

The Evergreen

FREE

Providing News and Information for Pelham, NH and Surrounding Communities
Including Atkinson, Hampstead, Hudson, Salem, and Windham

JUNE, 2024 • Vol. III No 6 • www.theevergreennewspaper.com

AN UNFORGETTABLE EVENING AT THE TASTE OF SOUTHERN NH

by Emily Bilodeau, Southern New Hampshire Chamber of Commerce

The Southern New Hampshire Chamber of Commerce (SNHCC) raised over \$5,000 for scholarships and awards at the 2024 Taste of Southern NH.

There was an impressive turnout of over 250 attendees. The event was a culinary extravaganza featuring nearly 30 esteemed restaurants, chefs, wineries, breweries, and bakeries from across Southern New Hampshire. The elegant ballroom at Castleton Banquet & Conference Center was transformed into a haven for food enthusiasts, where guests indulged in a diverse array of culinary delights.

From savory dishes and flavorful beverages to delectable desserts, the participating establishments included 603 Brewery & Beer Hall, Atkinson Resort & Country Club, Borrelli's Italian Deli, Common Man Restaurant, Empanadas Deluxe 603, Farmhouse Roasters, Jamison's, Kelari Taverna & Bar, Kerry's Katering, Luna Bistro, Maddie's Restaurant, Merrimack Valley Events by Simply Elegant Catering, NHC Events at Searles Castle, Par28 and Rae's Coal Fired, Playa Bowls Salem, PPC Kitchen and Bar, Rig A Tony's Italian Takeout & Cater-



ing, Rockingham Brewing Company, Sama Chocolatier, Sawbelly Brewing, Sugar Love Baking Corp, The Residence at Salem Woods, Tuscan Brands, Whisk Chick, Windham Restaurant, and Zorvino Vineyards, showcased the finest flavors of the region. Each bite and sip were a testament to the culinary expertise and

creativity of our local chefs, breweries, wineries, and artisans.

A special thank you goes out to our Platinum Sponsor, Merrimack County Savings Bank, whose contributions added to the vibrancy of the event. We extend our appreciation to Get Down Tonight Entertainment, all attendees, and all in-

dividuals who played a role in making the Taste of Southern NH a resounding success. We would like to thank all of our generous sponsors and our amazing members for their incredible raffle donations.

Beyond being a night of culinary delights and community camaraderie, the Taste also serves a greater purpose. Proceeds from the event support the Chamber's initiatives, including scholarships, the Interview Challenge Competition, and the Business Education Collaborative, benefiting local students associated with the Chamber and fostering the growth of our community.



Continued on page 27.

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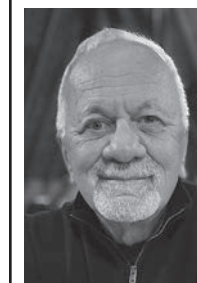
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Letter From the Editor:



Hello Neighbors,
As we approach the second anniversary of The Evergreen Newspaper, we have taken a hard look at the costs associated with printing of the newspaper and the cost for mailing to every home and business in Pelham. In order to continue the newspaper, we have come to the decision to stop mailing to every home and business in Pelham, starting with the July 2024 issue. **The Evergreen will continue to be a free publication.**

If you enjoy The Evergreen, there are a number of ways to get your free copy each month. The easiest way is to get a free subscription is by going online and filling out the subscription form or picking up your copy at the many locations where we are allowed to distribute the newspaper. Please see page nine in this issue for complete instructions on how you can have The Evergreen mailed, free of charge each month, to your home. **Note to Pelham residents and businesses: If you previously sent in a free subscription form, please submit a new form as you were automatically included in our original mass mailing list.**

Please let us know if there is a location in your town where you would like to be able to pick up The Evergreen each month by emailing us at theevergreennewspaper@gmail.com. We will contact the location to get permission to place newspapers in the establishment.

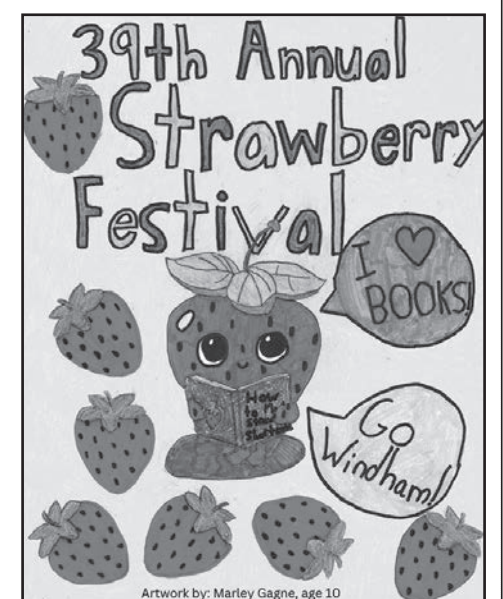
We are happy to announce that, beginning with the July 2024 issue of The Evergreen, we are including Plaistow in the list of towns we cover. That means The Evergreen will be covering Atkinson, Hampstead, Hudson, Pelham, Plaistow, Salem, and Windham every month. With this expansion, we are relying on the businesses in these towns to help support The Evergreen by advertising with us. The ad rates are very reasonable and we offer free ad design. For more information on advertising in The Evergreen, please email us at theevergreennewspaper@gmail.com.

As always, thank you to our article contributors and advertisers, and we always welcome your comments and suggestions. Please email us at theevergreennewspaper@gmail.com.

Respectfully,
Fred Young – Editor/Art Director

Windham Annual Strawberry Festival and Book Fair

by Joanne Poon



Friends of the Library of Windham's 39th Annual Strawberry Festival and Book Fair will take place Saturday, June 1, 2024, from 11am-5pm at Windham High School.

Please join us for a fun-filled day of entertainment and food. As always, we will have strawberry shortcakes and sundaes, arts and crafts, bounce houses, face painting, food trucks, games, raffles, and more. Don't forget to stop by the book fair. Proceeds from the event and book fair benefit Nesmith Library programming and the broader community.

Windham FLOW Strawberry Festival Book Fair

Windham FLOW is excited to announce the annual Strawberry Festival Book Fair, which runs from Wednesday, May 29, through Saturday, June 1, 2024. Come support your local library and peruse a large selection of children and adult books and media, including games and puzzles.

- Wednesday, May 29 from 2pm-7:30pm (Preview Day for FLOW members, senior citizens, and teachers only) at Nesmith Library
- Thursday, May 30 from 11am-7:30pm at Nesmith Library
- Friday, May 31 from 11am-3pm at Nesmith Library
- Saturday, June 1 from 11:30am-4:30pm at Windham High School



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Thumbs Up!



Thumbs Up to The Evergreen Newspaper: Thumbs up to The Evergreen Newspaper for not posting a “Thumbs Down” column. In the past, Thumbs Down was a valid complaint. 2024 Thumbs Down might be numerous frivolous comments, such as, “Thumbs down to the dog barking next door.” – *Laura P.*

Thumbs Up to Clark’s Car Care: Thumbs up to Clark’s Car Care in Hudson for their service, professionalism, customer service, and prices. One of the best auto/auto body shops I have ever dealt with. After one visit, you feel like family. – *Laura P.*

Please submit your positive Thumbs Up comments in one of two ways:

www.theevergreennewspaper.com/thumbs-up or mail to: Thumbs Up, 39 Parkside Drive, Pelham, NH 03076

The Evergreen reserves the right to print or not print the comment.

The Evergreen will print your first name and last name initial unless you request differently.

Founder – Kimberly Abare
theevergreennewspaper.com

Editor/Art Director – Fred Young
fyoung@yadadesign.com

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Residents Urged to Leave Fawns and Other Young Wildlife Alone

by New Hampshire Fish and Game

Concord, NH – In the coming weeks, deer will begin giving birth around the Granite State, with the majority of deer fawns born in May and June. Each spring, many New Hampshire residents see young deer by themselves and fear the worst. Has the mother died? Has she abandoned her fawn? The answer in most cases is no. The doe is usually not far off, waiting to return to feed her newborn.

Adult deer can be easily detected by predators due to their scent and large size. For these reasons, does will spend extended periods away from their fawns helping to keep them safe from predators. For the first month of life, the doe will only visit the fawn a few times a day to nurse quickly before leaving again, although usually not going too far away.

Some well-intentioned people who see fawns alone, however, assume that they have been abandoned and may take them in to try to help. Most of the time, this act removes the fawn from the care it needs. The best chance a young wild animal has to survive is in its natural environment under the care of its mother. If you care, leave them there.

If you suspect a fawn or other young wildlife has been abandoned or orphaned, do not move the animal. Contact the New Hampshire Fish and Game Department by emailing wildlife@wildlife.nh.gov or calling 603-271-2461 to initiate a report. Department staff can assess the situation and help determine the best course of action. In most instances, it is advisable to leave the fawn or other animal alone and allow time for the mother to return.

Do not approach, pet, or feed wildlife and never remove any animal from its habitat. Only qualified people with special rehabilitator permits, issued through the New Hampshire Fish and Game Department, may take in and care for injured or orphaned wildlife. Improper care of injured or orphaned wildlife frequently leads to sickness or death and often the animals cannot be returned to the wild. For example, deer fawns that have been fed the wrong type of milk or formula will develop severe diarrhea (scours). For a full list of licensed wildlife rehabilitators, visit <https://www.wildlife.nh.gov/wildlife-and-habitat/rehabilitators>.

Please remember, the best way to help young wildlife is by keeping them wild.

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ATKINSON, NH SUPERVISORS OF THE CHECKLIST

The Supervisors of the Checklist for the Town of Atkinson will be in session on Tuesday, June 4, 2024 from 7-7:30pm at the Atkinson Community Center. The Supervisors will be meeting to update the voter checklist. Current registered voters to bring photo ID. Newly registered voters to bring photo ID as well as proof of residence, citizenship and age. Please note this will be the last day to change party affiliation before the state primary election.

Pelham Council on Aging (COA) Corner by Yvonne La-Garde

Join Us in Challenging Stereotypes of Older Adults

Do you ever think about the stereotypes surrounding older adults? The ones that label them as frail, dependent, or burdensome? Let's flip that script. In our town of Pelham, 30% of our population is over 55, and that's about 4,500 vibrant individuals. But here's the kicker: this demographic isn't a monolith. They're a diverse bunch with unique stories, skills, and contributions to offer.

Consider this: one-third of older adults are not just independent but actively enrich our community. They're entrepreneurs, volunteers, artists, and educators. They're out there playing pickleball, hiking, and lending their expertise to local boards and committees. But they need support too – things like accessible outdoor spaces and better road safety measures, so they can keep thriving.

Then, there's another third who may need some assistance as they age – it's natural. Many find solace and support at Hobbs Community Center, but it's crucial we ensure it's funded and staffed properly to meet their needs.

Let's not forget the final third who might require more significant support to age gracefully at home. We're talking about those who need modifications to their homes for safety or assistance with daily tasks. They're part of the "aging-at-home" movement, often overlooked but deserving of our attention.

Here's the thing: older adults are incredibly diverse. They're not just one group with one set of needs. That's where we come in – the Pelham Council on Aging (COA). Our mission? To represent and advocate for all older adults in our community. But we can't do it alone. We need your voice and your support. Because guess what? We're all aging. What benefits older adults today benefits us all

tomorrow. So, join us. Be part of something bigger. Together, we can challenge stereotypes, build a more inclusive community, and ensure everyone, regardless of age, gets the support they deserve.



P.S. There is power in numbers. Join us and make a difference! Become a COA member. Download our application form from the COA website at pelhamnhcoa.org or contact us at pelhamNHCOA@gmail.com.

COA Scholarship Awards

Pelham Council on Aging Awards Scholarship to exemplary high school senior: In a display of community support, the Pelham Council on Aging bestows a \$1,000 Scholarship upon Kylie Chamberlin, a standout graduating senior from Pelham High School. This annual tradition recognizes exceptional individuals who not only excel academically but also embody a commitment to serving and honoring the senior community through their actions and attitudes. Chamberlin, boasting an impressive 4.28 GPA, stands as a shining example of dedication and compassion.

With aspirations to pursue a degree in biology en route to orthodontic studies at Stonehill College, Kylie's academic prowess is matched only by her devotion to community service. Central to Chamberlin's scholarship application was an illuminating essay outlining her impact-

ful contributions to Pelham's seniors and veterans. Through her volunteer efforts, including spending time at Hobbs Community Center, Chamberlin demonstrated compassion and a keen understanding of the needs of her community's elder members. Notably, her initiative, the "Stockings for Seniors" project, provided both comfort and joy to many individuals, showcasing her leadership and empathy.

Following a rigorous review process by the COA Scholarship Committee, comprised of members Ed Gleason, Ellen Sirois, and Gail DeMarco, Chamberlin emerged as a deserving recipient. The official presentation takes place at the Pelham High School awards ceremony, being held at the High School Gymnasium on Monday, June 5, 2024.

Pelham Community Thrift Store

Discover an array of hidden gems at Pelham Community Thrift Store, nestled in the heart of Hobbs Community Center on 8 Nashua Road. Our shelves are brimming with treasures just waiting to find a new home.

Special promotions:

- June 14 – Flag Day Celebration: Flags will be distributed to honor our veterans!
- June 17 – Christmas in July Collection. Donate your festive items to spread holiday cheer.



Photo of Edythe Babcock (Edie) and Connie Haibowicz at the Kentucky Derby Promotion.

Shout out: A Sweet thank you to The Candy Break Store on Bridge Street for generously donating chocolate roses, available for our shoppers on May 6 at the Kentucky Derby event. We extend our gratitude to all donors whose generosity fuels our mission. In 2024, \$10,000 of store proceeds will enrich programs at Hobbs Community Center. Your support makes a difference.

Store hours: Open five days a week from 9am to 2:30pm (Friday, doors close at noon).

Donations welcome: To contribute, contact Sue at Hobbs Community Center at 603-635-3800, ext. 1.

Your shopping adventure awaits at Pelham Community Thrift Store. Join us in uncovering treasures and supporting our community.

Bluebird Dedication

A legacy box was dedicated by Ace and Ella Gordon, parents of Lisa Fregeolle, at Celebration Park. Shown below is a photo of Roger Montibleau teaching us how to check on the nesting birds and clean out nests of birds, like the house sparrow. House sparrows are an invasive species from Europe and have done significant damage to populations of native cavity-nesting birds like the Eastern bluebird.



Submitted by Yvonne La-Garde Pelham NH Council on Aging pelhamnhcoa.org ylg52@comcast.net • 603-635-3168

The "Pelham Council on Aging (COA) Corner" is sponsored by:



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June Events - Pelham Public Library

Adult Events

Tuesday, June 4 at 6pm – Sci-fi/Fantasy Book Group
 Thursday, June 6 at 6pm – Flight of Remembrance a WWII Story*
 Tuesday, June 11 at 6pm – Tech Talk: 3D Print Workshop*
 Tuesday, June 18 at 6:30pm – Fermented Hot Sauce How-To*
 Thursday, June 20 at 6:30pm – Adult Book Discussion
 Thursday, June 27 at 6pm – Murder Mystery Book Group

Children's Events

Storytimes every Monday, Tuesday, and Thursday at 10:15am and alternating Saturdays at 10:30am
 Tuesday, June 4 and 18 at 5pm-6pm – Read to a Dog*
 Wednesday, June 5 at 4pm – Pick a Brick LEGO Time
 Wednesday, June 12 at 4pm – Pokémon Trainers Club*
 Wednesday, June 26 at 4pm – Chapter Chats: Book Group
 Thursday, June 27 at 2:30pm – Blast Off! Rocket Ship Craft*

Teen Events

Monday, June 3 and 24 at 3pm – Manga Mania Book Group
 Tuesday, June 4 and 11 at 2:30pm – Snack Attack
 Wednesday, June 5 at 2:30pm – Teen Candy Bingo
 Thursday, June 6 at 2:30pm – Happy Crafters: Embroidery*
 Thursday, June 13 at 4pm – Teen Book Club
 Thursday, June 14 from 7pm-midnight – Teen After Dark*
 Tuesday, June 25 at 4pm – Tween/Teen Wilderness Class: Wood Carving*

*To register for events, go to Pelhampubliclibrary.org or call 603-635-7581



June Events - Kimball Library

5 Academy Avenue • Atkinson, NH 03811 • 603-362-5234 • www.kimballlibrary.com

Adult Events

Every Monday from 12:30pm-2:30pm – Craft, Paint & Color*
 Every Tuesday from 6pm-7:45pm – Italian Conversations Study Group*
 Every Thursday at 10am to Noon – Community Knitters
 Tuesday, June 4 and 18 from 1pm-3pm – Film Enthusiast Club
 Wednesday June 5, 12, and 26 from 10:30am-12:30pm – Needle Crafters*
 Thursday, June 13 from 12:30pm-2:30pm – Focus and Snap Photography Group*
 Thursday, June 13 at 6pm – Annie Brobst Band (Summer Concert Series)
 Tuesday, June 18 from 6pm-7:15pm – Evening Book Club*
 Wednesday, June 26 from 10:15am-11:30am – Morning Book Group*
 Thursday, June 27 at 6pm – Studio Two (Summer Concert Series)

Youth Events

Monday, June 3, 10, and 17 from 10:15am-10:45am – Spring Mother Goose (Babies to Age 3)*
 Monday June 3 and 10 from 11am-Noon – Preschool Playtime (Toddlers/Preschool)
 Monday, June 3 from 3:30pm-4:15pm – Kindergarten Club (Ages 5-6)*
 Tuesday, June 4 and 11 from 10:15am-11am – Bitty Books (Ages 3-6)*
 Wednesday, June 5 from 1pm-1:45pm – Discovery Storytime (Ages 3-6)*
 Wednesday, June 5 and 12 from 3:30pm-4:15pm – Choose Your Own Adventure (Grades K-5)*
 Thursday, June 6, 13 from 10:15-11am – Sensory Storytime (Ages 3-4)*
 Thursday, June 6 from 11:30am-1:30pm – Toddler Time (Toddlers/Preschool)
 Thursday, June 6 from 3:30pm-4:15pm – Elementary Explorers (Grades 1-3)*
 Saturday, June 8 from 10:30am-11:15am – Adventures in Stories in Motion (Grades PreK-3)*
 Saturday, June 15 from 10:30am-11:30am – Dancing Paper Ballerina Craft (Grades PreK-3)
 Tuesday, June 18 from 6pm-7pm – Adventures with Magic Fred! (Summer Reading Kick-Off)*
 Thursday, June 20 from 6pm-7pm – Adventures in Brown Bag Book Club (Grades 3-5)*
 Monday, June 24 from 10:30am-11am – Adventures in Mother Goose (Babies to Age 3)
 Tuesday, June 25 from 10:30am-11am – Adventures in Bitty Books (Ages 3-6)
 Wednesday, June 26 from 6pm-7pm – Adventures with Wildlife Encounters (All ages)*
 Thursday, June 27 from 10:30am-11am – Adventures in Sensory Storytime (Ages 3-4)
 Tuesday, June 25 from 4:30pm-5:45pm – Adventures with 'Cupcake Wars!' (Twins)*

*To register for these events, go to <https://kimballlibrary.com> Or call 603-362-5234

DO YOU HAVE AN OPINION?...

You can be heard by contributing to our OPINION section. Just email your opinion to TheEvergreenNewspaper@gmail.com

A Father's Day Tribute

by Erin Murphy

When it comes to dads, I won the lottery. I was born to one of the most selfless and giving men in the universe, a man who instilled in me the importance of family, integrity, and service.

My father made time for me and supported my every endeavor – all reasonable endeavors. We would bike ride for miles around Boston on the weekends as if he didn't have a care in the world. Never did I feel that we were pressed for time. We would play ball and play games, go skating and swimming. He never missed a competition or recital. He chaperoned and volunteered. He was present and he listened. He encouraged me to be true to myself – to have my own mind, speak freely, and be strong. My father dared to be himself and taught me to do the same. How grateful I am.

Although I was raised in a traditional family, roles were never labeled "male" or "female." My father would food shop, clean, vacuum, and had even been known to watch a soap opera or two. To this day, he, and my mother posture for who will wash or dry the dishes. He worked in what was, at the time, a man's man occupation – he was a firefighter who worked two jobs, always lacking sleep but never lacking energy or dedication when it came to family or responsibilities. Simultaneously, my father was gentle, kind, and nurturing. He cared deeply about others, despite appearances, and there was no Mars of Venus in our home.

Now don't get me wrong, we had our times – and some days we still do. Life wasn't always rosy or easy. We hurt each other. We let each other down. We have battle scars yet those have only brought us closer. I never take for granted how

very blessed I was, how very grateful I am, and how I cherish every day we still have together.

But I realize that not everyone was this fortunate. Many had absent fathers, abusive fathers, or no father at all. Some had indifferent or uncaring dads or fathers who treated their spouses poorly, not exemplifying the characteristics of a healthy relationship. If they were lucky, they had a man, or men, in their lives who served as a father figure. What does that entail?

The qualities my father harbored and instilled in me. A person of strength, who is filled with love and helps to shape us into the best version of ourselves. It's a person who picks us up when we fall and lifts us higher than we ever believed possible. Fathers encourage us to chase our dreams when we're ready to give up and put us in our place when we need it. He is a man who shows up, listens, and cares. You know he has your back and, when you grow up, he trusts that you will have his.

Fathers, because they're human, have shortcomings. They're not perfect, or "God-like" – they are simply trying to do their best like everyone else.

Father's Day is a reminder to honor all fathers – birth dads, adoptive dads, god-fathers, and those like dads. It's also a day for fathers to step up and recognize that the role they play in shaping their children, birth or otherwise, is pivotal.

Today, I thank my father for the human being he is. For the obstacles he overcame. For the weaknesses he fought. For the man he is today – and the man he will always strive to be. This one's for you.

Happy Father's Day to all.

PELHAM 2024 HOUSEHOLD HAZARDOUS WASTE COLLECTIONS

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- Routine Foot Care
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Candria Foot and Ankle Specialists

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 Phone (general inquiries): 603-216-2972

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Happenings at the Hobbs Community Center – June 2024

For a full schedule of programs and additional information on special programs at the Hobbs Community Center, make sure to check out our bimonthly newsletter. Newsletters are available for pickup at the Hobbs Community Center (HCC), or they can be viewed on the Town of Pelham NH's website. As always, for more information, we welcome you to stop into the Hobbs Community Center during Senior Program hours: Monday-Friday 8:30am to 3pm or call us at 603-635-3800. All programs require preregistration and space is limited in most, so please sign up early so as not to be disappointed. Call the Hobbs Community Center to register.

JUNE 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
3 9am Bone Builders 10am Knitting 10am Blood Pressure Clinic 10:15am Stretch 11:15am Bone Builders	4 9am Bone Builders 10am Whist 11am Senior Fitness Noon Lunch 1pm Cribbage 1pm Tai Chi	5 9am Bone Builders 9am Mahjong (Chinese) 9am Cornhole* 10am Mahjong (American) 10am Nickels 10:15am Stretch 11:15am Bone Builders 1Noon Lunch 1pm Mahjong (American)	6 9am Bone Builders 10am Nickels 11am Senior Fitness Noon Lunch 1pm Quilling 1pm Wii Bowling 1pm Qwirkle	7 9am Mahjong (Chinese) 9am P.A.W. Plum Island Parker River National Wildlife Refuge 9:30am Bingo 1pm Bean Bag Baseball Outside, if nice.
10 9am Bone Builders 10am Knitting 10am Blood Pressure Clinic 10:15am Stretch 11:15am Bone Builders 1pm PCOA Board Meeting	11 9am Bone Builders 9:30am Kim Abare 10am Whist 11am Senior Fitness Noon Lunch 1pm Cribbage 1pm Tai Chi	12 9am Bone Builders 9am Mahjong (Chinese) 9am Coffee with the Captain 9am Cornhole* 10am Mahjong (American) 10am Nickels 10:15am Stretch 11:15am Bone Builders 1pm Mahjong (American) 1pm Book Club	13 9am Bone Builders 10am Nickels 11am Senior Fitness Noon Lunch 1pm Quilling 1pm Wii Bowling 1pm Qwirkle	14 9am Mahjong (Chinese) 9:30am Bingo 1pm Time to Clay Part 1 \$
17 9am Bone Builders 10am Knitting 10am Blood Pressure Clinic 10:15am Stretch 11:15am Bone Builders	18 9am Bone Builders 10am Whist 11am Senior Fitness Noon Lunch 1pm Cribbage 1pm Tai Chi	19 9am Bone Builders 9am Mahjong (Chinese) 9am Cornhole * 9:30am Library Drop-In 10am Mahjong (American) 10am Nickels 10:15am Stretch 11:15am Bone Builders Methuen River Cruise \$	20 9am Bone Builders 10am Nickels 11am Senior Fitness Noon Lunch 1pm Quilling 1pm Porch Social Summer Kickoff 1pm Qwirkle	21 9am Mahjong (Chinese) 9am P.A.W. Methuen Rail Trail 9:30am Bingo
24 9am Bone Builders 10am Knitting 10am Blood Pressure Clinic 10:15am Stretch 11:15am Bone Builders 1pm Healthy Habits – Salt and Hydration	25 9am Bone Builders 10am Whist 11am Senior Fitness Noon Lunch 1pm Cribbage 1pm Tai Chi	26 9am Bone Builders 9am Mahjong (Chinese) 9am Cornhole* 10am Nickels 10am Mahjong (American) 10:15am Stretch 11:15am Bone Builders Noon Lunch 1pm Mahjong (American)	27 9am Bone Builders 10am Nickels 10am Hearing Clinic 11am Senior Fitness Noon Lunch 1pm Quilling 1pm Wii Bowling 1pm Qwirkle	28 9am Mahjong (Chinese) 9:30am Bingo 1pm Time to Clay Part 2 \$ 1pm Bean Bag Baseball*

\$ - Programs with a \$ require payment with registration.
 All programs require preregistration.
 *Weather Permitting

ATTENTION READERS!

As we approach the 2nd Anniversary of The Evergreen, we would like to thank our advertisers, article contributors, and you, our readers, for your continued support.

With the continuing expansion of the towns we cover, so do the costs associated with it. For this reason, we have decided not to mail to every home and business in Pelham starting with the July 2024 issue of The Evergreen.

THE EVERGREEN WILL CONTINUE TO BE A FREE PUBLICATION.

Pelham residents and businesses – If you want to continue having The Evergreen mailed to you monthly, absolutely free, please go to TheEvergreenNewspaper.com/subscriptions fill out the form, and submit it.

You can also sign up for a free subscription by filling out and mailing the form below.

To all our readers – Please take advantage of our free subscription offer or pick up a copy of The Evergreen at the many locations throughout Atkinson, Hampstead, Hudson, Pelham, Salem, and Windham.

EXCITING NEWS - Beginning with the July 2024 issue of The Evergreen, we are adding Plaistow to the list of towns we cover.

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WHAT'S HAPPENING WITH OUR LAKES AND PONDS

by Tanya Donnelly

Exploring the Great Outdoors: The Joy of Motor Boating, Kayaking, Canoeing, and More

As the sun rises over tranquil lakes and ponds, outdoor enthusiasts across Southern NH eagerly prepare their watercraft for a day of adventure. Whether it's the rhythmic paddling of a kayak, the gentle glide of a canoe, or the exhilarating speed of a motorboat, there's something magical about being out on the water. But beyond the sheer enjoyment, there's a responsibility that every watercraft owner must embrace: safeguarding our aquatic ecosystems from invasive species.

The Thrill of Water Sports

Boating, kayaking, and canoeing offer a unique blend of physical activity, relaxation, and connection with nature. Here are some reasons why these water sports are so beloved.

Physical Fitness: Paddling engages multiple muscle groups, from your arms and shoulders to your core and legs. It's a low-impact workout that keeps you fit without straining your joints.

Scenic Views: Imagine gliding through serene waters, surrounded by lush forests, wildlife, and picturesque landscapes. Whether you're exploring hidden coves or navigating open lakes, the views are breathtaking.

Mental Well-being: Water has a calming effect on the mind. The rhythmic motion of paddling soothes stress, reduces anxiety, and allows you to disconnect from the hustle and bustle of daily life.

The Hidden Threat: Invasive Weeds and Species

While we revel in the beauty of our waterways, we must also recognize the potential harm we can unknowingly cause. Invasive species — plants, animals, and microorganisms not native to an ecosys-

tem — can wreak havoc on local biodiversity. Here's how they hitch a ride on our watercraft.

Boats as Vectors: Every time a boat is transported from one waterway to another, it becomes a potential carrier of invasive species. These hitchhikers cling to boat hulls, propellers, and trailers, waiting for their chance to invade new habitats.

The Silent Invaders: Zebra mussels, Eurasian watermilfoil, and other invasive species can hide in nooks and crannies. Even after a thorough wash, microscopic larvae may remain viable for up to 30 days. These tiny stowaways threaten native ecosystems by outcompeting local species and disrupting food chains.

Protecting Our Waters: The Three-step Solution

As responsible watercraft owners, we can take simple yet effective steps to prevent the spread of invasive species.

Clean: After each use, thoroughly clean your boat, trailer, and all water-related equipment. Remove visible aquatic plants, zebra mussels, and other invasive species. Pay attention to hidden areas where these pests might lurk.

Drain: Empty water-related equipment, such as ballast tanks and livewells, and remove drain plugs before leaving a water access point. Keep drain plugs out while transporting your watercraft.

Dry: Allow your boat to dry completely. Even if it looks clean, remember that live mussels can survive for weeks after removal from the water. Use the Dry Time Estimator to ensure your boat is truly dry.

Conclusion

Boating, kayaking, and canoeing connect us to nature's wonders. Enjoy the summer.

CHAMBER CHATTER

by Denise Dolloff, Southern New Hampshire Chamber of Commerce



Welcome to the "Chamber Chatter" a column of the Southern New Hampshire Chamber of Commerce. This space will be used to highlight business relationships and community involvement within our proud member towns of Atkinson, Hampstead, Pelham, Plaistow, Salem, and Windham.

Save the Dates

EVENTS: Open to the public – Registration required.

SNHCC Golf Tournament at Windham Country Club, Monday, June 3, 2024, from 1pm-7pm

What are per- and polyfluoroalkyl substances (PFAS) and how do they affect you? Wednesday, July 10, 2024, at AJ Letizio Enterprise Center from 3:30pm-5:30pm.

BUSINESS AFTER HOURS: Members only – Registration required.

Canobie Lake Park BAH, Wednesday, June 26, 2024, from 5:30pm-7:30pm.

Bluebird Storage, Hampstead, Wednesday, October 9, 2024, from 5:30pm-7:30pm.

HAPPY HOURS: Open to the public – Registration required.

Zorvino Vineyards, Sandown, Wednesday, July 24, 2024, from 5:30pm-7:30pm. 20th anniversary ribbon cutting.

RIBBON CUTTINGS: Open to the public – Registration required.

30th anniversary of Campbell's Scottish Highlands Golf Course, Salem, Friday, June 14, 2024, arrive at 1pm, ribbon cutting at 1:30pm.

May 2024 was an exciting month for new businesses in Southern New Hampshire. We celebrated the opening of Buff City Soap, Boho Beauty, and Playa Bowls in Salem, and Let's Tox Beauty in Plaistow.

We celebrated the beautiful new pavilion at Field of Dreams with a ribbon cutting and a free concert with the Salem Boyz. True to our mission, we foster an environment to promote and support business relationships and community involvement in the region.

Is your business looking to join an active and engaging Chamber of Commerce? The SNHCC is a partnership of businesses and professional individuals working together to build a healthy economy and improve the community's quality of life.

The Chamber is organized to provide business:

Advocacy: Represent the concerns of the business community

Information: Foster an environment that supports business success

Visibility: Provide business exposure

Networking: Facilitate the building of business relationships

Community: Promote business involvement in the community and region

Please like and share our Facebook page and follow us on Instagram. Check out photos of all Chamber events on our social media pages.

For more information on events, including ribbon cuttings, visit the SNHCC website at www.southernnhchamber.com and click on the upcoming events tab. For membership inquiries, information, and tickets to events, please reach out to Cindi Woodbury at Cindi@southernnhchamber.com.



Southern New Hampshire Chamber of Commerce
CONNECTING OUR COMMUNITIES



FLASHOVER

NEWS FROM THE PELHAM FIRE DEPARTMENT



by Lt. Robert Horne – Pelham Fire Dept.

HOW TO PREVENT WILDFIRES

Spring is here and so is the risk of wildfires. In previous installments of Flashover, I have discussed the rules and regulations regarding campfires and open burning. I will briefly reference it again here, but I want to focus on preventing the spread of your authorized burning as well as how to prevent fires in large open or forested areas.

Here's a quick review of NH open burning regulations in the Town of Pelham. You must have a valid permit for the current year on file with the Pelham Fire Department. Category 1 fires are "campfires" no greater than two feet in diameter contained within a ring of

fire-resistive material or in a portable fireplace. Category 2 fires are no greater than 4 feet in diameter contained within a ring of fire-resistive material or in a portable fireplace between the hours of 5pm and 9am. Category 3 fires are no greater than 4 feet in diameter not contained within a ring of fire-resistive material between the hours of 5pm and 9am. All permitted fires must be attended to, and a water source must be available to extinguish. Only vegetation and nontreated wood may be burned. No painted or treated materials or trash may be burned. All fires must be extinguished fully when not attended.

In addition, any person, firm, or corporation causing or kindling a fire without a permit, when a permit is required, and any person by whose negligence or the negligence of their agents any fire shall cause, is liable to the town for all expenses incurred in attending or extinguishing such fire. If fire escapes from your control, you may be held liable for payment of damage to property of another, payment of suppression costs to the town, and prosecution for failure to comply with regulations. Call the fire department to obtain a permit, which is free. I have discussed the rules in more depth previously, so feel free to call us with further questions. You will also find more information on the NH Division of Forest & Lands website.

So, now that you have a permit and have followed all the rules, let's look at how to prevent the spread in both permitted burning and forested areas. Al-

ways have a water source at the ready and extinguish any fire fully until it's cold and completely out. A buried fire can still spread to root systems and isn't fully extinguished. Pour water onto the fire, mix it around, and then use even more water. Category 1 fires must be kept 25 feet from any habitable structure (includes animal housing), and category 2 and 3 fires must be kept 50 feet from any habitable structure.

Keep an eye on conditions, if the wind picks up, your controlled fire can spread from embers easily and even horizontally on the ground. Don't use accelerants, such as gasoline, this not only can spread a fire out of control but also cause explosions and serious bodily harm. Keep your fire manageable with your water supply, a garden hose can't extinguish as much fire as you may think. Also, just because it recently rained, please don't think the risk of fire is decreased, a few warm days with a light wind can dry vegetation out very quickly. When choosing your site for a permitted fire, look above you, are there any branches that could catch on fire?

As far as forested areas are concerned, almost any spark or heat source can start a wildfire. Heat from shell casings while shooting can ignite dry leaves and debris (duff) on the ground easily. Carelessly discarded cigarettes and sparks from worn-out bearings on UTVs and other vehicles can also ignite a fire in dry conditions easily. Try to keep vehicles on the dirt and off the dry grass. Keeping your outdoor equipment, such as chainsaws, well maintained can prevent or limit

it unwanted sparks. Making sure your property is cleared can also help prevent wildfires and protect your home. Remove dead vegetation from around your property and clear leaves from around your home. Create a space between shrubs and trees to reduce the chance of flames leaping between them. Fireworks prevent a serious risk of wildfires. Consider wetting down the area before use and don't use them on windy days or nights. The embers can land anywhere, and it could be quite a while before the wildfire is discovered. Keep your grass mowed as grass reaches over 4 to 5 inches, it gets drier and can burn more easily.

This isn't an exhaustive list but, hopefully, using this as a guideline can prevent fire damage to your home, yourselves, and the natural world around us. You may read that forest fires frequently are natural and good for the rebirth of certain lands. Although this is true to an extent, in communities like ours, wildfires can infringe quickly upon your home and property as the residential sections about the forested lands. There is plenty of information available online on this topic. The NH Division of Forest & Lands, American Red Cross, United States Forest Service, U.S. Department of the Interior, Wildfirerisk.org, World Health Organization, and Federal Emergency Management Agency to name a few. As always, if you have any questions or would like to suggest a topic for me to discuss, feel free to email me at rhone@pelhamfire.com.

As always, it's our pleasure and privilege to serve you.

"FLASHOVER" News From the Pelham Fire Department is sponsored by:

KIMBERLY ABARE

I take great pride in acknowledging that my husband, father, and brother have all dedicated their lives to the noble profession of firefighting. As a gesture of my unwavering support for the Pelham Fire Department and *The Evergreen*, I am privileged to sponsor *FLASHOVER* each month. This sponsorship serves as a tribute to the brave firefighters who risk their lives for our community.

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See NH Lakes for more information:
<https://nhlakes.org/wp-content/uploads/Septic-Fact-Sheet-3.pdf>

M&M: Mortgages With Mike Gendreau

Your go-to guide for everything home loan-related. Are you ready to become a homeowner? Do you have questions about refinancing? Get educated with this important information first. Read a conversation between Mike Gendreau, mortgage expert with CrossCountry Mortgage, and Brianna, a first-time homebuyer who emailed me with some great questions. I thought they would be good to share with everyone.

Brianna: Thank you so much for being willing to help.

MG: Of course, this is what I do.

Brianna: At the moment, I'm not currently looking at buying, but I want to be as prepared as I can be when the time comes. Hopefully, sooner rather than later.

MG: It's always best to get prepared sooner rather than later.

Brianna: I have not gone through the process of seeing what I can be approved for and am not sure how to even look into how to figure that out.

MG: That's where I come in.

Brianna: How do I know what my price range is – essentially how do I know what I can afford?

MG: That's easy. The first thing would be to fill out an application (I can send a link). I would do a soft credit check, which doesn't impact credit scores, and gather some income and asset documentation. That's really it. I would then blend it all together and start building a loan with different purchase prices to see where you qualify to meet guidelines.

Brianna: How much do you recommend having set aside for a down payment?

MG: I generally recommend you have saved about 5% of the purchase price. 5% of \$500,000 is \$25,000. More is always better but that would be a decent amount to start with. If looking in NH, you might want to be closer to \$30,000. Some costs are a bit higher.

Brianna: Interest rates right now are horrific. Would you recommend waiting to buy until the rates drop or buy now and hope for a better rate and refinance?

MG: Honestly, if you can buy now and you can afford the payments, do it. Lack of inventory could be around for a while but, when rates drop, we will likely see home values continue to increase. If you

buy in this market, when you refinance, you will be able to have a nice drop in payments. By waiting, you will end up paying more in the future – trust me on that.

Brianna: Do you see the rates declining in the foreseeable future? What even is a "good" interest rate?

MG: A good interest rate is 0%, but that's not real. Neither you nor I can control them, so I deal with where they are. Would I like to see them drop – yes. But trying to handicap when they might is so tough. All the experts last year expected them to drop the first quarter of 2024 and that is now in the rear-view mirror. We are hoping to see something by September but (again) there is no guarantee. I am optimistic if Donald Trump wins in November that, we should see a sharp drop. I am not being political, but a change will warrant some downward moves.

Brianna: Is it difficult to refinance?

MG: Not at all. I handle that for you. It's night and day compared to purchasing.

Brianna: If you're not married, what's the best recommendation about buying a home together? In the sense of who should be named on the mortgage, or do you both have to be on it? Would you recommend making a contract regarding a "what-if" situation of separation and who gets what and how the house gets split?

MG: It's a tough one for me to say what is right. I would say it would be important to put something in writing but having an attorney assist would make the most sense. One of my best friends is an attorney and could help for sure. He would also be the attorney we would use for the transaction when you buy. A win-win.

*Michael Gendreau, Loan Originator
CrossCountry Mortgage, LLC
NMLS45832, NMLS3029
MB.803095, NMLS1491005*

CROSSCOUNTRY MORTGAGE
Michael Gendreau
Loan Officer
Salem, NH Mortgage Lender
NMLS45832

254A N Broadway, Unit 202 - Salem, NH 03079
M: 978.764.0309
E: michael.gendreau@ccm.com
W: ccm.com/Michael-Gendreau

NMLS3029 | MB.803095 | NMLS #1491005



Each month, The Evergreen will be featuring a favorite recipe from a Pelham-area resident. If you would like to submit a recipe, please email it to theevergreennewspaper@gmail.com. We cannot guarantee that every recipe will be published, but we will do the best we can.

Recipe submitted by Kimberly Abare

ANN'S HAWAIIAN WEDDING CAKE

This is my Mom's Hawaiian Wedding Cake recipe. It's one of my favorites because it is so fancy-looking and tasting, and so easy to throw together for company or just a Sunday afternoon.

Cake Ingredients:

- 2 eggs
- 2 cups sugar
- 2 cups flour
- 2 teaspoons baking soda
- 1 cup chopped walnuts
- 1 20-ounce can crushed pineapple and juice

Cake Directions:

Mix together in bowl with spoon. Pour into greased and floured 9 inch x 13 inch pan and bake at 350 degrees Fahrenheit for 40-45 minutes.

Frosting Ingredients:

- 1 8-ounce package of cream cheese, softened
- 1 stick butter
- 1-1/3 cups confectionary sugar
- 1 teaspoon vanilla

Frosting Directions:

Beat with mixer until smooth and spread on cooled cake.

Thank you, Kim.

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ARMED WITH KNOWLEDGE

--- by Charity Willis ---



Purchasing a Firearm

The Second Amendment of the United States Constitution includes the words: "...the right of the people to keep and bear Arms, shall Not be Infringed." After careful and significant consideration, education, and understanding of the legalities associated with firearm ownership, you're ready to make a selection.

When selecting a firearm, the first step is to determine your "Why." For this reading, the firearm will be for recreational/sporting pistol (target) shooting. There are many organizations, such as the International Defensive Pistol Association (IDPA), International Practical Shooting Confederation (IPSC), United States Practical Shooting Association (USPSA), Bullseye, and many more. Each has specific requirements, so you'll need to choose a firearm that aligns with the chosen discipline.

The next step is caliber selection. The best caliber is based on personal preference and the type of target shooting discipline. Choose a caliber that suits your comfort level and gives you the ability to manage recoil. Here are a few of the most common:

- .22lr: Low cost, great for beginners and target shooting.
- 9mm: This is a popular choice due to its availability, affordability, and manageable recoil.
- .40 S&W: Is a balance between 9mm and .45 ACP (used more for defense than target shooting)
- .45 ACP: Has more recoil than other cartridges yet still popular in today's competitive bullseye.
- .380 ACP: Smaller cartridge with less recoil (mainly used in semi-automatic pistols)
- .38 Special: Best suited for revolvers and offers moderate recoil.
- .32 ACP: Less common but still an option.

Action type:
• Semi-automatic: Common for target shooting with a high capacity.
• Revolver: Simplicity and reliability; not a large capacity.
• Single-action: You need to manipulate the hammer before shooting.
• Double-action: This firearm has single- and double-action capabilities.

Once you've determined the sport and appropriate caliber, it's time to choose a firearm. There are many options, so it's always wise to "try before you buy." Think of it this way – if you were going to run a marathon, you wouldn't do it in hiking boots or 5-inch stiletto heels. You would choose something comfortable and suitable for the sport and try them on for the best fit. The same thing applies to firearms. You want it to fit properly and be comfortable from the start of the competition to the finish.

A proper grip enhances accuracy, control, and safety:

- When picking up any firearm, first use safety and precaution to ensure it is unloaded (the magazine is empty/removed and the barrel contains no ammunition). Position the web of your hand (between your thumb and index finger) as high as possible on the backstrap of the grip (called the beaver tail or tang). This is done while maintaining your index finger high on the frame (completely away from the trigger and trigger guard). Think about your hand "making a gun to pick up a gun." This will help prevent the grip from rotating in your hand. Even the smallest gap can allow recoil from escaping and the muzzle to flip (rise and fall between shots).
- Once you've gripped the firearm, the second set of hand knuckles will generally fall in line with the edge of the grip, indicating if the circumference is too large or too small.
- With a proper grip, the index finger should fall naturally on the trigger so that it can be pressed without shifting the grip or moving the firearm. If you strain to reach the trigger or have too much finger on the trigger, it can affect accuracy.
- Practice and experimentation are key to finding out what works best for you. Remember to always prioritize safety when handling firearms.

Ease of maintenance, storage, and safety: First read the owner's manual, next answer the following:

- Does your thumb reach the magazine release without shifting your grip?
- Can you manipulate the safeties (if it has them), thumb, grip, and/or trigger?
- Can you lock the slide back?
- Is the firearm taken apart easily for maintenance and cleaning?
- Can the salesperson disassemble the firearm easily?
- Are the sights adjustable?
- Is the trigger smooth and consistent?

As with everything, you get what you pay for. Quality matters, especially with a firearm. Do your research on brands and models that fit within your budget. Avoid making your selection based on price and/or appearance and strive for the best quality. Keep in mind the additional costs for ammunition, accessories (including eye and ear protection), and training. Any sport can become expensive rather quickly so, once you set a budget, try your best to stick to it.

Regardless of which firearm you choose, training and practice are essential. Seek professional guidance from instructors and experienced shooters. Practice regularly to become proficient. Research and understand local and state laws relating to firearm ownership and transportation-. Be responsible and purchase what you can safely handle because safety is the top priority.

EAT, DRINK, AND BE MERRY

Welcome to "Eat, Drink, and Be Merry" where we will rate local restaurants based on nine criteria equally broken out into three categories: food, service, and atmosphere. We will use a 1-5 star rating scale (see below). Our purpose is twofold – 1) introduce residents to restaurants in the area and 2) provide feedback to local restaurants in order for them to improve their product. Should you have any restaurant suggestions or comments, we would love to hear from you. Please email us at theevergreennewspaper@gmail.com.

Ratings:

- ★ – Come on, man
- ★★ – Not your Grandmother's cooking
- ★★★ – I'd go back again
- ★★★★ – Celebrate we will
- ★★★★★ – Cheeseburger in paradise

Tuscan Kitchen

9 Via Toscana • Salem, NH 03079 • 603-952-4875

Category	Criteria	Rating
Food	Taste (Quality of the Food)	★★★★★
Food	Appearance/Presentation	★★★★★
Food	Cocktails (Selection, Quality, Presentation)	★★★★★
Service	Wait Staff/Server/Hostess	★★★★★
Service	Ease of Access (Parking, Wait, Reservations)	★★★★★
Service	Value for the Money	★★★
Atmosphere	Cleanliness of Restaurant/Bathrooms	★★★★★
Atmosphere	Interior/Exterior Design (Seating Arrangements)	★★★★★
Atmosphere	Mood/Ambiance/Music	★★★★★
Overall Experience		4.6

It lived up to the hype. For the last year and a half, we have been waiting for Tuscan Kitchen to move from its old location on Main Street over to the Village and, wow, did they do it right. The ambiance is incredible. As you walk in through the hotel, you see this beautiful wine rack with a rolling library ladder, whitewashed brick, plants coming down from the ceiling, a full wraparound bar, and large doors on each side of the corner-structured restaurant that open up to the outside patio – just perfectly planned. This is not your parent's Italian restaurant and that could be a good or bad thing depending on your preferences. It's more open and modern, with smaller portions and higher prices than what you might expect at a traditional Italian restaurant with large portion sizes, booths, and a more intimate, romantic feel to it. Although on the pricier side, the food and drinks couldn't have been better. We had a martini with hand-stuffed blue cheese olives that was exceptionally smooth and a seasonal old fashioned with flavors to match that of the Kentucky Derby. To start the meal, warm bread is brought over with an intricate dipping oil with an olive oil base and tomatoes, garlic cloves, and salt and pepper on the side of the plate. We had the artichoke and quail appetizers, the bolognese and margherita pizza for our entrees, and capped off the night with an affogato. Everything was to die for. If you are looking to celebrate an event – this is the place to go!

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This is IT

by LG Tech MSP

Driving Business Efficiency With Technology

In today's competitive marketplace, small to medium-sized businesses (SMBs) have a unique opportunity to harness technology for enhanced efficiency, productivity, and growth. As a dedicated information technology (IT) professional supporting local businesses, I've helped design these transformative solutions that impact strategic technology adoption. This article explores practical ways SMBs can leverage technology to optimize operations, streamline processes, and propel their business forward.

Embracing Innovative Solutions

Why Technology Matters: Adopting the right technologies can revolutionize the way SMBs operate, providing tools to automate tasks, improve decision-making, and deliver exceptional customer experiences.

Key Benefits:

- **Operational Efficiency:** Implementing technology-driven solutions reduces manual efforts, minimizes errors, and accelerates workflows.
- **Cost Savings:** Technology streamlines processes, lowers operational costs, and maximizes resources.
- **Enhanced Customer Engagement:** Leveraging technology enables personalized customer interactions and fosters long-term relationships.

Practical Applications of Technology

- 1. Cloud Computing:** Embrace cloud-based services for data storage, collaboration, and scalability without the need for expensive infrastructure.
- 2. Automation Tools:** Implement automation software for repetitive tasks, such as invoicing, inventory management, and customer support, freeing up valuable time for strategic initiatives.

3. Digital Marketing Strategies: Utilize digital marketing tools and platforms to reach a broader audience, optimize campaigns, and track performance metrics.

4. Business Intelligence (BI) Solutions: Harness data analytics to gain actionable insights, make informed decisions, and identify growth opportunities.

Implementing Technology Solutions

- 1. Assess Your Needs:** Identify pain points and prioritize areas where technology can drive the most significant impact.
- 2. Choose the Right Tools:** Research and select technologies that align with your business goals, budget, and scalability requirements.
- 3. Train and Engage Employees:** Provide training and ongoing support to employees to ensure successful adoption and utilization of new technologies.
- 4. Continuously Evaluate and Adapt:** Regularly assess the effectiveness of technology solutions and make adjustments to optimize performance and return on investment (ROI).

Embracing the Future of Business

By leveraging technology effectively, SMBs can unlock new levels of efficiency, innovation, and competitiveness. The key lies in embracing digital transformation as a strategic imperative and empowering employees with the right tools and skills. As technology continues to evolve, SMBs that remain agile and adaptive will thrive in today's dynamic business landscape.

We welcome your IT-related questions and article ideas. Feel free to submit them to info@lgtechmsp.com.

LG Tech MSP
Jason@lgtechmsp.com
 603-765-1030

Summer Brings Out the Child In All of Us

by Larry Belair

About 40 years ago, I wrote an article about things that my age group did in the summer months when school was out. Well, I'm entering my 84th summer and the memories are as vivid now as they were four decades ago.

I was raised in West Lynn, MA, one of five children of a very blue collar family. To pass the time of those "endless summers," we kids had to be very creative in making up games and things to do. Summer movies at the Uptown Theatre were just 5 cents – and that included two movies and the Movietone News, which was then the only way Americans got to learn about World War II, even if the films were two months old. Popcorn, Coke, Jujubes and strips of candy Dots were sold but only if you had a few extra nickels.

I think about Jake, Ray and Gus and "tinfoil baseball" in the street, in front of my house. An old stick, Mom's curiously disappearing Reynolds Wrap foil and an imaginary baseball field – that's all it took. A double off the window, a single on the driveway, or a homer on the porch. No balls, no strikes – just whack the tinfoil ball as hard as you could. Day after day, hard-fought, do-or-die battles with the kids who would be your lifelong friends.

Sometimes, we played "outs" with the ever-present pink rubber ball. Bang it off the wall, put a spin on your pitch. Get by Jake, score a run. Sun's setting- see you tomorrow. Summer was the greatest time. Days of tossing baseball cards against the wall in Lincoln schoolyard – Ted Williams, Ralph Kiner, Mickey Mantle, Bobby Doerr, and Phil Rizzuto. Boy, I wish I'd kept all those cards – and my comics and my marbles, Hula-Hoops, snap-jacks, and pizza hats.

I remember playing fist-ball, Red Rover, dodgeball, buck-buck, drinking out of local streams, and swimming in the reservoir. Do you remember the yo-yo contests? I wonder what happened to

the Filipinos who came to the parks and playgrounds, urging us to buy Duncan yo-yos so that they could amazingly carve your name or palm trees or, most importantly, your girlfriend's name on the wooden face of a brand new yo-yo. We could "walk the dog," shoot the moon," or make a "baby-in-the-cradle." Some kids went off to the fame of city yo-yo championships at a downtown theater, on the bus, no less.

Just when you thought summer would never end, your mom would drag you off to downtown to shop for some clothes to wear to school. The pants that fit me when school let out two months earlier, were "high waters" now and the soles on my shoes were going "flip-flop" from all the summer fun.

Early fall brought piles of maple leaves, neighbors apple trees and pear trees and the inevitable "You'd better be home when the street lights go on." Somewhere along the way, all those things got put aside. We discovered cars and then girls. The cars were easier to figure out than the girls. Six spark plugs, a set of points, a new distributor cap, and everyone chipped in for two gallons of gas and it was off to Lynn Beach.

Then, before we were really ready, the last summer vacation came. We're graduating now and who knows what will happen? What about Jake and Ray and Gus? Will we ever be close again? Will time and geography separate us, except in spirit?

Summer is coming again and our kids have grown and they have kids of their own. For 70 years, the four of us would get together from time to time. We've lost Jake and Ray but Gus and I still get together and talk about all those summers of so long ago and feel the love that four kids and Verna and I had for each other.

Written by Larry Belair, a resident of Salem, where he and his childhood sweetheart, Verna, have lived for nearly 64 years.

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Hollywood Nights Bob Seger Tribute Performing at 16th Annual Center for Life Management Benefit Concert & Auction

by Laurie Ota



Summer will be here before we know it and so will the 16th Annual Benefit Concert and Silent Auction for the Center for Life Management. Hollywood Nights – The Bob Seger Experience will rock the Tupelo Music Hall, Derry, on Friday, July 19. Tickets are already going fast.

Hollywood Nights – The Bob Seger Experience is the ultimate tribute to Bob Seger & the Silver Bullet Band. This nine-piece New Jersey-based powerhouse has set out to recreate everything about Seger and his music down to the smallest detail. Hollywood Nights even tours with a baby grand piano. If you are a true Bob Seger fan, you won't want to miss this.

"Music brings people together, and we hope that our concert will bring people together to show their support and be mental health champions," explained Vic Topo, president and CEO of the Center for Life Management.

ARNNE Pet of the Month

by Kathy Foytho

Meet Pip

Sweet Pip is a Chihuahua-pittie mix and weighs 35 pounds. She should be 25 pounds. Are you looking for a dieting buddy? Pip is 3.5 years old and waiting too long in a cement kennel at a gun range... yet, she still meets her volunteers with joy and affection.



As a short-haired dog, Pip does not require elaborate grooming. Pip is crate-trained and housetrained and has good basic manners. She has been undergoing

training to stop "nipping" when excited. With other dogs, Pip is a boss lady. Pip will do best in a family home with a fenced yard to run around in.

Pip is a happy, friendly, mostly well-behaved, affectionate little girl. She needs to meet a forever family who will adore her as much as she will adore them. If you think that you could be Pip's lovable savior, start by filling out an adoption request form: <https://arnne.org/adoption-form/>.

Pip's full photo/video album: <https://photos.app.goo.gl/X6zwpjxuwotD-ST8v7>.

ARNNE is a small but mighty group of pet loving volunteers.

Email adoption@arnne.org or call the shelter at 603-233-4801 and a volunteer will return your call.

Proceeds from the event support services for those in need and without insurance and the ability to pay. It also helps to eliminate a barrier to the successful treatment of individuals mental health care.

Doors open at 5 pm and the show goes on at 7 pm. Tickets are on sale online at www.TupeloMusicHall.com. The event also features an online Silent Auction, 50-50, and scratch ticket raffles. You don't have to attend the concert to bid at the online auction or purchase raffle tickets, so check out the great array of items and purchase raffle tickets at <https://clmauctionraffle.maxgiving.bid>.

Many local businesses have stepped forward to sponsor this year's event, including (to date) CGI Business Solutions; United Health Care; M&T Bank; Pentucket Bank; Genoa Healthcare; Pastori Krans; Enterprise Bank; Wisheart, Wimette & Associates; Sheehan Phinney; AAA Energy; Parkland Medical Center; Derry Friendship Center; USI Insurance; Goodnow Realty; and Salem Area Women's Club.

For more information or if you would like to donate to the Center of Life Management directly, please visit www.CenterForLifeManagement.org. For questions about the event or becoming a sponsor, contact Melissa Ballard Sullivan, director of philanthropy at 603-965-0770.

Volunteer or Work for the Girl Scouts – You'll Feel the Love

by Ginger Kozlowski

Troop leaders, summer camp help, and single-time helpers are needed by council.

Are you looking for a way to have a positive influence on the next generation? Girl Scouts of the Green and White Mountains may have the opportunity that you are looking for.

Whether you would like to lead or help a Girl Scout troop, want to spend a summer outdoors with campers, or have a skill that you'd like to share on a short-term basis, your help is welcomed.

"There's just something about Girl Scouts that's very appealing," said Michelle Mainz, a troop leader in Raymond, NH, who is better known as M&M when working at Camp Kettleford. "I like the fact that we're teaching them right behavior, we're teaching them to be brave, and we're teaching them to try stuff even when they're a little bit afraid."

Volunteering for Girl Scouts is also a great way for adults to connect with other adults, fostering friendship and community.

"I think my strongest community connections and friendships are almost all based in Girl Scouts," said Jennie Clarke, a Girl Scout volunteer in Essex, VT. She encourages more adults to consider vol-

unteering for Girl Scouts, emphasizing that it's not just troop leaders that are needed. Anyone with a special skill like sewing, engineering, or outdoor knowledge can share that with Girl Scouts.

"We had one woman who was an engineer," she said, "and she had all these bridge-building materials, so the girls could practice building a bridge and figure out what design and what materials work best. I like to tap into what other people's talents are and find ways they can come in and do one meeting."

You can learn more about paid summer camp opportunities and volunteering for Girl Scouts by visiting www.girlscoutsgwm.org, emailing customer-care@girlscoutsgwm.org, or calling 888-474-9686.



Michele Mainz is loved by her Girl Scouts.

Atkinson Women's Civic Club Spring Artisan Market

by Rose Cavalear



The Spring Indoor/Outdoor Atkinson Women's Civic Club Artisan Market will be held on Saturday, June 15, 2024, from 10am-3pm at the Atkinson Community Center, 4 Main Street, Atkinson, NH. This event will be held rain or shine, so come on out to support our local vendors.

Mark your calendar and come by and check it out. There will be handmade craft items from more than 75 talented craftsmen and local popular food vendors.

The Atkinson Women's Civic Club will have raffle baskets, a 50/50 raffle, and music. What a wonderful way to spend a Saturday afternoon in the spring.

You will be amazed by the wonderful artisanship and variety of our vendors. Enjoy a great day seeing your friends and neighbors, having some delicious food, listening to some great live music, and enjoying the relaxing yet energetic atmosphere of our market. It's guaranteed to be a fun family time.

The Atkinson Women's Civic Club is a 501(c)(3) organization and your support by attending this fundraiser will help to support the AWCC's functions throughout the year. These include scholarships, senior and family community programs, support at the Town holiday events, Deliberative Session refreshments, and Candidates Night. More information is available at www.awcc-nh.org

Contact: Rose Cavalear at 603-489-3486, rcavalear@awcc-nh.org Noriko Yoshida-Travers at 603-401-4509, nytravers@awcc-nh.org

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Equestrian Achievement



12-year-old Stella Babcock, the great-granddaughter of Pelham, NH, resident Dor Hill, placed second (also referred to as Reserve Champion) in the Interscholastic Equestrian Association (IEA) Dressage National Finals in Tryon, NC, in early May. Babcock has been training for two years.

The IEA was established to provide competitive and educational opportunities through equestrian athletics. Now in

its 22nd year, the IEA has over 14,600 members across the United States participating in Hunt Seat, Western, and Dressage disciplines. IEA's mission is to promote lifelong involvement in equestrian athletics. IEA wishes to introduce students in grades 4-8 (Future) and 9-12 (Upper School) to equestrian sports and to develop an understanding and appreciation of equestrian sports through organized competitions and educational opportunities. IEA further wishes to inspire and facilitate adults to continue their journey in equestrian athletics for a lifetime.



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The Southern New Hampshire Chamber of Commerce Hosted an Economic Development Breakfast at the Artisan Hotel in Salem, NH

by Emily Bilodeau, Southern NH Chamber of Commerce

At the Southern NH Chamber's highly anticipated 2024 Annual Economic Development Breakfast, they were privileged to explore a diverse array of critical topics influencing Southern NH's economic growth. From the pressing concerns surrounding alternative energy and energy costs to the nuanced discussions on economic challenges for businesses and the importance of financial long-range planning, the event provided an insightful platform for dialogue and learning. Moreover, they delved into the complexities of hiring and employment in our current economic landscape, the urgent need for affordable housing solutions, and the vital role of infrastructure in driving sustainable development.

The esteemed panel of speakers, including Chris Schleyer, principal and head of property management at Elm Grove Companies; NH State Senator Daryl Abbas; Joe Devine, interim Salem, NH, town manager; Joe Faro, founder, principal, and "chief food taster" of Tuscan Brands; Justin Champlain, financial

planner at Arcadia Financial, EA, CFP, and Stephanie Sewade, executive vice president/partner of Luke Jackson Benefit Solutions, offered invaluable insights and perspectives that enriched an understanding of these complex issues.

The Chamber extends its heartfelt gratitude to their Platinum Sponsor Pentucket Bank, distinguished panelists, moderator Chris Goodnow, the talented DJ Tommy Demers with Get Down Tonight Entertainment, Inc., all attendees, and the remarkable individuals who contributed to the success of this event. Your presence and participation made this gathering truly memorable and impactful.

The Southern New Hampshire Chamber of Commerce is organized to foster an environment that promotes and supports business relationships and community involvement in the area. For more information on the Chamber, please call 603-893-3177 or visit its website at southernnhchamber.com.



Pelham Firefighter/AEMT Greg Hein awarded Firefighter of the Year Award from the Pelham VFW.



Salem Area Women's Club

by Maria Baribeau

On April 11, despite gloomy and damp weather, a group of dedicated members of the Salem Area Women's Club (SAWC) swarmed the Veterans Memorial Parkway in Salem, NH, picking up litter. Donning high-visibility vests, boots, rain gear, hats, and gloves, they worked in pairs to tackle the task at hand. As they worked, the sound of laughter and chatter filled the air, and it was inspiring to see how the group remained cheerful and motivated. At one point, a member discovered a soaked \$100 bill but, upon closer inspection, it was discovered that it was a fake.



Despite the false alarm, the group remained in high spirits and continued their efforts to keep the parkway clean and beautiful. Do you want to join in the fun? For more information, visit its website at SalemAreaWomensClub.org or email them at SalemAreaWomensClub@gmail.com.



Susan Raymond, a SAWC Civic Engagement & Outreach (CE&O) Committee member, spoke with the Hampstead Fire Station crew to see how the SAWC could express our appreciation for their dedication and service to the Hampstead community. As a result, at the end of April, the SAWC presented the Hampstead Fire Station with a \$300 Home Depot gift card to help the purchase a new gas grill for its firehouse. They were very appreciative and they look forward to a summer of awesome firehouse grilling.



In the fire truck: Lieutenant Connor Lonergan. (left to right) Susan Raymond, Chief Michael Carrier, Liza Snyder, Captain Chris Dane, Laura Andolino, and Deb Slein.

The CE&O Committee was recently informed of two local veterans in need: one a homeless veteran; another a single mother with children. Both served in the United States Army. The CE&O Committee agreed to use our budgeted veteran support funds to donate a \$250 Irving gas card to the homeless veteran and a \$250 Walmart gift card and a child car seat to the single mother. Both were touched (one to tears) when accepting our SAWC donations. We are making a difference in our community one donation at a time.



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Windham Daddy Daughter Dances

by Cheryl Haas, Windham Parks and Recreation Director

Windham Recreation hosted two Loved One - Daddy Daughter Dances in Windham in March and April at Castleton.

Between the two dances, over 800 were in attendance. A great time was had by all.



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Blue Skies Filled With Bluebirds

by Roger Montbleau

Nesting season has arrived on schedule. Pelham's bounty of bluebirds are busy building their nests in the abundance of nest boxes throughout the town.

This season of bluebird fledglings is gearing up to be a bumper year.

The newest bluebird sanctuary is trail-side in the Pelham Veteran's Memorial Park ready for trail hikers to pause along the way, sit, and watch the bluebird activity that has taken place there. It's very exciting.

The Merriam Farm Sanctuary is getting lots of activity based on reports of frequent monitoring. In addition, the Gibson Cemetery, with more than 20 boxes, has produced results from egg-laying bluebirds. The added graceful beauty of bluebirds of Gibson Cemetery has been a positive enhancement to those visiting deceased loved ones.

The request for legacy boxes in all the sanctuaries has increased. The newest request was from Rick and Lisa Fregeolle. They have chosen Celebration Park to install their legacy box for the enjoyment of those who visit Hobbs Center. The inscription reads "Ace & Ella Gordon, Angels protecting these bluebirds spreading hope, love and positivity. Forever nesting pairs. 2024." That inscription will be there in perpetuity in honor of their loved ones.



In addition, there have been many requests for advice and assistance in placing and installing boxes at private homes. The community is embracing this worthy wildlife effort all over Pelham.

If you are reading this article, we would encourage you to be involved now because May, June, and July are the three big months for nesting. It has only just begun. If you want Pelham Bluebird Society to create a legacy box for you, contact us at pelhambluebirdsociety@gmail.com or visit our Facebook group, which is Pelham Bluebird Society.

Atkinson Lions Present Student Service Awards

by John Troy

The recipients of this year's Atkinson Lions Club Service Awards were Mark Genest and Katherine O'Leary. Thanks to the committee members, Bob Gustafson, Alan Phair, Fran DiLeo, Roger Clapp, Todd Casista, John Fleno, and John Troy. The recipients were presented with checks of \$1,500 each at the Club's May dinner meeting at the Atkinson Country Club. Congratulations to the recipients.



(L to R) Katherine O'Leary, Atkinson King Lion Phil Sherwood, and Selection Committee Chair John Troy.



(L to R) Atkinson King Lion Phil Sherwood, Mark Genest, and Selection Committee Chair, John Troy.

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The Old Salem Town Hall Restoration and History

by Brian Flanagan – Salem NH Historical Society

The Salem, NH. Old Town meetinghouse has been the hub of education, government management, place of worship, clubs, and historical archives for almost three centuries. A recent restoration of the Salem Old Town Hall began four years ago. Let's start with the origin of this iconic structure. The original meetinghouse construction began in November 1738 managed by Henry Sanders, a local carpenter. The structure was moved to its current location on 310 Main Street in 1838 to accommodate a bridge to be constructed across the Spicket River. In 1900, a renovation would celebrate the sesquicentennial anniversary of the incorporation of Salem in 1750.

Edward F. Searles made a deal with the town just prior to Salem's 150 anniversary in 1900 to match the town's money with some of his own for a thoroughgoing redecoration. The town raised \$1,000 for the project during the annual town meeting in March, and Searles agreed to put more money with it provided he had a free hand in how it was to be spent. Searles had ordered the ceilings torn out, and Sanders' old beams exposed. Source: At the Edge of Megalopolis.

The roof peak was raised several feet and six prominent arched windows were installed. Searles' architectural influence is evident in the second-floor network of ceiling beams. Within the next decade, a renovation extended the length of the building by 14 feet. This made way for a new front entrance, grand staircase, kitchen, and heating furnace. A ghostly image on the wall sheathing in the attic reveals evidence of the original location of the exterior arched windows.

In the 20th century, the Old Town Hall served as a courthouse, meetinghouse, senior center, and office to conduct government business. On May 15, 1956, the Salem Historical Society was founded by Prescott W. Hall, and the office was located at the Hose House No. 2. The purpose: Dedicated to preserve artifacts used



in Salem's past and keep old records on file for future generations. Fire damaged some of the artifacts on December 5, 1961. Repairs were completed and a re-opening occurred on May 30, 1962. The Society office, records, and artifacts were relocated to a safer location at the Kelley Library basement. These items were stored from January 11, 1968.

In 1982, the Salem Historical Society and the artifacts were moved to the Old Town Hall. The building received minor repairs and 17 display cases. New locks and burglar and fire alarm systems were installed to protect Salem's priceless artifacts. For 41 years, public meetings have been held on the second Tuesday of the month from April through November. In 2020, another renovation was completed by Tom Mosson Construction and the members of the Salem Contractors Association. A larger and safer Americans with Disabilities Act (ADA)-compliant restroom replaced two smaller outdated facilities.

The planning and funding stages for the current restoration were followed by hiring craftspeople who adhere to following strict historical building guidelines. The clapboard replacement project contract was awarded to Innovative Roofing of Derry, NH. This contractor removed the clapboards, repaired the sheathing, and reinstalled clear white pine clapboards from a mill in northern Vermont. The museum's 32 wavy glass windows from 1900 were removed and have been

restored. Before the advent of electricity, windows in the meetinghouse served primarily as a means for the admission of both light and air. Window Woman of Amesbury, MA, was selected as the window restoration contractor. The windows on the two floors have been beautifully and functionally restored. The third-tier arched Searles windows are now illuminated from dusk to dawn revealing the ceiling beams and providing a stunning beacon for Salem.



The outdated electrical system was replaced with a safer, brighter, efficient network by the electricians at Gemini Electric, in Auburn, NH. The meeting room ceiling construction and carpentry are managed by the craftsmen at Innovative Roofing and Northeast Deck. The sound system and closed-circuit security cameras are wired by Link Established in Salem, NH. Roy Sorenson, director of the Department of Public Works, serves as the general contractor. The department's role in the project is to manage contracts, finances, grants, timelines, and safety. A 10-member group, the meetinghouse restoration committee, was formed three years ago to act as a board of directors to ensure communication and highlight the project phases for all stakeholders including the town residents. The Salem NH Historical Society volunteers are the consultants to ensure proper historical detail, functionality, and workflow.

The museum is open to the public from April to November on Mondays 2 pm-5 pm. Find us on Facebook at Friends of Salem NH Historical Society for a schedule of our monthly speaker meetings.

Pelham Police Corporal Brian Kelly Honored

by Pelham Police Chief Anne Perriello and Media Specialist Ashley Milinazzo



On May 4, 2024, the Pelham Post 10722 VFW & Auxiliary held their annual Loyalty Day Awards Dinner. This year's recipient of their Police Officer of the Year Award was awarded to Corporal Brian Kelly for his years of service and particularly to his role as Pelham High Schools school resource officer.

Cpl. Kelly is a 17-year veteran of the Pelham Police Department. During that time, he has impacted the youth in Pelham for over 13 years as a school resource officer for the Pelham School District. Cpl. Kelly has mentored hundreds of children who have gone through the Pelham School District and watched them grow into responsible adults. He served as guardian through their teenage years as he was readily available for guidance, empathy, and advice during some of their toughest moments. He was also there to support and cheer them on in their best moments. He forged relationships with hundreds of students, parents, and staff, furthering the mission of the Pelham Police Department.

Cpl. Kelly's ability to safeguard the students went past mentoring. He has taught hundreds of students and staff members how to defend themselves in an active shooter situation and taught a "stop the bleed class" for all high school staff members. Cpl. Kelly's expertise extends past teaching. He has been instrumental in emergency planning with and for the school district. He has worked directly with Homeland Security to ensure all school buildings are up to date on the latest school safety planning. Cpl. Kelly is proactive in planning for school safety at a time when safety remains a top priority for all school districts.

It is with great honor that Cpl. Kelly is recognized for keeping our community safe while mentoring our youth. Congratulations Cpl. Kelly, Pelham is lucky to have you.



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An Interview with Jessica St. Jean, Owner of JSJ Aesthetics

by Kimberly Abare



Can you tell us about the team at JSJ Aesthetics? What expertise and experience do they bring to the table?

The JSJ team operates more as a family than colleagues, with each member holding a great deal of respect for one another and the business. They are multilingual, speaking English, Arabic, and Spanish. The nurses bring a combined experience of over 55 years while the manager boasts a decade in the medical aesthetics industry. The estheticians are passionate about skin rejuvenation and excel in makeup application while the laser specialists collectively hold over 20 years of experience.

Who is the founder/owner of JSJ Aesthetics, and what inspired them to start this venture?

Jessica St. Jean, the owner and founder of JSJ, graduated from the University of New Hampshire with a Bachelor of Science in Nursing in 2003 and completed her Master of Science in Nursing-FNP-C [family nurse practitioner-clinical practice] from Rivier University in 2020. After beginning her nursing career at Brigham and Women's Hospital, she ventured into the aesthetic field in 2014 with the establishment of Beauty On The Go, later renamed JSJ Aesthetics in 2019. Driven by a desire to have something of her own, St. Jean continuously pursued further education and training to enhance her skills. She is recognized as a national trainer for Galderma Aesthetic, offering private training and receiving accolades such as being named the most requested trainer in New England for consecutive years. St. Jean's commitment to community service is evident through initiatives like the Pampered Project, fundraisers for charitable organizations, and volunteering efforts.

How does JSJ Aesthetics prioritize customer interaction and satisfaction in their services?

At JSJ Aesthetics, customers are valued as the most significant asset, and their needs are paramount. The team dedicates 30-60 minutes per patient, ensuring per-

sonalized attention during consultations and treatments. By listening attentively to patients' concerns and offering tailored solutions, JSJ fosters lasting relationships with its clientele, many of whom have been part of the JSJ family for a decade.

What sets JSJ Aesthetics apart from other medical spas in the area?

As a woman-owned local business, JSJ Aesthetics prioritizes community involvement and connection. Without corporate pressures, the team focuses solely on providing genuine care and expertise to its patients. JSJ distinguishes itself through its commitment to philanthropy, actively participating in initiatives that improve the local community's well-being.

Can you elaborate on the range of services offered at JSJ Aesthetics, particularly those catering to women's sexual wellness and men's health?

JSJ offers a comprehensive array of internal and external wellness solutions to help clients achieve their best selves. Services include IV hydration, Botox, dermal fillers, bioregenerative medicine, platelet-rich plasma (PRP) injections, polydioxanone (PDO) threads, skin tightening, HydraFacial, chemical peels, and more. For sexual wellness and men's health, JSJ provides hormone replacement therapy tailored to individual needs, supported by comprehensive assessments and clinical evaluations.

Could you share some success stories or testimonials from satisfied customers who have experienced skin and hair rejuvenation at JSJ Aesthetics?

JSJ Aesthetics boasts a consistent 5-star rating across platforms like Google, RealSelf, and Facebook, with over 350 reviews attesting to the satisfaction of its clientele. Testimonials highlight transformative experiences in skin and hair rejuvenation, reflecting the expertise and dedication of the JSJ team.

What steps does JSJ Aesthetics take to personalize treatments according to each customer's unique needs and goals?

JSJ believes in individualized care, tailoring treatment plans to meet the specific needs and goals of each patient. By prioritizing open communication and listening attentively to patients' concerns, the team ensures that every individual receives personalized solutions aligned with their preferences and objectives.

How does the staff at JSJ Aesthetics stay updated with the latest advancements and techniques in aesthetic medicine?

Led by St Jean, a national trainer for major companies in the industry, the JSJ team remains at the forefront of aesthetic medicine. They engage in ongoing education through classes, webinars, cadaver labs, and online forums, ensuring they offer cutting-edge treatments and services to their clients.

Can you provide insights into the skincare products and treatments offered by JSJ Aesthetics for maintaining healthy and radiant skin?

JSJ offers medical-grade skincare products from reputable brands like SkinCeuticals, Alastin, and ZO. These products are meticulously researched and formulated to deliver corrective and preventative benefits, helping clients achieve and maintain healthy, radiant skin. Additionally, JSJ provides complimentary skincare assessments to prescribe customized routines tailored to individual skin concerns.

How does JSJ Aesthetics integrate hormone replacement therapy into their wellness services, and what benefits can customers expect?

JSJ prioritizes education, listening, and understanding in delivering hormone replacement therapy. Through comprehensive assessments and clinical evaluations, the team identifies hormone deficiencies and develops personalized treatment plans to address symptoms and improve overall well-being. Customers can expect benefits, such as increased energy, improved mood, enhanced libido, and overall vitality.

What measures does JSJ Aesthetics take to ensure a comfortable and relaxing experience for customers during their visits?

JSJ prioritizes customer comfort and relaxation by offering amenities, such as refreshments, personalized music selection, blankets, pillows, and a serene ambiance in treatment rooms. Additionally, the team provides options for numbing creams, injectable numbing medications, and laughing gas to alleviate anxiety and enhance the overall experience.

Could you shed light on the process of body contouring at JSJ Aesthetics and the results it aims to achieve?

JSJ offers various body contouring treatments, including CoolSculpting, Kybella, CoolTone, and Sylfirm X. These noninvasive procedures target unwanted fat, tighten and tone muscles, and improve skin texture and elasticity. With multiple treatment options available, JSJ aims to help clients achieve their desired aesthetic goals effectively and safely.

How does JSJ Aesthetics prioritize confidentiality and privacy for customers seeking sensitive treatments like women's sexual wellness or men's health services?

JSJ ensures the utmost confidentiality and privacy for all patients, adhering to Health Insurance Portability and Accountability Act (HIPAA) regulations and maintaining strict confidentiality protocols. Patient photos shared on social media are done so only with explicit authorization, and privacy remains a core value upheld by the entire team.

Can you describe the consultation process at JSJ Aesthetics for new customers interested in exploring their services?

Upon arrival, new customers fill out a medical history form before meeting with a provider for a complimentary consultation. Consultations typically last one hour, during which patients can discuss their concerns and goals. Patients are encouraged to book appointments via phone, text, or email and can also engage with JSJ through social media platforms for further information and updates.

JSJ Aesthetics
34 Lowell Road
Salem, NH 03079
603-212-6530
Info@jsjaesthetics.com

Instagram: jsjaesthetics
Facebook: jsjaesthetics
LinkedIn: Jessica St. Jean
Email: jessica@jsjaesthetics.com

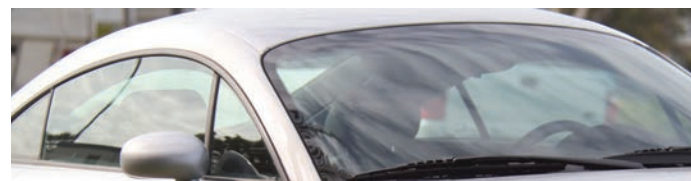


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PELHAM SCHOOL DISTRICT HAPPENINGS

Submitted by Eric "Chip" McGee, Superintendent of Schools

Graduation – June 8

The entire Pelham Community is invited to the graduation ceremony for the class of 2024. It will be held on Saturday, June 8, 2024, at noon on Harris Field. The rain date is Sunday, June 9, 2024, on Harris Field at 2pm to allow for church services.

Pelham PTA at PES

- The Pelham Elementary School PTA has had a busy May.
- The PTA wrapped up their final student night with grades 4 and 5 Neon Night with DJ OUCH. Check out the dancers and revelers.
- The PTA provided a staff appreciation with a luncheon.
- The PTA donated a shed to the district to store playground equipment for recess.
- Over 100 parents and family members volunteered to chaperone field trips for our elementary school students.



Pelham Fine Arts Night Success

Pelham High School opened its doors to hundreds of community members on Thursday, May 16. The entire school was filled with fine arts work of students in all three schools. The evening also included performances by the elementary school, middle school, and high school bands. Pelham Elementary, Memorial, and High School band and chorus students performed beautifully. Check out the PES flute section practicing for the big show!



Enrollment for Full-day Kindergarten for Next School Year

Enrollment is still open for kindergarten next year. For our new families, the first day of school for the 2024-25 school year is Tuesday, August 27, 2024. School hours are 8:45am-3pm. Arrival time is 8:30am-8:45am and dismissal time is 3pm-3:15pm. We will post all bus routes, times, and locations on our district website in mid-August. More information can be found at www.pelhamsd.org ⇒ Pelham Elementary School ⇒ Parents ⇒ 2024-25 Pre-K and kindergarten registration information. We are excited to welcome our future Panthers in the fall.

Pelham High School Athletics

Pelham athletes continued to make us proud. The PHS track and field team ran another successful Pelham Invitational on April 13. Twenty-two teams competed in the event, and Pelham took runner-up for the girls' side of things. The PHS boys lacrosse team played in their charity game, doing a Black-out Game to raise money for the Pelham Police Relief Fund. The PHS softball and baseball teams also played in Blackout Games, both to raise money for the Jimmy Fund. Senior Dom Herrling was recognized with the Jack Ford D2 Most Outstanding Scholar-Athlete, Citizen Award. Senior Zach James was named the Lowell Sun Player of the Year and Coach Joe Morin was named Lowell Sun Coach of the Year.



Pelham Middle School Athletics

Our young athletes at PMS have started their own wonderful careers. The PMS wrestling team had a tremendous winter season, with sixth-grade wrestler Fiona Cote winning multiple tournaments, including the state and New England Championship in her weight class. The PMS boys basketball won their championship game 55 to 53 against St. Joseph's of Manchester, NH. They won with a buzzer-beater involving Luke Draper and Aiden Quinn. Spring sports included track and field, which hosted three meets this season on Harris Family Track. Golf hosted matches at Scottish Highlands this season. Although not decided at press time, the team hopes to send some athletes to the Tri-County Championship at the start of June. In the inaugural season for softball on the new field, both PMS teams took wins against Raymond back on April 29. Softball and baseball also hope to compete in the Tri-County play-offs. Track and field went to Sanborn High School on May 21 for their Tri-County Divisional Meet.

Pelham Middle School Athletics

School is scheduled to end on Friday, June 14. It will be an early release day for students.

Taste of Southern New Hampshire – Continued from page 1.

Thank you to everyone who joined us for this unforgettable evening, showcasing the best of what Southern New Hampshire has to offer.

The Southern New Hampshire Chamber of Commerce is organized to foster

an environment that promotes and supports business relationships and community involvement in the area. For more information on the Chamber, please call 603-893-3177 or visit its website at southernnhchamber.com.



Business After Hours Hosted by Haverhill Bank and SNHCC

by Emily Bilodeau, Southern NH Chamber of Commerce

The Southern New Hampshire Chamber of Commerce (SNHCC) wants to give a massive shoutout to Haverhill Bank for hosting an unforgettable Business After Hours event on April 30! Guests savored delicious bites from Pica's Pub & Grill, delightful beverages from The Wander Bar, and scrumptious cupcakes from Sugar & Spice Bake Shoppe. They also competed for fantastic raffle prizes, including Red Sox tickets donated by Haverhill Bank as well as snagging gift cards from Klemm's Family Store, Precious Nails & Spa - Salem, and Sugar

& Spice Bake Shoppe. Plus, there were plenty of incredible networking opportunities. A big thank you to everyone who made the event a success.

Haverhill Bank is a full-service community bank with a wide range of financial products and services. Loan products include both residential and commercial mortgages and lines of credit as well as personal and business loans.

To discover more about Haverhill Bank's offerings, visit its website at <https://www.haverhillbank.com/> or reach out to them directly at 978-374-0161.



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SNHCC Celebrates the Grand Opening of Kelari Taverna & Bar in Pelham, NH

by Emily Bilodeau, Southern NH Chamber of Commerce

The Southern New Hampshire Chamber of Commerce (SNHCC) was thrilled to do an official ribbon cutting for Kelari Taverna & Bar! With delectable food and an atmosphere buzzing with excitement, the entire event was pure joy. A massive shoutout to all who joined us for this spectacular event.

Discover the culinary gem that is Kelari Taverna & Bar, nestled at 125 Bridge Street, Pelham, NH. Indulge in a fusion of comfort food classics and globally inspired dishes, expertly crafted to tantalize your taste buds, and satisfy every craving. Are you ready to embark on a culinary adventure? Visit Kelari Taverna & Bar today and treat yourself to an unforgetta-

ble dining experience. Explore its menu and plan your visit at <https://kelarigreektaverna.com/>

The Chamber is dedicated to supporting its members' businesses and witnessing their success in our community. The Chamber wishes them ongoing prosperity and happiness.

The Southern New Hampshire Chamber of Commerce is organized to foster an environment that promotes and supports business relationships and community involvement in the area. For more information on the Chamber, please call 603-893-3177 or visit its website at southernnhchamber.com.



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End 68 Hours of Hunger

by Peggi Sawicki

Recently, the VFW Auxiliary honored End 68 Hours of Hunger/Pelham at their monthly dinner themed "Loyalty Day" It was quite an honor for the program to be recognized. End 68 Hours of Hunger is a nationwide program. It was spearheaded by Claire Bloom over 10 years ago. Her vision was to help support children who may be experiencing food insecurity over the weekend, which is 68 hours from the time they go home on Friday afternoon until they return to school Monday morning. So, with the efforts of many states and towns, her vision took off.

The Pelham chapter has just recently formed and has joined in the fight to help end hunger in this town. The program here began operation last October. At that time, we were surprised to find out that we needed to pack 50 bags of food each week to be distributed on Friday before the children went home for the weekend. With the outpouring of both monetary donations and food donations from this town, we were able to begin operation and sent the first batch of food home on October 13 to some students at Pelham Elementary School who were experiencing food insecurity.

The Pelham Chapter has now been supporting the children at Pelham Elementary for seven months. The program is doing well with the many donations that have been received during this period. When the school year ends in June, the program will be able to run through the summer. With the assistance of the Pelham Police and the Good Neighbor Group, some children will continue to receive bags on weekends.

Once the school year starts up again, the program may be expanding to the middle school and we have hope that the high school will be included in time. This program has proven to be very successful in town and with the continued support from local businesses, organizations, friends, and neighbors, it can continue

to help vulnerable children for years to come. Thanks again for your interest and for recognizing this wonderful program.



Girl Scout Troop 10279 recently donated 150 boxes of Girl Scout Cookies to the End 68 Hours of Hunger Program/Pelham. The Troop dropped off the boxes and then donated their time to pack the backs that were going out to the children that week. It was a pleasure to have them helping out. The children receiving the bags were so delighted to be getting a whole box of Girl Scout Cookies that week. Thanks again to Troop 10279.



Ben Croteau raised money for End 68 Hours of Hunger and presented it to the Pelham Chapter this spring. He raised over \$460 and RGA matched that. The End 68 Hours of Hunger Program thanks Croteau and RGA for their thoughtful donation to help support some children who are experiencing food insecurity at Pelham Elementary School.



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Sandra Kavanaugh – Salem, NH

By Kimberly Abare



reer was working with children both those college-bound for a career in art and those taking their art credit class and realizing it could enhance their lives.

In 2007, I received my private pilot's license. It started with a ride in a Cessna with Salem's ROTC instructor. It took persistence and hard work but I got to spend many hours in the air. My favorite was to take family and friends on a trip up the coast to Maine.

When I retired in 2014, I revisited my love for painting especially with pastels. In 2023, I was awarded Master Circle status with the International Association of Pastel Societies. I will be given my medallion at the Convention in Albuquerque, NM, this year.

Can you share stories from your childhood that have left a lasting impression on you?

Please tell us about you, your background, and your family.

I grew up in Lowell in a house built by my great-great-grandfather. My great-grandmother lived with us and my grandparents stayed with us in the summer. This multigenerational household was wonderful.

What are some of the most significant events or milestones in your life?

I graduated from Mass College of Art in 1972 with a Bachelor of Fine Arts degree in painting but fell in love with pottery while I was there.

I was accepted into A Brush with History in Lowell in 1982 and opened my pottery studio. That led to my employment by the Salem School District, first as a substitute teaching pottery and then as a full-time art teacher. I stayed at Salem High for close to 30 years teaching everything from pottery to drawing to silversmithing. The highlight of my ca-

What lessons or values have you learned over the years that you think are important for young people today?

Have a plan for your life but don't be afraid to take a detour if an opportunity arises and always be willing to work hard to meet your goals.

Do you have any advice on maintaining a long-lasting and fulfilling relationship?

Find a partner who shares your goals and values and spend time together.

Please talk about your art – how you got started.

I have enjoyed art from a very young age. My parents always found ways for me to have lessons. My favorite teacher was Bernie Petruzzello, and I studied with him for many years. I believe he gave me the foundation that helped me get into Mass College of Art.

I am a juried member of Copley Society of Art, Pastel Society of America, and North Shore Art Association, and I have work in Sullivan Framing and Fine Art Gallery and Threadneedle Gallery.

Since I retired, I paint with pastels in a studio my husband built for me. It is the perfect place to work and unwind. My favorite subject is seascapes and landscapes, and I spend many hours walking the beach getting my reference photos.

What do you consider to be the keys to a fulfilling and meaningful life?

I believe it is important to not take things too seriously – to find something you love to do that helps you relax. I enjoy reading, gardening, and cooking as well as my artwork.

How did you stay physically and mentally active as you grew older, and what advice can you give to maintain health and vitality?

It is important to stay connected with people. I attend the Nashua Area Artists Breakfast Club, where we share ideas and inspiration.

I also belong to the Newburyport Tai Chi and I swim at Salem Athletic Club. I recently started going to the Pelham Senior Center bone building class. Pelham has over 20 miles of trails. I have walked the Spring Street and Moose Pond trails for years and recently added the Merriam Farm Conservation Area trail. My goal is to add many more this summer.



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Welcome to home sales in Pelham, Hudson, Salem and Windham, NH, for April 2024. The weather is getting nice and time for a beach break – but, not until you see the wonderful things going on in our market. We still have low days on the market and prices over asking price. As I write this, I am seeing one bank at 6.5% with 1.25 points (1.25% of the mortgage amount, payable at closing). It looks like there is hope of lower interest rates. Most banks are requiring points these days and it helps you get into a lower rate. Call if you'd like more information. Enjoy your summer and stay safe.

THE APRIL 2024 RESIDENTIAL SALES • IN PELHAM

Address	List Price	Sell Price	Days on Market
132 Turtle Crossing	\$439,900	•\$465,000	3
76 Jericho Road	459,900	•495,000	5
56 Hobbs Road	475,000	•495,000	30
14 Stevens Road	469,900	•507,000	6
5 Buckeye Drive	459,000	•525,000	6
8 Jericho Road	550,000	540,000	7
72 Tanager Circle (C)	569,900	569,900	1
9 Vassar Drive	569,900	569,900	4
2 McLain Drive	569,000	•570,000	31
9 Heritage Road	500,000	•580,000	4
7 Vassar Drive	599,900	•600,000	15
51 Robinson Lane	630,000	630,000	16
50 Trolley Lane	769,900	773,995	0
178 Mulberry Lane	1,047,000	1,000,000	7
230 Main Street	1,079,900	1,045,000	117

THE APRIL 2024 RESIDENTIAL SALES • IN HUDSON

Address	List Price	Sell Price	Days on Market
116 Abbott Farm Lane (C)	\$264,900	\$260,000	22
277 Webster Street	250,000	357,000	1
134 Fox Hollow Drive (C)	349,999	•358,000	7
941 Fox Hollow Drive (C)	329,900	360,000	5
12 Gambia Street	375,000	375,000	103
43G Roosevelt Ave (C)	379,900	375,000	12
6 Hurley Street	365,000	•400,000	8
6 Bonnie Lane	425,000	425,000	11
7 Blackstone Street	390,000	•425,000	10
9B Monarch Court (C)	409,000	•451,000	5
164 Derry Road	489,900	•500,000	11
7 Fuller Drive	484,900	•505,000	6
19 Winnhaven Drive	515,000	•525,000	32
87 Robinson Road	579,900	545,000	7
37B Brackett Lane (C)	575,000	562,000	8
6 Alpha Street	599,900	570,000	19
4 Massie Circle U33 (C)	643,900	643,900	252
35 Massie Circle U17 (C)	624,900	•664,100	0
67 Sousa Boulevard	699,900	•708,000	3
233 Standish Lane	1,072,000	1,072,000	152
4 Putnam Road	1,200,000	1,200,000	77
31 Musquash Road	1,750,000	1,750,000	0

THE APRIL 2024 RESIDENTIAL SALES • IN WINDHAM

Address	List Price	Sell Price	Days on Market
16 Pleasant Street (C)	\$415,000	\$400,000	13
40 Hadleigh Road (C)	475,000	475,000	5
32 Mountain Village Road (C)	529,900	550,500	5
3 Linda Street	609,900	•645,000	5
6 Sirod Road	600,000	•652,000	5
14 Park Street	695,000	675,000	27
3 Grandview Road	729,900	717,500	0
7 Birchwood Road	749,900	730,000	17
5 Atlantic Road	735,000	•783,000	5
9 Floral Street	1,450,000	1,200,000	64
15 Weston Road	1,400,000	•1,450,000	5
5 Cardiff Road	1,590,000	1,562,000	13
15 Timberlane Road	1,890,000	1,786,000	23
30 Highclere Road	1,750,000	•2,011,618.	48
15 Bennington Road	2,395,000	2,395,000	4

THE APRIL 2024 RESIDENTIAL SALES • IN SALEM

Address	List Price	Sell Price	Days on Market
2 Edwards Street	\$475,000	\$450,000	5
27 Millville Street	469,000	462,750	8
11 Barron Avenue	524,900	500,000	13
129 North Policy Street	499,000	•505,000	10
17 Alta Avenue	450,000	•519,000	4
7 Shepard Avenue	539,900	•560,000	5
147 Brady Avenue	549,000	•575,000	5
12 King Street	599,900	599,900	6
11 Merrill Avenue	599,900	•645,000	6
266 Shore Drive	749,900	739,900	7
13 Greenhaven Road	749,900	•780,000	7
264 Shore Drive	819,900	•843,000	7
13 Hawkins Pond Lane	1,175,000	1,025,000	7
4 Eagles Nest Ridge	1,200,000	1,170,000	14
4 Surrey Lane	1,250,000	1,200,000	40
27 Lamplighter Lane	1,275,000	•1,305,000	4
17 Carriage Lane	2,000,000	2,000,000	30
74 Town Farm Road (MF/2U)	749,900	•775,000	7

THE APRIL 2024 RESIDENTIAL "CONDOMINIUM" • IN SALEM

Address	List Price	Sell Price	Days on Market
5 Lancelot Court U6	160,000	160,000	6
8 Tiffany Road U1	235,000	245,000	4
5 Lancelot Court U13	229,900	•263,000	6
10 Braemoor Woods Rd. U204	415,000	410,000	18
13 Sullivan Court	400,000	412,000	0
18 Artisan Drive U304	615,000	615,000	166
18 Artisan Drive U301	655,000	655,000	4
18 Artisan Drive U415	740,000	740,000	122
18 Artisan Drive U317	740,000	740,000	0
18 Artisan Drive U417	755,000	755,000	4
18 Artisan Drive U302	924,900	924,900	73

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Ask Lydia Earthwise

Dear Lydia Earthwise, I live in New England. Can you give me some guidelines for my garden for the coming month? I have planted everything in fresh soil. – Flourishing Garden



Dear Flourishing:

As we embrace the warmth of June, our gardens burst into a symphony of colors and scents. It's a month of abundance and vitality, where nature showcases its finest display. To ensure your garden remains a thriving haven throughout this enchanting month, here are some guidelines to follow.

- 1. Embrace Maintenance:** June calls for diligent maintenance to keep your garden in pristine condition. Deadheading, the removal of spent blooms, is crucial to encourage continuous flowering. By snipping off fading flowers, you stimulate the growth of new buds, ensuring a prolonged blooming season.
- 2. Weed Vigilantly:** Weeding is akin to tending to the garden's soul. Early intervention is key to preventing the insidious spread of weeds that can choke the life out of your cherished plants. Dedicate regular intervals to weeding, ensuring that your garden beds remain tidy and free from invasive intruders.
- 3. Nourish with Care:** Just as we need nourishment to thrive, so do our plants. For annuals, consider feeding them with a liquid fertilizer to replenish essential nutrients and sustain their vigor. This practice is particularly vital for continuous bloomers, ensuring a spectacle of color throughout the season.
- 4. Hydrate Wisely:** While the June sun bathes our gardens in warmth, it's essential not to neglect the importance of hydration. Water your plants diligently, especially during periods of limited rainfall. However, exercise caution not to overwater as this can lead to root rot and other moisture-related issues.

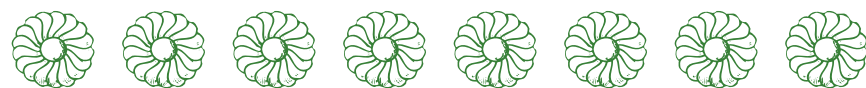
5. Reap the Rewards: As your vegetable patch flourishes, revel in the joy of harvesting the fruits of your labor. Whether it's plump tomatoes, crisp lettuce, or vibrant peppers, embrace the bounty that June brings forth from your garden. Freshly harvested produce not only delights the palate but also serves as a testament to your nurturing efforts.

6. Guard Against Pests and Diseases: Vigilance is paramount in safeguarding your garden against potential threats. Keep a keen eye out for pests and diseases, promptly addressing any signs of infestation or illness. Implementing preventive measures, such as companion planting and organic pest control, can help maintain the ecological balance within your garden.

In essence, June beckons us to immerse ourselves in the splendor of nature's canvas. By adhering to these guidelines, you can ensure that your garden remains a vibrant sanctuary of beauty and vitality throughout the month and beyond.

Happy gardening. Thanks for writing in. – Lydia Earthwise

Disclosure: Our content is intended for informational purposes only and should not be considered as professional advice or a substitute for independent research or consultation with experts. It is crucial to verify the facts, cross-reference multiple sources, and evaluate the credibility of the information before making any decisions or taking action based on the content we provide.



THE INSURANCE CORNER

by Al Haghdan
Independent Health Insurance Agent

Why Medicare Advantage Plans are Popular with Many Beneficiaries

Medicare Advantage plans are becoming increasingly popular among beneficiaries for several compelling reasons. Here's why more individuals like you are opting for Medicare Advantage.

All-in-One Coverage

Medicare Advantage plans, also known as Medicare Part C, bundle together your hospital, medical, and often prescription drug coverage into one coordinated plan. This simplifies your health care coverage and eliminates the need to manage multiple plans.

Predictable Costs

Medicare Advantage plans typically have out-of-pocket maximums, providing you with financial protection against high medical expenses. With Original Medicare, there's no cap on your out-of-pocket costs, leaving you vulnerable to unexpected health care expenses.

Network of Providers

Medicare Advantage plans often have provider networks, which means you'll need to receive care from a network of doctors and hospitals. While this may seem limiting, it can also result in lower out-of-pocket costs and coordinated care. Many Medicare Advantage plans also offer out-of-network coverage for emergencies and urgent care situations.

Managed Care Approach

Medicare Advantage plans often employ a managed care model, where insurers work closely with health care providers to coordinate your care and manage costs. This can lead to improved quality of care and better health outcomes for you as a member.

Cost Savings

In some cases, Medicare Advantage plans can be more affordable than Original Medicare, especially if you're healthy

and don't require frequent medical care. The cost for Medicare Advantage plans may be lower than the combined cost for Part A, Part B, and Part D coverage under Original Medicare.

Flexibility in Plan Options

Medicare Advantage plans come in various types, including health maintenance organizations (HMOs), preferred provider organizations (PPOs), and special needs plans (SNPs). This variety allows you to choose a plan that aligns with your specific health care needs and preferences.

Annual Enrollment Period

Medicare Advantage plans offer an annual enrollment period each year, typically from October 15 to December 7. During this time, you have the opportunity to review and change your Medicare coverage to suit your needs better for the upcoming year.

With their bundle coverage, predictable costs, and focus on managed care, Medicare Advantage plans are gaining traction as a preferred choice for Medicare beneficiaries. Consider exploring your options during the next annual enrollment period to see if a Medicare Advantage plan is the right fit for your needs.

Al Haghdan
Independent Insurance Agent
License # NPN 7369870
Cell 978-494-2176
Office 603-945-8213
al@SeniorInsAd.com
www.SeniorInsAd.com

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An Interview with Josh and Carrie Ayers of Playa Bowls

by Kimberly Abare

Tell us about you, your backgrounds, and how you got involved with Playa Bowls.

Josh is originally from Ohio, and I grew up in New Hampshire. After over a decade on active duty in the United States Army, we decided to bring our young family to NH. I had gone to residency with (the co-founder of Playa Bowls) Rob Giuliani's brother, Jeff, and knew the brand was hot and upcoming. My parents owned and operated a 24-hour truck stop restaurant in Lebanon, NH, for most of my childhood, so I had some familiarity with the restaurant world.

What inspired you to bring Playa Bowls to Tuscan Village, and how did you discover this location?

We opened our first Playa Bowls in Manchester about two miles from our home. The minute we saw it would work and be a success, we immediately thought about Tuscan Village for our expansion. Even in the early stages of development, we knew Tuscan was "the place to be." Our brand and atmosphere are just what Tuscan Village needs, and we benefit from the amazing crowds and variety of people that Tuscan will afford us.



Playa Bowls is famous for its acai bowls. What makes your bowls unique, and what flavors can customers expect to find?

Playa acai is the best acai. The acai (pronounced AH-SAH-EE) berry is renowned for its vast range of energy-boosting, cell-healing, and immune-stimulation properties. Our organic acai is famous because it's not blended with other fruit or juices, we use a higher percentage of the acai berry in our base, and the taste is amazing. If acai is not your taste, we also have organic Playa Pitaya (dragon fruit), mango, coconut, banana, or green (kale blend) bowls. Can't decide on a base? You can make your bowl half coconut and half pitaya if you like or any combination that you can dream of.



In what ways do you hope Playa Bowls will contribute to the community spirit of Tuscan Village?

We serve our communities with the highest quality, innovative products to support healthier lifestyles and inspire a world of fun, excitement, and togetherness. At Playa Bowls, we live our brand in our actions and in the relationships that we make in our communities. Our focus is to provide a bowl full of deliciousness to every guest, delivered with authenticity and passion for the Playa way.

Could you share a bit about the journey of bringing Playa Bowls to Southern NH? This is your fifth location. Any challenges or memorable moments along the way?

This journey has been quite a ride for us. Josh is a police officer by training, and I work in the medical community, so becoming restaurateurs was a big change for us. Our biggest joy has been bringing a healthy, convenient option to dining to each community we serve. It is an amazing feeling to get emails from pregnant moms saying it is the "only thing I can keep down" or from people with food allergies who say, "I appreciate the menu is honest and adjustable to my nutritional needs." We have locations in Manchester on Hooksett Road (2020), Hampton Beach between A Street and B Street on Ocean Boulevard (2022), Nashua off exit 7W on Amherst Street (2022), Concord on Storrs Street (2023), and soon in Bedford.

Tuscan Village is renowned for its upscale atmosphere. How do you envision Playa Bowls fitting into this environment?

Everyone needs to recharge their batteries from a hard day at work, a long night out, or a tough workout. Playa Bowls is the perfect way to refuel your body without the guilt of eating unhealthy food. If the food wasn't enough, the mood is always good, the staff is always upbeat, and

the atmosphere allows you to feel like you're at the beach any day of the year.

Your menu offers a variety of options, from traditional acai bowls to smoothies and juices. What's your personal favorite item on the menu, and why?

There are two types of Playa Bowls enthusiasts. The one who finds "their bowl" and never diverges, that's Josh. Then, there is the type who always change based on their mood, that's me. Josh is an acai guy through and through. Depending on how crazy his mood, he'll go between the Acai Power bowl add strawberries with extra peanut butter (and yes we would all drink from the squeeze bottle if we could – it's so good) or a Pure Vida substitute peanut butter for the local honey. I live for the Lola bowl, which is a green base (kale, coconut milk, and pineapple and banana mix) add vanilla whey protein, the Goldie Mango bowl (if you like mango you will be hooked), or the Acai Power with extra peanut butter.

Health and wellness are becoming increasingly important to people of all ages. How does Playa Bowls cater to different dietary preferences and lifestyles?

You get only what you see on the menu. We list the ingredients clearly, and there is literally nothing else added. Our ingredients (fruit mostly) come fresh almost daily and are of the highest quality. Starting this fall we will also start adding caloric numbers to the menu so the customer can see that when ordering. For now, you can see all nutritional value on our website. You can remove or add anything you want from our bowls on the menu or you can completely customize a bowl from scratch. Our staff are super-talented at helping new clients, and we can even get you a sample of each base so you can see which bases you like best. Everyone has their own unique take on this concept and that's what makes it truly special.

Carrie, I know that your first profession is that of a doctor. Tell us how your second profession as an owner of Playa Bowls aligns with your first profession.

I absolutely love my profession as an anesthesiologist, and everyone I work with will tell you that my two jobs line up closer than they may appear. I spend my days helping people feel less anxious about surgery, keep them safe, and send them home from the hospital/surgery center ready for the road to recovery. I am truly blessed to help people "feel good" each day, and I try to make each work day a joy. My restaurant life is similar in many ways. We try very hard to provide a positive, fun "workplace" for our staff (many of whom it's their first job), and we want our clients to know we care about the quality and pureness of what they are eating or feeding their families.

Playa Bowls has a strong presence on social media. How do you utilize platforms like Instagram to engage with customers and showcase your offerings?

Our bowls and smoothies are beautiful. It is almost impossible to eat a bowl without taking a picture of it or with it! We are so lucky to have such enthusiastic staff and clients who feed us continuously with pictures and post regularly to their feeds. It is truly the power of social media that keeps a business like ours relevant. You don't need a filter to showcase our food, it's just plain gorgeous.



The ambiance of a café can greatly enhance the overall dining experience. What atmosphere are you aiming to create within Playa Bowls, and how does it reflect the brand's identity?

Our shop is like walking into a beach day, every day. In NH, that is especially nice seeing we live in nonbeach weather much of the year. The painting on the wall is like no other dining experience you will have. Each store is uniquely painted by Ramona and her crew @rockcandypaint-crew and their artwork absolutely makes the bowls taste even better.

For those who may not be familiar with acai bowls, what would you say makes them such a popular and nutritious choice?

There's almost too much to go over with nutrition for this article, but if you come into the shop, you'll see we try to convey some of the many health benefits of eating superfruits on our signage. Like anything, you can certainly make a bowl unhealthy by adding toppings like white chocolate, but everyone deserves a treat here and there. If you want to stick to a more strict diet, we have some guides online to help you figure out which bowl is best for your plan.

What role do you see Playa Bowls playing in promoting sustainability and environmental consciousness?

Promoting environmental conservation is one of our core values. We strive to have very little waste in our food. We use plant-based products to serve as well. The use of ECO spoons and PHADE brand straws helps to minimize our environmental footprint. Fun fact: our spoons are made from corn. We also try to build smart (Easy on the eye, gentle on the earth. The materials used to build our stores are sourced from 50% reclaimed or refurbished materials), and we use 100% LED lighting technology.

Tuscan Village attracts a diverse range of visitors. How do you plan to cater to the varied tastes and preferences of your clientele?

We love how versatile our product is. We cater to babies and toddlers, the ultrafit, the couch potato, the allergy-afflicted, the family on the go, the tweens/teens/college crowd, the first-date couple, the pregnant women who can't keep anything down, the elderly, and even the hungover crowd. We literally have something to satisfy everyone.

Do you plan on providing catering services?

We do offer catering. We love nothing more than making a big order for a group, club, sports team, or work/family event. We recommend calling or emailing us so we can find the perfect fit for your gathering or function. We try to work with our client to help them figure out what meets their needs the best. Anything you pick will leave your group happy! It's almost a guarantee that the group will want Playa Bowls every time you ask, "What do you want to order for breakfast, lunch, or dinner?" Put us into your ordering rotation to add some variety and notice how much more productive and happy your group is after they eat a bowl vs. other takeout food.

Pelham Trails – Bobcat Sightings

by The Friends of the Forestry Committee



There is no doubt now that winter has left us. After a last few inches of the fluffy white stuff caressing our lawns, we are finally rid of the cold days of winter. I noticed that, with the onset of warmer weather, reports have been made of wild-life sightings. One animal that caught my attention is the bobcat. Postings can be found easily on the internet of this beautiful animal. I decided to Google the subject to find out more and was astonished at the detailed information that is available. As a matter of fact, YouTube has a video of a female bobcat with kittens here in NH. This piqued my interest even more.

What do we really know about these soft, fluffy cats?

According to the NH Fish and Wildlife Website, the bobcat is of the Lynx genus. In our area, the species is the Lynx rufus gigas. Their habitat ranges from Southern Canada to Mexico, but this species occupies NH and the New England area. During the 1800s, bobcats were considered predators and a nuisance. They often stalked the cattle, chickens, and pigs of early local farmers. A bounty was offered to anyone who killed the animals. This was considered necessary to protect civilians and their livestock. It wasn't until 1973 that it was realized that the bobcat population had decreased greatly. The bounties were removed, and the trapping and hunting of these animals was regulated. In 1989, the NH Fish and Game Department closed all hunting due to serious concerns about population status. In the 1990s and early 2000s, there was a rebound in bobcat populations and, today, sightings have become more com-

mon with observations being reported across the state.

Bobcat or Lynx?

There is some confusion about the bobcat and lynx. Basically, they are about the same size and weight, but both have tufts of hair on the tip of their ears, but lynx ear hair is significantly longer. The bobcat tail is longer at 5 to 8 inches, which is 2 inches longer than the lynx. The bobcat legs are much darker in color. More importantly, the lynx is seen mostly in certain areas of the northern parts of the country.

What do bobcats eat?

Bobcats love to eat rodents like mice and squirrels. They ambush their prey frequently on wildlife paths. Their diet also includes rabbits and birds. Occasionally, they will feast on deer, covering the remains for a later meal. They also eat mid-sized animals like raccoons, foxes, porcupines, and skunks.

Where do bobcats live?

These creatures are quite adaptable. Preferring to live in wooded areas, according to Wikipedia, but not limited to the deep forest. Rocky ledges, caves, and swamps provide coverage from severe weather. They like to be near agricultural areas, where prey is abundant. They are not deterred by human populations and will appear in urban backyards. If chased by a dog, they are known to run and climb a tree. Bobcats sleep in their dens on a nonspecific routine. In other words, they are nocturnal and crepuscular (twilight) animals. Mostly, they appear in early dawn and dusk to hunt.

How long do bobcats live?

The average life span is two to five years, but there are varying opinions on the subject. In 2012, a female was recovered in NH that was 13 years old. A male bobcat was found in 2018 that was 14 years old. Some can live for up to 15 years in the wild. In captivity, they can survive for up to 32 years. Bobcats are solitary animals but, when mating season begins, the activity and sightings may increase. The females are looking for a mate in February and March. Therefore, more sightings occur during this time

frame. The gestation period is about two months and the females give birth to a litter of up to four kittens. The kittens are weaned and on their own after one year.

They are private animals and like to hide, living quite happily in wooded areas and raising their cubs in areas with rocky ledges, hollow logs, and brush piles.

What is the future for bobcats?

Today, there is a better awareness to protect and preserve the presence of this animal. Habitat quality, connectivity, and a stable food source are supported in NH. Research and management efforts are funded in part by the Federal Aid in Wildlife Restoration Act. UNH conducted a comprehensive study beginning in 2009. Completed in 2014, it provided useful knowledge to understand and protect habitats better. Bobcat sightings as well as home range data from research conducted in NH indicate a population recovery.

It is good to know that this animal is now respected and protected and that the populations in NH have enjoyed a healthy recovery. If you see a bobcat in your yard or on one of the hiking trails in Pelham, be sure to keep your distance. Give the animal plenty of space to escape. Of course, we all want to take a photo of such an amazing sight. Use caution and do not approach the animal. A female will be very protective of her cubs.

I hope you enjoyed reading my article about bobcats as much as I did researching them. This short essay lightly touches upon the subject, and I am hoping it will arouse your curiosity. An abundance of facts and research are available at your fingertips if you want to know more. The resources I consulted for this article included Google, YouTube, Wikipedia, the NH Fish and Game Dept., and the Maine Dept. of Inland Fisheries and Wildlife.

If you capture a photo, send it to The Evergreen as we will enjoy sharing it with our fellow nature lovers.

Have a beautiful spring and enjoy the beauty that surrounds us. For more information on trails, check out <https://www.pelhamweb.com/forestry-committee/pages/trail-maps>.


Pelham Parks and Recreation Upcoming Programs

by Janine Cabral, Pelham Parks & Recreation

Register at pelhamnh.recdesk.com if you have a household account, call 603-635-2721, or stop by our Village Green office at 6 Village Green, Pelham, NH 03076. We are happy to assist you. Visit our website at www.pelhamweb.com/recreation for more detailed program information.


Program Name	Date(s)	Description
Blacktop Basketball	June 18-July 25	Registration begins mid-May. Boys and Girls ages 8-18. Games played one night per week (either Tuesday, Wednesday, or Thursday and skipping July 4) beginning June 18 through late July. Games played on the outdoor courts at Lyons Park.
PVMP Summer Camp	July-August	Day camp at Pelham Veterans Memorial Park, 109 Veterans Memorial Parkway in Pelham for ages 6-13. Kids are split into four different age groups. Six-week program July 8-August 16, 2024, M-F from 9:30am to 3:30pm. (There is before and aftercare available for \$2 per half-hour – drop off as early as 7:30am and pick up as late as 5:30pm. Online registration for six-week program only will begin in April (must call or stop in to register for one- and three-week option). \$595 for six-week program (\$450 for each additional child). Camp T-shirt included in registration fee. Must be a Pelham resident.
Adult Golf	June 20-July 18	Once a week, one-hour lesson at Windham Country Club. No clubs needed. Four Thursdays beginning June 20 from 6pm-7pm. Registration starts in May. The lessons will emphasize the skills of the game in a challenging environment. Space is limited. This course is designed for the basic beginner golfer or golfers with no experience. \$159 per player.
Youth Golf	June 20-July 18	Once a week, one-hour lessons at Windham Country Club for kids ages 7-16. Bring clubs or borrow some. (Four Thursdays beginning June 20 from 5pm-6pm. Registration starts in May. These lessons are designed for the basic beginner golfer or golfer with no experience. Space is limited. \$149 per player.
C-I-T Program	June, July & August	Teen volunteers for summer camp programs to assist counselors – will receive community service hours. Must be 14 by July 1, 2024. Must fill out application to include two letters of recommendation and a birth certificate. \$50 program fee.
Challenger Soccer Camp	June 24-June 28	One-week instructional soccer camp at George Muldoon Park. Half-day and full-day programs available for boys and girls from ages 5-14. Camp pricing varies from \$135-\$255 per child. Must register directly through the Challenger website www.challengersports.com . Register early to get the early bird special pricing.
Youth, Adult, and Teen Tennis Lessons	June 18-August 5	Tennis lessons for youth, teens, and adults alike. Choose between Monday mornings or Tuesday afternoons for youth and teens and Tuesday afternoons for adults. Program takes place at the tennis courts across from PHS. One-hour lessons, tennis balls included. Must bring water bottle. \$115 per person for six-week lesson.
Total Body Strength and Sculpt Fitness Class	August 6-27	Modified 4-week summer session – Tuesdays only. Register by August 2, 2024. This class is for all levels and is designed to strengthen, sculpt, and tone every muscle group. Participants must be 16 years or older to participate. \$40 per person. Classes take place at the Senior Center on Nashua Road. Led by fitness instructor Alison Fournier. Bring a floor mat, water bottle, and weights and resistance bands (optional). Some classes may be held outside, weather permitting.
Kids' Yoga	June 2-23 (4-week session)	Classes offered Sundays at the Senior Center (Hobbs Community Center) for boys and girls ages 6-12, at 4pm. Certified instructor is Lauren Young. No experience necessary. Bring a yoga mat and water bottle. Space is limited first-come, first-served. Drop-off program. Sessions are \$55 per child. Register by May 24, 2024.
Circuit Club-Summer Stem Camp	August 5-9	Two half-day camps for boys and girls ages 6-13 at St. Patrick's Church Clubhouse, 12 Main Street in Pelham, NH. Programs run by Circuit Labs https://www.circuit-lab.com/index.html . Circuit Makers: (ages 6-8) 9am to noon and App Inventors: (ages 9-13) 1pm to 4pm. \$190 per participant for the entire week. Register by July 22, 2024.
Mother-Son Dance	June 1	Tickets went on sale April 8, 2024. Event to take place at Lenzi's Restaurant and Catering, 810 Merrimack Avenue, Dracut, MA. Tickets are \$45 each/\$90 per couple. First-come, first-served. We sell out fast. Ticket price includes full dinner and dessert buffet, lemonade and fruit punch, and candy bar. Great music and photo booth provided by New England's best DJ. Linda. Jennings Photography will be on-site for individual photos. Must call our office or stop by for tickets. No online registration.
LETGO Your Mind-LEGO Camp	July 29-August 2	Online registration only through https://www.letgoyourmind.com/summer-program-locations . Two, full-day camp options from 9am to 3pm at the St. Patrick's Church Clubhouse in Pelham. Amusement Park thrill rides and stop motion animation (6-8 years) and robotic challenges, stop-motion animation and Minecraft (9-13 years). \$390 per participant for the week.
Summer Job Opportunities with Pelham Parks and Recreation	Summer 2024	Camp counselors, supervisors, lifeguards, and blacktop basketball referees. Visit our website employment tab for more information.
New Pilates Fusion Class	Coming in September 2024	Registration begins in late July. This 45-minute class is an active recovery fitness class designed to condition the body with exercises rooted in Pilates, drawing influence from yoga and cardio techniques to warm the body. This class is a mindful workout focused on realigning the body with an emphasis on posture, strength, flexibility, and stability. Pilates fusion will run on Monday nights from 6:30pm-7:15pm.


The "Parks and Recreation Upcoming Programs" is sponsored by Amy Wholley, REALTOR®:



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Common Sense Approaches to Health and Fitness With Bob Scaccia

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Navigating Insurance

Confusion reigns in the world of insurance. This month, I will try and demystify a few of the terms and concepts that can derail timely care and proper payment.

1. Referral: A referral is not the same as a prescription, although the words are often used interchangeably. I like to explain it this way: If you see your physician, they may “prescribe” medicine for you. They don’t “refer” you for medicine, they prescribe it. When a physician “refers” you to physical therapy, patients often assume they have the “referral” that their insurance company requires. They do not. Even though the top of the “prescription” says Physical Therapy Referral, it is a prescription, not a referral. A referral is your primary care physician (PCP) saying you can get the “prescribed” treatment. It is basically their permission. Many insurance companies require a referral for payment. Always call your PCP when a specialist “refers” you for testing or to another specialist. Your PCP may need to issue a “referral” to authorize that particular treatment. It is best to always check with your PCP’s office as it’s better to be safe than sorry.

2. Deductible: A deductible is the amount of money you are required to pay prior to your insurance company paying anything. When you see a provider, you may be shocked to learn you have to pay the whole \$200 or \$600 for a treatment upfront. The good thing is, when your deductible is gone, you don’t have to pay it for another year. We often have people who are quite angry about paying the full physical therapist’s bill, but I try to remind them that they will have to pay someone; we are just the first provider they have encountered since their insurance benefits “reset.” Also, there are sometimes additional charges once you meet your deductible. You may then have to pay a co-payment or co-insurance.

3. Co-insurance: Everyone knows what a co-payment is. You pay the provider a set fee at each session, prior to treatment. Co-insurance is a little different. A co-insurance is the percentage of a bill that you are responsible for. If you have a 15% co-insurance and the bill is \$100, you will owe \$15. The problem for providers and patients is that we often do not know how much the

insurance company will pay us. Therefore, we do not know what you will owe. You may receive a bill months after treatment, which can be frustrating, but we cannot bill until we have received our payment from the insurance company.

4. Visits: For physical therapy, we are often at the mercy of the insurance company’s limit on the number of visits they will allow. Some base it on what you “need,” or what they “believe” you need, determined by the information in your medical record. Some have time limits. Others are a fixed number. Check with your insurance company and the therapy or medical office to make sure you have the correct information.

5. Options: Remember, you have options. If your physician sends you to a particular provider, it may be solely because of a financial interest they have in the other provider. In my profession, there are physical therapy clinics that are owned by doctors, controlled by hospital networks, or controlled by physician/insurance relationships. They do not receive referrals based on quality. Physicians are often required to send their patients to that particular facility. If a private PT clinic (or lab or imaging clinic) accepts your insurance, you have a right to go there. Now, there are some very strict networks out there that may not allow you to go outside the network, in that case, your only option is to get a new PCP and get out of the network. The squeaky wheel gets the grease. If you advocate for yourself, the physicians will usually give in. Don’t be afraid to stand up for yourself and demand that your choices be respected.

Lastly, insurance companies can be hard to deal with. A patient can often get information faster than their provider’s office can. You need to advocate for yourself and call to check your benefits when you need medical care. It can be frustrating, slightly confusing, and quite a hassle, but it will save you money in the long run and help you direct your care. It may sound harsh, but you are responsible for knowing your insurance benefits. Good luck and stay healthy.

Yours in health,
Bob Scaccia PT
Scaccia/Dracut Physical Therapy
Milestone Fitness, Windham

– MOVIE REVIEW –

by Garrett Abare

Flight

(2012) Starring Denzel Washington, Don Cheadle, Kelly Reilly, and John Goodman.

In the movie “Flight,” the story begins with a commercial pilot, William Whitaker, who is clearly struggling with personal issues. Whitaker, introduced in the opening scenes, boards the plane while battling an alcohol and drug problem, which becomes evident early on.

Without giving away any spoilers, within the first few scenes, the plane Whitaker is on goes into a hopeless nose-dive, seemingly leading to certain death for everyone on board. Regardless of Whitaker’s substance abuse issues, the audience finds themselves cheering for him. It’s as if, despite his flaws, his presence on the plane is crucial. In my opinion, it feels like a higher power wanted Whitaker there because of the actions he takes in the first 20 minutes.

Even after multiple viewings, the mov-

ie’s attempt to paint Whitaker as a bad person after those initial scenes feels weak. No matter how one feels about his actions throughout the film, viewers still find themselves rooting for him. Ultimately, he saves over 100 people who would have otherwise perished, which the movie confirms in a dialogue scene. Whitaker may not be the savior everyone expects, but he emerges as an antihero, reminiscent of those studied in high school literature.

The movie quickly immerses you in the turmoil of Whitaker’s life, highlighting his struggle with alcohol and the duality of doing something he loves while being tied to his addiction. As the story progresses, you feel increasingly uneasy about Whitaker’s alcohol consumption and his honesty about it.

Nevertheless, the film prompts a deep internal dialogue about alcoholism and the consequences of one’s actions. Despite watching it 12 years ago, the YouTube scenes still captivate me today.

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You can pick up a copy of The Evergreen at Market Basket, Hannafords, and other selected locations throughout Atkinson, Hampstead, Pelham, Salem, Windham, and Hudson.

NONPROFIT SPOTLIGHT

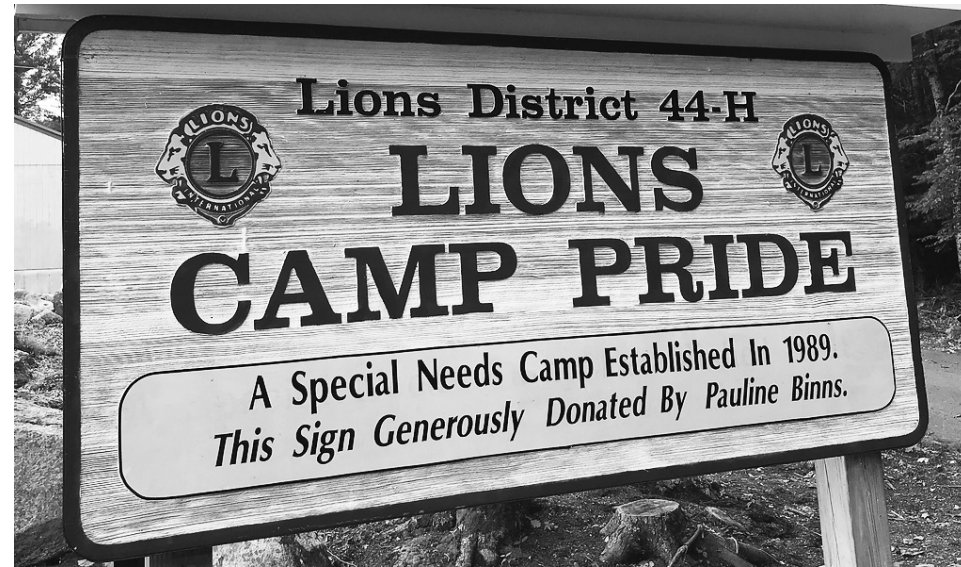
A Look Inside Lions Camp Pride

by Grace Sprague

Around New Hampshire, many options are available when choosing a summer camp for your child. Nestled in the quiet town of New Durham, NH, lies Lions Camp Pride, a summer camp facility specifically designed to cater to children with special needs.

The picturesque nature of New Durham makes this the perfect location for a summer camp. With access to the waterfront on Merrymeeting Lake and over 370 acres of land owned by the Lions Clubs of District 44H.

The mission statement of Lions Camp Pride states that they “endeavor to support both individual growth and meaningful social interaction, to serve as excellent stewards of the environment, to safeguard against discrimination and injustice, and to meet all who visit with compassion, respect, professionalism, and joy.”



making each child in its programs feel welcome and provides accessibility and inclusivity for all.

Lions Camp Pride had its first year of occupancy in 1987, with the land being purchased by the Lions of District 44H in 1985. The Lions that operate out of Atkinson, Hampstead, Hudson, Plaistow, Salem, and Windham, NH, are all part of District 44H. The Lions have run this camp ever since, renting the space out for both events but, most notably, camps supporting the care of special needs children. The land was able to be purchased with the help of volunteers, donors, and fundraising.



Lenny Hall, the president of Camp Pride since 2021, and a member of the board of directors since 2014, describes the facilities of the camp as giving special needs children an experience where “you are not different than the kids you’re with, whatever problem or requirements you might need.” Camp Pride centers on

Lions Camp Pride is only a small piece of the work of the Lions of District 44H, and the Lions have run hundreds of other projects in addition to Camp Pride. The Lions run roadside cleanups, highway cleanups, park cleaning and beautification projects, vision screenings, food and

toiletry drives, clothing drives, diabetes screenings, and more.

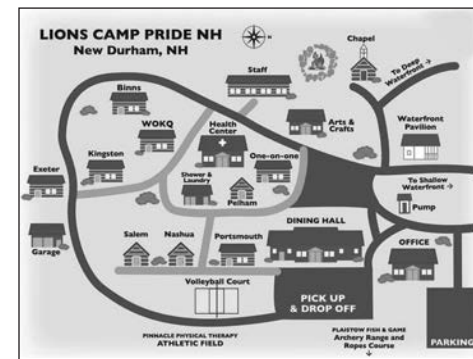
“A combination of donations, mortgages, and volunteers grew the camp to what it is today,” states Hall.

Facilities at the camp include canoes, kayaks, bunkhouses with space for almost 200 people, a medical building, a one-on-one care building with room for 20 children, and staff and recreational buildings. The camp also contains hiking trails, an archery course, low ropes course, volleyball court, and gaga ball pit.



This entire facility has been designed with accessibility in mind, including an accessibility ramp into all bathrooms and shower areas, an accessibility ramp into the shallow water at the beach, and a separate kitchen designed for those with dietary restrictions and allergies.

Lions Camp Pride can be leased by individual summer camps as well as events. An example of a camp that has operated out of Lions Camp Pride in the past includes Camp Arrowhead, which runs its seven-day overnight program out of Lions Camp Pride. This camp is catered toward people with disabilities above the age of 18, allowing them to spend a week at camp and participate in outdoor activities, rest time, and scheduled events held by staff. There is a 1:1 ratio of staff to campers at Camp Arrowhead, meaning that every camper is provided with an aide.



Lions Camp Pride is a 501(c)(3) non-profit organization, relying on donations and fundraising to keep itself sustainable. Lions Camp Pride is always accepting donations, along with volunteers to assist with the running of its program. For more information about Camp Pride or to get involved, please visit www.lionscamppride.org.



CrowdHydrology Staff Gauge

by Dena Hoffman

The New Hampshire Silver Jackets, a state-federal interagency flood risk management team, recently collaborated with the Town of Pelham to install a CrowdHydrology staff gauge in December 2023.

The gauge was positioned below the Willow Street Bridge on Beaver Brook, a location prone to recurrent flooding. This will enhance local flood forecasting and response capabilities while presenting an opportunity for community engagement in citizen science.

The staff gauge is conveniently located in the landing area below the bridge. Volunteers can participate by simply reading the water level on the gauge and texting the station number, along with the reading, to the phone number provided on-site.

These submissions are incorporated into a long-term database hosted on the CrowdHydrology website, which is accessible free of charge to schools, resource management agencies, watershed organizations, and anyone interested in utilizing hydrologic data.

CrowdHydrology originated in the northeast in 2010 and has since expanded across North America as a robust crowdsourcing initiative. Leveraging citizen science helps address data gaps in streams, rivers, and lakes that may lack resources for more advanced measurement tools.

This marks the second installation of a CrowdHydrology stream gauge in New Hampshire. In 2022, the NH Silver Jackets collaborated with the City of Keene to install a water level gauge successfully near downtown. Since its installation in September 2022, there have been over 200 readings, aiding engineers and scientists to understand flood responses of water levels further in an urban stream during the heavy precipitation events last summer.

“The installation of the stream gauge in Pelham continues to offer opportunities for public contribution to scientific data collection. These efforts are invaluable for providing real-time data that informs flood trends and, ultimately, enhances public safety,” stated Brian Hauschild, geoscience program specialist at the New Hampshire Geological Survey and member of the NH Silver Jackets.

As warmer weather approaches, community members are encouraged to visit the site at the Willow Street Bridge in Pelham and engage in this citizen science initiative.

For further information, please contact Hauschild (NH Department of Environmental Services) at Brian.K.Hauschild@des.nh.gov or 603-271-7332 or Dena Hoffman (Town of Pelham) at dhoffman@pelhamweb.com or 603-508-3000x3101.

It’s Silly Season in Concord

by NH State Representative Mark Pearson

CONCORD, NH – The Merriam-Webster Dictionary defines “silly season” as “a period . . . when the mass media often focus on trivial or frivolous matters for lack of major news stories.” We in the legislature have our version of silly season.

A group has worked hard for a year on crafting what they believe to be good legislation and has guided it through the process of committee hearings and votes as it wends its way to the full House or Senate.

In New Hampshire, all House and Senate bills get worked on thoroughly by the body in which the bill is introduced. Then, it’s crossover, when our bills go to them and vice versa.

Meanwhile, the group is happy. Their bill passed its legislative body by a wide margin and it goes on to the other body, one step short of it being signed into law by the governor.

But wait. The other body trashed it. Why?

Occasionally, there’s a reasonable explanation: new evidence came to light.

More normally, there is no good explanation: “It just didn’t seem right.” “We’re tired and didn’t want to put the work into it.” “Your legislative body sends us too much, so we have to send you a lesson.” It’s silly season.

But two bodies can play this game. One option is to hold bills from the other body hostage. “Senator, you’ve trashed my bill, but my committee is looking at your bill. I’m holding yours hostage until you smarten up.”

A second option is to “Go Christmas tree.” Just as a Christmas tree has ornaments hanging on it, we can take a bill from the body and hang on to it various amendments which just happen to look exactly like the bills of ours the other body rejected.

If we pass that heavy-laden bill, there’ll be two versions of the same bill. What happens? Off to “committee of conference.”

The body with the Christmas tree version can play smug.

Farmers Market

3 Main Street, Pelham, NH



THE PELHAM, NH FARMERS MARKET COMING SOON

OPENING DAY SATURDAY, JUNE 1, 2024.

We will be open every Saturday from 10am-1pm at the First Congregational Church parking lot located at 3 Main Street

More info can be found on our Facebook group page: Friends of Pelham, NH Farmers Market or email: pelhamnhmarket@gmail.com

Leave No Trace

On the trails and at the beach

GLASS

PAPER

PLASTIC

BOTTLES

Created by Dena Hoffman, Environmental Regulation Compliance Specialist for the Town of Pelham

WHEN ADVENTURING OUTSIDE... bring your trash back with you to properly dispose of after. Trash decomposition causes chemicals to leach into the environment and our waterbodies for any period of time between months to centuries.

PLASTIC BOTTLES + Plastic bottles break down into small microplastics which fish and wildlife can mistake for food. Multiple studies estimate that bottles take about **450 years** to completely decompose. Reusable bottles are the best option besides recycling them.

PLASTIC FOOD WRAPPERS Plastic food wrappers, such as chip bags or candy wrappers, may take around **10 to 20 years** to decompose. The shiny packaging can attract wildlife, make them sick if consumed, and lead to increased road kills if trash is tossed near roads.

CIGARETTE BUTTS Cigarette butts take anywhere between **2 to 10 years** to decompose. Earthday.org estimates that there are 4.5 trillion cigarette butts globally polluting the environment. Pelham’s parks have trash bins for your ease of disposal.

ALUMINUM CANS Aluminum cans start to decompose after **80-100 years**. Full degradation takes a few hundred years. However, aluminum can be recycled again and again for future use.

OTHER ITEMS TO CARRY OUT

- Food
- Anything that you bring in!
- Glass
- Pet waste
- Plastic bags

For more info:

Common Trash Decomposition Rates: <https://Int.org/skills-series-trash-timeline/>

Leave No Trace Principles: <https://Int.org/why/7-principles/>

June 2-8, 2024, is National Business Etiquette Week

by Erin Murphy

Every behavior reflects civility, courtesy, manners, and respect. The manners we use in every aspect of our day, personally and professionally, accumulate and make us the people we are.

June 2-8 is National Business Etiquette Week, a time to focus on the importance of professionalism, courtesy, and civility in the workplace. Established in 1997, National Business Etiquette Week serves to remind us of the importance of manners in all areas of life from the workplace to the restaurant, from event planning to international protocol, from family get-togethers to formal parties.

There are thousands of books written on etiquette and many people think that etiquette is a minefield of dos and don'ts that instruct our behavior. But when it comes down to it, having good manners is about making other people feel good and enjoy your company. The underlying concept of social graces is to be kind, courteous, and respectful to others.

Please join us in taking time every day

this week to examine your actions and make our world a more pleasant place for both others and ourselves.

How are your manners? This is a time to brush upon your people skills. Start with looking people in the eye as you speak with them and using a firm web-to-web handshake in greeting another person. Every human interaction has the potential to be pleasant or unpleasant. Take a week to think about others, and you'll see the difference.

Hosted each year during the first full week in June, it is a designated time to recognize the importance of proper business etiquette to compete in the growing global marketplace.

National Business Etiquette Week highlights the importance of proper etiquette and how it improves interpersonal and intercultural communications, creates a professional environment for building relationships, and allows organizations to conduct business effectively in the global marketplace.

THE WORLD OF COMMERCIAL REAL ESTATE

In the dynamic world of commercial real estate, staying informed about the latest trends and developments is essential, especially with what is changing and being built around Pelham, Salem, Hudson, and Windham. In this issue, we are excited to present a unique addition to The Evergreen Newspaper lineup, a refreshing perspective brought to you by Dan Scanlon from Colliers International. As a dedicated professional in the industry, Scanlon has embarked on a mission to compile a weekly article brimming with positive updates. To receive Scanlon's weekly report, please email Scanlon at dan.scanlon@colliers.com.

- Dartmouth-Hitchcock bought a 43.58-acre land parcel on Route 28/Rockingham Road near Exit 5 in Londonderry for \$10.485 million.

- The Rite Aid at 31 Garden Lane in Plaistow was sold to Rigz Enterprises, LLC, of Derry for \$3 million, with financing from First Seacoast Bank.

- ECCO shoes has taken 16,000 SF space at 1 Northeastern Boulevard in Salem.

- Electric & Instrumentation Technology, an electronics manufacturing services provider based in Europe, has leased 140,000 SF at 9 Northeastern Boulevard in Salem. (NHBR)

- Select Demo is doing site work for its new 30,000 SF industrial building on Hall Farm Road in Atkinson.

- Menlo Realty Income Properties 28, LLC bought the 14,675 SF former Rite Aid at 31 Garden Road in Plaistow for \$3 million.

- Revitalization efforts are ongoing at the historic Hood Park in Derry. The project will enhance the community's enjoyment of Hood Park by improving existing features and adding new features, including a pickleball court, splash pad, playground, new and improved nature trails, a pond water feature, and landscaping improvements. TFMoran provided land surveying and landscape architecture services for the project.

- The small retail center that was at the corner of Gilcreast Road and 102 in Londonderry has been razed to make way for a new Chase Bank.

- High Road, LLC, a logistics company serving the concert industry, has subleased the 8474 SF space at 15 Tinker in Londonderry.

LOCAL TEEN DJ



EVENTS

Your event will rock with DJ Dominik Sarantis

Available to play at graduation parties, backyard BBQs, etc!

Reasonable rates starting at \$200!

Book a memorable experience directly by emailing DBR Events at dominiksarantis440@gmail.com or visit us at www.facebook.com/dbrevents440

Meaghan's Hats 1st Annual Flea Market/ Vendor Fundraiser

Help us help the homeless.

We will be Meaghan's Hats First Annual Flea Market/Vendor Fundraiser on Saturday, June 8, 2024, from 8am to 2pm. The rain date for the event is June 15, 2024. The fundraiser is being held at the Nan King Restaurant parking lot at 222 Central Street, Hudson, NH. The cost is \$25 for a table and the proceeds from the event will go directly to Meaghan's Hats.

Masses at St. Patrick Parish are Saturdays at 4pm, Sundays at 8am and 10:30am, and Monday through Thursday at 8am. We have Adoration of the Eucharist Monday-Thursday 6:30am-7:40am, and on Wednesdays from 8:30am-9:30am, and 2pm-9pm. The Eucharistic Chapel is open 24/7 for personal Adoration time. Our monthly Healing Mass is on Friday, June 14 at 7pm. Come and experience the incredible healing love of Almighty God!

We are looking for vendors. If you are interested, please contact Jo Galvin to reserve your table. You can reach Galvin at 603-212-8022 with any questions or to reserve your table.

This is a great way to kick off the events for the season while giving back to your community. We hope to see you as one of our vendors but, if not, please come see what we have to offer. Let's make this event a huge success. You can find us on Facebook, Instagram, X, and TikTok. Please join our team and make a difference.

RELIGIOUS NEWS

St. Patrick's Church

As we enter into June, school is swiftly coming to an end. Many people will go off on vacation, and take time to relax. One the great joys of my summer is our Vacation Bible School (VBS). Every year, we get this opportunity for lots of fun, crafts, skits, games, experiments, music and dance, and goodies. Last year, we had a blast as we went to space with our "Stellar" theme. This year, we'll be going under the sea with SCU-BA. The kids have tons of fun, and they get a wonderful chance to get to know new friends and hang out with "the older kids." The most often heard comment at the end of the week is that they don't want it to end. But what I love most about the week is how everyone has a living encounter with Jesus – not just the campers, but the teen counsellors and adult volunteers.



New England Pentecostal Church

955 Bridge Street, Pelham, NH 03076, <http://nepministries.org/ne>: 603-893-4577

- JUNE ANNOUNCEMENTS**
- BSRC Wellness & Recreation Center now open for summer camp enrollment. Offering basketball – July 8-12 for boys and July 15-19 for girls in grades 5-7. July 22-26 for boys and July 29-August 2 for girls in grades 8-12. Volleyball – July 8-12 for grades 6-8 and July 22-26 for grades 9-12. Additional offerings – academic (tutoring) and mental health programs for middle and high school students. For more information, go to <https://bsrcwellnessandreccenter.org/>.
 - Sunday School: Every Sunday from 9:45am - 10:30am.
 - Sunday Service: Every Sunday at 11am.
 - Every Tuesday Morning Bible Study: NEP at 11:30am.
 - Every Tuesday Night Bible Study: NEP at 7pm
 - NEP Corporate Prayers: Monday at 6pm, Tuesday at 6:30pm, and Wednesday at noon.
 - Children's Church ages 3-12: Learning the Bible on their level, June 2 and June 16 Sundays at noon.
 - Food Pantry Hours: Now available every Sunday at 1:30pm.
 - Men's and Women's Fellowship: June 1, 2024 at 11am. Prayer at 10:30am.
 - NEP's Free Monthly Family Night: Join us for a fun evening of creativity. June 28, 2024 at 7pm in the gymnasium. We will provide canvases, paint, brushes, drinks, hors d'oeuvres, and popcorn. Bring the whole family and showcase your artistic abilities.
 - Indoor Pickleball: At the BSRC Wellness & Recreation Center on weekdays. Preregistration is required for June. For more information, contact Audrey at 603-898-1675 or email her at bsrcyouthcenter@gmail.com.



Fr. Von DeRosia
St. Patrick Parish
12 Main Street
Pelham, NH 03076
603-635-3525

Pelham Baptist Church

Pastor Zach Rusaw
903-917-2827
1 Willow Street, Pelham, NH 03076
Service times:
Sunday School 9:30am
Morning Service 10:30am
Evening Service 6pm
Wednesday Bible Study 7pm
www.pelhambaptistchurch.com
3rd Anniversary Celebration
Sunday, June 23, 2024

CrossRoads Church - Pelham Campus

43 Atwood Road
Pelham, NH 03076
603-635-1556
Services: Sundays, 8:45am and 10:45am

First Congregational Church of Pelham United Church of Christ

The First Congregational Church of Pelham, United Church of Christ, opens our doors and ministry to all, affirming and honoring the dignity and worth of each person. We believe, that "we are one body in Christ, and when one part of the body suffers, we all suffer together, if one member is honored, all rejoice together" (1 Corinthians 12:26). Responding to God's calling we extend our compassion to all those who suffer for whatever reason, including social injustice. We hope and work for the day when all of God's people will be honored and rejoice together. We believe we are a part of the Body of Christ, by the virtue of God's grace, and welcome all those who wish to be a part. We celebrate the uniqueness of each person who feels called to be a part of our church, and look forward to the gifts they bring to us.

We welcome you as you are, wherever you are on your journey.

For more information, please contact the church office:
603-635-7025
www.uccpelham.org
uccpelham@gmail.com
Please contact the church office for the location of off-site gatherings.

- JUNE ANNOUNCEMENTS WEEKLY**
- Morning Prayer - Monday and Wednesday, 7:30am Zoom ID: contact the church office
 - Bell Choir Rehearsal - 6:30pm
 - Knitters - Tuesday, 1pm
 - Lazarus House Food Pantry Wednesday, 8:30am-noon
 - Coffee Break - Wednesday, 1pm
 - Choir Rehearsal - Wednesday, 7:30pm
 - Sunday, June 2 - Worship with Celebration of Communion, 10am
 - Monday, June 3 - Stewardship, 6:30pm
 - Tuesday, June 4 - Bible Study, 10am
 - Faith Formation, 7pm
 - Thursday, June 6 - Bible Study, 7pm
 - Sunday, June 9 - Worship with Celebration of Church School, 10am
 - Monday, June 10 - Holy Habits, 7pm
 - Tuesday, June 11 - Diaconate, 7pm
 - Thursday June 13 - Women's Fellowship, 7pm
 - Friday, June 14 - Free Community Dinner, 5:30pm

- Sunday, June 16 - Pentecost and Confirmation - Worship, 10am
- Monday, June 17 - Pub Theology, 6:30pm - Martha's Exchange, Nashua
- Tuesday, June 18 - Trustees, 7pm
- Thursday, June 20 - Lazarus House Breakfast, 7:30am
- Mission Meeting, 7pm
- Sunday, June 23 - Worship, 10am
- Monday, June 24 - Book Group, 7pm
- Tuesday, June 25 - Church Council, 7pm
- End of the Year potluck and fellowship Sunday, June 30 - Worship, 10am

Etz Hayim Synagogue

JUNE HAPPENINGS
All events are held at Etz Hayim Synagogue, 1-1/2 Hood Road, Derry, NH. For more information, contact our office at 603-432-0004 or at office@etzhayim.org or visit www.etzhayim.org.

Beth Hudson – An Amazing Story of Surviving, Thriving and Finding Purpose – Thursday, June 6 at 7pm - Beth Hudson will tell her story of Surviving, Thriving, and Finding Purpose, at Etz Hayim Synagogue. Beth Hudson was involved in a near-fatal accident on June 29, 2017. She spent a year hospitalized and then had a left-below-knee amputation two months after arriving home. Hear Beth's story of how she survived, how she thrived afterward, and how her journey helped her to find a new purpose in life. This is a story of courage, determination, and resilience. The talk is in person at Etz Hayim Synagogue, 1 1/2 Hood Road, Derry, NH 03038. There is no charge, but donations are encouraged. The presentation is part of Etz Hayim Synagogue's Adult Continuing Education Program, Hot Topics and Cool Contemporary Stuff.

3rd Annual Red Cross Blood Drive in honor of Beth Hudson – Monday, June 17, 12-5 pm - Please make your appointment at www.redcross.com or 1-800 RED CROSS. Beth Hudson suffered a near fatal motorcycle accident in June of 2017. Beth would not have survived without the 64 units of blood that she received. She continues to volunteer for the Red Cross and is organizing this blood drive with Etz Hayim's Chavurat Ezra Committee. You can donate at age 17 with parental permission, and we love first time donors of any age – it is (almost) painless, and what a MITZVAH! Blood supplies are dangerously low! Your donation is needed and appreciated! QUESTIONS? Contact Beth at ETZHAYIM-GIVEBLOOD@GMAIL.COM

First Congregational Church of Pelham United Church of Christ



2024 Free Community Dinner

3 Main Street, Pelham, NH • 5:30pm-7pm
2024

June 14th • August 9th
October 11th • December 13th

Take out by reservation only.

Questions? Please call 603-635-7025

If you would like a FREE subscription to The Evergreen Newspaper, please go to www.evergreennewspaper.com/subscriptions

Pelham's VFW Auxiliary

by Madeline Dreusicke, President



Each year in the month of May, the VFW Post 10722 conducts its Annual Loyalty Day Ceremony. Loyalty Day is a day set aside for all citizens of the United States to stand proud and show their love for this great nation and all it encompasses, especially our freedoms that our brave men and women have fought to defend and protect so we all may enjoy them. We open our doors (well, St. Patrick's Hall) to the community and appreciate the full house for this event. I would also like to say thank you to everyone who brought food donations for the VA Food Pantry.

This year at our Loyalty Day Ceremony, we took the opportunity to recognize outstanding achievements and citizens in our community. This year, we had the honor of recognizing our Voice of Democracy essay winner, Ashly Walsh of Pelham High School, Patriot Pen Essay winner, Caleb Kulian from Pelham Memorial School, Emily Remeis for her Young American Patriotic Art. Remeis has the honor of also representing the Department of NH VFW Auxiliary at the National competition this July with her outstanding artwork. Outstanding Teachers of the Year are Keith Lewis of

Pelham Memorial School and Stefani Day of Pelham Elementary School. Lewis will also compete at the National Level for grades sixth to eighth. We also recognized Corinne Kelly for her Gold Award and Adam Hathaway Jr. and Titus Webster for earning the rank of Eagle Scout.

Outstanding citizens in the community who go beyond in helping others with their simple acts of volunteerism that have a rippling effect that is unmeasurable, but always appreciated, were next to be recognized. The 2024 Outstanding Volunteers were Eric and Lars Helgemoe, who have given countless hours to helping, teaching, guiding, supporting, and collaborating with the scouts of Troop 610 to achieve all that they can as scouts. Eric as a scout leader, and Lars as a fellow scout with the rank of Life, have dedicated much of their time to Troop 610 and guiding them with their scouting journey.

End 68 Hours of Hunger, founded by Peggy and Mike Sawicki, together with their team of volunteers, Elaine and Alan Marcum, Linda Kubit, Denise Montminy, and Linda Stankiewicz, dedicate their time and efforts into securing nutrition for students to provide them with additional nutrition for the weekend. Their efforts are the result of challenging work and endless hours raising and securing support from our great community.

We were also honored to recognize

Greg Hein. Hein a certified firefighter and advance emergency medical technician and Cpl. Brian Kelly, a police officer who also serves as the outstanding resource officer for the Pelham Schools.

We are forever grateful for these honorees and honor and recognize them all for their outstanding service, no matter the reason or cause, that they demonstrate and share with our community.

In closing, I would like to also thank all who were part of the planning and execution of our Memorial Day event and standing shoulder to shoulder as we honor and remember all who have served and help keep us to be the "Land of the Free, Home of the Brave." For veterans, on June 6 at the VA Medical Center located at 718 Smyth Road in Manchester, they will have Pact Act Vet Fest from 9am to 2pm. Enrollment, eligibility, and toxic exposure screenings – come check it out. if you have questions. This is the time and place to get answers.



BOOK REVIEW by Maureen Rooseboom



With summer approaching quickly and all the happenings with the royals in England, spend a little time reading about Lacey Pope, a theme park princess in southern Florida, and a real live

prince she doesn't realize is royalty when she meets him and his daughter.

Lacey Pope breaks it off with her boyfriend when it dawns on her that he and his family do not approve of her career choice – that of a fairy tale princess. To her, this job is a "proper" one since playing this part each day isn't about playing dress up, but more about princesses from a theme park cheering up a 7-year-old Lacey in the hospital where her mom was dying of cancer. She enjoys brightening kids' days and getting them to smile and laugh like those long-ago "princesses" did for her.

Prince Henry of Bella-Moritz, a widower and next in line to the throne, decides to take Princess Charlotte or Rose, his daughter, on a trip to America for her seventh birthday so she has a chance to be a normal child for a few days at an American theme park.

Rose is immediately drawn to Princess Sweet Pea and Lacey stays in character for this real princess and her dad, not knowing who they really are.

Henry is quite amused by the way this "princess" is able to stay in character. Lacey, on the other hand, doesn't quite know what to make of this "grumpy guy in a baseball cap" when he dances with her like a real prince and not clumsily like the other Prince Charmings she must waltz with for the show.

When her boss asks her to accompany a VIP on a tour of Once Upon A Time, Lacey sees the girl's dad and realizes they are real royalty. After spending several days making sure they take in the best of the amusements, she and her friend, Ava, get invited to the Royal Ball.

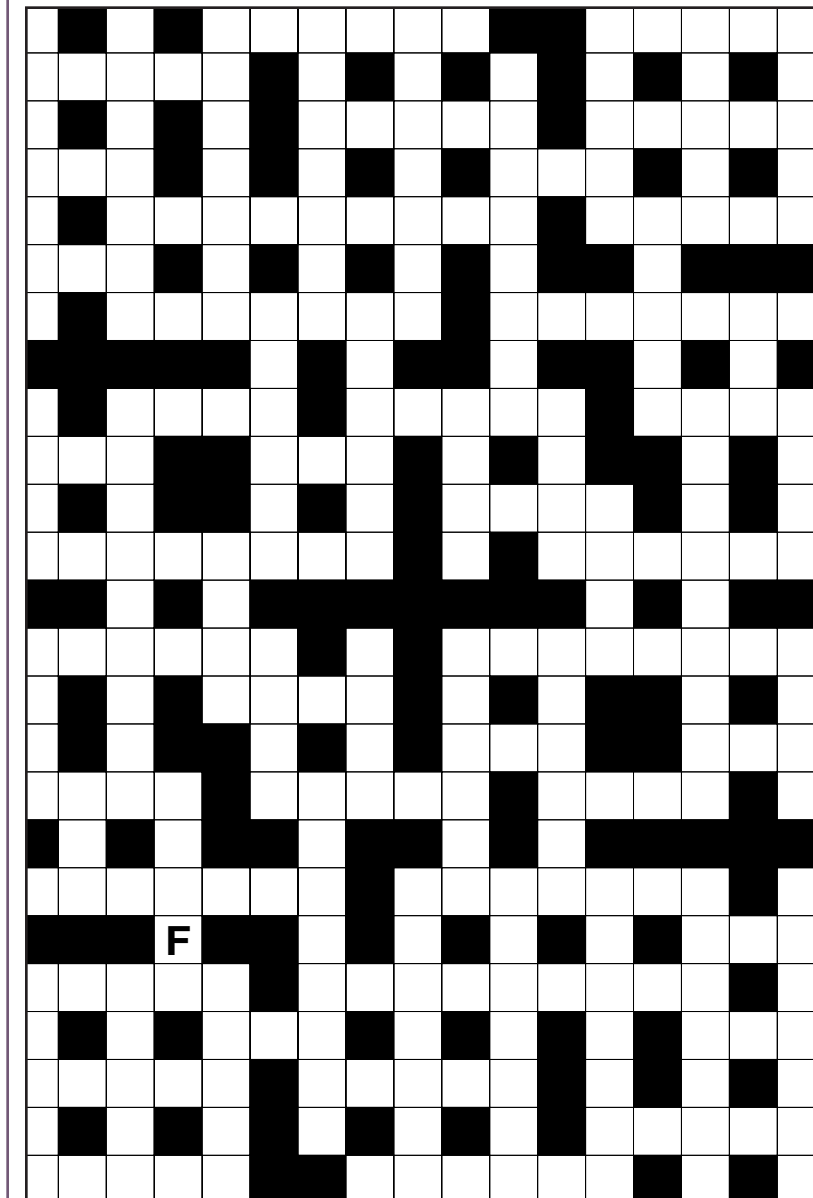
The rest of the story is for you to discover as Prince Henry goes through his own emotional turmoil over his feelings for this fairy tale princess.

Get the book, "Once Upon A Royal Summer" by Teri Wilson and enjoy a fairy tale love story filled with humor that's as real as it is unbelievable for this genuine, caring, and sweet "princess," whose ex's departing words to her were, "that crown on your head isn't real" and "neither is Prince Charming."

Take a Break and Have Some Fun!

LETTER LOGIC

Rules: There are no clues to this puzzle, other than the letters in the grid and the length of the word or phrase. Can you fit them all in correctly?



- Across:**
 APE
 ELI
 EMU
 GUT
 LEA
 OLE
 PUT
 ROT
 SHE
 USE
 EELS
 NELL
 NOUN
 RANG
 SOAR
 UEFA
 AGREE
 BACON
 DIVED
 EERIE
 MACON
 MIDAS
 NECKS
 NOVEL
 RABBI
 SMASH
 SNIFF
 SPIKE
 ADRIAN
 CLIMAX
 GRADED
 OLIVIA
 BRIEFED
 ELUSIVE
 IMPULSE
 OPINION
 KENYATTA
 RUTHLESS
 THEREFORE
 TRAMPLING

- Down:**
 AIM
 OFF
 AGES
 AJAR
 AQUA
 CUES
 LOAN
 NEON
 SLAV
 SLAY
 SOLO
 USER
 DEBTS
 DUNCE
 FENCE
 GRUFF
 INCUR
 PENGU
 SAMOA
 VICKI
 KILLER
 NUANCE
 SERENE
 VENUES
 AMBROSE
 BLADDER
 CHATEAU
 DAGGERS
 ESTUARY
 FRINGED
 GAZETTE
 IMPOSED
 ISRAELI
 SEETHED
 OVERTIME
 PIPEWORK
 SECTARIAN
 ELEVATION

Solution on page 46.

FUN FACTS

Source: Reader's Digest

Flamingos bend their legs at the ankle, not the knee.

Ice pops were invented by an 11-year-old by accident.

3 Musketeers bars got their name because they used to come with three flavors.

Michelangelo wrote a poem about how much he hated painting the Sistine Chapel.

The smallest country in the world (by landmass) is Vatican City.

SUDOKU

Rules: Fill in each square with one of the numbers 1 to 9 such that no number repeats in any row, column, or 3 by 3 box.

	5		4					
		4				6	3	
	6			3			2	8
4					2			
	8		3		9		4	
			8					1
6	2			4			7	
	3	9				2		
					7		1	

Solution on page 46.



How humans will evolve due to the incessant taking of selfies.

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Sevmar Mediterranean Bistro Opens a New Place in Methuen

by Maureen Rooseboom

People love to come to the Sevmar Mediterranean Bistro at the corner of Main Street and Shannon Road in Salem because it's a cozy fun place to eat. Jocelyn Maroun worked in this Salem restaurant (formerly called the Salem Kabob) that her parents owned when she was in high school at Central Catholic a number of years ago. Now she's back there and has opened a new bistro in Methuen, the place where she grew up.

Jocelyn said, "We have a good staff and good food. I have an incredible partner, Kelvin Severino. He handles business and I handle the front. We make a good team. He likes to give extra touches in details, décor, and design. I have good customer experience."

She went on to add, "We have all organic and fresh food. We also offer a lot of vegan and gluten-free food."

Jocelyn's also happy they can interchange the kitchen staff and serving staff. She's excited to make this new place in Methuen as cozy, happy and intimate a place as the one in Salem.



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NOTABLE MOMENTS THIS MONTH IN SPORTS HISTORY

A brief look at some of the interesting items from the world of sports.

by Joe Ross

In 1876, the first "Ladies' Day" was invented. Josiah Keck, owner of the Cincinnati Redlegs, noticed an increase in attendance whenever Tony Mullane, a handsome righty, was pitching. Therefore, the owner scheduled him to pitch every Tuesday and featured it in advertising. It worked.

In 1881, Albert Spalding, a former player and manager, wrote that baseball was on the wane and every team faced bankruptcy if salaries were not lowered. He was much more effective in his sporting goods business.

On June 28, 1884, police arrested the players from Brooklyn and Columbus for committing a crime: they played on a Sunday. To avert a riot, the police allowed them to finish the game before being taken into custody. Four years later, in June 1888, the league threw out the records for a game... because it had been played on a Sunday.

In June 1889, Louisville instituted the first incentive clause in baseball. The owner told his players they would each be fined \$25 if they lost the next game. They did, 2-0. \$25 then is worth about \$850 today. The team folded after the season.

In June 1895, the umpire declared a forfeit against the Rochester Browns of the Eastern League. One ball was hit out of the park. Another ball split in half. The Browns were declared the loser by forfeit because... they used up all the available balls, all *TWO* of them.

Joseph Ross is a former college administrator and the editor/publisher of Rosstrum Publishing. In addition, he distributes the email feature, Today in Baseball History, throughout the country and has authored The Nicknames of Major League Baseball, available at rosstrumpublishing.com. He has also presented programs on The Art of Test Taking to schools, groups, and over 200 doctors preparing for the Board Certification exam in Allergy and Immunology. He can be reached at rosstrumpublishing@gmail.com.

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HAMPSTEAD-KINGSTON REPUBLICAN COMMITTEE MONTHLY MEETING

The Hampstead-Kingston Republican Committee will hold its monthly meetings on the following dates:

Wednesday June 12th
Wednesday August 14th
Wednesday September 11th

All meetings start at 6pm. Come meet your Republican neighbors and elected officials, listen to guest speakers, learn about local issues, and help elect Republicans up and down the ballot in 2024. For meeting location, email us at HKNHGop@gmail.com or message us through our Facebook page: <https://www.facebook.com/HampsteadKingstonGOP>.

We look forward to meeting you there!

OPINION

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Big Marijuana is the Only Winner with Rescheduling

This week the Biden Administration recommended marijuana be rescheduled from a Schedule I to a Schedule III drug, and it sent the marijuana investment markets skyrocketing. Regardless of the change, marijuana will still remain a federally illegal drug and states who legalize it are still open to liability, should the federal government decide to enforce its own law. So who was the real winner this week? Big Marijuana.

If rescheduling occurs, (and it is not a done deal yet), it means that large, well-funded marijuana corporations could now be eligible for billions of dollars in tax write-offs, and this week they had a federal administration helping them to normalize their highly-addictive product.

Here are a few examples of Big Marijuana:

- Phillip Morris: One of the largest tobacco companies in the globe, invested \$20M into Syqe Medical, an Israeli marijuana company that has created a marijuana inhaler.
- Altria: Altria Group, maker of Marlboro, invested \$1.8B in Cronos for a 45% stake in the Canadian-based marijuana company.
- Anheuser Busch: Invested \$50M to partner Tilray through subsidiary brand Labatt to create a marijuana infused drink.
- Heineken: Heineken subsidiary, Lagunitas, partnered with CannaCraft brand Absolute Xtracts to create a non-alcoholic marijuana infused beer.
- Molson Coors: Partnered with HEXO (Hydropharmacy Corporation) to develop marijuana-infused beverages. Molson Coors is entitled to purchase shares of HEXO through the deal.

Aiding this effort to commercialize marijuana across the U.S. are many political heavyweights, who are now cashing in on the financial windfall of Big Marijuana. Some include, but not limited to, Tom Daschle (R); former US Senate Majority Leader, John Boehner (R); former Speaker of the US House, and Joe Crowley (D); former US Representative and Party Caucus Leader.

What is most remarkable about this whole situation is that for the first time in my memory, a federal agency is being asked to reschedule a drug for political reasons. If this were for medical reasons, then the request would not have bypassed the Schedule II category completely, which includes drugs with a high potential for abuse, with

use potentially leading to severe psychological or physical dependence. As a Schedule III drug, our federal agencies will be asked to certify that marijuana has a moderate to low potential for physical and psychological dependence.

For starters, that is a patently false assumption that everyone in health compliance agencies understand to be untrue. According to the CDC, 1 in 10 people who begin to use marijuana will become addicted. The National Institute of Drug Abuse is well aware that from 1995-2021, marijuana THC potencies have increased from 3% to 15%. And a landmark, longitudinal study from Denmark that has been widely shared with global and governmental health agencies found "strong evidence of an association between cannabis use disorder and schizophrenia among men and women, though the association was much stronger among young men...The study authors estimated that as many as 30% of cases of schizophrenia among men aged 21-30 might have been prevented by averting cannabis use disorder." (Source: <https://nida.nih.gov/news-events/news-releases/2023/05/young-men-at-highest-risk-schizophrenia-linked-with-cannabis-use-disorder>) Even the Obama Administration understood the risks of marijuana and recommended that it continue to be a Schedule I drug.

The political rush to legalize recreational marijuana has happened at breakneck speed - much faster than the health research needed to understand its safety issues. However, objective research is now pushing up through the Big Marijuana's hype...and the news is not good. Even our national health agencies and federal government can't ignore the truth, but yet they push on with an effort to reschedule. Worse yet, our New Hampshire State Legislators, and Governor Sununu, know this information as well and yet they continue to push for recreational legalization right now.

What can you do if you are concerned about our state legislators and federal agencies by cashing in on the sale of a federally-illegal drug and doing the bidding of Big Marijuana?

1. Provide your input on rescheduling when the public comment period opens. This change is considered a Notice of Proposed Rule-Making, which means there will be 30-60 days for public comment. This notice will be posted in the Federal Register: <https://www.federalregister.gov>
2. Email or call your State Senator, and Governor Sununu, and tell them that you do

not want New Hampshire to be an victim for Big Marijuana, and you would like them to say NO HB1633, a bill to legalize recreational marijuana.

At this point, it's clear there are many New Hampshire legislators, and our Governor, who are jumping at the bit to bring a new Marijuana Addiction Tax to our state. In addition, our federal agencies are doing their best to help de-stigmatize a highly addictive and psychoactive drug. So now it's up to you to remind them that Granite Staters don't want Big Marijuana to ruin our state.

- Sue Homola, Chairman, Smart Approaches to Marijuana (SAM) NH, Website: LearnaboutSAM.org

Justin White,

Recently you published your concerns with the Evergreen regarding our middle schoolers' safety, which is a shared concern of mine. For this reason, I chose to respond to your article and offer the opinion of a lifelong Pelham resident, 43 years of age, who also has a child in the Pelham School District.

For the last twenty years I was content to conduct my business, keep to myself, and contribute to the community when and where I could, but on Jan 6th the social contract between average citizens and fringe movements upended that line of thinking. In the interest of protecting our town hall from the eventual storming by whatever horn-laden shaman you end up recruiting with your transphobic appeal for support, here is the simplistic reasoning of a political independent.

If I was asked to summarize the points you raised in the May 2024 edition of The Evergreen, they would be as follows:

- 1) There is a transgender child in the Memorial school that used the bathroom at the same time as your biologically male child.
- 2) The brief cohabitation of the facilities "shocked" your child.
- 3) You raised your concerns to the School District Superintendent, where you were notified by the district's attorney that the punitive measures being proposed would be discriminatory in nature. You then "question the validity" of the attorney's advice.
- 4) The school took measures to ensure the future emotional wellbeing of your child by allowing access to staff bathroom. By breaking the article into the points listed above I'd like to respond to each in kind.
 - 1) Transgender children are part of our society, whether or not all individuals in so-

ciety can accept them. As I suspect this child isn't leaving town, and other children will still need to use the bathroom facilities, this will probably happen again.

2) It's unfortunate that your child experienced something that they weren't prepared for. As you pointedly asked, "How are we supposed to help our children navigate this sensitive and invasive situation", I can only offer one recommendation. I think an honest discussion with your children about the endless biological diversity of people would be a good place to start. We're not all supposed to be the same.

3) Personally, I'm inclined to trust the district's attorney as practicing the law is literally their job.

4) I applaud the school's leadership in finding a fair compromise that considers the needs of both the transgender student as well as anti-transgender parents. The school has put this issue to rest by offering a solution to all parties. What more are you asking of them by wanting to continue the discussion?

Moving through the rest of your article, I'm completely befuddled by how you speak from both sides of your mouth. You express your concern about the 'safety' of the children by proposing that we ostracize the children of a marginalized population? You discuss your personal liberties and tax burden as though they have any relevance? "We pay TOO MUCH MONEY in taxes to be left in the dark!". I refer you to 2024 voter's guide published by the district showing pelham's cost per pupil ranking of 150 out of NH's 163 school districts. If you're looking to spend less, there are only 13 other districts out there in the state, but they do exist.

I previously mentioned our shared concern for middle schoolers' safety. So long as the adults in our community are emboldened to target CHILDREN with vitriol, the children of Pelham will not be safe. I am calling your message out for what it is, an attempt to organize adults to isolate and reject a child for the sole reason that you unfortunately possess a transphobic and close-minded viewpoint.

In closing, my fellow taxpayers I beseech you that unless you have a child in the school system, please don't involve yourself in the district's day-to-day operations any more than you currently do at the Hobbs Community Center. For those wishing to make a meaningful difference, please volunteer.

Best regards,
- Tom Maciejczyk, Pelham

★ ★ ★ ★ ★ ★ ★ ★ LEGISLATIVE UPDATE



Each month, your Pelham State Representatives will submit a Legislative Update for our readers.

**Jeff Tenczar – Sandra Panek – Tom Mannion
THE STRONG SQUAD**

I'm sad to report that the Senate has killed HB229, Defend the Guard, unceremoniously without a roll call. I want to thank Senator Keith Murphy for registering his support with the clerk, and for our own Senator Daryl Abbas for taking the time to testify before the Senate Finance committee in support. I look forward to expanding the co-sponsorship of the bill next year, and helping the campaigns of those ((from governor to Senate primaries to House races across the state) to ensure we stand a good chance of passing it in 2025. I also want to thank the support from residents of Pelham that have followed the journey and sent messages of encouragement.

We are wrapping up the legislative year and will be done by mid-June.

– Tom Mannion

Kimberly Abare

Hello Pelham,

As of now, we have two remaining house session dates: May 30 and June 13.

Sometime between June 1 and June 10, sign-up time for the new slate of State Representatives will take place. Sandy Panek, Tom Mannion, and Jeff Tenczar will be running again. As previously announced, I will not be running again. Instead, Tom Mannion's brother, Tim Mannion, will run in my place on the slate. I am eager to support this team.

Senator Daryl Abbas for District 22 will also be running again. He is a good man and remains accountable to the people.

In mid-May, the Pelham fourth graders visited the State House. It was a pleasure to see them. During their time at the State House, they participated in a mock house session with me and the State House staff. It was refreshing to see their smiling faces and waves as the bus arrived each day. They asked excellent questions. A note to the fourth graders: Thank you for allowing me the opportunity to spend time with you during your field trip to the State House.

Reminder: Chuck Morse and Kelly Ayotte signs are available in my garage. Let me know if you need one.

My office hours will be Tuesday, July 11, 2024. Thank you for your patience as I had to cancel my office hours in May, due to the fourth graders field trip to the State House.

As this biennium in the State House concludes, I hope I have met your expectations. I believe that I have voted as promised, responded to your emails, and returned your calls promptly.

I am, as always, reachable on cell and email at kimberly@kimberlyabare.com and 603-401-8435.

– Kimberly Abare

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Submitted by Kimberly Lyon Abare

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Fourth graders from Pelham visited the State House in Concord in May. Margaret from the State House Tour Office remarked on how respectful and well-behaved the Pelham students were. Pictured below are the three separate visits from each class. State Representatives Jeff Tenczar and Kimberly Abare joined the fourth graders, answering their questions in Representatives Hall.



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