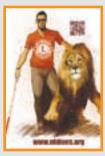
"Your Local Weekly Since 1868 * A Tradition Worth Keeping" Free * Our 145th Year * Issue 25 * June 21, 2013

White Cane Program

Lions District 44-N's Zone 3-A Chair Bruce Trevellini has announced the

design of a car magnet/ window de-cal, which clubs will be handing out to the public to increase White Cane awareness.



The magnet's design was created to attract all generations. The qr code embedded scanned and uplinks to Lions District web page where details of the program can be obtained. Any donations to help the New Hampshire Lions continue to bring services to our low vision and blind neighbors will be appreciated. Please contact any of the clubs listed at their web sites for more information.

NH Police Cadets

Cadets from Antrim, Deering, Hancock, Hillsborough, New

Boston, Newport, Peterborough, South Sutton and Stoddard will be attending the 40th annual NH Police



Cadet Training Academy from June 22nd - June 28th, at NHTI. The annual Academy aims to help high school and college aged youths (ages 14-20) to overcome any challenges they may face in their future careers and it hopes to build essential life skills for youth.



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Students from Simons School and the Warner Historical Society each prepared Time Capsules to be placed under the Town Hall steps when they are replaced.

Fair, Firm, Consistent

New London Police Department's Sheriff evaluation

Merrimack County Sheriff Scott Hilliard and Chief Deputy Craig Saltmarsh met with the New London Selectmen to present their report and recommendations as a result of an evaluation of the operation of the Police Department in the wake of the David Seastrand incident. Saltmarsh said that the goal of any police force should be fair, firm and consistent law enforcement.

While recommending several areas of improvement, particularly a complete revision of the Department's outdated Policies & Proce-

dures, Saltmarsh stressed that the department "is well suited and prepared to perform the tasks that are asked of them on a daily basis. Most importantly, above all else," he said, "I want to make it clear that the most important asset that the New London Police Department currently has is its current staff and their ability to function during a time of crisis. The employees of the police department should be applauded, and given credit, for the job that they have done and continue to do, their continued commitment to the Town of New London."

Newport Selectmen honor the life of Richard Chappell

At Monday's meeting, the Newport Selectmen took a moment to honor the memory of Richard Chappell who died suddenly Thursday, June 13th, at home. Rich spent his life helping people. First in the U. S. Air Force, then as a police officer and detective in Pennsylvania and most recently as the director of the Newport Food Pantry.

Whether at family gatherings, or at his various jobs, or on his boat on Lake Sunapee, Rich was happiest when he was feeding people. For his work in our community, he was honored with the Distinguished Citizen Award from the Newport Area Chamber of Commerce in 2010. A letter of condolence and appreciation is being sent to the family. His obituary is on page 27.

Senior Lifestyles Section Inside!

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June 22, 2012

Antrim Selectmen sign PILOT Agreement with Antrim Wind No charges against driver in Newport fatal accident Sunapee Lakers repeat as Division IV Baseball Champions Hopkinton Hawks claim Division III Baseball Championship

June 24, 2011

Bennington's St. Peter's Church to be closed Hillsborough named "Historic Community On The Rise" Sutton needs additional cemetery space Weare man charged with indecent exposure

June 18, 2010

Cahill to head NH Police Chief's Association Newport School Board recognizes staff excellence New London skateboard park coming soon Henniker Chamber of Commerce kickoff

June 19, 2009

Monadnock Hospital rated 5th best in NH Peterborough juvenile in custody for burglary Weare girl attacks sister with a knife Granite bench dedicated to memory of Sean Powers

June 20, 2008

Babette Haley resigns as HD School Board Chair Acting Antrim Police Chief also resigns Hillsborough man busted for drug sales HDMS eighth graders visit nation's capital

June 22, 2007

Route 114 bridge named for Sqt. Russell Durgin Sunapee man killed in Newport crash Newbury teenager faces life sentence for rape Peterborough Police subdue Antrim man with taser

June 23, 2006

Kearsarge needs new Elementary School Motorcyclist killed in Henniker on Route 202/9 Misuse of cellphone camera leads to Hopkinton man's arrest Workman falls 25 feet from Sunapee antennae

June 24, 2005

New Boston granddad charged with child pornography Woman side swipes State Trooper on 189 New London burglar caught at one job, confesses to another Hopkinton's Diane Avery honored for excellence

June 18, 2004

Washington boy loses leg in ATV accident Deering man injured in collision with a bus Community rallies for Peterborough boy with cancer Milfoil closed Elm Brook Park Beach

June 20, 2003

Sutton man arrested in Henniker for Disobeying An Officer Minnie Constable celebrates 100th birthday Zack Emerson named HD Male Athlete of the Year

H-D grads 'crippled by our privilege and blinded by richness'

"Unselfish" is the word that Principal Jim O'Rourke said best describes the 109 members of Hillsboro-Deering's class of 2013. "The change in culture this class has motivated in our entire school community is nothing short of remarkable," he said. "This class has truly inspired me to be a better person, personally and professionally. Class President Sarah Egner welcomed all and led them in the Pledge of Allegiance. In a special H-D tradition, the graduates left the stage to present a flower to their parents.

Superintendent Robert Hassett announced that Assistant Superintendent Patricia Parenteau was this year's recipient of the district's annual Withington Award, as someone who has proven an "ambassador" of the school and has gone "above and beyond" in helping students.

Salutatorian Sarah Holdner recalled her semester sailing aboard a 134-foot schooner, where she witnessed "some of the most beautiful things and also some of the ugliest. In all of the places I've been, I've never been in a place as wonderful as right here", she said.

Referring to her visit to the Dominican Republic she said, "We may have our own problems here. This town, this state, this country is not perfect," she said. "There are times we are crippled by our own privilege and blinded by our own richness. It's easy to take for granted what we have here. But standing in front of you all today, I can honestly say that we are extremely lucky to live where we do."

Valedictorian Kassidy Snair took strength from teacher Marc Payeur, who is battling cancer. "Through his struggles I have learned things about myself. Not only have I learned to have strength in him, but also to have strength in myself.

The sickness taught me how to deal with Challenges. It taught me how to turn sadness into motivation."



Class President Sarah Egner welcomed all at the Hillsboro-Deering graduation

Newport Selectmen briefed on Parlin Field

Heath Marsden, Co-Manager of the Pralin Airfield, briefed the Newport Selectmen on the current status and future plans of the facility. The advisory Committee strives to 1. Maintain the airport's infrastructure and unique character reminiscent of rural airports to ensure continued viability as a gateway to the Lake Sunapee region; 2. Actively promote and enhance safety and security on and in the vicinity of Parlin Field; 3. Improve

the strengths that distinguish Parlin Field from similar airports; and 4. sustainability of the field. Marsden was pleased to report that despite the economy, Parlin Field has managed to operate on a small profit.

Capitol Improvements planned include: an 1,800 ft. parallel taxiway, expanded paved parking, instrument landing capability, and a visual glide indicator, and an automatic weather program.



This issue of The Messenger is being mailed to you to introduce you to our weekly newspaper which has been published

continuously since 1868. On page 13 you will find a list of the locations where you can pick up a FREE copy of The Messenger each Friday or you can read the entire paper FREE on line at

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NSDAR board members left to right, seated in front: Doris Sayer, Historian, standing behind her, left to right: Maralyn Doyle, Vice-Regent; Carol Piroso, Registrar; Alison Vallieres, Chaplain; Lynda Roy, Treasurer 2013; Elizabeth Kemper, Secretary; seated in front on the far right is Merle Dustin, Regent. Missing from the picture is Sherry Thomas, Librarian.

New Boston to drop PSNH for electricity

New Boston Administrator Peter Flynn has been working with the Town of Goffstown and the SAU to initiate the process of sending out bids to a company that does billing with an alternate energy source. Flynn has learned that rates fluctuate daily but there is a guarantee not to exceed a certain rate for twelve months with Integrys. The Attorney General's office has to approve the agreement between the towns as the overseer of public utilities. This contract could save the town over \$5,000 by the end of the year. PSNH bills at a higher rate and is scheduled for a possible rate increase in July. The SAU and Goffstown Selectmen have agreed to use Integrys; New Boston is the last in the buying group to agree. The Board voted unanimously to give Flynn the authority to engage in a twelve-month contract with Integrys for electric power supply.

Bank President on New London Barn Board

Dennis Mitchell, President and Managing Director of Ledyard Financial Advisors, has been elected to the Board of Directors of the New London Barn Playhouse. "I'm thrilled to join the Board of the New London Barn Playhouse and contribute to the wonderful culture, as well as the impressive arts programs in the community," said Dennis Mitchell. Dennis has over 28 years of wealth management experience. His tenure at Ledyard Financial Advisors began in 2008 as the organization's Senior Vice President & Business Development Officer.

Francestown's temporary bridge opened

Less than three weeks after construction began on May 28th the temporary bridge on 2nd NH Turnpike South opened to all traffic on June 13th. The temporary bridge opens this important local route to traffic using a single lane bridge with stop signs at both ends. All traffic must stop at both ends of the bridge every time. Board of Selectmen Chair Betsy Hardwick stated, "I am pleased to announce that the bridge on the Turnpike is now open to traffic. The Highway Department and our contractors deserve credit for doing a great job completing this project as quickly as possible once the engineering was finalized and all of the materials were lined up."

Stark graduates urged to 'lust for the future but treasure the past'

Quoting the wise sage Jimmy Buffett, John Stark Principal Chris Mosca urged the 163 seniors in the school's 26th and his final graduating class to "lust for the future but treasure the past."

Salutatorian Marina Rioux reminded her classmates that, "Whether or not we realize it, every single action of ours shapes the world we live in. The truth is, the majority of the time, it's not the actions of a few powerful people that change the world, but rather the daily actions of ordinary people."

Valedictorian Keith Galli had his priorities straight by urging the assemble to tune into the Bruins' game later that night. He then invoked the memory of Col. Sanders, saying, "Look for new doors to open, and don't be afraid of failure. After all," he said, "Col. Sanders went to a thousand food outlets peddling his blend of eleven herbs and spices before starting Kentucky Fried Chicken. And if he'd quit, KFC would not exist."

English teacher William "Bill" Babine who, like Mosca, is leaving John

Phillips Memorial Preserve Conservation Easement signed

After months of back and forth negotiations, the New London Selectmen met with Andy Deegan of the Ausbon Sargent Land Preservation Trust to sign the Phillips Memorial Preserve Conservation Easement .

Stark was given a standing ovation when he implored, "Share your service

to others. Go get your life's work. Seek the values that are priceless."



Valedictorian Keith Galli is a Bruins fan.

Warner looking for increased economic development

Aedan Sherman, from the Planning Board Exit 7 Sub-committee, met with the Warner Selectmen for some direction in terms of Economic Development. In the Sub-committee's opinion there needs to be a larger Economic Development Committee for the town as a whole in order to develop a "Town Wide Image" that is developed and supported by the Town to encourage, market and control any future economic development. Sherman said the results would be added to the Master Plan, and to develop a true economic plan could take up to 5 years. Selectman Clyde

Carson also feels creating an Economic Development Committee is a good idea.

Town Administrator will contact other towns who have developed Economic Development Committees to see where their focus is and who comprises the committee. Aedan also recommended meeting with Mike Tardiff from Central NH Regional Planning Commission for further direction on how to start a committee. Town Administrator Jim Bingham will contact other towns with such a committee and bring forward what he has learned at a future Selectman's meeting.

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In accordance with RSA 72:74 I, the Antrim Board of Selectmen will hold a Public Hearing on Monday, June 24, 2013 in the upstairs meeting room of the Antrim Town Hall starting at 7:00 PM. The purpose of the Public Hearing is to discuss the proposed PILOT and Alternate PILOT agreements. Copies are available on the Town's website and at the Town Hall.



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The Equestrian Team displayed its impressive collection of awards during a recent H-D Student Showcase at the High School.

Hillsboro-Deering Middle School Awards

ROTARY CLUB SERVICE ABOVE SELF AWARD

Meghan Pushee

PRESIDENTIAL AWARD - GOLD

Maggie Atkins, Samantha Audette, Nicolas Casavecchia, Jacob Cole, Gina Costello, Grant Desmarais, Andrew Edwards, Erica Gamache, Emily Gibson, Morgan Greene, Ryan Hays, Kaitlyn Keane, Alicia Lester, Tyler Lester, Nicole Mooney, Cody Mundy, Caitlyn Nadeau, Parker Noyes, Rylee O'Regan, Indira Palmer, Kayleigh Sigman, Kristina Stevens, Alexis Tarbox, Samual Taylor, Shannon Thomes, Melissa Veitch, Amber Wallgren, Madison Wood

PRESIDENTIAL AWARD - SILVER

Dylan Beard, Khara Brown-Leverone, Kiersten Clough, Shelby Cooper, Reed Cullen, Meredith Denu, Matthew Naylor, Meghan Pushee, Bradly Sampson, Jade Sprague, Bridgette Winters

STUDENTS OF THE MIDDLE SCHOOL YEARS

Maggie Atkins, Gina Costello

STUDENTS OF THE YEAR AWARD

Maggie Atkins, Gina Costello, Pia Pellicano, Kaelyn Snair, Emily Wightman, Ryan Gillette, Thomas Ferguson, Sam Grondin, Madison O'Brien, Zachary Urban

Bank recognizes area Citizens of the Year

Each year, Lake Sunapee Bank recognizes a graduating student from 16 local high schools in its market area with its \$500 Citizenship Award. Each student is chosen by his or her respective high schools for exemplary scholastic and community contributions. Lake Sunapee Bank congratulates the following recipients of its 2013 Citizenship Award:

Con-Val High School	Annalise Williams
Hillsboro-Deering High School	Rebekah Crowley
Kearsarge Regional High School	Conor Terhune
Newport High School	Jessica Fish
Sunapee Middle High School	

Bakers wanted for Tooky Cookie Bake Off

Hopkinton's July 4th Family Fun Day is once again hosting the King Arthur Tooky Cookie Bake Off. Prizes will be awarded for 1st, 2nd & 3rd place. Bring your favorite cookie and recipe to the Slusser Senior Center July 3rd & 4th from 9:00 a.m. to noon. Download rules and registration form at: www.tookycookie.com

Kearsarge grads asked to 'Look within yourself. Wonder at nature'

Following a long-standing tradition
Kindergartners from the various District Elementary Schools, the "Class of 2025," sang
"God Bless America" and recited the Pledge
of Allegiance as the high school chorus sang
the National Anthem to open the 2013 graduation ceremonies at Kearsarge Regional
High School. Principal James Daley thanked
the parents for their "sacrifice, guidance and
support" and "for trusting us with your most
valuable possession." He then had the graduates stand and applaud their parents and the
faculty for the support they had been given.
Salutatorian Olivia Carle asked her

\$1,600 for Azalea Park
Jennifer McCourt, Chair of the Azalea

Jennifer McCourt, Chair of the Azalea Park Committee met with the Henniker Selectmen to request \$1,600 to develop, print and mail a brochure to every household, explaining the restoration project and solicit contributions. The Cogswell Trust has given \$5,000 to complete a survey of the property and others have contributed another \$800 toward the project. After a short discussion, the Board voted unanimously to instruct Town Administrator Tom Yennerell to find the funds in the current budget.

fellow graduates to "search for individual truth, Question others. "Congratulations, truth seekers," she said, "You are never done." Valedictorian Caitlin Jo Anderson reminisced, "We will never lose the memories, and we will never forget the relationships, the school and the people who helped

make us who we are today." The ceremony was also a tribute to Music Director Ernest Mills, who is retiring after 25 years at Kearsarge. The 2013 yearbook is dedicated to him, and Daley praised his teaching, performing, character development and community spirit.



Superintendent Jerome Frew opens the 2013 Kearsarge graduation ceremonies.

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Case Number 13-01

You are hereby notified of a public hearing to be held at 7:00 p.m. on June 27, 2013, at the Deering Town Hall, 762 Deering Center Road, Deering, NH 03244, regarding a request by Christopher D. Wilmot for a special exception pursuant to paragraph 4.1.4 b) of the Deering Zoning Ordinance to permit construction of a small detached accessory building 20 feet from a side lot line on property located at 2786 2nd N.H. Turnpike, Deering, New Hampshire (Lot No. 244/6), in the Residential/Agricultural District.

You are invited to appear in person or by agent or counsel and, if your land will be directly affected by the proposal under consideration, state reasons why the request should or should not be granted.

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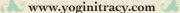
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Saturday, June 22 • 9:30 a.m. Henniker Community Center Lawn & Gazebo

All levels asana flow guided by Yogini Tracy with live music provided by local musician Michael Green. This event is by donation to support Peace and Paws Dog Rescue and their mission to match the world's best dogs with the world's best people. Visit www.peaceandpaws.org to learn more about this wonderful organization that saves the lives of both dogs and humans! All are welcome. Please bring your own yoga mat. Suggested donation \$10 - \$20. Contact Tracy for details: 603-748-3030, or email yogini_tracy@yahoo.com.







The newest addition to the James Mitchell Memorial Park is nearing completion.

Warner Selectmen vote to rebid step work

Tim Grant and Terry Lorber from Provan & Lorber met with the Warner Selectmen to discuss the bid that was received for \$55K from Milestone Construction. Provan & Lorber projected the cost to be \$28K, but the Town has only \$33K in the budget for repairing the steps. After further discussion, the Board voted unanimously to reject the bid that was received by Milestone for \$55K and authorized Provan & Lorber to begin the rebid process for a cost of no more than \$1,500.

Peterborough's Adams Pool now reopened

The grand reopening of Peterborough's Adams Pool on Friday began with a ribbon cutting ceremony and continued with a community pool party. The \$1.2 million renovation project guarantees the longevity of the 77-year-old pool, town officials said at the ribbon cutting. The project also included additions such as a pool slide and a splash pad. The original construction of the pool was federally funded by Franklin Delano Roosevelt's New Deal Works Progress Administration and opened on July 4, 1936.

Wilmot hosts its 4th annual Pie Breakfast

The Wilmot Community Association will hold its 4th Annual Pie Breakfast from 8-11 a.m., Saturday, July 13 at the WCARed Barn. The menu will feature hot and cold savory and sweet pies, homemade, of course, plus breakfast meat, beverages, fruit salad, juice and other goodies. Cost is \$8 for adults; \$4 for children six to 12; and free for children five and younger. Then, at 6 p.m. the WCA will serve corn chowder, sandwiches, desserts and beverages at the opening concert for Music on the Bandstand. The concert will feature the Long-Tail Monkeys and Nick's Other Band at the Wilmot Bandstand on the Village Green.

Crotched Mountain cease and desist order

Crotched Mountain Ski and Ride officials find themselves in hot water with Francestown officials after failing to attend a second compliance hearing to discuss lighting fixtures at the ski area. The Planning Board voted unanimously to find the company in noncompliance with an April 2012 condition which required installation of shields on the lights associated at the high speed chairlift. Crotched Mountain General Manager Pat Terry told the Monadnock Ledger Transcript that he was not aware representatives were supposed to be at Tuesday's hearing. The Planning Board is asking the Select Board for a cease and desist order, effectively ending night skiing until compliance with the conditions of approval.

Henniker Selectmen will not renew trash contract

Transfer Station/Recycling Center Superintendent Bill McGirr met again with the Henniker Selectmen to discuss the town's future trash/recycling needs. The current Cooperative contract to transport trash to the incinerator in Penacook expires in 2014, and at the Board's request, McGirr has studied the cost and effect of renewing that contract or exploring alternatives.

Tuesday night, McGirr reported that the cost to renew with the Cooperative would be \$66/ton. In the alternative, the town could transport its trash to a Berlin facility for \$40/ton or to Bethlehem for \$42/ton. Even with additional transportation cost, annual savings could amount to

Greenfield man arrested

Peterborough Police have arrested Michael Anfuso, 19, of Greenfield and charged him with criminal mischief and possession of a controlled drug, after a witness reported seeing a man who was spray-painting on a concrete structure at the Rotary Park.

With a deadline for renewal next Wednesday, McGirr recommended remaining in the coop but no longer using

the Penacook incinerator. He would then negotiate with both Berlin and Bethlehem for the best deal. The Board unanimously agreed.



Incoming Henniker Rotary President Jay Burgess presents outgoing President Joyce Bosse with flowers and a plague in thanks for her year of leadership of the club.

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SUTTON This impeccably maintained home has been updated throughout. Offering 4 bedrooms with 5 bathrooms. Spacious Barn. \$269,000



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Ben Cushing







Dan O'Halloran





Lori Lavolnicelo Anne Marie Appe





Denise Olson



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SY SARAH CHAPI

The U.S. Food and Drug Administration has approved three new related products for use with diet and exercise to improve blood sugar control in adults with type 2 diabetes: Nesina (alogliptin) tablets, Kazano (alogliptin and metformin hydrochloride) tablets, and Oseni (alogliptin and pioglitazone) tablets. Alogliptin is a new active ingredient, while metformin hydrochloride and pioglitazone

are already FDA-approved for the management of type 2 diabetes. As the most common form of the disease, type 2 diabetes affects about 24 million people and accounts for more than 90 percent of diabetes cases diagnosed in the United States. People with type 2 diabetes are either resistant to insulin or do not produce enough insulin, resulting in high blood sugar levels. Over time, high blood sugar levels can increase the risk for serious complications, including heart disease, blindness, and nerve and kidney damage.

People taking the widely prescribed sedatives known as benzodiazepines may be putting themselves at greater risk for developing pneumonia and an increased risk of dying from the disease, British researchers report in the journal Thorax. Benzodiazepines such as Halcyon, Librium, Valium and Xanax are commonly prescribed for anxiety, epilepsy, muscle spasm and insomnia. Specifically, diazepam (Valium), lorazepam (Ativan) and temazepam (Restoril) were associated with an increased risk of pneumonia, according to the report.

The risk was not associated with the benzodiazepine chlordiazepoxide (Librium).

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The Craney Hill Fire Tower.

Craney Hill Fire Tower Communications

Henniker Fire Chief Keith Gilbert met with the selectmen seeking permission to re-equip the Craney Hill Fire Tower with communication equipment. A member of the Capital Area Dispatch Compact, the town suffers several dead spots preventing effective emergency communication, and a relay on Craney Hill would cure many of them. Bruce Veilleux and Dale Clement, unofficial tower caretakers, warned that if the tower was re-equipped, security would have to be increased as vandals had destroyed the expensive equipment placed there in the 80's. The Board gave Gilbert permission to proceed and see if the compact will provide the equipment.

MainStreet Warner scholarships announced

MainStreet Warner Inc. announced the recipients of the Jim Mitchell Scholarship for 2013. All Warner residents, they are chosen for their contribution to the community while growing up. They are Rhett Courser, who will attend Hampshire College; Dorothy Parsons, who will attend Skidmore College; Marissa France, who will attend the University of New Hampshire; and Connor Saunders, who will attend the University of North Carolina Wilmington.

American Flags on Main Street Newport

Newport Select Board Chair, Virginia Irwin brought up the subject of the lack of American flags on Main Street. There was discussion about the past when every building on Main Street had a flag. The history of the change was brought up and the unknown civic group that paid for the brackets to hold flags along Main Street that are still in place. Businesses paid for the flags. After further discussion, Selectman Gary Nichols suggested that the Chamber be contacted about the flags and if they had a role or if there was someone else. It could then go back to the Board to decide what action should be taken. Town Manager Paul Brown stated that an option might be to invest in new banners for the Town to be hung along the street. The Town maintains the banners. They could be put up for patriotic celebrations and taken down afterwards.

NEC offers Bachelor's Degree in three years - Master's Degree in four

New England College has thrown out its traditional "academic calendar" and is trailblazing a new and less expensive path to higher education.

Year round course offerings – 5 semester choices per year, will take further advantage of the rich natural and civic environments found on campus and give students a chance to accelerate their development and reduce costs. NEC is taking a whole new approach to college: course offerings year-round.

Summer programs have always been available on a limited basis, but the campus in Henniker will now open up and offer a more full range of courses for students. The year-round approach began this May with the pilot of two 7-week schedules. These additional semesters offer less expensive course credit costs (only \$200.00 per credit) as well as cheaper housing and boarding costs.

Courses available include everything from courses in art, business, biology, economics, communication studies, history, kinesiology, political science, philosophy, psychology, theater and writing and include interdisciplinary team-taught courses and many other courses regularly sought by stu-

dents that fulfill college requirements. The New England College schedule allows many students who desire an accelerated pace to graduate with a bachelor's degree in three years, and potentially leave campus with a master's degree in four years.



Associate Professor of Social Science and Education Janet Bliss of Elkins, N.H., founder of Colby-Sawyer's early childhood laboratory school, Windy Hill, will retire at the end of June after a 35-year career at the college.













Messenger

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Deborah Belanger: Sales Rep **Mary Yuryan:** Sales Rep

DEADLINE:

Monday at 5pm prior to Fri. publication.

ADVERTISEMENT ERRORS:

We will be responsible for errors in advertisements only to the extent of correcting the same in the next issue using space equal to the items in error.

LETTERS POLICY:

We will print signed letters to the editor on a space available basis. Letters should be no more than 250 words, typed or e-mailed. Letters must be signed but names may be excluded upon request.

PHOTO SUBMISSIONS:

We encourage individuals and groups to submit photos of their events or activities, either by mail or e-mail.

CORRECTIONS POLICY:

We strive every day to present full, fair and accurate news reports. We will correct, in this space, factual inaccuracies in our coverage. We encourage readers to tell us if we have made a mistake.

Also from the The Granite Quill: IN New Hampshire

Your Guide to What's Happening in the Granite State

Senior Lifestyles

A Guide for New Hampshire's Active Seniors

NH Homes & Home Improvement

A Guide for NH Home Owners & Home Seekers



Publisher's Perspective by Leigh Bosse

VOTERS DO MAKE MISTAKES

The latest revelations regarding the IRS targeting and e-mail/wire tapping scandals brought back thoughts of the loss America suffered with the defeat of then U.S. Senator John E. Sununu in 2008.

It was Sununu, who despite criticism from both sides of the aisle, warned of the dangers in passing the Patriot's Act. He cautioned then, and has been proven right, that the Patriot Act, passed in haste in reaction to the attack of 9/11, could lead to an overreaching, over-zealous government

violating our right to privacy and trampling on our personal liberties.

It was also Sununu who, in 2005, sponsored legislation designed to rein in the questionable lending practices of Freddie Mac and Fannie Mae. That effort was killed by Barney Frank and the Democratic House of Representatives, and led directly to our economic collapse.

I've been involved with politics long enough to know that you win some and you lose some, but it was truly tragic to lose such a shining star as John E. Sununu.



Letters to the Editor

Letter to the Editor:

The United States Constitution provides for three branches of government. President Jackson started the famous "Kitchen Cabinet," political appointees that supported the President. What evolved would even have shocked him-a fourth branch of government called "Bureaucracy." The workers are called bureaucrats. Bureaucrats are non-elected officials paid by our tax dollars. They establish the thousands of complex rules and regulations which we try to live by. There are over two thousand government agencies with three million bureaucrats.

Congress has the power to create, organize and disband all federal agencies and the President controls the agencies. George Orwell's novel 1984, written in 1948, claimed we will end in a totalitarian government by 1984. We are totally and absolutely controlled by our government of bureaucrats. A government made up of officials sworn to uphold the Constitution and with impunity lie to the Congress. A present government that spies and regulates every activity we conduct. Our government is controlled by the bureaucratic octopus that is strangling us.

In 1776 Jefferson wrote in the Declaration of Independence; "King George the Third has erected a multitude of New Offices and sent hither swarms of Officers to harass our people and eat out their very subsistence. "Nothing like a little forgotten history to remind us-we are condemned to repeat it."

Alan B. Urquhart, Hillsborough



In presenting this year's Withington Award H-D Superintendent Robert Hassett had this to say about Assistant Superintendent Patricia Parenteau. "She is here in the schools at 6 a.m. and often doesn't head home until late in the evening. When something needs to be done, there is no question who will be first to volunteer."

Sunapee Scholarships

Fifty-nine scholarships totaling \$39,450, were awarded to Sunapee Middle High School graduates, including:

Sonny M. Armstrong Memorial

Hayley Clark, Portia Eastman, Matthew Humphrey

Amanda Marie Burrill Memorial

Hayley Clark

Hank CarleyMemorial Award

Kevin Parsons

Charles and Carl Clement Memo-

rial

Matthew McAlister

Community Alliance

Crista Hargbol

John M. and Della U. Emerson

Asha Clark

Mary Felicia Falzarano

Mariah Tenney, Asha Clark, Haley Clark, Portia Eastman, Rylee Weinstein, Megan Brewer

Charles K. Flint Memorial

Mariah Tenney

Lake Sunapee Bank Citizenship

Bridget Sherwin

Lake Sunapee Methodist Church

Joshua Drummond, Mariah Tennev.

Annie G. Leone

Megan Brewer, Adeline Cain

Raymond W. Leone Memorial

Erin St. Laurent

McCrillis & Eldredge Insurance

Mariah Tenney

John P. Molloy Memorial

Noah Skarin

NHIAA Athletic Directors

Bridget Sherwin

Sunapee National Honor Society

Bridget Shelwin, Noah Skarin, Portia Eastman

Michael Nemcovich Memoria

Kevin Parsons

New London Rotary Club Service Above Self Award **Bridget Sherwin**

New London Rotary Club

Megan Brewer, Casey Hargbol, Crista Hargbol, Kevin Parsons and Rylee Weinstein

Herb Ripley Memorial

Casey Hargbol.

Wendell W. Rude Memorial

Crista Hargbol

Herbert B. Sawyer Memorial

Joshua Drummond

Karen Marie Schrader Memorial

Mary Cox

John Segalini Memorial

Joshua Drummond

David & Agnes

Sherburne Memorial

Hayley Clark

Sugar River Bank

Mariah Tenney

Sullivan Family/Prospect Hill

Kevin Parsons

Sunapee Fire Department

Association

Portia Eastman

Sunapee Lions Club

Noah Skarin,

Mariah Tenney

Sunapee School Boosters

Kevin Parsons

Sunapee Student Council

Alex Janas

Sunapee Seniors Thrift Shop

Portia Eastman, Jon Berthiaume, Casey Hargbol, Crista Hargbol, Joshua Drummond

Sunapee Teachers Association

Hayley Clark, Bridget Sherwin, Noah Skarin

Tom and Judy Tuohy Memorial

Jon Berthiaume

Universal Physical Therapy

Portia Eastman

Herbert O. Williams Memorial

Bridget Sherwin

Messenger

Pick up your Messenger at:

Andover: Jakes, Circle K

Antrim: Antrim Marketplace, T-Birds, Rick & Diane's, Edmunds, Malarky's

Bennington: Harris Convenience, Albertos, Bennington Village Store, A Common Place

Bradford: Post Office, Lake Sunapee Bank,

Appleseed, Cobble Farms

Contoocook: T-Bird, Colonial Village,

Dimitri's

Deering: Deering Town Hall **Francestown:** Country Store

Goffstown: Sully's Superette, Town Office

Greenfield: Harvester Market **Hancock:** Fiddleheads, Country Store **Henniker:** Harvester Market, Country Spirit,

Edmunds, Pharmacy, Henniker Farm Store,

St. Georges Cafe, Town Hall

Hillsborough: Sweet Expressions, Shaw's, Diner, Williams' Store, The Corner Store, Lake Sunapee Bank, Sovereign Bank, Post Office

Hopkinton: Cracker Barrell, Town Hall

Jaffrey: Belletete's

Newbury: Marzelli's, Mobil, Out Spoken, Lake Sunapee Bank, Double Diamond, Post Office, Mountain Edge, Best Western, One Mile West, Tackle Shop

New London: Hannaford's, McKenna's, Colonial Marketplace, Gallery, Pizza Chef

Newport: Violette's, Shaw's, Irving, T-Bird, Country Kitchen, Coronis Market,

Senior Center

Peterborough: Belletete's, Agway, Shaw's

Rindge: Market Basket, Hannaford's **Sunapee:** Sugar River Bank, Post Office Lake Sunapee Bank, Exxon, Pizza Market

Sutton: General Store

Warner: Evan's Expressmart, Irving,

Market Basket, Foothills

Washington: Washington General Store

Weare: Lancots, Colburns, Dimitri's





Members of Antrim Legion Post #50 and Boy Scout Troop # 2 (left photo) and Hillsborough Legion Post #59 (right photo) retired used and faded American Flags on Flag Day

Hillsborough's 2013 Schedule

Thursdays In The Park

June 27 • The Wiggle'O's
from Chicago, favorites
from the 60's forward

July 4 • Nobody Named Al toe tapping beats from 50's & 60's

July 11 • Second Time Around oldies, but goodies

July 18 • The Jive Kats upbeat and danceable

July 25 • Gerry Grimo East Bay Jazz elegant jazz and blues

Aug 1 • Built for Comfort

a little of this, a lot of that

Aug 8 • The Bible Hill Boys local humor, great music

Aug 15 • Lazy Boy Rockers blues, country, R&R and all that jazz

7-8 evenings at
Butler Park, corner of
Main & Central.
Fair weather only.

Bring a chair, bring a friend.

See you in the Park

U.S. Flags retired by Legion Posts and Boy Scouts

With Antrim's Memorial Park and Mill Pond as a backdrop, Boy Scout Troop 2 and members of the Myers-Prescott-Olson Post 50 gathered Friday to honorably retire an estimated 500 American flags. After a ceremonial last raising and lowering of a flag to be retired by a Color Guard from Troop 2 and the Pledge of Allegiance, veterans, Scouts, and other attendees were given an opportunity to speak about what the flag meant to them, in the most moving portion of the evening.

American Legion Commander Steven V. Roy and Ted Brown offered readings, while Legion members Don Paige and Scott Carbee presented the flags to be retired before the fire. Troop 2 continued the ceremony by retiring the symbolic flag, taking off one stripe at a time, representing the 13 original colonies, and giving a reading as each was burned. Finally, the stars and field of blue was placed on the fire.

Veterans were asked to place a flag on the fire, followed by first responders, Boy and Girl Scouts, and the public, and all remaining flags were honorably burned.

Flags from Antrim, Bennington and Francestown were retired during the ceremony, and the ashes buried near the war memorials in the park. In like manner, American Legion Post #59 in Hillsborough conducted its annual Flag Retirement Ceremony.



Sun-Thurs 11:30am-9pm; Fri & Sat 11:30am-10pm

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Henniker Rotary President Joyce Bosse (r) presents Mary Krotzer with the Club's "Rotarian of the Year Award" (left photo) and non-Rotarian Martha Taylor with a Paul Harris Fellowship in honor of her many years of service to her state and community. (right photo)

Grapevine's Big, Bold Grown-Up Painting Camp

Back by popular demand: BIG BOLD Grown-Up Paint Camp with Carol Lunan begins at The Grapevine on July 16. This 4-session "camp" on Tuesday evenings is an opportunity for adults to have the same fun with paint, paper, textures and colors that Carol's preschoolers enjoy.

Participants will be painting indoors and outdoors, experimenting with a variety of techniques, papers, colors and tools. Carol says "you should be prepared to get messy and laugh a lot!" Paper and paint provided.

Tuesdays from 5:30-7:30 pm, July 16, 23, 30 and August 6. The cost is \$75 with assistance available if the cost is a hardship. Early Childhood Professionals: sign up for processing discussions from 7:30-8 for an additional \$10, meets 10 hours of State of NH licensing training for early childhood education. Call 588-2620 for more information and to register.

'Dig into Reading,' at the G.E.P. Dodge Library

Registration for the summer reading program, "Dig into Reading," at the G.E.P. Dodge Library has begun and will remain open through the program start date of July 1. The program will run through Aug. 3 and

patrons of all ages are welcome to participate.

There will be twice-weekly story hours, field trips, games, prizes, programs and workshop.



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*Add Bacon or Mushroom to above \$1 5 oz. Texasburger \$5 Hot Dog, Chili Dog or Kraut Dog \$2 Foot Long Dog \$3

BLT (toasted or not toasted) \$4 Grilled Cheese \$2

Grilled Ham & Cheese or Cheese & Bacon \$3 Tuna Roll \$3

Fresh Fried Fish Sandwich (w/ cheese & lettuce) \$4 Roast Beef or Turkey or Ham or Cheeseburger Club \$5 Steak & Cheese/Pepper Steak/Mushroom Steak Sub \$5

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Take Out

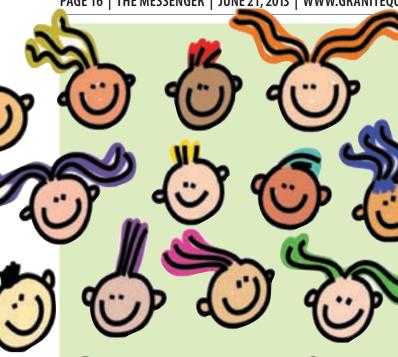
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Italian Cold Cut Sub (Ham. Bologna & Salami) \$5 Hot Pastrami on Rye or Pumpernickel \$5 Chicken Tenders (4) Basket w/ Fries \$5 Fresh Deep Fried Mushrooms w/ Dipping Sauce \$4 Soup, Chowder, Stew or Chili - Cup \$2 Bowl \$3 Hand Cut French Fries - SM \$2 LG \$3

Handcut French Fries Available w/ All Sandwiches for additional \$1 Handcut Onion Rings Available w/ All Sandwiches for additional \$2

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New London Rotary Club's Scholarship winners at Kearsarge and Sunapee High Schools

Kearsarge Scholarships

Alex Gissler Memorial Scholarship

Corinna Moskal

Bottinger Scholarship

Alexandra Wood, Kelsey Blake, Taylor Blake, Elizabeth Rose Lovett, Paige Sayles

Carlton J. Fitzgerald Scholarship

Dominique Badger

Carl Hill Scholarship

Jeffrey Kozikowski, Gemma Bready

Chapin Family Education Scholarship

Jordan Bixby, James Lucas Beltz, Katherine Salvatore, Elizabeth Rose Lovett, Jeffrey Kozikowsk

Christopher Scarpino Scholarship

Marissa France, Jordan Barthol

Francis Flood Memorial Scholarship

Jeffrey Kozikowski, Mary-Margaret Pickman

Frank Cricenti Scholarship

Benjamin Gambino, Mary Dubie, Timothy Berube

Grantham Garden Club Scholarship

Peter Martin

New London Service Organization Scholarship

Olivia Carle, Mary Dubie

Herbert O. Williams Scholarship

Katherine Salvatoe

Herwood W. "Zeke" Curtis Scholarship

Caitlin Anderson

Jacquie Brunner Scholarship

Edmund Rowell

Jim Curtis Memorial Scholarship

Elizabeth Rose Lovett

Jim Mitchell Scholarship

Dorothy Parsons, Marissa France

Kearsarge Athletic Boosters' Club Scholarship

Justin Lamphear, Gemma Bready, Conor Terhune, Caitlin Anderson,

Kearsarge Scholarships

Oliver Gallo, Peter Martin, Jeff Kozikowski

Kearsarge Education Evelyn Welch Scholarship Margaret Bolger

Kearsarge Education Association Scholarship

Peter Allen, Wade O'Neil

Kearsarge High Project Climb Scholarship

Conor Terhune

Kevin Scott Dalrymple Foundation Scholarship

Shelby Hearne

Lake Sunapee Bank Citizen Award

Conor Terhune

Libbie Cass Scholarship

Sarah Beattie, Justin Lamphear, Katlyn Wyatt

Mary Felicia Falzarano Scholarship

Elizabeth Rose Lovett, Jordan Bixby

McCrillis & Eldridge Insurance Scholarship

Lauren Adie

Mercy Hathaway White Scholarship

Dorothy Parsons

New London Service Organization Scholarship

Paige Sayles

Newbury Beautification Committee Scholarship

Gemma Bready

Oliver Wight Scholarship

James Lucas Beltz, Tucker Lecaroz

Our Lady of Fatima Women's Scholarship

Georgia Anne Brown, Caitlin Anderson

Robert and Joyce Oberkotter Family Scholarship

Caitlin Anderson, Gemma Bready, Olivia Carle

Rotary Club of New London Scholarship

Paige Sayles, J. Lucas Beltz, Corinna Moskal, Mary-Margaret Pickman, Mary Dubie, Jordan Barthol, Oliver Gallo, Dorothy Parsons, Katlyn Wyatt, Jeff Kozikowski, Jordan Bixby, Emma MacAllister, Eric Hauck, Alexandra Wood, Allie Folcik, Robert Lutz, Katlyn Croft

Springfield Historical Society Scholarship

Katlyn Wyatt, Justin Lamphear, Sarah Beattie

Sturm Ruger Scholarship

Haley Wilson

Sugar River Bank Scholarship

Brandon Hansen

Sunapee Kearsarge Intercommunity Theatre

Dorothy Parsons

Sunapee Lake Grange Achievement Award

Alison Josefiak, Gabriel Carter

Sutton Historical Society

Wade O'Neil, Emma MacAllister, Elizabeth Rose Lovett

Tara A. Linehan Memorial Scholarship

Lauren Adie

Thomas Lowe Memorial Scholarship

Shelby Hearne

Wilmot Community Association Scholarship

Conor Terhune



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Mt. Kearsarge Indian Museum annual PowWow July 13-14

Mt. Kearsarge Indian Museum is pleased to announce the return of its annual powwow on July 13 and 14. The dance arena will come alive with the heartbeat of Native America as four drum groups and their singers provide the music for one hundred dancers. Learn about the different dance styles and the regalia that go with each. You'll be invited to enter the circle for some of the dances too!

We'll also have storytelling, kid's crafts, museum exhibits, vendors selling beautiful crafts and good food to eat. There's something for everyone in the family. A powwow is a time for Native people to visit with old friends, make new ones and sing and dance together. You can be a part of that living tradition. Everyone is welcome.

Admission to the powwow is free for museum members and Native Americans. Non-members pay only \$8.50 for adults, \$7.50 for seniors/students, 6.50 for children ages 6-12 or 26 per family.

Gates open each day at 10am and the

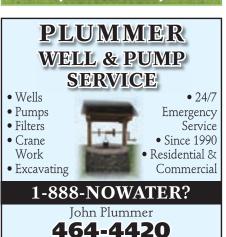
Grand Entry of all the dancers and honoring of veterans is at noon. You won't want to miss this stirring sight.















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Events: Community Bulletin Board

SATURDAY JUNE 22

SPAGHETTI SUPPER: There will be a Spaghetti & Meatballs Supper at The Chapel by the Lake in Munsonville at 5:30 PM. The menu includes tossed salad, garlic bread, regular and sugar free desserts, and beverage. Cost \$8.00.

JUNE JAM: Muster Field Farm Museum, Harvey Road, North Sutton. Muster Field Farm Will Host Its Eleventh Annual Musical Fundraiser. This All-Volunteer Event, Musicians Included, Helps Support The Historic Farm And Serves As A Venue For The Region's Musical Talent, Both Up-And- Coming And Tried-And-True! Gates Open At 3:30, Music Begins At 4:00. Tickets: \$10 Per Person Or \$20 Per Family, Available On Site The Day Of The Event.

FELLS PROGRAM: The Nature Of Lake Sunapee By Canoe Or Kayak: A Guided Tour Saturday, June 22, 10AM-2PM. Dip Your Paddle Into The Beautiful Waters Of Lake Sunapee With Co-Leaders LSPA Education Director Kathleen Stowell And The Fells Education Director Michael Caduto, As We Explore The Nature Of The Lake And Shoreline, Including Bird Life, Botany And Lake Ecology. Adults \$10, Children \$5. Advance Registration Required By June 14. To Register, Or For More Information, Call 603-763-2210.

SUNDAY JUNE 23

ANTRIM SCHOOLS: A Trip Down Memory Lane. Please join the Antrim Historical Society Sunday, June 23rd, 2013 at 3 p.m. at the Presbyterian Church for a discussion of Antrim schools. Charlie Butterfield, Nina Harding, Ben Pratt and Gordon Webber will reflect on their elementary and high school experiences. Audience members will be able to ask the panelists questions.

HANCOCK CONCERT: The concert will take place at 4 PM in the Hancock Congregational Church. Start this summer off with a wonderful concert with the chamber singers, under the direction of James Sharrock and accompanied by Cheryl Sharrock. The program will include several musical styles, from serious to silly, and features 'Frostiana', a collection of well-loved poems by Robert Frost set to music by Randall Thompson, will be the featured work at this special concert. Everyone is welcome to enjoy these talented singers. Free will donations for the benefit of our Community Needs and Scholarship Fund will be accepted at the door.

TUESDAY JUNE 25

HENNIKER CONCERT: 7 PM Angela Robertson Bandstand In case of Rain at the Community Center Jeff Dearborne & Contoocook Blues Society

WEDNESDAY JUNE 26

ANTRIM SENIORS: Antrim Area Senior Center "Should I Get a Smartphone?", an informative discussion by Dick Loveland, from 9-11, Presbyterian Church, Antrim, Q and A, refreshments.

THURSDAY JUNE 27

HILLSBOROUGH CONCERT: The Wiggle'0's from Chicago, favorites from the 60's forward 7-8 evenings at Butler Park. Fair weather only. Bring a chair, bring a friend.

TEA PARTY: 10:30 AM - Mad Hatter's Tea Party Wear your craziest hat to Alice's elegant tea party at Fuller Public Library. You must have a ticket to be seated but don't worry the tickets are free!

FELLS PROGRAM: A History Of John Hay from 7-8:30p.m. Who Was John Hay, And What Were His Notable Accomplishments As A Renowned Statesman And Author Of The Late 19th And Early 20th Centuries? Fells Board Member David Bashaw Has Studied, Written About, And Presented Programs On The Illustrious Founder Of The Fells. Come Hear Hay's Fascinating Story - Complete With Humorous And Poignant Quotes And Anecdotes. Fells Members Free, Nonmembers Pay Site Admission. No Registration Required.

FRIDAY JUNE 28

NEW LONDON CONCERT: Ghostrider, 6:30 p.m. Mary Haddad Bandstand. In case of rain at Whipple Memorial Hall.

SATURDAY JUNE 29

CONCERT: Summer Music Associates Is Proud To Present: The Boston Civic Orchestra, Conductor Max Hobart at 7:30 p.m. Colby-Sawyer Center Theater, New London. Tickets, Adults \$25; Students \$5. At Chamber Of Commerce, Morgan Hill Book Store, Tatewell Gallery, By Phone At 603-526-8234, Or At The Door. Seating Is Not Reserved.

SUNDAY JUNE 30

FELLS PROGRAM: Celebration Of The 175th Birthday Of John Milton Hay from, 4-9 p.m. Happy Birthday John Milton Hay! Join Us For This Gala Birthday Reception And Patriotic Dinner To Celebrate The 175th Anniversary Of Hay's Birth. President Abraham Lincoln—Portrayed By Steve Wood—Makes A Surprise Visit To The Fells To Wish His Private Secretary (Hay)—Portrayed By Reprisor Jerry Carrier—A Glorious Birthday. Mingle With Hay And Lincoln Over Cocktails, Savor An Elegant Three Course Meal Served Under A Tent On The Beautiful Rose Terrace, And Listen To The Fascinating History Of Their Time Together In Office. Members \$85, Nonmembers \$100. Limited Reservations, Reserve By June 17 Online Or By Calling 603-763-4789 X3.

TUESDAY JULY 2

HENNIKER CONCERT: 7 PM Angela Robertson
Bandstand In case of Rain at the Community Center
July 2 Gerry Grimo & East Bay Jazz Society
HOW TO DAY: July 2 at 7 PM Eat Your Weedies
Don't let those pesky weeds get the best of you
this summer. Many of the plants we consider to
be weeds are actually edible and more nutritious

than the vegetables we are trying to grow! Come to Fuller Public Library in Hillsborough on July 2 at 7 PM to learn about a few of the edible weeds that grow in abundance around us.

WEDNESDAY JULY 3

HOPKINTON CONCERT: Come join us for the Musical Fireworks Concert on July 3rd at 7 PM at the Jane Lewellen Bandstand in beautiful down town Contoocook. The Hopkinton Town Band will be performing Favorite Marches, a Salute to the US Armed Forces, Swing, Jive, Rock and Roll, Americana, Novelty Numbers, Music from the Royal Fireworks and, of course, the 1812 Overture by Tchaikovsky. It will be an evening filled with toe-tapping, hip slapping, sing-a-few-with-the-band music for the whole family. Bring your family, a chair or blanket and enjoy a band concert by the Contoocook River.

SUNAPEE BANDSTAND: July 3Rd, Bill Wightman & The Josa Ensemble

HILLSBOROUGH CONCERT: July 4, Nobody Named AI, toe tapping beats from 50's & 60's 7-8 evenings at Butler Park. Fair weather only. Bring a chair, bring a friend.

FRIDAY JULY 5

NEW LONDON CONCERT: Kearsarge Community Band 6:30 PM. Mary Haddad Bandstand. In case of rain at Whipple Memorial Hall.

FRANCESTOWN PROGRAM: In the first of its series of First Friday programs sponsored by the New Hampshire Humanities Council, the Old Meeting House presents Adam Boyce in his "living history" portrayal of musical humorist Charles Ross Taggert at 7:30 pm July 5. For more on First Fridays and other programs at the OMH.

CENTER FOR THE ARTS: July 5th 6:30 The Kearsarge Community Band Plays At The Mary Haddad Bandstand On The New London Common Free And Open To The Public.

SATURDAY JULY 6

CONTRA DANCE: The Monadnock Folklore Society Presents The Peterborough, NH First Saturday Contra Dance On July 6th, Featuring Bob Isaacs Calling With Ethan Hazzard-Watkins, Jeremiah McLane and Owen Marshall. The Dancing Begins At 8:00 PM, With An Optional Introductory Workshop Beforehand. Admission Is \$8 Or \$6 For Students And Seniors. The Dance Takes Place In The Historic Town House In Peterborough.

FLEA MARKET: Washington Snow Riders Annual Flea Market on the Town Common. 8am-2pm. 10'x10' space-\$10.00. The Snow Riders will have their food booth for breakfast sandwiches and usual great lunches. Come Join the fun!! No reservations needed. Kayak to be raffled that day.

SENIOR RECEIVE New Hampshire Seniors

The Courville at Nashua receives Deficiency-Free survey from State of NH

The Courville at Nashua, one of four Courville Communities in southern New Hampshire, is proud to announce they have received a deficiency-free survey from the State of New Hampshire Department of Health & Human Services Health Facilities Administration Bureau of Licensing and Certification. The 100-bed facility is home to long-term care residents and many short-term stay residents who utilize the skilled rehabilitation services provided in-house.

After an impromptu three-day survey process that included observation of meal service and medication administration, an extensive review of resident medical records, interviews with resident's and their family members and an in-depth evaluation of sanitation and infection control measures, the survey team announced the results.

"Our company philosophy and mission is to make life better for our residents while providing assistance to help them live their life to the fullest," said Jason Smith, Executive Director of The Courville at Nashua. "With that in mind, we walk through these doors everyday intending to make that happen for each of our residents; by doing so, accomplishments such as a deficiency-free survey happen."

"Congratulations to the team at Courville at Nashua" said Henri LeBlanc, President of The Courville Communities. "As a company, we set a standard so that our residents and their families can rest easy knowing they and/or their loved one are well-cared for. I'm incredibly proud of the entire Courville team for the success we've enjoyed this year that equates to resident-centered care."

New Hampshire nursing homes are licensed and governed both by the state and federal governments. The survey results may be viewed at www.medicare.gov by searching nursing home compare.

About The Courville Communities
The Courville Communities is the largest
privately owned long-term care provider in New
Hampshire offering a mix of independent living,
assisted living and skilled nursing care. With four
locations: The Courville at Manchester, Carlyle
Place in Bedford, Aynsley Place in Nashua, The
Courville at Nashua and the Villas at Nashua,
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courvillecommunities.com or visit the company
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Diabetic nerve pain is different than a muscle ache or sprained ankle

The prevalence of diabetes continues to increase significantly, and is expected to affect 53.1 million Americans by 2025, an increase of 64 percent from 2010. One of the most common complications of diabetes is diabetic peripheral neuropathy (DPN), a form of nerve damage. More than one in five people with diabetes experiences painful DPN, also known as diabetic nerve pain, as a direct result of this nerve damage. But despite its prevalence, there are many people who go untreated and do not realize the pain they are feeling is related to their diabetes.

Dorothy is one of the millions of Americans who has diabetic nerve pain. Dorothy was a nurse in the obstetrics and gynecology department of her local hospital for more than 30 years, but her diabetic nerve pain made it difficult for her to continue working with patients. "I had so much pain that I had to get off my feet and moved into a desk role instead of regularly seeing patients, which was a tough sacrifice to make," she says. "Driving also became difficult for me since the diabetic nerve pain made my feet numb and I couldn't feel the accelerator. Now, I have hand controls in my car, which enables me to drive and have some independence."

Diabetic nerve pain can include the following common symptoms: burning or shooting pain, pins and needles, stabbing or jabbing pain, painful tingling, numbness or insensitivity to



pain or temperature, and extreme sensitivity to touch, even light touch. These symptoms may go unmentioned during a doctor visit since many people are unaware of the connection of this pain to their diabetes.

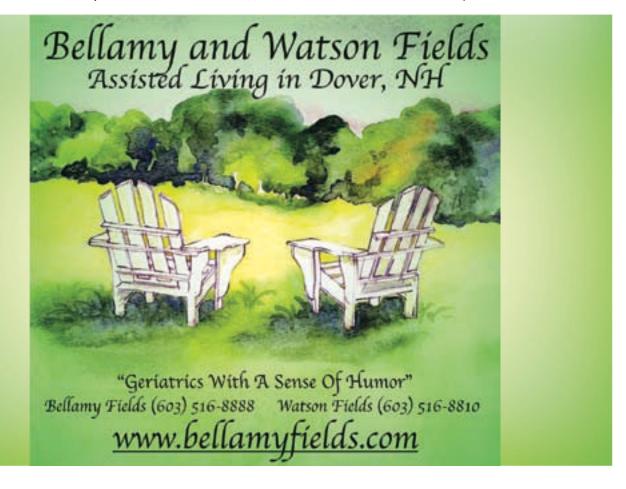
For most people like Dorothy, diabetic nerve pain affects the feet, and is sometimes referred to as a sock pattern, as symptoms may be felt at the tips of the toes and then move along through the feet. It can also progress to other extremities, including people's fingers and hands. "At first, my feet just felt numb. I had a burning and tingling sensation that progressed to a horrible, stabbing pain. It got so bad I felt like I was walking on glass and I couldn't even stand to have sheets over my feet at night," Dorothy says.

Even as someone who worked in the medical profession for so many years, Dorothy did not

realize that the pain she was feeling was different from other types of pain, such as a muscle ache or sprained ankle. She assumed her pain was a result of her working on her feet on a daily basis for so many years. It wasn't until eight years later, after cycling through a number of doctors, that Dorothy received the correct diagnosis of diabetic nerve pain. "After talking to my doctor, I found a treatment that's helped me manage my diabetic nerve pain," says Dorothy.

The pain Dorothy felt may be similar to the experiences of many other Americans who also have diabetic nerve pain. According to results from an online survey of people living with Type I and II diabetes who experienced symptoms of diabetic nerve pain and characterized their pain as seven or higher on a scale of zero to 10, their pain is frequent and intense. Of those, 67 percent reported experiencing symptoms most or all of the time and nearly half said their symptoms were always painful.

Nerve damage due to diabetes is not reversible, but it is important for people to know there are management plans available for diabetic nerve pain. If you think you might have diabetic nerve pain, now's the time to schedule an appointment with your doctor. Make sure your doctor knows that your pain is the reason for your visit. For more information about diabetic nerve pain, visit www. DiabetesPainHelp.com. (BPT)



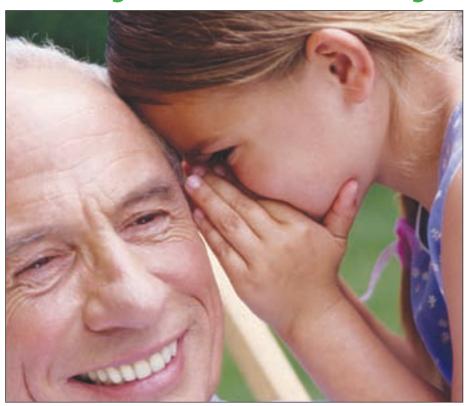


Listen up: For better hearing, work with an audiologist

When it comes to startling health statistics, here are several you may not have heard: 36 million American have a hearing loss, yet only one out of every four people who could benefit from a hearing aid actually wears one, according to the National Institutes of Health's National Information Center on Deafness and Other Communication Disorders. Millions of Americans "miss or misunderstand" much of everyday conversation.

The first step for finding the right hearing aid is to see an audiologist. Audiologists hold doctoral degrees and are uniquely qualified to evaluate hearing loss and communication needs such as hearing in noisy environments like restaurants, in business meetings, church services, lectures, or just listening to the TV or an iPod. An audiologist can prescribe, program, fit and customize a hearing aid's high tech capabilities to improve your listening and communication experiences.

The nonprofit Audiology Awareness Campaign, which provides the public with information on hearing loss, is sponsoring the sixth annual "Listen Up America Week, National Hearing Screening Week" May 13 to 17, 2013. In communities throughout the country, audiologists will offer free hearing screenings. Call (888) 833-EARS (3277) or visit www. audiologyawareness.com to find an audiologist in your area.



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More Americans are choosing generic drugs

(BPT) - Have you ever gone to fill a prescription and the pharmacist asks if you'd like the generic version of the medication, perhaps reminding you that it is at a considerable cost savings over the brand-named drug? Or you're told that your insurance will only cover the generic equivalent of what your doctor has prescribed?

The first time this happens, you undoubtedly have many questions: Is there a difference between branded and generic medicines? Will the generic be just as safe and effective? Do insurance companies prefer generics? If you have, you're not alone in asking these questions.

-It's no secret that the rising costs of health care services and medications have been affecting millions of Americans - indeed, our economy - and will undoubtedly continue to do so in the future. However, generic alternatives have proven to be a critical factor in slowing down national health care spending. In fact, generic drug use has saved America's health care system approximately \$1.07 trillion over the past decade, with \$192.8 billion in savings achieved in 2011 alone, according to a 2012 study by the IMS Institute for Healthcare Informatics.

However, while consumers recognize the cost advantage of generic drugs, they are reminded, from time to time, of the question of quality and efficacy of generic medications versus name-brand



equivalents. Consumers should know that the U.S. Food and Drug Administration, the federal agency responsible for protecting and promoting

public health, requires that generic drugs must be identical or "bioequivalent" to brand name drugs in dosage form, safety, strength, route of administration, quality, performance characteristics and intended use.

"The U.S. FDA tests generic medicines just as rigorously as their branded counterparts," explains Venkat Krishnan, senior vice president and regional director at Ranbaxy Inc. "Generic drugs must meet rigid qualifying criteria before they can be made available to the general public. At Ranbaxy, we have stringent protocols in place to ensure that our products are both safe and effective, and we stand behind that, focused on our philosophy of 'Quality and Patients First."

People are choosing generics in increasing numbers, out of economic necessity and because they are increasingly better informed. Of the 4 billion prescriptions written in 2011, nearly 80 percent were dispensed using generic versions of their brand name counterpart. With generics, consumers have the option of paying a price that is as much as 85 percent lower than name-brand drugs.

If you have questions about switching to a generic prescription, have a conversation with your doctor or pharmacist, or visit www.gphaonline.org for more information and the facts about generic drugs.

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Fraud alert: Grandparent scam continues to trick people out of money

Imagine being woken by a phone call in the middle of the night. It's your crying grandchild, who is asking for money because of an accident. Of course you want to help your loved one, so you do whatever you can in this emergency situation. You open your wallet without hesitation.

Unfortunately you've just become a victim of a scam that is happening across the country. Known as the "grandparent scam," this type of fraud involves bogus calls from people claiming to be relatives in trouble. The personal nature and urgency of these calls causes people to let their guard down, and act quickly without verifying the validity of the call.

"Criminals often target older people, but in reality anyone of any age can be a target of a scam," says Phil Hopkins, vice president of global security with Western Union. "With more people sharing personal information online, such as through social media websites, it's easier for criminals to learn details of personal relationships so they can imitate loved ones by name. Newspapers and obituaries are also good sources of personal information, providing detailed relationship information."

Con artists may also impersonate attorneys, police officers or bail bondsmen to create a sense of urgency and legitimacy.

Add in loud background noises, muffled voices or fuzzy phone lines, and it's easy to believe some-



one is calling from jail or a remote location, where he or she may be in trouble.

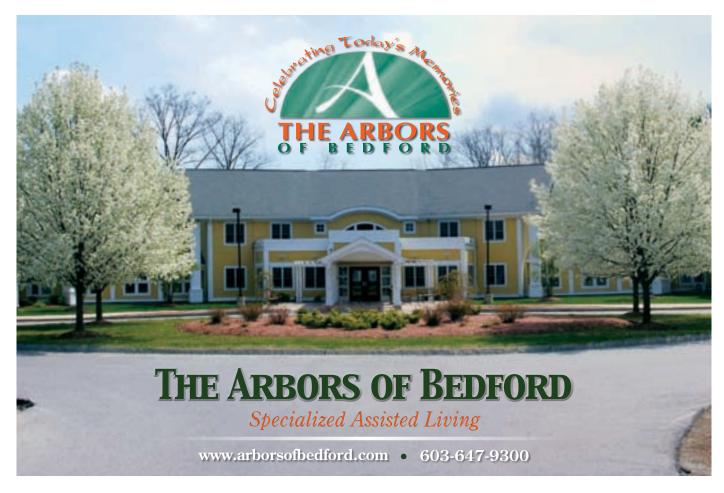
In addition to calling victims, hackers use similar strategies to target victims through email. Tapping into a person's address book, scammers send emails or instant messages directly from the person's email account alerting friends and others of the "emergency" and requesting funds. Do not respond to the email and confirm the situation by contacting the person by phone or other means.

"Awareness is the best defense against emergency scams," says Hopkins. "These scams can be convincing, but it's important to keep a few things in mind before you rush to help."

Hopkins recommends you follow these tips to

avoid becoming a victim of the emergency scam or other types of fraud:

- 1. If you receive a phone call or email claiming a friend or family member needs cash, take a moment to review the situation. Does it make sense? Can you verify the emergency?
- 2. Call the person at a known telephone number, not a number given to you by the caller. Or, call a mutual friend or another relative and find out if he or she is aware of the situation.
- 3. Let your friend or family member know that you have received a call or email from the person requesting help. If the request turns out to be fake, contact the police immediately.
- 4. Regardless of whether you are contacted by phone, email or some other means, be suspicious of requests to send money to "help a friend or family member out" unless you can verify the information you've been given with 100 percent confidence.
- 5. If you did send a money transfer through Western Union, and then realize that it was for a scam, contact the Western Union Fraud Hotline at 1-800-448-1492. If the transaction has not been picked up, it will be refunded to you.
- 6. Never send money to someone you have not met in person.
- 7. For more information on scams or for more tips on how to help protect yourself from scams, visit www.WesternUnion.com/stopfraud. (BPT)





Obituaries: Friends & Neighbors Remembered

Richard M. Chappell

NEWPORT - Richard M. Chappell of Newport died suddenly Thursday, June

13, 2013, at home. He was born Dec. 22, 1942, in Philadelphia, PA., to Norman A. and Catherine (Greene) Chappell. He and his loving wife, Bonnie, had recently celebrated 50 years of



marriage. Along with his wife, he leaves a son, Eric (Rick) Chappell and his wife, Jolene, of Sunapee; and three daughters, Jeanne Chappell and her wife, Amy Watson, of Keene, Joanne Skarin and her husband, Paul, of Sunapee, and Nancy Smith and her husband, Mike, of Unity. His nine grandchildren will miss their Papa: Jodie and Sawyer Dresser, Erik, Noah and Nicholas Skarin, Emily and Burke Patterson, and Issaiah and Jordan Chappell. He was predeceased by Ellenor Leighthardt, Betty Curry, Norm Chappell, Nancy Klemp, Frank Chappell and Bill Chappell. In lieu of flowers, memorial donations may be made to the Newport Food Pantry, 95 South Main St., Newport, NH 03773.

Sonja St. Cyr

NEW BOSTON - Sonja St. Cyr passed away peacefully with her husband by her side on June 15, 2013, at Elliot Hospital. Sonja was born Aug. 16, 1943 in Carbondale, PA, to John and Helen Paulsen. She was later raised by Joseph and Helen

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McAvoy in New Bedford, MA, after her parents' deaths. Sonia is survived by her husband of 48 years, Richard St. Cyr. She leaves two children, her son, Dean St. Cvr of New Boston and her daughter, Franziska (St. Cyr) Gorski of Brookline. Her grandchildren, Jake St. Cyr of Milford, Luke Rocknak of Milford, and Adeline Gorski of Brookline, will miss her dearly. Her only sibling, Roger, precedes her in death. Sonja also leaves behind countless friends and additional family members, all who will miss her lively spirit.

David G. Gagnon

WEARE - David G. Gagnon, 50, of Weare, died at his home on June 14, 2013, surrounded by his loving family after a brief but hard-fought battle with cancer. David was born on Oct. 23, 1962, in Manchester, to Donald and Dianne Gagnon. David is survived by his wife, Susan (Hiltz) Gagnon, and his three children, Katelyn Gagnon, DJ Gagnon, and Zachary Gagnon, all of Weare; his mother, Dianne Gagnon of Manchester: his three brothers and their families, Dennis and Sharon Gagnon, Donnie and Kris Gagnon, and Dale Gagnon, all of New Boston; and many other aunts, uncles, nieces, nephews, and friends. He was predeceased by his father Donald Gagnon, who died in 1983. In lieu of flowers, willful donations can be made out to: David Gagnon Irrevocable Trust, c\o Dennis Gagnon, 20 St. Judes Road, New Boston, 03070.

Meredith A. Chicoine

DEERING - Meredith Anne Chicoine,

82, died June 12, 2013, following a period of declining health. Born in Livermore Falls, Maine, she resided in Deering for the past 20 years, previously living in Goffstown. She was the daughter of Clyde and Florence (Cash) Gould. She was predeceased by her husband, Willie J.P. Chicoine, and her son, Paul Chicoine, Members of the family include four children, Michael and his wife, Debbie Chicoine of Naples, Maine, Pamela Hutchison and her husband, Danny of Deering, Gary and his wife. Debbie Chicoine of Dunbarton. and Mary Jane Wynands of Deering; 10 grandchildren, Cara, Ryan, Kristen, Tyler, Justin, Austin, Tony, Emiliane, Abigael and Chad; 12 great-grandchildren, Allison, Mchale, Ethan, Miles, Patrick, Seth, Aiden, Teagan, Sylas, Adella, BelaCora and Caedence; three siblings, Mary Moulton of Livermore Falls, Maine, Raymond Gould of Jay, Maine, and Florence Gould of Daytona Beach, FL; and many nieces, nephews and cousins. Calling hours will be Monday, June 17, from 10 a.m. to noon at French and Rising Funeral Home, 17 S. Mast St., Goffstown. A memorial service will follow at noon in the funeral home.

Send your obituaries to PO Box 1190, Hillsborough, NH 03244 or email to granitequill@mcttelecom.com

Find & list the graphic at right from 4 ads and send your answers to: The Messenger's Ad Hunter, PO Box 1190, Hillsboro, NH 03244 Ad #1 Page # Ad #2 Page # Ad #3 Page # Page # Answers for week of June 14, 2013: Antrim Lumber - Page 4 Bob's Reacon Marina - Page 8 Duncklee Farms - Page 19 Name Mailing Address Winner for June 14, 2013 Samantha Grieco, N. Sutton Town & Zip

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