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*A Guide for Active
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Lifestyles!



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5 facts about baby boomers & one that could save your life

Were you born from 1945 through 1965? If so, you're part of the unique generation known as the baby boomers. Here are interesting facts about baby boomers in America. One of them could save your life.

1. Baby boomers are one of the largest generations in U.S. history.

The baby boomer generation, made up of a staggering 77 million Americans, is rivaled in size only by millennials - many of whom are the children of boomers. The millennial generation, born from 1980 through 1999, similarly includes approximately 77 million Americans.

2. Baby boomers support their children in and out of the nest.

More than a third of baby boomers have children younger than 18 living in their homes, and research from the National Endowment for Financial Education shows that 60 percent of boomers also provide some form of financial support to their adult children.

3. Baby boomers are living longer than previous generations.

Compared to previous generations, baby boomers are living longer and they



are also more likely to remain independent and stay in their own homes as they age.

4. Many baby boomers are working longer.

Boomers plan to continue working once they are eligible for retirement, despite having the option to stop. In fact, only 11 percent of baby boomers plan to stop working entirely once they reach retirement age, according to a survey by AARP.

5. Hepatitis C is a silent epidemic among baby boomers.

People born from 1945 through 1965 are five times more likely to be infected with Hepatitis C and account for more

than three out of every four Americans living with the disease. That's why the Centers for Disease Control and Prevention (CDC) recommend that everyone born from 1945 to 1965 get a blood test for Hepatitis C. Many baby boomers living with Hepatitis C don't know how or when they got infected. Hepatitis C is a virus that attacks the liver and, if left untreated, can lead to serious liver disease. In fact, Hepatitis C is the leading cause of liver cancer.

The CDC estimates that testing everyone born from 1945 to 1965 could identify 800,000 people unaware of their Hepatitis C infection, and over time, could save 120,000 lives. Testing baby boomers for Hepatitis C is important, because people with Hepatitis C often have no symptoms and can live with the disease for decades without feeling sick. All the while, liver damage may be silently occurring.

Fortunately, new treatments are available that can cure Hepatitis C. If you were born from 1945 through 1965, talk to your doctor about getting tested for Hepatitis C. It could save your life. (BPT)

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(L-R): Louis H. Guevin, Jr., EVP – Chief Commercial Banking Officer for Bank of New Hampshire; Cindy Bowen, Executive Director for Monadnock at Home; F. Rick Harnden, Board Chair for Monadnock at Home.

Bank of New Hampshire supports seniors

Monadnock at Home (MaH) held their fourth Annual Celebration June 4th at the Peterborough Players. The generous sponsorship from Bank of New Hampshire enabled MaH Board and staff to turn its Annual Meeting into a celebration. Cindy Bowen, Executive Director of MaH, recognized and honored the many volunteers, donors, service providers and members for their support over the last four years. The hilarity of Ken Sheldon of "Frost Heaves" entertained the sixty five member turn-out. "This is just what we need...laughter", expressed one member. We would like to thank

Peterborough Players, Ken Sheldon of "Frost Heaves", Sunflower's Restaurant and Catering and the generous support from Bank of New Hampshire.

Monadnock at Home (MaH) is a non-profit 501c3 membership organization founded in 2010, assisting seniors in the eastern Monadnock region who have chosen to stay in their homes as they age. MaH provides assistance with the daily needs of its members as well as social and educational programming for seniors. More information about MaH, including a short video, can be found at www.monadnockathome.org.

Throw retirement accounts into spring cleaning to-do pile

Often when people switch jobs, open separate retirement accounts or have accounts left to them, those funds stay separate and dispersed among companies, institutions or owners. However, some individuals may be able to save time and possible expense by rolling older or multiple retirement accounts into a single Individual Retirement Account (IRA).

IRAs allow investors to continue saving for retirement on either an income tax deferred or an income tax free basis. IRAs can hold mutual funds, bonds, or cash investments, based on an individual's risk tolerance and desires for growth.

Current rules permit nearly every qualified retirement plan to be either transferred, or rolled over, to another qualified retirement plan. (A financial professional can help navigate the rules and exceptions for combining various plans.) Common qualified retirement accounts that might be eligible for a rollover include: 401(k), 403(b) or 457(b) plans. Should account holders meet a distribution event under these retirement plans, like leaving an employer to take another

job or retiring, balances can be transferred or rolled over to either another employer-sponsored qualified plan or an IRA on an income tax advantaged basis.

Two options for IRAs: tax now or tax later

A traditional IRA accepts pre-tax contributions which are taxed, along with any investment earnings, upon distribution. A Roth IRA accepts income contributions that have already been taxed. Those contributions, along with any investment earnings, are dispersed income tax free if certain requirements are met. As with any investment, the growth of these two types of accounts isn't guaranteed and there are inherent risks.

An IRA rollover is the act of funding an IRA account with assets being rolled over or transferred directly from an existing tax-qualified retirement account, such as a pension plan, a profit sharing plan, 401(k) plan, 403(b) plan or another IRA, typically, without either tax penalty or income tax withholding, for continued tax-deferred growth. Special rules apply to distributions to and from designated Roth 401(k), Roth 403(b), Roth 457(b)

and Roth IRA accounts, as Roth accounts can only be rolled into a Roth IRA.

The advantages of a single retirement account

The act of consolidating retirement accounts into a single IRA can have some advantages when it comes time to take mandatory distributions. This usually happens at the age of 70 1/2 for most taxpayers. By having one IRA, retirees will only need to make one annual calculation and one annual distribution. Multiple retirement plan accounts would necessitate multiple annual calculations and multiple annual distributions.

In addition, it may get easier to track later in life. For example, in the event the person needs assistance or is unable to manage his own finances, managing one retirement account can be easier for caretakers.

Finally, consolidating retirement plans into one account can make it easier for loved ones to locate and handle, upon the death of the retirement account holder.

To find more information visit www.thrivent.com/IRA. (BPT)

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Smart shopping tips for budget-savvy baby boomers

While the economy is moving again, many Americans - baby boomers included - continue to realize the importance of good money management skills. Boomers are focused on making the most of their money by boosting earnings, investing more and shopping smarter.

"Smart shopping isn't about spending less on something, but about making sure you get the best value for the money you spend," says America's top lifestyle expert and author Mar Jennings. "Fortunately, with some savvy shopping tactics, it's possible to stretch your dollars without skimping on your lifestyle."

Jennings offers some sMART shopping tips for boomers:

- ▶ Plan shopping trips before you leave the house. Make lists, map out your route and consolidate errands into one trip. You'll not only save time and gas, you'll cut down on impulse buys that will affect how much you spend overall.

- ▶ Keep quality in mind when you're tempted to buy less expensive brands of everyday necessities.

- ▶ Try samples before investing in a full-sized product. Many manufactur-



ers offer free samples of everyday items - like laundry detergent or personal care products - through their websites. Sampling products can help ensure you spend money only on things that you know you'll use and work well for you.

- ▶ If you have the storage space, don't be afraid to stock up when something you use often is on sale. Buying something you know you will use when the price is right ensures you won't end up

paying more when you run out of it.

- ▶ Coupon, coupon, coupon! Digital coupons have made it easier than ever to save. Consumers have embraced high-tech mobile coupons as a "green" and convenient alternative to traditional paper coupons. Look for a free app, like Retail Me Not, that allows you to select your favorite stores and use online or in-store coupons. You can even opt in to receive emails with additional discount offers.

- ▶ When you're buying a big-ticket item, ask for a discount, even if none is advertised. More retailers these days are open to negotiation, and often the difference between paying full price and getting a discount is simply asking for one.

- ▶ Pay cash whenever possible and minimize credit card purchases. It's human nature - and a tried-and-true tactic - that seeing actual dollar bills go out of your wallet underscores the fact that you're spending real money. Paying with a credit or debit card often doesn't have the same psychological effect. Spending cash can make you think twice about impulse purchases. (BPT)

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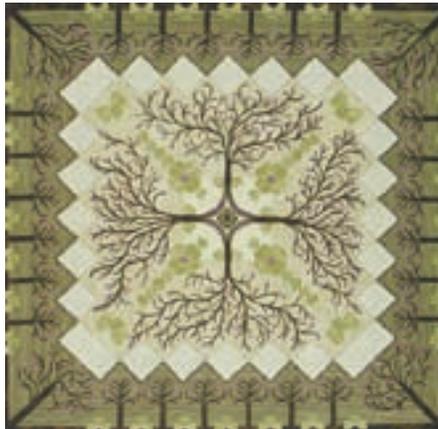
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World Quilt Show New England XII coming to Manchester

Mancuso Show Management's Outstanding New England Quilt Festival, the World Quilt Show – New England, will be returning Manchester Aug. 14-17, 2014.

The highlight for quilt enthusiasts attending this show is the annual premier of the World Quilt Competition. Now in its eighteenth year, this international quilt contest draws entries from across the globe. Enjoy viewing the diverse talent and technique as it is captured through quilt making. For those who can't seem to get enough at this year's show, you're invited to follow the international entries and selected U.S. winners as they tour to Mancuso Show Management venues in Pennsylvania, California and Florida.

The World Quilt Show – New England also features additional special exhibitions including displays from the United States and Canada. After viewing all of these wonderful quilts, it's time to shop. This exciting venue offers a fabulous merchants mall. The shows vendors travel to New Hampshire from throughout the country. Over seventy booths will be stocked full. From books to threads, from scissors to thimbles, from fabric



2013 1st Place Traditional Category "Redbud Ramble" by Linda M. Roy, U.S.A.

to patterns there will be everything imaginable available for purchase by the quilt artist, home sewer and needle craft enthusiast.

The show also offers workshops for all learning levels along with entertaining lectures and the ever popular International Panel & Forum Ice Cream Social consisting of professional quilt instructors participating in a moderator led discussion where the audience is invited to ask

questions and make comments.

The World Quilt Show – New England is an amazing opportunity to see the work of quilt artists from across the United States and from abroad. This show is not to be missed! Nothing beats New England in the summer! This area's population swells in August as many migrate north to its beautiful lakes and mountains. The World Quilt Show – New England is generously sponsored by Nashua Sew & Vac/Baby Lock, ABM International/Innova, Coats and Handi Quilter. View or print the complete brochure from the event's website, www.worldquilt.com or to receive a brochure in the mail send \$3 payable to Mancuso Show Management to: "WQ" Dept P c/o: Mancuso Show Management, PO Box 667, New Hope, PA 18938.

What: World Quilt Show – New England

Where: Radisson Center of New Hampshire, 700 Elm St. Manchester, NH

When: August 14-17, 2014

Thursday-Saturday: 10am-6pm

Sunday: 10am-4pm

Cost: Admission \$12, includes re-admission. Sunday \$10.

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Historical Society features painters of White Mountains

From June 21st to September 12th an exhibit at the Historical Society of Cheshire County in Keene will showcase important works by nineteenth and early twentieth century painters of New Hampshire's White Mountains and Mount Monadnock. "Canvassing the White Mountains: Icons of Place" will tell how the work of the artists impacted the growth and development of the White Mountain region. Artists will include Benjamin Champney, Alfred Bricher, Asher Durand, John Enneking, Alvan Fisher, John Ross Key, Willard Metcalf, William Paskell, and a number of others. The exhibit will share how the painting styles of these artists illustrate not only the evolution of American art, but also how they helped to shape the American view of and reaction to wilderness and nature.

In the summer of 1850 three young American artists "discovered" North Conway Village in New Hampshire's White Mountains. Benjamin Champney, John Casilear and John F. Kensett were drawn to the mountains by the work of earlier landscape artists who



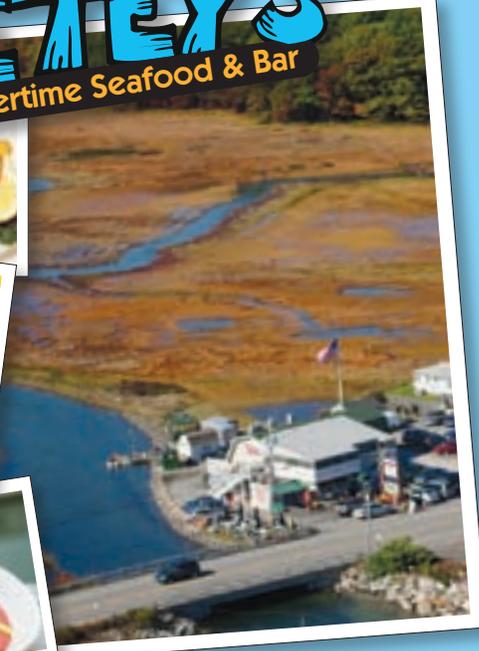
"Peace and Harmony" (1865) – Mount Washington from the Intervale in North Conway, New Hampshire, by Benjamin Champney, 1817-1907. Benjamin Champney is considered by many to be the founder of the White Mountain School of painters. Born in New Ipswich, New Hampshire, he studied in Paris before making his summer home and studio in North Conway for over fifty years.

had endeavored to capture the beauty, scale and foreboding ruggedness of the mountain landscape. Champney, a native of New Ipswich who had previously painted a "View of Keene, N.H." in his home region, described the village and surrounding landscape as the most beautiful place on earth. John Kensett made sketches throughout the summer for a panoramic painting entitled "The

White Mountains – Mount Washington" which he completed in his New York studio during the winter of 1851. When the canvas was exhibited it was quickly recognized as the signature painting of the region and went on to become one of the most celebrated American landscapes of the 19th century. It was purchased by the American Art Union, engraved by James Smillie, and prints were distributed to more than 13,000 subscribers. In 1860 Currier & Ives issued a print of the scene, thereby bringing the image into thousands of additional homes across the country.

The Historical Society is open Tuesdays from 9 to 4, Wednesdays from 9 to 9, Thursdays and Fridays from 9 to 4, and the first and third Saturday of each month from 9 to noon. There will be a \$5 admission fee for the Canvassing the White Mountains exhibit (\$4 for members). The Wyman Tavern is open Thursday through Saturday from 11 to 4 and admission is \$3 (free for children under 18). For more information log onto www.hscnh.org or call 603-352-1895.








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Senior Center launches \$60,000 fundraising campaign

Members of the Claremont Senior Center on Acer Heights Road is hoping to raise \$60,000 to cover the cost of numerous

building projects for the building. "They started the original building here about 12 years ago with a campaign like this," said Claire Lessard, executive director of the Claremont Senior Center. "We need a new roof and now the bids that are coming in are over \$40,000," she said. The dining hall also needs new chairs, which is expected to cost about \$4,000.

Additionally there is drainage and cement work around the building that need to be addressed, Lessard said. "I can get grants for some of this, but not for all of this," Lessard said. Lessard is the only paid employee of the non-profit, which runs on volunteers. The center has more than 400 members who attend various activities and events at the center throughout the week, including lunch on Tuesday and Thursday, which is open to the public.

Along with billiards and Ping Pong, Mahjongg is very popular. Mahjongg is that hot thing around here," Lessard said. "Cribbage is not so popular. We have it, but not many people come." These activities along with exercise classes, health clinics, guest speakers, educational events and computer, technology and tax help make the center a vital part of the community for seniors, Lessard said. Checks can be made out to Claremont Senior Center, Inc. Donations can be dropped off at the center or mailed to the center at 5 Acer Heights Road, Claremont 03743. There are several levels of suggested giving: Diamond level - \$5,000 and over, Gold - under \$5,000 to \$2,500, Silver - under \$2,500 to \$100 and Bronze - \$500 and \$1,000 and Generous \$250 to \$500. Donors will be honored with a plaque at the center.

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Crotched Mountain Rehab Center gains accreditation

Crotched Mountain Rehabilitation Center has announced it is the first rehabilitation hospital in New England to achieve ISO 9001-compliant hospital accreditation from DNV Healthcare, the leading accreditor of U.S. hospitals integrating the ISO 9001 quality management system with the Medicare hospital standards. ISO 9001 is recognized by businesses around the world as the benchmark for continual quality improvement and is easily transferable to the healthcare industry with its emphasis on patient safety and satisfaction through innovation and best practices.

"This is a huge accomplishment and a distinguished recognition of which we are extremely proud," said Donald L. Shumway, president and CEO of Crotched Mountain Rehabilitation Center. "I want to congratulate our staff and board members who have worked tirelessly over the past three years to make the organizational and cultural changes needed to achieve this highly regarded quality management program. This process of quality improvement and quality assurance involves meaningful



New Hampshire Hospital Association President Steven Ahnen and Crotched Mountain Senior Vice President and COO, Michael Redmond.

system change and active participation across all levels and continues to be an ongoing commitment for us."

Hospital accreditation with ISO 9001 compliance focuses on achieving quality through ongoing process improvement in both clinical and non-clinical areas, ensuring that all levels of the organization – from every employee to the governing body – are actively involved in quality improvement.

"This is an organization-wide effort that is an engine for continuous quality improvements," said Shumway. "We have created a series of quality com-

mittees, each with its own charter of responsibilities, so that every aspect of the services and care that our patients receive is subject to close review and opportunities for improvement. Quality is never achieved; it is something that we are always striving to improve."

"In today's rapidly evolving health care environment, reaching this level of accreditation is a great achievement for the folks at Crotched Mountain," said New Hampshire Hospital Association President Steve Ahnen. "And it's also a tribute to the leadership of Don Shumway. The emphasis on patient care and quality at Crotched Mountain is evident from the moment you set foot on the campus, and earning ISO 9001-compliant accreditation is a testament to all they have done thus far, and the promise they have made to those patients who will come to them for care in the future."

Another key benefit of the DNV accreditation process is DNV's focus on encouraging hospitals to develop individualized programs to address patient safety in their facilities.

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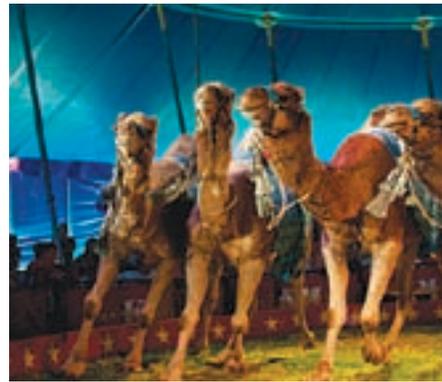
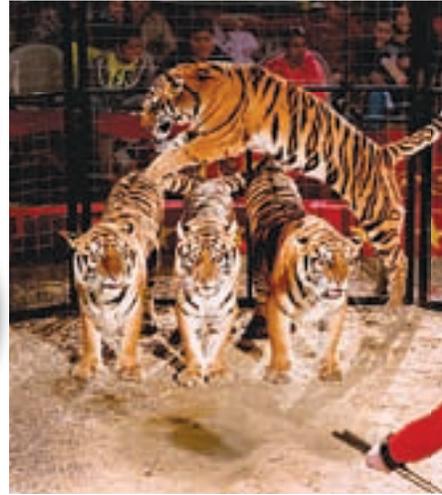
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Lighting fast juggling by Raul Olivares.

CAPRICIOUS CARPENTRY

Carpenters Steve and Ryan from the Miracle Construction Company go to work. The company's motto "If we built it, it is a miracle" says it all.

EXOTIC ECLECTIC JUNGLE EXTRAVAGANZA

Rebecca Ostroft, King Lamount, and the North Starlets in a colorful combination of dance, aerial expertise, and fire manipulation.

..... INTERMISSION

HIGH SPEED HULA HOOPS

Almost everyone has tried to keep a hula hoop spinning, Patsy Rosales shows how to do it circus-style. Watch closely, you will lose count as hoop after hoop is added to this whirling wonder.

PRIDE OF THE PAMPAS

Time for a trip to Argentina with Music, dance and marvelous manipulation from the fantastic Fusco Family.

A VISIT TO THE DENTIST

Steve and Ryan provide an educational experience with a hilarious hygienist. No need for laughing gas when these two are involved.

PERIPATETIC PATRIOTIC PAGEANTRY

Carolyn Rice's red, white, and blue animal revue featuring an amazing assortment of educated animals including luxurious llamas, prodigious pygmy goats and delightful doggies.

UTTERLY UNBELIEVABLE

Girard Portugal defies gravity performing an unbelievable upside down exhibition of skill and daring.

PONDEROUS PERFORMING PACHYDERMS

The biggest starts in show business, everyone's favorites our Kelly Miller elephants presented by Armando Loyal.

MAGICAL MATADOR

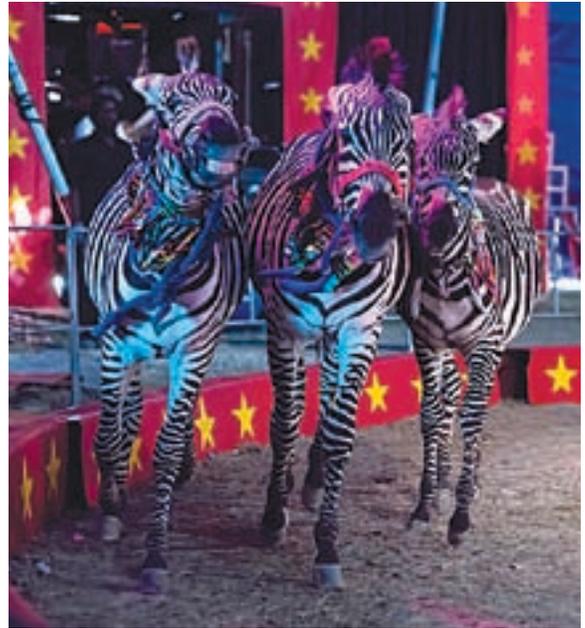
The challenges of Bullfighting are compounded when Tony encounters this uncooperative "bull."

PEERLESS PERCH POLE PERFECTION

The Rosales Family take balance to new heights.

FINALE

Join us in a Birthday Party Celebrating 75 Years of Sensational Circus!
Happy Birthday Kelly Miller Circus!!



70th Annual North Haverhill FAIR

WEDNESDAY - SUNDAY
JULY 23, 24, 25, 26 & 27
2014

1299 Dartmouth College Highway,
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Free Performances Every Day



2014 ADMISSION PRICES

The following rates govern the sale of admissions

Veterans - with ID (Wednesday Only)\$5.00
Senior Citizens - 65+ (Thursday Only)\$5.00
Single Admission\$12.00
Season Admission\$48.00
Children 12 & UnderFREE
ParkingFREE
Overnight Camping\$25.00
Overnight Camping w/AC Hookup\$30.00

Concerts & Shows Are Free with Paid Gate Admission

No alcoholic beverages or firearms allowed.
Not responsible for damage to vehicles on grounds.
No pets allowed on Midway. Schedule subject to change.
Absolutely No Weather Related Refunds.

FAIRGROUNDS PHONE - 603-989-3305

For more details and links visit:
www.nohaverhillfair.com

All shows are **FREE**
WITH PAID GATE ADMISSION

Friday, July 25

Frankie Ballard

Sings his #1 hit "Helluva Life"
Plus "Sunshine & Whiskey"
Show Time: 8:30 PM



Saturday, July 26

In honor of our 70th Year, we present great 70's music from the Beatles, David Bowie, Led Zepelin, Queen, The Who and more performed by

Ultrasonic Rock Orchestra

Show Time: 8:00 PM



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DIRECTIONS:

FROM I-93 IN PLYMOUTH, NH
Take Exit 26, West on Rt. 25 to Rt. 10N (40 miles)

FROM I-93 IN LINCOLN, NH
Take Exit 32, West on Rt. 112 to Rt. 10S (30 miles)

FROM I-93 IN LITTLETON, NH
Take Exit 42, South on Rt. 10 & 302 (28 miles)

FROM I-91 IN BRADFORD, VT
Take Exit 16, East on Rt. 25 to Rt. 10N (7 miles)

FROM BARRE/MONTPELIER, VT
East on Rt. 302 to Woodsville, NH
South on Rt. 10 (10 miles)

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FARMER'S MARKETS

▶ SATURDAY FARMERS MARKETS

Rollinsford at 141 Rollins Road, Wilnot on the Town Green, Warner outside Town Hall, Wakefield at Route 153/16, Tamworth at the Unitarian Church, Sandwich at the Corner House Inn, Portsmouth outside City Hall, New Durham near the post office, Milford at Elm Street and Route 101, Lyme on The Common, Laconia at Main and Pleasant, Keene on Gilbo Avenue (which is also held on Tuesday), Farmington behind the TD Bank and Atkinson at 1 Kip Con Road.

Bethlehem will open their market June 28. Also on Saturdays are markets in Contoocook at the train station, and Concord at Capitol Street.

▶ SUNDAY FARMERS MARKETS

On Sundays, Canaan hosts a farmers market on The Common, Nashua on Main

Street, Nottingham at Blaisdell Memorial Library and in Salem at 37 Lake St.

▶ MONDAY FARMERS MARKETS

Hampton Falls Town Common, Peterborough at Monadnock Community Hospital, Penacook at the Rolfe Homestead and Durham at 15 Newmarket Road.

▶ TUESDAY FARMERS MARKETS

Bedford at St. Elizabeth Seton Parish at 190 Meetinghouse Road, in Franklin at Franklin Regional Hospital, Greenland at Veteran's Park and Laconia at City Hall Parking Lot on Beacon Street.

▶ WEDNESDAY FARMERS MARKETS

Derry at the Upper Village Hall, Canterbury Center, in Dover at 550 Central Ave., Hanover on the Dartmouth Green, Hopkinton at Beech Hill Farm, Merrimack across from the Post Office at 515 Daniel Webster Highway, and in Rye at 580 Washington Road.

▶ THURSDAY FARMERS MARKETS

Concord at Steeplegate Mall. Also on Thursdays are markets in Exeter at Swasey Park, Claremont at Broad Street Park, Keene at Gilbo Avenue, in Lebanon at Coburn Park at the corner of Park Avenue and Main Street, Rochester at Ben Franklin's, Plymouth at 263 Highland Street, and Lisbon on Main Street.

Berlin opens its farmers market on June 26 at Pleasant Street and Route 16. Amherst holds its farmers market on Thursday as well on the Common, Lee at the Old Fire Station on Route 155, and Manchester at the corner of Concord and Pine Street,

▶ FRIDAY FARMERS MARKETS

Deerfield has its farmers market on Fridays at 10 Church St. Also Fridays you can find one in Weare at Center Park, and 3 George Moody Road, on Walpole Town Common and in Tilton at the Tanger Outlet beginning June 27.



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June through October
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For more info, visit our Facebook page



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- 3 Cannon Aerial Tramway
- 4 Clark's Trading Post
- 5 Conway Scenic Railroad
- 6 Cranmore Mountain Resort
- 7 Flume Gorge
- 8 Fort Jefferson Fun Park
- 9 Hobo Railroad
- 10 Loon Mountain
- 11 Lost River Gorge & Boulder Caves
- 12 Mt. Washington Auto Road
- 13 Mount Washington Cog Railway
- 14 Polar Caves Park
- 15 Santa's Village
- 16 Story Land
- 17 Whale's Tale Water Park
- 18 Wildcat Mountain

Scan for interactive map

The Courville at Manchester, Aynsley Place and Carlyle Place recognized as recipients of Bronze - Commitment to Quality Award

The Courville at Manchester, Aynsley Place and Carlyle Place, three of the four Courville Communities in southern New Hampshire, have been recognized as 2014 recipients of the Bronze – Commitment to Quality Award for their dedication to improving the lives of residents through quality care. The award is the first of three possible distinctions through the National Quality Award program, presented by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL). The program honors centers across the nation that have demonstrated their commitment to improving quality care for seniors and individuals with disabilities.

"I applaud The Courville Communities for their commitment to delivering quality care," said Mark Parkinson, President and CEO of AHCA/NCAL. "This award represents the dedication that each Bronze recipient has given to improve quality in the long term and post-acute care profession."

Implemented by AHCA/NCAL in 1996, the National Quality Award Program is centered on the core values and criteria of the Baldrige Performance Excellence Program. The program assists providers of long-term and post-acute care services in achieving their performance excellence goals.

The program has three levels: Bronze, Silver, and Gold. Centers begin the application process at the Bronze level, where they develop an organizational profile with essential performance elements such as vision and mission statements and an assessment of customers' expectations. Bronze applicants must also demonstrate their ability to implement a performance improvement system. Trained Examiners review each Bronze application to determine if the center has met the demands of the criteria. As a recipient of the Bronze - Commitment to Quality Award, The Courville at Manchester, Aynsley Place and Carlyle Place may now move forward in developing approaches and achieving performance levels that meet the criteria required for the Silver - Achievement in Quality Award. The fourth Courville Communities center, The Courville at Nashua, has already achieved the Bronze award, therefore is now applying for the 2014 Silver award.

"This is a great accomplishment for our centers, and continues to reinforce how committed our teams are to providing excellent quality care and maintaining the highest of standards for our residents" said Luanne Rogers, President of The Courville Communities. "I am extremely proud of each and every team member at The Courville at Manchester, Aynsley Place and Carlyle Place, as this is a much deserved distinction."

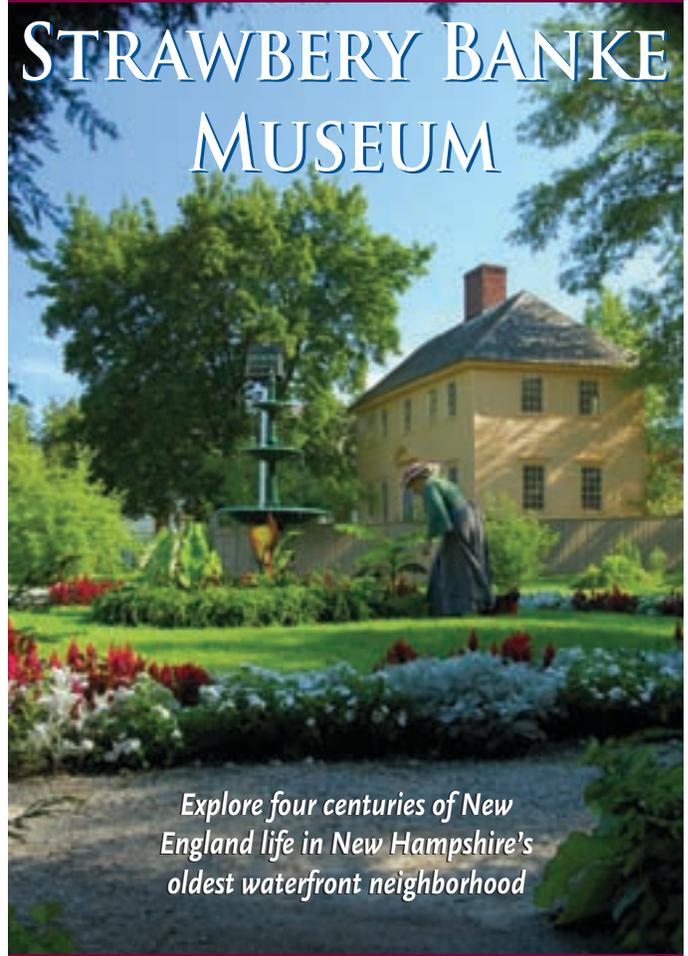
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Why you should use a travel agent:



We had a lively debate recently on the merits of whether to use a live travel agent to book your vacation or to go it alone by using the Internet. Here are some of the reasons to consider a personal travel consultant.

- 1.** You've Googled "Mexico vacation," and come up with 17.8 million responses. Need a little help editing those choices?
- 2.** Remember when you used that obscure website to book your hotel, and when you got there you spent your beach vacation overlooking a parking lot?
- 3.** How many hours were you on hold with the airline when your flight was canceled because of a snowstorm?
- 4.** Did you really mean to spend your honeymoon at that resort whose one tiny pool was filled all day with 12 screaming children?
- 5.** Who knew that when you booked that "villa" in Tuscany, it would be a small room with a kitchenette and no air conditioning? Funny, it looked much better on your computer screen.
- 6.** No one explained to you that in July, it's winter time in Rio, and so you showed up there with nothing but five Hawaiian shirts and three pairs of swimming trunks.
- 7.** How about the time you really needed a restful vacation, and you ended up in New Orleans during Mardi Gras and someone threw up on your shoes?
- 8.** Yes, I guess that hotel must have used a telephoto lens when they took a picture of those guest rooms that you saw on their website.
- 9.** I suppose contacting the Attorney General to resolve the fact that that Internet site has billed your credit card three times instead of once is the only route to take at this point.
- 10.** It was definitely odd that there were no cab drivers at the airport at 3 o'clock in the morning when you finally landed in Costa Rica, but booking a transfer to your very remote hotel would have been a good thing to remember when you purchased your airline ticket and hotel online.



Red Coat Travel

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1.800.273.9807

Five crazy cruise features you just have to try

(BPT) - Cruise liners are no longer just giant ships heading to enviable destinations. They are small, floating cities, destinations unto themselves, packed with unexpected entertainment from on-board planetariums to skydiving experiences.



"As cruise ships add more exciting features to their decks, they can offer a well-rounded vacation experience for the whole family," says Jeanenne Tornatore, senior editor for the travel booking website Orbitz.com.

Here are five of the coolest cruise features around.

HIGH FLYERS

Royal Caribbean wants you to pull the ripcord by taking a sky dive at sea. Available on Quantum of the Seas, the RipCord skydiving experience is more floating on air than leaping from a plane. Adventurous passengers step into a wind tunnel that propels them vertically. RipCorders get the benefits of flying high with the sea on both sides without any of the drawbacks of having to pull their chutes.

STARRY NIGHTS

Home to the only on-board planetarium in the world, the Queen Mary 2 offers multiple space shows daily and courses on celestial navigation for those lucky enough to be on board. If scoping the stars isn't your thing, the ship also offers a rich array of on-board speakers, wine tastings, golf simulations and a casino to keep you busy.

TEE TIME

Sports rule on the Royal Princess from Princess Cruises. In addition to the standard workout center-jogging track-fitness class trifecta available on many ships, the Royal Princess also features a full indoor driving range and a laser shooting range so you can blast your travel companions away. Cool off at night by getting a gander at The SeaWalk, a glass-bottomed walkway that hovers above the ocean and offers stunning views of the outside world.

WEIRD SCIENCE

Just because your kids are on vacation doesn't mean their brains have to be. Boasting an on-board science lab for children, Royal Caribbean's Oasis of the Seas is as educational as it is relaxing. Winter and summer converge on this pleasure vessel since passengers can choose between fun in the sun in the ship's pools or cool it off at night by either hitting the on-board ice rink or taking in a chilly skate show.

MAKE A SPLASH

Most ships have on-board pools. Yawn. Some even come with private pools for the ritziest passengers. But only one has a full-scale water coaster. The 765-foot AquaDuck slide available on Disney Dream cruise ships sends guests plunging down four deck lengths and into a lazy river. But don't worry, there's something for passengers who want a more relaxing vacation. Disney Dream also offers an adults-only Quiet Cove Pool that's scream-free.

Summer travel that includes unique hardwood hotspots

The American Hardwood Information Center recommends your itinerary include breathtaking hardwood "hotspots" that showcase the beauty, long-lasting elegance and environmental preference of products made from American Hardwoods.

Wharton Esherick Museum

About 25 miles west of Philadelphia, in Paoli, Chester County, rests the residence and studio of renowned sculptor, Wharton Esherick. The house museum, now a National Historic Landmark for Architecture, displays over 200 Esherick creations. Experience these astonishing creations. Tours are by reservation only. (www.whartonesherickmuseum.org)

Frank Lloyd Wright via the Pennsylvania Turnpike

The rolling hills of Western Pennsylvania are home to magnificent creations of Frank Lloyd Wright, known for designing structures in harmony with humanity and the environment and recognized by the American Institute of Architects as "the greatest American architect of all time."

* **Fallingwater** - Mill Run, Penn. - spans a 30 foot waterfall within the Bear Run Nature Reserve of the Laurel Highlands. Tours are available by contacting visitor services. (www.fallingwater.org)

* **Kentuck Knob** - Chalk Hill, Penn. - also in the Laurel Highlands is just seven miles south of Fallingwater. Individual or group tours of the Usonian house can be arranged through the Fallingwater website. (www.kentuckknob.com)

* **Duncan House** - Acme, Penn. - designed by Wright and originally located in Illinois, is one of three Wright-inspired Usonian style homes located in Polymath Park Resort. Open for tours and lodging. (www.polymathpark.com)

The Summit Bechtel Family National Scout Reserve

If you'd like to experience a treehouse reaching 125 feet skyward and providing 3,360 square feet of interior space as well as terraces and landings, then head south from the Laurel Highlands and motor toward Beckley, W.V. and the award-winning Sustainability Treehouse. Open to visitors June through August. (www.summitbechtelreserve.org)

Across the country

In Kansas City, Missouri, don't miss the Kauffman Center for the Performing Arts. There you'll find the 1,600-seat Helzberg Hall where a variety of quartersawn American hardwoods provide a breathtaking floor to ceiling aesthetic. (www.kauffmancenter.org)

When in San Francisco, make a point to visit the San Francisco City Hall. Furniture, interior walls, millwork and other architectural details showcase American Hardwoods at their best. (www.sfgsa.org)

In Seattle, step into the acoustically superb, Benaroya Hall, the new home of the Seattle Symphony. Free public tours are conducted only on Friday. Try your best to be on the list. (www.seattlesymphony.org/benaroya)

Pack your bags

To make the most of your journey, visit www.HardwoodInfo.com, the American Hardwood Information Center, and learn more about American Hardwood products. Then by all means, head for the door. Magnificent hardwood "hotspots" are just around the bend. (BPT) -

Why you shouldn't use a travel agent:



In the interest of fairness here are 10 reasons why you should NOT be going to your friendly neighborhood Travel Consultant.

1. It is more fun to go searching for lodging, ground transportation, activities, tours from multiple sources than with 1 call to your agency.
2. When problems occur during your trip you enjoy being confrontational and thrive on dealing directly with the source.
3. You'll rob yourself of the experience of flying into the other Charleston airport CHS not CRW/Charleston W.Va.
4. You enjoy all the time consuming detailed work of planning a complex itinerary.
5. You want to work anonymously on numerous websites
6. Documents? What documents? You'll just sort required travel documents like visas and passports as you go. Besides when you sailed 20 years ago you just needed a birth certificate.
7. You don't care that you don't have access to travel suppliers who exercise their clout with hotels, resorts to provide such amenities as early check-in, late checkout, room upgrade; dollar resort credits complimentary meals.
8. Your time and expertise will get you the best bang for your travel dollar!
9. You will thoroughly enjoying blaming yourself when something on your trip goes wrong!
10. There are two trips out there-a great one and the one from hell. You can easily guess which is the great one!

PS: Trip adviser is your best friend and you don't care if one hotelier just posted over 100 glowing reports about his property!
 PSS: Of course you know best what to do with your time and money! So why seek expert advice and opinions?
 But just in case I haven't convinced you, stop by or contact your local travel agent! They get paid to tell you where to go!



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OUT & ABOUT

Out of this World...A Standard Flower Show

6/20/2014 (1:00PM)

Event Fee: Included in price of admission to the Discovery Center; Free to NHFGC members.

The NH Federation of Garden Clubs will host a standard flower show entitled "Out of this World" on Friday and Saturday, June 20-21 at the McAuliffe-Shepard Discovery Center in Concord. This event is open to the public, is included with admission to the Discovery Center (free to NHFGC members) and will feature creative floral design entries submitted for judging from NHFGC members located throughout the state. There will be in excess of fifty floral designs on display for public viewing. The 2-day exhibition will also include horticulture entries entered for judging as well special exhibits including that of the NH Orchid Society. Hundreds of horticulture specimens will also be on display. The show will

be open to the public on Friday, June 20th from 1 to 5 PM and on Saturday, June 21st from 10 AM to 4 PM. For more details about "Out of this World" go to the www.nhfgc.org Calendar of Events. 2 Institute Drive, Concord, NH. Phone: 603-229-1990 Email: joyceakimball@comcast.net Website: www.nhfgc.org

Loon Cruise

6/20/2014 (3:00PM)

We are delighted to again join forces with our close friends and colleagues at Loon Preservation Committee (LPC) to offer weekly cruises focusing on Common Loon conservation, biology, and monitoring. On each Loon Cruise the Science Center Tour Captain will be joined by a LPC biologist who guides the tour and discusses the work LPC is doing across the state and here on Squam to protect these extraordinary birds. The cruise route is chosen to maximize Loon observations. Science Center Lake Cruises depart from

the dock on Route 3 at the bridge, next to Walter's Basin Restaurant in downtown Holderness. All Science Center Lakes Cruises are 90 minutes. Binoculars are available for wildlife viewing. Squam Lakes Natural Science Center, 23 Science Center Road, Holderness, NH. Phone: 603-968-7194 Email: info@nhnature.org Website: nhnature.org

25th Portsmouth Pocket Garden Tour

6/20/2014 (9:00PM)

Event Fee: \$20 per person in advance, \$25 on the day of event

The 25th Annual Portsmouth Pocket Garden Tour showcases new and beautiful gardens each year in the Portsmouth NH area. We are excited to have 12 fantastic gardens this year to show off along with food, music, and great company! Come out for great garden inspiration and a great time! Friday 6/20/2014 Times: 5PM-8PM Saturday 6/21/2014 Times: 9am-3pm, 292 State Street, Ports-

mouth, NH. Phone: 603-436-4762. Email: like2move@gmail.com Website: <https://www.facebook.com/PortsmouthPocketGardenTour>

Adventure Photography Tours

6/20/2014 (8:00AM)

(317) 691-7376

An exclusive series of Guided Photography Tours, led by renowned photographer Ernie Mills, is now being offered on the slopes and summit of the Northeast's highest Peak as well as other spectacular spots in Pinkham Notch. Tours are 3 hours in length and are being offered every Friday. Choose from either a Sunrise, Day time or Sunset tour. To book your tour call Ernie at (317) 691-7376 or call the Auto Road at (603) 466-3988. Mt. Washington Auto Road, Rt 16, Pinkham Notch, Gorham, NH Phone: 317-691-7376 Email: erniemillsphotography@yahoo.com Website: <http://> ▶

SPECIAL ADVERTORIAL

U.S. residents set to get new infrared heaters to save up to 50% on heating bills for only \$159 and free shipping

Compared to the Suggested Retail Price of \$399.95 this is a great opportunity for our residents to own one of the highest quality, energy saving, cool-to-the-touch, portable infrared heaters available today, and stop spending a fortune on heating bills. The first 785 callers who beat the 48-hour deadline are getting these money saving portable infrared heaters.



■ **Simply Plug it in:** Saving money on heating bills is very easy with an iHeater infrared heater. Today's distribution is intended to help those in need of keeping warm this winter without spending too much on heating bills.

If you or a loved one has difficulty paying for heating bills, then this distribution of brand new portable infrared heaters is your chance to make life a little easier. These infrared heaters warm the room evenly and efficiently without drying out the air. They never get hot to the touch, like other heaters, so they are safe for pets and children.

These revolutionary infrared heaters are changing the lives for many that find it difficult to pay for the high cost of heating a home. Infrared heat warms in a way similar to the warmth we feel from the sun, it's been described by many as "bone warming" heat. It is

completely safe and does not deplete oxygen from the air, which would make you tired, nor dry out the air, which irritates your skin. The iHeater brand is said to be the most sought after brand of infrared heaters. iHeaters have been selling strong for many years, they have in-house customer service located in Indianapolis, Indiana. The iHeater infrared heating elements are backed by a lifetime warranty and don't burn out, like other low-end brands of infrared

heaters that use bulbs.

Similar infrared heaters of this quality are expensive, the suggested retail on this unit is \$399.95, but state residents are being urged to call the Toll Free hotline listed below because the first 785 callers who beat the 48-hour deadline will be able to claim one of these infrared iHeaters and have it delivered directly to their door for only \$159 and the shipping is free. This is an extraordinary opportunity for those in need of help on winter heating bills. "We're preparing ourselves for all the calls because a program like this, for a new infrared heater of this quality, has never been released before. So if the lines are busy, keep trying. We'll answer every call in the order they are received" Brinkman said.

**Call toll free:
1-800-981-4589**



The Toll Free Distribution Hotlines open at 9:00 am this morning for US residents only. You must be one of the first 785 callers who beat the 48-hour deadline to have your infrared heater delivered to your door for only \$159 and free shipping. (suggested retail: \$399.95)

OUT & ABOUT

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Make Music Plymouth

6/21/2014 (11:00AM)

Come see NH's largest FREE MUSIC FESTIVAL. June 21st. Plymouth, NH. All ages, all genres, all welcome. Make Music Plymouth is an all-day, open-access, free festival taking place in downtown Plymouth, New Hampshire on June 21st, 2014. Participation is encouraged from all ages, genres and abilities, from indie rock to bluegrass to a cappella, from music students to professional artists and everything in between. This celebration is not limited to residents of Plymouth, but invites music and fun enthusiasts from everywhere to come participate by performing, attending or volunteering. Join us to ring in the summer solstice as part of an international event with its heart and soul in our local community! Main Street, Plymouth, NH 03264 Phone: 603-536-1001 Email: scott@plymouthnh.org Website: www.makemusicplymouth.org

Drumming Up the Sun

6/21/2014 (4:45AM)

Bring your drum and join in for a relaxed drumming festival to celebrate the solstice. Please arrive 15 minutes before sunrise. Cathedral of the Pines, 10 Hale Hill Road, Rindge, NH 03461 Phone: 603-899-3300 Email: info@cathedralofthepines.org Website: www.cathedral-ofthepines.org

Equestrian Fantasy

6/21/2014 (5:00PM)

Event Fee: Show only \$25 Reception and show \$50 Reception, show and dinner \$125

Electric Earth Concerts presents Equestrian Fantasy, a fundraising gala with several parts, on Saturday, June 21. It includes a dazzling equine exhibition with hors d'oeuvres, an elegant dinner, a short concert with world-class musicians, a silent auction offering high-quality art, vacation rentals, jewelry, fine wines, and more. A collaboration between Electric Earth Concerts, Elite Equestrian Enterprises, Mead Brook Equestrian Center, and the Grand View in Jaffrey, Equestrian

Fantasy proceeds will benefit Electric Earth's program of free outreach concerts. The evening opens at 5 p.m. with wine, hors d'oeuvres, and socializing in the hayloft at Mead Brook. The setting is informal and rustic, yet comfortable, spacious, and accessible. Mingle with friends and Electric Earth musicians while enjoying appetizing delights from Sunflower's Restaurant. At 6 p.m. master equestrian Rebecca Ecard will mesmerize the audience with the natural beauty, elegance and grace of a mélange of show horses. Watch as the magical world of horses unfolds. In addition to star Friesians, there will be gifted Morgan, Percheron and Tennessee Walker breeds. Highlights include horses performing in Liberty (loose in arena), Quadrille (a four rider pattern drill), a Carriage Driving Presentation, Pas De Deux (two riders performing together) and a Freestyle Finale with a live musical performance by soprano Ilana Davidson. Following the show there will be a chance to greet both human and equestrian performers. Then

at 7:00 a short drive over to the Grand View, where a spectacular view of Mt. Monadnock awaits guests, before they step into the elegantly-appointed barn for dinner provided by Sunflowers Restaurant of Jaffrey. As a coda to the day's events, while the sun sets on the longest day of the year, there will be a performance by musicians from Electric Earth prior to the dessert course. Finally, a silent auction at the Grand View will be held that evening for some valuable items. Grand View Barn 580 Mountain Rd., Jaffrey, NH Phone: 646-522-3352 Email: eeconcerts@gmail.com Website: ElectricEarthConcerts.org

White Nights at Brookford Farm

6/21/2014 (4:00PM)

Event Fee: \$14 for Farm to Table Dinner

Join us for a Summer Solstice Event with Farm -to-Table Dinner and Traditional Barn Dances. White Nights is a traditional European Festival celebrating arts and culture during the summer solstice. Schedule of Activities: 4pm Hayride to tour the farm, ▶



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OUT & ABOUT

fields, and animals 5pm - Farm to Table Dinner served with Wood Fired Brick Oven Pizza, Salad, and Dessert made by Chef Dane Percy and Chef Melina Roseholm (\$14.00 per person) 7:30pm Traditional Barn Dances with Calls and Fiddling by Dudley and Jacqueline Laufmann 7:30 start of Bon Fire. 250 West Rd., Canterbury, NH Phone: 603-742-4084

Email: brookford.csa@gmail.com Website: www.brookfordfarm.com

Art in Bloom - A Walking Tour of Jackson

6/21/2014 (10:00AM)
Event Fee: Free

The Mountain Garden Club's annual gift to Mount Washington Valley is this walking tour of the quaint village of Jackson, where pieces of art, and accompanying floral interpretations, are located at a variety of Jackson businesses. From 10 AM till 4 PM, nearly 50 exhibits will be displayed. From 11 AM till 3 PM, refreshments will be served. This highly popular tour is offered free of charge. Follow signs in Jackson Village. Village of Jackson, Route 16 A through the Covered Bridge in

Jackson, Jackson, NH 03846
Phone: 603-383-9466
Email: betseyh44@gmail.com
Website: www.mountaingardenclub.org

Granite State Music Festival

6/21/2014 (10:00AM)
Event Fee: \$30/\$35/\$40/\$50; please see website

Two days, 24 bands in a scenic, family friendly venue with pro sound stage, food, beer garden, child activity station, curiosities, arts, shade, and plenty of parking. Convenient to Rte. 93. Support local original artists while enjoying a diverse and entertaining event with something for everyone! Go to granitestatemusicfest.org for info and tix. See you there!

Kiwanis Riverfront Park
15 Loudon Road, Concord, NH
Phone: 603-534-3592
Email: info@gsmfest.org
Website: <http://granitestatemusicfest.org>

Edible Wild Plant Workshop

6/21/2014 (10:00AM)
Event Fee: \$15, members of either

The Little Nature Museum or the Mt. Kearsarge Indian Museum; \$20, nonmembers.

Edible Wild Plants will be held June 21 from 10 AM until Noon (raindate, June 22). Attendees will learn to identify and safely prepare wild edible plants and learn the basics of safe and responsible foraging. Learn Native American uses for plants. Minimum age is 11; with an adult, age 9. Enrollment is limited to 20. Preregistration is required. Proceeds benefit The Little Nature Museum. Register by using the downloadable registration form at: littlenaturemuseum.org/CalendarForm14.html or call 603-746-6121. The workshop will be taught by outdoor survival expert, Rudy Bourget, who has presented outstanding workshops for the Museum for past seven years. Rudy Bourget has studied primitive outdoor and wilderness survival skills for over 40 years, and has been very active in Boy Scout and Cub Scout leadership and training for nearly 20 years. 18 Highlawn Rd. Warner, NH. Phone: 603-746-6121

Email: info@littlenaturemuseum.org
Website: www.littlenaturemuseum.org

Monadnock Humane Society's 26th Annual Walk For Animals

6/21/2014 (9:00AM)
Event Fee: FREE

Monadnock Humane Society is pleased to announce the 26th Annual Walk for Animals will once again be held at the Keene Dillant-Hopkins Airport in Swanzey, NH on Saturday, June 21st from 10am - 2pm (Walker registration opens at 9am), rain or shine. This is MHS's biggest and most important fundraiser of the year. MHS needs business sponsors to support the Walk with either a cash or in-kind sponsorship. Employees can also form teams and support the Walk as participants. Every year, members of the community help to raise money by finding friends, family, colleagues, businesses, coworkers - any animal lovers - to sponsor them. MHS's website has complete information and fundraising tools for those who ▶

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Please note that we do not carry controlled substances and a valid prescription is required for all prescription medication orders.

Prescription price comparison above is valid as of May 31, 2013. All trade-mark (TM) rights associated with the brand name products in this ad belong to their respective owners. *Generic drugs are carefully regulated medications that have the same active ingredients as the original brand name drug, but are generally cheaper in price. Generic equivalents are equal to their "brand" counterparts in Active Ingredients, Dosage, Safety, Strength, Quality, Performance and Intended use. It may vary in colour, shape, size, cost and appearance.

OUT & ABOUT

want to join the Walk. Fundraising occurs between now and the date of the Walk event. Then, on June 21st Walkers fetch their sneakers, leash up their dogs (or walk without a dog) and take a walk together on this special day. Everyone can participate as either an individual or as part of a team. Children are encouraged and welcome to participate. The Walk for Animals offers two courses - a one- or three-mile course on a paved road that winds through beautiful fields and wooded areas along the access road at the Airport. The road will be closed to traffic for the day. The Walk for Animals will begin with the traditional opening parade led by oxen Bright, Jesse and James - the ambassadors of the Swanzey Open Space Protection. The Walk itself will conclude by noon with a picnic lunch, music by CJ the DJ, and an awards ceremony with prizes for the top fundraisers in adult, youth, and team categories. The public is welcome to join the festivities. All proceeds from the Walk for Animals go directly to the care of our homeless animals. Participation in the Walk for

Animals - as an individual walker, part of a team, or as a volunteer - will make a difference in the lives of thousands of animals as well as the people in our community. 80 Airport Road, Keene, NH Phone: 978-413-7341 Email: madzien119@gmail.com Website: <http://monadnockhumanesociety.org/>

Swinging to Oldies Tunes on a Dinner Cruise

6/23/2014 (6:00PM)
Event Fee: adults \$49, mature adults 60+ \$39, Children \$39
Enjoy an evening of dining and dancing to the tunes of the good old days aboard the M/S Mount Washington while cruising Lake Winnepesaukee. A delicious buffet dinner and live music is part of the package. if you are 60+, you get a \$10 discount Monday nights. For more information call 603-366-5531 or go to www.cruiseNH.com M/S Mount Washington, Lakeside Ave., Weirs Beach, NH. Phone: 603-366-5531 Email: info@cruiseNH.com Website: www.cruiseNH.com

2014 Ice Cream Social

6/22/2014 (12:00PM)
Event Fee: Free
There's nothing like freshly scooped ice cream to celebrate summer! Come cool off with chocolate, Creamy Cow Chip, maple, vanilla, and other seasonal flavors. Kid-Sized Ice Cream at \$2.00 Regular-Sized Ice Cream at \$3.00 Take a horse drawn hayride (\$3.00/adult, \$1.00/child) and visit the new Farm Store and Discovery Room. Stonewall Farm, 242 Chesterfield Road, Keene, NH Phone: 603-357-7278 Email: jfiderio@stonewallfarm.org Website: <http://www.stonewallfarm.org/>

GrayMist Fiddle Fest

6/29/2014 (12:00PM)
Event Fee: Adults \$8, Children \$4. Kids under 3 free.
Professional and Amateur Fiddlers with professional band. Rain or shine. Paul Amey along with the Back Shed String Band/ Uncommon Folk will headline entertainment. They will combine their multiple instruments & harmonies mixed with bluegrass, original tunes, classic

Country, old-time & folk music. Bring blanket, umbrella, Frisbee, fiddle, family, friend. There will be vendors selling food, crafts, t-shirts & much more, To have a table call Samantha Gray Young at 636-0075 or e-mail samantha.young@craneandbellcpas.com or to register to play go to graymistfiddlefest.com At GrayMist Farm, 317 Brown Road, Groveton, Stratford, NH 03590 Phone: 603-237-8939 Email: nccoc@myfairpoint.net Website: www.northcountry-chamber.org

DockDogs Aquatic Canine Competition

6/28/2014 (8:30AM)
Event Fee: \$30 to compete per event, see website for details
Settlers' Green Outlet Village is bringing DockDogs, an international dock jumping canine aquatics performance sport for dogs, to North Conway this summer. The event will be operated by the Seacoast DockDogs Chapter. 2 Common Court Unit C13, North Conway. 356-7031. Website: www.settlersgreen.com/events/upcoming-events#384

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