

Registration Extended: Spring Lacrosse!

Registration is officially OPEN for the 2026 Spring Lacrosse season! Whether your child is a seasoned player or picking up a stick for the first time, we want them on the field with us.

Who: Community members ages 4–14

Experience: None required! Join at any age or skill level.

Deadline: Registration has been EXTENDED until January 6th.

Don't miss out on the fastest game on two feet.

Sign up now: oryarec.org/lacrosse



SPRING LACROSSE REGISTRATION IS OPEN!

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- Community program for ages 4-14
- Join at any age
- No prior lacrosse experience required

REGISTER HERE: <https://oryarec.org/lacrosse/>
EXTENDED until January 6th

OYSTER RIVER LACROSSE

Join The Newmarket School District

Are you looking for a rewarding role in a truly supportive environment? The Newmarket School District is hiring, and we invite you to explore the many opportunities to join our team!

Newmarket is a great place to work, offering a professional culture that is **friendly, focused, and deeply child-centered**.

We currently have several key employment opportunities available.

If you are passionate about contributing to a vibrant and dedicated school community, we encourage you to learn more and apply today!

Learn more and apply at: <https://www.newmarket.k12.nh.us/sau31/human-resources/index>

Dangers of Snow and Ice Don't Stop in Your Driveway

Snow and ice pose dangers beyond your driveway. Stormwater runoff from Newmarket streets, driveways, and sidewalks affects the watershed, rivers, and streams leading to the Great Bay. Your snow removal techniques also impact these waterways.

Products called "spreading salt" melt ice and snow, but they rarely contain pure salt. Read labels to determine your need for safety or ice removal. Consider ways to help keep waterways healthier. Minimizing sodium chloride use is crucial, as it's highly corrosive to pavement and environmentally damaging.

Environmental damage from snow-melting products appears in spring. Brown patches on lawns indicate runoff burning grass. Sodium seeping into the ground damages roots, stunting plant growth and causing discoloration. Unpleasantly, sodium can cause "witches broom" clusters of multiple twigs coming from the tips of damaged, burned twigs.

Scientific analysis of chloride reveals its dangers to healthy waters and aquatic life. Effective mitigation processes to remove or break down these products are lacking. Regardless of their primary ingredients, snow-melting products containing sodium (Na+) alter and destroy soil chemistry. Adding fertilizers or soil amendments to enhance lawn appearance. Cost-effectiveness is negated by the negative effects of sodium releasing other components that contaminate groundwater and surface water. Consider supplementing product application with readily available materials like sand, wood ashes, sawdust, or wood chips.

Read product labels carefully. Safety is crucial, and "pet safe" products may not be as pet-friendly as expected. Products listing Magnesium chloride or Calcium Magnesium Acetate (CMA) are recommended for households with pets walking on snow-melt products. For icy surfaces, seek professional advice from your vet and the NH Department of Environmental Services. Check your driveway or sidewalk at different times to see if pruning shrubs or tree branches can improve sunlight exposure, which may help melt snow and ice, making shoveling easier.

Winter shouldn't be a time to be nervous. With appropriate gear, explore your backyard without foliage hiding bird nests, squirrel nests, or tracks. Newmarket's trails offer great views of the bay, rivers, streams, and boulders. Winter is bug-free, and there are many benefits to a winter walk or hike.



Nature walks are proven to have many benefits to our health. Besides fresh air, there's a calming effect and relaxing vibes give a new focus and outlook. Periodic breaks, to appreciate the views, might offer you a chance to see an eagle, cormorant or vulture. Depending on the day, direct sunlight gives you Vitamin D, and a twilight walk might give you a pretty moonrise or chance to see a "falling star!" Newmarket trails are waiting for you!