

PROCTOR STUDENT VOLUNTEERS

are available to help local residents with snow shovelling, barn, yard, and house work.

Moving, pushing, pulling, stacking ... whatever the chore, contact us at 735-5149 or Eric_Viandier@proctornet.com



For All Your Insurance Needs

your **Home**
your **Auto**
your **Business**
your **Life**
your **Health**

Plus:

Boats • RVs • Motorcycles
Worker's Comp
Estate Bonding

As well as coverage for:
the Handyman
the Contractor
the Artisan

Events At The Fells

The Fells at The Hay Estate in Newbury is offering area residents a variety of winter educational programs, including landscape design using native plants, and the first of their 2008 history series. There will also be several different outdoor activities that present the opportunity to enjoy and learn about the winter landscape and wildlife, using cross-country skis and snowshoes. Any or all of these programs are a great way to beat the mid-winter blahs and cabin fever.

Residential Landscape Design. Co-sponsored with the New England Wild Flower Society (NEWFS) and may be applied towards the NEWFS Certificate in Native Plant Studies. This multi-session course will introduce participants to the landscape design process, with special emphasis placed on using native plants in the residential landscape.

Workshop sessions will focus on design methods using site analysis techniques and schematic design tools. Students will design a plan of their own, with assistance from the instructor, Liz Krieg. Liz will also present material on plants and habitats, including information about plant choices and their placement in the landscape.

Saturday, February 2, 10 AM to 4 PM and Saturday, February 9, 10 AM to 4 PM

Required materials: 11 x 17 quadrille graph paper, 12 x 18 tracing paper, a ruler, and pencil. Appropriate for beginners. Meet at The Fells Gatehouse.

To register, call NEWFS Registrar Lana Reed, 508-877-7630 ext. 3303. Limit 16. Fells and NEWFS members \$175, non-members \$210.

The Grand Resort Hotels of the White Mountains: History, Architecture and Personalities. Part of the 2008 history series *Hosting Our Summer Guests: The 1880s through the 1930s*. Join Bryant F. Tolles, Jr., celebrated author and professor, and Director of Museum Studies, in this slide-illustrated lecture which focuses on the architecture and related history

of the grand resort hotels of the White Mountains, targeting the period from 1850 to 1950. Presented in collaboration with The Fells, The New London, Sunapee, and Newbury Historical Societies, and The New London Barn Playhouse.

Newbury Town Office, Thursday, January 31, at 4 PM (snow date: February 7)

Register by calling 763-4789 ext. 3. Limit 70. Members \$4, non-members \$6.

Trail-walk Series: Cross-Country Skiing at The Fells. Join Laura and Bruce Crawford on the first Fells Trail-walk of 2008. Explore winter's wonderland at The Fells, breaking trail across the grounds and adjacent woodlands. Learn tips for off-track Nordic skiing, and search for signs of winter wildlife. Families welcome! Bring your own skis. Meet at The Fells Gatehouse.

Sunday, February 10, 1 PM to 3 PM (snow date: February 17). Register by calling 763-4789 ext. 3. Limit 15. Members free, non-members \$5.

Winter Mammal Tracking: Stoeries in the Snow. Co-sponsored by the Society for the Protection of New Hampshire Forests. Accompany Naturalist Dave Anderson for a hike (or snowshoe) in the Forest Society's Hay Forest Reservation.

Late winter is the perfect time to observe a winter's worth of well-traveled wildlife trails. You will see signs of late emerging mammals, including skunks, raccoons, and chipmunks, learn the names of five weasel species found in our local forests, find out how gray squirrels tap maple tree buds, and discover how mice use a network of tunnels to find food and hide from hungry predators.

Warm winter boots recommended. Deeper snow may necessitate snowshoes.

Wednesday, February 20, 3 PM to 5 PM (snow date: Wednesday, February 27). Register by calling 763-4789 ext. 3. Meet at The Fells Gatehouse. Limit: 20. Members \$16, non-members \$20.

Airtight Insulation of New Hampshire

offers

The highest R value of *any* insulation.

- New and old construction
- Basement walls
- Crawl spaces
- Attics

SprayFoam

Danbury, NH
491-2119

Visit us at
www.airtightinsulation.com

Penacook, NH
470-7444

Take Care OF YOUR Heart



Heart disease is the #1 killer of women in the U.S.

According to the American Heart Association, cardiovascular disease, including stroke, kills more than 500,000 women each year—that's more than the next seven causes of death combined.

Take care of your heart. Call the Women's Health Network at LRGHealthcare at 527-7019 today to learn how we can help you maintain a healthy heart for a healthy life.

www.lrg.org

Women's Health Network
LRGHealthcare

MR Ds' RESTAURANT

A pleasant dining experience... a great place to meet friends.

428 N. Main Street • West Franklin • 934-3142