

# The Newport Times

Newport's Good News Paper

Serving the Town of Newport, NH

January/February 2023

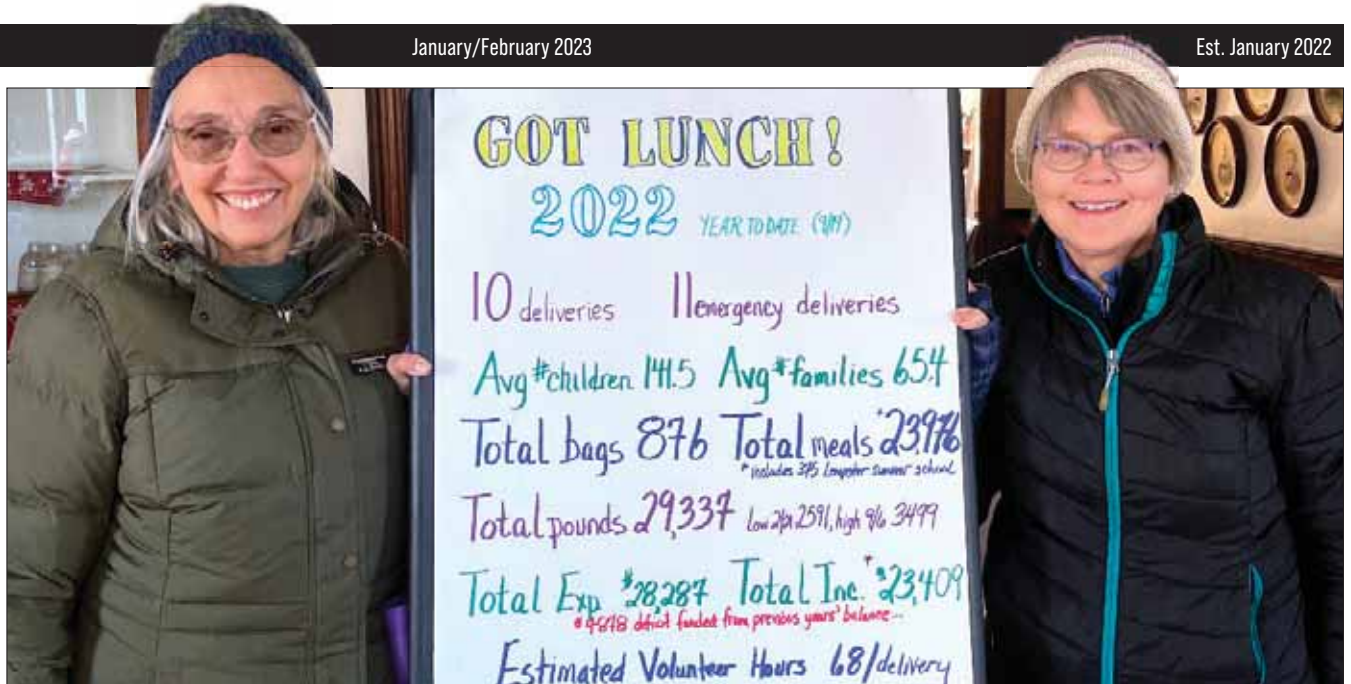
Est. January 2022

"When I was a boy and would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

~ Fred Rogers



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Leaders Charen Urban (left) and Karen Little (right)

## Hunger Warriors

Allison Browning

Here in our small town of Newport, we are lucky to be a part of a community filled with selfless volunteers targeting food insecurity within our area. There are many initiatives around town that deserve to be recognized, so to begin this series of recognizing "Hunger Warriors," community leaders Charen Urban and Karen Little spoke with me about their innovative way to tackle the hunger issue locally – Got Lunch! Newport.

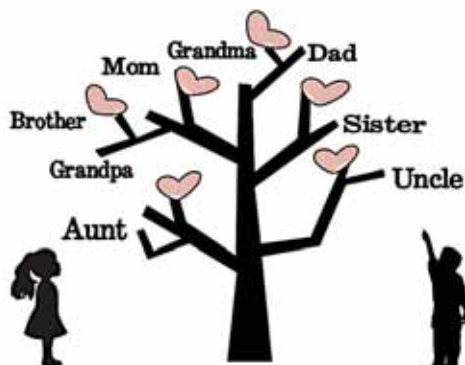
In 2018, Mrs. Urban realized that, on average, 57% of school-aged children

qualify for free- and reduced-priced lunches and the rate in some schools is as high as 70%. When school is not in session, these children most likely are missing at least one meal a day and maybe two if they were also receiving free breakfast. Adapting Got Lunch! Laconia's model to target food insecurity, Charen Urban brought this idea to Newport, formulating a program that began identifying the children in our community who are food insecure and then focusing on feeding families healthy food options during the summer months.

Since its inception in 2018, the Newport's Got Lunch! program is no

longer just summer-based. Instead, volunteers get together once or twice a month and deliver groceries to as many as 72 families (176 children). At the height of the COVID pandemic, Mrs. Urban and Mrs. Little provided services to upwards of 98 families (210 children). Just incredible! This non-profit program based out of the Newport South Congregational church credits its success to all of the community players who largely contribute to the effort of alleviating hunger within Sullivan County. "We are well supported by community organizations and businesses," Mrs. Little concurred, citing

Continued on page 20



**NH GRAND FAMILIES INC**  
A Different Definition For All

## Grand Families Are Key

New Hampshire Grand Families, Inc. came into existence to address a very large unmet need. When the founder, Tawna Fisher, was asked by the State to take in her grandnephew after he was born, she was never told that it would be a battle to get any kind of help. Reaching out to DCYF, she was told that because she had taken him in, his case had been closed. Despite multiple attempts, she was denied assistance from the State. Given names and numbers to contact, she repeatedly got no response back or was told there was nothing they could do. Tawna soon found out that this was a common situation, an ongoing battle for many older, second-time families. She believed someone needed to help families and friends. These kinship caregivers have saved the State millions of dollars by agreeing to raise others' biological children. They have also found themselves with huge financial worries, often at a time when they would otherwise be thinking of retirement.

In New Hampshire, 7.8 million children live in a household headed by a caregiver other than a biological parent. Thirty percent of these children live in poverty. Seventy-five percent of these new families consist of grandparents raising these children and are on a fixed income. Almost all of the older caregivers taking in children are over the age of 45.

Continued on page 11



## Brenda Burns Inspiring Young and Old Alike

Mel Reed

Brenda Burns, Executive Director of Newport's Senior Center, didn't know why anyone would want to read about her. "I even called the publisher to make sure the invitation had gone to the right person," she chuckles.

Well, she may not know, but after 30 minutes on the phone, I certainly do.

There are the obvious reasons of course: her dedication to elder citizens; her ability to find solutions where there are none; her determination to keep programs afloat during COVID; her creativity in implementing programs for the 'new normal' post COVID; and her resolve to educate people about the value our elder citizens offer.

"Lots of people think of older people as having one foot in the grave," she says. "Sure, some older folks need help. Some may have physical limitations or health problems...but you could say that about younger people, too!"

The qualities associated with her current position are only the obvious characteristics that make Burns notable. It is the path she took to becoming Executive Director that makes her someone we should read about.

"I don't talk much about my past," says Burns. "I kind of keep to myself, you know?" But thanks to some of her closest friends who convinced her to share her story, we can read how she got to where she is.

"In high school, I was a single mother," she shares. "I was judged by strangers and acquaintances alike. I was never going to amount to anything. I was not going to be a good mother." But Burns wasn't having any of that. She set herself high goals – and as she achieved each one – she would set a new goal that was even higher.



Brenda (far left) poses with the participants of the Floral Arrangement Class taught by Donna Mahair of Petal Patch

Her first goal was to get the skills to hold down a job. She went to Cosmetology School and got her license. So much for the folks who thought she would never be successful. She then met and married her husband and had another son. It was hard times. She worked days and he worked nights. One of the jobs she took was as a driver for the Senior Center's Meals on Wheels program.

"It was a perfect job for a mother with two young children," says Burns. "I could take them with me on my route and the clients – so often alone – loved having them visit. Once my oldest was in school, I took my youngest with me in the mornings and dropped him off at kindergarten in the afternoon. I picked him back up after my route and was home in time for my oldest to be home from school."

As her children got older, she progressed through the ranks (and the jobs) at the center – each one with more responsibility. Still setting herself a higher goal,

*Continued on next page*



Back: Brenda's parents, Rodney & Beverly LaClair; Brenda and husband, Stanley. Front: Sons Kyle & Justin, circa 2000.



Brenda Burns and her youngest son graduating on the same day



Volunteer Appreciation Day: Brenda with Gladys Hudson



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By focusing on our associates, our neighbors, and the town we all love, Ruger is committed to building a future Newport can be proud of.

## NEWPORT'S HOMETOWN HERO

– Continued from previous page –

she went to college. While her boys sat down to do their homework, she sat down beside them and did hers. Both of her boys were honor roll students, and she made the Dean's List. So much for being a bad mother.

"My youngest son and I graduated the same year!" she shares joyously. "He got his High School Diploma and I got my Associate's Degree in Accounting, Cum Laude."

Her next goal was for the Assistant Director's position. But a former Senior Center Board President didn't think she could do it. "She told me right out that a man would do a much better job than I ever could. But Jerry Durant – who had encouraged and supported me all along the way – stood up for me. And I got that job. And I got the next one as Executive Director. And here I am 28 years later! Those people who judged me as 'not good enough' were wrong." One cannot help but cheer her on.

When asked what's next, she lists the challenges the Center faces. "I am trying to move the Center and its programs into whatever the 'new normal' is, post COVID."

And her new goals are equally high. The center is working closely with TANF (Temporary Assistance for Needy Families) – or what we all probably referred to as "Welfare" – to give young people the job skills they will need. Burns has augmented center staff by bringing high school students in as interns and staff. And she continues to "fight the good fight" to provide support and programs to her clientele, educate the public about the damage prejudice can do to struggling individuals, and wrestling with contractual red tape and seemingly endless regulations of State and Federal agencies.

"Sometimes it gets tough, and I feel like throwing my hands up in the air," she laments. "But I cannot, and will not, let those people who judged me 'not good enough' win." Burns paused a moment. "Today, as I drove through this winter rainstorm to Claremont, I looked up and there it was – a rainbow! Never seen a rainbow in the winter before. It gave me strength."

A rainbow is traditionally a sign of hope. It represents judgment-free inclusivity, diversity, and friendship. And those things are what Brenda Burns is all about. ■

## ANIMALS RULE

### Wags and Wiggles Thank You, Newport!



As we welcome 2023, we would like to extend our gratitude to the supporters of Wags and Wiggles Rescue. You welcome our dogs into your businesses, libraries, and outdoor events. You share our social media postings so we can share our mission with as many people as possible. We are supported by an incredible group of volunteers and steadfast board members, and we look forward to the growth that 2024 will bring to our organization.

With Gratitude, Christiane ■

Christiane Dionne, MBA; Executive Director, Wags and Wiggles Rescue

# ? DID YOU KNOW?

## Newport has its very own Art Gallery and Studio.

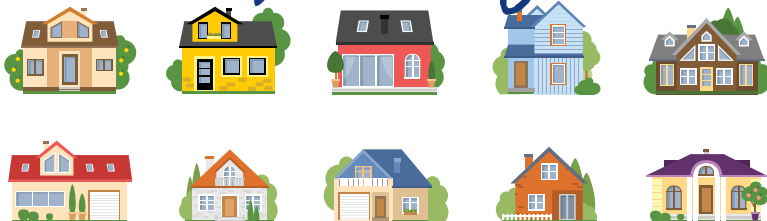
For more than 55 years, the Library Arts Center has been offering a full schedule of annual exhibits, art classes, performances and other opportunities for residents to engage in the arts.

Find out more at [libraryartscenter.org](http://libraryartscenter.org)



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## PUBLISHER'S NOTE

As it turns out, Mr. Rogers had it right about just about everything. The cover quote says it all about Newport: "Look for the helpers. You will always find people who are helping." And, in Newport, you don't have to look too far to find the helpers. They seem to be everywhere!

While some mainstream media outlets primarily focus on the 'scary things in the news,' the *Newport Times* features the practically endless supply of good people and organizations doing good deeds in, around, and for the community! The cover stories speak to this immediately. Read about Charen and Karen, the Hunger Warriors and about Tawna Fisher and the thousands of 'grand families' stepping up to care for children whose biological parents are not able to. And, let's not forget to celebrate Brenda Burns, the chosen subject for this issue's Hometown Hero. (Thank you, Ruger, for sponsoring the page). What a remarkable and dedicated woman she is!

And, while not as touchy-feely, let's give a shout out to the unsung utility worker heroes. These guys and gals who, in the worst of all possible weather conditions, go out to wherever the problem point is – 30 feet high, perhaps – and quietly and diligently set out to fix the issue. Presto! At some point very soon, problems are fixed and power is restored! Let's remember to be patient when the power is out knowing that these heroes, our neighbors, are out there braving the storm for our benefit.

Clearly, Newport is filled with 'helpers,' but there are still many organizations that need good people, volunteers and companies, to step up and into important roles. The Newport Senior Center, NCTV, Eichenauer, and Ruger are all actively seeking 'helpers.'

Working together with your friends, neighbors, and colleagues for a greater good is what life is all about and will always overshadow the 'scary' stuff.

Happy New Year and thank you for helping the *Newport Times* begin its second year! We look forward to celebrating all of your good news in 2023!

~ Jen MacMillen

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And all of the representatives of the community organizations featured

A special thanks to the wonderful Newport community for all of its support, and especially all of the contributors in each issue.

To contribute story ideas or to submit your organization's content, please email to publisher@greatergoodmedia.net.

Coming soon: www.newporttimes.net

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# Kids Doing Good Things

## Free Coat Friday

On Friday, October 28th on the Newport Common, the Sullivan County United Way held a coat drive aptly named "Free Coat Friday." This is an event the United Way has held in Newport and Claremont for the past 13 years (with a COVID interruption). Shown are some photos of the United Way volunteers that helped out that day.

For example, the Newport High School Football team and the other volunteers started their day at 6:30 in the morning to start moving the coats onto the Common.

Anna Ranney, Newport resident and Executive Director of Sullivan County United Way, was the force behind the event. In addition to organizing the coat drive, the SCUW hosts a number of events throughout the year that benefit Newport and surrounding communities.

Here are some of the recipient organizations benefiting by the SCUW efforts: Claremont Senior Center, Claremont Soup Kitchen and Food Pantry, Millies Place, Newport Montessori School, Road to Independence, Turning Points Network, West Central Behavioral Health. ■

For more information, visit [www.scunitedway.org](http://www.scunitedway.org).





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# You Have a Friend in Me



Meeting with Ruger on November 28th

as my job entails a lot of hard and gratifying work, as well. Our town has received over \$20 million of grant funding to help push development and to stimulate our local economy! Amazing right?! This is something unheard of given our population size and density, and I have the task of managing these grant opportunities while bringing in even more prospects as well. I am dedicated to strengthening our community vitality, creating a strong tax base, and promoting the health and safety of all residents in Newport. For this reason, my main focus for the upcoming months will be on workforce housing, business retention, outdoor recreation, and extended learning opportunities for our student



NHMA conference November 16-17th with one of our Auditors, Brian McDermott

I am entering my fourth month in Newport and it has been a remarkably fun-filled adventure thus far! I am getting around, meeting our local business owners and non-profit associations and integrating myself as an 'implant' Newport resident! I have to say, working for the Town of Newport has been nothing short of a blessing. The crew here has been checking in on me daily, offering advice, knowledge, and an abundance of support... I have never experienced such support before being in this job. I feel blessed to have been chosen as the Town's Economic Development Coordinator and personally thank our Town Manager, Hunter Rieseberg, for taking a chance on me. This career is new to me, but I feel at ease knowing people are willing to reach out and help me find my way!

The Town Office leadership and staff have acted as a strong foundation and caring family from which I feel free to spread my wings. Additionally, these same civil servants are some of the most amazing, hardworking, passionate people who clearly care so much for our town. As I learn more and more about my role, I am joining the ranks with these fine examples



Christmas Bazaar fun at South Congregational Church on November 19th

find myself involved in some amazing community stewardship organizations, becoming a member of Newport's Rotary Club, ECON, as well as forming a new Young Professionals of Newport coalition!

Becoming involved in Newport, whether through selfless service or participation in the abundance of activities offered around town, has been extremely important to my health. I came to Newport from North Carolina not knowing anyone, away from all of my family and friends, entering a new state for the very first time in my life. I have discovered that the best way to find yourself is to lose yourself in the service of others. What should young people do with their lives today? Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured. I believe giving and listening have allowed me to build stronger connections and improve relationships with Newport residents and businesses within the town while allowing me to create my personal journey. I have only been here a few months but, in this time, I have developed a great level of pride in our town and have found myself very



Tour of the Ruger facility on November 28th

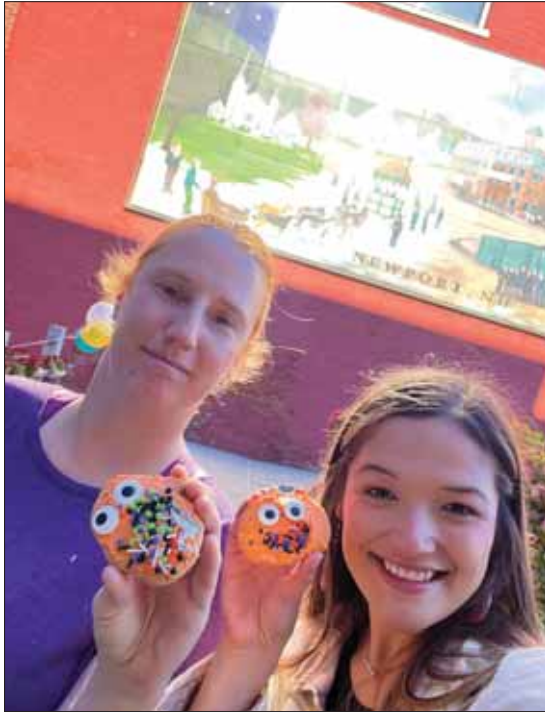
body, such as student internships, for example. These are all initiatives dear to my heart and are on the top of my list to accomplish for Newport.

The one thing I have noticed through my journey so far is how the people of Newport interact with one another. I have never seen a more tight-knit community, filled with diverse ideologies, pour out nothing but love for others. The spread of positivity is a powerful thing, and the spirit of love has been prominent since day one for me! Special thanks to the members of Newport's Chamber of Commerce, Newport Recreation Center, NCTV and WCNL Radio for showing me the ropes, and encouraging me to push for what is best for our wonderful community. Additionally, I



Santa at Kathman Gardens November 20th





*Aurora Bakery, Mural Unveiling on October 8th*



*Fire Arms safety training with Pinnacle leader Jim on October 6th*



*Induction into Newport's Rotary Club with community leader Bruce Jasper*

protective of all the people who populate it. It is my job to make Newport the 'it' place for newcomers like me, and encourage our small businesses to grow while pushing creative philosophies that will help us thrive in the future! For better or for worse, times are constantly changing, and it is my duty as Economic Development Coordinator to ease these stresses and integrate these new ideas in the most knowledgeable, painless way possible. I encourage face-to-face

interactions with all residents, and plan to schedule an open forum for all community members to express their desires, worries, and inspirations for the town this Spring.

I'll never be able to thank everyone enough for accepting me with open arms into this amazing community, but I am confident it will show through my work! ■

~ Allison Browning, Economic Development Coordinator, Town of Newport



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(Newport Times November/December 2022)

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# State and Federal Funding for Wastewater Treatment Facility Upgrade

## Public Q&A Slated for early 2023

The Town of Newport owns, operates, and maintains a wastewater treatment facility (WWTF) that treats residential, commercial, and industrial wastewater collected throughout the Town. The WWTF is permitted to discharge up to 1,300,000 gallons per day (gpd) of treated wastewater to the Sugar River, a tributary of the Connecticut River. The discharge permit requires the WWTF treat the Town's wastewater to specific effluent water quality requirements set forth in its National Pollutant Discharge Elimination System (NPDES) permit program. The original WWTF was constructed in 1971 as a primary treatment facility and underwent major upgrades in 1988 to provide additional treatment to meet effluent requirements. Upgrades included the addition of two aerated lagoons, an upgraded grit removal facility, and a disinfection system. Since then, the Town has conducted various upgrades throughout the facility to improve overall treatment, maintain operational reliability, and remain in compliance with regulatory requirements. The current treatment system consists of influent fine screening, secondary treatment via a fine bubble lagoon aeration system, and disinfection via an ultraviolet (UV) disinfection system.

The goal of the NPDES permit for the WWTF is to protect human health and the environment, including the Sugar River and its tributaries. In 2020, the Town was issued a new NPDES permit with more stringent effluent discharge requirements for various parameters, including total nitrogen, ammonia, total phosphorus, and various metals. Following effluent violations to the total phosphorus and ammonia-nitrogen effluent limits in the 2020 NPDES permit, the EPA issued the Town an Administrative Order (AO) in October 2022. The AO provided the Town with a schedule to bring the WWTF into compliance with total phosphorus and ammonia-nitrogen effluent limits in the NPDES permit. Based on the new effluent permit limits issued as part of the 2020 NPDES permit, the Town's current treatment system does not have the capability to reliably meet the Town's effluent discharge requirements.

In an effort to satisfy the NPDES permit and AO requirements, the Town

is in the process of working toward a long-term solution with consultants and regulatory agencies. Based on an in-depth evaluation of alternatives, the Town has completed the planning phase of the WWTF upgrade and has embarked on the design phases. The proposed upgrade includes an improved grit removal system, a new secondary treatment system, and an upgraded tertiary treatment filtration system. These systems will provide the Town with a WWTF that will have the capability to meet current permit limits (i.e., total phosphorus, ammonia) in addition to potential future permit limits (total nitrogen).

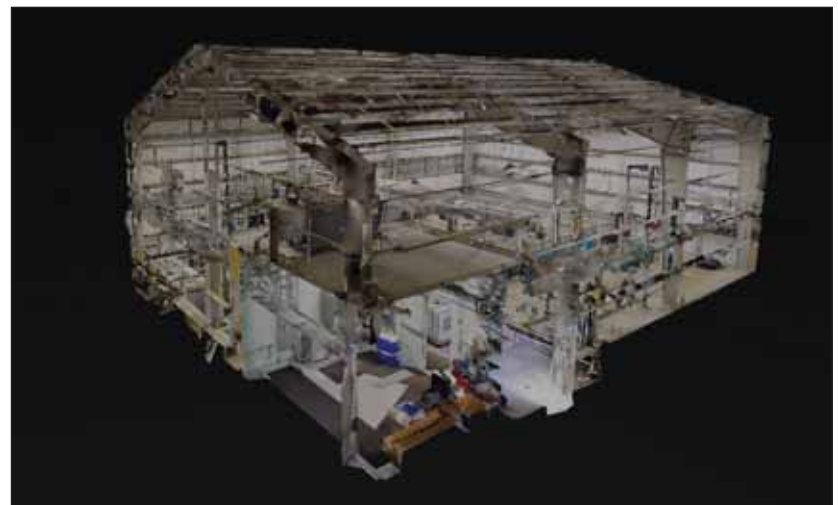
Based on the preliminary estimates, the proposed WWTF project costs range from \$27M to \$30M. The proposed comprehensive upgrade would allow the Town to meet the NPDES permit requirements and renew aging



assets at the WWTF. The Town has been closely coordinating with state and federal funding agencies to position the Town to take advantage of current infrastructure funds which have been made available. The Town is currently in a position to receive between an estimated 45%-50% in project subsidies for the proposed project depending on the final total project costs. This magnitude of federal subsidy may not be available in future years if the proposed project is deferred.

The design phase of the project is currently slated for completion by late 2023, with project bidding and construction anticipated through 2026. After the preliminary design phase has been completed in January, the Town will hold public meetings and a question-and-answer session regarding the proposed WWTF upgrade. Additional information will be posted on the Town's website as it becomes available. ■

*Contact the Town Office for further details.*



*Renderings of the wastewater treatment facility upgrade*



## Newport Fire Department Let's Get Physical

The members of the Newport Fire Department have started a pilot program on physical fitness. This voluntary program started on September 1 and is headed up by FF/AEMT Zackary Balfour. The pilot program was developed utilizing guidance found in Firefighter Functional Fitness by Dan Kerrigan and consists of 5-day rotation, 30-minute exercise programs. The department has adopted the mantra of "It only takes 30 minutes." The programs are a mixture of weight training and cardiovascular exercises. Department members involved in the pilot program have recognized on average a 20% improvement in cardiovascular and overall strength. It has been long recognized that being physically fit is key to peak performance on an emergency scene.

This program is designed to provide the department with baseline data in order to



apply for the FEMA Assistance to Firefighter Fitness and Wellbeing Grant. The grant application period opens in January 2023 and is one of the most under-utilized federal grant programs that are administered by Assistance to Firefighter Grant program.

The grant would be to update the department's fitness equipment and have fitness trainers develop personalized fitness and well-being plans for individual members of the department. The current assortment of equipment that is being utilized for the program has been donated by department members or purchased.

As a reminder, the Newport Fire Department responds to emergency incidents and emergency medical calls for service. The department is staffed 24-7-365, and provides Advanced Life Support personnel on every shift. As always, if you have an emergency, call 911 for the quickest response. ■

## GOOD PEOPLE • GOOD PLACES • GOOD THINGS HAPPENING

## Unsung Heroes: Utility Workers Spreading the Love to Those Who Keep the Lights On

Delivering safe, reliable power to thousands of people and businesses requires the coordination of many, with utility workers working every day to make our electric system smarter and more resilient with fewer outages – all while allowing seamless connection to clean energy sources – while also refining emergency preparedness plans and being able to respond to extreme weather at a moment's notice. Phew!

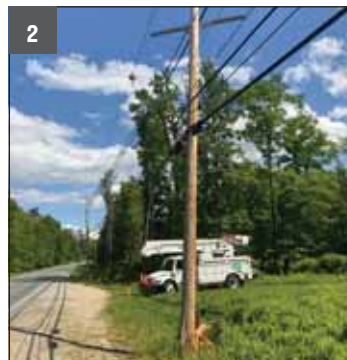
Following the recent pre-Christmas storm with whipping winds that brought down trees and caused significant damage to the electric system across the state, Eversource's line, tree and service crews – as well as damage assessors, wire guards and other support staff – worked tirelessly throughout the holiday weekend to restore power to more than 325,000 Granite Staters, including approximately 1,650 people in Newport over the weekend before the Christmas holiday.

Working with public safety officials to clear blocked roads and other damage, making repairs like replacing broken poles and hanging new covered wire, and braving the elements to restore power, these dedicated utility crews worked around the clock and sacrificed their holiday so that others could enjoy theirs.

When not responding to emergencies, they are focused on upgrading and modernizing the electric system to make it more resilient to the increasing extreme weather events brought on by the changing climate, meaning fewer and shorter outages for customers. They do so with a focus on environmental responsibility and sustainability, and in order to facilitate the integration of new clean energy power sources to the grid.

They are also members of our community. They give back to our community, supporting organizations like the Sullivan County United Way, and bringing a presence to career days at our schools among the countless contributions they make to local events. And, seemingly every year, we hear a local story in New Hampshire of a utility worker's heroic actions to help a neighbor in need or even save a life.

Here in Newport, we're lucky to have dedicated citizens like Nate Duford, Todd Morin, Tom Leslie, Mike Perry, Dan Wilkins, and many more working every day at Eversource to provide the safe, reliable energy our citizens need today and into the future – and who are ready to respond at any time for the people of our community. ■



- 1) Newport AWC crews work to repair a double circuit pole that was broken by a falling white pine on Sunapee Street in Newport.
- 2) Newport AWC crews work to replace a broken pole from a motor vehicle strike, with help from Newport PD.
- 3) Senior Engineer Nate Duford hails from Claremont, and works every day to design a more resilient, reliable system for Granite Staters, installing automation on the grid to keep the power on for those who need it most.
- 4) Working Foremen, Todd Morin and Dan Wilkins, teach the next generation of line workers about fuses at Newport Middle/High School.
- 5) Crews work to restore power at Blodgett Landing in Newbury, while lineman Tom Leslie checks in from the bucket on a late-night repair.



# Bringing Back the Boston Post Cane Tradition

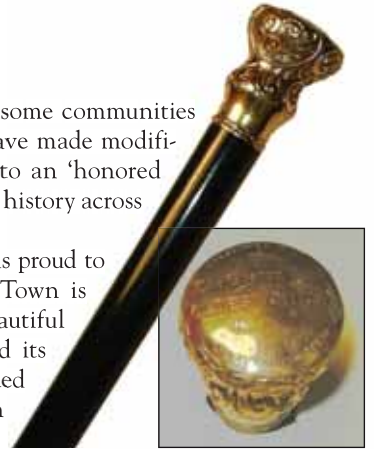
What the heck is that? Here is a brief history to whet your knowledge appetite... In 1909, the now defunct *Boston Post* newspaper distributed painstakingly designed walking canes to 700 New England towns. The canes, made of ebony – imported from Africa and crowned with 14-karat gold – were then presented in varying measures of ceremonial pomp, to the oldest living male of those municipalities.

Since then, for over a century, the canes have been handed down to the next oldest survivor in those towns, in what has become a venerable Yankee tradition. Women were added to the list of cane recipients starting in 1930. (Excerpted from the *Watertown tab* of the website *wickedlocal.com*).

As one can imagine, over the years, many canes have been lost for a variety of reasons. In 2016, according to the site *bostonpostcane.org*, there

were 500 of the 700 canes accounted for, and in some communities the tradition is still going strong. Some towns have made modifications, including changing the cane recipient to an ‘honored citizen’ but it’s interesting to learn about the cane’s history across New England.

In Newport, Town Manager Hunter Rieseberg is proud to report that Newport still has its cane and the Town is commissioning a local craftsman to create a beautiful display case in which to keep the cane safe and its location secured for generations to come. Stay tuned for a more in-depth story about Newport’s tradition in the next issue of the *Newport Times*. ■



## CHAMBER OF COMMERCE: GOOD FOR BUSINESS

### From the Chamber: Thank You!

We made it through the darkest part of the year, and though the days are slowly getting brighter, it sure still is cold outside. But that’s okay here in the Sunshine Town because we at the Newport Area Chamber of Commerce have lots to be bright and sunny about! Our annual *’Twas Just Before Christmas* and the Newport Recreation Department’s Chilli Walk were a huge hit this past December. This was the first time we got to hold things in the traditional manner since the pandemic. It was great to have all the music, the people and Christmas spirit!

Looking ahead to January and February, things are still going strong in Newport. *Dancing with the Newport Stars* returns to its January time slot (after being postponed last year due to Covid). This is a great show that we are always excited to bring to Newport on the beautiful Newport Opera House stage. It is hard to believe our first Dancing show was in 2009 and we are still going strong! It’s always a packed house for those two cold nights, January 27th and 28th, so if

you haven’t ordered your tickets, we suggest doing so at [newportoperahouse.com](http://newportoperahouse.com).

February we look to make things a little more tropical with the 107th Newport Winter Carnival, as we say “Aloha From Newport!” This Hawaiian-themed Winter Carnival will make you want to break out your grass skirts, throw on a lei, and dig out your favorite Hawaiian shirt. Many different agencies work together to make Winter Carnival happen, but really we couldn’t say enough thank yous to PJ, Becky and Beth at the Newport Recreation Department; those three and all their volunteers work tirelessly to put on such a fun weekend for locals and visitors, alike. Winter Carnival will be Feb 8 - 12, 2023!

Also in February (also for the first time since the pandemic) we at the Chamber will be having



our Annual Meeting and Awards Night on February 16th inside the Newport Opera House. The Annual Meeting is where we vote in our new slate of officers, discuss any Chamber business, and have a fun time mingling with old & new friends. We also proudly recognize the 2023 Citizen Of The Year, Business Of The Year and Non-Profit of the Year. Additionally, we work with Newport High School and present the Student Achievement Awards. Our Annual Meeting & Awards Night has been a long-standing Newport tradition, one we are proud to continue, as we honor some of the very best of the Newport Area community!

Finally, as we safely made it through the crazy holiday season, we

wanted to remind you about the importance of shopping locally, not just at Christmas, but all year long. Our local merchants and businesses need our patronage to keep them going. These are the local businesses that donate to our Little League teams, sponsor shows at the Opera House, sponsor Rec Center sports, and are always here when the community needs them. Newport Chamber of Commerce businesses rely on your patronage. So keep in mind, when you’re spending your money, support those who support our community. For a complete list of Newport Area Chamber of Commerce business members, visit our brand new webpage [www.NewportNHChamber.org](http://www.NewportNHChamber.org). And thank you again for supporting our local businesses and keeping the Newport spirit going! Now, bundle up and get ready because we have lots of great things happening this winter in Newport! ■

~ Steve Smith, Vice President, Newport Area Chamber of Commerce





Recently incorporated, New Hampshire Grand Families provides financial support for food, clothes, and gas. The long-term goals include financial assistance for respite care, giving the caregivers time for self-care that they desperately need, as well as legal fees for guardianship and adoption.

Tawna Fisher, Executive Director and founder, started this organization because it became apparent that the State of NH has failed to help caregivers after they have stepped up to keep children



Becky Keenan

out of the system. After turning their lives upside down to make sure the children have a place outside of the foster system, these caregivers are left to their own devices to figure out how to provide for a family again. Like most kinship caregivers, Tawna also has 2 grown children and four grandchildren, as well as her 4-year-old son, her biological grandnephew.

Thankfully, Tawna has a number of dedicated volunteer board members (three of whom are Newport

residents) to help steer the New Hampshire Grand Families ship. Jennifer Richardson, vice president, comes from a large family of 10 siblings and lives with her boyfriend and three children. She has always been passionate about children's safety and how they are being treated.

Becky Keenan, treasurer, has five kids, one stepdaughter, and five grandkids. Having taken in a child when she was younger because of an unstable home, she knows firsthand what the



Jennifer Richardson



Maria O'Hearne

children and the caregivers go through. She jumped at the chance to support others in this situation.

Maria O'Hearne is a director and says she has always had a passion for helping others.

Stacey Hammerlind, secretary, has worked with kinship caregivers for the past five years and has seen firsthand the families' struggles and the lack of resources available to them.

NH Grand Families held its first fundraiser in November. Upcoming events include a

CornHole Tournament at the Newport Rec Center on January 14th and Valentine's Dance at the Newport Moose in February.

To find out more about the New Hampshire Grand Families, please visit [www.nhgrandfamilies.org](http://www.nhgrandfamilies.org) on the web, NH Grand Families INC on Facebook, or email Tawna at [tawnanhgrandfamilies@gmail.com](mailto:tawnanhgrandfamilies@gmail.com). If you are a grandparent raising a grandchild or an individual raising another biological child, please reach out; you are not alone. ■



Tawna Fisher



Stacy Hammerlind

## RUGER NEWPORT: PROUD TO CALL THIS HOME

# In Recognition of Sarah Josepha Buell Hale

Patryc Wiggin, Ruger employee

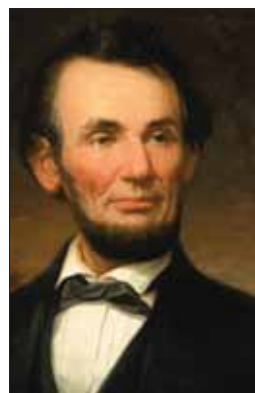
Few know that Sarah Josepha Buell Hale, who was born and raised in the Guild section of Newport, is the post-Civil War woman who talked President Lincoln into making Thanksgiving a national holiday. Sarah Hale is best known for writing Mary Had A Little Lamb, which recounts her teenage experience teaching at the Guild school house once located beside the old Hasting's Service Center on Rt. 11/103 less than a half mile from Building B on the Newport Ruger campus. Sarah Hale was raised on a family farm established by her Revolutionary War veteran father, Captain Gordon Buell.

This family settled on land atop the wooded hill that today overlooks Ruger's Dorr Mill site. Sarah Hale had the political power to hobnob with President Lincoln because, for forty years, she was the editor of the only national magazine in the country, Godey's Lady's Book. Its impact during its

time would be similar to modern social media. She used her role to champion veteran's causes. She founded a business in Boston that employed single mothers (she was a widowed mother of five children under the age of seven) to sew seaman's clothes. She established childcare, public parks and libraries to support this enterprise. She also produced a succession of fairs at Faneuil Hall, selling woman-made home goods – the first of such fairs in the history of the country. Because of the fairs, she raised enough funds to complete the Bunker Hill Monument, which had been in a half-built state for decades. Locally, she assisted her Revolutionary War Veteran father in establishing the Rising Sun Tavern on Newport's South Main Street (once an early turnpike).

Lincoln agreed with Sarah Hale's idea to make Thanksgiving a national holiday of gratitude as an act to reunite the divided nation.

Sarah Hale is largely obscured by history but she is



Images from History.com of Abraham Lincoln and Sarah Hale

a significant national figure for her associations and affiliations with the nation's economic development as sourced by her background experiences in Guild and Newport. ■

Patryc Wiggins has been employed at Ruger for over a decade and currently works on the 10/22 legacy line. She enjoys working on the factory floor; time well-served is of utmost importance to her.



**We want to know what you think!**  
**Take our Community Survey today!**

[www.ruger.com](http://www.ruger.com)



# Library Arts Center

“What exactly IS the Library Arts Center?” We’re glad you asked!



We often hear comments from local residents who have stopped into the gallery for the first time such as... “I’ve lived here for years, and I never knew this was here!” Many residents, old and new, are unfamiliar with the Library Arts Center. This non-profit community arts center is located in the heart of downtown Newport, in the historic carriage house of the Richards Free Library. Founded in 1967, the Center boasts a gallery, classroom studios, and intimate performance space. While an entity of the Library, the Center operates with its own staff, budget, and board of directors.

The Library Arts Center is a creative gathering space where friends, family, neighbors, and visitors to the region can connect and share in a celebration of artistic inspiration, creative vision, and community spirit – in the true sense of “community arts.” Each year, we present a full schedule of exhibits, performances, classes and community events annually – all provided at little or no cost – in addition to many events presented in community spaces outside the Center’s four walls. Many popular programs of the LAC include the annual favorite Peeps Diorama Contest, the Summer

Performances for Kids, the Apple Pie Crafts Fair, the biennial Quilt Show, and Gallery of Gifts.

Did you see the fantastic ice sculptor at last year’s Winter Carnival? That special event was presented by the Arts Center! Did your children have the privilege of working with artist-in-residence Katie Runde at Richards School in October? That program was sponsored by the Library Arts Center! Have you seen the newly unveiled Newport Heritage Mural on the side of Newport Fitness? The Library Arts Center helped to spearhead that large-scale public art reproduction in 2022, and more public art projects are planned for 2023 and beyond. We at the Library Arts Center believe that *the arts are for everyone*, and it is our mission to ensure that all residents of Newport and the greater region have the opportunity to engage with the arts in a variety of ways. The arts have the power to inspire and change communities – including our own! We invite you to engage with all that’s going on at your community arts center. ■

To find out more about current programs, visit [libraryartscenter.org](http://libraryartscenter.org).



## Library Arts Center 2023 EVENT CALENDAR

**Selections Exhibit**  
Winners of the 2022  
*Juried Regional*  
February 4- March 15.  
Opening reception  
Friday, February 3,  
5-7pm

**Black and White Exhibit**  
Community art exhibit in  
black & white  
April 1-May 31

**Peeps Diorama Contest**  
April 8-15, with a Peeps  
Party  
April 7, 5-7pm

**Juried Regional Exhibit**  
June 17- August 24

**49th Annual Apple Pie Crafts Fair**  
Saturday, August 26th  
on the Newport Town  
Common 9am-3pm  
Rain or shine.

**Biennial Soo Nipi Quilt Show**  
September 9- October 11

**Gallery of Gifts: Handmade for the Holidays**  
November 4- December 23

Thank you for shopping locally at Gallery of Gifts during the holidays!

The Library Arts Center and the 100+ artisans represented in the show would like to thank you for supporting locally handmade crafts throughout the holidays! The 2022 event was one of the most successful in Arts Center history, generating nearly \$65,000 in sales. The Center is proud that all of those sales have a tremendous impact for local artists and makers represented, the Library Arts Center, and the local economy. Thank you for supporting local with your holiday shopping!





# The Newport Opera House's Stage Awaits You

Exciting events are taking place in January and February!



## Dancing With the Newport Stars

The Newport Area Chamber of Commerce and Newport Opera House Association are thrilled to announce the return of the 2023 *Dancing with the Newport Stars* on January 27th and 28th at 7pm at the Newport Opera House.

Purchase your tickets for this popular show before they sell out, by going to [newportoperahouse.com](http://newportoperahouse.com) (premium seating \$30; adults \$25.00; students (K-12) \$15, and children 4 and under – free!)

Join us as the Opera House stage sparkles with Newport's finest dancing contestants, each vying for the winner's trophy! Vote for your favorite couple in the adult division, as well as the junior division. The 2023 cast includes: Steve Yannuzzi (Newport Fire) with pro Lisa Steele; Amanda Hodge (SRVTC) with pro John Proper; Aaron Leyton (Suna) with pro Renee Patten; Christine Smith (NL Hospital) with pro Robert Steele; Chad Howe (SAU 43) with pro Aggie Proper; Bridget Coleman (LaValley's) with pro Steve Patten. Junior Competitors include: Tommy Spiker with pro Lyndsey Patten; Kammy Willey with pro Luke Bartlett; Darren Janicke with pro Sydney Laurendeau; Bella Osgood with pro Luke Bartlett.



*Top to bottom: Bridget Coleman (LaValley's) with pro Steve Patten; Amanda Hodge (SRVTC) with pro John Proper; Chad Howe (SAU 43) with pro Aggie Proper; Darren Janicke\* with pro Sydney Laurendeau; Aaron Leyton Star (Suna) with pro Renee Patten; Bella Osgood\* with pro Luke Bartlett; Christine Smith (NL Hospital) with pro Robert Steele; Tommy Spiker\* with pro Lyndsey Patten; Kammy Willey\* with pro Luke Bartlett; Steve Yannuzzi (Newport Fire) with pro Lisa Steele (\*junior competitor)*

## K-8 Music Theatre Workshop

The Newport Opera House Association is proud to partner with the New London Barn Playhouse, for a K-8 Music Theatre Workshop, which will be held on Saturday, February 18, 2023, from 9am-3pm at the Newport Opera House! Learn basic singing, dancing and acting techniques with theatre professionals! This is a great opportunity for first-time theatre students and students who want to brush up on the basics and have fun performing familiar shows and music. The registration fee for this workshop is \$35. Please sign up online at [nlbarn.org/classes](http://nlbarn.org/classes). Join us for this engaging music theatre workshop where you will be performing on the stage of the Newport Opera House. ■



*Isabella Osgood, Newport's 2022 Winter Carnival Queen, with Kristie Howe, the Pageant's Director.*

## Newport Winter Carnival Pageant

With pageant director Kristie Howe once again at the helm, the Newport Opera House Association is gearing up to host the beloved Winter Carnival Pageant, which is part of the longest running annual winter carnival in the country. Join us at the historic Newport Opera House on Friday, February 10, 2023 at 7 PM, as these six young women: Ashley Cybruch, Jessica McGuire, Madyson Norris, Aura L Parker, Annalise Renner and Elizabeth Surrell compete for the title of Winter Carnival Queen!



*Above: Contestants Katrina Pickering, Amelia Gelina, Brianna Wilkinson, Izabella Coffin, Alicia Urista, and Isabella Osgood. Below: Second grade princesses and princesses during dress rehearsal.*

In addition, fourteen second graders will sparkle on the stage as princes and princesses: Mia Baca, Ava-Lynn Beauchaine, Jackson Cross, Ye Dam Allen, Annabelle Huot, Browen LeMere; Sawyer Locke, Chelsea Martin, Delilah McNicholas, Lexus Noble, Kain Rothbart, Kairi Rothbart, Emma Rouleau, and Payten Woodard.

The 2023 Winter Carnival Pageant, "Aloha Newport," is certain to be a sell-out event! Buy your tickets today for \$22 per person at [newportoperahouse.com](http://newportoperahouse.com). ■





## Newport Community TV Help Wanted

These days, that sign seems to be more prevalent than stop signs or deer crossings. Everyone is looking for help and not enough people are out there wanting or able to fill the jobs. Well, Newport Community Television is in a similar spot. In the past 5 years since I took over the station, I've brought it from near extinction into an important participant in Newport life. We always brought the town office and school board meetings as our basics. The rest was up to the community to come in and create. So, at different times we'd have some talk shows, a season of recorded sports here and there and some concerts, all depending on citizen volunteers who had time and inclination to produce them.

I decided to set up a different paradigm. NCTV will edit the programming people bring in, we broadcast live football, basketball and field hockey (so far). We have a great group of high school interns and teach them to create original news programs, interview state and local political candidates this past election cycle, and edit as many events as we can. We train and shepherd all of our interns, help them become independent and, if they love the work, prepare them for college entrance in this field. We also continue to broadcast and edit live board meetings, concerts, and other local events by request, including school holiday concerts.

By we, I mean me. I'm behind the camera 90% of the time, training and assisting the interns, editing content and managing most of the day-to-day studio operations. I'm not complaining. I believe NCTV has a place here in Newport that no other organization can fulfill by sharing all the events in town with the public. It is an essential part of what keeps a community together. Access to a TV video studio and the ability to create programs is also priceless for students who might discover TV arts as a career for them. Nurturing that is as important to me as it is to them.

The difficulty is that I'm not young any more, and don't have the same time and energy to contribute that I once had. I have dedicated 30 years of my time to this town to help improve the quality of living in Newport. I'm in my mid-sixties now and, as with other organizations in town and their aging volunteers, we need some younger people to step in.

Help Wanted: NCTV is looking for volunteers (and can pay stipends) to take some weight off my shoulders so that the station doesn't collapse under its own success. We can't let NCTV fall back into a moribund state, but it can't be sustained on the back of one person. With small commitments from a network of helpers, NCTV can maintain and grow into a powerful communication hub in Newport. Like the rec center and the library, NCTV can be one of the region's success stories with programs for kids, student internships, a student channel, lots of original local programs and much more.

You don't have to know anything about television to offer a small piece of your time; just an interest in helping our community flourish. Give us a couple of hours a month to film a sporting event or board meeting. Produce, edit, teach, even create or host a new show sharing your own experiences and interests. Call us at 603-863-8837 or email friends@nctv-nh.org.

Newport is known around the region for our ability to accomplish goals through our great volunteer spirit. That shine has waned somewhat over the years as the past generation of help around town has grown older and a younger one hasn't taken its place.

I guess when I say 'help wanted' what I really mean is *help needed*. Without it, NCTV won't grow.

~ John Lunn, NCTV Executive Director



## Richards Free Library Join a Program this New Year

The Richards family gave the town of Newport a library building twice. They gave the original building (formerly situated near present day Sugar River Bank on Main street) in 1888. Then they gave their home, a beautiful Colonial Revival mansion that was conveniently situated right down the road, in 1963. Since then, Newport's Richards Free Library has gone through many changes to fill the needs of the community, such as additions to the building, hosting interesting programs, and providing new materials of all sorts. We are fortunate to have such a beautiful library for our community to thrive in. Keep an eye out in the new year for all of the ways that the library is being improved and maintained as it grows and flourishes.



after My First Book Group!) Registration will not be required, but if you are interested, please feel free to reach out with your questions!

For more information about Family Groups, contact Mo at mchurchill@newport.lib.nh.us

### Family Groups

**Family Storytime** meets weekly on **Wednesday at 11am**. This is our classic story time, featuring 3 picture books with songs and rhymes mixed in. Everyone is welcome, and little ones from babies to age 5 especially will find something to enjoy!

**Little Wiggles** meets weekly on **Friday at 5pm**. We'll sing, dance, move our bodies, and have fun while working on some early literacy skills when we can! We're hoping to be inclusive to those who are new to storytimes, wiggly new walkers, and children with different sensory needs.

**My First Book Club** is a monthly book club for primary school-aged students. On book group day, we will begin by eating a snack and walking through the pictures, reading the book aloud together, and then reading through silently or with our grownups, before coming back together to talk about the book and enjoy some imaginative play. Registration will not be required, but if you are interested, we invite you to talk to Mo about joining in so we can have an idea of how many books to request, or to discuss what would be helpful to your child. We meet on the **2nd Tuesday** of the month (January 10th and February 14th) at 3:30.

**Chapter Chats** is a monthly book club for kids grade 2-5. We will be reading short chapter books together, like Magic Tree House, Junie B. Jones, etc. We meet on the **2nd Tuesday** of the month (January 10th and February 14th) at 4:00 (right

### Teen Groups

**Book Talk** is a book group for middle and high school young adults. Join other readers to talk about some old favorites and some exciting new reads! This group meets the **1st Wednesday** of the month (January 4th and February 1st) at 3:00.

**A Novel Idea** is a teen writing group that meets the **2nd Wednesday** of every month at 3:00. Have a cool idea you want to explore? Need a prompt to get the creative juices flowing? Want someone to read your work? We do it all!

**Pages and Panels** meets the **3rd Wednesday** of every month at 3:00 to read a young adult graphic novel, discuss, and eat snacks.

For more information about Teen Groups, ask Molly! mdipadova@newport.lib.nh.us

### Adult Groups

The library **Knitting Group** meets on the **3rd Tuesday** of the month from 6-8. Join and chat and knit or create other fiber art projects. All levels of experience are welcome. If you would like to join via ZOOM instead of in person email us at rfl@newport.lib.nh.us to receive a meeting invitation. "As we craft with each other, we offer support, enjoy each other's work, and get inspiration for future projects." Questions? Email Kcoutu@newport.lib.nh.us.

**Poetry Group** meets on the **4th Thursday** of the month from 7-8. We take turns reading favorite poems,

*Continued on next page*



## Many Hands Needed to Change Lives

—Continued from previous page—

sharing new ones and discussing poets. Participants are welcome to read pieces they have composed or just stop by and listen. Questions? Email Kcoutu@newport.lib.nh.us

**Writer's Workshop** meets the **2nd Thursday** of the month 6-8. Writers of any genre, interest area, and experience level are welcome. Every month we prepare an (optional) piece of about 500 words based on a prompt we decide at the previous meeting, share our work via email, read them aloud, and then workshop them a little bit. We also discuss our goals for each month, and basically have some fun. We try to foster a positive and welcoming environment, with constructive criticism sprinkled in amongst thoughts about what is working well. Please contact Mo at mchurchill@newport.lib.nh.us for more information or to be invited to the zoom meeting.

### Book Clubs

*Good-bye Beach Readers, Hello Cuddle Up and Die!*

**The Cuddle Up and Die** book group will read a new cozy mystery every month. A cozy mystery is a kind of mystery novel that puts the reader in a comfortable setting with many charming qualities and quirky characters. They frequently feature a murder, but not always. If there is violence, it is typically off-stage, and not graphically depicted. Even with a lighter tone, these books are true mystery novels, with all the clues laid out for the attentive reader to try to sleuth out "whodunit." Meetings are 6pm the **2nd Wednesday** of each month (January 11th and February 8th), located at Richards Free Library.

**The Brown Bag and Books** club is a midday group and the books are chosen democratically once a year. Interested in discovering new books that you might have otherwise completely overlooked? Or do you want to enrich yourself and possibly understand the world from a different perspective? Consider joining in! The Brown Bag and Books group meets the **4th Tuesday** of every month at 12 Noon (January 24th and February 28th).

**The Books on Tap** book group meets at Salt Hill Pub! Join us for drinks and discussion as we read the latest and greatest in adult fiction! The Books on Tap group meets the **1st Thursday** of the month at 5:30. (January 5th and February 2nd). ■

**H**appy New Year! As we embark on 2023, the Newport Senior Center (NSC) and Sullivan County Nutrition Services (SCNS) reflects on the obstacles and challenges we have overcome over the past several years, and we are "Staying Alive."

It is hard to believe that March will be three years since the onset of the COVID-19 pandemic. As a lifeline for older adults, it is important that we continue to deliver them a balanced, nutritious meal. This is necessary if seniors are going to maintain long-term, affordable, healthy living especially during disasters.

SCNS is one of ten agencies throughout New Hampshire that provides Meals-on-Wheels, congregate meals, grab-n-go meals, and transportation services to older adults. Although all agencies deliver nutritious meals to older residents of their county, SCNS is the only agency that pays all their drivers an hourly rate and mileage reimbursement. Other agencies rely on volunteers or a mixture of volunteers and paid staff.

Last year, our drivers drove 80,539 miles throughout Sullivan County in 8,832 hours to ensure no senior goes to bed hungry. The kitchen staff worked feverishly over 10,000 hours to prep and cook nearly 130,000 meals.

The dedication of the staff shows how committed each of them is to keeping parents, grandparents, aunts, uncles, neighbors, and friends alive and healthy. Like so many businesses around the world, SCNS has been short-staffed, but staff worked additional hours, worked in other departments, and delivered two routes at times to get deliveries done.

The request for needed nutrition and desire for human contact from older adults continues to grow each day, resulting in longer routes and hours spent in the kitchen. If Meals-on-Wheels is going to continue to meet the increased demand for services, be an effective line of defense in avoiding additional taxpayer costs for health care and premature long-term care, SCNS needs to increase its workforce.



If your New Year's Resolution was to find ways to help others and give back to your community, consider becoming a delivery driver or kitchen aid for Meals-on-Wheels. Applications are available at the Newport Senior Center, located at 76 South Main St.

In addition to nutritious meals, we are exploring creative human contact opportunities for community members in which to get involved. The NSC's first fun and new program for 2023 is called Craft & Chat. The idea behind Craft & Chat is to provide socialization for all adults while working on one's craft. The craft can be a knitting group working on individual projects or an instructor for a specific project.

The details of Craft & Chat will be determined by those who participate, but the emphasis is on socialization, connecting to others and feeling "ALIVE." Join us on Wednesday, January 25, 2023, at 10:30 am, to discuss ideas, thoughts, and possible other programs to build friendships.

Make the decision to change your life and the life of others by getting involved! ■

~ Brenda Burns, Executive Director; Newport Senior Center  
Sullivan County Nutrition Services





# Newport Middle School



8th grade senior citizen card group

The 8th graders decided to make cards for senior adults in the community to wish them a wonderful holiday season. They also made a banner where they signed all their

names and their teachers donated cookies for every senior. The 8th graders will be doing a monthly community service project for the senior center. ■



## Newport High School News

Congratulations to Bella Osgood and Stephen Emery on their acceptance into the New Hampshire All-State Music Festival! Bella will be singing soprano in the treble choir, and Stephen will be playing mallet percussion with the concert band. The festival will be held in Concord at the end of March. Way to go!

### High School First Quarter Honor Roll

<b>Freshmen</b>	Braylee Heino	Breanne Robertson	Cameryn Simpson	<b>Juniors Honors</b>	Madysen Norris
<b>High Honors</b>	Trinity Holt	Cassandra Sanborn	Gavin Stone	Tristan Beaudry	Isabella Osgood
Connor Clark	Bryce Morin	Lela Trott	Amilio Urista	Lauren Brewer	Amanda Page
Bethany DeCelle	Peter Niesiobedzki	Maria White	Torrence Williams	Abigail Carmichael	Aura Parker
Ceili Ingles	Bryce Palmer	Samuel Winchester		Adrianna Coleman	Mason Prouty
Andrew Perkins	Katherine Renner			Gracie Farland	Eric Wilkinson
Erika Roy				Griffin LaFountain	
<b>Freshmen Honors</b>	<b>Sophomores</b>	<b>Sophomores Honors</b>	<b>Juniors High Honors</b>	Gabriel Merritt	<b>Seniors Honors</b>
Noel Beauchaine	<b>High Honors</b>	Myah Borcuk	Kyle Ashley	Emmah O'Connor	Dax Adair
Cameron Belisle	Peyton Blackinton	Shaylynn Bunker	Bryce Bahara	Annalise Renner	Owen Beaulieu
Myleigha Belville	Nevaeh Caron	Ava Cameron	Jade Barre	Xzander Ripley	Lauren Bublat
Cooper Bocash	Kirsten Conroy	Violet Cameron	Gabriella Butler	Savannah Shepard	Victor Calumbi
Christina Cameron	Alexis Durgin	Natasha Carpenter	Xander Collins	Allyssa Turcot	Tyler Currier
Makayla Cossingham	Taylor Fellows	Collin Cutter	Catherine Cossingham		Ashley Cybruch
Aidan Couitt	Aaron Fellows	Aaron Fellows	Colton Godwin		Gary Dodge, Jr.
Kobie Curtis	Cheyenne Hannum	Christian Forsythe	Gage Hamilton		Nathan Hebert
Callie Dixon	Gabriel Howe	Shayla Griggs	Austin Lancey		Wesley Maynard
Arianna Dukette	Kylie Janicke	John Heineman	Rachel LeFrancois		Austin Merrigan
Kevin Earthrowl	Maddox Lovely	Evah Hodge	Haley Madziarek		Anson Ritondo
Reagan Fratzel	Emrhys Medbery	Jared Howald	Maky Matheson		Everett Robertson
Bryanna Geer	Hailey Michaud	Abigail Huff	Brianna Millette		Jack Simard
Taylor Hayward	Emily Peckham	Jazmyn McNamara	Tanya Sanchez		Elizabeth Surrell
	Quynh Pham	Timothy O'Neill	Katie Sharron		Kamryn Willey
	Savannah Reed	Bella Sawyer	Shihannah Toliver		Kirsten Williams
			Bailey Truman		

### The Class of 2024 Basket Raffle

The class would like to thank everyone who donated a basket, who sold raffle tickets and all those who bought raffle tickets. This was a very successful fundraiser. The winners were drawn on Tuesday and were notified by a phone call from one of the class officers. Winners include...

- Gift card basket: Warren Mordenti
- TJMaxx basket: Joe Helie
- Pasta basket: Linda Wood
- Coffee/cocoa basket: Deb Stevens
- Dog Lovers basket: Norma LaFountain
- Lucky Lotto: Taysa Lynch
- Petal Patch: Heidi Godwin
- Spa basket: Keri Greenwood



## Sugar River Valley Regional Technology Center Meet the SRVRTC Director's Cabinet

Mr. Eric W. Perry, Interim Director and Principal of SRVRTC in Newport, founded the group this year to give students an opportunity to voice their opinions and make a positive impact in their school. Mr. Perry and the students meet monthly to talk about the positives and negatives within the career and technical

education (CTE) center and then discuss ways to make the school a better place for everyone. The students who participate are tasked with providing respectful feedback, generating ideas for improvements, and promoting their programs on behalf of their classmates. They learn how to be effective members of a committee.

In addition to working on improvements, the Director's Cabinet looks for ways to promote SRVRTC so that the public knows and hears about all the amazing things they do. As such, the Chair of the Director's Cabinet, Olivia Moody, and Mr. Perry broadcast live on the radio with Steve Smith at WCNL each month. Other members of

the group take turns joining the duo on the radio to talk about the school and highlight their program and what they are learning. All in all, it's a great opportunity for the student members and it helps the school, as well. At SRVRTC, we love a win-win! ■

~ Kristie Howe,  
SRVRTC Executive Director

### The Directors Cabinet

*Not pictured: Catherine Cossingham, Cosmetology and Ava Cameron, Welding Technology*



Eric W. Perry, Interim Director and Principal of the Career and Technical Education Center in Newport



Aura Parker,  
Animal and Plant Science



Gabriel Hills,  
Automotive Technology



Xander Ripley,  
Business and Marketing



Levi Gilman,  
Engineering



Gabriel Merritt,  
Forestry and Natural Resources



Emmah O'Connor,  
Health Science Technology



Mason Prouty and Olivia Moody,  
alumni

## NEWPORT MONTESSORI SCHOOL

### Learning About Dates and Times

The Newport Montessori School had a wonderful last day before winter break weeks with classroom holiday parties, yummy latkes, and even a visit from Santa! We want to thank our many generous families for donating wrapped gifts for the classrooms; the students had a terrific time opening all of the new materials and are excited to return in 2023 to put them to use!

The start of a new calendar year brings the opportunity for many Montessori lessons at all ages and stages. Our youngest students (prekindergarten and kindergarten) learn about the concept of time, the days of the week, and the months of the year.

They also talk about what "resolutions" mean and then make a resolution decoration to display in the classroom throughout the month of January.

Our Lower Elementary students (grades 1 and 2) delve a bit deeper as they learn how to read an analog clock. In addition to using clocks and watches to track the minutes and hours of each day, students learn that people make sense of time by grouping days into weeks and weeks into months. Did you know that the grouping of days, weeks, and months into some kind of order began around 5,000 years ago with the Sumerians?

Our Upper Elementary students (grades 3, 4, & 5) become familiar with the names of the days and months and their origins. Did you know that for many years, people have learned an old French nursery rhyme to help them remember how many days are in certain months? A modern version is, Thirty days has September, April, June, and November. All the rest have 31, except February, which has 28- and every four years, 29).

The students and staff at the Newport Montessori School wish you all a wonderful 2023! ■

~ Miss Chrissy, Executive Director  
Newport Montessori School



# 4H in Newport



Weekly after-school groups are held on Monday through Wednesday for grades Kindergarten through grade 5 at Towle. On Thursday after school, there is a middle and high school group that will focus on cooking, food diversity, and food science to show kids that healthy living can be fun, creative, and tasty.

4-H introduces enjoyable skill-building activities. Currently we are taking signups for a 10-week Karate class on Thursdays from 4:15-5:15 pm. It's led by Newport residents and black belts, Katie and Mike Bohn. Newport also is the home of two shooting sports clubs: The Sharp Shooters 4-H club and the Sullivan County Archers. Beginning in January, a sheep club, The Sullivan County Shepherds, will begin to meet

along with a new rabbit club. Both of these clubs will meet at the Stone Church – The Episcopal Church – The Epiphany on Friday evenings.

Stand-alone activities happen on a regular basis throughout the year. Just completed was a wreath-making workshop and a field trip to an indoor rock gym in partnership with YouthCan. Upcoming winter events include a candy-making workshop, learning how to sew fleece hats and scarfs, and an ice fishing class with NH Fish and Game. The afterschool youth also planted nearly 300 daffodil and tulip bulbs this year which will be harvested in the spring to distribute to seniors in the Newport community.

4-H programs encourage youth to be healthy in body and mind. The 4-H program gives youth the confidence and skills to make healthy decisions that lead to healthy lifestyles. 4 H activities and experiences are offered at no cost and are provided by volunteer mentors. We are always looking for new groups to form, new ideas, and guest instructors. If you have a special skill or knowledge that you would like to share with our youth, we would love to hear from you. Please contact the Sullivan County 4-H Program Manager, Laurie Field, at: [laurie.field@unh.edu](mailto:laurie.field@unh.edu) or call the office at 603-863-9200 and like us on Facebook – Sullivan County 4-H NH. ■

~ Stacey Hammerlind, M.Ed, RN  
Family & Community Coordinator/  
Family in Transition Coordinator  
[SHammerlind@sau43.org](mailto:SHammerlind@sau43.org)





## Meet the People of Parlin Field

Parlin Field is a small municipal airport located just one mile from downtown Newport and is host to a number of community activities. From the ACE Academy for young people (see Newport Times May/June 2022 issue), the annual Wings and Wheels event, to the wooded picnic area at the fork of the Sugar River with some of the area's best fly fishing, Parlin Field is not your average small-town airport. What makes this venue truly special are the people involved with its operations. In this ongoing column, we are proud to profile the staff and volunteers and celebrate their efforts that make this community asset as top-notch as it is.

### John Merriman Parlin Field Volunteer

John received Bachelor of Science degrees in Electrical Engineering and Physics from Union College in Schenectady, New York. He was employed by Sperry Gyroscope Company working on various defense systems including MK92 fire control system for FFG-7 class patrol frigates. At Ratheon Marine Systems, he helped develop software for one of the first computerized radar collision avoidance systems for large commercial ships and the Coast Guard. He was a Senior Systems Engineer at Lockheed Martin Sanders Co working on various military electronics programs, including an anti-submarine warfare training system. At Lockheed, he also worked as Program Manager to upgrade avionics on C-130 Hercules transport aircraft. John has been a licensed pilot since 1970 holding a commercial license, instrument rating, multi-engine, seaplane and helicopter and is also a Certified Flight Instructor. As a Parlin Field volunteer, he designed and helped install runway lighting for night operations, designed WiFi internet access system for hangars at Parlin, designed and helped install camera setup at Parlin to monitor field conditions in near real-time. He has volunteered for ACE camp and the Young Eagle flights program, and is a member of the Airport Advisory Board.



### Francis Malczynski Parlin Field Volunteer

Fran is a US Navy veteran and retired from IBM after 30+ years of service. He holds a private pilot license with 1,250 hours in various aircraft. His first introduction to flight was as a glider passenger and that was all that it took for him to begin flight training getting his pilot's license in 1978. As with many new pilots, he found it expensive to rent aircraft along with the demands of family and work, and thus stopped flying for more than 11 years. Once his children were grown and he retired, he decided to build his own airplane. It took 5,000 hours of part-time work to build the airplane that he wanted. For the past 20 years, this self-built plane has taken Fran and his wife across the US, giving them unforgettable experiences and opportunities to explore this country. His involvement with Parlin is mostly with ACE Camp co-teaching Aircraft Systems, Airport Layout and Communications, assisting with the airport's Flight Simulator Navigation and some course plotting. In the past, Fran has helped with the Chamber of Commerce Wings and Wheels auto show and crack-sealing the runway. On his workbench in his garage, he has a wooden plaque that was engraved by one of his granddaughters. It states, "To fly is to live" and that sums up his feelings about flight! ■



### EMPLOYMENT OPPORTUNITIES

Product Design Engineer

Warehouse Admin I

Manufacturing Engineer

Production Associate I  
(1st/2nd/4th/5th shifts)

Team Leader

Facilities Technician II

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Volunteers staying safe while packing deliveries for our Newport families



Volunteer happily waiting for deliveries

donations from Albertsons food bank, funding support from Newport's Charitable Trust, Foresters of Newport, Burkehaven Family Foundation, Barrett Fund, Sturm Ruger & Co., Sugar River Bank, and in-kind donations like local produce provided by Beaver Pond.

Another important in-kind supporter of the *Got Lunch! Newport* program is the New Hampshire Food Bank which accounts for 60% of all groceries received. I reached out to Eileen Liponis, Executive Director of New Hampshire Food Bank, to find out more about the impact their donations have on our town.

"The New Hampshire Food Bank has four active agencies in Newport including two group homes, a food pantry and a children's program. Together, these agencies serve 351 individuals and 142 households in and around Newport and in 2021, these agencies were able to distribute over 80,000 pounds of food through their partnership with the food bank." Additionally, the NH Food Bank provides monthly deliveries to Newport, while Mrs. Urban, Smith and volunteers travel to the main warehouse in Manchester for emergency needs. Within these grocery deliveries, items typically

include breakfast options, ingredients for family meals (to encourage families to create recipes together), like bread, milk, eggs, and meat – while also providing fun goodies for the children. In total, this non-profit organization delivers around 20lbs of food per household, doubling it depending on the number of children.

Both Charen and Karen speak to the importance community involvement and stewardship has given to this project, and are thankful for all Sullivan County agencies and volunteers that continue to support *Got Lunch! Newport*. "Doing what we enjoy... doing what we love," Charen speaks on how satisfying it is to be a part of this wonderful program in service to the Newport community. For example, just this past Thanksgiving, *Got Lunch! Newport* delivered over 2 tons of food into the community – a remarkable feat made by just a small non-profit organization.

As a newcomer to Newport, I have found it inspiring to hear about the heaps of support our community provides to this organization. Speaking to one community benefactor, Mark Pitkin, CEO of Sugar River Bank in Newport outlines his take on

the efforts of *Got Lunch! Newport* in fighting against food insecurity, "Sugar River Bank is a proud supporter of the *Got Lunch! Newport* program," Pitkin states. "We are committed to do our part to help end food insecurity in Newport and surrounding communities. While we take heart that our frequent monetary donations and volunteer efforts assist the organization, we are so thankful for the tireless efforts of those that work day in and day out to feed the hungry. The compassion and empathy of this community when it comes to helping others never ceases to amaze me. I encourage all local businesses to give back and support the *Got Lunch! Newport* initiative."

Clearly, it is the efforts from local businesses that help elevate our fellow "hunger warriors." If you would like to become a part of this incredible initiative, Charen Urban is always looking for volunteers and support. Please call 603-995-1248 to learn more about how to donate to one of Newport's treasured non-profits. Additionally, if you know anyone in need of the services *Got Lunch! Newport* may offer, please contact Mrs. Urban and her team will happily assist. ■



Charen and Karen keeping track the old-fashioned way



Packing and distribution station at South Congregational Church



# It's Never Too Late to Honor Good Deeds Done

Lawrence Schissel

On any given day if you ride along Corbin Road, you'll see people out enjoying the area along the river south of the Corbin Covered Bridge. Depending on the day and time of year, you might see folks walking their dogs, fishing, kayakers, picnickers and photographers taking pictures of the iconic bridge's south façade. Occasionally you'll see prom goers, high school graduates and couples having their engagements documented in this beautiful park. You might even be witness to a wedding. This space is one of the gems of Newport rivaling the town common and gazebo. But it was not always so.

Twenty-eight years ago, two residents, Ray Reid and Andy Andrews, took it upon themselves to reclaim the bank of the Sugar River just south of the road. The river's edge was a tangle of thick brush and saplings making the river virtually inaccessible except via a narrow path. The two had a vision of what was possible. The timing was just right since the bridge had burned in 1993 and construction of the new Corbin Bridge was underway. So, while master bridgewrights cut timbers to become the new bridge, Andy and Ray were cutting brush and hauling it from the river. They were joined by Polly, Andy's wife, and eventually other residents and groups joined the work. In 1994, when the bridge was rolled into place, the park became a viewing area for the thousands who attended the 2-day event.

Now, over 2 decades later, the two creators of the "Reid-Andrews Riverway" were finally formally recognized for their effort to create this beautiful park. On Sunday October 9, friends and families of both Ray Reid and Andy and Polly Andrews gathered at the site to dedicate the riverway and to lay a granite stone marker at its entrance. Newport remains fortunate to have Ray with us. Andy and Polly have both passed, but members of their family – including 3 of their 4 daughters, grandchildren and great grandchildren – attended the event. The day was sunny and warm with an abundance of gold and red; the best that autumn offers. This was the kind of day by the river that the creators envisioned.

The old saying goes, "it's never too late." This was never more true in the dedication of Reid-Andrews Riverway. ■



Ray Reid at kiosk



Allie Fons, Gregory Holderman (grandson), Ray, Donna Reid Holderman (daughter) and Jay Holderman (son-in-law)



Granite stone and kiosk



Ray Reid with the extended Andrews family



# Newport Rec Happenings Winter 2022-2023



## Ongoing activities

- 5am Bootcamp (M/W/F)
- 8:30am Morning Exercise (Older Adults) (M/W/F)
- 9am Pickleball (T/TH @ Towle School)
- 11am Ping Pong (T/H)
- 2:30pm After School Program (M-F, except school holidays and snow days)
- 4:30pm Youth Wrestling (M/F, @ Newport MMA)
- 5pm Youth Basketball Practice (Newport Rec & Richards School)
- 6pm Middle School Wrestling (T/Th @ NMHS)
- Weekends: Private Party Rentals

## Weekly Activities

### Mondays

- 7pm Men's Drop-in Basketball

### Tuesdays

- 9am Infant and Toddler playgroup
- 7pm Men's Volleyball League

### Wednesdays

- 5am Bootcamp
- 7pm Line Dancing

### Thursdays

- 6:30pm Women's Volleyball

### Fridays

- 10am Kidzone (toddler gym time)
- 2:30 After School Program

### Saturdays

- 9am Youth Basketball League Games (Towle School)
- 12pm Private Party Rentals
- 6pm Adult Volleyball Skills practice

### Sundays

- 8:30am Pickleball League (Towle School)
- 12pm Private Party Rentals
- 3pm Girls Scout meetings
- 6pm Girls (grades 6-8) Drop-in Basketball

## Upcoming Events

- Food Fun Run (to benefit Newport Food Pantry), December 31, 9-11am
- 107th Newport Winter Carnival, February 8-12, 2023
- Winter Break Open Gym
- Trip to Casino
- Corn Hole Tournament (February 2023)



# Hidden Gems

## Newport Recreation Volleyball League

What started out as just another program at Newport Rec, Newport Volleyball League is now approaching its 50th year of existence. Somewhere around 1975, the Newport Recreation Department started men's and women's volleyball leagues. The NRD has had these leagues for 47 years in the Old Armory on Belknap Ave. Trying to pinpoint the actual year of inception has proved difficult, but local lore has it whittled down to 1975 give or take.

This is a gem because it has given adults indoor recreation over the winter months for 47 +/- years in a row, which really is pretty incredible. In the early days of Newport Recreation, we had women's-only leagues start up, as the local ladies wanted and pursued recreation for them and only them when Title 9 started to take a foothold. We have mixed some co-ed opportunities over the years, but women's volleyball, in particular, has stood the test of time. Each and every year, 8-12 teams of women play in a 5-month-long league to beat the winter blues and recreate together in a competitive league. Men's volleyball has also seen a steady participation over the years, only dipping in popularity these last few winter seasons. This year in 2022, we have 10 women's teams and 6 men's teams competing in our league. Teams gather from not only Newport, but also the surrounding towns to compete on Belknap. In the past, it was not uncommon to have nearly 30 teams in the league. We certainly expect the numbers to increase again, once we move to the bigger and new facility on



Meadow Road. Even back in the old days, there was a makeshift bar in the parking lot, where the lights would stay on to the wee hours of the morning. Over the years, we have had some incredible referees who have given their time of late nights to the citizens of Newport to play. The early days saw Jay Harvey and Ron Beaudet, among others. As the '80s and '90s rolled around, past director of NRD, Larry Flint, took the helm. In the early 2000s, we had Larry Bell, Donnie Trenholm, and Dwight Dearborn work the whistles atop the umpire stand. Larry Flint has since taken back over and has run the group for the past 10-12 years or so. We owe these gentlemen a debt of gratitude for keeping the volleyball flame lit in the Sunshine Town.

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So all in all, about 376 teams have come together for the women's league and about the same number for the men's league in the past 47 years. This is truly a Newport gem and tradition that will carry on for decades to come in our small town. So, if you are 18 and reading this, grab a few friends and consider joining a legacy league in 2023. You just may end up like me, and find yourself still playing 30 years later, and not have any regret for the fun you had. ■

~ PJ Lovely, Executive Director, Newport Recreation Department



## AROUND TOWN

# Black Belt Promotions at Rising Sun Martial Arts

Black Belt promotions were held at Rising Sun Martial Arts in Newport on Saturday, November 19th. Brandon Dombroski of Newport, Amelia Gallup and Alison Walsh of Sunapee, and Regan and Jeremy Ruggeri of Unity were recognized for their years of study and outstanding performances on their recent evaluations. In addition, Lynne Clough of Newport was recognized for her efforts in teaching karate.

By international standard, one cannot be considered a full Black Belt until the age of sixteen. Junior Black Belt levels (denoted by a colored stripe running the length of the belt) allow younger students who have reached this stage to continue progressing in the arts. Jeremy Ruggeri, 11, was awarded his 1st Level Junior Black Belt; Regan Ruggeri, 13, received her 3rd Level Junior Black Belt, and Brandon Dombroski, 14, was awarded his 5th Level Junior Black Belt.

Earning a Black Belt is like earning a high school diploma – it is a notable achievement and many end their formal education there. For the more dedicated practitioners, however, this is just the beginning. There are ten levels, or “degrees,” of Black Belt – the first few levels having both a probationary



At the recent Black Belt promotion ceremony at Rising Sun Martial Arts, (l-r) Alison Walsh, Regan Ruggeri, Brandon Dombroski (back), Jeremy Ruggeri (front), Amelia Gallup, Lynne Clough.

level and a fully licensed level. Alison Walsh was promoted from probationary to fully licensed 1st Degree Black Belt. Amelia Gallup, who has been a tournament champion at the local, regional and international levels, was promoted to 5th Degree Black Belt – a school record. Ms. Gallup has been training in karate for over 20 years.

Also recognized at Saturday's ceremony was Lynne Clough, who was appointed to the teaching grade of Shidojin (Apprentice Instructor). Individuals wishing to earn a Sensei (instructor) license must first complete a two-year apprenticeship (Shidojin) and a three-year assistantship (Sempai). Ms. Ruggeri and Mrs. Walsh currently hold the title of Shidojin, Mr. Dombroski holds the title of Sempai, and Ms. Gallup holds the title of Renshi (Senior Instructor).

Students testing for their first level of Black Belt are asked to write a Black Belt Essay, reflecting on their years of training. In his essay, Jeremy reflects on his journey to Black Belt: “Black Belts have to pass many ranks to get where they are. They learn to be better people because of all their knowledge and training. A Black Belt would help kids that have just started. I am a better person because of my training to be a Black Belt.” ■



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