

inside EInsider

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RSV is a common respiratory virus that can cause serious illness in older adults.

Every year RSV causes 60,000 to 160,000 hospitalizations in older adults nationwide. Your risk increases if you have heart disease, lung disease or a weakened immune system. This year you can protect yourself with the RSV vaccine for adults 60 and older.



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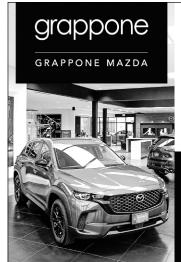


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NH Theatre Projects 'In the Garden of Z'

In the Garden of Z makes its world premiere at Portsmouth's New Hampshire Theatre Project on Jan. 19. This powerful new drama is the story of one Russian girl's reaction and response to the horrors of the War in Ukraine and how it motivates her to examine her family, her culture, history, war and the nature of propaganda- how it affects our lives and divides our communities.

The play is written by Russian-Latvian immigrant Jelizaveta Robinson and her husband, Sean, and is the product of almost two years of research.

Robinson went into a deep-dive of research into Russian state media and propaganda being used to gather support for the war. She began to learn the various propaganda tools and techniques that were used in Russia and, in the process, learned how these methods were being used in so many more places around the world, including right here at home. Her research led her down a path of education in Russian history she had never learned about the Russian Revolution and about the culture that developed following the demise of the Soviet Union - an event that had



impacted her own family and childhood, as well.

To help turn all of her research, information, stories, and thoughts into a fullyformed play, she enlisted the help of her husband, Sean, educating him in everything she had studied in the process.

As a final piece of their puzzle, the Robinsons were given permission by authorpoet Polina Zherebtsova, survivor of the Chechnyan wars in the 90s, to use her

famed diaries as inspiration for one of the characters in the show. The result was a show every bit the anti-war piece, as it is an anti-propaganda piece. The show is about the factors that led to also about war itself, about the mythologization of the past, about the dangers of misinformation, and about the painful experience of

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new element that makes the the War in Ukraine, but it is having family lost in lies and stuck in their ways. It is a

thrilling and insightful look

at some of the most important issues affecting our world today.

Show dates

Running Jan. 19 to Feb. 4 One Thursday only, Feb. 1 at 7:30 p.m.

Fridays at 7:30 p.m. Saturdays at 4 p.m. Sundays at 2:30 p.m. For more information or to purchase tickets, visit nhtheatreproject.org.



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concord garden club

Art and Bloom event returns to capital

The Concord Garden Club is excited to announce its upcoming 21st Annual Art and Bloom exhibit. Art and Bloom is a Concord midwinter tradition that attracts art and flower lovers to enjoy beautiful floral arrangements paired with works of art. This year, the club is partnering with the Kimball Jenkins Estate (kimballjenkins.com), which is where the event will be held. Club members and local floral professionals will create floral arrangements inspired by the current photographic exhibition, Postman and Rockstar, on display during Kimball Jenkins' January art show. The January 2024 event will kick off Concord Garden Club's yearlong celebration of the club's 100th anniversary and will coincide with Intown Concord's (intownconcord.org)



COURTESY

Winter Festival.

"This event gives us all a breath of fresh air and sunshine when we need it most," said Millie La-Fontaine, chair of the Art and Bloom Committee and longtime gardener.

Art and Bloom will run Jan. 25 to 27. The exhibit is free and open to the public at the Kimball Jenkins Estate, located at 266 N. Main St., Concord, NH. For more information visit the Concord Garden Club at www.concordgardenclubnh.com or email Millie LaFontaine at lafontainefamily@comcast.net.

Art and Bloom exhibit hours are Thursday, Jan. 25, 2 to 5 p.m., and Friday, Jan. 26, and Saturday, Jan. 27, 10 a.m. to 4 p.m. The opening reception will be held on Thursday, Jan. 25, 5 to 7 p.m., and will have light snacks and drinks.

The event is free and open to the public. However, donations to support Art and Bloom as well as the Concord Garden Club's mission of sharing our love of gardening, increasing our



SHOWING THIS WEEK



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knowledge of the natural world, and sharing this with the greater Concord community are welcome and will be gratefully accepted. To donate, visit concordgardenclubnh.com/art-and-bloom-2024.

Concord Garden Club is a nonprofit organization of more than 50 members who are interested in all aspects of gardening. The club meets throughout the year for informational and social events focused around gardening topics. The club is also involved in community service and efforts to beau-



COLIPTESY

tify the landscape and gardens in the Concord area. For more information on the Concord Garden Club, visit the club's website at concordgardenclubnh.com.





bulletin

Dr. Lloyd Sederer visits Ğibson's

Dr. Lloyd Sederer, a Concord author, visits Gibson's Bookstore to share the inspiring true story of how a small group of dedicated leaders achieved radical and relentless change to save McLean, Harvard's historic psychiatric hospital from for-profit changes. Caught in the Crosshairs of American Healthcare shows readers that, with grit, brains, and support, we can still change our world. Sederer recounts the unfettered story of how McLean survived impending closure or sale to once again prosper and regain its international stature as the hospital where you would want a loved one to be treated for a psychi-

atric or substance use disorder. Only growth and innovation can reverse an institutional fiscal crisis. Dr. Sederer describes how, over six years of hemorrhaging money, McLean eluded the now pervasive corporatization of American healthcare and was clinically and financially rebuilt despite the odds, all while serving with integrity and soul more patients than ever before. Mark your calendars for this Wednesday, Jan. 24, event, beginning at 6:30 p.m. at Gibson's Bookstore, 45 S. Main St., Concord. No registration is required.

NHMI scholarship

In 2024, NHMI will once again offer the Letendre Student Athletic Training







INSPECTION



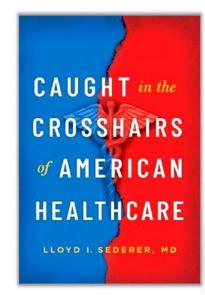








DR LLOYD SEDERER







Wed. Jan 24th, 2024 6:30 pm Gibson's Bookstore 45 S Main Street, Concord, NH



Valentine's Day messages

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- Email your message and photo to advertising@cmonitor.com
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Deadline February 8





Summer Camp Scholarship. This scholarship provides funds for high school students interested in pursuing a career in athletic training, to attend a summer camp. Current-year sophomores and juniors are eligible to apply. The award will have a ship, including past recipi-

\$750 cap. The scholarship winner may choose to attend any in-person or virtual athletic training camp offered in 2024. The scholarship application deadline is April 1. Complete information about the scholarents and applications, is available at

http://www.nhmi.net/schol- at 7 p.m., at 23 Wall St., arship.html or call 603-627-9728.

CCMS student recital

Concord Community

Music School will host a student recital Friday, Jan. 19, Concord. Student recitals are part of the music school's multi-level curriculum for private lesson students. These frequent performance opportunities help our students perform more easily, broaden their musical skills, and help

them make new musical friends. This event is free and open to the public. This event is part of the school's 40th Anniversary Year celebration and will be held in their historic Recital Hall. For additional details, call 603-228-1196 or visit ccmusic-

school.org/event/20240119student-recital.

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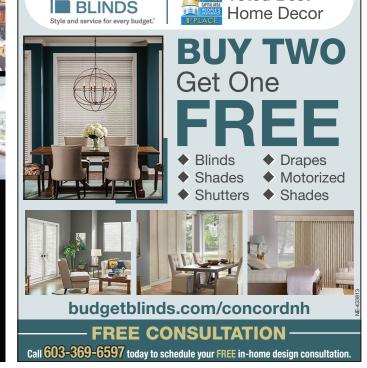
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open sing

Purple Finches Youth Chorus hosts open sing

Calling all prospective Purple Finches. Ever wonder what it'd be like to participate in a community-wide musical group and make new musical friends? Try it and see for yourself on Monday, Jan. 29.

The Purple Finches Youth Chorus (grades K-8), led by Maria Isaak, includes three age levels — the Fledglings, the Fliers, and the Finches. The three groups allow an age-appropriate sequence of musical development, as students learn music literacy through regular rhythm, solfège, and ear-training, based on a hybrid of Kodály and other methods. The choruses rehearse Monday afternoon/evening during the school year, and perform regularly.

This Open Sing is free



COURTESY

and open to the public. (There is a fee to participate in Purple Finches regularly after the Open Sing.)

The time schedule is as follows:

■ 4:10 to 4:55 p.m.: Fledglings (grades K-2)

■ 5 to 5:55 p.m.: Fliers (grades 3-5)

■ 6 to 7:15 p.m.: Finches

Select (grades 6-8)

This event is part of Concord Community Music School's 40th Anniversary Year celebration and will be held in their historic Recital Hall. For additional details about the Purple Finches, call 603-228-1196 or visit ccmusic-school.org/index.php/purple-finches



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The Suncook Valley Chorale January concert will feature a selection of winter-themed music ranging from medieval madrigal to Irving Berlin to the Decemberists.

Join us on Fri. Jan. 19th at 7PM or Sat. Jan. 20th at 2PM at Wesley United Methodist Church on Clinton St. in Concord. General Admission \$20, Seniors \$18, and kids are free.

And do you like to sing?

Join us for our Open Sings on Mon. Jan. 22 and 29 at 6:30 at Concord High School band room.

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book of the week

The Chinese Shawl'

By Patricia Wentworth (1943, 270 pages, genre: mystery)

Laura Fane comes of age in England and inherits a property called the Priory. Her older cousin Agnes lives there, and Agnes wants is true. Then to buy it from Laura. Agnes is a formidable woman and was once engaged to Laura's takes place. father. Laura's father broke the engagement in order to marry Laura's mother. Agnes never married and has hung onto her heartbreak and anger. Agnes want to buy the Priory from Laura and to leave it in her will to another relation, Tanis Lyle. Tanis is starting out as an actress. She is attractive, but can be vicious and manipulative.

Laura Fane is invited to The Priory as a houseguest and decides to go with a mixture of curiosity and apprehension. There she meets Agnes, Tanis, and a

handsome young man named Carey Desborough.

Laura and Carey immediately strike up a friendship. But Tanis says that she and Carey are engaged! Carey denies this. Laura doesn't know what during the weekend, a murder

Miss Silver, a retired governess, is also staying at the house and offers to help the police with the murder. (Miss Silver could be kin to Agatha Christie's Miss

Marple. In fact, the two characters appeared in print

> within two years of each other). Miss Silver is also an observer of human nature and makes suggestions that ultimately reveal the motive for the murder. It's a classic British mystery with a likeable heroine, a

definite sense of place, and a great collection of suspects. See if you can discover the culprit.

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Fun facts about February

February is National Chocolate Month

February 7th is Send a Card to a Friend Day

February 20th is Love your Pet Day

Week of February 18th is Random Acts of

Kindness Week

February 28th is Floral Design Day

And obviously February 14th is Valentine's Day

Anniversary | New Baby | Birthday Holidays | Get Well | Sympathy



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In Honor Of Pet

Arany, Candycorn & October, Grand dogs, Kitty, Lexie, Teddy & Whit, Gracie

In Memory Of

Abby, Abby Lange, Byron Placy, Adeline Chroniak, Bob Williams Adeline Chroniak, Bob Williams,
Alberta & Forest Martel, Ethan,
Michael Fargo, Jackie Martin,
Jake Andy, Jean V Hickey,
Jeff Dennett, Jessie Lough,
Jim Spring, Kaylee Huckins,
Kristen Daisy Rose Kourafas,
Laura Kingery, Lily, Linda Drew,
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Margaret M Thorpe, Matty, Mollie,
Arella, Maya & Hickey,
Marilyn S Angwin, Owen, Sally,
Sasha, Nala & Summer,
Raymond A Blodgett Jr. Sasna, Nala & Summer, Raymond A Blodgett Jr, Richard O Blanchard, Riley and Mazie, Steve Potter, Valerie Hall, Virginia Swanson, Waren J Miner II, William "Bill" VerPlanck

n Memory Of Pet

Abby McDevitt, Bosco & Penny, Brutus, Cassie & Cody, Chester, Chief, Cookie. Cookie & Honey Girl, Corbin, Harriet & Frieda, Heidi, Molly & Mr Fritz, Jamie, Jasmine, Cj & Spaz, Kippy, Shadow, Shady, Niki, Allie & Loky, Kittimus Wing, Lucky, Mario, Kiefer & Chloe, Muffin, Nicole, Oakley, Phoenix, Rosie Grier, Sam, Sicero & Matilda, Tigger, Tarsha, Symba & Pooh, Slim & Fuzz, Toby & Molly, Whiskey, Friday & Ellen, Worf, Bob, Chance, Scout Abby McDevitt, Bosco & Penny,

94 Silk Farm Road, Concord NH PMSPCA,org 603.856.8756

calendar

Ongoing

■ Nature In Focus: Images of Flora, Fauna, and Landscapes of New England: McLane Center, 84 Silk Farm Rd., Con-

Jan. 18

- Adult Drop In Basketball: Noon to 2 p.m. Green Street Community Center, 39 Green St.
- Bereavement Group: 10 a.m. to noon. Join us for a monthly bereavement group facilitated by bereavement counselors from Bayada Hospice. Free. GoodLife Programs & Activities, 254 N. State St, Unit L, Concord. kgagnon@goodlifenh.org.
- Drop In Pickleball: 11 a.m. to 2 p.m. City Wide Community Center Gymnasium, 14 Canterbury Rd., Concord.
- Drop In Pickleball: 8 to 10 p.m. Green Street Community Center, 39 Green St., Concord.

■ STEAM Team: 3:30 p.m. Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

Jan. 19

- CCMS Student Recital: 7 to 8 p.m. Join us January 19, 2024 for a student recital in our historic Recital Hall. Free. Concord Community Music School, 23 Wall St, Concord. lsabean@ccmusicschool.org.
- Drop In Pickleball: Noon to 3 p.m. City Wide Community Center Gymnasium, 14 Canterbury Rd., Concord.
- Drop In Pickleball: 9 a.m. to noon. Green Street Community Center, 39 Green St, Concord.
- Harnessing History: On the **Trail of New Hampshire's State** Dog, the Chinook: 3 to 4:30 p.m. Free. Concord Public Library, 45 Green St., Concord. jsalemy@ concordnh.gov.

- Suncook Valley Chorale January Concert: 7 p.m. \$18 - \$20. Kids are free. Wesley United Methodist Church, 79 Clinton St., Concord. natreiner100@ gmail.com.
- **Technology One on One:** 9 a.m. to noon. 30 minute 1 on 1 session where participant can ask questions on any device (computer, phone or tablet) \$10. Call 603-228-6630. \$10. GoodLife Programs & Activites, 254 N State St, Unit L, Concord. kgagnon@ goodlifenh.org.

Jan. 20

- Celebrate Youth Mentoring!: 11:30 a.m. to 1 p.m. Celebrate Youth Mentoring Month at this free family event with games and activities, snacks, information from past, present and future mentors! Free. City Wide Community Center, 14 Canterbury Road, Concord. 603-228-7604. Imiller@friendsprogram.org.
- Dungeons & Dragons for

Tweens: 2 p.m. Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

- **Hockey Game:** 3:30 to 5:20 p.m. and 5:30 p.m. Douglas N. Everett Arena, 15 Loudon Rd., Concord.
- Kids' DIY-U Workshop: My First DIY Toolbox: 10 a.m. to 1 p.m. Free. Lowe's Home Improvement, 90 Fort Eddy Rd., Concord.
- Storytime Stations at the Heights: 9:30 a.m. Enjoy books, crafts, activities, and felt board/manipulatives at your own pace with our self-guided stations. (Recommended for ages 0-9) Free. Heights Branch Library, 14 Canterbury Rd., Concord. jsalemy@concordnh.gov.
- Suncook Valley Chorale January Concert: 2 p.m. \$18 - \$20. Kids are free. Wesley United Methodist Church, 79 Clinton St., Concord. natreiner100@ gmail.com.

Jan. 22

■ Drop In Pickleball: 11:30 a.m. to 2:30 p.m. City Wide Community Center Gymnasium, 14 Canterbury Rd., Concord.

Jan. 23

- Business Before Hours at **BELFOR Property Restoration:** 7:30 a.m. to 9 a.m. \$5 - \$20. BELFOR Property Restouration, 40 Terrill Park Dr., Suite 5, Concord. (603) 224-2508. events@ concordnhchamber.com.
- Drop In Pickleball: 11 a.m. to 2 p.m. City Wide Community Center Gymnasium, 14 Canterbury Rd., Concord.
- Low-Impact Kung Fu and Tai Chi: Noon to 1 p.m. \$14 - \$20. \$20 drop-in price. Multi-class bundles available for less. Zenith Martial Arts, 40 Thorndike St., Concord. 603-513-9993. zenithmartialarts@gmail.com.
- Organized Chaos: 4 p.m. Free.



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10 Concord Insider — Thursday, January 18, 2024

Concord Public Library, 45 Green ■ Caught in the Crosshairs of St., Concord. jsalemy@concordnh.gov.

- Tai Chi and Chi Kung Ongoing: 1 to 1:45 p.m. Good for beginners and experienced practitioners. \$55. GoodLife Programs & Activities, 254 N. State St, Unit L, Concord. kgagnon@ goodlifenh.org.
- Taoist Yoga for Balance & Aging Gracefully: Noon to 12:45 p.m. Balancing exercises are essential for aging gracefully. \$55. GoodLife Programs & Activities, 254 N. State St, Unit L, Concord. kgagnon@goodlifenh.org.
- True Crime Club: 6 to 7 p.m. Free. Concord Public Library, 45 Green St., Concord. jsalemy@ concordnh.gov.

Jan. 24

■ BEMER Appointments: 11:45 a.m. to 1 p.m. The effects of a single 15 minute BEMER session can last up to 12 hours. \$10. Call to register at 603-228-6630. GoodLife Programs & Activities, 254 N. State St, Unit L, Concord. kgagnon@goodlifenh.org.

D.I.Y. **Classified Ads!**

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- American Healthcare, with author Dr. Lloyd Sederer: 6:30 to 7:30 p.m. Free. Gibson's Bookstore, 45 S. Main St., Concord. 603-224-0562. gibsonsevents@ gmail.com.
- Drop In Pickleball: 1 to 4 p.m. City Wide Community Center Gymnasium, 14 Canterbury Rd,
- Granite VNA: Walk-In Wednesday: 10 a.m. to noon. A Granite VNA Social Worker/Notary Public will be available to help with a variety of things. Free. GoodLife Programs & Activities, 254 N. State St, Unit L, Concord. kgagnon@goodlifenh.org.
- Preschool Storytime: 9:30 a.m. Free. Concord Public Library, 45 Green St., Concord. jsalemy@concordnh.gov.

■ Web Wednesday: 9:30 a.m. Free. Heights Branch Library, 14 Canterbury Rd, Concord. jsalemy@concordnh.gov.

Jan. 25

- Adult Drop In Basketball: Noon to 2 p.m. Green Street
- Community Center, 39 Green St, Concord.
- **Aging Brain:** 10 to 11 a.m. Learn how our senses change as we age and the impact it may have on our day-to-day life. \$5. GoodLife Programs & Activities, 254 N. State St, Unit L, Concord. kgagnon@goodlifenh.org.
- Drop In Pickleball: 11 a.m. to 2 p.m. City Wide Community Center Gymnasium, 14 Canterbury Rd., Concord.

■ Drop In Pickleball: 8 to 10 p.m. Green Street Community . Center, 39 Green St, Concord.

Jan. 26

- Drop In Pickleball: Noon to 3 p.m. City Wide Community Center Gymnasium, 14 Canterbury Rd, Concord.
- Drop In Pickleball: 9 a.m. to noon. Green Street Community Center, 39 Green St, Concord.
- Rock the Bands: 9 to 9:55 a.m. Spend 55 minutes with Rhonda and tone your legs, arms, abs, and more! \$55. GoodLife Programs & Activities, Concord. kgagnon@ goodlifenh.org.
- DANCE SHOWCASE: 6 to 7:30 p.m. The Movement Box Dance studio, 40 Thorndike St., Con-

4:30 PM - 9:00 PM

cord.

■ Your Body Tune Up: 9:45 to 10:40 a.m. Go at your own pace but get your heart rate up and benefit from a good workout. \$55. GoodLife Programs & Activities, 254 N. State St, Unit L, Concord. kgagnon@goodlifenh.org.

Jan. 27

- Hockey Game: 3:30 p.m. and 5:30 p.m. Douglas N. Everett Arena, 15 Loudon Rd., Concord.
- Storytime Stations at the Heights: 9:30 a.m. Enjoy books, crafts, activities, and felt board/manipulatives at your own pace with our selfguided stations. (Recommended for ages 0-9) Free. Heights Branch Library, 14 Canterbury Rd., Concord. jsalemy@concordnh.gov.

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history

Jan. 18, 2002: A frustrated House majority declared that landmark court rulings requiring the state to pay for schools were wrong, the Monitor reports. While the resolution has no legal effect, supporters see it as a first step to taking back control over school funding from the state Supreme Court.

Jan. 18. 1782: Daniel Webster is born. His parents are Abigail (Nabby) Webster and Captain Ebenezer Webster. The future U.S. senator and renowned nationalist and orator is a frail child.

Jan. 18, 1982: New Hampshire is rattled by the worst earthquake in 42 years. In Concord, a city council meeting has just gotten under way. As Mayor David Coeyman gavels the meeting to order, the windows begin shaking and papers begin shuffling. "I will always remember this," Coevman savs.

Jan. 19, 1942: Sylvia Esty, an 8-year-old Jehovah's Witness, puts her hand over her heart but refuses to say the words of the Pledge of Allegiance at the Garrison School in West Concord. She says God has forbidden

her to pledge allegiance to flag and country. Concord's school board says it may have to expel her.

Jan. 20, 2002: A youth survey suggests there may be a growing number of New Hampshire teenagers who are suicidal, the Monitor reports. The 2001 Youth Risk Behavior Survey, taken by 1,303 teenagers across the state showed 16.6% of the students surveyed said they "actually attempted suicide one or more times during the past 12 months." In the last survey, in 1999, 7.7% of the students responding said "yes" to the same question.

Jan. 20, 1798: Concord's first accidental fire is recorded at 10 p.m. in David George's hat shop on North Main Street. "Let this, fellow citizens, excite everyone to vigilance," writes the Concord Mirrour. "Query would it not be a good plan for every man to keep a good ladder and one or two proper fire buckets always ready?"

Jan. 20, 1968: New Hampshire loses its 100th military man in the Vietnam War. He is Eliot Guild of Keene, a 21-year-old Marine medical

corpsman.

Jan. 21, 2002: James Ewing, co-owner of The Keene Sentinel for nearly four decades, dies at the age of 85. During his tenure as publisher, the newspaper successfully campaigned for a wide range of causes including land-use planning, freedom of information and public services for the needy. After leaving day-today newspapering in the mid-1980s, he helped launch the International Center for Journalists, a Washington-based training institute for journalists around the world.

Ian. 21, 1990: The new Concord Monitor building is dedicated off Sewalls Falls Road. In April, the staff will move into the building. The paper and predecessors to which it can trace its roots have been published in downtown Concord since 1808.

Jan. 22, 1942: The Monitor reports that rather than wait for the draft, 32 men have enlisted at the Concord recruiting office for the duration of the war. Eleven are from Concord. Most have signed up for the air corps and been sent to Missouri to

Jan. 22, 1811: A cow belonging to Abner Farnum Jr. of Concord gives birth to a two-headed calf.

Jan 22, 1997: On her way to a rally commemorating the Supreme Court decision legalizing abortion, newly elected Gov. Jeanne Shaheen wades through a dozen the vast, privately owned protesters who yell "Shame on you" and wave pictures of aborted fetuses. "It's very important, particularly these days when there's a new rash of clinic violence, for each of us to stand up and be counted and not be intimidated by people who would deny women the

right to make our own decisions about our future," she says.

Jan. 23, 2002: Snowmobilers, fishermen, hunter, hikers and wildlife watchers who revel in North Country solitude can relax, the Monitor reports. It appears that forest covering the top of New Hampshire will be protected for public recreation and logging forever. In an unusual show of bipartisan support, lawmakers lined up yesterday in favor of a \$10 million state bond to secure public access to the land for perpetuity.







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