



CARRIAGE TOWNE

FREE

Atkinson • Danville • Hampstead • Kingston • Newton • Plaistow • Sandown

April 2026

MONTHLY



STAFF FILE PHOTO

Who's Hungry? Food Truck Festival

HAMPSTEAD — Hampstead Congregational Church will host the annual Hampstead Eats Food Truck Festival from 11 a.m. to 4 p.m., Saturday, April 25, at 61 Main St. There will be a variety of food trucks including Mr. B's Tacos, Pat's Cider & Donuts, The Whoo(pie) Wagon, Kona Ice, Heaven's Kitchen, Bumble Bee, The Burstin' Kernal, Sig's Kitchen BB & Rolling Spirits NH, and more.

Bring a chair or blanket and find a spot on the lawn to enjoy your food and live music provided by The Waterspouts.

Admission is \$5 (cash only) per person; free for children age 5 and under.

Proceeds to benefit the New Hampshire Food Bank. Non-perishable food donations will be accepted.

For questions, call 603-329-6985 or email office@hampsteaducc.org.

Summer Farmers Markets return across seacoast

LEE — Seacoast Eat Local has announced the return of its summer farmers market season, offering community members a chance to connect with local farmers and food producers while shopping a wide range of seasonal goods.

Markets will feature farm-fresh produce, locally raised meats, fresh seafood, honey, maple syrup, baked goods, prepared foods, dairy products and eggs, along with craft vendors, live music and nonprofit organizations sharing information about their work.

The Durham, Dover, Exeter and Portsmouth markets will return this season, with new locations for the Durham and Dover markets. The Durham Farmers Market will be held at M&T Bank, 70 Main St., in downtown Durham, near the University of New Hampshire. The Dover Farmers Market will take place at Nebi Park



COURTESY PHOTO

Exeter's Farmers Market will return on Thursdays, beginning May 2, at Swasey Parkway, pictured, at 316 Water St.

on River Street, offering a waterfront setting.

All markets accept SNAP benefits and participate in the Granite State Market Match program, which provides \$1 in fruit and vegetable vouchers for every \$1 spent using an EBT card. Information is available at market booths. Vouchers for Veterans will also be

offered at select markets in September, providing eligible veterans and active-duty military with \$20 per week to spend.

Opening dates and times are:

Durham: Mondays, 2:30 to 6 p.m., beginning June 1 at M&T Bank, 70 Main St.

Dover: Wednesdays, 3:30 to 6:30 p.m., beginning June 3

at Nebi Park, River St.

Exeter: Thursdays, 2:30 to 6 p.m., beginning May 7 at Swasey Parkway.

Portsmouth: Saturdays, 8 a.m. to noon, beginning May 2 at City Hall, 1 Junkins Ave.

For more information, visit www.seacoateatlocal.org or follow Seacoast Eat Local on social media.



Dodge's AGWAY

Farm & Garden

25 Old County Road
Plaistow NH 03865

603-382-8201

Open Daily 8am-5pm except Saturday 8-4
& Sunday 9am to 4pm

Kingston Insurance Agency
Battis & Burleigh Insurance

Local, Experienced, Kind Professionals



53 Church St, Suite 11, Carriage Towne Plaza
Kingston NH 03848
www.kingstonins.com
(603)642-4800

HAMPSTEAD JEWELERS

www.hampsteadjewelers.com

FINE, ARTISAN
& CUSTOM
JEWELRY



Happy Mother's Day!

IN HONOR OF MOM, ALL REPAIRS & SIZINGS
ARE 10% OFF WITH THIS AD THRU MAY

Colby Plaza • East Hampstead • 603.382.8144

ATKINSON VETERANS CLUB HONORS FORMER COMMANDER TOM KELLEY



COURTESY PHOTO

At the April 2026 Atkinson Veterans Club meeting, Club Commander Jack Costigan, right, presented an award to Tom Kelley, left, for his leadership as commander from January 2023 to December 2025.

Sandown 5 Mile/5K Road Race Set for June 6

SANDOWN — The 33rd annual Sandown 5 Mile/5K Road Race will be held Saturday, June 6, with a 9 a.m. start at the Sandown Fire Station, 314 Main St.

The event offers both a 5-mile race and a 5K option and supports Sandown Police Explorer Post No. 2268.

Registration is \$35 for either race and is open at www.runreg.com. The first 100 registered participants will receive a short-sleeve T-shirt. Race courses are also available on the website.

The Sandown Police Explorer program provides young adults ages 14 to 20 with insight into law enforcement careers while promoting personal responsibility, strong values and respect. Proceeds from the race will support field trips, uniforms, supplies and



COURTESY PHOTO

equipment.

Awards will be presented to winners in each age category. The event will also feature raffle prizes, light refreshments and music. Organizers note the course is

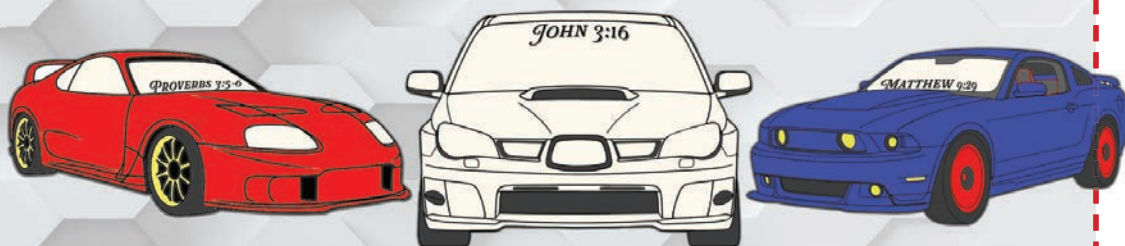
a good option for those training for the Reach the Beach relay race.

For more information, contact Lt. Richard Buco at rbcu@sandownpolice.nh.gov.

WRIGHT CHOICE AUTO REPAIR

★★★★★
5 Star Google Rating

FAMILY OWNED AND OPERATED WITH OVER
25 YEARS EXPERIENCE



\$5 OFF
SEMI OR FULL
SYNTHETIC OIL CHANGE

WITH COUPON

Expires 6/30/2026

[603] 974-7577

15 MAIN STREET DANVILLE, NH

"WHERE YOUR WHEELS FEEL WRIGHT AT HOME."



SCAN ME



SCAN ME

CARRIAGE TOWNE



Atkinson • Danville • Hampstead • Kingston • Newton • Plaistow • Sandown

MONTHLY

Introducing the Carriage Towne Business Directory

For more information contact

Mary Lovell at 603-479-2998 | mlovell@northofboston.com



you're in good hands™ Allstate.

Michael Elcock - Agency Owner

168 Plaistow Rd. Plaistow, NH 03864
T: 603-382-3358 F: 603-382-1974
mjelcock@allstate.com
Licensed in NH, MA, & ME
Home-Auto-Life-Business



Allstate you're in good hands®

BCR
AUTO BODY
COLLISION SPECIALISTS
603-642-6666



Leslie Riemitis Agency
REALTOR since 1987 NH & MA

Broker/Owner
Graduate REALTOR
Institute, GRI

603-329-4580
LeslieREALTOR@comcast.net



Always Buying
Jewelry
Old Dolls
978-335-0035

THE Dame Men's Grooming Room
Gentleman's Cuts, Fades,
Hot Towel Facial Shaves
23 Plaistow Rd, Rte. 125
Plaistow, NH • 603-453-0223
OPEN MON-SAT
Google for hours and services
your visit, with mention of this ad
\$5 off Stay Sharp!

Time Capsule ★
★ Antiques & More
23 Plaistow Road, Unit 1A
Plaistow, NH 03865
Virginia Hughes
Owner
(603) 974-7126
timecapsuleantiquesandmore@gmail.com

CASH PAID FOR
COINS, REAL & COSTUME JEWELRY,
POCKET & WRIST WATCHES, ANTIQUES,
COMICS & BOOKS, MUSICAL
INSTRUMENTS, BASEBALL CARDS.
DAN (603) 505-0380

Beauty found on every canvas!
Charvas ARTISTRY
Beauty found on every canvas
20% OFF
for new clients only
Nails • Lashes • Skincare • Waxing
Relaxing one on one client atmosphere
5 Elm St. Plaistow, NH • (603) 460-5574

Gary Morris
SMALL ENGINE REPAIR
LAWNMOWERS, SNOW BLOWERS, OUTBOARDS, ECT.
BOUGHT, SOLD AND REPAIRED
Cell 978-376-4214 Pick up and delivery available

Your business card size ad could be HERE for just \$39/month!!

Camp Invention coming to Hampstead

HAMPSTEAD — Camp Invention®, a nationally recognized, nonprofit summer enrichment camp program, is coming to Hampstead Academy the week of July 20.

A program of the National Inventors Hall of Fame® in partnership with the United States Patent and Trademark Office, Camp Invention challenges children in grades K-6 to tap into their natural curiosity

and use their creativity to solve problems. Through hands-on activities, Camp Invention promotes STEM learning; builds confidence, leadership, perseverance and resourcefulness; and encourages entrepreneurship — all in a fun and engaging environment.

Each year, the program features a new curriculum inspired by some of our nation's most world-changing inventors — the National

Inventors Hall of Fame Inductees. This year's Spark program encourages children to be confident in their ideas and explore their innovativeness through hands-on experiences including:

- Space Morphers™: Kids build a DIY rocket and launch an epic mission to transform a new planet's atmosphere, terrain and ecosystem. After a high-energy Rover Race to collect samples and data, they grow

dazzling crystal trees and hatch a mysterious animal egg in a Space Lab.

- Make Waves™: Campers ride the waves of entrepreneurship and invention! Inspired by a surfer's journey, they create prototypes, pitch their innovative products to hook investors and build a billboard boat to set sail and "make waves" in the market.

- Fur-ensics™: Kids sharpen their animal detective skills with Cap E. Bara

and a fleet of robotic capybaras. They investigate a trail of footprints, collect bits of fluffy fur and examine suspicious splatters before forensically analyzing evidence that has a surprising twist.

- The Infringers™: Campers use their invention superpowers to solve challenges in their community and around the world. They miniaturize top-secret innovations, safeguard their designs using cryptography

and protect their intellectual property from the Infringers.

All local Camp Invention programs are facilitated and taught by qualified educators who reside and teach in the community. Camp Invention serves 140,000 students every year and partners with more than 2,600 schools and districts across the nation. For more information or to register, visit www.invent.org/camp.



Children's Discovery Center



Free Kids Activities

Newburyport, MA
25 Water St | 978-462-8681
www.thechmm.org



32 Amesbury Road, Newton, NH • 382-5289

OUR 55TH SPRING SEASON

MOTHER'S DAY MAY 10
PANSIES
4 PACK PERENNIAL SALE
HYDRANGEAS
HANGING BASKETS
CUT FLOWERS

MON - FRI 8 - 5PM
SAT 8 - 4PM CLOSED SUNDAYS

DIRECTIONS FROM KINGSTON, RTE. 125: Take New Boston Road, 2.8 Miles, Straight Onto Rte. 108, .7 Miles, Sharp Curve - Go Straight Onto Amesbury Road, .3 Miles, Turn Left Onto Amesbury, .2 Miles, Greenhouse Is On Left.

Scholar-Athletes honored at State Awards Ceremony

CONCORD — The New Hampshire Athletic Directors Association and New Hampshire Interscholastic Athletic Association held their annual NHADA and NHIAA Scholar Athlete Awards Ceremony on April 7, at the Capitol Center for the Arts in Concord. High school student athletes from throughout New Hampshire were recognized for achieving academic and athletic excellence.

Award recipients are nominated each year by their school

principals based on NHADA criteria which require the high school seniors to have a B+ or equivalent grade point average throughout their high school career, letter and have participated in at least two NHIAA seasons each year throughout high school (including their senior year), participate in community service activities, and serve as positive role models to their peers.

At the awards ceremony, each student athlete received an award certificate.



COURTESY PHOTO

The 2025-26 NHADA and NHIAA Scholar-Athlete Award recipients from Timberlane Regional High School are pictured. Back row, from left: Cole Rego, Landon Petry, Kaden Linehan, Grace Gerhard, Joseph Raymond, Matthew Fitzgerald, Michael Santosuosso, Kai LaFleur and Meredith Sheely. Middle row: Isabella Johnson, Emerson Aprile, Gabrielle Sierra, Brooke Stasio, Hailey Hannaford, Ella Allen, Elizabeth Wagnitz, Abigail Robinson and Maison Herbert. Front row: Taylor Alperin, Ava Paul, Lila Fitzgerald, Hayden Quaratiello, Aiden Sutliff and Nils Richarson. Not pictured: Noah Kudym.

Workforce Readiness Programs Offered for Teens in Brentwood

BRENTWOOD — Austin17House will host upcoming workforce readiness programs for teens ages 13 and older.

A job and career exploration program will be

held from 6:30 to 7:30 p.m. Wednesdays, April 29 through May 27. Participants will identify personal strengths, explore career paths and network with professionals. There is no

cost to attend, but space is limited. To register, visit www.austin17house.org or email trainingacademy@austin17house.org for more information.

A second program, "How

to Succeed at Work," will be held from 6 to 8 p.m. Friday, May 1, featuring speaker Chris Dellario, a technology professional with 30 years of experience. He has worked at startups and a Fortune 100 company, managed teams for more than 15 years and has experience in video game development. The session will cover employer expectations, workplace success strategies and ways to stand out on the job.

To RSVP, visit www.austin17house.org.

All classes will be held at Austin17House on Route 125.

BOOK NOW AND SAVE \$2000! LIMITED OFFER*



Armor Metal Roofing
Shield Your Home For a Lifetime™

2024 THE OFFICIAL HOMEOWNERS CHOICE AWARDS
Best of the Season Winner

"The Metal Roofing Specialists"

A FAMILY BUSINESS you can TRUST since 1986

603-964-7667
GO TO: ARMORMETALROOFING.COM

FULL TREE SERVICE SPRING CLEAN UP

164ft. Crane & 80ft. Bucket Truck
Professional Tree Climbers. Fully Equipped • Fully Insured

VETERAN US MARINE

APP TREE, INC.
41 Years in the Tree Service Business

CELL # 617-908-7576 or OFFICE # 781-938-8690





FISH

**WINDOW
CLEANING**®

Call Or Go Online for Your
FREE ESTIMATE

NH: (603) 583-1018

www.fishwindowcleaning.com/30500

MA: (978) 834-6239

www.fishwindowcleaning.com/3050

RESIDENTIAL SERVICES

- Window Cleaning
- Screen Cleaning
- Gutter Cleaning
- Solar Panels
- Chandeliers
- Carriage Lamps
- House Washing
- Patio- Decks
- Roof Washing
- Pressure Washing
- Screen Repair

COMMERCIAL SERVICES

- Interior Windows
- Exterior Windows
- Mirrors
- High Dusting
- Pressure Washing
- Awnings

Licensed, bonded and insured professionals you can trust with your home

Something for everyone at Plaistow Library

Jen O'Connor, adult programming and publicity librarian

PLAISTOW — Plaistow Public Library, 85 Main St., offers more than just books—discover a variety of upcoming special programs.

Common Scams and ID Theft: Presented by 603 Consumer Law Unit, this presentation focuses on the growing risks of scams and identity theft, exploring how personal information is stolen and misused by criminals. You will learn how to identify red flags, secure sensitive information, and respond effectively to potential threats. This event takes place at 6 p.m. on Tuesday, May 5.

The Maryan Sullivan Memorial Plant Sale: Spring has sprung and our annual plant sale is back. We will have a wide variety of plants to choose from including annuals and

perennials. From 9 a.m. to 1 p.m. on Saturday, May 9.

Craft Exchange: Drop off new or like-new craft items at the library between Mon, May 4 and Fri, May 8 during normal library hours (please do not put donated items in the drop box and bag up small items). Bring a bag and come to the library from 9 a.m. to noon Saturday, May 9 to pick out some new craft supplies.

Pokemon Club (Ages 6 -11): Join us for crafts, activities, trading and trivia at 3:30 p.m. on Monday, May 11.

Growing a Healing Garden: We'll discuss a potpourri of easy to grow medicinal herbs while showcasing garden designs that range from micro to magnificent at 6 p.m. on Wednesday, May 13.

Goodnight, Goodnight Storytime (Ages 3+): Snuggle up

for a cozy evening of bedtime stories, cookies, and milk at 6 p.m. on Thursday, May 14.

Harry Potter Club (Ages 8+): Join us for a Wizarding World themed trivia, craft and snacks at 3:30 p.m. on Friday, May 15.

Poetry & Pastries: Local poet Ian Davidson will share some of his whimsical poetry set in nature at 11 a.m. Saturday, May 16. No deep thinking required.

Caring for the Caregiver: A support group for caregivers will be offered at 6 p.m. Thursday, May 18. This is a welcoming space to share experiences, find encouragement, and connect with others who understand the challenges of caregiving.

For more information and a complete list of programs and events, visit www.plaistowlibrary.com.

Engaging new programs at Kingston Community Library

Melissa Mannon, director

KINGSTON — The Kingston Community Library is pleased to host special programs in addition to our regular offerings in April and May. Most programs are free and open to the public; we note when this is not the case. See our calendar for a full list of library events including exercise, crafting, book clubs, and other regular programs.

During April in the Children's Room, join us on April 23 for the Theme Thursday craft "Create a Newspaper Sponge Tree." Stop in during School Vacation Week at the end of the month. Chalk the walk at 1:30 p.m. Monday, April 27. On Tuesday, April 28 from 1 p.m. to 3 p.m., create your own superhero with recycled materials. Get outside for an Outdoor Scavenger Hunt at 10 a.m. Wednesday, April 29 and then participate in the Family Lego Building Challenge from 11 a.m. to 1 p.m. Thursday, April 30.

The Children's Room in May has several special events. Theme Thursdays take place on May 7 with a Mother's Day Theme Thursday craft and on May 21 with Patriotic windsocks. On May 12, join Miss Carolyn for Crafternoon Paper

Tulips from 3 p.m. to 4:30 p.m. Lego builders are invited to work in red, white and blue from 3 p.m. to 4:30 p.m. May 28.

Toddlers, we have a very special event for you at 11 a.m. Tuesday, May 19. Join for a Turtle Toddler Tea Party.

Adult offerings this month include learning and entertainment opportunities. On April 30 at 11:30am, join us for the fourth session in our four-part series on AI. This event focuses on how AI is changing culture and society. Librarian and information experts Melissa Mannon and Michelle Cole will run their series again starting in August. Learn about what AI is and how to use it, new products using AI technology, and concerns about deep fakes.

On Saturday, May 2, from 11:30 a.m. to 12:30 p.m., join Rich Araldi for "The Songs and Their Stories." Hear and learn about the great songs from the Jazz Age through the Beatles and beyond.

Our featured artist during these two months is Alan Rich, who shares his images of Kingston in celebration of our country's 250th anniversary. Attend the art opening "My Personal Landscape" from 5 p.m. to 6:30 p.m. Friday, May 8.



CARRIAGE TOWNE
Atkinson • Danville • Hampstead • Kingston • Newton • Plaistow • Sandown
MONTHLY

Introducing the Carriage Towne Business Directory

For more information contact
Mary Lovell at 603-479-2998 | mlovell@northhofboston.com

HAMPSTEAD LIONS
Electronic and Scrap
Metal Recycling

SATURDAY, MAY 16, 2026
8 AM - 1 PM
WEATHER PERMITTING

HAMPSTEAD MIDDLE SCHOOL
28 SCHOOL STRET
HAMPSTEAD NH 03841

LIMITED PICK-UP
AVAILABLE FOR \$20
CONTACT BOB LEBLANC
(603) 552-0763
For additional
information or to
schedule Pick-Up

Family Owned & Operated Since 1944
All Work Guaranteed

WHITTIER PAVING WHITTIERPAVING.COM
1-855-WE-PAVE-U
(1-855-937-2838)
5 Generations of Quality Paving 978-265-6076

RESIDENTIAL • COMMERCIAL • INDUSTRIAL

- Driveways
- Roads
- Sealcoating
- Stonewalls
- Brick Driveways & Walkways
- Porous Pavement
- Tar & Chip
- Hot rubber Crack Filling
- Parking Lots
- Landscaping
- Excavating
- Pickle Ball Courts

Are you confined to your home?
Would you like your hair
professionally done?

Please call Barbara at
603-560-7228

Lic. Mass. & N.H.



THE HANDYMAN

**Carpentry
Windows/Doors
Decks
Repairs
Rotted Trim
Power Washing
and much more!**

Doug Cass
(603) 432-3715
Dougcasssthehandyman@gmail.com

Gary Morris
PAINTING, CARPENTRY, INT. EXT.
MASONRY

10 Old Amesbury Line Rd. Haverhill, MA

Home 978-374-6187 Cell 978-376-4214



Seacoast Classical Academy

Celebrates Successful Enrollment Lottery, Expands Opportunities for Fall 2026

March 2026 — Seacoast Classical Academy Chartered Public School is celebrating a milestone moment after hosting its third annual enrollment lottery on March 7, 2026. With strong interest from the community, school leaders are eager to welcome new and returning scholars this fall. The Academy is encouraging additional interested families to apply soon, since the remaining openings and waitlists are filled on a first-come, first-served basis.

Seacoast Classical Academy, grounded in a classical approach to education, continues to distinguish itself through a philosophy rooted in the pursuit of truth, goodness, and beauty. Educators at the school emphasize that learning begins not merely with the acquisition of information, but with a deeper formation of the whole person—guiding scholars to grow in wisdom, virtue, and an understanding of their place in the world.

A Commitment to Academic Excellence

The Academy maintains rigorous academic standards through a thoughtfully designed curriculum that includes explicit phonics instruction, Singapore Math, Latin, and the study of primary source documents. This classical framework reflects a growing movement among families seeking a more substantive and enduring educational experience.

Equally important is the Academy's partnership with families. Administrators emphasize that parents are the primary educators of their children, and the school operates with transparency to ensure families remain at the heart of the educational journey.

Character at the Core

At Seacoast Classical, character formation is not treated as an add-on—it is foundational. The school integrates civic virtue and its chosen core virtues of wisdom, truth, fortitude, and excellence into every aspect of daily life. Through the Core Virtues Program, students engage with great



stories that help cultivate moral imagination. This philosophy is evident in classrooms where literature serves as both an academic and moral guide.

A Return to Classical Roots

In an era often defined by digital distraction and shifting educational trends, Seacoast Classical offers an alternative rooted in the enduring principles of classical education. Students engage deeply with great books, classical languages, logic, and rhetoric—fostering both knowledge and a lifelong love of learning.

Classrooms are intentionally “book-centered,” where scholars read complete works rather than excerpts. Instead of passively receiving information, students actively participate in Socratic seminars, engaging in thoughtful dialogue while analyzing foundational texts.

Freedom from Digital Distraction

A defining feature of the academy is its commitment to minimizing technology use during the school day. By prioritizing physical books and

paper over screens, the school seeks to restore students' attention spans and promote focused, meaningful learning free from the pull of social media and constant connectivity.

Accessible to All Families

As a Chartered Public School, Seacoast Classical Academy is tuition-free and open to all New Hampshire families. Its lottery-based enrollment system ensures fairness while prioritizing keeping siblings together.

With momentum from this year's successful lottery, the school community is excited about the future. Families interested in joining the community are encouraged to apply, soon as remaining seats fill quickly, and register up for the upcoming Information Session on Thursday, April 16th at 6:00pm at the schoolhouse.

For many, the academy represents more than just a school—it is a community committed to forming thoughtful, virtuous, and knowledgeable citizens prepared to engage meaningfully with the world.

For more information, please visit seacoastclassical.org.

HAMPSTEAD LIONS Electronic and Scrap Metal Recycling

SATURDAY, MAY 16, 2026

8 AM - 1 PM
WEATHER PERMITTING

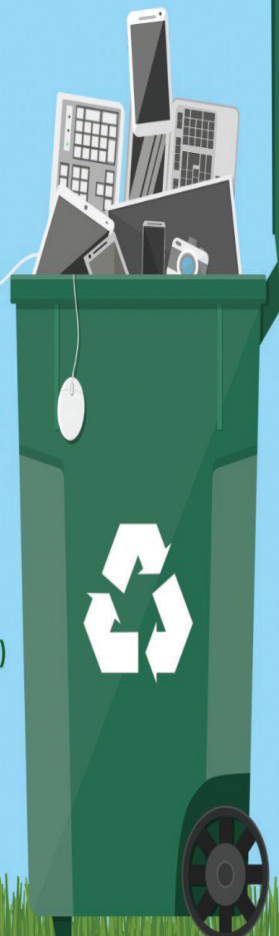
HAMPSTEAD MIDDLE SCHOOL
28 SCHOOL STREET
HAMPSTEAD, NH 03841

GREAT FOR THE ENVIRONMENT!

- Air Conditioners: \$20
- BBQ Grills: \$10
- Computer Monitors: CRT \$20, Flat Panel \$10
- Computers (full systems): \$35
- Console or Projector TV: \$40
- CRT Tube TVs & Flat Screen TVs: \$30
- Keyboard: \$1
- Laptop or CPU (Tower): \$15
- Mouse: \$1
- Phone: \$1
- Printers: \$5
- Propane Tanks (valves removed): \$10
- Refrigerators, Water Heaters, Freezers: \$20
- Small Appliances (microwave, toaster, fax machine, etc.): \$5
- Washers, Dryers, Stoves: \$15
- Scrap Metal: Auto parts, pipes, fencing, etc (Fee Based on Volume)

LIMITED PICK-UP AVAILABLE FOR \$20

CONTACT BOB LEBLANC (603) 552-0763 OR EMAIL
HAMPSTEADLIONSNH@GMAIL.COM FOR ADDITIONAL
INFORMATION OR TO SCHEDULE PICK-UP





bleu tangerine
salon & day spa

Full Service Hair Salon • Nail Services • Day Spa • Skin Care • Massage



bleu tangerine
salon & day spa

603-541-7618

416 Emerson Ave., Hampstead, NH 03841
bleutangerine.com
Mon.-Fri. 9am - 8pm
Sat. 8am - 3pm • Sun. Closed

Scan for Gift Cards



New Client Special

20% OFF

Any One Service

Must mention coupon when booking. With this Valpak® coupon. Cannot be combined with any other offer. Expires 5/31/26

Existing Client Special

\$10 OFF

Any Service \$50 or more

Must mention coupon when booking. With this Valpak® coupon. Cannot be combined with any other offer. Expires 5/31/26

FREE

Spa Service Upgrade

One time use only. Must mention coupon when booking with this Valpak® coupon. Cannot be combined with any other offer. Expires 5/31/26

Goldwell, KMS, shibui., COLOR WOW, Moroccanoil, Environ, G.M. Collin, RPM CBD

Plaistow Area Commerce Exchange

An alliance of commercial enterprises in Atkinson, Danville, Hampstead, Kingston, Newton, Plaistow, Sandown, NH

BUSINESS NETWORKING

BRINGING BUSINESSES AND PROFESSIONAL PEOPLE TOGETHER TO ADDRESS ISSUES OF COMMON INTEREST, TO GET TO KNOW EACH OTHER BETTER, AND WORK TOWARD A MORE STRUCTURED DIRECTION FOR THE FUTURE GROWTH AND PROSPERITY WITHIN THE COMMUNITY. THE PLAISTOW AREA COMMERCE EXCHANGE, INC. (P.A.C.E.) WAS BORN UNDER THE IDEA THAT A CLOSE WORKING RELATIONSHIP AND COMMUNICATION WITHIN THE LOCAL BUSINESS COMMUNITY IN SOUTHERN NEW HAMPSHIRE IS ESSENTIAL.

April 16
11:30-1pm

April Networking Lunch

Pasta Loft: 220 East Main Street, Hampstead NH 03826

May 21
8:30-10am

May Networking Breakfast

Sanborn Regional Highschool: 17 Danville Road, Kingston NH 03848

June 18
11:30-1pm

June Networking Lunch

Zorvino Vineyard: 226 Main Street, Sandown NH 03873

BECOME A MEMBER



Pacenh.com

INSTAGRAM



Pacenh@yahoo.com

FACEBOOK



Tip of the Month: Stay connected without spending more



COURTESY PHOTO

Cheryl Field

Aging well doesn't require expensive programs or big commitments. One small, consistent activity can improve your health, lift your mood, and help you feel more connected—without straining your budget. **This month's tip: build one simple routine that combines movement and connection.**

Regular movement supports balance and everyday function, while social interaction helps reduce isolation and supports mental health. You don't need a gym or fancy equipment. Walk your yard, your driveway, or a nearby park. Even short walks count. Make it social—call a friend and walk while you talk. Consistency matters more than distance.

Use your local library as a

starting point.

Libraries are one of the most practical community resources available to seniors. The Kingston Community Library, for example, offers more than books—it maintains a Community Resource Book, available both online and in print. This guide includes trusted local and statewide services for seniors. Whether you're looking for answers to elder care questions, non-medical home care, meal prep, light housekeeping, transportation options, wellness programs, support groups, or opportunities to connect, this resource can save hours of searching and point you toward trusted local organizations.

Look for easy, low-cost social routines.

Games like cribbage or Mahjong offer connection, laughter, and routine at little

or no cost. Kingston hosts cribbage on Fridays, and Sandown offers cribbage on Wednesdays, followed by Mahjong. Consider garden clubs, book clubs, and weekly trivia events. These activities prove that staying socially engaged doesn't have to be expensive.

Choose activities that make sense for your life.

When considering a program, ask yourself:

Is it close to home? Easily accessible to you?

Is it affordable or flexible/donation-based fees?

Can I make one new connection by attending?

Many organizations quietly offer options for seniors—you just have to ask.

Give new things more than one try.

Trying something new can feel awkward at first. That feeling is normal at every

age in life. I find older adults need to adjust their mindset—you are never too old to learn something new or meet a new friend. Attend at least three times before deciding if something is "for you." On the other side of that discomfort is often a new routine, a new friend, or a renewed sense of purpose.

Share with me!

Try one new activity this month! For me, I am preparing for my very first TEDx talk Friday, May 8, at The Music Hall in Portsmouth. The connections I am making with other speakers and the team are amazing! Email me info@cherylfield.com with the subject line "Activity" and tell me what you are trying. Each month, one engaged reader will be entered to win a copy of my book *Prepared: A Healthcare Guide to Aging Adults*. Visit www.cherylfield.com.



- Discover why campers have called YMCA Camp Lincoln home for 100 years.
- Campers are outdoors, active, and unplugged for the summer
- Campers receive daily swim lessons and have their choice of a large variety of activity options
- Campers are part of a positive community lead by our incredible staff

www.ymcacamplincn.org

Summer 2026 Registration

Now Open

SOUTHERN DISTRICT YMCA

YMCACAMPLINCOLN.ORG

67 Ball Road, Kingston,

NH 03848

603-642-3361

A LEGACY OF ADVENTURE. A FUTURE OF DISCOVERY.



Spring is aMAYzing at Gale Library

Michelle Baker, director

NEWTON — The Gale Library is thrilled that spring is here, and we are wrapping up the month of April with a youth program to celebrate Earth Day and Arbor Day. On Saturday, April 18, youth of all ages are welcome to come anytime between 10 a.m. and noon to make Earth Day Crafts from recycled materials.

Do you knit? Crochet? Felt? Or do something else creative with yarn? Join our all-ages Yarn Club that meets at 1 p.m. every Friday afternoon.

We are looking forward to an aMAYzing month of May. Our weekly Family Storytimes continue every Tuesday at 10 a.m. Each week, we read three books on a theme, play a game, and do a craft. May's themes are Moms, Pizza/Pasta/Tacos, Mysteries, and the Jungle.

Have youth looking to create something special for Mom? On Wednesday, May 6 at 6 p.m., we invite patrons ages 7+ to join us in

making a super special (secret, in case mom is reading this) craft, then on Saturday, May 9 patrons of all ages can drop in between 10 a.m. and noon to choose from a variety of mom-centric crafts to make.

Looking to join a book club that your kids can tag along? Join our Parent-Friendly Book Club. This adult book club meets on a rotating Wednesday at 6 p.m. each month in our youth room. Children are welcome to accompany their parents and do quiet crafts and activities while the book club meets. For May, we are reading *The Girl in the Mirror* by Rose Carlyle and we will meet at 6 p.m. Wednesday, May 13 to discuss it. Copies of the book will be available at the library.

Visit the library from noon to 6 p.m. Monday; 9 a.m. to 1 p.m. Tuesday; noon to 8 p.m. Wednesday; 9 a.m. to 3 p.m. Friday; and 9 a.m. to 1 p.m. Saturday. Follow us on Facebook and Instagram at @GaleLibrary for the latest updates, new arrivals, and programs.

Sandown Public Library announces upcoming events

Brittney Bergholm, director

SANDOWN — Sandown Public Library, 305 Main St., has a variety of programs scheduled from April 17 through May 28. Check the library's calendar at www.sandownlibrary.us to confirm locations, times, and registration.

Weekly Programs

Wednesdays, 10–11 a.m.
– Cribbage.
Thursdays, 10 a.m.–noon
– Mahjong.
Tuesdays, 10–11 a.m. – Story Time (ages 3+).
Thursdays, 10–10:45 a.m. – Toddler Tales (when there is no music).

Monthly Programs

Monday, April 20; May 4 & 18, 2:30–3:30 p.m. – Fiber Fest.
Monday, April 20 & May 18, 5:30–8 p.m. – Book-2-Movie.
Wednesday, April 22 & May

27, 1–2 p.m. & 4:30–5:30 p.m. – STEAM Explorers.

Monday, April 27, 1–1:45 p.m. & 4:30–5:15 p.m. – Graphic Novel Book Club.

Monday, April 27, 6–7 p.m. – Where Dragons Dream Book Club.

Monday, May 4, 10:30–11:30 a.m. – Monday Morning Mystery Book Club.

Monday, May 4, 4:30–5:30 p.m. – Lego League.

Monday, May 4, 5:30–7:30 p.m. – Monday Movies.

Monday, May 11, 10–11 a.m. – Messy Monday.

Monday, May 11, 6–7:30 p.m. – Food for Thought.

Thursday, May 14, 6:30–7:30 p.m. – Sandown Library Trustee Meeting.

Monday, May 18, 6:30–7:30 p.m. – Poems & Poets.

Wednesday, May 20, 1–2 p.m. & 4:30–5:30 p.m. – Kids Kraft.

Wednesday, May 20,

4:30–6 p.m. – Books & Bites Book Discussion.

Thursday, May 21, 10–10:45 a.m. – Tunes for Tots.

Thursday, May 21, 11–11:45 a.m. – Kidz Rock (ages 3–5).

Thursday, May 21, noon–12:45 p.m. – Ready 2 Rock (ages 6+).

Special Programs

Monday, April 27, 4–5 p.m. – Amazing Adaptations!

Tuesday, April 28, 5–6 p.m. – Trivia and Tacos.

Wednesday, April 29, 11 a.m.–1 p.m. – Pedals & Picnic with the Rec.

Thursday, April 30, 11 a.m.–1 p.m. – Bingo for Books

– School Vacation Fun!

Saturday, May 9, 9 a.m.–1:30 p.m. – Red Cross Blood Drive.

Saturday, May 23–Monday, May 25 – Library closed for Memorial Day Weekend.



**ROCKINGHAM
ROOFING**
(603) 819-6386

PROTECT YOUR HOME WITH A NEW ROOF FROM A NAME YOU TRUST

WHY SOUTHERN NH RESIDENTS CHOOSE US:

- Local & Dependable
- Lifetime Shingle Warranties
- Vinyl Siding
- Drone Roof Inspections
- Financing Options
- Owens Corning Preferred Contractor
- Roof Replacement & Repairs
- Hardie Siding & Other Exterior Remodeling
- Same-Day Quotes

VISIT: WWW.ROCKINGHAMROOFINGNH.COM

FOLLOW US ON FACEBOOK FOR DAILY PROJECT UPDATES!

Hampstead's Shoemaking History



By Jim Wilkinson, Hampstead Historical Society

HAMPSTEAD — Hampstead has a long history of shoe manufacturing and cobbler shops dating back to the 18th and 19th centuries.

Many residents are familiar with the Emerson & Sons Shoe Factory, which was located on Mills Shore Drive. Built in 1898, it operated until the 1930s and later burned while vacant in 1961. Prior to that, the Emerson family ran a smaller shoemaking business from a building near what is now School Street.

Another early business, the Hampstead Co-Operative Shoe Shop Company, stood across from the Congregational Church on Main Street. Built in 1850, it burned in 1884, was rebuilt and burned again a few years later. According to 1870 records, the factory employed 40 men, 12 women and four children. By 1872, about 75,000 pairs of shoes and boots were produced annually in Hampstead.

Shoemaking in the town predates these factories. Early deeds in the 1700s and early 1800s often listed “yeoman,” or farmer, as the most common occupation. By the late 1820s and early 1830s, however, “shoemaker” or “cordwainer” had become more common. A cordwainer made new shoes, while a cobbler repaired them. An 1850 census recorded 136 people employed in the shoe trade, compared with 128 in farming.

In those years, many residents worked seasonally, farming during warmer months and making shoes during evenings and winters. Small shoemaking shops, often about 10 by 10 feet in size and known as “10 by 10s,” were common on residential properties. Some accommodated one or two workers, while larger ones could hold up to 10.



One such shop still stands on the lawn of the Hampstead Town Hall. Originally located at 81 Main St., it was associated with Frank Emerson, a member of the Emerson family, and likely served as his personal workspace. Emerson was also noted as the first person in Hampstead to own an automobile in 1908.

The building, believed to date to the 1840s or 1850s, was donated to the town in 1975 by Don and Virginia Duston and relocated to the Town Hall that same year. It has undergone several restorations, including a new roof and paint in 2024 ahead of Hampstead's 275th anniversary.

Today, the shop is maintained by the Hampstead Historical Society and is open during major events, including the town's Independence Day celebration and Christmas tree lighting. The interior is arranged to reflect 19th-century shoemaking, complete with period tools and equipment.

Small-scale shoemaking operations in Hampstead declined in the early 1900s as improved transportation allowed workers to commute to larger factories in nearby cities such as Haverhill, Mass. By the 1910s, Haverhill's shoe industry was producing about one-tenth of the nation's shoes, with contributions from surrounding towns like Hampstead.

Editor's note: For more information on the history of Hampstead, visit www.hampsteadhistoricalsociety.org.

STEP BACK IN TIME AT ANNUAL RENAISSANCE FAIRE



STAFF FILE PHOTO

The NH Renaissance Faire returns for two weekends, May 9 and 10 and May 16 and 17, at Brookvale Pines Farm, 80 Martin Road, Fremont. From historical knights to fantastical fairies, the NH Renaissance Faire brings together education and fun for the whole family at Martin Road, Fremont. Proceeds from the event benefit the NH Food Pantry and Rockingham Meals on Wheels. For a complete schedule of events, visit www.nhrenfaire.com.

Lions Club donation supports Colby Library programs

DANVILLE — The Danville Lions Club has donated \$2,500 to the library to support programming for adults, teens and children, as well as all-ages events.

Library officials said the funding is especially appreciated as operating costs, including heat and electricity, continue to rise. The donation has already helped fund programs such as the Summer Reading Program kickoff, featuring Magic Fred at 11 a.m. Thursday, June 25. Additional events in planning include family programs with reptiles, a wildlife rehabilitator, a music program and an appraisal event.

Homeschool Social Planned

A homeschool social will be held at 1 p.m. Tuesday, April 21, in recognition of National Poetry Month. Participants will create spring-inspired haikus and learn about library resources. No registration is

required.

Outdoor Storytime, Astronomy Program Set

An outdoor family storytime previewing the Summer Reading Program theme, “Unearth a Story,” will feature activities related to dirt, rocks, dinosaurs and archaeology.

The library will also host a program with the Danville Astronomers at 1 p.m. Saturday, April 25. Steve Rand of the New Hampshire Astronomical Society will discuss different types of telescopes, including one available for loan at the library.

Ongoing Programs and Activities

The library offers a variety of ongoing programs, including a seed library with free vegetable, herb, fruit and flower seeds; Sewing With Sue, held monthly; and a weekly Chess Club on Wednesdays at 4 p.m.

Additional offerings include

the 1,000 Books Before Kindergarten program, a Knitting and Crafting Hour on Tuesdays at 6 p.m., and weekly storytimes on Thursdays for toddlers and preschoolers. Babytime is held monthly for infants and caregivers.

Book clubs include a Mystery Book Club, meeting the first Thursday of the month, and a Junior Book Club, which will discuss “The Land of Stories: The Wishing Spell” on April 23. A Cookbook Club meets monthly, with May’s theme focused on Amish recipes.

The library also offers a teen area, puzzle swap, used book sale and quarterly nature journaling and book club sessions.

Library Hours

The library is open noon to 8 p.m. Monday and Tuesday, 10 a.m. to 6 p.m. Wednesday and Thursday, and 10 a.m. to 1 p.m. Saturday.

For more information, visit www.colbymemoriallibrary.org or follow the library on Facebook.



Celebrating 20 years of serving our community!

FILL FOR SALE • BACKYARD EXTENSIONS • WE DO SEPTIC SYSTEMS!

603-879-1279 • office@budcoent.com

Spring garden dreaming: Planting with pollinators in mind

Marghi Bean, Pollinator Pathways NH

KINGSTON — We will leave winter with its single digit temperatures behind soon. Right now is the perfect time to plan for when it warms up and becomes spring. Planning should go beyond thinking ‘Do I like it’ and ‘It’s pretty’.

Look at your property carefully. You might have a deck with a small amount of space or large areas of lawns and meadows. Do not despair if your back lawn is a deck. Don’t be overwhelmed by that huge area behind your new home.

“Restoring Habitat: One Yard At A Time” includes pots of pollinator flowers and herbs on decks as well as large areas of plants, shrubs, grasses and trees.

It’s amazing what a deck

with a few pots of flowers or herbs can accomplish. A pot of herbs like parsley or dill can host Swallowtail butterfly caterpillars. I, personally, have seen six black swallowtail butterfly caterpillars in pots on a deck. It was great! They all hatched and flew away. The only downside to it was the pots needed to be replanted. The parsley was all gone.

Pick native plants and shrubs and trees for a large area. There are so many choices. Swallowtails, for example, love parsley and dill but the native cherry tree is also a host plant for Swallowtails. Plants, shrubs, and trees are all choices when you have a large property and want to encourage pollinators. UNH Extension Service can help you with what you need to

do and your options. Visit their website, <https://extension.unh.edu>.

If you have been reading or listening to talks about how to help our world of pollinators you have been hearing the words ecology and ecosystem used a lot.

What is the ecology of your property? Ecology is the study of how organisms interact with one another and their environment. On the other hand, an ecosystem is a localized system that consists of living organisms and their physical environment within a specific area. It can be as small as a pond or as large as a forest. Our property of whatever size has an ecology that makes it a small ecosystem. And this ecosystem, joined to billions of others, is what makes up the biosphere that

is our planet Earth.

So what is being talked about when you’re thinking about your property? Our properties are small ecosystems. Each property’s ecology includes plants, shrubs, trees, buildings, paved or gravel areas, animals, bugs and birds, and sometimes water. How we plan our property determines how our little ecosystem works and how healthy it will be.

From the squirrel in the bird feeder in the winter to the violet out in the Spring grass, everything on the property is affected by what we do and what we don’t do.

DO: Mow your lawn high or mow less. Leave wild edges.

DO: Find a nursery that has native plants. Choose native plants and trees. Use native seeds. All this



provides food for our native pollinators.

DON'T USE CHEMICALS: Avoid pesticides and other lawn chemicals that can harm pollinators and wildlife.

Summing up:

I could plant marigolds in my yard and my vegetable garden. They deter bugs that like to eat my tomato plants. Marigolds are beautiful, you’ll have better tomatoes and marigolds are a pollinator plant. Open centered

marigolds are favorites of butterflies.

Think of your property as a puzzle where all the pieces fit together well.

There are many win-wins like this one when you are thinking of a property as a whole ecosystem.

There are resources there that will help you. Check our website, www.pollinatorpathwaysnh.org.

Enjoy garden dreaming and planning. Happy spring.



TCG ROOFING & EXTERIOR SOLUTIONS

TCG ROOFING & EXTERIOR SOLUTIONS in Salem, NH offers top tier roofing and general contracting. Trust our experts for your next project.

**ROOFING • SIDING
DECKS • ROOF REPAIR
ROOF INSTALLATION**

Family & Locally Owned • Licensed & Insured

**Ready to get started?
Book an appointment today!**

(603) 257-0048

theclemensgroupllc.com

Mon - Sat: 8:00am - 6:00pm



USA250 and beyond at Hampstead Library

Janet Arden,
head of circulation

HAMPSTEAD — Throughout 2026, the Hampstead Public Library has programs that help celebrate the 250th birthday of the USA. Related events listed on the Library website carry the USA250 designation. Several events are presented in partnership with the Hampstead Historical Society including the event on April 21 at 6:30 p.m., General Lafayette, "The Nation's Guest," Comes to New Hampshire. Presenter Peter Maguire shares images from past and present, and highlights historic markers provided by The Lafayette Train Inc.

On Tuesday, May 12 at 6:30 p.m., the Library hosts a US@250: Big Watch. At this New Hampshire Humanities event, we watch an excerpt from The American Revolution a film directed by Ken Burns, Sarah Botstein and David Schmidt. It is followed by

a community discussion guided by an expert from NH Humanities.

The June USA250 event, The Start of the Revolutionary War in NH, takes place on Tuesday, June 2 at 6:30 p.m. Presenter J. L. Bell discusses the first exchange of fire between the king's government and the patriots in New Hampshire prior to the battle of Lexington and Concord, plus other early events of the Revolutionary War.

An ongoing USA250 program is the Reading Challenge. Patrons choose a book from The Great American Read collection to read and fill out a brief questionnaire. Another ongoing USA250 program is the Great Hampstead Read in which residents vote for their favorite books.

To celebrate Earth Day, the Hampstead Public Library has an Animal Spot-a-Thon on Wednesday, April 22 at 6 p.m.

Then on Saturday, April 25 at 1 p.m., the Library has a DIY Native Wildflower Seed Ball craft. All ages are welcome. Both events require advance registration.

The Jack Cheevers Book Launch event is on Tuesday, May 5 at 6:30 p.m. Cheevers' book, Kennedy's Coup: A White House Plot, a Saigon Murder, and America's Descent into Vietnam is published by Simon & Schuster. Cheevers shares the extensive research behind his book and reads excerpts from it.

Additional events for adults include: a Medicare Basics program on Tuesday, April 28 at 6 p.m. and Artificial Intelligence (AI) for Seniors on Saturday, May 2 at 10 a.m.

For more information, visit www.Hampstead-Library.org. All events are free and open to the public unless otherwise noted.

Something for everyone at Kimball Library

Kathleen J. Watson,
assistant director/youth services director

ATKINSON — Kimball Library introduces a new way to read the Boston Globe. Check out PressReader today. Pressreader is a service that provides 24/7 access to 7,000+ magazines and newspapers including the Boston Globe to Kimball Library Card holders. For remote access, contact the library.

Bite Club – Pretzel Bites (Ages 9+): Wednesday, April 22 at 6 p.m. Bite Club is a fun, hands-on cooking program.

Escape the Chocolate Factory (Ages 8+): Monday, April 27 (By appointment only): Step inside a spectacular chocolate factory where every room is filled with astonishing inventions and confectionery wonders. But just as your tour reaches its sweetest moment, the mysterious Mr. Wolly Winky reveals a surprise: the only way out is through the Grand Glass Elevator — and it won't

move without the secret code.

Paper Daffodil Bouquets (Ages 3-7): Tuesday, April 28 at 10:15 a.m. Welcome the spring weather with this fun paper flower craft.

Felted Flower Patch (Ages 8+): Wednesday, April 29 at 6 p.m. Needle felt daisy-like flower patches featuring a happy smiley face at the center, using soft wool and simple felting techniques.

Peeps Nest (Ages 3+): Thursday, April 30 at noon. Kids will shape and decorate their very own Rice Krispie nests, then top them with colorful candy eggs and a marshmallow Peep to create an adorable edible masterpiece.

Make a Paper Climber (Grades 1-5): Thursday, April 30 at 4 p.m. Join to make a climbing toy that climbs higher than you think. Have a race after you're done.

Little Groove (Babies to Age 5): Friday, May 1 at 10:15 a.m. Children and their

caregivers are invited to join us for a toe-tapping good time.

Boating Safety Course 2026: Tuesday, May 5 and Thursday, May 7 at 6 p.m. This instructor-led class incorporates a range of learning methods consisting of lecture, videos, and student discussion. You must attend both evening classes.

Bite Club – Oreo Pudding Pie (Grades K – 4): Wednesday, May 13 at 6 p.m. Designed to teach essential kitchen skills, food safety, and nutrition basics, this program gives young chefs the tools they need to cook with confidence.

Focus and Snap Photography Group: Thursday, May 14 at 1 p.m. Join this group of experienced photography enthusiasts who meet the 2nd Thursday of each month.

Registration is often required. Visit www.kimballlibrary.com or call 603-362-5234.

WE SHOW UP. WE DELIVER. WE NAIL IT!

Roofing | Windows | Decks | Siding | Doors | Gutters
All Home Improvements

OVER 40 YEARS
IN BUSINESS

NOW
HIRING!

RESIDENTIAL &
COMMERCIAL

213 Main St.
Plaistow, NH



978-372-4088

or 800-966-9238

JNRGutters.com

Call for a **FREE** Estimate Today!

Sir Henry says
**THROW US
A BONE!**

\$1,195 OFF
off any job
over \$10,000

Offer must be presented at time of estimate. Not valid on pending or previously quoted jobs. Exp 5/15/26.

CertainTeed
SAINT-GOBAIN

OUR NEW LOCATION UNDER CONSTRUCTION — 190 PLAISTOW ROAD

ABC
Supply Co. inc.

Robert Frost-Old Stagecoach Scenic Byway Seeks New Council Members

Southern New Hampshire Planning Commission

MANCHESTER — Residents of Atkinson, Auburn, Chester, Derry, and Hampstead are eligible to join a tight-knit group of folks who are interested in history, conservation, and economic development. Members of other local organizations (i.e., Daughters and Sons of the American Revolution) are also welcome!

The 48-mile byway loop route was designated in 2014; it includes two contiguous segments with distinct interpretive themes. These tell the cultural story of rural southern New Hampshire, including how it was shaped by its pre-Civil War stagecoach service. More broadly, the byway celebrates the villages, farmsteads, orchards, and denizens brought to life in the writing of Poet Laureate and Derry resident Robert Frost.

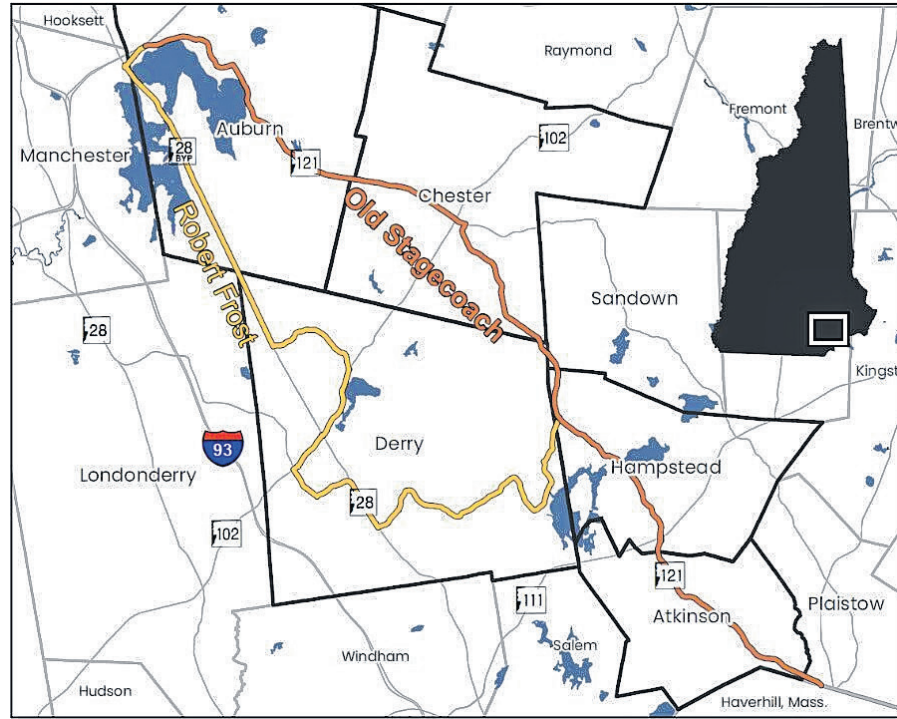
Joining the council helps ensure these elements are preserved for future generations to enjoy. It's a fun,

rewarding way to get involved, meet like-minded individuals, and give back. Continued local engagement is needed to keep the byway thriving. Recent efforts of the council have included:

- Planning and carrying out byway trolley tours in 2025-26;
- Creating brochures and ensuring they are up-to-date and available in the five towns and beyond;
- Examining potential road safety issues at intersections/locations along the byway route;
- Undertaking beautification projects in byway towns, including near Massabesic Lake in Auburn.

The council respects members' valuable time. Meetings are brief and held quarterly in one of the byway towns (and occasionally on Zoom).

If interested, contact SNHPC Senior Transportation Planner Adam Hlasny at ahlasny@snhpc.org or 603-669-4664.



SAVE MONEY ON HOME & HEATING EXPENSES

— Family-owned and operated —

- Heating Oil & Propane Delivery
- Heating & Cooling Service, Installation & Repair
- Ductless Mini-Splits



SCAN ME!

603-974-7571

MACKENZIEFUELS.COM

**10 CENTS OFF
PER GALLON**

* For automatic oil delivery

**FREE
PROPANE TANK
SWAP OUT
SWAP & SAVE!**

OUR PURPOSE

We specialize in helping people in their 40s, 50s, 60s, and beyond get stronger and live longer.



ON TARGET FITNESS

Longevity Integrated
Strength Training: A
better experience for
half the cost of a
traditional personal
trainer.

Offer: \$100 Off Starting Month
603-605-8333

www.ontargetfit.com

LETTER TO THE EDITOR

Cleo

To the editor:

There she sat on a moonlight night sitting in the cold autumn air

Looking through our pane glass door with a hungry wide eye'd stare.

I watched her sitting motionless, and wondered was she lost.

Did she venture from her people and now to pay the cost.

A forest lay behind our yard, sure danger for a cat,

And surely she knew desperation, and felt it as she sat.

She didn't move, and then I saw that she was ghastly thin,

And I knew she'd struggled hard where ever she had been.

For two more nights she came back to peer through our back door.

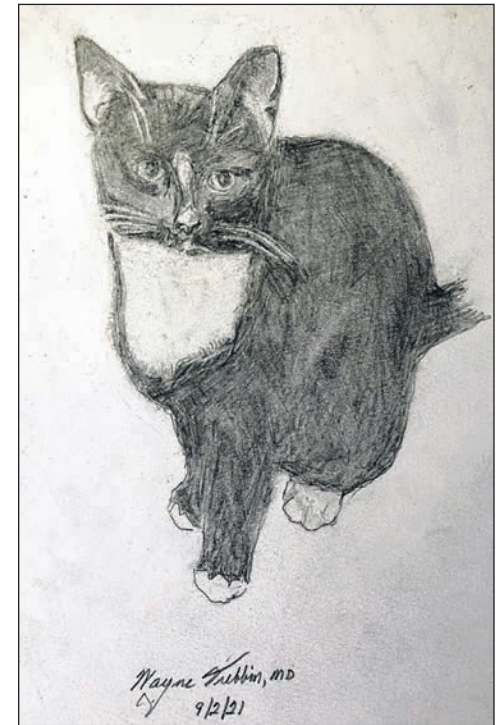
The cat was cold and miserable, and surely needed more.

So my wife and I took her in. She was trembling out of fear;

But a few days after that she deigned to let us venture near.

In time we came to love her. In time she loved us in return.

Now at peace she's in our home, and she has come to learn



There's no need for her to forage or fear the sounds of night,
And it's Cleo that we named her, and she's been a pure delight.

Wayne Trebbin
Newton



603-382-0999 www.jandbbutcher.com OPEN 7 DAYS
Colby Corner • (Rts. 111 & 121a) • East Hampstead, NH

Text JBHAMP to 844-489-0403 for Exclusive Deals!

Spring is Here! Time to Barbeque!!



FREE

1 LB. of Marinated Chicken with purchase of \$50 or more

With coupon. Not valid with other offers or meat packages. Expires May 31, 2026.

More than 30 varieties of
Marinated Steak Tips
& Marinated Chicken

Choose from many
Heat & Eat prepared foods



**ASK ABOUT OUR
MEAT PACKAGES**

» Kingston Police Log

KINGSTON — The following arrests were reported in Kingston during March:

March 2, 9:08 a.m.: A 44-year-old man, Kingston, N.H., charged with domestic violence simple assault, second-degree assault and domestic violence strangulation.

March 11, 12:10 p.m.: A 30-year-old man, Haverhill, Mass., charged with driving after revocation or suspension.

March 12, 9 p.m.: A 58-year-old man, Epping, N.H., taken into protective custody for alcohol.

March 13, 10:56 a.m.: A 46-year-old man, Kingston, N.H., charged with domestic violence simple assault.

March 14, 4:38 a.m.: A 29-year-old man, Kingston, N.H., charged with operating as a habitual offender and DUI.

March 15, 11:59 p.m.: A 22-year-old man, Rowley, Mass., charged with

criminal mischief.

March 17, 10:39 a.m.: A 27-year-old man, Hampton Falls, N.H., charged with DUI.

March 17, 1:26 p.m.: A 22-year-old man, Hudson, N.H., charged with violation of a protective order.

March 17, 2:43 p.m.: A 33-year-old man, Plaistow, N.H., charged with driving after revocation or suspension.

March 17, 6:20 p.m.: A 49-year-old man, Medford, Mass., charged with possession of a controlled drug.

March 17, 6:20 p.m.: A 51-year-old man, Tewksbury, Mass., charged with driving after suspension, operating without a valid license and bench warrants.

March 20, 12:52 p.m.: A 55-year-old woman, Salem, N.H., charged with suspension of vehicle registration.

March 24, 9 a.m.: A 50-year-old man, Atkinson, N.H., charged with driving after revocation or



suspension, DUI and disobeying an officer.

March 24, 10:55 a.m.: A 24-year-old man, East Kingston, N.H., charged with DUI.

March 24, 8 p.m.: A 33-year-old man, Rochester, N.H., arrested on a warrant.

March 25, 6:50 p.m.: A 68-year-old man, Kingston, N.H., charged with simple assault and resisting arrest or detention.

March 26, noon: A 59-year-old man, Seabrook, N.H., charged with driving after revocation or suspension.

March 28, 3:21 a.m.: A 56-year-old woman, Hampstead, N.H., charged with DUI.

March 30, 2:20 a.m.: A 51-year-old man, Saco, Maine, charged with driving after revocation or suspension.



**GERMAINE
BLASZKA**
ATTORNEYS AT LAW



- PROCEED WITH CONFIDENCE -

*Experienced, professional and
effective legal representation*



603-434-4125 GERMAINELAW.COM

23 Birch Street, Derry, NH 03038

472 Village Square, Rte. 111, Hampstead, NH 03841



LEWIS BUILDERS

DEVELOPMENT, INC.

NEW HOMES ^{2BR} ^{2+BA}
 ★ open houses this weekend ★
 visit website for hours

ATKINSON HEIGHTS
55+ LUXURY CONDOMINIUMS
 at Atkinson Resort & Country Club

ATKINSON, NH 55+

EPPING, NH

Contact Sales:
 603-489-9449
 sales@lewisbuilders.com

www.lewisbuilders.com

All details are tentative and subject to change. Optional upgrades may be shown.

HELP WANTED

WWW.LEWISJOBS.COM

BeanTowne Coffee House Named Best of NH Finalist

HAMPSTEAD, NH — When BeanTowne Coffee House opened at 201 Route 111 in 2006, the goal was straightforward: brew exceptional coffee and create a space where people actually wanted to stay. Two decades in, the community has responded — naming BeanTowne both a Best of NH finalist for the Salem area and the region's Best Independent Coffee House.

The recognition reflects what regulars have known for years. BeanTowne's commitment to craft runs deep, from sourcing direct-trade beans to preparing food from scratch every single day. That dedication to quality eventually earned the shop national attention, including the title of Best Coffee House in America on the Steve Harvey Show. But the awards have always been a reflection of something bigger — the relationships built one cup at a time over twenty years. For the Hampstead community, BeanTowne has long served as more than a coffee stop. It's hosted local fundraisers, given entrepreneurs a place to work, and given neighbors a reason to linger. It is, in every sense, the town's living room.

"This recognition belongs to the community," said owner Ed Goyette. "They've walked through our doors every day and made this place what it is. We just show up ready to earn it." BeanTowne Coffee House is located at 201 Route 111, Hampstead, NH. Order online at beantownecoffee.com or through DoorDash.

The Coffee Run Just Became The Coffee Stay



All Your Favorite Drinks & Sandwiches
Now Delivered Right to Your Door!

TIMBERLANE DANCE TEAM SET TO SHINE IN END-OF-YEAR SHOWCASE



The Timberlane Dance Team hosted a clinic for area dancers this past January. Over fifty young dancers from the district participated. They learned a routine and performed it at the Basketball game during half-time. This has become a popular event over the years. They also performed a beautiful number at Project Hope in March. You can catch the Dance Team at their end of year showcase, from 6:30 to 8:30 p.m. Friday, April 24 at the Timberlane Performing Arts Center, 40 Greenough Road, Plaistow.

TURN IT UP EVERYWHERE!

If it moves, we make it sound insane.

We specialize in custom audio and performance installs built for real riders and real conditions—clean sound, hard bass, and gear that lasts whether you're on the street, the water, or the open road.

- Car Audio & Performance Upgrades
- Marine-Grade Boat Sound Systems
- Motorcycle Audio That Cuts Through the Wind

Wicked
GAS CUSTOM AUDIO & SPEED

CARS. BOATS. MOTORCYCLES.

No cookie-cutter installs. No weak sound. Just precision work, premium equipment, and volume you can feel. *Built loud. Built right. Built for the ride.*



#45, ROUTE 125
KINGSTON, NH

603.642.4222

WWW.WICKEDGAS.COM

Marine Audio | Car Audio | Motorcycle Audio | Bluetooth Navigation Systems | Apple Car Play | Android Auto Radar Detectors | Wheels & Tires | Lift Kits | Suspension



\$30 OFF

PURCHASE OF \$400 OR MORE

With this Spectrum ad. Excludes gift certificate purchases. Cannot be combined with any other offers. New purchases only. Not usable on previous offers.

Prom Night for Women, Food Truck Festival, and much more

KINGSTON — New Creation Healing Center of Kingston, a center of wellness combining family practice medicine, massage and counseling, announces a fun night for women.

Grab your prom dress, old or new and gather with other gals for a fun time. Non-alcoholic refreshments will be served.

There'll be raffles of some rather interesting items.

New Creation is a non-profit, charitable organization and as such needs the support of the community to continue its mission.

Prom Night for Women will be held from 7 p.m. to 10 p.m. Friday, May 8, at Brentwood Recreation Hall, 190 Route 125.

Tickets are limited. Advance sale is \$30 with \$40 the day of the

event. Interested? Give a call to New Creation at 603-642-6700.

Sandown to host town-wide Roadside Cleanup for Earth Day

SANDOWN — In honor of Earth Day, the Town of Sandown will host a town-wide roadside cleanup on April 17, 18 and 19.

Residents can sign up and pick up blue garbage bags at Town Hall, the library, or the recreation building during business hours. Collected debris can be taken to the transfer station or left along the roadway for pickup by the Highway Department.

Participants are encouraged to wear gloves and a

mask during the cleanup.

For questions, email town-ofsandown@sandown.us or call the Selectmen's Office at 603-887-3646.

Spaghetti supper returns April 18

ATKINSON — Atkinson Congregational Church's spaghetti supper is back. Families are invited from 4:30 to 7 p.m. Saturday, April 18, at the church, 101 Main St.

The meal includes spaghetti, salad, bread and dessert. Takeout will also be available. Cost is \$10 for adults and \$5 for children under 12.

The event, a beloved community tradition spanning generations, returns after

See **MINUTE**, Page 20

Monuments | Markers | Cemetery Lettering | Bronze

MORTENSON & DUFRESNE

MONUMENTAL WORKS

www.mortensondufresne.com

63 Plaistow Road, Rt 125, Plaistow, NH | Next to Westville Supply & Grand Rental

HOURS:
Mon-Thurs
9:00-5:00
Saturday
9:00-12:00

Other day
and eves
available by
appointment

Handicapped
Accessible

SUPERIOR QUALITY GRANITES

from the
Worlds Best Quarries

603-382-4118

BENCHES
CUSTOM
ETCHING
PORTRAITS
PICTURES
INDOOR &
OUTDOOR
DISPLAYS

Give us a call on how you can
SAVE
on the cost of traditional assisted living.



All ★
American
ASSISTED LIVING

193 Main Street
KINGSTON, NH 03848

603-347-5522

www.allamericanatkingston.com

K&B LANDSCAPING LAWN MAINTENANCE & SNOW REMOVAL

- ✓ MOWING
- ✓ EDGING
- ✓ TRIMMING
- ✓ CLEAN-UP
- ✓ SNOW REMOVAL



BOOK FOR
Spring Cleaning!

CALL TODAY FOR A
FREE QUOTE!

978-804-9679

FAMILY OWNED AND OPERATED • LOCALLY OWNED & FULLY INSURED

» Minute

Continued from Page 19

a long hiatus during the pandemic.

Free Kids Festival

HAMPSTEAD — Island Pond Baptist Church, 26 North Salem Road invites you to their Kids Spring Festival from 1 to 3 p.m. Sunday, May 3. The event will be held rain or shine and will move indoors if it rains.

This is a free event featuring candy, games, a climbing wall, a fire truck, Kona Ice and a food truck, friendly goats, balloon art, a bouncing joust, and more.

For more information, visit www.islandpondbc.com, email info@islandpondbc.com, or call 603-329-5959.

Multi-town Hazardous Waste Day

PLAISTOW — On Sat., April 25, Plaistow will host a Household Hazardous Waste Drop-off Day for residents of Plaistow, Atkinson, Danville, Hampstead, Chester, and Kingston. Proof of residency is required. The event will be held from 9 a.m. to noon, at Plaistow Public Works Facility, 144F Main St. You may bring products that say caution, toxic, pesticide, combustible, poison, flammable, warning, and danger.

Please remain in your cars and do not bring children or pets.

For more information, contact your local Town Hall.

Blessing of the Animals

HAMPSTEAD — Bring your furry friends on leashes or in a carrier for a short worship celebration and blessings at 1 p.m. Sunday, April 19, on the grounds of Hampstead Congregational Church, 61 Main St.

You can also bring a picture of your pet to be blessed.

All are welcome.

For more information, call 603-329-6985.

Spring Raffle, Plant Sale set at Kingston Library

KINGSTON — The Friends of the Kingston Community Library will host their annual spring raffle and plant sale in May to support library programs and services.

Raffle items, donated by local businesses and community members, will be on display and available for purchase at the library beginning May 2. Items may also be viewed at www.kingston-library.org/raffle. The drawing will be held at noon May 16, and winners do not need to be present.

The group will also hold its annual plant sale from 9 a.m. to 1 p.m. Saturday, May 16. The sale will feature a variety of herbs, vegetables, annuals, perennials and native plants, including locally grown selections from community gardens.

Residents with extra plants from divided perennials are encouraged to donate them. Donations may be dropped off at the library during the week prior to the sale.

Bird walk at Tucker & French Family Forest

EPPING — Southeast Land Trust of New Hampshire will host a birding walk from 6:30 to 9 a.m. Tuesday, May 5 at Tucker & French Family Forest, 37 Marshall Road, Kingston.

Join birding enthusiast and SELT Board Member Roger Stephenson as he ventures out in the wee hours of the morning to see who's passing through. The best way to learn your birds by sight and sound is with experienced birders. This BYOB (bring your own binoculars) walk will be fun for all skill levels.

Registration is required. To sign up, go to <https://shorturl.at/w1BBj>.

Bridgerton Tea Party

PLAISTOW — Good Day Gentle Readers: You are cordially invited to attend the Plaistow Elder Affairs Bridgerton Tea Party from 11:30 a.m. to 2 p.m. Wednesday, May 6, at the First Baptist Church on Main St.

Be enchanted with beautiful teapots and place settings, enjoy a vast selection of teas, light fare, exquisite confections, chamber music, and a unique shopping experience. Bridgerton attire adored and admired but not required.

Seating is limited. Contact Sue Sherman for reservations at susherm@hotmail.com or call 603-531-5017.

Food Truck Festival returns to Hampstead

HAMPSTEAD — Hampstead Congregational Church will host the annual Hampstead Eats Food Truck Festival from 11 a.m. to 4 p.m. Saturday, April 25, at 61 Main St. There will be a variety of food trucks including Mr. B's Tacos, Pat's Cider & Donuts, The Whoo(pie) Wagon, Kona Ice, Heaven's Kitchen, Bumble Bee, The Burstin' Kernal, Sig's Kitchen BB & Rolling Spirits NH, and more.

Bring a chair or blanket and find a spot on the lawn to enjoy your food and live music provided by The Waterspouts.

Admission is \$5 (cash only) per person; free for children age 5 and under.

Proceeds to benefit the New Hampshire Food Bank. Non-perishable food donations will be accepted.

For questions, call 603-329-6985 or email office@hampsteaducc.org.

Kingston Museum seeks stories of Revolutionary era houses

KINGSTON — As part

See **MINUTE**, Page 21

» Minute

Continued from Page 20

of the 250th anniversary of the signing of the Declaration of Independence, the Kingston Historical Museum is launching a project to capture experiences of living in revolutionary era homes (circa 1775 – 1783 or thereabouts) in Kingston. "Houses Speak to Us" attempts to capture the unique anecdotes and stories that come only from living in a house that is centuries old. It is said that old houses have their own personality after standing for centuries and some express themselves in various ways. It is these stories that the project seeks to collect.

From the challenges of replacing outdated building materials and structural repairs, to finding a way to place furniture and functionally live in the house, the Museum wants to hear about these and many other homeowner experiences. Interviews will be held over the phone, in person in the home or at the museum, at the homeowner's convenience. Upon homeowner approval, stories will be published in various media as part of the 250th anniversary.

If you would like to participate, contact Museum volunteer Deborah Castaldo at dbchiara@outlook.com.

CLM Maker's Market Set for May 2 in Londonderry

DERRY — The Center for Life Management will host its third annual CLM Maker's Market from 10 a.m. to 2 p.m. Saturday, May 2, at the Granite YMCA of Londonderry, 206 Rockingham Road. The event will be held rain or shine.

Hosted by CLM's Supported Employment team, the Maker's Market highlights the creativity and work of participants, featuring handcrafted art-work, handmade gifts and local small businesses.

Organizers said the event is also ideal for Mother's Day shopping.

The event is held in memory of Diedra Kotsakis, a CLM colleague who helped envision the Maker's Market as a way to support participants' talents and entrepreneurial efforts. She was known among colleagues for her advocacy and positive presence.

For more information, contact Sue West at swest@clmnh.org or 603-434-1577.

Kids Fishing Derby

SANDOWN — Sandown Conservation Commission will hold a Kids Fishing Derby from 7:30 to 10 a.m. Saturday, May 2, at Sal's Pond, 45 Main St. Participants can arrive starting at 7 a.m. to set up.

Kids aged 2-15 are welcome. Kids can fish the stocked pond, and enter for the chance to win prizes donated by local businesses.

The cost is \$3 per child, but families cost \$10 (for maximum with 4 or more children).

Register online in advance to save time on the day of the derby. To preregister, go to <https://shorturl.at/haxnZ>. Pre-registration and pre-payment are strongly recommended to limit crowds during the derby.

Calling all Gardeners

PLAISTOW — As you begin to unearth your gardens after the long winter, please consider splitting some of your perennials and donating them to The Friends of the Library upcoming plant sale. The plant sale will be held from 9 a.m. to 1 p.m. Saturday, May 9. Donations will be accepted beginning the week of May 4. Please be sure donations are in pots and clearly labeled with the plant name.

All proceeds from the plant sale benefit the Friends of the Plaistow Public Library.

For more information, contact Jennifer Dawley at

603-382-6011.

Ethics of AI presentation at East Kingston Library

EAST KINGSTON — A presentation on the ethics of artificial intelligence will be held at 6 p.m. Wednesday, May 20, at the East Kingston Public Library, 47 Maplevale Road.

Presenter Kiki Berk will explore key ethical challenges posed by artificial intelligence, including automation and job displacement, deepfakes and misinformation, the role of AI in education, implicit bias and autonomous systems such as self-driving cars and drones. The discussion will also address the potential implications of a technological singularity.

The session will begin with an introduction to applied ethics and generative AI, followed by an examination of major issues and the moral questions they raise. An open discussion will conclude the program, allowing attendees to share perspectives and ask questions.

The event is free and open to the public. No registration is required. For more information, visit www.eastkingstonlibrary.org.

Exeter Farmers Market set to open May 7

EXETER — Seacoast Eat Local announces Exeter Farmers Market will open from 2:30 to 6 p.m. Thursdays from May 7 through Oct. 29 at Swasey Parkway, 316 Water St.

SNAP/EBT, cards and cash accepted.

For more information, visit www.seacoateatlocal.org.

Tick Talk in Atkinson

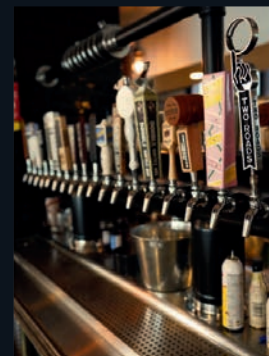
ATKINSON — The

See **MINUTE**, Page 22



Jamison's

DINING. BAR. FUNCTIONS.



LIVE MUSIC. 30 FLAT SCREEN TVS. 40 DRAFT BEERS. UPSCALE DINING ROOM. TRIVIA NIGHTS. MUSIC BINGO.

RTE 111 472 STATE ST HAMPSTEAD, NH

check out our events schedule!



live music music bingo & more!

JAMISONSRESTAURANT.COM

(603) 489-1565

» **Minute**

Continued from Page 21

Granite State LEO's will host David Hunter, a Lyme disease professional at 7 p.m. Tuesday, April 23, at Atkinson Community Center, 4 Main St.

David has been a long-time Lyme activist, advocating for patients on the local and state level in Connecticut and New Hampshire.

Ticks carry and transmit Lyme and other autoimmune diseases causing chronic fatigue, pain, neurological and cognitive difficulties interfering with everyday activities. David will be talking about these diseases, how to prevent them and what to do if/when bitten by a Tick.

For more information, visit facebook.com/plaistownhlions.

Save the date: Kingston Brewfest

KINGSTON — Kingston Fire Association will hold

their 6th annual Beerfest from 2 p.m. to 6 p.m. Saturday, June 20, on the Plains, 148 Main St. Please note that no one under the age of 21, or pets, will be allowed at the event.

Come sample over sixty different beers, ciders and hard lemonade from at least thirty different brewers. BNW will provide live music. Food trucks will also be on site.

Advance tickets are \$54.98 all access, \$12.55 non-drinker; ticket prices at the door are an additional \$10

Bring your ID, as well as, love for good beer and a great time with you.

Weekly card nights through May

HAMPSTEAD — Do you love to play cards? Come play Forty-fives on Tuesday nights through May 26, from 6 to 9 p.m. at Hampstead Congregational Church, Hadley Hall, 61 Main St. It's lots of fun with a great group of people.

There is no fee for playing but donations would be appreciated to help with the

cost of heat and electricity. Bottled water and snacks will be provided.

Improv to bring lots of laughs

PLAISTOW — The Milkmen Improv, a group of Timberlane students, perform each month at the Performing Art Center, 40 Greenough Road.

Save the date for lots of laughs. Performances will be held Thursday, April 23, Thursday, May 21 and Thursday, June 18.

The students donate the proceeds to several TRHS club/groups.

For updates, call 603-382-6541 ext. 3980 or visit www.timberlane.net/pac/calendars.

Upcoming programs at Plaistow Senior Center

PLAISTOW — The Vic Geary Senior Drop in Center, 18 Greenough Road, will

host a presentation by Merrill Lynch & SK Lawyers from 10 a.m. to 11 a.m. Tuesday, April 21. Come learn how to get your important documents and life organized.

Join to play Bingo with cash prizes from 1 p.m. to 3 p.m. on Tuesdays and Thursdays.

The Food Pantry (non-perishable items) is now open during regular center hours to all seniors 60+ residing in the towns served by the center.

For a complete list of upcoming programs, visit their Facebook page or website, www.vicgearysenior-dropincenter.org. You can also sign up for their newsletter at <https://shorturl.at/H5sO7>. To register for a program or for more information, call 603-382-9276.

Healing conference

KINGSTON — New Creation Healing Center, a faith-based center of wellness, announces a one-day workshop on the Christian Healing Ministry.

The primary teacher for

the event is Mark Pearson. He holds a Masters Degree from Oxford and a Doctorate with special concentration on the church's ministry of healing from Boston University. He will be assisted by Dr. Mary Pearson, family practice physician.

They will present, in a non-judgmental, non-denominational way, the basic information about praying for and ministering to the sick that most Christian churches have in common.

The workshop will be held from 9 a.m. to 3:45 p.m. Saturday, May 2. A one-hour service of healing with the team praying for those who wish it, will run from 4 to 5 p.m. Those not wishing to attend the workshop, may, at no financial cost, attend the healing service.

Cost is \$30. If a group wishes to register together a discount will be offered. Call for more details.

The location is 80 Route 125, Kingston. For more information, call 603-642-6700.

Online Queer, Trans Caregiver Support Group

PORTSMOUTH — Seacoast Outright has announced a new queer and trans caregiver support group.

The virtual group is designed for caregivers who identify as queer and/or trans and will meet from 7 to 8 p.m. on the second Thursday of each month via Zoom. The next meeting will be held May 7.

Facilitated by a group leader who identifies as a queer and trans parent, the sessions will focus on shared experiences, mutual support and community building. Participants will have the opportunity to share stories, discuss challenges and celebrate the experiences of caregiving.

Registration is required. To sign up, visit <https://shorturl.at/COyGq>. A Zoom link will be emailed to participants prior to each meeting.



THE
COPPER CAVE
SALT CAVE

Just Breathe

**EXPERIENCE SOUTHERN
NEW HAMPSHIRE'S
PREMIER SALT CAVE!**

Visit our masterfully crafted Himalayan Salt Cave for halotherapy (dry salt therapy). Halotherapy is an alternative wellness modality for respiratory, sinus, or skin issues. It is also wonderful for stress, anxiety, and general relaxation.

We also offer events in the Cave such as yoga, sound baths, mediumship, meditation, and massage.

Just a few conditions that can benefit:

- Allergies
- Asthma
- Coughs/Colds
- COPD
- Sinus Infections
- Psoriasis
- Eczema
- Acne
- Stress/Anxiety

Visit our shop anytime for a selection of handcrafted items, some made locally and some from around the world, as well as wellness products such as teas and tinctures.



Stateline Plaza
4 Plaistow Road
Plaistow, NH
(603) 974-2243
thecoppercave.com

**SMALL TOWN
HAULING SOLUTIONS LLC**

**603-408-7500
PLAISTOW, NH**

★ TRAILER RENTALS ★

WWW.SMALLTOWNHAULINGSOLUTIONS.COM

**The Law Offices of
Christine G. DeBernardis**

We've Moved!

Our new office is located at:

**29 Lafayette Road, Unit A4
North Hampton, NH 03862**



We are excited to announce that we are consolidating to one main office, conveniently located on Route 1 in North Hampton, NH. Plenty of parking & a new, fresh space for our firm! We can't wait to see you there!

You can reach us at (603) 373-0545.
For MA cases, call (978) 225-0661
Email, fax & web addresses will remain the same.
familylawyernewhampshire.com



**Come visit us for all your
boating needs!**

555 Rte 111 Hampstead, NH (603)329-5625
www.rockinghamboat.com
Tue - Fri 9-6, Sat 9-2

Authorized dealer for:



Chamber Chatter

Emily Bilodeau, Southern New Hampshire Chamber of Commerce

SALEM — Spring is in full bloom, and so are the opportunities to connect, grow, and thrive! The May edition of Chamber Chatter is here, bringing you a vibrant lineup of can't-miss events, meaningful networking opportunities, and fresh ways to engage with our dynamic Southern NH business community. Whether you're planting the seeds of a new startup, growing a home-based business, or leading an established company, this month is all about cultivating connections and watching your network flourish.

Save the Dates

The following events are open to the public.

Registration is required.

Taste of Southern NH: Wednesday, May 6, 5:30 to 8 p.m., Castleton Banquet & Conference Center, 58 Enterprise Drive, Windham. Tickets cost \$50 per person.

Ribbon Cutting: Relaxology: Wednesday, May 13, 3:30 to 4:30 p.m., 15 Ermer Road, Salem.

Ribbon Cutting: Harmony Psychiatric Services: Thursday, May 21, 3:30 to 4:30 p.m., 22 Stiles Road, Suite 104, Salem.

Chamber Classic Golf Tournament - Open to the Public: Monday, June 1, 7 a.m. to 2:30 p.m., Campbell's Scottish Highlands Golf Course, 79 Brady Ave., Salem. The cost is \$175 per golfer or \$700 for a foursome.

Taste of Southern NH - Open to the Public

Get ready for a flavor-filled evening! Join us

on May 6th for one of the Chamber's most popular events, an unforgettable night of delicious bites, local favorites, and community connection. Even better? Your ticket supports a great cause, benefiting Chamber scholarships, the Interview Challenge, and the Business Education Collaborative for local students. Don't miss out, grab your ticket at www.southernnhchamber.com and come hungry!

Chamber Classic Golf Tournament - Open to the Public

Tee up for an incredible day at the Southern NH Chamber Golf Classic, proudly presented by Lowell Five Bank. Set against the stunning backdrop of Campbell's Scottish Highlands, this event is more than just golf, it's a full day of networking, food, fun, prizes, and connection.



Whether you're there to compete or just enjoy the day, it's the perfect way to mix business with a little sunshine. Register now at www.southernnhchamber.com.

What Can the Chamber Do for You?

Joining the Chamber isn't just membership, it's a strategic investment in your business growth. As a member, you gain access to valuable advocacy on key local and regional issues,

resources designed to support and scale your business, and meaningful connections with fellow professionals and industry leaders. You'll also benefit from a variety of marketing opportunities to elevate your visibility, including featured spotlights, targeted e-blasts, and newsletter advertising options, along with a wide range of complimentary promotional tools included with your membership. Beyond business growth, the Chamber provides a platform for you to have a voice, make an

impact, and help shape the community you serve.

Stay Connected

Follow us on Facebook, Instagram, and LinkedIn for event recaps, behind-the-scenes moments, and member spotlights. For upcoming events, ticket registration, membership, and sponsorship info, visit southernnhchamber.com and click on the "Upcoming Events" tab. For direct questions, contact Executive Director Cindi Woodbury at cindi@southernnhchamber.com.

KITCHEN & BATH
east coast lumber
Spring Sale
APRIL 1ST - MAY 22ND, 2026

Refresh your home this season with our
Spring Kitchen & Bath Sale

UP TO **60%** OFF*

SELECT CABINETRY

We invite you to schedule a free personal consultation at the area's largest kitchen and bath showroom.

We'll take the time to learn about your project and connect you with a designer whose expertise best fits your needs, setting the stage for a smooth remodel all during our Kitchen & Bath Spring Sale.

Inspired design.
Personalized service.
Exceptional results.



SCAN ME

Get Started Today!



KEMPER



east coast lumber
BUILDING SUPPLY COMPANY

3 & 4 Colonial Drive, East Hampstead, NH 03826
(603) 329-5322 | www.eastcoastlumber.net

**Cleanups, Weeding
Weekly Mows,
Detaching Tree Services,
Bobcat Service**

20% Senior Citizens Discounts

**REZZA
BROTHERS** 

LANDSCAPING & YARD WORK

Call Tom Rezza | 978.289.7544



Trustee's Sale at
AUCTION

**Three Properties • Home on 37+/- Acres • 2 Acre House Lot • 54+/- Acre Agricultural Lot • Drinkwater Road, Kensington, New Hampshire
Live On-site with Online Bidding Available • Friday, April 24th at 10:00 a.m.**

146 DRINKWATER ROAD: two-story Colonial, 4 BRs and 3.5 BAs, 3,268 +/- sf in need of updating. 37 acres in total, 35 are in a Conservation Easement located in Kensington and Hampton Falls. 240' of road frontage.

146A DRINKWATER ROAD: subdivided 2-acre open field lot abutting 146 Drinkwater. Private water and septic needed. 200' of road frontage.

153 DRINKWATER ROAD: 54 +/- acre agricultural parcel featuring mostly open fields. The property is subject to a conservation easement, abuts other conservation lands, and was recently used for farming crops. 364' of road frontage.

These three properties will be offered individually, in combination and in the entirety. This is a great opportunity to buy a portion of this homestead or the entire property. Possibilities are endless: establish a horse or agricultural farm, build a single-family house lot, restore a colonial home - all on one of Kensington's scenic roads, and abutting conservation properties.

INSPECTION: Viewings are available by appointment only on April 17, 20, and 23 between 9 a.m. and 11 a.m., as well as on the morning of the auction.



**FOR A PROPERTY INFORMATION PACKAGE
WITH TERMS GO TO paulmcinnis.com**

Lic. #2089 - (603) 964-1301 - Ref. #26PM-10



**Soft Wash
Pressure Washing
Window Cleaning
Gutter Cleaning
Commercial | Residential**

603-303-0439

pbpowerwashing.net



NICE CABINETS!
BY NICE PAINTING LLC

**We Specialize in Applying
Factory Quality Finishes
to average size Kitchen Cabinets
in 5 Days.**



- **SPRAYED • FACTORY QUALITY**
- **CHOOSE YOUR COLOR**
- **UPGRADING HANDLES PULLS and HINGES (available)**
- **5 DAYS TO A NICE KITCHEN (most)**
- **CONTAINMENT - HEPA FILTRATION**

nicescabinetrefinishing.com • 603-818-0880

Historic Kingstonians: Keeping history alive

**Steve Sousa,
Kingston Heritage Commission**

KINGSTON — The crack of a fast-ball as it hits the bat, the roar of the crowd as the runner rounds 2nd base, and the taste of hotdogs with mustard and relish are the memories many of us have of a summer's day at the ballpark. There is another memory to be found here in Kingston about the early days of baseball. Buried in Greenwood Cemetery is a southpaw pitcher who played for the American Association, the International Association, and the National League from 1886 to 1890.

"The Association", as it was often called, was a professional baseball league that ran from 1882-1891. The Association established teams in what the National Leaguers called "river cities", including Pittsburgh, Cincinnati, Louisville, and St. Louis. The American Association was sometimes referred to as the "Beer

and Whiskey League" because the National League, somewhat Puritanical, prohibited the sale of alcohol on its property! The Association had no such restrictions; indeed, several of the teams were sponsored by breweries and distilleries.

Ledell Titcomb's left-hand pitches were recognized as a powerful tool during an 1887 game against Detroit. The New York Herald wrote, "Titcomb...scored an emphatic success, his left-handed delivery being an enigma to the Titans from Detroit." In the 1890 season, Titcomb played for the Rochester (NY) Broncos of the American Association as well as for the Toronto Canucks of the International League. On September 15th playing for Rochester, Titcomb threw a no-hitter against the Syracuse Stars in a 7-0 victory.

As time went on, Titcomb's fortune waned and his days as a ball-player declined. Titcomb's baseball

life began to fade with the 1889 season. In an April 25th game against Boston, pitching for the New York Giants, he was able to squeak out an 11-10 win. On May 4th against Philadelphia, Titcomb pitched an 11-2 loss for the Giants. With these losses ball teams had no interest in him. He retired from baseball in 1891.

The 1920 Federal Census lists Titcomb living on Powwow River Road in Kingston, where he worked as a traveling shoe salesman. The 1930 census lists his occupation as shoemaker.

Over the remaining years, his health deteriorated. Early in June of 1950, Titcomb was admitted to Exeter hospital where he died several days later of heart disease. Services were held at the First Congregational Church in Kingston and he was buried in Greenwood Cemetery.



COURTESY PHOTO



603-244-2067

John O'Blenis III, Raymond, NH

Cell – 978-804-0970

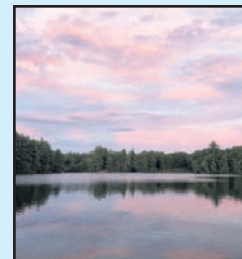
Email – oblenis3@gmail.com

INSURED, FREE ESTIMATES, OWNER OPERATED

INTERIOR/EXTERIOR

- Residential
- Pressure Washing
- Ceiling/Wall Repair
- Water Damage
- Window Cleaning
- Gutter Cleaning
- Minor Carpentry
- Since 2003

LAURIE CARBONE
REALTOR



LAND FOR SALE
\$159,900

22 Viviana Drive

Lot 99

Farmington, NH

Lancelot Shores Community

0.30 Acres

Access to Baxter Lake

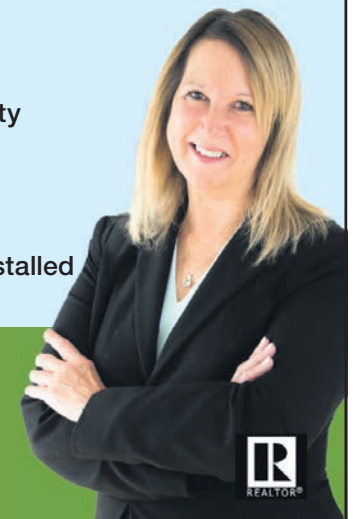
Building lot with Approved
1250 Gal. septic system installed

Laurie Carbone

Over 30 Years Experience with Buyers & Sellers
Specializing in New Construction.
Licensed in Massachusetts & New Hampshire.

603.512.9447

Laurie@Rognest.com

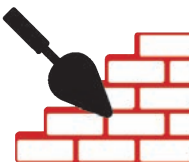


Northeast Firewood Custom Stonework & Patio



FULLY INSURED

*Ask about discounts for Veterans,
Seniors, and with cash payments.*



CALL 978-273-3315

.....
Back Yards Cut & Chipped
House Lots Cut & Chipped
Fields Cut, Chipped, and Stumped
Green Firewood - \$300/cord
.....

MONEY DOES GROW ON TREES

*We are looking to buy soft, & hardwood trees
Offering a complete residential tree service*

Thinking About Selling Your Home?

Get top dollar with our
local expertise and proven track record!

- ✓ Strategic Home Staging & Professional Marketing
- ✓ Expert Negotiation to Secure the Best Offers

We'll handle everything for a smooth and successful sale!

REQUEST A FREE HOME EVALUATION!

Local knowledge. Maximum value.



**The Merrill
Bartlett Group**
REAL ESTATE

153 Main Street | Kingston NH 03848

Visit MBGRE.com | Call us at **603-642-5171**

THS HVAC llc.

HVAC SERVICES

Residential & Commercial Services

978-888-4678

Service, Maintenance & Installation

- Gas Furnace & Boilers
- Oil Heat
- Central Air Conditioning
- Ductless Mini-Splits
- RoofTop Units

24/7 EMERGENCY SERVICE

We Will HEAT You Up & COOL You Down!

**When you're ready to take your life back,
don't settle for nice.**

Hire the attorney they're afraid to face.

Facing divorce? Parenting issues?
Child Support? Modification? Contempt?
Don't know what to do? Confused?
Scared? Need a new approach?

With Christine on your side, you've
got 25+ years of experience, support,
compassion and strength. We offer
comprehensive consultations to review
your case, explain the law, & create a
path for success.

Make your appointment today. You won't
regret it.

29A Lafayette Road, A4;
North Hampton, NH
(603) 373-0545 | (978) 225-0661
familylawyernewhampshire.com



Cynthia's



BREAKFAST

Served All Day

LUNCH

Starts @ 10:45

Celiac and Gluten free friendly

Tuesday - Friday
5:30am - 1:30pm

Saturday 5:30am - 12:30pm

Open Sundays
7:00am - 12:30pm

Colby Corner

259 East Main Street
East Hampstead
(603) 303-3298

Hiring Cooks and Dishwashers



DELTA

CLEANING SERVICES LLC

Serving the local community for over 30 years!

Spring is right around the corner. Snow, salt, and sand from winter get buried deep in carpets and floors. Our truck-mounted steam cleaning system removes what ordinary machines leave behind. **Book your spring cleaning today.**

SERVICES: Residential & Commercial Cleaning

Carpet & Upholstery Steam Cleaning • Hard Floor Care & More!

Our Promise

With over three decades of experience and a reputation built on reliability, communication, and customer satisfaction, we go the extra mile to make sure your space looks its best — every time.

deltacleanservice.com | 603-382-2115 | Email:deltacleans@outlook.com

**NEED TO STORE BELONGINGS?
DOWNSIZING, HOME STAGING, COLLEGE OFF SEASON,
CONTACTORS, INVENTORY SUPPLY STORAGE**

603-580-2058

RESERVE ONLINE

www.brentwoodezstorage.net



BRENTWOOD EZ STORAGE

Located Between Exits 8 and 9 off Rte. 101
131 Pine Rd. - Brentwood, NH
brentwoodezstorage@gmail.com

Cozy Kiln

Paint-Your-Own Pottery

📍 Plainstow, NH **WALK-INS WELCOME**

- Girl's Night
- Private Events
- Birthday Parties
- Date Night
- Creative self-care
- Family Days

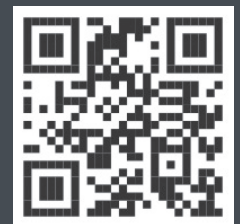


160 Plaistow Rd, Unit 18
Plaistow, NH 03865

603-974-2054

Facebook Instagram @cozykiln

www.cozykiln.com



Children's Day, TEDx, Gem and Mineral Show, and much more

» Looking for something to do outside the immediate area? Check out the following upcoming events.

ROCHESTER: Free Comic Book Day & Community Festival

» Saturday, May 2
 » Join for a day of free comic books and family-friendly fun all over downtown Rochester. The event features the creators of Teenage Mutant Ninja Turtles, guests, vendors, costume contest, and more.
 » 10 a.m. — 4 p.m., downtown Rochester
 » Info: www.jetpackcomics.com

PORTSMOUTH: Children's Day

» Sunday, May 3
 » This Festival combines family-friendly activities, entertainment and usually, an ice cream sundae – all sponsored, hosted and supported by the Downtown Merchants, area companies, civic organizations and volunteers of the Seacoast.
 » 12-4 p.m., Market Square
 » Info: www.proportsmouth.org

PORTSMOUTH: TEDxPortsmouth 2026: Uncharted

» Friday, May 8
 » One of the biggest TEDx events in the country, TEDx-Portsmouth is an immersive, full-day event showcasing a diverse lineup of inspiring speakers, rousing artistic performances, local food and more.
 » 9 a.m., The Music Hall, 28 Chestnut Street
 » Cost: \$100 general admission, \$50 limited view
 » Info/tickets: 603-436-2400 / www.themusichall.org

DOVER: Southeastern NH Gem & Mineral Show

» Saturday, May 9 & Sunday, May 10
 » Featuring 30+ tables of gems, minerals, jewelry, and more.
 » 10 a.m. — 4 p.m., Dover Elks Lodge #184, 282 Durham Road

» Cost: \$5 for adults; children under age 12 are free
 » Info: www.SENHMC.org

EXETER: Beltane: A Scottish Celebration of Spring

» Saturday, May 9
 » Join for live music, Scottish traditions and the energy of spring.
 » 3-6 p.m., The Word Barn, 66 Newfields Road
 » Cost: \$35 per person; children ages 0-5 are free
 » Info/tickets: www.nhscot.org

STRATHAM: Great Bay Food Truck Festival

» Saturday, May 9
 » Featuring 25+ food trucks, beer garden, live music, kid zone, and more.
 » 12-4 p.m., Stratham Hill Park,
 » Cost: \$10 online in advance, \$15 on the day of
 » Info: www.greatbay-foodtruckfestival.com

NASHUA: Silver Linings: Senior Healthy Living Expo

» Saturday, May 16
 » This free event offers a one-stop opportunity to explore resources for every stage of retirement — from health care and housing to financial planning and travel — along with informative seminars and helpful take-home resources.
 » 9 a.m. — 1 p.m., Bishop Guertin High School, 194 Lund Road
 » Info: <https://shorturl.at/UREZw>

PORTSMOUTH: Matt Fraser: America's Top Psychic Medium

» Thursday, May 28
 » Join America's top psychic medium for a night of live psychic readings and undeniable proof of life after death.
 » 7:30 p.m., The Music Hall, 28 Chestnut Street
 » Cost: \$49/\$69/\$79/\$99
 » Info/tickets: 603-436-2400 / www.themusichall.org

NASHUA: Herman's Hermits Starring Peter Noone

» Friday, May 29
 » Accompanied by his band, Herman's Hermits, Noone



COURTESY PHOTO

Portsmouth's annual Children's Day will be held from noon to 4 p.m. Sunday, May 3, at Market Square. For a complete schedule of events, visit www.proportsmouth.org.

currently performs over 200 concerts a year. He consistently plays to sold-out venues, and his admirers span the generations.

» 7:30 p.m., Nashua Center for the Arts, 201 Main Street
 » Cost: \$57/\$68/\$79/\$101
 » Info/tickets: www.nashua-centerforthearts.com

MANCHESTER: NH Beer & Bacon Festival (Ages 21+)

» Saturday, June 6
 » The NH Bacon & Beer Festival is a fundraiser organized by High Hopes Foundation of New Hampshire.
 » 1:30-5 p.m., Arms Park, 10 Arms Street
 » Cost: \$70 general admission online, \$80 on-site (if available); \$50 for designed driver general admission online, \$40 on-site (if available); VIP admission also available
 » Info/tickets: www.nhbaconbeer.com

CONCORD: Ken Burns and the American Idea

» Tuesday, June 9
 » Join for an inspiring conversation with the legendary filmmaker whose work has helped millions of Americans see their history, and each other, in new ways.
 » 7 p.m., Capital Center for the Arts, Chubb Theatre, 44 S. Main Street
 » Cost: \$25
 » Info/tickets: <https://>

shorturl.at/VfDb7

NASHUA: Something Wonderful Tonight — Tribute to Eric Clapton & George Harrison

» Friday, June 12
 » Based in Boston, Something Wonderful Tonight brings to life the timeless music of Eric Clapton and George Harrison, offering a tribute that is as faithful as it is fresh.
 » 8 p.m., Nashua Center for the Arts, 201 Main Street
 » Cost: \$39-\$59 + order fee
 » Info/tickets: 800-657-8774 / www.nashua-centerforthearts.com

DOVER-FOXCROFT, MAINE: Maine Whoopie Pie Festival

» Saturday, June 13
 » Come sample a wide-variety of whoopie pies, browse the arts, crafts and foods offered by more than 100 vendors, enjoy live music, rides and games for kids of all ages, and more.
 » 10 a.m. — 4 p.m., Piscataquis Valley Fairgrounds, 77 Fairview Ave.
 » Cost: \$6 per person; kids age 12 and under are free
 » Info: www.mainewhoopiepiefestival.com

LOWELL, MA: Blue Man Group: North American Tour

» Tuesday, June 23 & Wednesday, June 24
 » Dive into the thrilling Blue Man Group experience – a

blend of captivating music, interactive art and audience engagement. Blue Man Group creates a fun, disruptive and out of the ordinary atmosphere that exhilarates the senses and uplifts spirits for audiences of all ages.

» 7:30 p.m., Lowell Memorial Auditorium, 50 E. Merrimack Street
 » Cost: \$57/\$68/\$79/\$101/\$133
 » Info/tickets: www.lowellauditorium.com

LACONIA: Hugo: The Ultimate Journey Tribute

» Friday, June 19
 » As the longtime frontman of Voyage, Hugo Valenti helped build one of the most successful tribute acts in the country, selling out venues nationwide and earning a reputation for delivering the most authentic Journey tribute.
 » 8 p.m., Colonial Theatre of Laconia, 609 Main Street
 » Cost: \$44-\$79 (+ \$3 order fee applied before checkout)
 » Info/tickets: 800-654-8874 / www.coloniallaconia.com

CONCORD: Market Days Festival

» Thursday, June 25 to Saturday, June 27
 » The festival features live entertainment, delicious food, and fantastic shopping.
 » 10 a.m. — 10 p.m., Main Street
 » Info: www.marketdaysfestival.com

PORTSMOUTH: 2026 Exeter Area Chamber of Commerce Golf Tournament

» Friday, June 26
 » Includes 18 holes of golf, cart, prizes, breakfast, and lunch.
 » 8 a.m., registration, 9 a.m. shotgun start, Pease Golf Course, 201 Grafton Road
 » Cost: \$175 per golfer, \$50 lunch only
 » Register/details: Email: renee@exeterarea.org

NASHUA: 4th of July Celebration

» Saturday, July 4
 » Experience the thrill of the Silver Knights Game

with free admission for kids 12 and under. The first 500 adults also get in free. Enjoy an expanded Kids Zone, on-field activities, and much more. Stay for the live bands and spectacular fireworks at dusk. It's an event the whole family will love
 » 10:30 a.m., Holman Stadium, Amherst Street
 » Info: www.nashuanh.gov

BERWICK, MAINE: Lavender Festival

» Saturday, July 11 & Sunday, July 12
 » Features live music, food truck, kids activities, fiber spinners, sheep shearing, lavender inspired crafts and drinks, and much more.
 » 10 a.m. — 2 p.m., Lavender Hill Farm, 11 Brooks Lane
 » Cost: \$35 per carload; \$10 individual drop off (no parking)
 » Info: www.lh-farm.com/lavenderfestival

LACONIA: Comedian Bob Marley

» Saturday, July 11
 » Comedian Bob Marley has launched over 20 comedy albums and DVD specials. Add in his appearances on late night TV staples including Leno, Letterman, and Conan along with a co-star role in both Boondock Saints films, and it's easy to see why Bob is considered a New England comedy icon.
 » 5:30 p.m., Colonial Theatre of Laconia, 609 Main Street
 » Cost: \$47.50-\$49.50 + \$3 order fee
 » Info/tickets: www.coloniallaconia.com

NASHUA: Fairytale Festival

» Saturday, July 18
 » Join for a magical live show featuring your favorite princesses! Plus, enjoy a wide array of activities from over 30 community vendors, including games, snow cones, and much more. It's a day of enchantment and fun for the whole family!
 » 10 a.m. — 1 p.m., Greeley Park, 100 Concord Street
 » Info: www.nashuanh.gov

Keeping our roads beautiful just in time for Earth Day

Brooke Anne Petrucelli, East Kingston Conservation Commission

EAST KINGSTON — Earth Day 2026 falls on Wednesday, April 22. With it comes beautiful flowering trees, warmer temperatures, and plenty of birdsong. One simple way to celebrate and care for our town is by helping keep our roads free from trash.

Many residents may not realize that New Hampshire offers an Adopt-A-Highway program, allowing individuals, families, and businesses to sponsor a stretch of road and help keep it clean. In return, the state installs a small metal sign recognizing the sponsor.

The East Kingston Conservation Commission has participated in the program for several years, sponsoring a section of Route 108 from the railroad crossing to the Newton border.

Commission members pick up trash there a couple of times each year as part of our stewardship efforts.

Our family recently signed up as well as a simple way to give back to the place we live. It also creates an opportunity for us to spend a few hours together outdoors, working toward a goal that benefits our community.

If you are interested and would like more information, visit <https://shorturl.at/Slrit>.

The minimum length is two miles in both directions—perfect for a family or even a joint project with neighbors. And just a note: it doesn't cost a penny. A little effort, attention to safety, and care for the environment are all it takes.

We hope seeing these signs encourages others to consider joining the program. A few bags of trash and a little time can make a visible difference.

Sometimes caring for our community starts right at the edge of the road.



COURTESY PHOTO

Winterberry.

Help the environment by planting trees

Monique D. Chrétien, MSc, Atkinson Conservation Commission

ATKINSON — Climate change is a common subject these days, however, it seems that there's less discussion about steps we can take to mitigate climate change on a personal level. We can reduce plastics and go the more "zero-waste" lifestyle like I do, or we can go solar or drive electric cars. But we hear far less about something that's actually easy and not too expensive — plants, and more specifically — trees. Did you know that simply planting trees can help? Below are just a few benefits of trees (and all plants):

They make oxygen for us to breathe their roots stabilize the ground helping to prevent / slow erosion their roots clean the groundwater making water safe for us to drink they absorb carbon from the atmosphere and store it which help reduce the greenhouse effect and climate change they create shade to help cool our homes in the summer they provide important habitat for many wildlife species.

According to these above-named benefits, it seems like a fairly quick & easy fix to improve our carbon footprint is to plant trees! To help jumpstart this, the Atkinson Conservation Commission will be giving away free tree & shrub seedlings to Atkinson residents only over the age of 12 years after the Memorial Day parade (while supplies last). The types of tree/shrub seedlings we will be giving away this year are: Winterberry, Black Walnut and Silver Maple. All of these species are important to wildlife, so let's learn a little about each of these

species and their benefits to the environment and wildlife.

Black Walnut

Primarily seen in the southern part of New Hampshire, black walnut are valued by wildlife for their edible nuts. They boast a beautiful diamond patterned bark and aromatic leaves. In fall their nuts ripen and are often enjoyed by wildlife and humans alike. They release chemicals from their roots, so it's not advised to plant black walnut near potatoes, tomatoes, apples or blueberries. Black walnut trees prefer full sun and can grow up to 60' under ideal conditions, making them a great source of shade to cool your home.

Silver Maple

Common in New Hampshire, the Silver Maple is primarily found in wet areas. The flowers are a good source of nectar for pollinators in the spring; the tree supports over 200 varieties of caterpillars. They produce a large amount of seeds which are eaten by a diverse group of wildlife. They sport a deep cut 5 lobed leaf with a silver underside that turns yellow in the fall. Silver Maple are ecologically important because they provide nest sites for cavity nesting birds and they provide erosion control on riverbanks. They can grow up to 80' under ideal conditions. They prefer moist/wet well draining soils and full sun.

The members of the Atkinson Conservation Commission will be walking in the Memorial Day parade on May 25, 2026 and giving away wildflower seeds

to the public. Stop by our tent in the back of the Atkinson Historical Society after the parade to get your free tree seedlings and learn more about how you can help the environment.

If you have questions about conservation related issues or would like to volunteer, contact the Atkinson Conservation Commission via the contact form online at <https://shorturl.at/1vPpn>.

(Editor's note: Monique is a graduate of the NH Coverts Project and former teacher naturalist at MA Audubon Society. Her biggest passion is wildlife and the environment. She loves sharing her knowledge about zero-waste living, animal behavior and the natural world with others, and she deeply hopes to inspire change.)

Winterberry

Winterberry holly are a native shrub to most of the eastern United States. Their small white flowers support a diversity of pollinators June through July. In fall they produce a bright red berry which is a crucial food source during bleak winters. Over 48 bird species alone rely on these berries. Winterberry holly are dioecious, meaning they need both a male & female plant in order to produce berries. It's recommended to plant one male shrub for every 3-5 females. Winterberry thrive in wetlands and acidic soils. They can grow up to 10' tall and wide in ideal conditions. They prefer full sun with acidic soils, but are highly adaptable and can tolerate shade and other soil types.



COURTESY PHOTO

INTRODUCING...

Carriage Towne Monthly

Atkinson • Danville • East Hampstead • East Kingston  Hampstead • Kingston • Plaistow • Sandown

Letter to the Editor:
“Reviving this newspaper is more than restarting a publication. It restores a little piece of our local heartbeat. Something you can hold in your hands. Something that gathers us together and out of our own digital corners. Thank you for bringing it back to life!”

Warmly,
TJ

**Front Page
Sticky Note**
 plus full page ad option
\$750
 (with 3 month agreement)

The Carriage Towne Monthly is a FREE publication that will be available at community centers throughout the area. We will have coverage, photos, and listings of community happenings and events and encourage people to submit information that they feel is important to their neighbors. It will be a community publication with community partners.

And as a local business owner, we need your support!

TAB Size Publication (10"x10")

Introductory Pricing

Quarter Page:.....	\$125
Half Page:.....	\$225
Full Page:	\$425
Page sponsor banner:.....	\$195
Front page (3"x3"):	\$125
NEW Service Directory ads (Business Card) ...	\$39
Back cover:.....	\$595

Publication dates:

December 18
 January 22
 February 19
 March 19
 April 16
 May 11
 June 18

Deadline:

December 9
 January 12
 February 9
 March 9
 April 7
 May 21
 June 8



If you have a news story or event listing, please reach out to
Elisha Blaisdell: eblaisdell@eagletribune.com

To advertise contact
Mary Lovell: mlovell@northofboston.com

STATE LINE PET SUPPLY DISCOUNT STORE



Now Offering **FREE**

- SAME DAY DELIVERY
 - CURBSIDE PICKUP
- FOR ONLINE ORDERS**

**Delivery minimum \$49 purchase, see website for details*

www.statelinepetsupply.com

MAJOR BRAND COUPON

ANY BRAND, ANY FORMULA, ANY SIZE!



DOG FOOD OR CAT FOOD
Kibble | Freeze/Air Dried | Frozen

\$2 OFF*
A bag up to 18 lbs

Online code: CTMMB2

\$5 OFF*
A 20 lb. bag or larger

Online code: CTMMB5

**Limit 1 coupon per customer. 2 Deal Limit per offer per brand. Expires 5/15/26*

Guaranteed Lowest Prices & Extra Savings Every Day

Phone: 603-382-6873

137 Plaistow Road, Route 125, PLAISTOW, NH

STORE HOURS: Monday-Saturday 9-9, Sunday 9-6



\$5 OFF*

Any purchase of \$30 or more

**Limit one coupon per customer. Excludes foods. Expires 5/15/26
Online code: CTM5*



\$15 OFF*

Any purchase of \$75 or more

**Limit one coupon per customer. Excludes foods. Expires 5/15/26
Online code: CTM15*



\$25 OFF*

Any purchase of \$125 or more

**Limit one coupon per customer. Excludes foods. Expires 5/15/26
Online code: CTM25*

**Coupon can not be applied for prior purchases. Coupon cannot be combined with any other offer.*