



**MARKET**

Wednesday - Sunday  
11:00 AM - 9:00 PM

---

**RESTAURANT**

Wednesday - Friday  
DINNER 5:00 PM - 9:00 PM  
BAR until 10:00 PM

Saturday & Sunday  
LUNCH 11:30 AM - 5:00 PM  
DINNER 5:00 PM - 9:00 PM  
BAR until 10:00 PM

*Kitchen closes nightly at 9:00 PM*

---

**CATERING**

refinedcateringnh.com

---

603.977.0194  
refinerynh.com

4 Mill Road, Andover, NH

# TAI CHI

## Moving Meditation

Keeping the Body, Mind and Spirit Relaxed and Refreshed

For

- Strength
- Balance
- Flexibility
- Concentration

INNER PEACE



TAI CHI



**The Red Barn, Wilmot Flat**  
Tuesdays, 10-11 A.M.

**Warner Town Hall**  
Tuesdays, Noon

**For Info: 224-5768**  
**E-mail: nesainc@aol.com**



Pecco Beaufays of East Andover (center) at Lakes Region Community College with students Chevy Jay Robinson (Antrim) and Tyler Couitt (Sunapee).

## Three Rivers Foundation Provides Scholarships for Technical Training

Support us at Thursdays Child dinner on March 5

### Press release

On March 5, the New London Inn has designated the Three Rivers Foundation – Supporting Education, which benefits New Hampshire children, as one of its chosen non-profits for its Thursday’s Child dinner program.

By coming to dinner on Thursday, March 5, at 6:30 PM and saying you are there to join the Three Rivers Foundation – Supporting Education group, you will support our foundation and our scholarship students. You pay for your meals (and drinks); the Inn donates half the proceeds to the foundation. You will have a nice evening out, choosing the meal you want; and you can see other friends while there.

If you will be able to join us, please respond to the New London Inn directly to make reservations at 526-2791 with a tentative head count.

Three Rivers Foundation – Supporting Education is a two-year old 501(c)(3) non-profit organization, registered with the state of New Hampshire.

Our mission is three-fold:

Provide scholarships to post-secondary school students who are seeking technical school training.

Establish collaborative relationships with businesses, schools, and families to enable students to pursue opportunities in technical training.

Collaborate with local businesses to develop work opportunities for students holding a Three Rivers Scholarship to enable these students to work in New Hampshire communities during and after their technical and vocational training.

Our vision is to see that post-secondary school students who receive technical education develop successful and meaningful careers in New Hampshire communities.

In 2018, our first year, we collaborated with the Lakes Region Community College to help us identify deserving students who were at risk for not being able to complete their training because they could not meet their financial needs. In 2018, we were able to support one student from the Lakes Region Community College so that she will be graduating this spring with a dual ma-

*See Three Rivers on page 26*

## McGonagle School of Irish Dance Performs in New London

Saturday, March 14, in Whipple Hall

### Press release

All those Irish (or those who want to be Irish at this time of the year) won’t want to miss this exciting event. The Center for the Arts is proud to introduce “St. Patrick comes to New London.”

The McGonagle School of Irish Dance, founded in 1993, will be performing in New London’s Whipple Town Hall on Saturday, March 14. This award-winning troupe has competed successfully at the regional, national, and world levels and have performed across New England for numerous audiences, including the New Hampshire

and Massachusetts governors.

The school is now run by Ashlyn Rockwell Muse, TCRG, and Brenda Hamilton Coleman, TCRG. Registered with An Coimisiun le Rinci Gaelacha, McGonagle offers classes in traditional competitive Irish dance. Truly an exciting and invigorating program. In addition, your favorite Irish songs will be performed by a local singer.

The performance will be at 7 PM on Saturday, March 14, in Whipple Town Hall, 25 Seaman’s Road, New London. Great entertainment for the entire family. Tickets can be purchased online at CenterForTheArtsNH.org; in New London at Tatewell Galleries or Morgan Hill Bookstore; or at the door.



*Caring for the community since 1970!*

## REFLECTIONS OF FIFTY YEARS

Dr. John “Jack” Norris graduated from Dartmouth College in 1925 and began his medical practice in New London in 1932. In 1937 he had an extraordinary opportunity to join the medical staff of Eastman Kodak Company in Rochester, NY, where he was a medical director and respected innovator for nearly 30 years. Dr. Norris retired to New London in 1969. Always a visionary, he saw a growing need for home health care services in our region. Although some disputed the need, Dr. Norris remained steadfast. The result was the founding of Kearsarge Visiting Nurse Association in 1970, now Lake Sunapee Region VNA & Hospice. Just as Dr. Norris had a vision for the future of home care, members of the bequest society that bears his name share this vision through their thoughtfully planned commitments.



DR. JOHN L. NORRIS

*Please consider naming Lake Sunapee Region VNA & Hospice as a beneficiary in your estate plans and help it remain an enduring presence in our community for generations to come.*

Contact Cathy Raymond • 603.526.4077 X231 • [craymond@LakeSunapeeVNA.org](mailto:craymond@LakeSunapeeVNA.org)