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White Mountains

New Multimedia Tour 'Weeks Act Legacy Trail' debuts in White Mts.

Campton, NH - Visitors to the White Mountain National Forest in New Hampshire have a new multimedia resource to help them explore this year - The Weeks Act Legacy Trail. The "trail" is a 100-mile driving loop with forty sites of interest identified along the way. A virtual version of the trail to help visitors explore in advance or guide them as they go is at www.weekslegacy.org.

Named after the Weeks Act, the legislation that led to the creation of National Forests east of the Mississippi River, the Weeks Act Legacy Trail is the culminating work of a diverse partnership formed to commemorate the Weeks Act Centennial anniversary in 2011. The partnership includes the Appalachian Mountain Club, Society for the Protection of NH Forests, Arts Alliance of Northern New Hampshire, Plymouth State University, NH Department of Resources and Economic Development, NH Public Television, NH Timberland Owners Association, Weeks family members, Weeks State Park Association and the White Mountain National Forest.

"The goal of the Weeks Act Legacy Trail is to make White Mountain National Forest scenery, recreational opportunities and historical sites easily accessible, and to present them in the context of a dramatic and ongoing story – the past, present and future of these protected lands," said Clare Long, Conservation Education Specialist for the White Mountain National Forest. "The Legacy Trail is perfect for tour groups and visitors who want to plan an extended scenic drive, as well as for people looking for day trips: a place to swim, a short family hike, somewhere to catch a trout."

The driving loop spans the White Mountains' famous notches and byways with stops at signature destinations and hidden gems categorized by eight themes: Art and Literature, Conservation History, Ecology and Nature, History and Cultural Heritage, Kids and Families, Scenery and Photography, Recreation and Water. The virtual tour at weekslegacy.org provides background information, photos, maps, driving directions and GPS coordinates for each site. Those loading the tour on a mobile device are treated to an enhanced version which can be used with GPS mobile apps for turn-by-turn directions. There is also a downloadable audio tour and printable maps.

"The goal was to make it easy and fun," said Chris Proulx, producer of the Weeks Act Legacy Trail. "Whether you prefer online, mobile, audio or print, you can get immersed right away. It's one thing to be told a story- it's another to be put right in it."

All aspects of The Weeks Act Legacy Trail can be found at weekslegacy.org. For more information contact the White Mountain National Forest at 603-536-6100.

88TH ANNUAL
NEW LONDON
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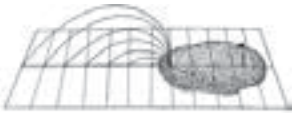
For information, visit www.newlondonhospital.org or call (603) 526-5265

Golf

Pitch Drill

Place 5 or 6 clubs (you could use towels or other markers) on your practice area. Place them approximately at the 10, 20, 30, 40 and 50+ yard distances. Pitch two or three balls from each distance. Experiment with your pitching wedge, sand wedge, and nine iron. Do not hit more than a few shots in a row from the same distance. Concentrate on trying to feel the proper length of the backswing necessary for each distance. Place tees or other markers on the green to vary your target also.



Purpose

To relate distance to swing length. The relationship between length of swing and the distance the ball travels depends on several factors. The loft of your club and effort put into the swing will have the greatest impact. For this drill use an eight, nine, pitching wedge, or sand wedge. You want to work on the effort needed to hit each club various distances.

To learn to choose the right club to pitch with in each situation. Every pitch shot you face will vary in distance, obstacles to hit over and how fast you have to stop the ball on the green. The only way to learn the proper club for each distance under different conditions is to experiment. You will find one favorite club to pitch with in pressure situations, but you should spend some time practicing with each club in various situations. To apply mental imagery in practice and game situations. Pitching to markers (towels, clubs or whatever) at different distances during a practice session has carryover value for game situations. This drill will teach you to properly estimate the amount of effort required for each shot and help you create the mental image of the speed and flight needed for a successful shot.

Do's and Don'ts

Make sure you retain an accelerating swing no matter what the distance.

Pre-Shot Routine

Planning the shot ahead, approach from behind the ball. Pick an intermediate target. Aiming at something new a few feet away is easier and more accurate than aiming at 200 yards away.

Approach the ball and take a stance about a foot back where you will make your next shot. Take a smooth practice swing. Focus all your attention on your upcoming shot. Take your final stance and start your backswing with your personal swing key. This is an example of a typical pre-shot routine. Yours may differ. It is important to develop your own routine.

Purpose

To develop your own standard pre-shot routine.

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Golf

Your routine doesn't have to be exactly like the one shown but it should be consistent. It is designed to make sure you have picked your intermediate target, decided on your landing area, visualized the ball's flight, and you are fully concentrating on your shot.

To increase your concentration. Your pre-shot routine should turn on your own concentration. Up until that point you can be a laughing and joking, but when you start your routine you shift into your concentration mode. If someone or something disrupts your routine - Stop - back off and start your routine.

To start your swing smoothly. The pre-shout routine concludes wiht you activating your swing keys (thoughts) used to begin your swing. For example, if the key your use to start the backswing is "low and slow", this will actually be the final component of your routine. The more you practice this on the range, the more it will become part of your routine.

Do's and Don'ts

Practice your pre-shot routine on the range. It is difficult to learn on the course, even during the practice rounds. *By Joe Davidson www.SimpleGolf.com*

American Legion Tournament

8/11/2012, 7:15 a.m.

Event Fee: $35/person; $20 for CCC members.

Registration 7:15-8 a.m. Shotgun start 8:30 a.m. 4-Player Scramble Format. Fee includes greens fee, awards & At CCC, Abenaki Lane, Colebrook. Meal at Legion Post 47 in Canaan after play.

Colebrook Country Club, Route 26
Colebrook, NH, Phone: 800-698-8939
Email: nccoc@myfairpoint.net
Website: www.northcountrychamber.org

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Fairs & Festivals

Fire on the Mountain Chili Festival

8/19/2012, (1:00PM)

HENNIKER - 10th Annual Henniker Rotary Club FIRE ON THE MOUNTAIN Chili Fest featuring two chili tasting competitions for area restaurants and amateur chili makers. Sunday, August 19, Pats Peak, Henniker, NH. Gates open at 1:00 PM. Chili judging and awards at 4:30 PM. Event fee includes chili sampling, hot dog and hamburger barbecue, beer tent, classic car show, activities for the kids, live entertainment, vendors featuring NH made products, ice cream, music, hiking and many other family-friendly activities. Proceeds benefit local, regional and international service and humanitarian projects sponsored by Rotary. For additional information go to www.ChiliNewHampshire.org Cost: $10.00 adults, $5.00 children 10 and under.

Pats Peak Ski Area, Flanders Road, Henniker, NH Phone: 603-568-1232, Email: rbzax@comcast.net, Website: www.chilinewhampshire.org

IN New Hampshire
Your Guide to What's Happening in the Granite State!

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246 West Main St., Hillsborough, NH 03244,
Phone: **603-464-3388**
Visit www.granitequill.com

Loon Mountain Hot Dog Festival in Lincoln

8/4/2012, (11:00AM)

LINCOLN - If you love hot dogs, then you'll absolutely love our Hot Dog Festival. Along with our zipline, Gondola rides, bungee, we will be having Hot Dog Fest activities. The Table of Fabulous Toppings will be back and once again have a variety of hot dogs for you at your disposal. Hot Dogs Served 11:00-4:00pm Down at the Adventure Center. $8 ages 5 and under -- $14 ages 6-12 -- $17 ages 13+ -- includes T shirt, all-you-can-

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Admission to the art gallery is free

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Hours: Monday-Saturday 10am-5pm and Sundays noon-5pm, Guided Tours 2pm each day

Harvest Moon Festival September 30: a day of family fun activities with a Native American harvest theme

Sponsored in part by a grant from the National Endowment for the Arts & the:

New Hampshire State Council on the Arts

Fairs & Festivals

eat Hot Dogs, Lemonade, Root Beer, Ice Cream treat (1) - Adult beverages will be available for purcahse. Live music 12-330pm -- Face Painting 12-3pm (free w. purchase) -- Moon Bounce 1100am-4pm for kids 12 and under (free w. purchase) Don't forget to check out our Adventure Package which includes Gondola Skyrides, Zipline, Bungee, and more. Note: Does not include Hot Dog Festival. Event Fee: $8 ages 5 and under -- $14 ages 6-12 -- $17 ages 13+

60 Loon Mountain Road, Lincoln, NH 03251
Phone: 800-229-5666, Email: jyanni@loonmtn.com
Website: www.loonmtn.com

Pittsburg Old Home Day

8/18/2012, (9:00AM)

Come to a real old fashioned Old Home Day that this northernmost NH town has been putting on for over 85 years. Parade, crafts, contests, flea market, old engine display, cotton candy, popcorn, chicken barbecue, fishing derby, helicopter rides, classic car show, entertainment and more. Interested vendors contact Becky at 603-538-6948 or 603-538-6603.

Event Fee: Free.

Main Street, Route 3, Pittsburg, NH 03592

Phone: 800-698-8939, Email: nccoc@myfairpoint.net
Website: www.northcountrychamber.org

20th Annual Lincoln Summer Craft Festival

8/11/2012, (9:00AM)

20th Annual Lincoln Summer Craft Festival will be held at the Village Shops and Town Green along Main Street in Lincoln NH on August 11 and 12 from 9:00am to 5:00pm daily. Over 150 juried Craftsmen will display and sell their work. Free Admission. Rain or Shine. Directions: From Route 93 take Exit 32. For information 603-332-2616 or visit www.castleberryfairs.com Event Fee: Free Admission.

Lincoln Village Shops
Main Street, Lincoln, NH 03251
Phone: 603-332-2616
Website: www.castleberryfairs.com

114th Annual Gilmanton Old Home Day

8/11/2012

(10:00AM)

Famous bean home bean dinner, antique tractor and auto display, children's games, animals, crafters and more. All profits to maintain five buildings on the grounds of the Smith Meeting House, on the historic register.

Event Fee: Contact for details.
Smith Meeting House Grounds
Gilmanton, NH 03237
Phone: 603-267-8151
Website: www.gilmantonnh.com

Fairs & Festivals

North Country Moose Festival - Pittsburg

8/24/2012, (8:00AM)

North Country visitors and families alike should mark their calendars for the fun, funky and fabulous Annual North Country Moose Festival. For over 20 years our small towns have continues to improve this event to make it the best in the nation. Friday's activities will begin in Colebrook with tree farm tour, moose mud pond fun and games, art show, clown, music at the bandstand, chicken barbecue, and about 100 classic car parade. Saturday's entertainment starts at 9am in Canaan,VT with a Moose Country Fair (crafters and vendors galore), Auto Show, dunk tank, bounce house, photography contest, fishing adventures, historical horse and wagon tours, 10-3 entertainment at the bandstand, moose stew cook-off, dog show, moose calling contest, and rubber ducky race. Be sure to visit the Corn Maze on Rte. 3. and go to Pittsburg for guided hikes, dairy farm tours, chicken barbecue, magician, music and dancing under the stars at The Amey Farm 'til 10 pm. Sunday 8-11 am festival breakfast. 10:30 Blessing of Autos at the Shrine. Events start at 10 am in Errol at the Fishing Pond, Umbagog Wildlife Refuge and continues to the

School Ground for BBQ and competitions.

Pittsburg, NH 03592
Phone: 800-698-8939
Email: nccoc@myfairpoint.net
Website: www.northcountrychamber.org

Stewartstown Day/Sugar on Snow/Ballgames

8/3/2012, (7:00PM)

STEWARTSTOWN: A lunch of sweet, succulent

Fairs & Festivals

'maple syrup on snow' begins three days of enjoyment. Friday night starts with the Crowning of the Queen at 7 p.m., then music, and vendors and watch the sky light up with colorful Fireworks at 9 pm. Fun-filled day on Saturday with parade at 10 a.m. starting at South entrance of CCNH, Stewartstown National Speeedway Soap Box Races contact Nelson Boire 246-7170. Following the race: Auction by Jesse Carney, Bounce House, games & vendors in park all day (contact person Patricia Grover 246-3095). Friday, Saturday and Sunday you can take some time to watch international ballgames. Contact person: Parade : Carmen Rodrigue 246-3513/3060. Stewartstown Park Main Street Stewartstown.

Event Fee: Free. Fletcher Park/Stewartstown Park
Main Street, Stewartstown, NH 03597
Phone: 800-698-8939, Email: nccoc@myfairpoint.net
Website: northcountrychamber.org

Pembroke & Allenstown Old Home Day

8/25/2012, (9:00AM)
PEMBROKE: All Day Family Event beginning with parade at 10:00 AM starting at School St. Allenstown to Main St. thru Suncook Village to Pleasant St. Pembroke ending at Memorial Field. Activities include children's games, hay rides, crafts, live music & entertainment, raffles and food vendors. The day concludes with spectacular fireworks sponsored by Associated Grocers of New England.

Memorial Field, Pleasant St., Pembroke, NH 03275
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Email: relwofsps3@aol.com

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Fairs & Festivals

Summer Lobsterfest aboard the M/S Mount Washington

8/11/2012, (7:00PM)

WEIRS BEACH: A New England summer is not complete without a lobster dinner. Experience the romance of Lake Winnipesaukee at night aboard a cruise on the M/S Mount Washington. Dancing to live music and lobster dinner is included. BBQ Chicken is also served. Music on 2 dance floors. Ttickets: http://www.cruiseNH.com/schedule.php. Event Fee: $49

Lakeside Ave., Weirs Beach, NH 03246

Phone: 603-366-5531, Email: info@cruiseNH.com

Website: www.cruiseNH.com

Hampton Beach Free Children's Festival

8/13/2012, (10:00AM)

The Annual Hampton Beach Children's Festival, is the family fun event of the summer! The most exciting festival yet will kick off on Monday, August 15th. Each day will be a blockbuster, filled with non-stop activity and entertainment, including mini-golf, a sandcastle building competition, a Ronald McDonald show, free ice cream, dancing, story tellers, balloons, and much more. There;s even a kids; bumper sticker contest! All Children's Festival activities are FREE and open to the public. For more information about this popular event please call the Hampton Area Chamber of Commerce office, 603-926-8717, or visit the website at www.hamptonbeach.org.

160 Ocean Blvd., Hampton, NH 03843

Phone: 603-926-8717

Email: katie@hamptonchamber.com

Website: www.hamptonbeach.org

Fairs & Festivals

Attitash BlueberryFEST

8/4/2012, (2:00PM)

BARTLETT: It's true, Attitash means "blueberry" in the Abenaki language, and what better time of the year than August when wild blueberries are in full bloom to celebrate summer at Attitash Mountain Resort. Join us at Bear Peak for a family-friendly festival of good 'ol fashioned American fun, with field games, live music, BBQ food, craft and beer vendors and, of course, a blueberry pie-eating contest. Music Line-Up 2-3 p.m. Al Shafner 3-5 p.m. Livin' The Dream 6-8 p.m. Adam Ezra. Event Fee: $12 Adults 21+; $7 Ages 6 - 20; Free Ages 5 and under

775 US Route 302, Bartlett, NH 03812
Phone: 603-374-2600
Website: http://www.attitash.com

Lakes Region Fine Arts and Crafts Festival

8/25/2012, (9:00AM)

One of the premier arts and crafts events in the Lakes Region. Juried artists and craftsmen, musical entertainment, culinary delights, Festival takes place on the Main Street in Meredith and at the Mill Falls Marketplace.

Meredith, NH 03253
Phone: 603-279-6121
Email: meredith@lr.net
Website: www.meredithareachamber.com

69TH Annual!

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www.bc4hfair.org

Come see what's new at the fair!

Local Farms & Farmers Markets

Let fresh summer produce star in Apricot Chicken Rice Salad

This summer, why not head to your local farmer's market for tasty seasonal fare at the peak of freshness?

Think outside the box with your farmer's market finds, such as apricots, eggplant, asparagus and summer squash, by incorporating them in a healthy summer salad. Salads are quick and easy, require minimal cooking and are the perfect way to enjoy the simple tastes of summer. Incorporate rice in your salad for a quick, healthy and more filling summertime option.

"Using plain rice in salads just makes sense," says Deborah Locke, product manager for RiceSelect. "Because it's so versatile, you can save time by cooking a few recipes' worth at a time and store the leftovers in the refrigerator for up to a week. The next time you prepare a pilaf, casserole or rice salad, you are halfway there."

Grab some apricots and try out the following recipe for Apricot Chicken

Hancock Farmer's Market

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Local Farms & Farmers Markets

Rice Salad with all-natural Texmati white rice.

APRICOT CHICKEN RICE SALAD

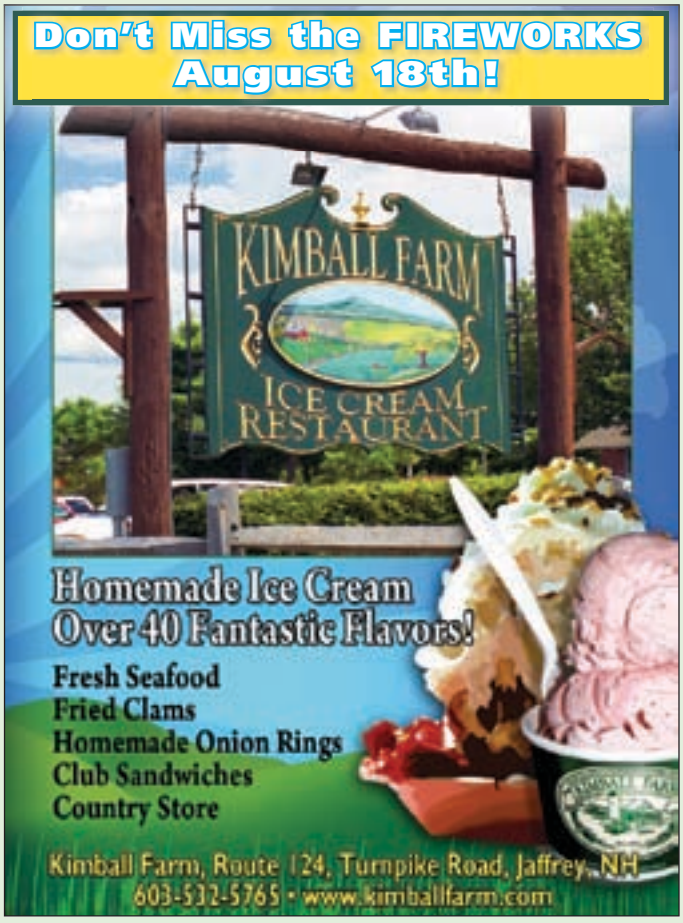
Start to finish: 1 hour
Servings: 6
1/2 cup lime juice
2 tablespoons vegetable oil
3 tablespoons honey
1/4 teaspoon ginger
1/2 pound boneless, skinless chicken breasts, cooked and chopped
6 cups cooked Texmati Rice
1 cup chopped dried apricots
1 cup thinly sliced green onions
3/4 cup raisins
In a small bowl, whisk together lime juice, oil, honey and ginger; set aside.
In a large bowl, combine chicken, rice, apricots, onions and raisins.
Cover and chill about 1 hour.
Just before serving, drizzle dressing over salad.
For more salad recipes, visit www.riceselect.com. NewsUSA

New Earth Organic Farm Open House

8/4/2012, (9:00 a.m.)

Taste delicious organic vegetables & discover organic-growing methods. Two greenhouses, a chicken coop & flower & herb gardens. Variety of vegetables available for sale.

New Earth Organic Farm, 120 Angels Road, Colebrook, NH 03576
Phone: 800-698-8939
Email: nccoc@myfairpoint.net
Website: www.northcountrychamber.org



Music

Classical Piano Concert at Nashua Library

The Bach's Lunch Concert Series continues its 2012 season on Wednesday, August 1, with a classical piano performance by Soomi Lee. The program will be a journey through the eras of classical music, with works by Bach, Beethoven, Rachmaninoff, and Debussy.

Lee began studying piano at age five. At 12 she became the youngest artist ever invited to perform at the Auckland Festival in New Zealand. While a student in Juilliard's Pre-College Division, she gave her New York debut recital at Carnegie Recital Hall. She attended the Curtis Institute in Philadelphia, earned a bachelor's of music from Indiana University, and received her master's in music from the New England Conservatory. Her teachers have included Ilona Kabos, Georgy Sebok, James Tocco, Patricia Zander, and Nadia Boulanger.

Among the artist's numerous awards are prizes in the Seoul National Philharmonic Competition, the Kankakee Piano Competition, and the Midland Odessa Young Artists Competition. Her solo appearances include performances with the Boston Pops, Sinfo Nova,

Symphony by the Sea, Pro Arte Chamber Orchestra, Harvard Chamber Orchestra, New Philharmonia Orchestra, and Nashua Symphony Orchestra.

Future concerts in the Bach's Lunch series include:

August 8 - Nashua Symphony Chamber Players Septet

August 15 - Cosa Buena Nueva (world music)

All performances are held on Wednesdays at 12 noon.

Arranged in conjunction with the Nashua Symphony Association, the Bach's Lunch Concert Series is part of the city's SummerFun events. It is sponsored by the Ira F. Harris and Moses Hunt trust funds and the Nashua Public Library.

Each performance lasts approximately one hour. The concerts are held in the library's Music/Art/Media Wing and are free and open to the public, although they are not appropriate for children under 5.

For more information, call Carol at (603) 589-4610 or visit www.nashualibrary.org and click Events.

Julie & Brownie's It's A Pirate's Life For Me

Sing the songs of the sea with your family and friends with Julie and Brownie in It's A Pirate's Life for Me, when they return to the Rochester Opera House on Wednesday, August 8 at 10:00 AM. Sign up on The Bonnie Lady, an old 1850 Clipper Ship, to take a voyage down the Eastern Coast, around Cape Horn and up to San Francisco with a cargo of fun with original and traditional sea songs. We'll weather a storm at Cape Horn and live the life of seafaring people from days of old. See Julie & Brownie in full pirate costumes. Pack your picnic basket, bring along a blanket. The floor is down and the orchestra seats are removed, so there's lots of room for dancing and singing along with the cast.

Cruise Lake Winnipesaukee aboard the M/S Mount Washington

Scenic Cruises • Sunday Champagne Brunch • Dinner Dance Cruises

No visit to New Hampshire is complete without a cruise on beautiful Lake Winnipesaukee. New Hampshire's largest lake is surrounded by mountain ranges and dotted with islands. It is spring fed and covers 72 square miles of pristine water. Experience the romance of the lake at night on a sunset cruise with a delicious buffet dinner and dancing to live music.

Scenic Cruises from Weirs Beach and other ports.
Sunday Brunch from Weirs Beach at 10 & 12:30
from Alton Bay 11:15

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Music

Together since 1991, Julie and Brownie have been entertaining family audiences throughout the Northeast and Canada with their award-winning fun-filled performances that teach important educational messages to children. Julie & Brownie aka Brownie Macintosh and Danica Carlson have appeared together on several radio and television programs. Brownie has composed songs for The Kingston Trio, Nova (PBS) and Atlantic Music Corp. and has appeared on stage with Jay Leno. Danica has been nominated for two Spotlight Awards for Best Actress and has appeared in five independent films including the Norman Rockwell Code.

This show, sponsored by Eastern Propane & Oil, Foster's Daily Democrat, is part of the Summer Picnic Series of six delightful, interactive shows for children each Wednesday at 10:00 AM. Tickets are available at the ROH box office on Monday and Wednesday from 12-5 and one hour before the show. Please visit www.rochesteroperahouse.com or call the box office (335-1992) for more information on the Summer Picnic Series and Summer Theatre Camp. The Rochester Opera House is located in City Hall, 31 Wakefield Street, Rochester NH.

Tickets: $5.00

Compaq Big Band at Nashua Library

The Nashua Public Library's Summer Concerts on the Plaza series concludes on Thursday, August 2, at 7 p.m. with an appearance by the Compaq Big Band.

Compaq Big Band has been swinging through New England since 1975, with a big band repertoire that begins with classics from the 1930s and 1940s as performed by the bands of Glenn Miller, Artie Shaw, Tommy Dorsey, Count Basie, Duke Ellington, and other greats. The group balances instrumental charts and horn features with vocal numbers such as those popularized by Frank Sinatra, Ella Fitzgerald, Billie Holiday, Bobby Darin, Nancy Wilson, and many more. And they complement these arrangements with the best swing charts from the 1950s through today.

The performance, which is part of the city's SummerFun program, is free and open to the public. In the event of rain, it will be held indoors in the library's Music/Art/Media Wing. Bring a blanket or lawn chai.r The library is located at 2 Court Street. Visit www.nashualibrary.org/directions.htm to find out where to park. For nformation, call (603) 589-4610.

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