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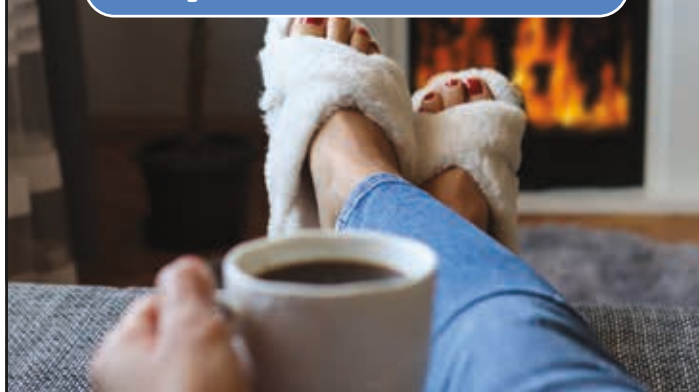
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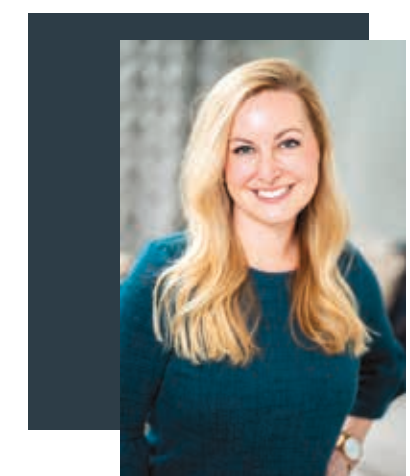


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SIMPLY MAKING A BASKET ISN'T THAT SIMPLE **BUT BELLS CAN HELP**



When I wasn't escaping NYC on Winter Sundays in the '90s, I'd spend some of my time volunteering for the Special Olympics. I played basketball in high school so I enjoyed giving a helping hand to many of these athletes and it was a welcome change of pace from my M-F job in publishing. One of my favorite memories was when I was assigned to help a woman with her goal of simply making a basket. Simply, as you will see, isn't that simple.

This woman was not only an adult with Down's Syndrome but she was also blind. The first few Sundays we worked on her shooting skills. After many attempts at trying a jump shot,

she ended up perfecting the underhand shot. After getting that together, we had to lower the hoop a bit. To prepare for the next Sunday, we brought bells to practice. This was the early '90s so there was no such thing as cell phones with numerous different ring tones. Then we placed the bells on a stick and positioned them right next to the hoop. As you could imagine, the gym was extremely loud. Fifty to one hundred kids and adults were clapping, coaching, learning, and whistles were constantly being blown. The amount of concentration she needed just to focus on the sound of the bells was nearly unfeasible. This woman had many strikes against her. She did, however, have a goal and perseverance. After two more Sundays, the time finally came when the underhand shot aligned perfectly with the bells. Swoosh! The crowd roared!

This was one of the highlights of my 15 years of living in Manhattan. She taught me that even with many challenges if you focus on what your goal is, work hard, and be dedicated, you can accomplish anything.

I heard about the BHS Unified Basketball team through a friend of mine. Her sister had a son on the team. Like most sports, Covid took its toll on the program and the past two seasons were canceled. I for one had not known about Unified Sports before last summer and was amazed to learn that Bedford has both Unified Cheer and Basketball teams. Both teams were back competing this year, and we are thrilled to profile them this month.

Big thanks to Lynne Natale for sharing this idea and Lisa Anderson for getting the ball rolling. Also thank you to Emily Stabell, Garret Anderson, Coach Kathryn Gaudreau for basketball, and Coach Jessica Lynch for cheer. And of course, thanks to Jo Smith for the Cover and basketball photos as well as all of the athletes and their parents for sharing these inspiring teams with the community. Go Bulldogs!



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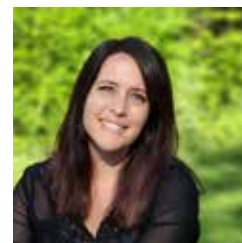
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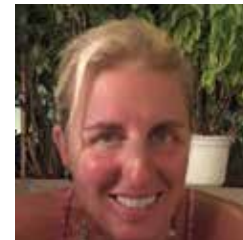
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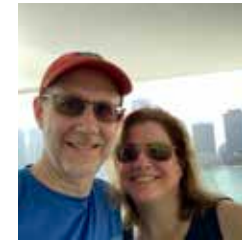
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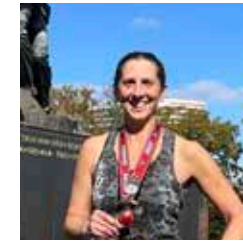
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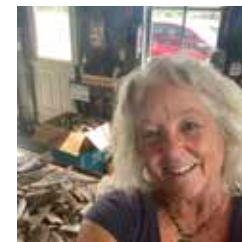
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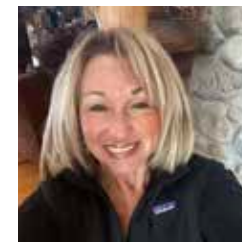
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Living

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Our upcoming June issue will be honoring our amazing graduates! If you have a child graduating from any programs in 2023 or if you graduated, we want to recognize all. Please send us a tribute for your graduate no later than Friday, April 14.

WHAT WE NEED FROM YOU:

- Any high-resolution photo of your graduate. Minimum 300 dpi.
- The name of the graduate
- The name of the school they are graduating from
- Any secondary plans if known by the deadline
- A total of **4-5 sentences maximum** on what you want to say to them. This could be a famous quote or just well wishes full of love and encouragement! Please list who the tribute is from. (Try to keep it to a minimum, please.)

Please email this to greetbedford@gmail.com or brian@tarrconnects.com. As always, you can upload content directly at <https://linktr.ee/greetbedford> or by scanning the QR code right here.



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18 Huntington Ridge Road*	\$759,900	\$759,900	1/23/2023	73	4	3	2,406	2023
3 Chablis Court*	\$1,250,000	\$970,000	1/4/2023	147	4	5	5,399	2004
51 McQuade Brook Road*	\$650,000	\$618,225	1/23/2023	34	3	3	2,508	1983
22 Cricket Hill Road	\$1,350,000	\$1,345,000	1/30/2023	10	3	3	4,116	1986
5 Wentworth Drive	\$569,900	\$550,000	1/30/2023	25	3	3	2,524	1985
157 Beals Road	\$650,000	\$677,000	1/6/2023	13	4	3	2,400	1986
82 Blanford Place	\$725,000	\$700,000	1/9/2023	17	4	3	2,989	1977
241 WALLACE Road	\$2,495,000	\$2,100,000	1/26/2023	124	7	8	8,496	2014
17 Campbell Road	\$2,800,000	\$2,160,000	1/27/2023	148	6	7	7,646	2009

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When: Wednesday, March 22, 8:30-10 a.m.
Where: Dunkin, 3 Leavey Dr., Bedford, NH
Email us at: greetbedford@gmail.com



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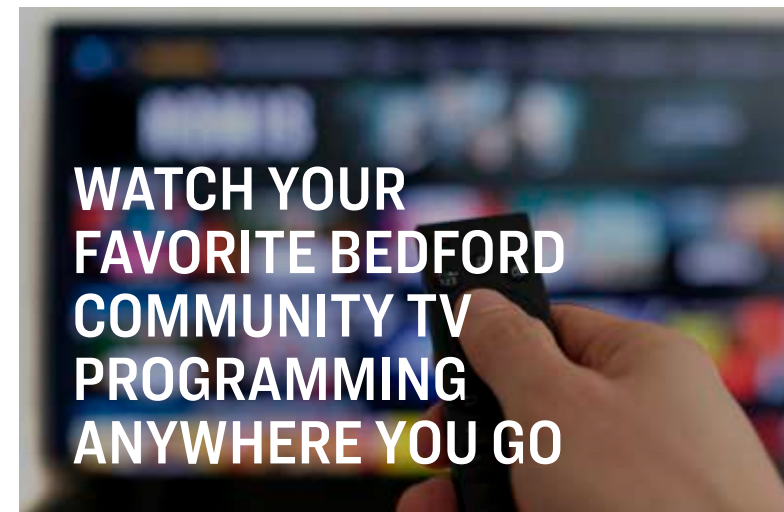
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BY SALLY KELLAR

Bedford Community Television is an award-winning television station right here in our backyard. Do you like to catch up on what is going on at the Town Council meetings? Would you like to see a high school sporting event? Is there other Bedford Public Programming you enjoy viewing? BCTV is widely available across many cable and streaming platforms.

You can view BCTV programming on four different channels. Channel 16 - for public programming; Channel 22 - for government programming, Channel 23 - for school-related education programming and school board meetings. You will also find a variety of public, education and government programming on our HD Channel 1072.

If you have cut the cable cord, BCTV is also streaming on some of your favorite streaming platforms, including ROKU and Apple TV. If you would like to stream programming through Amazon Fire TV, you will need to access Bedford Community Television through the Cable Cast Screenweave app.

You can also catch replays of BCTV programming, such as Community Corner and high school sporting events on YouTube.

But that's not all! BCTV is now available on the go. Download the Bedford Community Television app available in the Apple App and Google Play stores.

Website: www.bedfordtv.com

YouTube: @BedfordTVNH

Facebook: Bedford (NH) Community Television

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Lighthouse Local, The Bedford Baking Company, and the new Bedford Event Center

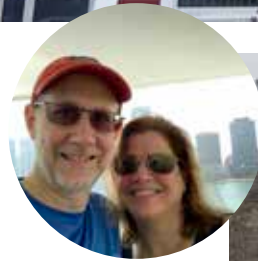
BY JEFF DEGLER

In 2011, after 15 years as a stay-at-home mom, Linda Degler entered the world of small business ownership when she took over New Morning Schools at 23 Back River Road from founders Jess and Linda Shapiro. Fast forward to 2023 and New Morning is a thriving school on an upgraded campus serving children ages 3-5 in preschool & kindergarten and 6-12 at the after-school **Imagine** Program. New Morning also provides before and after-school programs at public schools in the greater Manchester region. Over the years, Linda has enjoyed meeting the children and their families and especially helping the teachers and staff learn and grow as a team.

Linda is now writing her next chapter with three new ventures plus another in the planning process.

Lighthouse Local, located on 21 Kilton Road, opened in early January. The first floor is a retail bakery, café, market, and gift shop featuring locally grown and produced goods, including coffee, teas, an oil and vinegar refill station, chocolates, and maple products. The second-floor houses a full-featured bakery, **The Bedford Baking Company**, that will provide fresh specialty bread, pastries, and other baked goods for retail and wholesale customers.

The Bedford Event Center, located on 379 S. River Road, was built in 2018 and reopened under Linda's leadership in February. The event center was built specifically for hosting weddings and receptions, parties, and meetings and features an inviting lobby, a large ballroom, a medium-sized meeting space that can be divided into two, and two smaller meeting rooms that do double duty as bride and groom dressing rooms. A catering kitchen and bar area support food and beverage providers. Linda has assembled a team of event managers and planners to assist clients in



planning and hosting memorable special occasions as well as enjoyable and productive functions. Linda can't wait for spring to arrive so she can refresh the landscaping and outdoor décor.

When asked what motivated her to take on these challenges Linda responds, "These are both beautiful buildings that the community should be enjoying. Bedford and the State of New Hampshire have been very good to us since we moved here in 2006 and this is an opportunity to help support the local community." When asked what ties these seemingly disparate ventures together, she says, "They all support families and family celebrations." Jeff, her husband and behind-the-scenes supporter, observes that these ventures combine Linda's interests in children, education, developing others, food, and hosting parties. Linda also enjoys gardening, and she now has a larger palette to create beautiful landscapes and gardens around town.

Visit lighthouse-local.com and BedfordEventCenter.com for the latest details. We hope to see you soon!

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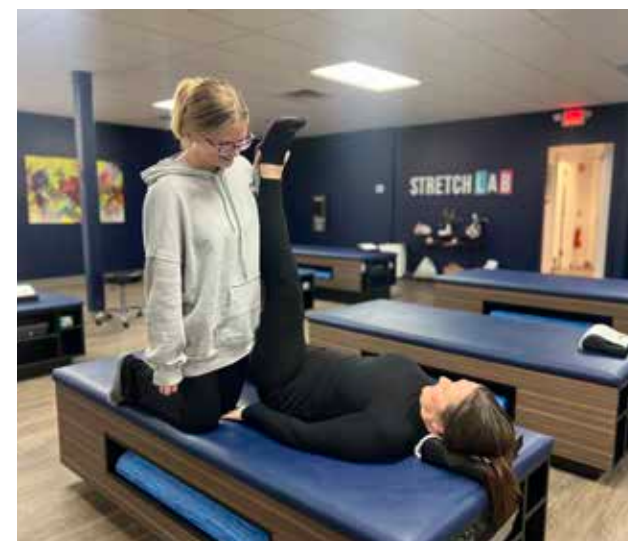
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Greet on the Street

Residents came out to join our *Greet Bedford* StretchLab Open House. Guests were able to check out the space and enjoyed a demonstration by one of their reflexologists. We had a plethora of raffle prizes from our sponsors as well as some delicious Italian food provided by Bedford's own Eric Roberts, owner of Lui Lui in Nashua.

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GREET ON THE STREET

THE SCENE

Our other *Greet Bedford* event was a Ladies' Night Out at The Terracotta Room. We laughed, saw old friends and met new friends, shopped, enjoyed draft Camp Craft cocktails, and ate great food from Industry East and Bird Food Bakery. Lastly, a handful of us got our tarot cards read by Bedford's Sarah Comer. Thanks to owners Nicole and Alexis and the crew at Blush Boutique Beauty Spa for having us! Visit www.theterracottaroom.com to learn more.

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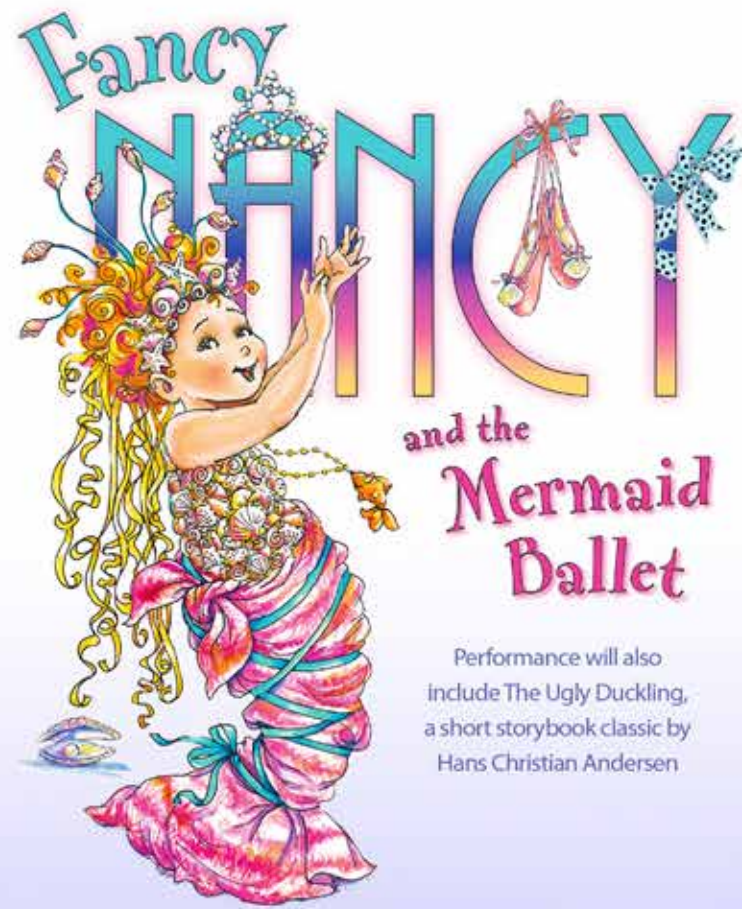
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AGE 4 - 6

Thursday, July 6 - Saturday, July 8, 2023
(9:30am - 11:30am)



Young Dancer Camp

AGE 6 - 12

Monday, July 17 - Friday, July 21, 2023
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Nutcracker Dance Intensive

AGE 8 - 12

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AGE 10 - 19

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THE INDEX - ONE GREAT THING ABOUT BEDFOD

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THE BEDFORD HIGH SCHOOL

Unified
BASKETBALL TEAM

BY EMILY STABELL

PHOTOS AND COVER BY JOANNE SMITH AT HEADSHOTS PHOTOGRAPHY
WWW.HEADSHOTSPHOTO.COM

Unified Basketball is one of BHS' many, many sports teams. From December to late February, this winter team practices and competes in games! The 21-player team starts their practices in December, with about one every week. In January, they play games; their first home was on January 26 against Keene High School. The season normally wraps up in late February, followed by an end-of-season banquet in March.

During the BHS spirit week last September, the Unified Basketball team played a game against the teachers, with a huge student turnout! Lucas Nguyen on the Unified team made the winning shot, giving the win to the Unified team! The entire team was thrilled to participate, loving the huge student turnout and cheers every time a basket was made.

During their first home game, something really unique happened mid-game. One of the student helpers on the other team created a friendship on the court with our very own Lucas Nguyen, winning over the crowd's hearts. Garret Anderson, a senior at BHS, has been playing on the BHS Unified Basketball team since his freshman year. His jersey number is 25 and he is a captain of Unified along with BHS Senior Regan O'Brien. His favorite part of being on the team is "making connections, new friends, getting together with old friends, and being active. I'm so blessed to have such a great team, I'm so lucky." Garret is a team player, with all the baskets he makes, each one being "a lot of joy." Garret's senior project is based on gaining awareness for Unified Basketball, hoping to get more support and spectators to attend their games. Against Keene, Garret scored 26 points! He thinks that it was "a huge success!"

His father, Ted Anderson, shares, "To watch Garret play Unified with his teammates, it's literally the most satisfying of anything I've ever done in terms of watching or playing basketball. The joy that these kids have and the support that the helpers provide them is heartwarming. It doesn't matter what the score is, they love it. For my wife Lisa and I, it's really something. It's just been one of Garret's favorite things, so it's very special for him and us as well. We never miss a game. They only have 6 or 7 games so they're really precious, so we make every game. What I was most proud about with Garret was, there was a risk of a season being in jeopardy this year in terms of not having a team and he wanted to do something about it, so he went to Mr. Parker, the athletic director of BHS and they got a teacher-student game to rally student volunteers and before we knew it, it all kind of came together. The most important thing about Unified is student support, so it would be great to see more of that in the future." They ended the season with a 2-4 record which was great for them. The most important part was that they played with class every single game!

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Regan O'Brien, BHS senior and Unified Basketball captain, shares, "The home opening game had incredible energy and Keene was a really talented team, but we, I think, out-hearted them."

Kate Gadreau, a humanities teacher at BHS, has been coaching for 20 years at all levels, recreational, junior high, high school, and college. This is her first year coaching Unified Basketball! She shares, "I love coaching basketball, and when I heard that there was an opening I applied for it because it allows me to coach in the winter and I have a lot of these kids in class. Any opportunity to be with students outside the classroom is a great opportunity. What I love most



about sports is the belief that athletics brings out the best in people. Even in this day and age, with all of the craziness that surrounds sports, there is comfort in knowing that when your athletes enter the arena of competition that they are prepared and willing to give the most of themselves for the team. Unified Basketball is a great competition that is 100% selfless. All of my players are there for the team, and none of them are there for themselves. There is continuous joy with this team, and they have reminded me that the love of a sport and the support of a great team will only bring success." Kate's dedication to the sport and the team shines through her athletes on and off the court.



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BY EMILY STABELL • PHOTOS: COURTESY

In 2013, the Bedford Bulldogs Youth Football & Spirit organization launched an adaptive Unified Cheer team. This team was created to integrate athletes with special needs and peer partners from the current and past competitive Bedford spirit teams and other spirit teams in the area. The Bedford organization's driving mission is to create an experience for the unified team members that mirrors, as closely as possible, the experience of the competitive Bedford Bulldogs Spirit teams. This team of athletes, ranging in age from 6 to 21, exemplify persistence, perseverance, patience, and pride! From the athletes with disabilities who overcome fears to reach outside of their comfort zones, to the peer partners who diligently support their athletes and share their love and passion for cheer each week. This team is an inspiration to all who are involved and is changing perceptions of what is possible in the world of cheer!

With the help and dedication of the coaches and peer partners, the adaptive athletes learn cheers, jumps, tumbling, stunts and dance. The adaptive team learns a routine that is showcased throughout New Hampshire and beyond. Each athlete has two peer partners to help them throughout the season, on the field and on the mat. The peer partners range from seventh graders through seniors in high school. They cheer at youth football games and exhibit at local, state, and regional competitions. In 2015 & 2018 the Bedford Bulldogs Unified Cheer team exhibited at Nationals. This December,

the Bedford Bulldogs unified team will represent the state of New Hampshire in the Inspiration Division at the American Youth Football League National Championship in Florida to celebrate its tenth season.

Kate Spencer, the former coach who started the team in 2013, shares, "I was at AYC Nationals with my team in warmups in 2012 and I saw an adaptive cheer team from New Jersey perform. I was immediately inspired and knew I wanted to start an adaptive program in New Hampshire. When I got back to New Hampshire I worked with the New Hampshire board at NHYFSC, reached out to a friend who was a special education teacher to help coach, and had a team of 5 by the fall of 2013."

Currently, the team has 8 athletes, 18 peer partners, and five coaches! The current head coach is Jessica Lynch, and the Assistant Coaches are Nicole White, Sandy Seppalla, Megan Spencer, and Annabelle Charette. Current head coach, Jessica, shares how the team has impacted her.

"My daughter is both deaf and autistic and she has been on the Bedford Bulldogs Unified Cheer team for five years. This team gives her a chance to be a part of an organized sport and be a part of the community. The relationships she has built with her peer partners are so meaningful and long-lasting. I started with the adaptive team as a parent, then became the team mom, and now the coach of this amazing team, and every season they make me so proud.

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Watching the adaptive athletes make progress over the season, learn new skills, become more confident, and most importantly have fun is so joyful. Witnessing the peer partners' dedication and guidance over the season is truly heartwarming. I am fortunate to be a part of an organization

and live in a community that is so supportive of this extraordinary team."

The team ended its 2022 season by competing at the AYC New England Regional Cheer Championships in Providence, RI. Great Job, Bulldogs!



March
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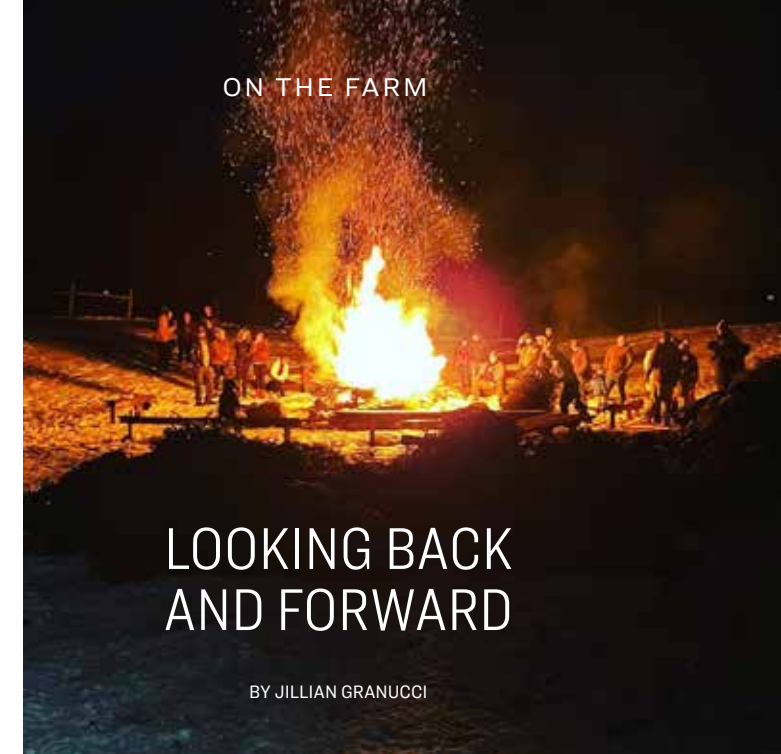


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ON THE FARM



LOOKING BACK AND FORWARD

BY JILLIAN GRANUCCI

It's been a busy winter at the Educational Farm at Joppa Hill! Thank you to everyone who donated a Christmas tree for our 3rd Annual Burning of the Greens! There were so many trees donated, that we actually had to host a second fire toward the end of January. And a special thank you to our amazing Board Member, Mark Nicklin of Country View Landscapes, for allowing the Farm to use his equipment to easily transfer all of the trees from the parking lot to the bonfire! And to everyone who came out one or both times – thank you! We had so much fun roasting marshmallows and enjoying winter by the fire with you!

Sarah Comer of Empress Alchemy Healing will be hosting a Cacao Ceremony on Saturday, March 25 from 7-8 p.m. A Cacao Ceremony is an immersive and interactive meditation experience in which participants drink ceremonial grade cacao in the form of "hot chocolate" while being led through meditations designed to work with the energy of the plant. Ceremonial grade cacao is cacao that is unprocessed and grown and harvested according to indigenous traditions local to that area. Known as "the heart opener," cacao is revered and respected for its physical and energetic properties that work together to open up the heart space and facilitate heart healing.

This ceremony will be held outside around the fire pit, and participants are encouraged to bring a blanket to sit on and a journal to write with. Ages 16+. Tickets are \$35 and registration is required on the Joppa Hill Farm events page.



DECA

Preparing BHS students for the business world

BY EMILY STABELL • PHOTOS: COURTESY



DECA, formerly known as “Distributive Education Clubs of America,” is a club at BHS that holds 130+ members, making it the largest club at Bedford High School. DECA was started at BHS by a group of aspiring leaders shortly after the high school opened. It has grown to be a very large organization at BHS over the past years.

BHS DECA participates in a wide variety of DECA events in five major clusters. These clusters are marketing, finance, hospitality and tourism, business management, and entrepreneurship. Students participate in role plays that feature case studies that members respond to using on-the-spot thinking skills. Students also have the option of competing in a written event which is prepared months before the competition and is professionally presented with a multitude of visuals. In 2022, DECA traveled to the International Competition in Atlanta, GA.

President of both NH and BHS DECA, Dylan Vilela joined DECA during his freshman year of high school in hopes of broadening his knowledge of business and having the opportunity to travel to new places. He became the president of NH DECA in his sophomore year and president of BHS DECA in his senior year. Dylan feels heavily impacted by his participation, because “by learning, practicing, and persevering together while leading up to the competition, you get to know so many new people which turn into lifelong friendships.”

Along with six other officers, Dylan’s presidential duties include organizing club meetings each Friday, as well as weekly officer meetings. These meetings include competition preparation, fundraising efforts, business games and activities, and topics to build professionalism.

Dylan shares how he feels DECA has impacted him: “On a larger scale, DECA has prepared me for the professional world of business and all that it has to offer. Without DECA, I would be much more anxious about what is to come in college and beyond. From job interviews to professional communication to on-the-spot thinking, I am so much more prepared having been in DECA throughout high school. On a smaller scale, the relationships I have developed through DECA with students from BHS and across the world have opened my eyes to the benefits of networking.”

Pranav Thamil, another member of BHS DECA, joined the club during his sophomore year. He is part of the NH DECA Leadership council which is a group of DECA leaders from different chapters in NH. His favorite DECA memory would be from the ICDC, or the International Career Development Conference, where he received his international finalist medal. Pranav “would encourage high schoolers to try DECA at least once even if they were not interested in going into a business career because it will help them gain a lot of skills that will be helpful in a future career.”

Vevay Simunovic is the VP of Communications and joined DECA as a freshman. As the vice president, Vevay spreads information on various platforms and communicates to club members about organizing projects on Google Classroom. Her favorite DECA memory comes from ICDC in Atlanta. She enjoyed “traveling with all the amazing people who do DECA and exploring a new city while also meeting new people from across the country and world.”

Interested in DECA? Check out @bedfordnhdeca on Instagram!



L to R names- Beck Simunovic, Vevay Simunovic, Alisha Juneja, Dylan Vilela



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Photo by Molly McGill

Claudia Zarella National Champion

BY EMILY STABELL
PHOTOS: COURTESY



Photo by Howard Schatzberg

Claudia Zarella, a freshman at Bedford High School, competes across the country as a competitive horseback rider. She has been riding horses for about 4 years now; her horseback riding career started when she was around 11 years old. She started horseback riding with the support of her friends and family because her mother's friend had a daughter who also rode horseback. Claudia practices in Dunbarton, NH at "Carter Stables" about three times a week. She and her horse, Rock Tom Ford, practice often to prepare for competitions they participate in. Tommy is a really funny horse and will "stick his tongue out when you scratch his face!" What she likes the most about riding horses is the "connection that you can have with a wild animal. I like how they have a mind of their own and you never know what their next step is."

Claudia and Rock Tom Ford have certainly made a name for themselves, winning the National Championship in 2021, and placing second at the National Championship in 2022. They compete in the "14-17 Country Pleasure" division, which consists of saddle seat riding events. Rock Tom Ford earned the RWCC title this year, standing for Reserve World Champion of Champions, because of their second place win at the world championship show. Claudia got Tommy in 2021, and they immediately began showing up at events quickly. They showed at one smaller show in West Springfield, MA, and after that, they went on to win the "13 & Under Country Pleasure" National Championship in Kansas City. Congratulations, Claudia and Tommy! This spring, Claudia and Tommy will start showing again, their first show of the season is in Raleigh, NC. Good Luck with your 2023 season!

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BROOKS LONDON

Life of the potty

ARTICLE & PHOTO BY: ALEX LONDON

“OH, CRAP!” his often patient Mom yelled from the second-floor bathroom. His sapped Dad, relishing in a few moments of peace while preparing dinner, ditched the boiling pasta to assess the source of the concern.

Standing over the toilet bowl, at the mere sight of poop in the potty, his Mom and Dad were hit with a release of endorphins as though their two-year and some months old son hoisted the Stanley Cup. Once a startled Dad confirmed with Mom that it was in fact their son’s waste in the potty, the heaps of praise began...followed by the Mickey Mouse stickers...and a treat from the Inside Scoop. That weekend it was in with the big boy undies, and out with the cornucopia of creams and diapers overflowing from the diaper bin.

It’s an interesting crossroads really. The time comes when one has to decide if they like to relieve themselves right in the very diaper they eat, sleep, and play in or if they would like to experience the freedom potty training affords. Much to his parents’ delight, Brooks London took the esteemed route of hip-hop duo Outkast, achieving the “so fresh, so clean” lifestyle during the summer of 2022.

Potty training is a challenging concept for the youth to grapple with. One day they are willy-nilly, doing their business wherever and whenever they please. The next day, they are taught the useful skill of how to “hold it” with the expectation that what once went in a diaper now goes in a seat with a hole in it to be whisked away to God knows where. Potty training was no match for the determined and resilient Brooks who conquered the challenge during the summer months, so as to not contend with the added anxiety of knowing what is to come when one lowers themselves on a New Hampshire, mid-winter morning John.

To say Brooks’ parents are proud of him would be an understatement. While he may still have a front cross-bite (his Mom can fix that) and hasn’t mastered the ability of crossover skating backwards (the time will come), the simple sight of Brooks using the potty, the sound of the toilet flushing, the ever persistent refusal to wash his

hands, fills his parents’ hearts with joy knowing the days of changing his diapers are behind them and their baby is becoming a boy. Brooks’ potty training was not for the faint of heart, then again neither was cleaning one of his blow-outs, but the little boy preserved, and in the end, claimed dominance over the porcelain throne.

As a potty-trained Young Achiever, Brooks eagerly awaits the next tree his Daddy lets him pee on. Meanwhile, his parents wait with bated breath for the first girlfriend their Lil’ Achiever shares this story with...

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GOOD CREDIT HABITS

March is National Credit Education Month and is an ideal time to educate yourself and others on the intricacies of credit scores.

BY SHAUNA OSBORNE



data to make crucial decisions about consumers. Make it a habit to check your credit score.

Next, study your credit report comprehensively. Familiarize yourself with the major factors that contribute to credit scores: the amount of debt carried, the age of debt, whether payments are made on time, and the number of loans a consumer has. Check your report for inaccuracies, including accounts you don't recognize or balances you thought were paid off, and report any errors right away. Sign up for a free credit monitoring program, such as Credit Karma or Credit Sesame, to help you control your data.

One last — and critical — way to observe National Credit Education Month is to pass along your knowledge to the next generation of consumers. It's never too early to start sharing financial wisdom with children and grandchildren, especially when it comes to prudent credit card usage and building good credit.

We look forward to the month of March for many reasons: Sports fans anticipate March Madness, outdoor lovers hail the coming of spring, and all carousers revel in St. Patrick's Day. A lesser-known, perhaps equally important March event is National Credit Education Month, the perfect time to educate yourself and others on the intricacies of credit, including types of credit and how to build or repair credit.

The latest data from LendingTree indicates that nearly 40% of Americans don't know their credit score, which leads to the first and most important way to observe National Credit Education Month: Check your credit score. Nearly every major purchase an adult will make — mortgages, car loans — is in some way impacted by their credit score, and many utility companies and landlords now use credit

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Artist Melissa Oliver

BY RESIDENT INTERN EMILY STABELL
PHOTOS: COURTESY

Melissa Oliver has been creating different works of art since she was a child. Her mother encouraged her to create, helping her find an outlet that has continued to be so today. She painted in her youth but found a love for pottery and three-dimensional art in her 30s. She describes herself as a “multidisciplinary artist with a 3-D focus.”

Melissa minored in art at Keene State College, where she received her Special Education teaching degree in 1977. Later that year she was an Art Club teacher in Virginia, continuing that as she moved back to NH and then onto Vermont. She took time off from teaching while moving and living in different places. Since she returned to NH in 1995, she has been a resource teacher for students with learning differences. Melissa currently works with 7th and 8th graders at Lurgio Middle School, and in 2018 she added teaching math classes to her list of responsibilities. Melissa loves teaching art because of the connections she feels with her students when in the classroom, being a “witness to their thoughts and ideas.” She shares that the most rewarding and “energizing” part is to be remembered by former students years later, especially those who have graduated. “It is the coolest feeling!” Melissa shares, “I love teaching, always have -



even on the hardest days, and there are hard days. It involved so much more than just teaching a subject. I believe teachers have one of the most important jobs in our world.”

Melissa’s focus has been to create art using her enjoyment of working with a variety of art materials, along with her interest in various art mediums (processes) and seeing how she can use them together. This has led her in many different directions, typically a new one each summer when she moves up to Maine to explore her creativity. Her friends and family are very supportive of her ideas. When she works in pottery, she does both hand building and wheelwork, and she often likes to incorporate texture with the use of stencils and clay stamps. Working with pottery involves several steps, such as the first firing, the ‘bisque’, the glazing, and then the final fire. She also collects driftwood to create one-of-a-kind wreaths with found items such as pottery shards, sea glass, and seashells. These can be very time-consuming. She first needs to collect the wood and sea glass, plan out the design, then put it all together. On average, she spends anywhere between 6 to 20 hours on a piece. This isn’t as daunting because she often works on several pieces at the same time and is able to switch from one to another. She recalls the time when she went to an antique store and saw some old boxes, “They’ve now become night lights that can sit out as art.”

Melissa shares some words of wisdom; “Remember, all of us are artists. It is so much more than drawing in the lines. If I had to have done that – I would not be the artist I am today.”



Antique light box



Melissa's second love, sailing



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A New Addition

BY CLAIRE FRY
BY BRIAN ZIMMERMAN
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CLAIRE

Musical Classic: Little Women (3/3-19) is based on Louisa May Alcott's life and follows the adventures of sisters Jo, Meg, Beth, and Amy March; this powerful score soars with the sounds of personal discovery, heartache, and hope, the sounds of a young America finding its voice at the Palace Theatre (Manchester)

Inspiring Adventure: Anastasia (3/24-26) transports us from the twilight of the Russian Empire to the euphoria of Paris in the 1920s as a brave young woman sets out to discover the mystery of her past, Stockbridge Theatre (Derry)

High Note: The Met: Live In HD presents **Lohengrin** (3/18) **Falstaff** (4/1) and **Der Rosenkavalier** (4/15) at the Capitol Center for the Arts (Concord)

Dance Explosion: Evolution (3/30-4/2) is a dance experience featuring Ballet, Point, Jazz, Contemporary, Modern, Tap, puppets, projections, and Aerial dance, performed by the UNH Dance Company at the Paul Creative Arts Center, UNH (Durham)

Fun Romp: In Don't Talk To The Actors (3/31-4/16) the best-laid plans go awry when the cast and crew of a Broadway-bound play resort to manipulation, diva-like behavior, and chaotic abandon to get what they want, at Hatbox Theatre (Concord)

Editor's Pick: Bold, innovative, and daring, this musical tells the deeply moving true story of Leo Frank, a Brooklyn-raised Jewish man transplanted into Georgia at the turn of the century. Accused of a crime he did not commit, he finds fake news and false testimony pitting him against a community hungry for blood after the murder of a young girl. With an exhilarating contemporary score by Jason Robert Brown and an exquisite book by Pulitzer Prize winner Alfred Uhry (both winning Tonys for their work), this underrated musical just had a revival at New York City Center starring Ben Platt that is headed to Broadway this spring... so you know it's a hot property!

- **Parade** (3/17-4/9)
Seacoast Repertory Theatre (Portsmouth)

BRIAN

Get to the Church: Ben Cosgrove (3/18) I have been waiting for months to send you all to the Stone Church. They tend not to book out as far as we need to go to print. I am willing to bet Ben is a worthy musician (the reviews set the bar quite high), just get yourself to church... The Stone Church (Newmarket)

Frozen Four Dreaming: NCAA Men's Hockey Regionals (3/23-3/25) I grew up playing pond hockey much farther south, once a year, when it felt cold enough that we wouldn't fall through (we always did). The college game is on another level. Come cheer on the New England teams as they fight their way to the Frozen Four. SNHU Arena (Manchester)

Find you Soul: Morgan James (3/31) *The New York Times* called her "a phenomenal talent whose feel for classic soul is bone deep." Listen to her cover of *Dream On* and you will find yourself heading to The Rex (Manchester)

An Acoustic Evening: Dwayne Haggins (4/15) His press kit has the unattributed quote, "The love child of Hank Williams and Otis Redding." Don't overthink that. The Bull Run (Shirley, MA)

Homegrown Country: Aaron Lewis (4/7) New England native and former Staind frontman, Lewis's pivot to Country hasn't exactly been without controversy. His vocals stand up to the grittiness of his music and bring you back to the days when Country music was from the country. Lowell Auditorium (Lowell, MA)

Editor's Pick: I know I am going to get some slack for this one, but having two daughters, and pretty much being nonexistent when they were young, Sunday night book time was my moment. And Lord help me, did I read the *Fancy Nancy* book series. It still echoes in my head. Quasi Bedford connection, as the managing publisher of the series also led Seth Meyers' children's book debut. If you are still fortunate to have daughters who cherish this versus crashing cars and spending money like it was an Olympic sport, enjoy the time and

go see this. It goes by fast. I understand it's a big ask, so hit up the bar in the Spotlight room, tip early and big, and enjoy a strong G&T that will make it that much more enjoyable.

- **Southern New Hampshire Dance Theater Presents: Fancy Nancy and the Mermaid Ballet** (4/2) Palace Theater (Manchester)

Sponsor's Pick: On behalf of CHRISTENSEN GROUP, I am proud to sponsor the 'Arts & Entertainment' column each month in *Greet Bedford*. For as long as I can remember, I have been an avid fan and supporter of the arts. Whether music, film, theater, or any of the other countless avenues of creative expression, the arts, and those talented individuals who boldly share their creativity with us, has inspired me, making my day brighter and more fulfilled. In particular, music has always been a deep and profound part of my life. Growing up in New Hampshire, I played drums in school and local bands, and like many of my musician peers, dreamed of touring the world playing concert stages. While dreams of fame and fortune as a drummer did not come to pass, I was blessed to carve out a 20+ year career in the entertainment industry. Prior to venturing into real estate, I was honored to manage music artists, producers, and projects as an executive based in Los Angeles, CA. Whether at Warner Music Group or as an artist manager developing and guiding talent, I treasured the opportunities I had, to, in some small way, help my clients share their art with people around the world. I'm beyond excited to support *Greet Bedford* and to use my past experiences in the entertainment field to help contribute to spotlighting the myriad of diverse art and entertainment options in and around our community.

David is an ICON Agent based in Bedford, NH and licensed in NH, MA, and ME. As a 'BEST of ZILLOW' award winner in 2022, 2021, 2020, and 2019 for exceptional client service and a Platinum Circle awards winner with sales of over \$100 million, he is passionate, driven, and determined to help his real estate clients. FUN FACT: David dove to the wreck site of the historic TITANIC at a depth of 12,800 feet.

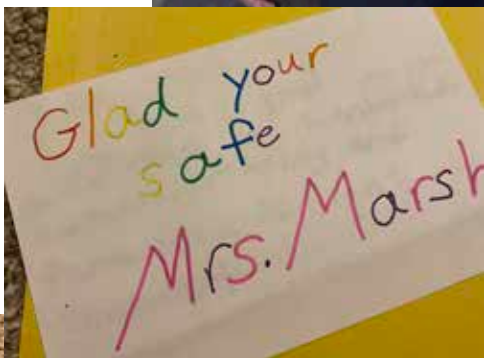
- **603 Folk: An Evening of NH Based Singer Songwriters** (4/1) The Rex (Manchester)

Bedford School District Employee to Rewrite Marathon Story

We are #MARSHSTRONG 4/17/2023

BY SUSAN MARSH • PHOTOS: COURTESY

Ten years ago on April 15, 2013, at 2:49 p.m. two bombs went off at the finish line of the Boston Marathon changing lives forever. This was my third Boston Marathon, the first my boys were attending. They watched me train for months and supported me as I raised money for The McCourt Foundation. This foundation raises money for families and people affected by neurological diseases such as MS, Parkinson's, ALS, and Alzheimer's. It was supposed to be a jubilant day. At 45 I was feeling surprisingly good. I was approaching mile 25 with joy in my heart as I was nearing the finish line where my family was waiting for me. My husband Peter was working in Maryland and tracking me from afar. I was surprised



when I was stopped by a uniformed police officer and told I wouldn't be able to finish the marathon. I was confused and upset because I couldn't imagine why. It wasn't long before I realized the gravity of what was happening. I dropped to my knees and began to pray as I gazed up and noticed the sky filling with smoke.

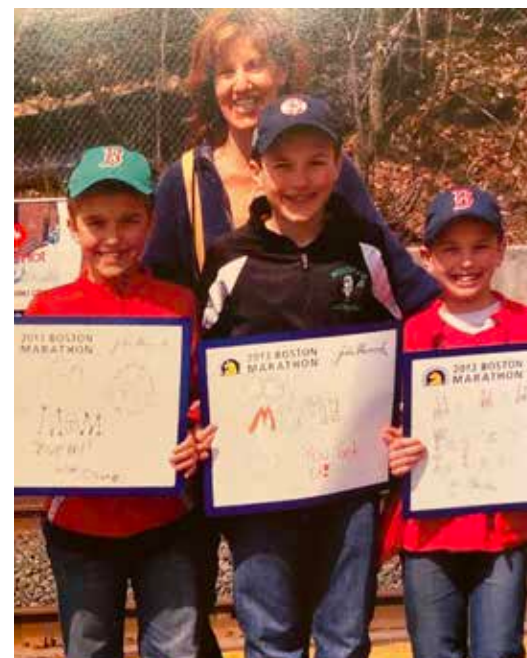
My parents, sister, and sons Peter Jr. (13) Sam (11), and Charlie (9) were on those bleachers on Boylston Street because of me. I struggled with the officer trying to push my way toward Boylston Street. There was no way I wasn't heading in that direction. I made so many promises in those moments. To give back, to be the best mom, wife, daughter, and friend I could be. I wanted to trade places with them so badly...I cried, I prayed, and I walked. I got as close as I could to the finish line and was overwhelmed by the kindness of strangers who offered me the clothes off of their backs as they saw me shiver. They offered food, money, cell phones - whatever they had they were willing to give.

In the face of pure evil human kindness prevailed. It would be many hours and six more miles of walking through the streets of Boston before I would be joyfully reunited with my family. I wrote the address of where they were waiting for me in South Boston on my leg with the lipstick I had. My prayers were answered. Not a day goes by that I don't think about those who had a different outcome.

It is with great joy and gratitude that my son Peter Jr. "PJ" and I announce that we are raising money for the same charity 10 years later. PJ is graduating from Northeastern University this year and has accepted a full-time job as an Investment Bank Analyst for Key Bank in Boston. Together we will rewrite our story and experience the Boston Marathon as a team. The most sought-after marathon in the world. Together we will pass by the Wellesley girls cheering section, Pat Spencer the golden retriever, conquer Heartbreak Hill, rejoice when we see the Citgo sign, and smile as we hear cheers coming from the Sox game. It has been a dream of ours for the past 10 years to come back together and create new memories while raising money for this incredible charity.

Together we can accomplish hard things. Together We Can Do This. Together We Will. Together with your support, we are #MARSHSTRONG.

My nickname is Sunny because I try to always be Sunny and 75. If you go through a life experience such as this, you realize that every day is a gift. One to be opened and lived to the fullest. I try to bring joy to my workplace and those around me. We have strong ties to this charity and this community and appreciate the outpouring of well wishes and support! Fundraising Link: www.bit.ly/marshstrong



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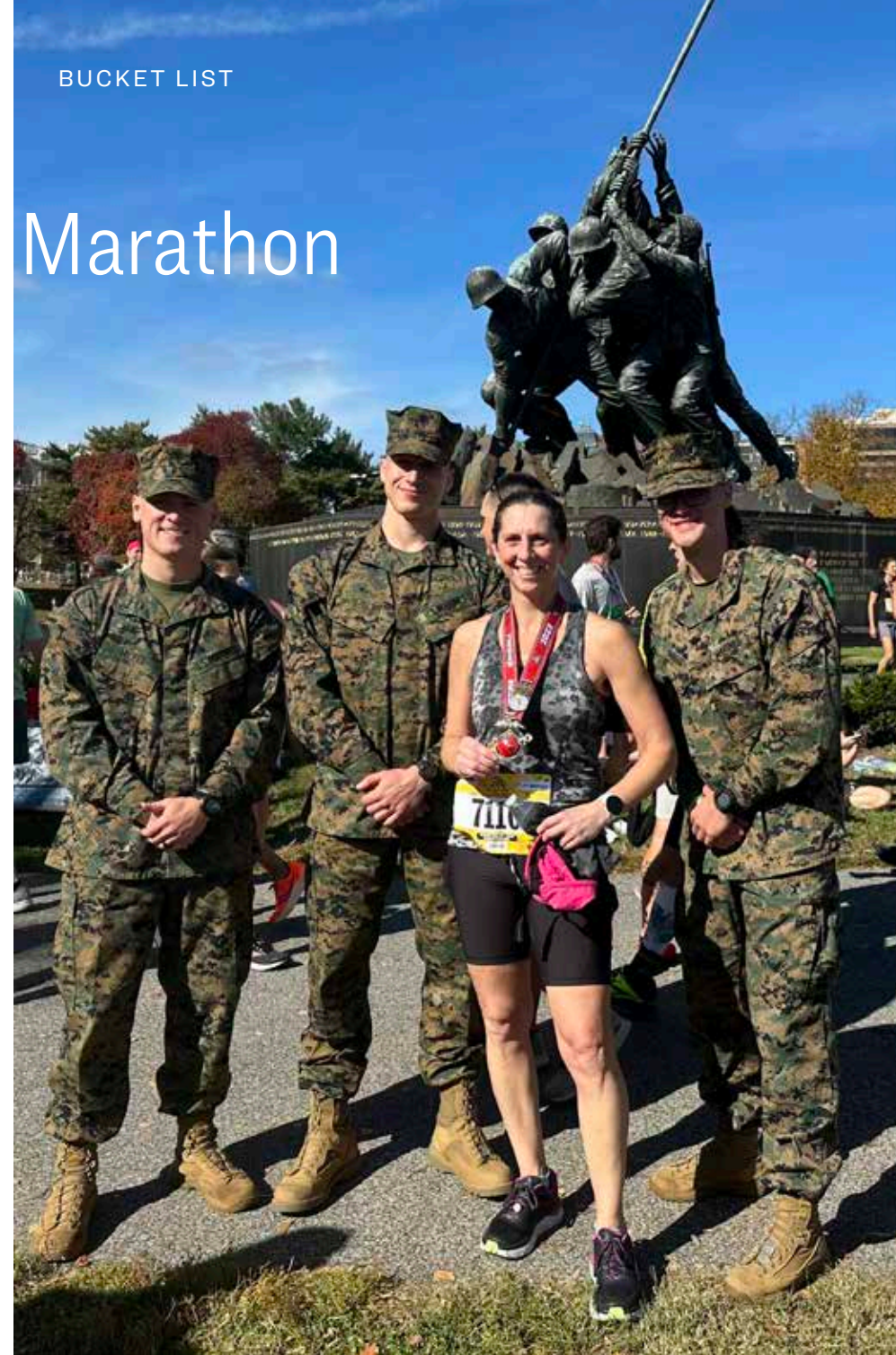
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Marine Corps Marathon

BY LAURIE FARQUHAR
PHOTOS: COURTESY

On October 30, 2022, I ran the 47th Marine Corps Marathon in picturesque Washington, D.C. Running “The People’s Marathon,” as it is often referred to because it does not have an elite field of runners, has always been on my bucket list thanks to its location and crowd support. The start of the race was unforgettable; we witnessed members of the Patriot Parachute Team parachute out of planes while carrying the American flag as well as an impressive flyover by V22 Osprey aircraft. The weather on the morning of race day was overcast and about 40 degrees. Chilly enough that I wore throw-away clothes but still nice enough to run in – shorts, a tank top, and arm sleeves. The course starts at the Pentagon in Arlington, Virginia and makes its way through the streets of historic Georgetown. Then comes the true highlight of the race – the National Mall. The course takes you around some of the most recognizable monuments in the world and the experience surpassed my expectations.

As I waited for the race to start, I took a moment to reflect upon what it took to get myself to this spot. Training for a marathon is not easy. It requires commitment, determination, and for me, friends. I trained for this marathon for sixteen weeks (starting in mid-July), running five days a week and following a plan that built up my long runs from nine miles to twenty miles. In fact, I ran twenty miles on three different occasions to prepare myself for race day. Running is not kind on my body, and I experienced some aches and pains throughout training. Thankfully, The Acupuncture Clinic of Bedford took care of me, and I was able to run the marathon pain-free! I knew I would be running the marathon solo, but I really didn’t want to train for it alone. Thanks to a group of women I have been running with for almost six years, I never had to go it alone. We meet at five o’clock in the morning to fit



our runs into our busy schedules. I am forever grateful that two friends were also training for fall marathons at the same time as me. We encouraged each other, held each other accountable, and were each other’s biggest cheerleaders. Nothing says friendship like starting a twenty-mile run at 4:45 in the morning.

SEVERAL HIGHLIGHTS OF THE RACE:

- The crowd support. Some sections of the course were lined with people three and four deep. Having the constant

cheering and encouragement helps you forget about how tired you are.

- The presence of Marines everywhere, at the expo the day before, the start line, every single water station, and the finish line. They were always there and extremely supportive.
- The blue mile. It is a mile on the course that features Faces of the Fallen posters honoring service members who have lost



their lives during active duty. It was incredibly moving and emotional. What was so jarring was how young the service members were when they lost their lives.

- The finish line: being presented with my medal by a Marine and taking a picture with Marines in front of the Marine Corps War Memorial, known as the Iwo Jima statue, was the highlight of the race.

MY RUNNING HISTORY:

- 1996 Boston (the 100th running), 2018 Chicago (my absolute favorite and my PR of 3:54:56), and 2019 Bay State in Lowell, MA (peer pressured into this one)
- I didn’t ‘grow up’ running; in fact, I despised running. I played team sports throughout junior high and high school (volleyball, basketball and softball) and volleyball in college, at Bentley College (now Bentley University)
- Finished 2022 Marine Corps Marathon in 4:03:09. Overall place of 2,648 out of 10,973 runners

The Marine Corps Marathon usually has a field of over 30,000 runners and is the fourth largest marathon in the United States and the ninth largest in the world. It is the largest marathon that offers no prize money. It is typically run on the final Sunday of October.

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Photo by Jim Marshall

The Allman Brothers

The early years

BY PHIL BRUNO



Scan to listen to Phil's show

Program from the Fillmore East show: March 11, 1971

Welcome back fellow listeners, readers, and kindred spirits to your “Musical Ride with Phil.” On this journey, we follow along with The Allman Brothers in The Early Years. A companion radio show will run on WBNH the first two weeks of March to celebrate the 52nd Anniversary of the recording of *“At Fillmore East.”* (The QR code will link to it.) Since my first Brothers concert, which happened to be the weekend they recorded *“At Fillmore East,”* I became a Brother. That first show completely blew me away. From the opening notes of “Statesboro Blues,” through “Elizabeth Reed” and “Whipping Post,” it was like no other show I’d seen. Of all the concerts I’ve attended, only Bob Dylan tops the number of times I’ve seen the Brothers. Having met Dickey Betts at the after party of his Radio City show on his first solo tour in 1974, I became a friend and got backstage for a few shows at The Bottom Line in NYC and The Bull Run in MA. We’ll discuss songs from the first five albums, from their eponymous debut album up to and including *“Brothers and Sisters.”* The personnel changed a few times over those years due to the tragic deaths of Duane Allman and Berry Oakley. The changes were influential on the sound, but the Brothers were still the greatest live band of all time for me.

The Brothers released their self-titled debut album on November 4, 1969. It was a mix of blues, rock, and southern rock, the genre The Brothers pioneered. I’ll play the opening and closing tracks from the album. First up is “Don’t Want You No More,” a cover of a Spencer Davis tune. If the name sounds familiar, Spencer Davis had two big hits with a young Steve Winwood on vocals, “I’m a Man” and “Gimme Some Loving.” I’ll cap off the set with one of their most well-known songs, “Whipping Post,” written by Gregg.

Then we move on to the second album, *“Idlewild South.”* The album was released in September 1970 and similar to the debut failed to achieve commercial success. The non-stop touring helped with sales; however, building a loyal following and setting the stage for their breakthrough with

1971’s live follow-up album, *“At Fillmore East.”* I start off with a Dickey Betts penned tune, “Revival.” Though it was initially meant to be an instrumental, lyrics were added as an afterthought. I’ll follow that with Gregg’s “Midnight Rider,” one of their signature tunes. Both songs were released as singles. “Midnight Rider” was also included on Gregg Allman’s debut solo album *Laid Back*. It had a much different feel, with horns included in the arrangement. I’ll play two more from *“Idlewild South.”* First is possibly the Brothers most recognized instrumental, “In Memory of Elizabeth Reed.” Written by Dickey Betts, the story goes he took the name from a gravestone while composing the song. As I stated earlier, I met Dickey a few times and had a chance to introduce my sister to him on her birthday at a Bottom Line show in the ‘80s. Dickey was a true gentleman and welcomed us backstage. I’ll follow that with another Gregg tune “Please Call Home.” As with “Midnight Rider,” Gregg also included this one on *“Laid Back.”* Notice the contrast between the two songs.

Up next is the breakthrough 1971 album for the Brothers, the live *“At Fillmore East.”* After playing more than 300 shows the prior year, the band played the Fillmore often, and at one time became like the house band. Bill Graham loved them, helping them along with their success. As I said earlier, the concert was my first live show by The Brothers. I went with friends to see Johnny Winter, who was headlining. The three nights of shows were used to record the album, and The Brothers were impressive with Duane and Dickey unbelievably tight. Then to top it off, Johnny came on last, at around 3 a.m., and still wowed the crowd with his guitar work. They even jammed with Johnny for a few songs. We walked out of the Fillmore into the morning light. I play the concert opener, whose intro slide guitar notes by Duane have become etched in our psyche. It’s the 12-bar blues cover of Blind Willie McTell’s “Statesboro Blues.” Another instrumental from the album is “Hot Lanta.” It

was not included on previous albums so the release debut was on *“At Fillmore East.”* The song begins with a short presentation of the theme, followed by solos from Gregg (organ), Duane (guitar), and Dickey (guitar). The dual drummers then have their solo, and then a final restatement of the theme builds to a crescendo of timpani from drummer Butch Trucks. Similar to other “jam” compositions, and credited to the whole group, it has hints of jazz rock and progressive rock.

Let’s move on to the next album *“Eat a Peach.”* The title came from a quote of Duane’s, “Every time I’m in Georgia, I eat a peach for peace.” Following on the success of *“At Fillmore East,”* the album was a hybrid live/studio album, with more live cuts from the Fillmore sessions in March and also the closing Fillmore shows in June. The studio cuts were recorded between Sept and Dec of 1971. It was a successful summer for The Brothers, harvesting and satisfying the fan base with a hectic touring schedule. I caught them at The Schaefer Festival in NYC’s Central Park. They continually impressed, honing their skills with the tight touring itinerary. The finality culminated with the closing weekend of The Fillmore. The Brothers played closing night, along with Santana, Mountain, The Beach Boys, Edgar Winter, J. Geils, and more. I was there that night but didn’t get in, so we hung out by the side doors to listen. Here’s a live tune from the album, “Trouble No More,” written by Muddy Waters.

“Ain’t Wastin’ Time No More,” written by Gregg, is from the studio section of the album and became the lead single. The song mostly deals with the death of Duane in a motorcycle accident after they became a major success. Just as Gregg was dealing with Duane’s death by writing what was troubling him, the fan base was devastated as well. I had tickets to see them at Carnegie Hall on Thanksgiving, and the concert was in jeopardy due to Duane’s death. Rumors had it that Eric Clapton might sit in, but Dickey did an amazing job as the only lead guitarist that night. The concert was a spiritual experience for all, culminating in Gregg’s singing at the end of “Whipping Post,” “there’s no such thing as dying.” RIP Duane.

Now for the final album I’ll cover. After Duane’s unfortunate death, The Brothers chose to continue on with the five core members, with Dickey playing slide guitar to pick up on Duane’s solos. They toured with that configuration throughout 1972 to support *“Eat a Peach.”* Regrettably only a year later almost to the day and location bassist Berry Oakley died in a motorcycle accident. With some serious consideration for the future, they searched for a new sound. They brought on Chuck Leavell on piano and Lamar Williams on bass. The new lineup gave Dickey the spotlight on guitars while the piano backed him with rhythm, while also adding counterpoints and harmonies similar to the interplay between Duane and Dickey. In August of 1973, they released *“Brothers and Sisters”* to critical acclaim,

kicking off a tour of larger venues to support the album. Dickey wrote the majority of the songs, including this 12-bar bluesy/rocker “Southbound.”

“Come and Go Blues” was a Gregg composition from the album. Similar to the prior song there is some excellent piano playing from Chuck Leavell, and this new direction and sound would carry on through decades of touring and recording. The loyal following of this spectacular group of musicians would earn The Brothers years of residency at The Beacon Theatre in NYC, and possibly place them second to Bob Dylan in touring dates with the decades of shows on his “Never Ending Tour.” The final song, “Ramblin’ Man,” could be the Brothers’ most popular. It’s been said Dylan liked the song so much he wished he had written it. Like “Blue Sky” before it from *“Eat a Peach,”* it was written by Dickey Betts in the period before Berry Oakley died. The brilliant guitar parts alongside Dickey’s were played by Les Dudek since Duane had passed on by that time.

It’s time for me to wrap up. I hope the time we spent in the early years with The Allman Brothers added some insight to your understanding of what was possibly the finest improvisational blues/rock band. Come back for the next installment of “Musical Ride with Phil.” Until then, keep on listening.

MENTORING OUR YOUTH

Big Brothers Big Sisters of New Hampshire

BY YVIE BODELL
PHOTOS: COURTESY



My name is Yvie Bodell and I volunteer as a Big for Big Brothers Big Sisters of New Hampshire! I had always been interested in the Big Brothers Big Sisters organization so once I got settled in after moving to Bedford 3 years ago, I started to look into the program so that I could get more involved with my community.

For as long as I can remember I have always been drawn toward mentorship volunteer roles. I was very shy when I was a kid and I wouldn't be the person I am today if not for some incredible role models who subtly led me to become more confident in who I was and what I was capable of. I am so glad that I have taken on this role as a Big since I know the value that it can have.

I have been matched with my Little, Megan for over 6 months now. Megan and I get together a couple of times a month to do fun, low-cost activities together. We have many similar interests so there is no shortage of things to do! We have flown kites, played duets on our instruments, gone to a trampoline park, played mini golf, and gone for walks in local parks. We have also done some cooking and baking together as well as arts and crafts and swimming. We spend this quality time talking and enjoying each other's company and we always have a blast!

I think that everyone can benefit from and enjoy being a Big! Anyone interested should check out the BBBSNH website and apply! The application process includes a background check, questionnaires for family and friends, and an interview. They take the time to get to know you, just as they do with the Littles so that they can make a meaningful match! It would be great to get more people interested in becoming Bigs because there are so many kids currently waiting to be matched. There is especially a shortage when it comes to male volunteers so it would be a huge help to the boys in our communities to get more men involved. Being a Big is a 1 year commitment with spending 4 hours a month with your Little. It is easy to find that extra time and it always ends up being a lot of fun! It gets me out and doing activities that I might not have done otherwise. We get to explore our communities together and learn new things along the way!

Please visit www.bbbsnh.org to learn more about becoming a Big, how to donate and for information on our July Pickleball Tournament fundraiser.

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RealtyScape Brokerage

BY OWNER AND RESIDENT LISA PARDA
 FAMILY PORTRAIT BY JEFF DACHOWSKI OF DACHOWSKI PHOTOGRAPHY



Lisa Parda, third from left, with her family

John and I moved to Bedford in 2017. We purchased a beautiful home that, at the time, languished still unsold at the end of the summer season. What was it about the house that made buyers pass on what we saw as the ideal home? As two seasoned real estate professionals we knew exactly what the issues were and more importantly we knew how to fix them, giving us the home of our dreams.

The home, situated on 9.7 wooded acres, offered privacy but little else. Sitting atop a 520 ft hill meant there were no level surfaces. How frustrating for buyers to see so much land but have neither a front yard nor a backyard. The narrow winding 1100 ft driveway flanked by giant

trees offered no view of this pretty colonial as buyers approached. When they arrived at the house they were greeted with the least attractive angle, some siding, and a two-car garage. The house itself offered a spacious, entertainment-friendly floorplan with abundant natural light through oversized windows. As buyers reevaluated their initial reservations, they walked back out to their cars. The vehicle, now facing the house and therefore the wrong direction to navigate back down the snaking driveway had them conclude that although they liked the house, they would pass. They would continue on with their search. Just as soon as they finished the Austin Powers 38 point turn.

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As the brokers of a real estate company, RealtyScape Brokerage LLC, with the tagline, ... More than just sales, these objections were an opportunity. As Thomas Edison famously said, "Opportunity is missed by most people because it's dressed in overalls and looks like hard work." This is the type of opportunity (work) we help our clients with each and every day.

We moved in and immediately began addressing the objections we never heard directly but surmised by 20+ years of selling properties. The process started by harvesting over an acre of pine trees. Desirable mature trees were cut to length and shipped off on giant log trucks, the remaining mulched. The area was stumped and then leveled with multi-hundred metric tons of dirt. This allowed us to widen the narrow driveway and then make room for a front and backyard. A circular driveway solved all the previous challenges. Reorienting the drive up to face the newly landscaped front of the house while adding much needed parking and getting traffic nose down for exiting. Building a center island within the circular driveway added beautification. Using stones from throughout the property, we anchored this space creating the illusion that it was here all the while.

Next a front yard was designed with the addition of a retaining wall with planter box tops for flowers. A complete reshaping of the walkway to the entrance by crafting large planting beds and a path leading to the parking in the front of the house with proportionally sized granite stairs. Overflow parking was added alongside the driveway. A new well was installed to service the 24-zone irrigation system to support the new grass and landscaping. Wildflowers were sewn to support the bees, birds and butterflies. A curved stone walkway and water feature complemented the new trees, bushes and flowers providing a welcoming front entrance. The project ended with a quarter mile of brand new asphalt paving the driveway.

Projects such as our house are what differentiate us as a real estate sales company. We don't see our role limited to a buy and

a sell. We aren't transactional. We are about building relationships. We see our role in helping the people in our community through helping the buildings in our community. This is why our clients love us. We have the expertise and skillset to execute a plan into reality, just like our house plan became a new reality. Vision and execution and the relationships to marry the two.

We can't talk about ourselves without talking about our clients. They aren't a one size fits all bunch and we love that. It keeps our days interesting and fulfilling. Some of them need a place to rent, done. Some of them need to sell their home, done. Who wants a vacation home or an income-generating property? Done and done. Then there are the flippers, not the TV show kind who make more money in advertising than the flip itself. Don't forget the clients who buy a rental property today so their kids will have a nest egg 20 years in the future. While some see them as different demographics, we see them as one. The one cohesive group who knit the fabric of our society together with differing goals and diverse needs at various times in their lives. We value ourselves as the behind-the-scenes glue.

Meeting as many people as we do, our lives connect with many charitable organizations in the state including Make A Wish Foundation and Nashua Home and Hospice. As one of the few pet-friendly rental companies, we love helping our furry friends as much as the two-legged kind. Our favorite charities to support include the Humane Society for Greater Nashua, the Manchester Animal Shelter as well as the Kilham Bear Center. They are a beloved group saving black bear cubs from all over New England. This year they rescued over 35 cubs. I vowed to send them a small donation every time I saw a black bear on my property. As everyone who has hung out a bird feeder in the fall knows, we see lots of black bears in Bedford.

You can check out a QUICK video of our house project by visiting <https://vimeo.com/643310572>



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BY OWNER KURT STRANDSON

As in years past, the most common question people still ask us is: “Why should we use Pinnacle Mortgage versus a larger national lender that I see on TV or get emails from?” Our answer remains the same: “Pinnacle Mortgage is here in your neighborhood and community where we also live, work, and raise our families. You will see us at your local restaurants, ballfields, theaters, and community events. We pride ourselves on supporting the community that supports us. In essence, we’re reachable.”

Being a local mortgage lender and broker, we are available to meet in person to review available options, properly qualify people and help them understand their mortgage, terms, and set proper expectations. There are lots of bigger companies promoting a lot of technology to make the process seemingly “easier.” Still, often the borrower ends up in a situation where they end up paying more for their loans, or being led to believe they have a good loan lined up only to find out in



the 11th hour they are mistaken. Then feel stuck to stay with the lender they initially chose and end up in an even more costly situation. We spend a lot of our time helping people in that situation every day, and we see the negative impact on them from not having a full understanding of what they have been told or led to believe. This is where being local is an advantage because in most situations we can help them renavigate the process and still successfully close on their mortgage when others cannot – and more importantly, we can often do it more cost-effectively.

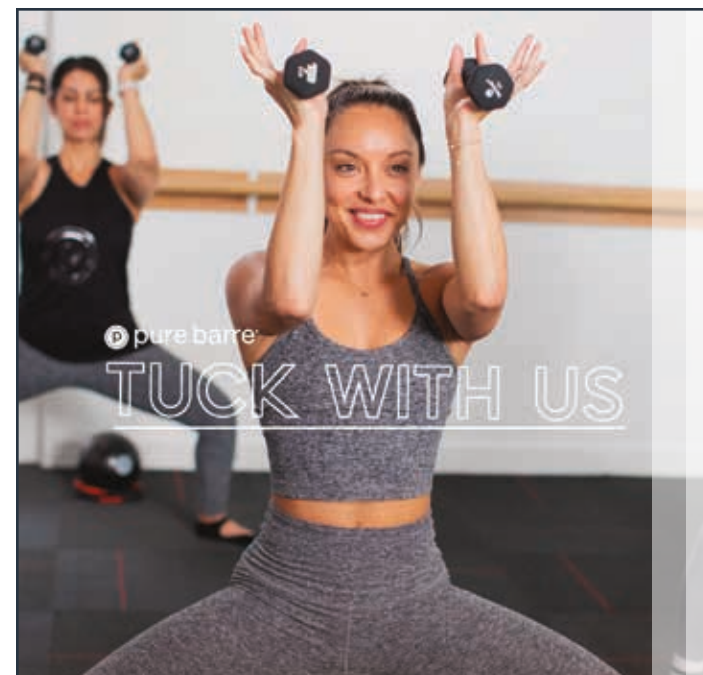
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We appreciate our community’s support towards our effort to positively impact homelessness and veterans’ needs at our Winter Cocktail Fundraiser last month at the Rex.

For more information on The Pinnacle Foundation and opportunities to become an event sponsor, visit PinnacleFoundationNH.org

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Why Should I Have Landscape Lighting?

BY BETH STAVRU, OWNER OF STONE BLOSSOM LANDSCAPE & DESIGN



Your home is a special place. It is where you gather with family and friends to share meals and celebrate milestones. The place where you rest, relax and simply enjoy time together. Landscape lighting enhances your home in ways that provide more space and time to do these things. Thoughtfully installed landscape lighting is inviting. It frames your home and highlights its architectural details. Your guests know they are in the right place. It lets them know where the door is and how to get there. They feel safe and welcome as soon as they arrive.

Living and gathering spaces extend to the outside. A properly lit deck or patio allows you to dine and entertain long after the sun has gone down. A clearly lit path around the pool makes sure that no one stubs their toe. Some lights around the grill make things quick and easy when the kids want more hot dogs. Summer nights are longer and more carefree when things are properly lit.

Everyday tasks become easier and safer. When taking the dog for an early morning walk or bringing the trash out after dinner, uneven surfaces such as steps, are easily navigated when they are lit. These illuminated areas are helpful to you,

but they also act as a deterrent to others. Unwelcomed individuals avoid these areas.

When not thoughtfully designed, landscape lighting can be overdone. Some areas can be too bright or even blinding. This can be avoided with proper fixture selection and placement. Stone Blossom Landscape & Design installs landscape lighting in the Bedford/Manchester area. We welcome the opportunity to provide a complimentary lighting demonstration at your home.

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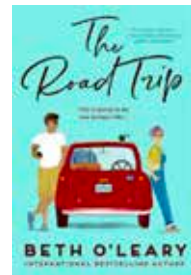
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Books to Read If You Loved *People We Meet on Vacation* by Emily Henry

BY PATRICIA KLINE-MILLARD OF THE BEDFORD PUBLIC LIBRARY

People We Meet on Vacation was a big hit at the Bedford Public Library in the summer of 2021. This fun read featured travel and romance as two friends who go on an annual trip together are complete opposites yet somehow find themselves falling for each other. If you loved this book too, read on to find more book recommendations to help you decide what to read next.



THE ROAD TRIP BY BETH O'LEARY

After falling in love in Provence, breaking up, and two years of silence, Dylan and Addie are thrust together on a road trip to a mutual friend's wedding. Like *People We Meet on Vacation*, this book features characters with complicated pasts and shares a great sense of humor.



ROSIE DUNNE BY CECELIA AHERN

Told through letters and emails, this story features childhood best friends who may be something more, but the timing is never quite right. A heartwarming tale with likable characters.



PARIS IS ALWAYS A GOOD IDEA BY JENN MCKINLAY

Facing up to big life changes, Chelsea decides to re-enact a gap year trip through Europe and reconnect with the beau she met. But when her biggest work rival keeps calling, it seems like romance may actually be lurking close to home.



LOVE YOUR LIFE BY SOPHIE KINSELLA

Like the characters in *People We Meet on Vacation*, the couple in *Love Your Life* wonders if their compatibility from vacation (an Italian writer's retreat) can translate to their disparate "real-world" lives.



IT HAPPENED ONE SUMMER BY TESSA BAILEY

Love stories of opposites attracting? Piper, a Hollywood "It Girl" is packed off to Westport, Washington to learn some responsibility and becomes determined to prove her worth to a gruff fisherman who she can't seem to avoid.



SHIPPED BY ANGIE HOCKMAN

When a promotion at her cruise-line job comes down to two people, Henley is up for the challenge – even when she finds out it means a research cruise to the Galapagos with her workplace rival to see who will win the job.



HOLLYWOOD ENDING BY TASH SKILTON

Five years after their friendship ended, the show that brought Nina and Sebastian together as fans is being rebooted and they're both involved with the production. Like *Poppy and Alex*, is this their second chance at a connection?

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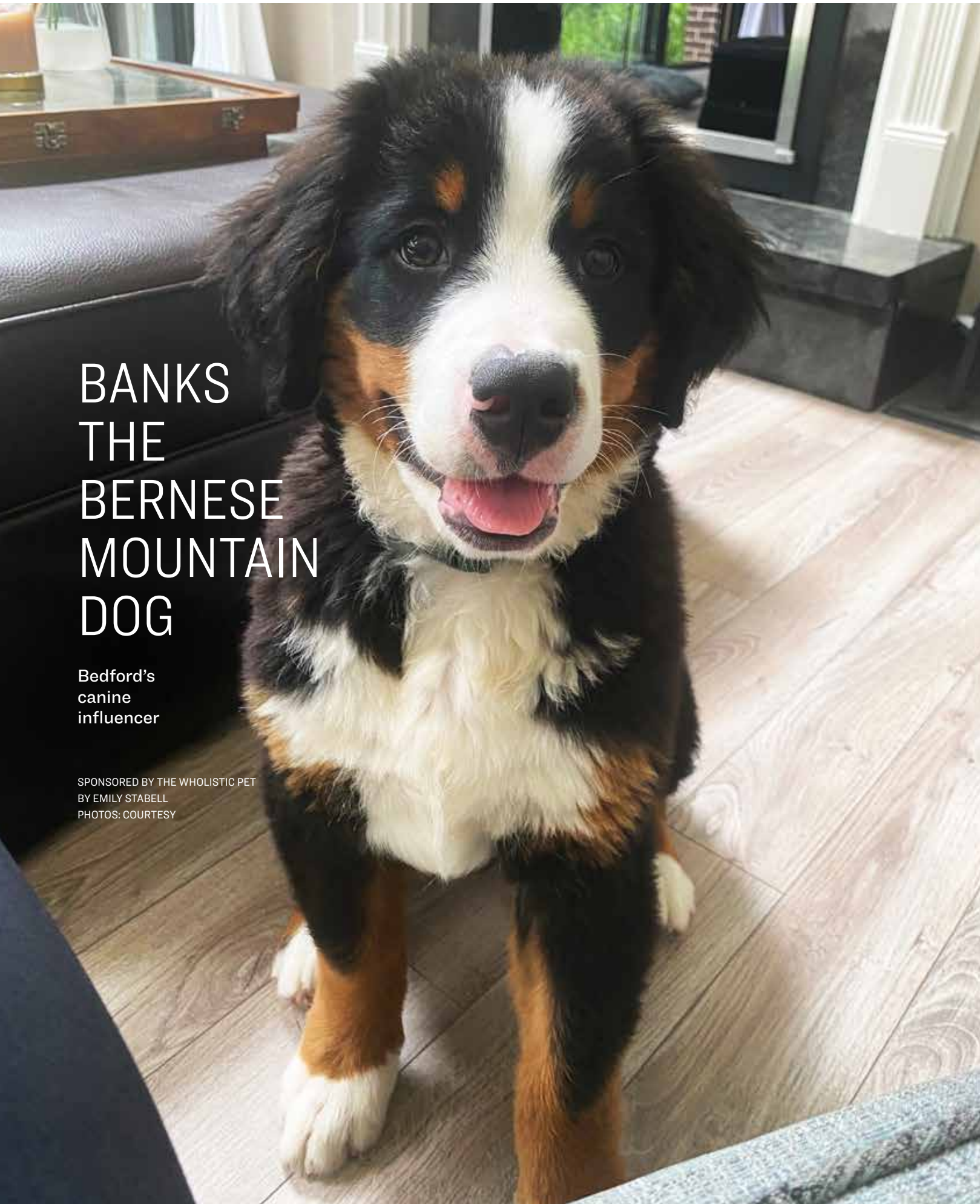
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BY EMILY STABELL
PHOTOS: COURTESY



his family. He is described to be a “big goof,” but is also a “big baby.” While out on walks, he tends to be spooked by anything from a snap of a twig to the movement of a small critter, such as a chipmunk or squirrel.

Banks is considered very spoiled. Even though he receives monthly Barkbox™ shipments, which come with his favorite treats, he is known to throw temper tantrums. That’s when he “throws his body on the ground and refuses to move.”

Follow along with Banks and his adventures on his Instagram!: @banksthebernese

Would you like to feature your pet in an upcoming issue? Reach out to us at greetbedford@gmail.com.

Banks, a Bernese mountain dog, is currently living his best life along with chickens, ducks, and his large family of Kevin, Shauna, Sophia, Lucas, Ryan, and Emma! At just four months old, he has his own Instagram, bringing more “fun” to the world. Becoming a dog influencer to bring laughter and cuteness to our daily lives.

Banks was the perfect match for the family since they were looking for a low-energy, large breed. After talking with a lot of different breeders, they found the perfect dog located in Saratoga Springs, NY. Shauna recalls when they went to pick up Banks, at a large farm and plant nursery, he and his littermates were running around the barn, playing with the horses and kids! This was the wonderful pairing the family was looking for, because they wanted their pet to have exposure to children and other animals, seeing that Banks would be spending time with them when at home.

You can find Banks lounging in the sun by the pool, or on walks with

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The American Woodcock

A curious looking bird you probably never knew existed

BY KATHLEEN PORTS

Like a good golf swing or the perfect rise on homemade bread, most skills require practice. Last fall, I was reminded that my birding skills are way out of practice. A friend and I were enjoying the sunset on an early fall evening when we heard a “peent” call from the shrub-scrub wetland near my house. I excitedly asked, “Did you hear the nighthawk?” to which my friend replied, “Do you mean woodcock?” I paused.... doubting that I was wrong....but considering his suggestion.

I looked upward. Nighthawks can be seen flying at dusk and have a characteristic white bar on the underside of their long,



thin wings. Seeing no nighthawks, I relented, “Yeah, maybe it is a woodcock.” Still, I held onto my doubts, but I had my reasons. First, the common nighthawk also makes a “peent” call and is active at dusk. Second, though I have seen a woodcock, I had never seen one anywhere in NH, and given its quirky appearance, I would remember if I had. Third, I remember from my college years that the American woodcock requires a complicated arrangement of habitats to thrive. Was it possible that my Bedford neighborhood could host all the habitats this unique bird requires?

I had been hearing the “peent” call all summer, maybe it was a nesting pair of woodcocks. I was excited and determined to find out. The American woodcock occurs throughout the state of NH, and their numbers are generally stable. The woodcock needs four different habitats to thrive. The first habitat is feeding cover. The American woodcock’s long beak is expertly shaped to extract earthworms from moist, highly organic soils that support brushy growth forming dense overhead cover. Feeding habitat is often scrub-shrub wetland or early succession, wet forests. The second type of habitat they need is nesting cover, which is found near its singing grounds and is young, open, second growth timber stands. Well, okay, Bedford does have plenty of wetlands and second growth forest. The third habitat is roosting areas where woodcocks spend their nights, typically fields at least 3 acres in size. The fourth habitat is singing grounds, which occur in openings

such as agricultural fields or forest clearings. Given our agricultural history, there are still some sizable open fields in Bedford. So, there you go, Bedford is uniquely configured to support this species.

Now it was time to confirm my findings with a sighting. If it was spring, mid-March through mid-April, it might have been easier. The male woodcock performs a wondrous mating display. During the spring breeding season, at dusk, the male woodcock flies upward in spiraling circles creating a twittering sound with its outer wing feathers. At a height of 250 to 300 feet, he turns earthward, flying steeply downward, landing near his original position and his female desire. On the ground, he resumes his “peent” call and starts the display over again. Now that it was fall, I wasn’t going to witness the courtship of the woodcock.

While it has a distinctively long beak that looks like it belongs on the beach rather than in a farm field, this bird is expertly camouflaged in a complicated pattern of browns that perfectly match the dark soils and dried grasses and leaves where it lives. Making it even more difficult, the young are born feathered with eyes open, a necessity to escape predators. This meant I couldn’t look for parents returning to a nest to tend their young. Feeling desperate, I resorted to a practice that I don’t typically promote. I went for a walk at dusk. No, not that part. I walked until I heard a “peent” call in the large scrub-shrub wetland at the end of my road. Stopping, I played a woodcock’s call from the Cornell Lab of Ornithology website on my phone. Eureka! A perturbed woodcock fluttered up out of the shrubs and over my head giving me a proper startling.

So, join me, fellow residents and wildlife watchers. In mid-March, find a field with a nearby shrub-scrub wetland or young forest. Listen for a “peent” call. If you hear one, park your car or park yourself in a lawn chair at the edge of the field and wait. With any luck, you will be treated to quite a show. If you do happen upon the mating ritual of the American woodcock, take note of your location, and let me know where you find them: davidkat.ports@gmail.com.

If you want to be a good neighbor to the woodcock, maintaining agricultural lands, patches of young forest, and connectivity between habitats are important. While Bedford has many patches of open fields, there is increasing pressure to develop these lands and larger sized patches are important to reduce the susceptibility of grassland species to predators. Maintaining vegetated corridors allows wildlife to access the variety of habitats they require with the benefit of cover. If you would like to learn more about managing wildlife on your property, visit the UNH Cooperative Extension at <https://extension.unh.edu/> and select the Natural Resources tab.

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WHAT'S COOKING, BEDFORD?

Mamma's Chicken Soup

BY PAT GROGAN



This is my Mom's recipe; she would make it for you if she heard that you weren't feeling well. My Dad would get in his car and deliver it. Those were the days!!

- 2 T olive oil
- 4-5 chicken thighs (bone in, skin removed)
- 1 onion, chopped
- 1 clove garlic, minced
- 6-8 cups of chicken stock
- 1 T curry (optional if you don't like it)
- 3 T granulated chicken bouillon
- 3 celery stalks, chopped
- 3 carrots, chopped
- salt and pepper to taste
- 3 T parsley
- 1 cup ditalini or your favorite soup pasta

Put the olive oil and onion in a large pot. Sauté onion until soft. Add chicken thighs, celery and carrots. Cook the thighs till they are nice and brown on both sides. Now add the chicken stock and all of the seasonings. Bring to a boil and then reduce to simmer for one hour. After an hour take the chicken out and debone it, then put the chicken pieces back in the soup. Simmer for another 30 minutes. In the meantime, cook up your pasta separately and add it to your soup as you serve it. If you cook it in the soup, it will suck up all the broth.

Hope you enjoy this and maybe you will send it to a friend who may be feeling a bit under the weather!

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BEDFORD REC SNOWMAN CHALLENGE

Winning snowman

PHOTO: COURTESY OF BEDFORD PARKS & RECREATION

The recreation department held the 2023 Snowman Challenge this January. Despite unfavorable weather, a late storm eventually provided the material needed. With over 30 great entries, it was tough to pick a winner. Congratulations to the Babas Family! For more information about Bedford Parks & Recreation or to participate in their next event, visit <https://www.bedfordnh.org/196/Parks-Recreation>.

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