

# SENIOR

*A Guide for Active  
New Hampshire Seniors*

# Lifestyles!



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# SENIOR *Lifestyles!*

**Senior Lifestyles**, formerly Golden Granite, is your guide for active New Hampshire Seniors!

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# Publisher's Perspective by Leigh Bosse

## ► To Our Readers

With Senior Lifestyles entering it's second year, we know that the whole concept and definition of a "Senior Citizen" has evolved over the years. Today's seniors are more health conscious and active than prior generations. They are living longer and are generally more affluent than their parents, and are savvy consumers of goods and services. Thus we make the fol-

lowing promise to our readers. Senior Lifestyles sole purpose is to provide you with the knowledge you need and the information you want to maximize the potential of your retirement years. If we can both inform and entertain our readers, we will have succeeded. Please let us know how we are doing and what we can do to improve our product.

## ► To Our Advertisers

In keeping with our understanding of senior citizens today, we urge our advertisers to join us in adopting the following philosophy, first expressed by nationally syndicated author Frank Kaiser.

1. Never think that the elderly market is "old." They don't consider themselves old, so don't you.

2. Never attempt to scare our readers into buying. Fright tactics turn them off. Let's tell them about independence.

3. Always treat our readers as equals. They value connect- edness, independence, per- sonal growth and revitalization, and so should you.

4. Never pander or talk down to our readers. They're not dumb, in fact, they're probably smarter than us both.

5. Never try to bamboozle. All seniors are from Missouri and skeptical.

6. Don't broad stroke. All seniors are not alike. Above age 50 there are doz- ens of mature and independent minds.

7 Give them a guarantee. Seniors fear being taken. A simple "no ifs, ands, or buts guarantee" pleases them im- mensely.

8. Don't razzle-dazzle. Seniors are conservative about consuming, and many grew up during the Great Depres- sion.

9. Don't rely on glitz. Ads should look like ads.

10. Always treat our readers with respect.

**25,000 copies available at all American Legion, VFW Posts, New Hampshire Senior Centers and at the following locations:**

**Antrim:** Antrim Market Place, T-Bird, Rick & Diane's

**Bennington:** Harris Convenience Store, The Country Store

**Bradford:** Post Office, Cobble Pond Farms, Lake Sunapee Bank, Laundromat

**Claremont:** Market Basket, Hannaford's

**Concord:** Shaw's (2), Hannaford's

**Contoocook:** Colonial Villager, Dimitris

**Goffstown:** Shaw's (2), Market Basket

**Greenfield:** Harvester

**Hanover:** Co-Op Marketplace

**Hillsborough:** Shaw's, Circle K, Diner, Sweet Expressions, Najib's

**Henniker:** Harvester Market, Pharmacy, Pop Schultz, St. George Cafe

**Hopkinton:** Cracker Barrel, Fireside Tavern  
**Hooksett:** Shaw's, Market Basket

**Keene:** Price Chopper, Shaw's, Hannaford's

**Lebanon:** Price Chopper (2), Shaw's (2)

**Manchester:** Shaw's, Stop & Shop, Hannaford's

**Newbury:** Marzelle's, Quick Stop, General Store

**New London:** Hannaford's, McKennas, Colonial Marketplace, The Gallery

**Newport:** Shaw's, Circle K, Diner, T-Bird Country Kitchen

**Peterborough:** Shaw's, Belletetes

**Sunapee:** Digbee's Best Western, Exxon, One Mile West

**Sutton:** Vernondale Store

**Walpole:** Shaw's

**Warner:** Market Basket, Evan's Expressmart, Circle K, Foothills

**Washington:** General Store

**Weare:** Lancott's, Corburn's, Weare Center Store, Dimitri's

# 88th Annual New London Hospital Days

Hospital Days began in 1924 when a weekday was chosen to celebrate New London Hospital with the community. The whole town came out to laugh and enjoy each other's company while wholeheartedly supporting its community hospital. It's been a tradition for members of the community for 88 years. We are proud to present Laughter is the Best Medicine as the theme of the 88th Annual Hospital Day and parade on Saturday, August 4.

Recruit your friends and family to enter a float, band, character, animal, antique or convertible car or EMS vehicle so you can enjoy the entertainment first hand. Your entry can be a decorated pick-up truck as a float, a chance to show off your antique automobile, the opportunity to ride your horse, play with a band showing off your musical talents or even just walking with your friends! Evelyn Weber, long-time New London resident and hospital volunteer is this year's Grand Marshal. Parade participants will line up along Little Sunapee Road at 1 p.m.

Shortly after, the parade entry judges will come around at 1:30 p.m., so be sure you're prepared to impress. The exciting fun filled march will start at 2 p.m. and continue down Main Street. We hope to see you there!

The parade isn't the only big event of the day. Kids can jump around and play on the inflatable slide, bouncy house, obstacle course and dunk tank all day long! The New London Outing Club will be back with its soccer, softball and basketball games; and be sure to stop by the Teddy Bear Clinic for a check-up and a special gift.

If you like to shop, New London Hospital volunteers will be offering hand-knit items, home made baked goods and the Jewelry Box! The New London Garden Club will sell plants and unique flower arrangements. The annual Crafters Tent offers the opportunity to browse 25 different local booths ranging from jewelry to specialty bird houses.

We are offering a pancake breakfast,

a bake sale, the traditional Rotary lunch tent with a special child's meal, and the Lions Club Spaghetti Supper, which is free for participants in the Triathlon. Everyone is welcome at the Spaghetti Supper--\$10 for adults, \$5 for children 8 and under and no one pays more than \$25 for a family meal! Two popular local musical groups will entertain diners under the large tent from 5 to 7 p.m.

The 28th annual triathlon will set off on August 5th at 9 a.m. at Bucklin Beach on Little Lake Sunapee. The event will include a ¼ mile swim, a 5.7-mile bike ride, and a 5K run. Make sure you register early! See below for registration link.

The 28th Annual Triathlon is on Sunday, August 5th, and early registration is encouraged at [www.newlondonhospital.org/events](http://www.newlondonhospital.org/events). Additional information about Hospital Days may be obtained by calling 526-5265 or visiting [www.newlondonhospital.org/events](http://www.newlondonhospital.org/events) All interested parade participants should contact [holly.lansdale@newlondonhospital.org](mailto:holly.lansdale@newlondonhospital.org)

**88TH ANNUAL  
NEW LONDON  
HOSPITAL DAYS 2012  
August 4 & 5**

**LAUGHTER IS THE BEST MEDICINE**

Family Fun Day      Music on the Green

Parade      Saturday Spaghetti Supper  
**5 to 7 PM on Town Green**

Battle of the Bands      Pancake Breakfast

Inflatable Games  
**Dunk Tank, Bouncy House,  
Obstacle Course, Giant Slide**

Triathlon • August 5th  
**7:15 AM - 8:15 AM REGISTRATION** at New London Historical Society  
**9 AM Race Starts** at Bucklin Beach - Raffle for Mount Sunapee Winter Season Pass, Post Race party and prizes by age group, T-shirts for all preregistered entrants and all volunteers

For information, visit [www.newlondonhospital.org](http://www.newlondonhospital.org) or call (603) 526-5265

# Ten secrets for grilling perfection

▶ **1. Oil the food, not the grates.**

If you wipe oil on your grates, you are essentially gluing your food to them. The oil burns quickly on the hot cooking grates and becomes sticky, “gluing” uncoated food to the grates. When you oil the food, it keeps the juices inside the food, promotes caramelization and prevents sticking.

▶ **2. “Stop-and-go” tongs.** Prevent cross contamination (raw meat with cooked meat) by using red duct tape on raw food tongs and green duct tape on the cooked food tongs.

▶ **3. Swollen Belly Syndrome.** Avoid a burger that looks like a hockey puck with a swollen belly by making a small depression in the middle of the uncooked burger before you grill. This indentation will prevent the burgers from swelling up and rounding out while cooking.

▶ **4. The juicy details.** Using juice as a marinade can add a blast of fresh and juicy flavor. Weber Just Add Juice is the first and only marinade mix formulated to



blend spices with a variety of juices.

▶ **5. Steakhouse look.** Crosshatch marks on steak are easier to achieve than they look. Just before turning the steak, rotate it a quarter turn to the right and grill for about two minutes. Rotate quarter turn for two more minutes.

▶ **6. Patience prevents stickage.** Raw meat naturally sticks to the grate when you first put it on. Be patient and walk away for a few minutes. It naturally releases itself.

▶ **7. Plastic bag trick.** Combine juice with your favorite marinade mix and

place it in a resealable plastic bag. Add food, close the bag and massage it through the bag. It locks the flavor in and makes it much easier to store in your refrigerator.

▶ **8. Tongs as a juicer.** If you want to get all the juice out of citrus quickly and easily, try this: Cut a piece of citrus in half and place it on the back half of chef’s tongs. Hold on to both the front and back of the tongs, and squeeze into a bowl.

▶ **9. Visual clues for checking doneness.** It’s not always possible to use a meat thermometer. Look for visual clues to check doneness. For example: Ribs are done when the meat has shrunk back from the bones and the bones are dry. If the chicken juice is clear, then it’s done.

▶ **10. Finish it steakhouse style.** Bring your food up a notch by using a finishing element such as extra virgin olive oil, a compound butter, Weber all-natural BBQ Sauce made with real molasses, fresh herbs or flavored vinaigrette. (ARA)


  
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[www.cornishfair.org](http://www.cornishfair.org)

# Beyond the beach: Great ideas for outdoor activities

While beach time will always have its place in the hearts of anyone who loves being outside in summer, there are plenty more ways to enjoy the great outdoors beyond the surf and sand. Consider these tips from the outdoor fun experts at the Myrtle Beach Area Convention & Visitors Bureau:

► **Warm up to wildlife** - Look for an outdoor destination that will afford the opportunity to see native wildlife in its natural habitat. From dolphin watching to critter spotting, getting an eyeful of the local wildlife can be a fun, exciting way to enjoy the outdoors. Choose a spot that offers variety. For example, Huntington Beach State Park in the Myrtle Beach area of South Carolina is home to more than 300 species of birds, making it a favorite birding spot for both beginners and dedicated birders.

► **Play on and in the water** - When you want to really enjoy all the water has to offer, look for a beach destination that offers an array of water sports, from windsurfing and parasailing to kayaking or fly fishing.

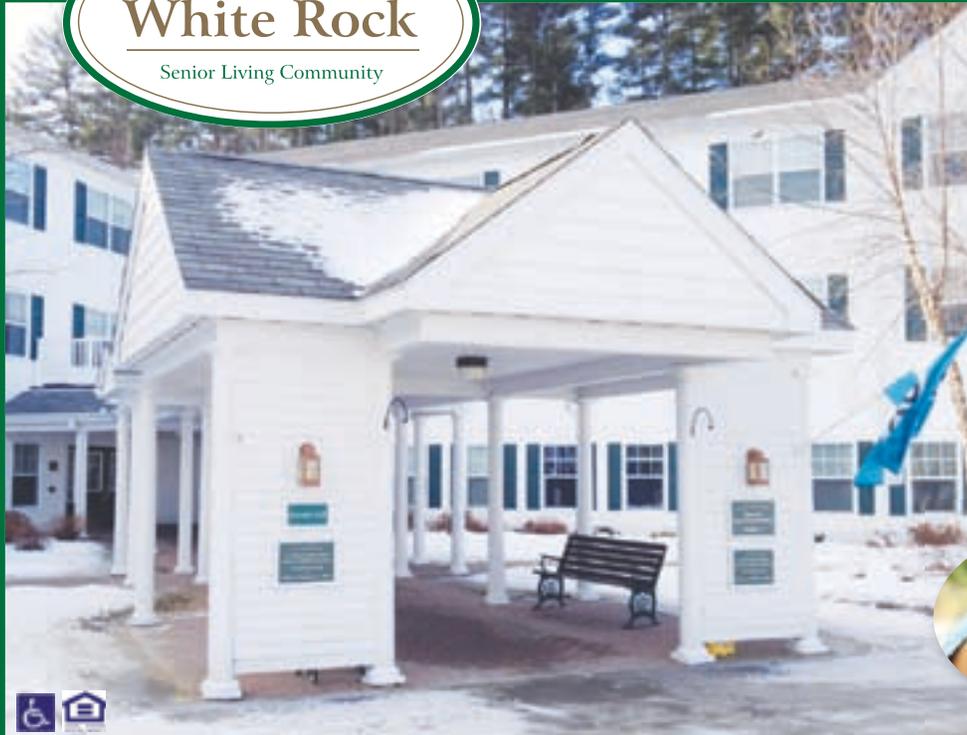
► **Romp under the water** - Splashing



in the surf is great fun, but don't overlook the cool things that wait beneath the surface. Snorkeling for brightly colored fish and coral is great for the whole family or, if you're more adventurous, shipwrecks serve as homes to underwater sea creatures and make interesting viewing for explorers. Look for outfitters like Coastal Scuba in Murrells Inlet, S.C., that offer scuba adventures for divers of varying experience levels. (ARA)



## Welcome to White Rock!



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## Friends & fun - five ways to make this your summer of doing

With so many summer activities to choose from, it can be hard to decide what to do with your carefree days. Friends play not only a huge part in summer fun, but they also help you decide which activities to partake in. According to a recent Bing survey, more than 90 percent of people seek the opinions or advice of friends and family as part of their decision-making process for trips, purchases, events and more. Luckily, there are easy ways to involve friends and family in all of your planning this summer, no matter what kind of adventure or activity you're looking for.

► **Plan a getaway.** There's nothing like a weekend away to refresh the body and mind. Whether you prefer the city, the mountains or the beach, with the weather warm and bags packed, you can be on your way in no time. Looking to family and friends is a great way to get recommendations you can trust.

► **Get outdoors.** Grab a friend and get outside. Now is the time for outdoor activities such as hiking, running, surf-



ing and biking. Tap friends and family for recommendations on best trails and equipment and you may even find a new running buddy as you research and plan.

► **Plan a summer night out.** Even if you can't get out of town this summer, there is plenty to do in your own neighborhood. Use [www.bing.com](http://www.bing.com) to find hot restaurants and events, such as concerts in the park or sporting events - you can suggest your friends join you right within your search. Some of the hottest musical acts will tour the nation this summer; don't miss out on the fun.

► **Get involved in the community:** Giving back to the community through

volunteerism is a great way to enjoy the sun and the perfect way to get kids involved in a good cause. During the summer, many organizations host community volunteer events, such as beach cleanups, park beautification and other activities that get you outside and doing good. This summer, Bing and DoSomething.org are teaming up to inspire people to get out and do good in the community. Visit [www.bing.com/doing](http://www.bing.com/doing) for more information and to find out how you can get involved in projects in your community.

► **Celebrate:** Take time to celebrate summer birthdays, holidays or just being together with friends and family. Plan a summer barbecue, keeping your friends involved and getting their input along the way as you research recipes, games and entertainment. Once the party rolls around, you know everyone will have a blast. Taking time to plan ahead and keeping friends and family involved can ensure you have a great fun-filled summer. (ARA)

### Payson Village Senior Housing

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Monday	April 25, 2011	10:00 AM—12 Noon
Tuesday	April 26, 2011	10:00 AM—12 Noon
Wednesday	April 27, 2011	10:00 AM—4:00 PM
Thursday	April 28, 2011	10:00 AM—12 Noon
Friday	April 29, 2011	10:00 AM—12 Noon

Come view this newly-constructed 55+ senior housing building  
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**Southwestern Community Services, Inc.**



63 Community Way, Keene NH 03431



25<sup>TH</sup> Silver Anniversary

**Clip & Save!**



## Granite State Senior Games

Adults age 50+ are invited to participate in the 25th annual GSSG, a month-long series of sports competitions held in August at a variety of regional venues. Included are 18 sports and 60 individual events.

**All skill levels welcome!** Track events only open to age 45+. Awards of Gold, Silver, Bronze Medals and Fourth Place Ribbons.



Email: [NHgssg2@myfairpoint.net](mailto:NHgssg2@myfairpoint.net)

Phone: 603-504-8425

[www.NHSeniorGames.org](http://www.NHSeniorGames.org)



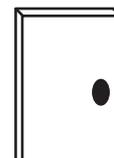
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## Learning to connect in today's society keeps relationships strong

Whether it's at work, at home or among friends, building and maintaining relationships is one of the most important parts of life. As people get older, however, the ways in which connections are made and kept change due to life adjustments, new technology and health. To keep your life connected to those around you, on a personal and professional level, consider these ideas:

► **Remember the health connection.** By paying attention to and making an honest assessment of health concerns like hearing, it's easier to ensure that you can stay active and connected. Get your hearing tested and learn developments in hearing products. Visit [Starkey.com](http://Starkey.com) to learn more.

► **Find ways to maintain your lifestyle.** With state-of-the-art hearing aids you can maintain your lifestyle without any sacrifices. The SurfLink Mobile device from Starkey Hearing Technologies enables completely hands-free cell phone conversations, acts as an assistive listening device and hearing



aid remote control, and streams music and TV directly to a wearer's wireless hearing aids.

► **Seek opportunities to learn.** Most new technological developments

have been designed for easy use, as long as you have background information. Look for community education classes, stop into a computer store, or even ask a friend to help you learn. (ARA)

### Indian Head Resort



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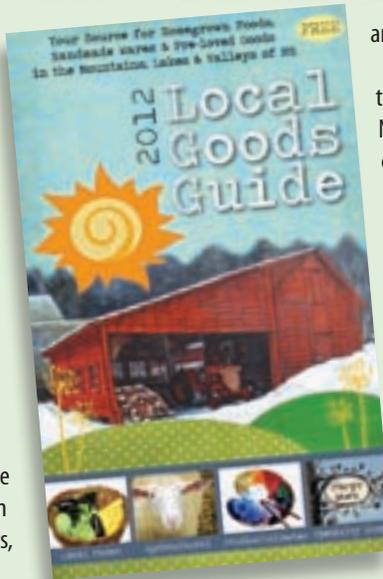
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# Local Farms & Farmers Markets

## New guide is regional source for homegrown foods, handmade wares, and pre-loved goods

The new edition of the 2012 Local Goods Guide is hot off the press. This expanded edition has several new categories to further provide the greater Plymouth area with a resource to buying local.

The 2012 Local Goods Guide is an evolving resource that encourages the localization and revitalization of our regional economy. The production of the Guide is a collaboration of D Acres of New Hampshire, graphic designer Stacey Lucas, and the contributions from area businesses and services, not to mention the listing information provided by area farmers, crafters, artists,



and others.

By offering this comprehensive guide, we strive to emphasize the agrarian and artistic abundance in New Hampshire and promote a thriving, resilient rural community while ensuring the nutrition, food security, sovereignty, and economic viability of our region. The Local Goods Guide provides an invaluable opportunity for farmers, artists, and businesses to expand the reach of their customer base, while giving consumers access to a diverse array of local goods and resources. Over the past 6 years, the Local Goods Guide has not only increased its print production, but also continued to expand its content.

In 2012 we are printing 12,000 copies for distribution to over 200 venues throughout the region.

The Guide now includes a category for Agricultural Products, such as hay, wood, and fiber.

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[www.yankeefarmersmarket.com](http://www.yankeefarmersmarket.com)

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# Local Farms & Farmers Markets

Look out for copies of the Guide in your area. If you would like your own copy, or if you are interested in participating next year, contact D Acres of NH at 603-786-2366 or [info@dacres.org](mailto:info@dacres.org).

## Locally grown produce to be featured at weekly Farmers' Market at Tanger Outlets in Tilton

Shoppers heading to the Tanger Outlet Center in Tilton are accustomed to finding the latest brand name fashions and accessories.

This summer, Tanger is also giving its customers a chance to sample some fresh, locally grown produce.

The "Exit 20 Farmers' Market at Tanger Outlets" will take place each Wednesday from 3 pm – 6 pm, June 27th – September 26th in the Tanger parking lot between Old Navy and the Banana Republic Factory Store. The "Exit 20 Farmers'

Market at Tanger Outlets" will feature more than 10 vendor booths.

In addition to a variety of fruits and vegetables, customers will also find homemade soaps, hot sauces and baked goods, flowers and more.

"We are happy to support our local farmers and the rich agricultural history of our area," remarked Tanger General Manager, Eric Proulx. "By purchasing our produce locally, we can help boost our area's economy and provide, fresh, healthy food for our families," he added.

About Tanger:

Tanger Factory Outlet Centers, Inc. (NYSE:SKT) is a publicly-traded REIT headquartered in Greensboro, North Carolina that operates and owns, or has an ownership interest in, a portfolio of 39 upscale outlet shopping centers in 25 states coast to coast and in Canada, totaling approximately 11.9 million square feet leased to over 2,500 stores operated by over 430 different brand name companies. More than 175 million shoppers visit Tanger Factory Outlet Centers annually. For more information on Tanger Outlet Centers, call 1-800-4TANGER or visit the company's web site at [www.tangeroutlet.com](http://www.tangeroutlet.com).

### Hancock Farmer's Market

Featuring local produce,  
bread, baked goods and prepared foods,  
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Entertainment and Demonstrations

Saturdays 9:00 - 12:00pm

Behind the Meeting House, Main Street (Rte. 123), Hancock

[hancockfarmersmarket.com](http://hancockfarmersmarket.com)



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Complete list of vendors & music schedule available online  
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See Website for details  
**www.watervillevalleyrenfaire.com**

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**www.snowyowlinn.com**

## Pointers for protecting feet from skin cancer

Walking on the beach, frolicking in the surf, participating in sports, strolling through a theme park while on vacation – your feet will carry you through a lot of fun this summer. But can paying attention to them help you avoid the most common form of cancer in America? Possibly, experts say.

Each year, more than 1 million Americans are diagnosed with skin cancer, according to the National Cancer Institute (NCI). Yet only 32 percent of Americans use sunscreen to protect themselves from the sun's damaging rays, NCI says in its Cancer Trends Progress Report.



Even when sunscreen is applied, the feet are often neglected.

"While skin cancers typically appear on areas of sun-exposed skin like the face, arms and hands, they can also occur on areas that get much less sun, such as the feet," says Dr. Joseph Caporusso, a podiatrist and president of the American Podiatric Medical Association (APMA). "With flip-flops and sandals being common summer foot attire, more Americans than ever are exposing their feet to the sun's potential harmful rays."

APMA offers a few tips for protecting your feet this summer:

► **Apply the same broad-spectrum sunscreen** you use on the rest of your body to your feet, including the tops, on and between the toes, and even the soles of your feet. Reapply every two hours when you're out in the sun and more frequently if you spend a lot of time in and out of the water.

► **Conduct regular self exams of your feet.** Look for signs of problems, such as cracking or sores. Keep in mind that freckles and moles on the soles of the feet are very unusual, and may be a sign you should see a podiatrist.

► **Be aware of the warning signs** for malignant melanoma – the most deadly type of skin cancer. This type of cancer may occur on the skin of the feet and on occasion, beneath a toenail. Learn the ABCDEs of melanoma: Asymmetrical lesions, Border irregularity, Color variation, Diameter larger than a pencil eraser, and Evolving characteristics of any of the ABCD traits. If you notice a mole, freckle or lesion with any of these characteristics, have your health care provider take a look.

► **Skin cancer of the feet** can easily be mistaken for other, less serious problems. For example squamous cell carcinomas, the second-most-common type of skin cancer, may resemble a plantar wart, fungal infection, eczema, an ulcer or other common dermatological condition.

To learn more and find a podiatrist in your area, log on to [www.apma.org](http://www.apma.org). (ARA)



## How to make sure your pet has a good time on vacation too

When it comes time to take a vacation, don't forget to invite your family pet along for the ride. There are also a few things you can do to make sure your pet enjoys your vacation as much as the family.

► **It's important to eat well, even on the road.** Brands

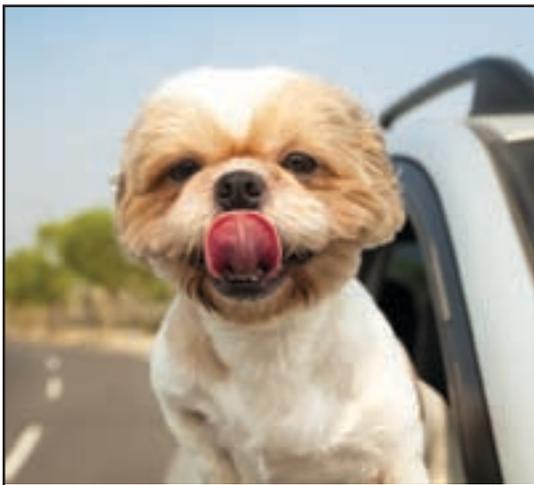
like Spring Naturals offer wholesome, nutritious dinners made with more real meat, poultry, fish, along with generous helpings of whole fruits and vegetables.

The lickable liquid treat, called the Lickety Stik from PetSafe, is also a good, all-natural treat.

► **Don't forget the toys.** Bionic toys are ultra-tough toys engineered to withstand heavy use.

► **Beat the heat.** To keep your dog extra refreshed bring along FrostyBowlz. The bowl's FrostyCore can be placed in the freezer overnight, then simply place it in between the stainless steel bowl and bottom tray to keep water cool for up to 16 hours.

► **Don't forget the first aid kit.** Pet care professionals also recommend always having a muzzle on hand, in case your pet gets injured on your trip. The Company of Animals Baskerville Ultra Muzzle is a great option. It's designed to allow pets to pant and drink through soft, yet durable mesh.



# Castleberry Fairs



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*American Made Arts,  
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Community House, Route 11  
Alton, NH

**August 11 & 12**

Village Shops & Town Green, Main St.  
Lincoln, NH

**September 1, 2 & 3**

Community House, Route 11  
Alton, NH

**September 15 & 16**

Town Common, Route 1  
Hampton Falls, NH

**September 29 & 30**

Kingston Plains, Main Street  
Kingston, NH

**October 6, 7 & 8**

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Lincoln, NH

**October 13 & 14**

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*Free Admission,  
Rain or Shine*



**castleberryfairs.com**

# Mid\*Week Antiques Show



**AUGUST 8-9, 2012**  
WEDNESDAY 9AM-6PM  
THURSDAY 11AM-4PM



Admission: \$15 Per Person  
Unlimited Re-Entry  
No Early Buying



*Join us for the show that started the tradition of Antiques Week in NH 19 years ago!*



# Pickers Market Antiques Show



**AUGUST 10, 2012**  
FRIDAY 10AM-5PM

Seven fast-paced hours of discovery featuring exhibitors from across the country.



Admission: \$15 Per Person  
Unlimited Re-Entry  
No Early Buying



Together, both shows feature over 100 outstanding dealers with top-quality, authentic antiques from the 18th, 19th and early 20th centuries, presented in room settings. Completely different dealers at each show!

## Yes, we have moved again!



Our loyal customers and friends have followed us show to show to our great appreciation and we welcome you to our new location in Concord, NH, with open arms, big smiles and the most important part of our show...exhibitors you can buy from offering great antiques!



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Office: 845.876.0616 | Show: 914.474.8552 | barnstar1@aol.com | www.barnstar.com

## Explore the Civil War's 150th anniversary with a unique vacation

It's no surprise that filmmaker Ken Burns has chosen Washington, D.C. as the location for a very special travel experience coinciding with the 150th anniversary of the Civil War. Working with the award-winning travel company Tauck, Burns has designed an all-inclusive, five-day "Ken Burns Civil War" event that explores a wide range of Civil War-related sites within and nearby the city. Following fully-guided daily sightseeing, evening activities during the event include lectures, Civil War-era entertainment, and the chance for attendees to personally meet Ken Burns. Tauck is offering its Ken Burns Civil War Event twice in 2012, beginning on May 20 and Oct. 14.

Washington, D.C. boasts a wealth of sites closely linked to the war, making it the single best place to study the complicated history of the conflict. Some of the Washington-area sites that will be visited during the five-day event include:

► **The National Archives.** The National Archives displays the Declara-



tion of Independence and the Constitution. The Civil War's roots go back to these documents, which proclaimed that "all men are created equal" yet failed to extend the rights of "life, liberty and the pursuit of happiness" to all.

► **Frederick Douglass home.** Cedar Hill, the Washington, D.C. home of Frederick Douglass, preserves the legacy of the prominent abolitionist who rose from runaway slave to become a civil rights advocate, author and statesman.

► **Arlington House.** Arlington House was the pre-war plantation of Robert E. Lee. When Lee opted to side with the Confederacy, his home was seized and

its grounds were used as a burial place for deceased Union soldiers (eventually becoming Arlington National Cemetery).

► **The African American Civil War Museum.** Opened in 1999, the African American Civil War Museum reveals the fascinating stories of the United States Colored Troops and African-American involvement in the Civil War.

► **Manassas National Battlefield.** Just outside of Washington, Manassas National Battlefield was the site of two important Civil War battles. Here, in 1861, Confederate general Thomas Jackson earned his legendary nickname, "Stonewall."

► **Ford's Theatre.** Less than a week after Lee's surrender at Appomattox, Abraham Lincoln was tragically assassinated at Ford's Theatre. Today, visitors can tour the theater, as well as a museum devoted to Lincoln and the Petersen House across the street, where Lincoln died. For more information on Tauck's Ken Burns Civil War Event, visit [www.tauck.com](http://www.tauck.com). (ARA)

### Courville- A Family of Four

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# Hillsboro

## Balloon Fest & Fair 2012

Schedule subject to change without notice



### **THURSDAY:**

6:00 PM: Skip Philbrick Band, Stage

8:00 PM: Ghost Dinner Band

### **FRIDAY:**

5:00 PM: Lawn Tractor Pulls, at Pulling Track

6:00 PM: Balloon Lift Off at Balloon Field

6:30 PM: The Balloon Fest Road Race Begins

(weather permitting) at Ballfield

7:00 PM: Barden Hill Band, at Stage

8:00 PM: Night Glow, at Balloon Field

9:00 PM: Lonesome Train Band, at Stage

### **SATURDAY:**

6:00 AM: Balloon Lift Off

6:00 AM: Pancake Breakfast

10:00 AM: Rock Crawl, at Pulling Track

1:00 PM: Sky Divers Arrive, at Balloon Field

2:00 PM: Self Defense Demo, at Stage

3:00 PM: Francetown Cloggers, at Stage

3:00 PM: Sky Divers Arrive, at Balloon Field

4:00 PM: Monadnock Mavericks, at Stage

6:00 PM: Balloon Lift Off, at Balloon Field

7:00 PM: Just Desserts performs at Stage

9:00 PM: Second Time Around at Stage

10:00 PM: Fireworks!!

### **SUNDAY:**

6:00 AM: Balloon Lift Off at Balloon Field

6:00 AM: Pancake Breakfast at Stage

Noon: Hometown Parade

1:00 PM: Bradford Country Squares at Stage

1:00 PM: Classic Car Show at Ball Field

2:00 PM: Marko The Magician at Stage

6:00 PM: Balloon Lift Off at Balloon Field

• Balloon liftoffs, tethered rides and nightglow events subject to weather conditions • In the event of rain out Saturday, fireworks will be rescheduled for Sunday with Festival remaining open until 10:00 PM • Parking \$5.00 per vehicle • Balloon Festival Admission is Free! (A nominal admission fee is charged for some events) • No animals or pets allowed on field except working service dogs • The Hillsboro Balloon Fest has committed to "recycling." Please help us out by using the proper recepticals throughout the fairgrounds. Please dispose of cigarette butts in containers provided. NO SMOKING IN THE BALLOON LIFT OFF AREA.



# Henniker Rotary Club 10th Annual



## Fire on the Mountain

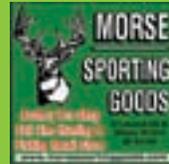
Sunday, August 19, 2012 1-4 PM  
Pats Peak Ski Area  
Flanders Road, Henniker, NH

**Rain or Shine! ADMISSION: \$10** children 10 and under \$5

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## Fun for Everyone!

Music  
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BBQ Classic Cars



Chili Contest

### Media Sponsors



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