How did you spend your day?

What’s happening at the Omni Mount Washington Resort

Winter Wild Uphill Race Championship
Saturday, March 17
Ski, snowshoe or run this uphill course for a chance to win great prizes. Register in advance at runreg.com. Race starts at 6am - sharp!

Winterbike Championship Point Series
Saturday, March 24
Cheer on series finalists competing in a downhill bike race on the slopes of Bretton Woods followed by a big air competition. Visit erniescycleshop.com for event details.

Randonee Rally Sunday, March 25
A unique uphill/downhill race of endurance - open to competitors on alpine touring, Telemark or split-snowboard equipment. Learn more at bretonwoods.com.

3/10/12

3/12/12

IT’S MORE THAN A VACATION. IT’S A GRAND ADVENTURE.

Spend the day on the slopes of NH’s largest ski area, relax at the luxurious spa, go on a thrilling canopy tour or enjoy afternoon tea in the most classic tradition. Plus, fine and casual dining and daily activities will make your Mount Washington experience even more special.

The Bretton Woods Nordic Center has closed for the season - thank you for a great year, despite Mother Nature’s challenges!

Skiing Hither And Yon Changing times for “Rickey Red” PAGE 27

OLLI at Granite State College
The age of “Never stop learning” PAGE 11

Olli at Granite State College

A SALMON PRESS PUBLICATION • (603) 447-6336 • PUBLISHED IN CONWAY, NH
Local lacrosse has high goals for boys and girls in the Mt. Washington Valley

Fundraiser at Flatbreads on March 20th

By Rachael Brown Contributing Writer

If you speak with Andrew Andreani about lacrosse, two things stick in your mind: his passion for the sport, his enthusiasm for bringing the oldest sport in America to new heights in the Mt. Washington Valley.

According to www.uslacrosse.org, lacrosse was America’s first sport, introduced to this country both by Native Americans and our Canadian neighbors. Native Americans still refer to the game as: “The Creator’s Game, steeped in religion, it was often played to solve conflicts, heal the sick and to create strong men. French Canadians adapted and standardized the game in 1867.

New York University had the first college team in 1877, while Phillips Academy (Andover and Exeter) and Lawrenceville School sported the first high school teams in 1882. The first girls’ team was supported by Bryn Mawr School in 1926.

Lacrosse came to Bartlett in 2003.

“I played lacrosse in high school. I loved the sport and wanted to give back to my children and others,” says Andrew Andreani, president of Mt. Washington Valley (MWV) Lacrosse Club.

We started youth lacrosse in Bartlett, playing at the Fields of Attitash with a few boys from 6th, 7th and 8th grade at Josiah Bartlett Elementary School in 2003,” he adds.

They practiced with just gloves and sticks. We were fortunate to receive a grant from US Lacrosse in 2004, included more boys and girls. “Our first game was in 2004 and it took off from there,” says Andreani.

The sport in the US has taken off big time. Not only does the sport get faster and faster every year, it is one of the fastest growing games in the US. Since 2011 the sport has grown 138 percent to 300,000 and over the past 10 years lacrosse has been the fastest growing high school sport with participation of an estimated 228,000.

Andreani and Ross Emery, vice president of the club, have high hopes that the sport will continue to take off here. “We have a lot of goals. Maybe an indoor facility someday, offer summer camps, have more girls involved,” says Andreani.

He continues the local lacrosse story and tells what’s happening in the Valley today.

Once they received the grant, the club was able to up the number of boys and girls to 20 each and include children from John Fuller School, explains Andreani.

“We had two teams U11, U13, U15. The high school varsity team won seven games the first year and made the playoffs. U11 was undefeated two years ago and U9 was undefeated last year,” says Andreani.

It is a bit of a different story for girls. For one, girls’ rules are different.

“The girls’ game is more in tune to original Native American game,” says Andreani. It is pretty much non-contact, girls’ only needling sticks and goggles, it is less expensive to outfit, he says. But it is harder to find certified coaches for the girls’ team. In 2010, the first girls’ club was started.

One thing both boys and girls have in common is speed. “Lacrosse is the fastest game on two feet, it gets faster and faster every year. It is faster than soccer,” says Andreani.

The game is a combination of hockey, soccer and basketball-similar to basketball because of the way the ball moves. There is a lot of running, extreme contact, but no contact in the game for U11 and younger, he adds.

“No one sits on the bench. There are sixteen to twenty players on a team. We need all the players there is so much running, no one sits on the bench, everybody plays, the parents like that,” says Andreani.

Parents also like what the sport does for their children.

“Ross and I are fairly passionate about the sport. I prefer my kids playing the sport. The kids get passionate, the parents get passionate,” says Andreani. He tells the story of one child who was having challenges with schoolwork, he was an OK player, then became stronger. His dad came to Andreani telling him how his son’s attention deficit went down and his grades went up.

“That’s what you want, we changed a kid’s life for the better. We are proud of that,” says Andreani.

The MWV Lacrosse Club is a not for profit organization, whose mission is to expand the lacrosse program in the Valley, making it affordable for all children to play. Andreani invites the community to a fundraiser at Flatbreads on March 20th.

“The cost to play can be expensive, but we tell kids, if you like the sport, we’ll get you the equipment. Flatbreads is a wonderful organization to help raise money for the community,” he adds.

For more information visit: www.mwvlax.com or come to Flatbreads on Tuesday March 20th.
Food pantries in the North Conway area receive more than $13,000 in donations through Hannaford Supermarkets Program

Hannaford Supermarkets and its customers came together to contribute more than $13,000 in product and cash donations to help feed hungry individuals in the North Conway area through the 2011 Hannaford Help Fight Hunger campaign. The North Conway Hannaford sold 1,208 donate boxes and it’s customers donated a total of $1,000 donation from Hannaford. Store Manager Jeffrey Cox presented a check to members of the Vaughn Community Center ($500) and Little Brown Church Food Pantry ($500) today.

Hannaford Helps Fight Hunger is part of an effort Hannaford Supermarkets along with all its Supercenters and food stores around the country to assist organizations assisting local communities in need.

Concord, N.H. – New Hampshire Audubon’s Board of Trustees seeks nominations for the following awards to be presented at the Annual Meeting of the membership.

Deadline for nominations is April 1, 2012.

The Tudor Richards Award is presented annually to the person who best exemplifies Tudor’s love and knowledge of the outdoors, and who has worked tirelessly and effectively on behalf of conservation in New Hampshire. Past recipients include Geoff Jones (2010), Rick Van de Poll (2013), and Deb Liens (2009).

The Goodhue-Elkins Award is annual presented to an individual who has made an outstanding contribution to the study of New Hampshire birds. The award is named for Charles Goodhue, one of the state’s great pioneer birders, and Kinball Elkins, the model of critical observation and insightful record-keeping. Past recipients include Stephen R. Mirick (2011), Robert A. Berndt (2010), and Bob Bradley (2009).

Both awards are merit-based with no affiliation with New Hampshire Audubon Audubon protects thousands of acres of wildlife habitat and is a voice for sound public policy on environmental issues. For information on New Hampshire Audubon, including membership, volunteering, programs, sanctuaries, and publications, call 224-9909, or visit www.nhaudubon.org.

The New Normal – Mobile Communications and Media Choice

Mobile technology continues to advance quickly, so quick that it may be difficult to take it all in. Bill Troy, lecturer of business at the UNH Manchester College of Liberal Arts, will address this broad topic at an event on Thursday, March 15, 2012, at 12:00 noon at the Manchester Mall’s Macy’s in Manchester. The event is open to the public, and will be held in the mill yard at UNH Manchester, 400 Riverwalk Way, in the third floor auditorium.

Professor Troy’s presentation will focus on the rapid changes consumers are facing with, as telecommunication, cable, satellite, and media content companies all vie for their share of the pie. Troy will discuss if “the overall pie is actually getting bigger, or shrinking”. He will offer some insights in the form of a report to Mobile News. For more information, please contact Jill Welsh, 641-4306 or jwelshmanchester.unh.edu/events.
A Family Winter Outing

By Darron Laughland
Contribution Writer

In an act of great optimism for spring and irreverence towards typical early March weather, I moved my snow blower into the back shed, behind the lawn mower and wheelbarrow. As a whitewater paddler I welcome mud season, since it means that melting snow and spring rains will kick off spring kayaking in the liquid playgrounds of the White Mountains. As a parent though, I need to find a few weeks of engaging and interesting experiences for the boys, who are no longer getting tired out by ski instructors and our winter adventures.

This article is the first of two that look at the potpourri of local and regional activities proving to kids and their parents from exercising different bookish paths from each other books during the few weeks of cool and wet spring weather.

The Believe in Books Literacy Foundation, located in the 100 Acre Wood, just down the road from Christopher Robin’s house in Intervale, is hosting a series of midweek and weekend activities that are sure to interest the whole family. First on their menu in early March is maple sugaring. The sap house can be seen from Route 16. Look for the steam pouring out of the roof, a sign that someone is busy boiling sap and the house is open for visitors. Open mainly on weekends, there’s an onsite sugar bush (grove of sugar maples) where the trees are tapped, and a maple syrup store walk in the woods adjacent to the sap house. Don’t forget to support the foundations programs by picking up a jug of fresh maple syrup during the visit. The maple story trails are often open daily, even if the sap house is not.

This Friday, March 16th, Robin Hood comes to the Theatre in the Woods for a free telling of his tale, as told and acted out by The Hampstead Stage Company. Following this weekend’s play, several children’s theatre performances and a handful of adult musical performances are scheduled during the next few months. The musical artists include local favorites Rustic Overtones and Entrain. One of the kids events has sold out already, so check the website and make reservations soon. We caught several of the performances last year and the kids and their buddies enjoyed all of them.

Character breakfasts start again on March 17th with a visit from the Cat in the Hat. The Cat in the Hat is followed again on March 17th with a visit from the Cat in the Hat. The Cat in the Hat is followed by Clifford the Big Red Dog, The Cat in the Hat is followed again on March 17th with a visit from the Cat in the Hat. The Cat in the Hat is followed...
Camp Canine back for its fifth season with a early registration discount

Assistance Canine Training Services (A.C.T.S.) of Center Tuftonboro New Hampshire announces its fifth season of Camp Canine this coming July. Each year this popular program has matched their puppies in training with children between the ages of 10 and 14 to teach them how to work with and train service dogs. A.C.T.S. is a non-profit organization that trains service dogs for people with physical disabilities. Now this year is a discount for anyone registering for Camp prior to April 15.

During each one week session of Camp Canine, campers will be assigned one of the A.C.T.S. puppies in training to work with. Each dog and camper team will be together for the week and will be working on the skills needed to complete each puppy training as a service dog. Puppies range in age from 8 weeks to 2 years and are all at different levels so campers will see dogs at all levels of training.

Each day of camp includes lots of time working with the dogs on a wide variety of skills. Campers will learn basic training techniques and will also learn how to use clicker training to teach their puppy partners service dog tasks like turning on and off light switches, opening doors, fetching things, and pressing buttons. Socialization is an important part of service dog training and so campers will work with their puppies on socialization games and exercises.

The nature of working with puppies means serious working time has to be combined with fun play time, so campers will enjoy activities like agility and rally obedience games. During camp dogs are incorporated into fun activities like Tic Tac Toe, Musical Chairs, and Simon Says.

In past seasons campers have had the opportunity to test their newly learned skills by taking the puppies on a field trip. Past camp seasons have enjoyed visiting the Conway Scenic Railroad, Banana Village, the Weather Discovery Center, and Mt. Washington Snowballs.

This July A.C.T.S. will offer two camp sessions in Fryeburg Maine at Telling Tails Training Center. Also being offered this year, for the first time, will be one camp session in Center Tuftonboro New Hampshire. Campers completing the registration process by April 15 will enjoy a tuition discount this year. For more information visit our website at www.assistance-canine.org or call Cathy Burke at 603-986-6600.

Paddy O’Paws Benefit Brunch and Auction to benefit shelter animals at the Red Jacket Resort

March is the month to paint Valley green and attending the Paddy O’Paws Benefit Brunch and Auction is a great way to celebrate St. Paddy’s Day and help the animals in the care of the Animal Rescue League of NH-North at the same time. The fun gets underway at 11 am with the Red Jacket’s amazing brunch buffet and a silent auction. Fun and games follow with prizes that include round trip tickets on Southwest Airlines and gift certificates to the Valley Originals. Come bid on hundreds of incredible items in the silent auction including gift certificates for concerts, services, restaurants, lodging, and in every price range! There will be artwork, jewelry, books, puzzles, gift items, crafts and unusual and bizarre items as well. There is something here for everyone and in every price range!

Please call (603) 447-3605 or go online www.conwayshelter.org and click on the Paddy O’Paws logo to purchase your tickets online.

All proceeds will benefit the animals in the care of the Conway shelter.

A Pink Piggy Bank for Diesel

Eight-year-old Sophie Saunders came to the Animal Rescue League of NH-North with her pink piggy bank and a mission. That mission was to donate the $41.50 in that bank to help get Diesel adopted. Her mom helped out to bring it to $45.00 and Animal Care Tech Emily Andrews donated $5.00 more to bring it to $50.00, half of the adoption fee. When asked about the donation Sophie said "I don’t need fashionable things, I just need to help animals." Thank you Sophie! And to add - an enormous thank you to the parents of little Sophie: for sharing your kindness that comes from the heart since 1983.

Come Meet Apollo!

Apollo was found as a stray and brought to the shelter. He’s a quiet fellow and a bit on the shy side, and at the moment feeling a bit overwhelmed with life in the shelter - all the sensory overload the sights, sounds, and smells! Don’t doubt for a minute that he doesn’t enjoy a good scratch behind the ear and he loves treats! Hell just need some time to trust and open himself up to love! Are you that patient, caring person that can help his personality bloom? Apollo would so appreciate the opportunity to meet you. Visit the Shelter 223 E Main St Conway 603 447 5955.

Photo courtesy of Camp Canine

The Mountain ear, Thursday, March 15, 2012 • Page 5
The Jen’s Friends Amulet may be purchased at the following business locations:

- Fields of Ambrosia
- The Mountain Ear
- J Town Deli
- North Country Fair Jewelers
- Old Village Barbershop
- Spruce Hurricane

or call Jen’s Friends at 603-356-5083

Jen’s Friends is currently supporting 46 local cancer patients.

5 messages to choose from
- Faith
- Hope
- Courage
- Believe
- Strength

NOW ONLY $25.00!

Wear a Jen’s Friends Amulet as a symbol of support and help a local!

The Jen’s Friends Amulet may be purchased at the following business locations:
- Fields of Ambrosia
- The Mountain Ear
- J Town Deli
- North Country Fair Jewelers
- Old Village Barbershop
- Spruce Hurricane

or call Jen’s Friends at 603-356-5083
Valley Folks & Focus

Celebrating 100 years of Girl Scouts

Girl Scouts of the Green and White Mountains Community 237 March 12 2012 we celebrated 100 years of Building Courage, Confidence, and Character in young women. Our girls are truly gifts and will be instrumental in defining the future! Special thanks to Troop 10188 for hosting a great event and the amazing support from the Community for donating 50 balloons to make the evening a little brighter.

Mountain Garden Club Presents a Check to Jen’s Friends

On Tuesday, February 13, 2012, Norma Whitmore, Civic Improvement Committee Chair of the MGC, presented a check in the amount of $550 to Kathleen Sweeney of Jen’s Friends (which is dedicated to providing supplemental financial resources to at-risk cancer patients in the greater Mt. Washington Valley area). The funds for this presentation were raised through the Amaryllis and Paperwhites sale during the Holiday Boutique 2011. The club also supports Habitat for Humanity, Children Unlimited, Inc., Merriman House, Tin Mountain Conservation Center, Jan’s Friends (dedicated to providing supplemental financial resources to the at-risk cancer patients in the greater Mt. Washington Valley area), Angel’s Elves, North Conway Community Center and the Mount Washington Observatory.

Membership is open to all residents in the Mount Washington Valley. For more information regarding the club, its programs and activities go to www.mountaingardenclub.org or email us at info@mountaingardenclub.org.

The Boutique At 101

Photos by Ellen Olenbusch and Kimberly McKinnon.

Mountain Garden members pose with representatives of Mount Washington Lodge, following a successful breakfast fund-raiser on March 11. (l-r) Sheli DaFault, Nick Spaltro, David Howard, Deb Fitzpatrick, Jacci Gilmore, Norma Whitmore, Angel Williams, Lennie Whitmore, Audley Williams, Audley Williams, Mike Gilmore.

Mountain Garden Club

Presents a Check to Jen’s Friends

On Tuesday, February 13, 2012, Norma Whitmore, Civic Improvement Committee Chair of the MGC, presented a check in the amount of $550 to Kathleen Sweeney of Jen’s Friends (which is dedicated to providing supplemental financial resources to at-risk cancer patients in the greater Mt. Washington Valley area). The funds for this presentation were raised through the Amaryllis and Paperwhites sale during the Holiday Boutique 2011.

Mountain Garden Club

Presents a Check to Jen’s Friends

On Tuesday, February 13, 2012, Norma Whitmore, Civic Improvement Committee Chair of the MGC, presented a check in the amount of $550 to Kathleen Sweeney of Jen’s Friends (which is dedicated to providing supplemental financial resources to at-risk cancer patients in the greater Mt. Washington Valley area). The funds for this presentation were raised through the Amaryllis and Paperwhites sale during the Holiday Boutique 2011.

The club also supports Habitat for Humanity, Children Unlimited, Inc., Merriman House, Tin Mountain Conservation Center, Jan’s Friends (dedicated to providing supplemental financial resources to at-risk cancer patients in the greater Mt. Washington Valley area), Angel’s Elves, North Conway Community Center and the Mount Washington Observatory.

Membership is open to all residents in the Mount Washington Valley. For more information regarding the club, its programs and activities go to www.mountaingardenclub.org or email us at info@mountaingardenclub.org.

Now Salmon Press offers: MULTI-PAPER BUYS!

Get a special rate for ordering 2 or more web subscriptions on-line. (These packages are web-only and must be ordered on-line).

Special package pricing:

| Any 2 papers: $60 (reg. $72) |
| Any 3 papers: $90 (reg. $108) |
| Any 4 papers: $60 (reg. $144) |
| Any 5 papers: $90 (reg. $180) |
| Any 6 papers: $100 (reg. $216) |
| Any 7 papers: $110 (reg. $232) |

Go to any of our websites and click on Multi-Paper Buy.:

- Meredith News (www.meredithnews.com)
- Granite State News (www.granitestatenews.com)
- Carroll County Independent (www.carrollcountyindependent.com)
- The Record Enterprise (www.record-enterprise.com)
- The Courier (www.courier-littledonk.com)
- Berlin Reporter (www.theberlinreporter.com)
- Coos County Democrat (www.cooscountydemocrat.com)
- Mountain Ear (www.mountaingeart.com)
- The Bayside (www.thebayside.com)
- Wentworth Echo (www.wentworthecho.net)
- Gilfordeonner (www.gilfordhome.com)

Fill out the subscription form on-line and start using the websites today. Questions? Call the Circulation Dept. at 1-866-204-1020.

The Mountain Ear, Thursday, March 15, 2012 • Page 7
Congrats to Freedom’s Lily Mercer-Paiva who made the Dean’s List at The Portsmouth Abbey in Portsmouth, RI for the winter trimester. Lily is taking some super challenging classes such as Chinese, Latin, Chemistry and PreCalc. Way to go, Lily!

Freedom’s Ryan Doonan, Tucker Furnbach and Brian Emmett are all part of the Kennett High School drum-line. They will be performing in a show ‘Project Percussion’ on Thursday and Friday, March 15 and 16 at the Loynd Auditorium at KHS at 7 p.m. Adults are $8 and students are $5. It is a foot tapping good time with some truly original drumming, Don’t miss it!

The First Christian Church of Freedom is hosting a St. Patrick’s Day Corn Beef Supper with a silent auction on Saturday, March 17 at the Town Hall. The auction preview is at 5 p.m. and the supper is 5:30 p.m. There is corn beef, cabbage, potatoes, carrots, turnip, beets, cake, and beverage. The cost of the meal is $10 for adults and $7 for children under 10. The silent auction theme is “Made in America”, with items from Freedom folks that are hand made. Tickets can be purchased in advance by calling Judy Robertson, @ 539-8617.

Students from the Kennett Middle School 8th grade class are selling Little Caesars Pizza for their class trip to Philly. Be sure to stop by Freedom Elementary School where Freedom’s Bryan Baker has placed order forms. Orders are due by March 30. Product pick up date is April 13 at the Middle school. If you haven’t ordered from Little Caesars before you are in for a treat. Good for feeding a crowd!

The Freedom Library is exhibiting ‘Two Projects’, a series of photos and architectural drawings of two recent projects by Freedom architect, Rick Holt. Holt’s work has earned many awards. The two projects on display are a library addition and Grumble Knot, a transformation of a vacation house into a permanent home. The display will be up until April 30 at the library.

Stop by the Freedom Village Store next Saturday and have some homemade shepherd’s pie. Winner of last week’s 50/50 raffle was Art Robinson.

Do you have a picture of a local barn? You should enter it in the barn photo contest, due on Sunday, April 1. For more info check the website freedomhistoricalsociety.org or pick up forms at the Freedom Village Store.

The First Christian Church of Freedom is hosting a St. Patrick’s Day Corn Beef Supper with a silent auction on Saturday, March 17 at the Town Hall. The auction preview is at 5 p.m. and the supper is 5:30 p.m. There is corn beef, cabbage, potatoes, carrots, turnip, beets, cake, and beverage. The cost of the meal is $10 for adults and $7 for children under 10. The silent auction theme is “Made in America”, with items from Freedom folks that are hand made. Tickets can be purchased in advance by calling Judy Robertson, @ 539-8617.

Students from the Kennett Middle School 8th grade class are selling Little Caesars Pizza for their class trip to Philly. Be sure to stop by Freedom Elementary School where Freedom’s Bryan Baker has placed order forms. Orders are due by March 30. Product pick up date is April 13 at the Middle school. If you haven’t ordered from Little Caesars before you are in for a treat. Good for feeding a crowd!

The Freedom Library is exhibiting ‘Two Projects’, a series of photos and architectural drawings of two recent projects by Freedom architect, Rick Holt. Holt’s work has earned many awards. The two projects on display are a library addition and Grumble Knot, a transformation of a vacation house into a permanent home. The display will be up until April 30 at the library.

Stop by the Freedom Village Store next Saturday and have some homemade shepherd’s pie. Winner of last week’s 50/50 raffle was Art Robinson.

Do you have a picture of a local barn? You should enter it in the barn photo contest, due on Sunday, April 1. For more info check the website freedomhistoricalsociety.org or pick up forms at the Freedom Village Store.

The First Christian Church of Freedom is hosting a St. Patrick’s Day Corn Beef Supper with a silent auction on Saturday, March 17 at the Town Hall. The auction preview is at 5 p.m. and the supper is 5:30 p.m. There is corn beef, cabbage, potatoes, carrots, turnip, beets, cake, and beverage. The cost of the meal is $10 for adults and $7 for children under 10. The silent auction theme is “Made in America”, with items from Freedom folks that are hand made. Tickets can be purchased in advance by calling Judy Robertson, @ 539-8617.

Students from the Kennett Middle School 8th grade class are selling Little Caesars Pizza for their class trip to Philly. Be sure to stop by Freedom Elementary School where Freedom’s Bryan Baker has placed order forms. Orders are due by March 30. Product pick up date is April 13 at the Middle school. If you haven’t ordered from Little Caesars before you are in for a treat. Good for feeding a crowd!

The Freedom Library is exhibiting ‘Two Projects’, a series of photos and architectural drawings of two recent projects by Freedom architect, Rick Holt. Holt’s work has earned many awards. The two projects on display are a library addition and Grumble Knot, a transformation of a vacation house into a permanent home. The display will be up until April 30 at the library.

Stop by the Freedom Village Store next Saturday and have some homemade shepherd’s pie. Winner of last week’s 50/50 raffle was Art Robinson.

Do you have a picture of a local barn? You should enter it in the barn photo contest, due on Sunday, April 1. For more info check the website freedomhistoricalsociety.org or pick up forms at the Freedom Village Store.

The First Christian Church of Freedom is hosting a St. Patrick’s Day Corn Beef Supper with a silent auction on Saturday, March 17 at the Town Hall. The auction preview is at 5 p.m. and the supper is 5:30 p.m. There is corn beef, cabbage, potatoes, carrots, turnip, beets, cake, and beverage. The cost of the meal is $10 for adults and $7 for children under 10. The silent auction theme is “Made in America”, with items from Freedom folks that are hand made. Tickets can be purchased in advance by calling Judy Robertson, @ 539-8617.

Students from the Kennett Middle School 8th grade class are selling Little Caesars Pizza for their class trip to Philly. Be sure to stop by Freedom Elementary School where Freedom’s Bryan Baker has placed order forms. Orders are due by March 30. Product pick up date is April 13 at the Middle school. If you haven’t ordered from Little Caesars before you are in for a treat. Good for feeding a crowd!

The Freedom Library is exhibiting ‘Two Projects’, a series of photos and architectural drawings of two recent projects by Freedom architect, Rick Holt. Holt’s work has earned many awards. The two projects on display are a library addition and Grumble Knot, a transformation of a vacation house into a permanent home. The display will be up until April 30 at the library.

Stop by the Freedom Village Store next Saturday and have some homemade shepherd’s pie. Winner of last week’s 50/50 raffle was Art Robinson.

Do you have a picture of a local barn? You should enter it in the barn photo contest, due on Sunday, April 1. For more info check the website freedomhistoricalsociety.org or pick up forms at the Freedom Village Store.

The First Christian Church of Freedom is hosting a St. Patrick’s Day Corn Beef Supper with a silent auction on Saturday, March 17 at the Town Hall. The auction preview is at 5 p.m. and the supper is 5:30 p.m. There is corn beef, cabbage, potatoes, carrots, turnip, beets, cake, and beverage. The cost of the meal is $10 for adults and $7 for children under 10. The silent auction theme is “Made in America”, with items from Freedom folks that are hand made. Tickets can be purchased in advance by calling Judy Robertson, @ 539-8617.

Students from the Kennett Middle School 8th grade class are selling Little Caesars Pizza for their class trip to Philly. Be sure to stop by Freedom Elementary School where Freedom’s Bryan Baker has placed order forms. Orders are due by March 30. Product pick up date is April 13 at the Middle school. If you haven’t ordered from Little Caesars before you are in for a treat. Good for feeding a crowd!

The Freedom Library is exhibiting ‘Two Projects’, a series of photos and architectural drawings of two recent projects by Freedom architect, Rick Holt. Holt’s work has earned many awards. The two projects on display are a library addition and Grumble Knot, a transformation of a vacation house into a permanent home. The display will be up until April 30 at the library.

Stop by the Freedom Village Store next Saturday and have some homemade shepherd’s pie. Winner of last week’s 50/50 raffle was Art Robinson.

Do you have a picture of a local barn? You should enter it in the barn photo contest, due on Sunday, April 1. For more info check the website freedomhistoricalsociety.org or pick up forms at the Freedom Village Store.
**BIRTHS**

Chelsea Lynn Costello
Chelsea Lynn Costello was born to Laura L Chandler and Kevin J Costello of Conway on Monday, February 5, 2012 at 11:41 pm. The 5lb 12oz. baby girl was delivered at Maine Medical Center, Portland ME. Maternal grandparents are Ralph W Chandler Sr. and Bessey Chandler of Glen NH. Paternal grandparents are Joe and Maddie Costello of Garrison NH. Chelsea joins her brother Paul Jr. age 6 and Ryan age 5.

**DEATHS**

Henry “Hallow” Richards

Wylie L. Apte, Jr
Wylie L. Apte, Jr. - also known to his friends and family as “Bunky” -- of North Conway, New Hampshire passed away suddenly from natural causes on March 5, 2012. He was a devoted husband, father, grandfather, and friend. In his native town of North Conway, Wylie was synonymous with the White Mountain Airport. He was a lifelong aviator, and was never happier than when he was flying.

Wylie Apte Sr. founded the airport as a fixed base b】【storming operation to give service at the convenience of the air travelers and passengers. The airport was named in honor of Wylie Apte Sr. and his wife, Dorothy "Dotty" Perkins Apte.

Wylie was involved in several Campton town Hall restoration projects. He also worked as a firefighter and began helping to restore the Old Man of the Mountain, and was a master carpenter and logger who owned his own construction business.

He held various Campton town offices, including Supervisor of the Checklist for 17 years, and was a police officer for 7 years and Chief for 3.

He and his father shared 60 years of service to the Town of Campton as school and town Moderators.

Mitch was also an active member of the Neighborhood Organization at Campton Old Home Days, where he was honored to serve as Grand Marshall in 2003. He was a founding member of the Campton Historical Society, serving as President, and was later named director emeritus. He was also involved in several Campton Town Hall restoration projects.

Avid historian, Mitch researched town records and developed a list of all persons buried in the many Campton cemeteries. He also worked with a local Eagle Scout to create a children’s memorial monument at the Campton Elementary School.

An active member of the VFW and various other veterans’ organizations, Mitch was instrumental in the Campton/Thornton Veteran’s Memorial installation.

He is survived by his wife Rita Hammond, his son Stephen, and his daughter Beth. He is also survived by his grandchildren, grandchildren, grandchildren, and great-grandchildren.

Wylie L. Apte, Jr.
Wylie L. Apte, Jr. was a lifelong aviator and was never happier than when he was flying.

**Grenier Air Field in Manchester in the early 1960s where they conducted air supply operations to the Caribbean islands as far south as Venezuela in response to the Cuban Missile Crisis.**

Wylie spent time working with his father and giving flying lessons at the White Mountain Airport. He was then recruited as a captain for Trans World Airlines that was then flying a civilian version of the KC-97. His group went straight to the TWA internationi"
You can’t control the markets, but there are some factors you can influence to help keep your portfolio on track.

A study conducted by the Employee Benefit Research Institute estimated that the average American worker will face a retirement savings shortfall of more than $47,000.1

Some factors that influence your retirement savings results, such as the types of investments available to you through your plan and the performance of the financial markets, can’t always be controlled. But there are some factors you can influence that can help keep your portfolio on track.

Step 1: Stay invested.

It’s not easy to see your account value decrease after a decline in the stock market, particularly after a steep, sudden drop of 10% or more. But one of the dangers of cashing out is missing a potential market rebound. Trying to “time” the market is a strategy even the most-seasoned financial professionals have difficulty mastering. It can also lead investors into the trap of “chasing gains,” that is, moving your money from one investment that’s lagging into another one that’s currently achieving better performance.

Step 2: Regularly monitor your investment mix.

One of the benefits of a diversified portfolio is balance. If one type of investment is experiencing losses, another type may be earning gains. Over time, these gains and losses can cause your asset allocation to skew away from your target mix.2 Or your tolerance for risk may evolve over time. Lifestyle changes can also necessitate making adjustments to your allocation. That’s why it’s important to monitor your mix and make adjustments when necessary.

Step 3: Increase your savings rate.

Perhaps the most important way to help fund your future is to sock away as much as possible. Finding the extra money to invest from one investment to another is a popular method to get plenty of expenses to worry about today without the added anxiety of worrying about tomorrow. But every dollar you can spare can make a difference. Whether retirement is just around the corner or 30 to 40 years away, regularly setting money aside is particularly a tax-deferred vehicle such as a 401(k) or tax-exempt account like a Roth IRA — can often be the smartest move you can make.

2011 Retirement Plan Account Limits

Maximum contribution limit for 401(k), 403(b), and 457 plan participants: $16,500

Maximum additional “catch-up” contributions for 401(k), 403(b), and 457 plans for participants age 50 and older: $5,500

Maximum traditional IRA contribution: $5,000

Maximum traditional “catch-up” contributions for traditional IRA account holders age 50 and older: $1,000

Maximum contribution limit for SIMPLE retirement accounts: $11,500

Maximum contribution limit for Roth IRAs: $5,000

Source: Employee Benefit Research Institute, EBRI Notes, October 2010.

2Diversification and asset allocation do not ensure a profit or protect against a loss in a declining market.

3Roth IRA contributions may be made only by single taxpayers with modified adjusted gross incomes (MAGIs) of less than $122,000 and married joint filers with MAGIs of under $179,000. Phase-out limits for partial contributions also apply. If your MAGI is close to, or over these participation limits, talk to your financial or tax professional before contributing to a Roth IRA.

Money Matters

Strategies for Smart Retirement Planning

Some factors that influence your retirement savings results, such as the types of investments available to you through your plan and the performance of the financial markets, can’t always be controlled. But there are some factors you can influence that can help keep your portfolio on track.

Y

Page 10 - The Mountain Ear, Thursday, March 15, 2012

Need to go to Logan Airport or Boston's South Station?

Skip the hassles of fueling up, driving and parking. Daily service. It’s convenient, comfortable and reliable. Enjoy free on-board Wi-Fi, music, and a movie.

Conway On Thursday, March 8, 2012, Obama for America launched its statewide New Hampshire Steering Committee, continuing to expand on the President’s com-
mittment to build a grassroots movement in New Hampshire and across the country, and announcing Conway-area resi-
dents as members: Carroll County Democratic Committee Chair Bob Bridgham of Madison, State Representative Ed Butler of Hart’s Location, and Carroll County Commissioner Dorothy Solomon of Albany.

The President has successfully led our country through some of the most difficult economic chal-

lenges in our lifetimes. I support-

ed him in the last election and support his re-election because he is level-headed, smart, and cares greatly about all of us and the struggles we face here at home and across our nation,” said Representative Ed Butler. The Obama campaign’s New Hampshire Steering Committee includes a diverse group of grass-

roots volunteers, committed activists, elected officials and local party leaders, all of whom are committed to the campaign’s goal of fostering neighbor-to-

neighbor conversations in com-
munities throughout the Granite State. The elected and community leaders comprising the New Hampshire Steering Committee represent geographically diverse communities across the state, including members from all ten counties, and more than 50 dis-
tinct individual cities and towns. The steering committee will take an active role in leading the Obama campaign’s efforts in their communities and shaping the Obama organization in New Hampshire.

“We are thrilled to have so many New Hampshire leaders taking an active role in this cam-
paign and thank them for their tremendous commitment to the President’s re-election,” said Pete Kavanaugh, Obama for America New Hampshire State Director. “Our New Hampshire Steering Committee members share President Obama’s vision for a job-creating economy that’s built to last – one where hard work pays, responsibility is rewarded, and everyone does their fair share and plays by the same rules.”

To date, OFA New Hampshire staff and volunteers have reached out to tens of thou-

sands of New Hampshire resi-
dents, held over 600 events across the state since April, had more than 3,000 one-on-one conversations with Granite States, and opened seven offices across the state.
“I want to die learning!” explained Joan Santos of Fryeburg. When she moved here recently from Pennsylvania she was determined to find a program like OLLI to further her goals related to being a lifelong learner.

The Osher Lifelong Learning Institute (OLLI) at Granite State College in Conway was a perfect match and she enrolled in several classes recently after a public information session. OLLI is named for benefactor Bernard Osher whose national foundation funds OLLI in part and a variety of educational and arts programs throughout the United States. Membership and modest class fees provide the balance of the support necessary. All of the classes and courses are staffed by volunteers most of whom are from the Valley.

Granite State College liaison to OLLI, Betsey Gemmecke from Eaton, indicates that OLLI, now in its fourth year continues to grow, reflecting the large retirement population that now makes this area home. “We offer about twenty classes now and can offer even more as volunteers step forth,” says Betsey. “The program offerings have grown largely due to suggestions from current participants and from people in the community who want to lead a particular activity or group.”

The current offerings in Conway include everything from Financial Planning, Beginning Zumba, Computer Basics, a Crawford Notch history hike, Needle Felting, a discussion group entitled Great Decisions 2012 and fifteen other classes for a wide range of interests. Conway Librarian Tara Thomas leads Great Decisions 2012. “I think OLLI is wonderful,” says Thomas. “This is my third year leading the Great Decisions class which discusses U.S. foreign policy. I love the fact that we are all learning from one another as much as from the materials we are reading. It’s a dialogue that not only answers our individual curiosities, but helps each of us to grow to understand one another.”

Full details about OLLI are available online at olli.granite.edu or by calling 603-513-1377.
Sign up now for hunter and bowhunter education classes

Safe and successful hunts begin with good planning, so get your 2012 hunting seasons off to a great start by logging onto the New Hampshire Fish and Game Department website to sign up for a Hunter or Bowhunter Education course.

To register, visit http://www.huntnh.com/Hunter_Ed.htm. Under “Find a Class,” click on the link for traditional hunter education, online hunter education, or traditional bowhunter education courses.

Scroll down and use the handy calendar search engine to find classes using your zip code, and scrolling the calendar. Once a class is found, simply click on the event to preview all the details about the course, and to register. If you have any trouble registering for a hunter or bowhunter education course using the online system, call the Hunter Education office at 603-271-3214.

Last year (2011), 107 traditional Hunter and Bowhunter Education classes, plus 16 field days for students who completed their studies online, were taught by more than 500 trained volunteer Hunter Education instructors. The program certified 3,423 new hunters.

Women-only hunter education course offered

Women interested in taking Hunter Education in the company of other women can now sign up for a special Women-only Hunter Education Course offered by the New Hampshire Fish and Game Department.

The course involves self-paced online study and an online exam, plus a Field Day on July 21, 2012, in Holderness, N.H. Participants must be 15 years of age or older.

“This is an opportunity for women to learn the New Hampshire hunting laws and regulations, firearms handling, how to use a map and compass, and how to remain hunting safe- ly so they can challenge them- selves in the great outdoors this fall,” said Don Flynn, manager of Fish and Game’s Owl Brook Hunter Education Center.

Women are encouraged to participate in traditional Hunter Education courses and field days, Flynn explained, the special course simply offers an alternative.

There are two required parts to the Women-only Hunter Education Course; you must successfully complete both to receive certification:

1. First, take as long as you’d like to study and complete the online Hunter Education Course at http://www.hunter-ed.com/newhampshire/index.html, then take the online exam (there is a $15 fee to take the exam). You must successfully complete both to receive certification.

   a. Field Day. (Remember -- you can’t sign up for the Field Day until you pass the online course exam.) The Women-only Field Day will be held at the Owl Brook Hunter Education Center in Holderness, N.H., and includes both written and field exams. A New Hampshire Conservation Officer goes over N.H. hunting laws and regula- tions, followed by a brief review and written exam. Women also participate in a firearms-handling session, a map and compass lesson and a live-fire course, capped off by a field exam. After the successful completion of all exams, you will be a certified hunter, ready to buy a license and enjoy a great day hunting.

   b. To learn more about Hunter Education in New Hampshire, visit http://www.huntnh.com/Hunting/hunter_ed.htm.
On the Rockpile

Multi-layered lenticular clouds sit over the Carter/Wildcat Range at sunrise.

Brian Fitzgerald
Summit Intern

Well it has been another week of extremes here on the rockpile. Over the course of one twenty-four hour period last Tuesday and Wednesday temperatures fluctuated over 41 degrees as a daily low of -9 degrees sky-rocketed to a high temperature of 34 degrees the following day. The warming trend continued last Thursday as the summit hit 37 degrees while Pinkham Notch Visitor Center hit 60. The dramatic swing in temperatures brought with it extremely gusty conditions Thursday evening as the summit experienced its second-highest wind speed of the year at 120mph—double the average wind speed for the day. Needless to say, if you were out and about on the summit it was difficult to stand your ground, making normally routine weather observations a real challenge.

Significant snow melt occurred this week on the summit bringing our snow and ice on the ground from 24 to 19 inches, with additional melt expected in the upcoming week. Areas of bare ground and rocks should only increase the melt out as above freezing temperatures and a strong March sun will aid in ground warming.

Event-wise, the summit is gearing up for what could be the first successful winter dog sled attempt up the Mount Washington Auto Road this upcoming this week, after having the event cancelled last week due to high winds. The event features the Muddy Paw Sled Dog Kennel, based in Jefferson, who will hopefully be charging up the mountain led by their rescue and second-chance sled dogs.

The Observatory also hosted a climbing trip led by Mooney Mountain Guides last Thursday evening. Eleven very hungry hikers reached the summit just in time for a dinner feast prepared by the Observatory’s member-volunteers who are up with us this week. The next morning the hikers reluctantly departed and the summit had returned to its more typical winter calm.

For more information on Observatory DayTrips and overnight EduTrips you can visit MountWashington.org - where you can also learn about membership, weather conditions and more about our non-profit organization.

WEATHER

MT. WASHINGTON OBSERVATORY

Compiled by Observatory Staff

<table>
<thead>
<tr>
<th>Date</th>
<th>High</th>
<th>Low</th>
<th>Prec.</th>
<th>Snow</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-Mar</td>
<td>5</td>
<td>-9</td>
<td>0.03</td>
<td>1.1</td>
</tr>
<tr>
<td>6-Mar</td>
<td>17</td>
<td>-9</td>
<td>0.00</td>
<td>0.0</td>
</tr>
<tr>
<td>7-Mar</td>
<td>34</td>
<td>12</td>
<td>0.00</td>
<td>0.0</td>
</tr>
<tr>
<td>8-Mar</td>
<td>37</td>
<td>19</td>
<td>0.30</td>
<td>0.3</td>
</tr>
<tr>
<td>9-Mar</td>
<td>19</td>
<td>2</td>
<td>0.48</td>
<td>2.8</td>
</tr>
<tr>
<td>10-Mar</td>
<td>9</td>
<td>1</td>
<td>0.01</td>
<td>0.3</td>
</tr>
<tr>
<td>11-Mar</td>
<td>26</td>
<td>7</td>
<td>0.00</td>
<td>0.0</td>
</tr>
</tbody>
</table>

Highest gust recorded on March 8th at 120 mph from the Southwest.
New Hampshire Charitable Foundation adds new Professional Development Scholarship Program

The Louise Tillotson Teaching Fellowship, an annual grant program, has added a new Professional Development Scholarship Program to its annual award program for North Country educators. The Foundation is accepting applications for both the fellowship and scholarships.

Now in its fifth year, The Louise Tillotson Teaching Fellowship was established to honor and celebrate North Country teachers in public education. The fellowship is open to teachers of kindergarten through 12th grade in North Country public schools, with a preference for teachers in Coos County public schools. Each year, the fellowship will provide one to three North Country teachers with awards ranging from $10,000 to $15,000 each. A selection committee will award fellowships based on candidates' commitment to public education, breadth of experience, demonstration of innovation in education, creativity in solving problems, communication skills and ability to inspire educators and students in the North Country. The 2011 recipients of the Louise Tillotson Fellowship Award were: Nancy Edwards of Colebrook, a fifth grade teacher at the Camaan School, and Michael Groux of Berlin, a second grade teacher at the Milan Village School.

Fellowship applications are available on the New Hampshire Charitable Foundation website at www.nhcf.org/tillotsonfellowship. Completed applications are due Monday, April 16th. Applications will be reviewed and a small number of finalists will be invited to a personal interview in May.

The fellowship committee's new Professional Development Scholarship Program is for professional development and continuing education for teachers in the North Country. Eligible applicants will work in a North Country public school K-12, with a preference for educators in Coos County. Scholarship funds can be used for continuing education expenses, as well as workshops, tuition, and conferences in support of professional development for North Country educators. Candidates can apply for up to $1,000 by submitting an online application at www.nhcf.org/tillotson-scholarship. The application deadline is Monday, April 16th, and applicants may be contacted for more information regarding their application.

If you would like to learn more about Waldorf Education, visit the White Mountain Waldorf School, on March 24, from 10am to 1pm for the next Open House or attend a Walk Through the Grades, offered on the first Tuesday of each month, next one being on April 3rd from 8am-9:30am. For more information call 603 447 1168 or visit www.whitemountainwaldorf.org.

Valley Education

White Mountain Waldorf School promotes simplicity parenting

At a lecture sponsored by the White Mountain Waldorf School on March 8, 2012, nationally recognized author and parenting expert, Kim John Payne, discussed his best selling book, Simplicity Parenting. Mr. Payne described how his professional experience treating children who have been the victims of violence and trauma lead him to create his model for simplicity parenting. Mr. Payne come to understand that by simplifying the environment of these children lived in allowed them to reduce the stresses that were leading to the disorders they were experiencing and ultimately overcome disorders such as ADD, ADHD, OCD.

Mr. Payne’s Simplicity Parenting paradigm consists of four basic steps.
1) Simplifying a child’s environment by reducing the amount of toys and books that a child has to a few that are precious to the child, which promotes interaction and creativity.
2) Establishing daily routines for a child which leads to stability and a sense of safety.
3) Reducing or eliminating the amount of screen media a child is exposed to (particularly young children) which promotes the child’s ability to think, focus, imagine and interact.
4) Avoiding exposing a child to adult conversations and situations.

White Mountain Waldorf School provides an education based on the philosophy of Rudolf Steiner, who established the first Waldorf School almost a century ago. The basic tenant of Waldorf curriculum is to honor childhood through education. The Waldorf approach to education is a natural fit with Simplicity Parenting. Our educational program is centered around honoring childhood while educating, rather than pushing education through objective, accelerated and constantly changing standards.

The White Mountain Waldorf School provides an education through objective, accelerated and constantly changing standards. If you would like to learn more about Waldorf Education, visit the White Mountain Waldorf School, on March 24, from 10am to 1pm for the next Open House or attend a Walk Through the Grades, offered on the first Tuesday of each month, next one being on April 3rd from 8am-9:30am. For more information call 603 447 1168 or visit www.whitemountainwaldorf.org.

North Conway’s Winter Playground

More than $7 million has transformed Cranmore into a premier destination

Saturday, March 17th
Mascot Jam – fun and games with Cmore the Penguin, Pat the Patriot and other New England mascots!

Sunday, March 18th
East Chair Retirement Party
Come celebrate the retirement of our historic chairlift with a presentation by Tom Eastman and Ben Wilcox at the Meister Hut.

Call 800-SUN-N-SKI • cranmore.com • 1 SkiMobile Road, North Conway, NH
Valley Education

Sign the kids up for Barry Conservation camp!

This year, sign the kids up for a summer camp where they’ll have fun while getting outdoors and active! Registration is underway for the 2012 summer camp programs for youth (boys and girls age 10-16) at Barry Conservation Camp in Milford, N.H. A weekly, overnight summer camp operated by the UNH Cooperative Extension 4-H Program and the N.H. Fish and Game Department, Barry Camp is perfect for youth who enjoy hands-on learning about outdoor skills and the environment. To select camp programs and register, visit http://extension.unh.edu/4H/ or email 4HCamp@unh.edu or call 603-788-4961.

2012 Summer Camp programs at Barry Conservation Camp include:


A week centered on the New Hampshire 4-H Shooting Sports program. Certified instructors will help youth learn marksmanship, the safe and responsible use of firearms, and the basic principles of hunting. Previous shooting sports experience is preferred, but not essential.


Mini-Camp is perfect for first-time campers and younger children! This abbreviated session will include 3 nights and 4 days. Caring staff instructors will help teach fun basic camp activities. Learn about nature, try your hand at crafts, explore our pine groves, sing around the campfire...this week has it all.


Come along and catch the big one! Enjoy fishing, plus canoeing, archery, campfires and more. Novice anglers will learn the basic skills needed to catch fish, while campers with more experience will improve their fishing skills and learn new ones like fly fishing. Test out your fishing skills on special daylong outings to a nearby lake.


Experience nature and reuinte with the great outdoors. Create a meal from gathered plants, fillet a fish and cook it over an open fire, sleep under the stars, climb a mountain, swim in a pond, create nature crafts, and more. A week of exciting outdoor adventures.


Join N.H. Fish and Game Department Hunter Education staff, volunteer instructors and camp counselors to learn and practice safe, responsible and ethical hunting. Campers who successfully complete the online Hunter Education Course prior to coming to camp are eligible to earn a hunter safety certification.


Get ready for a fantastic week of exciting outdoor adventure. The theme of this week is similar to Wild Side I, but designed for slightly older youth. Paddle on a remote lake, explore local wildlife, learn outdoor survival skills, and enjoy lots of traditional camp activities like campfires, swimming, hikes, outdoor activities and more.

Support Barry Camp:

Located in the scenic White Mountains National Forest, Barry Conservation Camp provides a close-knit community for 38 campers and 11 staff. Small, cozy cabins each house 7 campers and a counselor. Facilities were recently remodeled through a statewide effort undertaken and funded by many in the state’s outdoor and conservation community. Additional improvements and an enhancement campaign are underway to ensure that Barry Camp will always be here to nurture new generations of outdoors enthusiasts and conservation-minded youth. Learn more at http://www.wildnh.com/barrycamp.

Sponsor a camper: Although Barry Conservation Camp is competitively priced, many families find it challenging to finance a week at camp. Fortunately, there is a long camp tradition of individual and organizations providing “camperships” to Barry Conservation Camp. Check out our sponsorship brochure at http://extension.unh.edu/4H/Camps.htm or email 4HCamp@unh.edu or call 603-788-4961.

Local Students Named to Deans’ List at Merrimack College

The following students were recently named to the Merrimack College Fall 2011 Semester Deans’ List.

Joseph Murphy, Kearseage, NH, Brian Munick, North Conway, NH, Shane McNally, Wilberforce, NH.

Kennett High School Key Club delivers safety kits

Recently, several KHS Key Club members visited the Memorial Hospital Family Birthing Clinic to deliver 100 Infant Safety Kits. These kits are designed to help protect infants from injury and to educate new parents on good safety practices.

The kits contain several items, including a rubber duck bath water temperature sensor, electrical outlet safety covers, and brochures with helpful hints on how to prevent injuries to small children. KHS Key Club members assembled the kits during one of their meetings at school.

Materials for the kits were supplied at no charge by the Kiwanis Pediatric Trauma Institute (KPTI) at Tufts New England Medical Center in Boston. KPTI specializes in treating children who have suffered serious injuries from accidents such as falls and auto collisions.

Open enrollment for the Robert Frost Charter School

Open enrollment for the Robert Frost Charter School began on March 5, 2012 and will conclude on March 16, 2012. For the 2012/13 school year, Robert Frost Charter School will be accepting applications for students residing in NH and entering the 1st through 4th grade.

The public charter school will focus on a student-centered approach to instruction that will encourage personal growth and development in a safe and peaceful environment. Encompassed by core values of respect, commitment to families, and the celebration of diversity, the Robert Frost Charter School will integrate Montessori education methods, materials and teacher training. Along with NH Common Core Standards, the school will also incorporate the 21st Century Skills of creativity, critical thinking, communication, and collaboration. Applications can be obtained from the charter school’s website, www.RobertFrostCharterSchool.org. More specific details on the application process can also be found on their website. The school does require all applications be sent via US Mail and postmarked no later than March 16, 2012. No hand deliveries of applications will be accepted.

For more information regarding the Robert Frost Charter School please visit their website at www.RobertFrostCharterSchool.org, their Fanpage on Facebook or send inquiries to info@RobertFrostCharterSchool.org.
Flatbread Fundraiser to benefit MWV Green Team
Thursday, March 15

Flatbread Company in the Eastern Slope Inn in North Conway is the site of a benefit for the Mt. Washington Valley Green Team. Flatbread will donate a portion of the proceeds of each pizza sold—eat-in or take-out—between the hours of 4 p.m. and closing on Thursday, March 15, to the Green Team.

Attending this fun event is a great way to support the Green Team and learn how you can reduce your environmental impact and save money at the same time.

For more information, contact Green Team Chair Ray O’Brien at obrien1121@roadrunner.com.

A committee of the Mt. Washington Valley Preservation Association in affiliation with the Mt. Washington Valley Chamber of Commerce, the Mt. Washington Valley Green Team was developed to act as a catalyst to facilitate, educate, promote, and encourage sustainable, green practices that will lead to positive, measurable business, community, and environmental results.

More information on the Green Team’s work is available at www.mwvgreenteam.org.

Flatbread Company in the Eastern Slope Inn in North Conway is the site of a benefit for the Mt. Washington Valley Green Team. Flatbread will donate a portion of the proceeds of each pizza sold—eat-in or take-out—between the hours of 4 p.m. and closing on Thursday, March 15, to the Green Team.

Attending this fun event is a great way to support the Green Team and learn how you can reduce your environmental impact and save money at the same time.

For more information, contact Green Team Chair Ray O’Brien at obrien1121@roadrunner.com.

A committee of the Mt. Washington Valley Preservation Association in affiliation with the Mt. Washington Valley Chamber of Commerce, the Mt. Washington Valley Green Team was developed to act as a catalyst to facilitate, educate, promote, and encourage sustainable, green practices that will lead to positive, measurable business, community, and environmental results.

More information on the Green Team’s work is available at www.mwvgreenteam.org.

Cranmore Mountain Saturday
March 17 Mascot Jam!!

Great family fun – with many of your favorite characters!

Bring your kids to this FREE Festival at Cranmore where all the Mascots come out to play!!! 12pm-Meet & greet with C-More & his mascot friends, in the Main Base area

1pm- C-more & his friends parade over to the Tubing Park for a Race

2:30pm- Awards Cranmore Mountain?North Conway

http://www.cranmore.com?Phone: (603)356-5544

East chair going away party

Come say good-bye to old “Rickety Red” the East Chair on Sun. 3/18. Meet at the bottom of the East Slope at 8:40am, reminisce about your favorite days on the East, and take a few runs, then meet at the Meister Hut at 9am for a short presentation on the history of the East Chair. Ben Wilcox will then talk about the new triple chair being installed in its place.

The event is FREE unless guests want to purchase a lift ticket in order to do a couple runs. Cranmore Mt www.cranmore.com 603-356-5544

Flatbread Fundraiser to benefit MWV Green Team
Thursday, March 15

Flatbread Company in the Eastern Slope Inn in North Conway is the site of a benefit for the Mt. Washington Valley Green Team. Flatbread will donate a portion of the proceeds of each pizza sold—eat-in or take-out—between the hours of 4 p.m. and closing on Thursday, March 15, to the Green Team.

Attending this fun event is a great way to support the Green Team and learn how you can reduce your environmental impact and save money at the same time.

For more information, contact Green Team Chair Ray O’Brien at obrien1121@roadrunner.com.

A committee of the Mt. Washington Valley Preservation Association in affiliation with the Mt. Washington Valley Chamber of Commerce, the Mt. Washington Valley Green Team was developed to act as a catalyst to facilitate, educate, promote, and encourage sustainable, green practices that will lead to positive, measurable business, community, and environmental results.

More information on the Green Team’s work is available at www.mwvgreenteam.org.

Cranmore Mountain Saturday
March 17 Mascot Jam!!

Great family fun – with many of your favorite characters!

Bring your kids to this FREE Festival at Cranmore where all the Mascots come out to play!!! 12pm-Meet & greet with C-More & his mascot friends, in the Main Base area

1pm- C-more & his friends parade over to the Tubing Park for a Race

2:30pm- Awards Cranmore Mountain?North Conway

http://www.cranmore.com?Phone: (603)356-5544

East chair going away party

Come say good-bye to old “Rickety Red” the East Chair on Sun. 3/18. Meet at the bottom of the East Slope at 8:40am, reminisce about your favorite days on the East, and take a few runs, then meet at the Meister Hut at 9am for a short presentation on the history of the East Chair. Ben Wilcox will then talk about the new triple chair being installed in its place.

The event is FREE unless guests want to purchase a lift ticket in order to do a couple runs. Cranmore Mt www.cranmore.com 603-356-5544

Flatbread Fundraiser to benefit MWV Green Team
Thursday, March 15

Flatbread Company in the Eastern Slope Inn in North Conway is the site of a benefit for the Mt. Washington Valley Green Team. Flatbread will donate a portion of the proceeds of each pizza sold—eat-in or take-out—between the hours of 4 p.m. and closing on Thursday, March 15, to the Green Team.

Attending this fun event is a great way to support the Green Team and learn how you can reduce your environmental impact and save money at the same time.

For more information, contact Green Team Chair Ray O’Brien at obrien1121@roadrunner.com.

A committee of the Mt. Washington Valley Preservation Association in affiliation with the Mt. Washington Valley Chamber of Commerce, the Mt. Washington Valley Green Team was developed to act as a catalyst to facilitate, educate, promote, and encourage sustainable, green practices that will lead to positive, measurable business, community, and environmental results.

More information on the Green Team’s work is available at www.mwvgreenteam.org.

Cranmore Mountain Saturday
March 17 Mascot Jam!!

Great family fun – with many of your favorite characters!

Bring your kids to this FREE Festival at Cranmore where all the Mascots come out to play!!! 12pm-Meet & greet with C-More & his mascot friends, in the Main Base area

1pm- C-more & his friends parade over to the Tubing Park for a Race

2:30pm- Awards Cranmore Mountain?North Conway

http://www.cranmore.com?Phone: (603)356-5544

East chair going away party

Come say good-bye to old “Rickety Red” the East Chair on Sun. 3/18. Meet at the bottom of the East Slope at 8:40am, reminisce about your favorite days on the East, and take a few runs, then meet at the Meister Hut at 9am for a short presentation on the history of the East Chair. Ben Wilcox will then talk about the new triple chair being installed in its place.

The event is FREE unless guests want to purchase a lift ticket in order to do a couple runs. Cranmore Mt www.cranmore.com 603-356-5544

Flatbread Fundraiser to benefit MWV Green Team
Thursday, March 15

Flatbread Company in the Eastern Slope Inn in North Conway is the site of a benefit for the Mt. Washington Valley Green Team. Flatbread will donate a portion of the proceeds of each pizza sold—eat-in or take-out—between the hours of 4 p.m. and closing on Thursday, March 15, to the Green Team.

Attending this fun event is a great way to support the Green Team and learn how you can reduce your environmental impact and save money at the same time.

For more information, contact Green Team Chair Ray O’Brien at obrien1121@roadrunner.com.

A committee of the Mt. Washington Valley Preservation Association in affiliation with the Mt. Washington Valley Chamber of Commerce, the Mt. Washington Valley Green Team was developed to act as a catalyst to facilitate, educate, promote, and encourage sustainable, green practices that will lead to positive, measurable business, community, and environmental results.

More information on the Green Team’s work is available at www.mwvgreenteam.org.
The final concert of the ‘Three for Three’ series to benefit the Baroque Trio Project will be given Sunday, March 18th at 3 PM at the Salyards Center for the Arts in Conway. Featuring the newly restored Hubbard Harpsichord, the program will present a range of music from Bach to the present.

Performers for the afternoon will be George Weise, Executive Director of Mountain Top Music, harpsichord; Ellen Schwindt, also of Mountain Top Music and contemporary composer familiar to many from recent Syzygy performances, harpsichord; Chris Nourse, of Mountain Top Music, performing on viola and violin; Doris Henney, flute; and vocalists, Mary Bastoni-Rebman and Hans Stafford.

Schwindt’s original works to be performed are East Coker ~ set to a text from T. S. Eliot’s Four Quartets, performed with piano, harpsichord, flute, viola, baritone & soprano, and Indra’s Net, a fugue for flute, cello and harpsichord based on a Hindu story of the great god Indra and his net.

Also presented on the program will be a composition by Barbara Strozzi, an Italian Renaissance composer, and selections from J. S. Bach’s Well Tempered Clavier. “The Baroque Trio” comprises the acquisition of three Baroque keyboard instruments. Funds raised from the concerts will be used to complete the restoration of the clavichord and virginal.

The completed Baroque Trio will be provided a home at the Conway Historical Society’s Salyards Center for the Arts. Also supporting the project is the White Mountain Musical Arts which is committed to featuring the instruments in the Bach Festival and other performances.

Since the concert series began, the total amount needed to complete the project has been reduced to approximately $2,500 and anyone wishing to contribute is urged to send a donation to the CHS / Baroque Trio Project at P O Box 1949, Conway, NH 03818. Additional information about the concerts and the Salyards Center for the Arts may be found at: www.MWVEvents.com

Early deadline for 1st NH restaurant week approaching

The early deadline is approaching for eateries to sign up for the first ever statewide New Hampshire Restaurant Week, hosted by the New Hampshire Lodging & Restaurant Association, to be held May 18-25. Restaurants that sign up by Thursday, March 15, will receive a significant discount on registration.

More than 80 restaurants have already committed to Restaurant Week NH, an eight-day event including restaurants from all over the state. Eateries from a variety of locations are on board, including those from larger cities, as well as locations in smaller towns that are participating in their first restaurant week-type of event.

Restaurant Week NH begins with a kickoff event on Main Street in Concord in the morning on Friday, May 18. The eight days of Restaurant Week feature prix fixe menus at lunch and/or dinner at three price points so foodies of all budgets can take part in the event.

The deadline for businesses to sign up for Restaurant Week NH is Sunday, April 1. Any restaurant or lodging facility may participate in this event by visiting RestaurantWeekNH.com, or by calling the NHLRMA at 603.228.9585. The NHLRMA is at 341 Loudon Road, Unit 3, Concord, NH 03302.
Thanks to volunteers who created Kindergarten Readiness Guidelines

Parents, educators and volunteers in Carroll County have been coming together to work on behalf of the youngest members of our community. They are excited by the idea that the more children come to Kindergarten “ready to learn”, the more children will be likely to succeed in school. They also know that all children are capable of learning and believe that all parents can interact with their kids in ways to help their children learn. (Parents are children’s first and best-loved teachers; interacting with children literally helps their brains to grow laying the foundation for learning.)

This group recently created a resource for parents, grandparents and caregivers called “Guidelines for Preparing Your Child for Kindergarten”. It is full of fun, simple everyday learning activities that parents can do at home and outlines the skills Kindergarten teachers are looking for that give kids a good start in school.

We wanted to publicly thank the early childhood educators, Kindergarten teachers, community volunteers and parents from Head Start, SAU 9 Preschool and Explorations for the Young Child for all of their collective efforts in creating these guidelines which can be found at www.CarrollCountyUnited.org.

If you would like a copy of these guidelines mailed to you or if you can help the group to distribute them in the community, please give us a call at 321-8119. Our goal is to get them out to all parents in Carroll County whose children will be entering Kindergarten.

Sincerely,
Howard Cunningham
Carol DeLaurier
Co-chairs Childhood Readiness & Success Team, Carroll County United

Maine’s Congressional Race

On March 3, 2012 – The Oxford County Republicans held their annual Lincoln Day Dinner at Hebron Academy. Republican Senate President Kevin Raye, who is currently challenging Democratic Rep Mike Michaud for Maine’s 2nd US Congressional District, was the keynote speaker.

Lincoln Day Dinner Guests: (left to right) Karin Raye; Gayle Baker, Owner of Valley Travel Conway, NH; Senate President, Kevin Raye; Dean Baker, Valley Travel; Roy Andrews, Fryeburg Fair President and Maxine Andrews.
PROJECT PERCUSSION Kennett High School Drumline, featuring over 40 members, presented “Project Percussion, Keep Calm & Drum On”, in Loynd Auditorium, on March 9th, 2012.

IRISH EYES ARE SMILING Ally & Serena Arpino, of Shrewsbury, MA, along with numerous other skiers, celebrated St. Patrick’s Day a bit early, as they participated in the Shannon Door St. Pat’s Day Parade & Treasure Hunt, at Black Mountain Ski Area, in Jackson, NH, on March 11th, 2012.

SMILING SKIERS Ski Instructors, Connie Kinsman (left), and Barbara Keller, of the Jackson Ski Touring Foundation, in Jackson, NH, enjoyed sunny conditions near the Wentworth Golf Course covered bridge, on March 9th, 2012.

BUCKY LEWIS Comedian Bucky Lewis, premiered his adult one man show, “Lost In New Hampshire” at Your Theatre, in North Conway, NH, on March 9th & 10th, 2012.

DANCING DUO George & Helen Simpson, of Conway, NH, enjoyed an evening of dancing, with other ballroom enthusiasts, at The Whitney Center, in Jackson, on March 9th, 2012. Dancers of all abilities are welcome to attend on the 2nd & 4th Friday of each month, from 6:30-9:00pm, at The Whitney Center. For more information, please call Pat Davis at 383-6777.

PLAYING BY FEEL These Kennett High School Drumline members thrilled the audience with a blindfolded performance during “Project Percussion, Keep Calm & Drum On”, held in Loynd Auditorium, on March 9th, 2012. Adam Levine is on the left. Justin Gamache is on the right.

SPEED MEISTER The Mountain Meisters race series competitors enjoyed a bright sunny day, at Cranmore Mountain Resort, in North Conway, NH, on March 9th, 2012.
Margaretta Grill receives ‘Farm to Restaurant’ certification

Margaretta Grill has been awarded Farm to Restaurant Connection certification for its commitment to buying from local growers and producers. The Grill has become the fourth restaurant state-wide to achieve such status. By utilizing the products of such local purveyors as Moat Mountain Brewery, Sap House Meadery, Pond Farm, Sherbrooke Farm, Sandwich Creamery, and Vintage Baking Company, Margaretta Grill has established itself as the state’s leader in local, sustainable, and environmentally conscientious business practices.

The Farm to Restaurant Connection is a program of The New Hampshire Farm to Restaurant Connection program is “to enhance the viability of New Hampshire’s Farms, maintain our rural heritage and open spaces, help protect the environment and sustain local economies through promotion of our agricultural products and education of the public on the importance of local food security.” In partnership with The New Hampshire Department of Agriculture, The Farm to Restaurant Connection helps serve farmers and consumers in the local marketplace.

Margaretta Grill’s ongoing commitment to the environment and local businesses was first spotlighted in October of 2011 with its crowning with “Environmental Champion” by The New Hampshire Sustainable Lodging and Restaurant Program. This program rewarded The Grill’s commitment to energy efficiency, waste reduction and recycling, water conservation, and its utilization of local, organic food products. Margaretta Grill carries this commitment this Sunday, March 18th by hosting its first “SOHL Sunday.” SOHL (sustainable, organic, hand-crafted, local) Sunday will take place from 5:30 – 8:00pm, showcasing some of Mt. Washington Valley’s local food and wine purveyors and artists and musicians. Representatives of Sap House Meadery of Ossipee and White Gate Farm of Tamworth will be on hand with samples of their products, while local artists Kristen Pobatschnig and Merv Smithhodge will be on display, and live music will be provided by Benjamin Cook. The public is invited to experience some of the finest sights, sounds, and flavors The Valley has to offer. The Margaretta Grill is owned by Corrine Rober and Steve Baillargeron and has been in the Rober family since it was established in 1983.

“The next dance in the Conway Contra Dance series will be held Saturday, March 17th, in the lovely hall at Tin Mountain on Bald Hill Road in Albany. There will be a potluck supper starting at 6:30, with the dance starting promptly at 7:30 and running through 9:30. Music will be by Puckerbrush with Eric Rollnick calling. This special dance is family friendly and comfortable for the new or novice dancer.

All dances will be taught. And it’s sure to be equally enjoyable for the experienced fan!!”

PML, ticket info or in case of bad weather, please call 207 625 3746 any cancellations updates will be by 1 pm on dance day.

Raising Poultry and Involving the Whole Family a 4-H Sponsored Workshop

More and more families are becoming interested in learning how to raise their own poultry. If you have been wondering what would be involved in caring for your own backyard chickens you should attend this workshop. Co-sponsored by the UNH Cooperative Extension and the Carroll County 4-H club, this workshop will be part of their regularly scheduled monthly meeting. It will include sharing ways to involve the whole family in caring for your backyard chickens. Guest speakers for the workshop are Russ Norton and Clark Wilkerson, UNH Cooperative Extension Field Specialists. The date is Saturday, March 17, from 9:30 to 12pm. It will be at the Remick Country Doctor Museum and Farm which is located at 58 Cleveland Hill Road in Tamworth, NH. Admission is $10.00 / person and is ‘Bring your own Beverages. There will be a bottle of a 50/50 raffle and proceeds go to benefit Brownfield Lions Community Projects Fund. For reservations or more info call 4617 or Earl @ 207-935-2911

English Storyteller Recounts the Battle of Britain

Tuesday, March 20, at 7:00 pm, English storyteller Marion Leeper will perform “The Day the Bomb Fell and Other Cambridge Stories” at the Conway Public Library. Marion grew up in a family of actors, raconteurs, and tellers of tall tales. She has performed in libraries, museums, schools, festivals, dance halls and gardens settings throughout Britain and in different parts of the U.S. Besides her solo shows, she performs with Cambridge Storytellers, a guild she chairs, organizing storytelling events and guest performances.

Marion has studied with leading storytellers in the UK and at Emerson Steiner College. A grassroots grant from Cambridge Community Foundation enabled Marion and other tellers to visit nursing homes and day centers around her home city to collect stories from an extraordinary group of people who lived through war, peace and unimaginable changes. Out of this came the feature-length piece Marion will perform in Conway.

Marion’s visit is sponsored by the Conway Public Library and the Mountain Storytellers Guild. This program is recommended for ages 12 and above. For more information, please call the Conway Public Library at 447-5532.
Mountain Garden Club meeting and program

Mountain Garden Club meeting and program at the Saylor's Center for the Arts, 110 Main Street (Route 16) in Conway Village on March 19, 2012, snow date March 26. Jenn Andrews, Committee Chair, MWV Green Team and Program Director of Clean Air-NH Plans to present “The Valley Community Garden Project: North Conway.”

Community gardens are a growing movement across the United States. As a non-profit of the evening. For more information the club, its programs and activities go to www.mountaingardencub.org or email us at info@mountaingardenclub.org.

The Chamber and Chalmers Insurance Group Celebrate After Hours and St. Patrick's Day

After a brief hiatus due to all of the February Break festivities, Chamber After Hours is making a come-back next Tuesday, March 20th at the North Conway Chalmers Insurance Group from 5-7pm. Right past the hospital on 3277 White Mountain Highway, Chalmers will be throwing a St. Patrick Day they and their After Hours party. Scarecrow Pub will cater the event, Moat Mountain Smokehouse and Brewing Co. will provide samplings of their hand-crafted beer and DAJ Fine Wine and Dimensional Signs will have a display for party-goers to peruse. Triscuit, a company that aims to enrich people’s lives through musical lessons, performances and art exhibits, will be the featured non-profit of the evening. For more information on the Tuesday evening, contact Chalmers Insurance Group at 603-356-4926.

Benefit for Mount Washington Valley Lacrosse Club and Kennett lacrosse

The Mount Washington Valley Lacrosse Club will hold a fund-raising event at Flatbread Company, located at the Eastern Slope Inn in North Conway. A portion of all pints sold between 4pm and 9pm, eat in or take out, will be donated to the teams. Raffles will also be available. We have over 150 local athletes ages 9-18. We currently raise money to buy uniform coaches, referees, and equipment. Your support will help keep lacrosse an affordable sport in the Valley. To learn more about MWV Lacrosse Club please visit our website at mwwflax.com.

M&D Productions presents “The Great Escape” at “Dinner and a Movie” Night on March 20th

M&D Productions is proud to announce the 2nd show of their 2012 “Dinner and A Movie Night.” on March 20th. This month’s “The Great Escape” sponsored by Cinemacue and our dinner sponsor is Traditions Restaurant.

The second of 2012, it is presented by M&D Productions’ has been providing you these unique dining experiences at “Your Theatre” located at 1857 White Mountain Highway, North Conway, NH 03860.

This month’s movie is based on the true story of allied escape artist type prisoners of war are all put in an’ escape proof’ camp. The leader decides to try to take out several hundred all at once. The first half of the movie is played for comedy as the prisoners mostly outwit their jailers to dig the escape tunnels. The second half is high adventure as they use boats and trains and planes to get out of occupied Europe. The dinner portion of this evening starting at 6pm, will be provided by “Traditions Restaurant” at the Scary Pub.

A new book discussion group begins March 20th – Conway Library

On Wednesday, March 28, the North Country Camera Club will host a competition for photography and writing. The event will be held at the Fryebury Academy’s Leura Hill Eastman Performing Arts Center from 6:00-8:30 PM (6:00-6:30 reception). The evening will include a brief review of some photography basics, a chance to observe the monthly competition of the North Country Camera Club and the opportunity to view their digital images for a competition among teens.

There is no registration fee. To enter teens may simply send up to three of their best images each with the following minimum size of 1024 X 768 pixels. Entrants must provide their name, address and phone in accompanying e mail along with the name of their school and grade. The subject matter for the competition is “Open”. In other words anything goes. Each image must have a title and the full name of the photographer visible in the “Version Name” portion of the metadata. If you’re unsure about how to use or identify your images call Dick Pollock at 770-8277.

North Country Camera Club hosts’ competition

On Wednesday, March 28, the North Country Camera Club will host a competition for photography and writing. The event will be held at the Fryebury Academy’s Leura Hill Eastman Performing Arts Center from 6:00-8:30 PM (6:00-6:30 reception). The evening will include a brief review of some photography basics, a chance to observe the monthly competition of the North Country Camera Club and the opportunity to view their digital images for a competition among teens.

There is no registration fee. To enter teens may simply send up to three of their best images each with the following minimum size of 1024 X 768 pixels. Entrants must provide their name, address and phone in accompanying e mail along with the name of their school and grade. The subject matter for the competition is “Open”. In other words anything goes. Each image must have a title and the full name of the photographer visible in the “Version Name” portion of the metadata. If you’re unsure about how to use or identify your images call Dick Pollock at 770-8277.

For more information about the North Country Camera Club go to www.northcountrycameraclub.org.
Enjoy Monarchs hockey March 25 to benefit Wildlife Heritage Foundation of NH

Calling all hockey fans—come enjoy the Manchester Monarchs game on Sunday, March 25, and you’ll also benefit the Wildlife Heritage Foundation of New Hampshire. Purchase of tickets for that day’s event will help support the New Hampshire Fish and Game Department’s wildlife conservation and education programs, land conservation efforts, hunter and angler education, and special programs like Canine Search and Rescue and the Karner Blue Butterfly Program.

Consider purchasing tickets to this exciting event for a group of friends or colleagues, or reserve a party suite for a fun afternoon at the stadium (14-person suites are currently available). The game starts at 3:00 p.m. and the Monarchs will be taking on the Worcester Sharks. It’s also ‘Sunday-Funday’ at the stadium, with lots of great entertainment for the kids.

To purchase tickets, go to https://www.monarchsnewhampshire.com/wildlife-heritage-foundation.

For more information on the Foundation please visit http://www.nhwildlifefoundation.org or email coord@nhwildlifefoundation.org

Annual Maple Sugar Event at the Remick Museum Saturday, March 24th

Tamworth, NH—Experience a sweet New England tradition at the Remick Museum and Farm’s annual Maple Sugar event on Saturday, March 24th from 11 am to 3 pm.

Snow is gathered in the sugar bush. View demonstrations of Native American, colonial and Dr. Remick’s modern methods of boiling. Visit the Remick Museum’s own sugar house to see how a modern evaporator works and try samples of fresh maple syrup and syrup-on-snow! Enjoy a scenic horse-drawn wagon ride and visit the encampment where interpreters will share stories of maple sugaring from the 19th century. At the concession stand, try Maple Baked Beans with Ham and Baked French Toast (gluten-free option available).

Inside, try samples of vanilla cream with maple sauce, and then head over to the craft-making station where children can learn how to make traditional wooden spoons and paper Mokuks. Explore the Museum’s exhibits, including several on maple sugaring. Of course, you can’t go home without your own bottle of maple syrup! Purchase a bottle made right on the Remick Farm or by local producers Turkey Street Maples of Chocoura.

This event is sponsored by: Chalmers Insurance Group of North Conway, Cormack Construction of Madison and Turkey Street Maples of Chocoura.

The Remick Museum is located at 58 Cleveland Hill Road, Tamworth NH. For more information please visit us online at www.remickmuseum.org or call toll free 1 (800) 686-6117.

The Remick Museum and Farm has been open to the public since 1998. Not only a museum, we are also a working farm with draft horses, cows, sheep, chickens, turkeys, pigs and more. We raise our own livestock to support our Foodways program and to support the local community as we offer many of our meats, vegetables, maple syrup and Remick Made products for sale to the public. We also offer programs for school groups, summer camp, guided tours, wagon/sleigh rides and walking trails.

Sunshine Yoga welcomes new teachers

Sunshine Yoga Community Alliance is pleased to announce the addition of two new Kripalu Certified yoga teachers to the staff. Vanessa McKinsey, a native of India who has been teaching in the Valley for several years. She is offering a gentle early morning class on Mondays from 8:00 to 10:00 AM. Her teaching focuses on a centering, stillness, stretching, core strength, and mindfulness.

Tara Schroeder of Tamworth is teaching a prenatal class on Tuesdays from 9:30 to 11:00 AM, as well as a multi-level class on Thursdays from 9:30 to 11:00 AM. Tara will lead students of all abilities through classes that focus on breath awareness, yoga postures that stretch, strengthen and balance the body, concluding with deep relaxation and meditation.

Sunshine Yoga Community Alliance is a group of Kripalu certified yoga instructors coming together to serve the community through yoga and well-being. Located at 24 Pleasant St. in Tamworth, Sunshine Yoga offers classes in yoga, Pilates, Journeydance, Zumba, and NBA dance. For a full class schedule and more information, visit: www.sycadixie.com.
Northeast Delta Dental Mount Washington Road Race
June 16, 2012 – 9:00 a.m.

Mt. Washington Auto Road announces Northeast Delta Dental as title sponsor. 52nd annual Mount Washington Road Race will benefit health-care nonprofit. Lottery registration is open through March 15.

With its headquarters in the Granite State's capital and its eyes on the summit of the highest peak in the northeastern United States, Northeast Delta Dental has expressed its commitment to the race, which every year attracts a thousand runners to the Auto Road and in relentless 12 percent grade. With this significant increase in shoos, this year the Northeast Delta Dental Mount Washington Road Race will feature various snowsports including alpine skiing and snowboarding. Veterans with all manner of physical and/or mental injuries are invited to attend. Call Liz at 603-374-2688, or email Liz to participate. AbilityPLUS soldiers for soldiers invites all injured veterans to attend. Call Liz at 603-374-2688, or email Liz to participate.

The 1000-runner field for the Northeast Delta Dental Mount Washington Road Race is filled by means of an online lottery. Anyone wishing to compete in this year's race can register for this lottery at www.mountwashingtonroadrace.com any time through 11:59 p.m. on March 15. The drawing of names in the lottery will take place on March 16. Notification of the results will go to all applicants by March 17.

The 2012 race will serve as the qualifying event to select the U.S. National Mountain Running men's team that will compete at the World Mountain Championships in September in Ponte di Legno, Italy. The Northeast Delta Dental Mount Washington Road Race begins at the Auto Road base on Route 16 near Pinkham Notch and climbs to the 6288-foot summit at an average grade of 12 percent and a net altitude gain of 4650 feet.

AbilityPLUS Soldiers For Soldiers™ Adaptive sports for injured Veterans

Bartlett, NH: Soldiers for Soldiers at Mount Washington Valley is scheduled for the weekend of March 16-18, 2012 and will feature various snowsports including alpine skiing and snowboarding. Veterans with all manner of physical and/or mental injuries are invited to attend. Call Liz at 603-374-2688, or email Liz to participate.

The AbilityPLUS Adaptive Sports for Soldiers program offers opportunities for injured service people and women to participate in adaptive sports while bonding, mentoring and being mentored by other injured service members who have walked in their shoes.

"We are thrilled to see the Soldiers for Soldiers program gettin such an enormously positive response," said Sue Tatem, Executive Director of AbilityPLUS. "Over the years we have worked with many injured service people, and it is our belief that their bonding and inadvertent mentoring of one another has had a profoundly positive effect on each individual. So we thought, let's create a program designed specifically to support and nurture the bonding and mentoring that has been so important," continued Tatem. So Tatem worked with many of the injured service people who had met over the years, and developed the Soldiers for Soldiers program.

"We started out this season with snowsports—skiing, snowboarding, snowshoeing—and this summer we are launching programs that include kayaking, water skiing, cycling. We'll be offering multi-day events this summer, and are developing a summer camp program with ongoing adaptive workshops and events. The AbilityPLUS soldiers for soldiers program. "We are a non-profit organization, we offer our programs to all people who wish to participate, whatever their economic circumstances. Our programs are here to help people, all people with disabilities. So, it is expensive...and sometimes challenging, but we will never limit access to anyone for financial reasons," explains David Hauser, AbilityPLUS Executive Director.
Ongoing Events

For all weather and snow depend- 
ability, please call 447-7343 to ensure no schedule changes have 
occurred. Classes are happening daily. Call 603-745-2385 for 
details. Check with local retailers for 
updates. Call 447-7343 to reserve your 
seat. Today’s class is 11:00 PM. 

Townsend Community Center’s 6th 
Annual Snow Day – FMI contact Bill 
McKay at 447-8213.

February 23 – 25

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

February 25

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

February 26

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

February 27

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

February 28

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

February 29

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 1

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 2

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 3

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 4

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 5

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 6

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 7

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 8

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 9

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 10

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 11

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 12

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 13

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 14

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 15

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 16

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 17

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 18

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 19

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 20

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 21

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 22

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 23

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 24

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 25

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 26

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 27

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 28

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 29

FMI 888-696-3393 or visit www. 
fryeburgacademy.org/pac

March 30

FMI 888-696-3393 or visit www. 

March 31

FMI 888-696-3393 or visit www. 

The Mountain Ear, Thursday, March 15, 2012
Valley Vision Channel 3 Schedule  March 16 – 22, 2012 (Schedule Subject to Change) website: www.vv3tv.org phone: 603-383-9515

Friday subject to change 6:00a Albany Town Meeting (3/13) 11:23a Your Workout 11:50a The Brownfield Lions will host a Community School on Bunker Hill Road in South Tamworth. 603-367-6896”)

Saturday subject to change 6:00a Albany Town Meeting (3/13) 11:23a Your Workout 11:50a The Brownfield Lions will host a Community School on Bunker Hill Road in South Tamworth. 603-367-6896.

6:30 – 9:30pm Great Irish food is special in the area, especially on St. Patrick’s Day. Like a Pro with Local Chris Conrod, Workshop will run from 9:30-noon. 3. Building Skills Available Every Sunday at 2:00 p.m. in the Kennett Middle School Drama Room. For students in grades 7-12. 4. Morning Snowshoe Nature Tour with a guide. A two-hour tour with a guide. Two hours of snowshoeing tour with a guide, two hour tours at 1:00 pm. Ski rentals are available. FMI Kingpine.com/events.

Afternoon tours with a nature tour with a guide, two hour tours at 1:00 pm. Ski rentals are available. FMI Kingpine.com/events.

Morning Snowshoe Nature Tour with a guide. A two-hour tour with a guide leaves at 10 a.m. Come in 30 minutes early and then rentals. Pre-registration suggestions will be most helpful. FMI Kingpine.com/events.

SUNDAY SUNDAY – 18 Paddy O’Paw’s Benefit Brunch and Auction to benefit shelter animals at the Red Jackets. The fun gets underway at 11 am with the Red Jacks’ annual brunch buffet and a silent auction. Please call (603) 447-5605 or go online www.convayselect.org and click on the Paddy O’Paw’s logo to purchase your tickets and auctions online.

Come on out with your gold tooth and enjoy a bit of Irish fun at the smiling and cresting landscape and designs containers for homes and businesses all around the Great Stone. Come think summer and get some terrific ideas from a professional Referrers served. All welcome! Start playing guitar right now! Every Saturday you can learn about picking chords on a guitar. Electric, acoustic, begin-ner, seasoned player, this is for everyone! Call at 603-356-1652 to see www.mwvevents.com.

This movie is rated PG and is 120 minutes. Popcorn and drinks will be available. “Dinner and a movie” – M&D Productions presents “The Great Escape” or “Your Movie.” Dinner is sponsored by Traditions Restaurant; it begins at 5:00 pm and the movie sponsored by Cinemas starts promptly at 6:00 pm. Price is $20 and include a food, and a beverage. Call 603-662-7591 to make reservations for this unique dining and theater experience.

7:00 pm, English storyteller Marion Leeper will perform “The Day the Bomb Fell and Other Cambridge Stories” at the Conway Public Library. Marion’s visit is sponsored by the Conway Public Library and the Mountain Storytellers Guild. This program is recommended for ages 12 and above. For more information, FMI 487-5552.

A new book discussion group will be starting 6:15 – 8:15 pm on the third Tuesday of each month at the Conway Public Library. “Republic Lost: America’sgifed with No-Brakes” by James Madison, a new book discussion group will be starting 6:15 – 8:15 pm on the third Tuesday of each month at the Conway Public Library.

Princess Fantasy will be held at the North Conway Grand Hotel, a week of fun and fantasy designed to make a young lady feel like a princess. Each princess will be dressed and presented as their official 2012 Snow Princess. It is truly a magical time for the princesses and their fa-ilies; Court time is from 11:00 AM. For more information contact Monica Bellini at 603-367-7117 or onmonion@aol.com.

Family Nature Program: Bluebird Box Building and Auction to benefit shelter animals at the Red Jackets. The fun gets underway at 11 am with the Red Jacks’ annual brunch buffet and a silent auction. Please call (603) 447-5605 or go online www.convayselect.org and click on the Paddy O’Paw’s logo to purchase your tickets and auctions online.

Come on out with your gold tooth and enjoy a bit of Irish fun at the smiling and cresting landscape and designs containers for homes and businesses all around the Great Stone. Come think summer and get some terrific ideas from a professional Referrers served. All welcome! Start playing guitar right now! Every Saturday you can learn about picking chords on a guitar. Electric, acoustic, begin-ner, seasoned player, this is for everyone! Call at 603-356-1652 to see www.mwvevents.com.

This movie is rated PG and is 120 minutes. Popcorn and drinks will be available. “Dinner and a movie” – M&D Productions presents “The Great Escape” or “Your Movie.” Dinner is sponsored by Traditions Restaurant; it begins at 5:00 pm and the movie sponsored by Cinemas starts promptly at 6:00 pm. Price is $20 and include a food, and a beverage. Call 603-662-7591 to make reservations for this unique dining and theater experience.

7:00 pm, English storyteller Marion Leeper will perform “The Day the Bomb Fell and Other Cambridge Stories” at the Conway Public Library. Marion’s visit is sponsored by the Conway Public Library and the Mountain Storytellers Guild. This program is recommended for ages 12 and above. For more information, FMI 487-5552.

A new book discussion group will be starting 6:15 – 8:15 pm on the third Tuesday of each month at the Conway Public Library. “Republic Lost: America’s gifed with No-Brakes” by James Madison, a new book discussion group will be starting 6:15 – 8:15 pm on the third Tuesday of each month at the Conway Public Library.

Princess Fantasy will be held at the North Conway Grand Hotel, a week of fun and fantasy designed to make a young lady feel like a princess. Each princess will be dressed and presented as their official 2012 Snow Princess. It is truly a magical time for the princesses and their fa-ilies; Court time is from 11:00 AM. For more information contact Monica Bellini at 603-367-7117 or onmonion@aol.com.
By Steve Smith
Contributing Writer

Last Tuesday the weather was perfect for winter hiking—bright and sunny with temps in the twenties. It was a good day to check the lower part of my adopted trail on Hedgehog Mountain—the west loop of the UNH Trail—and see how it has fared so far this winter. As a reward, I would make the short side trip to Allen’s Ledge, at about 1,900 feet the lowest in elevation of several major view-points on the loop around Hedgehog.

There was only one other car in the UNH/Downes Brook/Potash trailhead lot on the Kancamagus Highway (15 miles west of Conway, across from Passaconaway Campground), not surprising for midweek in March. I was pleased to find a solid, if somewhat crusty and uneven, snowshoe track on the first short section of the UNH Trail. I crunched along under tall pines on the grade of the Conway Lumber Company’s Swift River logging railroad, which operated in this valley from 1906-1916.

Shortly after I turned onto the west loop, the snowshoe track inexplicably ended. Ahead was only a forlorn, crumpled semblance of a track filled with large chunks of crust. The last two snowfalls had left a heavy but breakable crust over some significant snow depth in the woods. A report of a recent climb up the nearby Sabbaday Brook Trail on www.newenglandtrailconditions.com, noted that “at least 8 inches of crusty snow…made for a very tough trail breaking day.” Even with a partly broken trail, I knew it would be a laborious three-quarter of a mile up to Allen’s Ledge. Indeed, it took nearly an hour to cover that distance, snowshoeing at a slow, methodical pace. Partway up the climb I passed a large new clear-cut on the left, part of the ongoing Forest Service “Kanc 7” timber harvest in the Albany Intervale.

Above the logged area, the trail climbed an attractive hogback ridge cloaked in hemlocks. Here I met (and thanked) the two snowshoers who had partly broken out the trail as far as Allen’s Ledge, now on their way down. After dipping to cross a small brook, I struggled up the last pitch to the side trail to Allen’s Ledge, which continued steeply ahead as the main trail turned right. Happily, I had encountered no blowdowns requiring removal in the 1.1-mile section of trail to this point.

Above here, the main trail awaited a strong party to break it out to the summit of Hedgehog. There are three main outcrops at Allen’s Ledge—one on the right (west) and two on the left (east). The two snowshoers had gone up to the one on the right, which unfortunately has only very limited views, with a peak up at the summit of Hedgehog and a northern spur of Mt. passaconaway. To find the good vistas, I swung left along the base of the first outcrop and scrambled up to a high, open perch with a broad view across the Albany Intervale to Bear Mountain and the Moat Range. Other peaks in view included Mt. Paugus, Mt. Chocorua, Bartlett Haystack, Mt. Tremont and Owl Cliff. That day it was super clear, and the summits of Mt. Washington and Boott Spur were white beacons shining above the shoulder of Tremont. Iron Mountain and Black Mountain in Jackson rose in the distance through the cut of Bear Notch.

From the woods off to the east came contrasting sounds—the buzz of a chainsaw followed by the rumbling of a skidder, then the deep hooting of a barred owl. I saw the skidder slowly pull into the large clearing down by the bog on White Brook.

I carefully made my way down through deep, crust-capped snow to the third and lowest outcrop, a flat perch on the brink of a cliff. This had the widest view of all, extending north to the Nancy Range and Carrigan Notch. It was a fine spot to linger for a while in the sun.

For a hike of 2.2 miles round trip with just 650 feet of elevation gain, Allen’s Ledge certainly offers great rewards. In his 1916 classic about the Albany Intervale, Beals, Jr. maintained that “Passaconaway in the White Mountains,” Charles Edward Beals, Jr. maintained that Allen’s Ledge “gives you more for your money than any other climb.” I suspect that many folks doing the UNH loop bypass this side trip, which is too bad as the views are completely different from those seen at the other Hedgehog vantage points.

The name of the ledge recalls Jack Allen, perhaps the Albany Intervale’s most notable character. As detailed in the Beals book, Allen lived in the valley for nearly four decades, becoming legendary as a guide, hunter, angler, trapper and teller of tales. When someone asked Allen what the rocks up on the side of Hedgehog were, he immediately replied, “Them are called Allen’s Ledge!”

AN HISTORIC DAY: A huge congratulations to Randy Pierce of Nashua, who, accompanied by his trusty guide dog, “the mighty Quinn,” his wife Tracy, and many friends, on March 10th completed his quest to become the first blind hiker to climb all forty-eight 4000-footers of the White Mountains in a single winter season. Randy’s final summit was Cannon Mountain. His courage, enthusiasm and drive are truly inspirational! For all of Randy’s hiking adventures and much more, visit www.2020visionquest.org.
I morning -- snow so perfect ing edge of spring. edge of winter and the lead-theme. I was skiing on the newest hit: “Edge of Glory.” was blaring Lady Gaga’s the ticketing concourse to firmed when I walked into appeared so inviting. mogul-spangled glory. road -- sparkled in all its most fully visible from the Franz Koessler trail -- the run in a bluebird sky and the morning sun shone brilliant Mount Cranmore. The mid-month, March on my way to lift that it took out a full-page advertisement in Newsweek magazine in 1955. (Image courtesy of Chairlift.com) Bethlehem Steel Company was so proud of its contribution to building Mount Cranmore’s East Bowl chairlift that it took out a full-page advertisement in Newsweek magazine in 1955.

Skiing Hither And Yon

By Scott Andrews
Contributing Writer

I could tell it was going to be a perfectly glori-ous ski day as I motored up the North-South Road on the first Wednesday of March on my way to Mount Cranmore. The mid-morning sun shone brilliant in a bluebird sky and the Franz Koeseler trail -- the run most fully visible from the road -- sparkled in all its mogul-spangled glory. Mount Cranmore never appeared so inviting.

And my feelings were con-firmed when I walked into the ticketing concourse to pick up my pass. The radio was blaring Lady Gaga’s newest hit: “Edge of Glory.”

That song title turned out to be day’s over-arching theme. I was skiing on the edge of glory. In one glorious day, I experienced the trailing edge of winter and the leading edge of spring.

Talk about cobbling. I rev-eled in “hero snow” that morning -- snow so perfect that anybody can ski like a hero. That’s a midwinter con-dition where the surface is soft enough to easily set an edge for beautifully smooth turns and fast enough to link them together with light-ning-quick edge-to-edge transitions.

And of course the Wednesday warriors were out in all their glory. Wednesday has been Mountain Meister race day at Cranmore for decades, and skiers all decked out in Lyca speed suits were zipping down the giant slalom course on the North Slope.

It’s been about two decades since I last raced Mountain Meisters, but the day’s edge-of-glory feeling suggested that I try bashing a little bam-booz on the dollar-per-run dual giant slalom course that’s set up nearby.

My time was a less-than-sterling 36.69 seconds -- about 12 seconds off the day’s best runs. I nonchalantly explained away my lame per-formance. Inexplicably I had left my Lyca speed suit at the cleaners.

After the racing bug was out of my system, I headed over the summit to Cranmore’s backside runs: East Slope, Easy Street, Gibson Pitch and Schneider. These trails catch the fiercest rays of the morning sun and soften up the quickest. They’re also the first to turn to mashed potato consistency, so it’s wise to ski them early.

My hour on the backside also reminded me that 2012 marks the final glorious spring for the venerable “Rickety Red” double chairlift which has been serving East Bowl for nearly six decades. The lift was built in 1955, during the glory days of ski resort expansion that followed World War II. It was among the first double chairlifts built -- the earliest ones were singles -- and it symbol-ized Mount Cranmore’s ascendant years.

Bethlehem Steel Company, which supplied the cable and acted as the prime contractor, felt that the East Bowl chairlift was such a landmark accomplishment that the company took out a full-page ad in Newsweek magazine to tout its involvement.

The old lift will be removed next month and replaced by a triple chairlift that runs on a more westerly route near the mountain’s alignment. By relocating the lower terminal farther downgrade and far-ther west, it will give the new lift 300 feet of additional ver-tical rise and allow its use as an alternative route to the summit.

This coming Sunday will be the old chair’s final day of operation, and Cranmore is holding a farewell observ-ance. The public is invited to take a few runs on the East Bowl chair beginning at 8:30 a.m. then gather in the Meister Hut at 9 a.m. for a his-torical presentation by longtime Cranmore chroni-cler Tom Eastman plus a pre-view of the new chairlift by general manager Ben Wilcox.

And speaking of the Meister Hut, the summit eatery was doing a brisk busi-ness that glorious first Wednesday in March, helped by the crystal-clear skies and the wonderful views of Mount Washington to the north and the Mount Range to the west.

After lunch at the Hut I headed down the Koessler Trail, which looked so invit-ing from the road. Nicely softened up by the sun, Cranmore’s only real bump run was wonderful.

The last runs I skied was on the northerly cluster: Arlberg, Skimister, Rattlesnake and Kandahar. Those trails receive the least sun, and midwinter condi-tions remain the longest. But by late afternoon, even those began to soften.

And that was a crystal-clear reminder of the days to come. Daylight Saving Time has already arrived, and when the next issue of the Mountain Ear rolls off the press, the sun will have dashed across the celestial equator and moved into the northern hemi-sphere. And that’s the astro-nomical definition of spring. Spring, glorious spring.
I’s Tuckerman Ravine time again. That age old rite of passage as a skier, and in that most hallowed of locations for Eastern skiers. A spot that demands respect as it is true backcountry and is full of hazards, from avalanches, falling rocks, undercut snow, weather and much more. For many this is their yearly pilgrimage, for others it may be their first time. With that in mind here are a few tips I’ve picked up over the years.

First, have a plan and have a skiing and hiking partner. Tuckerman Ravine is not a place to go by yourself and it isn’t a fool’s errand. That’s Tuckerman Ravine and a basic first aid kit. The international Mountain Climbing School- www.imcavalanche.org. Take avalanche gear and know how to use it. A beacon, a shovel, and a probe are the basics. Avalanches happen up there and hopefully you’ll never be involved in one, but you want to be prepared. We don’t use this type of gear here in the East very often, so practice in advance so you know how to use the gear before you NEED to know how to use the gear. If you want to learn more about avalanches and snow science, consider taking one of the classes offered by the international Mountain Climbing School- www.imcavalanche.org. It’s also a good idea to take your standard hiking fare as well, a compass, knife, fire starting kit, and a basic first aid kit.

Of course before you even start hiking you need to pack your bag and know what to bring. Most people will strap their skis and boots to their pack and hike up in hiking boots. Others will use either telemark or alpine touring gear and skin up (assuming the trail still has enough snow). Either way you’ll want to be careful when you pack your bag as every extra ounce you pack is an extra ounce you’ve got to carry, at the same time you want to be prepared for a turn in the weather as well as ensure you have enough to eat and drink.

My just in case clothing include a down parka and a weather-proof shell, along with a balacava, warm mittens, and a warm layer for my legs. I typically pack two extra pairs of socks as well as two extra base layers, as I also pack two extra pairs of socks as well as two extra base layers, as I will usually want to change my base layer before the hike down and still have an extra one just in case. I’ll also pack an extra hat for good measure.

Food wise, I usually bring a lunch as well as three full water bottles. I also pack a can of Coke in there as well, just in case I need a bit of a sugar and caffeine fix during the day. I’ll throw a few Cliff Bars in my bag as a backup.

If it looks to be a cloudy day I’ll still bring along my sunglasses as well as my goggles. As quickly as the weather can go from good to bad it can also go from cloudy to sunny, and you’ll want the eye protection from the glare of the snow. That also means bringing sunblock.

There is a weigh station at the trail head where you can weigh your bag, it is always interesting to see how much everyone’s bag weighs before the trip. I know that over the years I’ve slowly been able to shed weight off of what I carry (unfortunately I think that weight has found its way onto my midsection). Then it’s time to hit the trail. Set a reasonable pace, you’re going to be hiking for awhile and you want to save your legs for the skiing! Listen to the snow ranger at the hut located just before the final push up to lunch rocks, often referred to as HoJ’s. They are a wealth of information, from the current avalanche conditions to where the best snow should be. They essentially live up there and are likely the best Tuckerman Ravine resource you’ll ever find.

Once you’re in the Bowl- take it all in. Find a space up at lunch rocks and be mindful of falling ice and rocks when you are picking your spot. Get yourself ready and go and enjoy the bowl.

One last tip- remember that you still have to make back down- so save enough juice in your legs for that part of the trip. If there is still snow on the Sherburne Ski Trail you’ll be able to ski down most if not all of the way, but the later in the season you go you’ll find yourself having to hike down a fair ways. Enjoy and I hope to see you up there!

Sven Cole is a local skier and winter writer; follow him on Twitter @Snowracle.
Lost & Founds

Found Ads
Are published Free of Charge. 30 words for 1 week.

Lost Ads
Are Charged at our regular classified rates.

Call Toll Free
Mon-Fri: 8:00-4:00
1-877-766-6891
or go to
www.newhampshire lakesandmountains.com
24/7

Thank You

Thank You for browsing The Town To Town Classifieds in the
The Mountain Ear

Publication Rates (20 words)
$10-1 Week
$15-2 Weeks
$22-30 Weeks
$10-4 Weeks

Call Our Main Call Center
1-877-766-6891
Mon-Fri 8-4:00
or place online 24/7 at:
newhampshire lakesandmountains.com

Deadline: Monday 11AM

Non-Profit Events to Support

The American Red Cross
The need will continue.
For blood and monetary donation information call:
1-800-255-4736

Business & Work Options
1-877-FTC-HELP
Call the Federal Trade Commission before embarking on a new business endeavor. This will protect you and allow you to proceed with confidence. This message and number is provided by the Salmon Press Regional Classifieds and the FTC.

LATEX TRAINING N. CONWAY NH
5:00-12 . 7:12 5:30-7am
Call Our Main Call Center
1-800-603-3320
Monetary & Dental Gold, Sterling Silver.
Free oral appraisals.

Special Instructions
LNA TRAINING
N. CONWAY NH
5:00-12 . 7:12 5:30-7am
Contact Clinical Career Training
www.clinicalcareertraining.com

Pet Care
DO YOU NEED FINANCIAL HELP with spaying or altering of your pet or cat? CALL 603-224-1361 before 2 pm.

Pets & Breeders
AV. Law Requires that dogs and cats...
1. Not be transferred before 8 weeks old.
2. Have Vet’s health certificate within 14 days of transfer.
3. Be spayed or neutered.
4. This applies to all dogs & cats, mongrel or purebred, gift or sale, sheltered or placed by others.

Barn/Garage/ Yard Sales
LAKEVIEW FLEA MARKET ENTER TO WIN 60 IN CASH CARD STOP BY 131 LAKE ST GILFORD IN PAUGUS BAY PLAZA EVERY WEEKEND 9-4 CONTEST RUNS MARCH 17 THROUGH APRIL 15TH. DINING AT NOON.

Sell It Now
(Before Winter Ends!)

Barn/Garage/ Yard Sales
SQUAM LAKES ASSOCIATION is seeking a part-time office assistant to help with general administration, the gift shop, taking reservations, coordinating SMA programs, and providing information to visitors. Shifts/Hours: Qualifications: Undergraduate degree, proficiency in computer and office systems using Microsoft office, strong written and verbal communication skills, and ability to work both independently and as a team player. This is a part-time, non-benefited position which requires some evenings & weekends during the summer months. For more information and to see the full job posting go to www.squamlakes.org. To apply, submit a letter of interest and resume including a list of three professional references to: Squam Lakes Association, PO Box 294, Holderness, NH 03245 or as a ‘pdf’ or ‘doc’ file with Office Assistant in the subject line to: info@squamlakes.org.

Misc. For Sale
BEDROOM SOLID MAPLE GLAZE, NEVER INSTALLED, CAN ADD OR SURFACE TO FIT KITCHEN. COST $2,200 SELL $985 CALL 603-235-1775

KITCHEN CABINETS SOLID MAPLE GLAZE, NEVER INSTALLED, CAN ADD OR SURFACE TO FIT KITCHEN. COST $6,500 SELL $1,585 CALL 603-235-1695

MATTRESS AND FURNITURE CLOSOUTS, AND OVERSTOCKS!
ALL MATRICES ARE IN STOCK 20% OFF! MEMORY FOAM PILLOWTOP/ LATEX FIRM POCKET COIL; OR BERTA, THERAPEUDIC, PRIMO AND MORE! 20% OFF FUTONS! BEDROOM CLOSOUTS! RUSTIC FURNITURE! ARTWORK REHUNED! LIVING ROOMS! OCCASIONAL TABLES! LOTS MORE!

COZY CABIN RUSTICS AND MATTRESSES FACTORY OUTLET 571 WHITTIER HWY MOUNT DANIEL, ORT 25 NEXT TO WINDSHELL DR AND GOODHUE MARINA, ACROSS FROM BROWSE RESOURCES CALL JAY 603-662-9066 www.willowdodge.com

Old NH Fish and Game, ca. 1890, Bearing lines, penalties and seasons on mouse, cutthroat, furbearers, fish, etc. Measures 12” x 18”. May be seen at the Coos County Democrat, 75 Main St., Lancaster, NH. Price $4. if mailed, $8. Call 603-788-4390 or email larsoffice@valm oppon.com

Town-To-Town
CLASSIFIEDS

FOR QUICK PLACEMENT OF YOUR AD IN THE NEXT ISSUE DIAL TOLL FREE
OFFICE HOURS: MONDAY - FRIDAY 7:00AM - 4:00PM
1-877-766-6891

Lost & Founds

Found Ads
Are published Free of Charge. 30 words for 1 week.

Lost Ads
Are Charged at our regular classified rates.

Call Toll Free
Mon-Fri: 8:00-4:00
1-877-766-6891
or go to
www.newhampshire lakesandmountains.com
24/7

Thank You for browsing The Town To Town Classifieds in the
The Mountain Ear

Publications Rates (20 words)
$10-1 Week
$15-2 Weeks
$22-30 Weeks
$10-4 Weeks

Call Our Main Call Center
1-877-766-6891
Mon-Fri 8-4:00
or place online 24/7 at:
newhampshire lakesandmountains.com

Deadline: Monday 11AM

Non-Profit Events to Support

The American Red Cross
The need will continue.
For blood and monetary donation information call:
1-800-255-4736

Business Work Options
1-877-FTC-HELP
Call the Federal Trade Commission before embarking on a new business endeavor. This will protect you and allow you to proceed with confidence. This message and number is provided by the Salmon Press Regional Classifieds and the FTC.

LATEX TRAINING N. CONWAY NH
5:00-12 . 7:12 5:30-7am
Contact Clinical Career Training
www.clinicalcareertraining.com

Pet Care
DO YOU NEED FINANCIAL HELP with spaying or altering of your pet or cat? CALL 603-224-1361 before 2 pm.

Pets Breeders
AV. Law Requires that dogs and cats...
1. Not be transferred before 8 weeks old.
2. Have Vet’s health certificate within 14 days of transfer.
3. Be spayed or neutered.
4. This applies to all dogs & cats, mongrel or purebred, gift or sale, sheltered or placed by others.

Barn/Garage/ Yard Sales
LAKEVIEW FLEA MARKET ENTER TO WIN 60 IN CASH CARD STOP BY 131 LAKE ST GILFORD IN PAUGUS BAY PLAZA EVERY WEEKEND 9-4 CONTEST RUNS MARCH 17 THROUGH APRIL 15TH. DINING AT NOON.

Sell It Now
(Before Winter Ends!)

Barn/Garage/ Yard Sales
SQUAM LAKES ASSOCIATION is seeking a part-time office assistant to help with general administration, the gift shop, taking reservations, coordinating SMA programs, and providing information to visitors. Shifts/Hours: Qualifications: Undergraduate degree, proficiency in computer and office systems using Microsoft office, strong written and verbal communication skills, and ability to work both independently and as a team player. This is a part-time, non-benefited position which requires some evenings & weekends during the summer months. For more information and to see the full job posting go to www.squamlakes.org. To apply, submit a letter of interest and resume including a list of three professional references to: Squam Lakes Association, PO Box 294, Holderness, NH 03245 or as a ‘pdf’ or ‘doc’ file with Office Assistant in the subject line to: info@squamlakes.org.

Misc. For Sale
BEDROOM SOLID MAPLE GLAZE, NEVER INSTALLED, CAN ADD OR SURFACE TO FIT KITCHEN. COST $2,200 SELL $985 CALL 603-235-1775

KITCHEN CABINETS SOLID MAPLE GLAZE, NEVER INSTALLED, CAN ADD OR SURFACE TO FIT KITCHEN. COST $6,500 SELL $1,585 CALL 603-235-1695

MATTRESS AND FURNITURE CLOSOUTS, AND OVERSTOCKS!
ALL MATRICES ARE IN STOCK 20% OFF! MEMORY FOAM PILLOWTOP/ LATEX FIRM POCKET COIL; OR BERTA, THERAPEUDIC, PRIMO AND MORE! 20% OFF FUTONS! BEDROOM CLOSOUTS! RUSTIC FURNITURE! ARTWORK REHUNED! LIVING ROOMS! OCCASIONAL TABLES! LOTS MORE!

COZY CABIN RUSTICS AND MATTRESSES FACTORY OUTLET 571 WHITTIER HWY MOUNT DANIEL, ORT 25 NEXT TO WINDSHELL DR AND GOODHUE MARINA, ACROSS FROM BROWSE RESOURCES CALL JAY 603-662-9066 www.willowdodge.com

Old NH Fish and Game, ca. 1890, Bearing lines, penalties and seasons on mouse, cutthroat, furbearers, fish, etc. Measures 12” x 18”. May be seen at the Coos County Democrat, 75 Main St., Lancaster, NH. Price $4. if mailed, $8. Call 603-788-4390 or email larsoffice@valm oppon.com

Our Classified Ads are Purrrfect! Sell your merchandise here!
Sample text from the document:

**Commercial Space For Rent**

Est. 1969
2445 Main Street, North Conway, NH
603-356-5819 or 198@Desmarais.com
Mr. Nat’l Assoc. Jewelry Apprasers

Retail and office spaces for Rent.

Route 302, Glen, NH 03838

$250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org

**Retail and Office Spaces for Rent**

Route 302, Glen, NH 03838

250 to 850 sq. ft. from $350/monthly

Call Sheila 603-356-6321 Ext. 6469

**SPAY / NEUTER**

spokescow.org
Nursing Career Opportunities

Looking for Registered Nurses to join Upper Connecticut Valley Hospital in their Journey to Excellence! Are you ready to work in a small rural community hospital where caring and compassion is second to none? If so, take a look at the following job opportunities:

**STAFF RN - Full-time (36 hours, 7:00pm-7:30am)**

**STAFF RN – Part-time (12 hours, 7:00pm-7:30am)**
Work Med-Surgical unit - Job Requirements: Current NH RN license, BLS and ACLS required. Minimum of 1 year of acute care nursing experience.

Application Deadline: March 23rd
If interested please apply online: www.ucvh.org or pick up an application and submit to:
Heidi Saari, Human Resources
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
603.388.4236
hsaari@ucvh.org
EOE

Nyanzikeramareme
CHAMPIONS!
The Kennett hockey team celebrates its Division III championship at the Verizon Wireless Arena on Saturday, March 10.