dean's List.

Founded in 1813, Colby College is the 12th-oldest independent liberal arts college in the nation. Colby provides a rigorous academic program that fosters transformational relationships between students and faculty.

Graduates emerge as committed leaders ready to make an impact on their world. Colby is committed to making the full experience accessible to all qualified students, regardless of their ability to pay. The college enrolls 1,825 students.

Building Bridges Instead of Walls: Strategies for Supporting Positive Behavior

BROWNFIELD, Maine — Brownfield-Denmark PKA will be sponsoring a workshop on

March 21 from 6 to 7:30 p.m. at the Brownfield-Denmark Elementary School — "Have you ever been frustrated with your child's behavior?"

Would you like to learn strategies for the de-escalation and even the prevention of difficult behaviors? Do you sometimes feel stuck in a power struggle with your child?

Would you like to help your

child learn how to decrease stress, increase cooperative behaviors and gain greater self control?

If you answered yes to any of these questions, then this workshop may be for you!

This workshop will be open to parents and MSAD 72 teachers.

This event is free, but pre-registration is required! Contact your PKA Program Coordinator, visit our Web site, www.pka.me, or call 207-935-1900.

A light supper will be provided at 5:30 p.m., & child-

care will be available during the workshop.

Pender Makin has been an alternative educator since 1995 and has served as the Director of The REAL School since 2003. Pender believes that alternative learners are the best hope for the future of our world, because they were born to "think outside of the box!" Pender has participated in legislative committees and state-level task force efforts to help increase awareness of and sup-

BRIDGES, see pg. 8

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