

SENIOR

A Guide for Active
New Hampshire Seniors

Lifestyles!



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Enjoying retirement in a home suited for an active life

This active lifestyle means boomers don't want to take care of the large homes they lived in for years while raising children. In fact, they're ready to downsize, and want to design their homes to be exactly what they need for their retirement years.

Downsizing into a new home - one that can adapt to boomers' changing needs as well as accommodate their occasional desire to entertain guests - is a great way to enjoy retirement in comfort and style. And with the customizable features available through Clayton Homes, they won't regret downsizing at all. Boomers can choose these features in The Holland home model by Clayton Homes, specifically designed for the active boomer, and continue entertaining in these prime years.

Bragging wall - Every parent and grandparent loves to show off photos of their children and grandchildren. A wall designed specifically for hanging photos, awards and other proud mementoes gives parents and grandparents the perfect opportunity to share stories with visitors.



Handy but hidden entertainment

- When friends and family come over, consider how efficient it is to have a built-in cabinet that flips open to serve as a beverage station. When visitors are not around, tucking the beverage station away into a designated place makes the home more open.

Accessible laundry - Placing laundry facilities close to the bedroom is great for baby boomers. The space doesn't need to be large, but sometimes when a small space is designed for laundry, you lose out on those wonderful additional features, such as drying racks. Clayton Homes has alleviated this issue by installing pull-out hanging racks or

built-in storage above the machines and off the floor.

Bedroom luxury - Enjoy a home that segregates the master bedroom and bath from the entertaining areas of the home. One way to make this private space perfect is to install a beauty bar. It's a vanity station in the bedroom with a large mirror and chair so one can comfortably prep for the day without constantly standing.

Fun space - Many retirees finally have the time to enjoy their hobbies to their full potential, and they'll need to designate a space in their new home to accommodate the activity. Maybe they're interested in physical fitness. Sometimes a craft room is required so the grandkids can come over and put their creativity to good use. Entertaining is an option, too, and having a separate room near the kitchen just for those planned gatherings might be exactly what is needed.

By efficiently utilizing living space that is specifically designed for their use, boomers can enjoy their retirement years in a home that is built to suit their new active lifestyles. (BPT)

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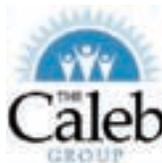
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Great North Woods Moose Festival - A New Hampshire Tradition

After over two decades of the Moose Festival taking place, it's safe to say that it has become a Great North Woods tradition. Every year, the weekend before Labor Day, the communities put on a grand lineup of family-friendly events and activities, showcasing the best of the North Country. The dates for this year's weekend full of festivities are Aug. 22-24th.

Moose Fest kicks off on Friday the 22nd. This day is centered around a Street Fair in Colebrook that begins at 3 p.m. and ends at 8 p.m. Entering town, you'll find Main Street filled with food and craft vendors, exhibitors and demonstrations. The fun branches out down side streets, this year including space on Pleasant Street and a full list of offerings at the Tillotson Center at 14 Carriage Lane, where the Kidz Korner will be held. Remember to grab a map on the shuttle or at the Chamber booth to see all the offerings. The Kidz Korner will be open 3-6 pm and includes the new addition of "Dana and Friends- Ventriloquist & Magician". The Montshire Museum of Norwich, VT is also setting up a science demo tent there, which is sure to be a hit! Also taking place at the Tillotson Center: Wildlife Encounters (a wild animal show), fun & games on the lawn, Connecticut River Artisan Group art gallery exhibit,



and tours of the Historical Society annex located in the basement of the building. Down Bridge Street you'll find droves of classic cars lining up for their Moose Cruise down Main St. at 6:00 p.m. Those wishing to participate in the cruise should line up between 3:30-5:30 p.m. The Quilt Show will be happening from 1-6 p.m. at the Methodist Church. The Historical Society will be open from 1-4 pm at the Town Hall for a little peak into the rich history of Colebrook.

On Main Street during the afternoon you'll

see dance numbers by Step by Step School of Dance and the WoW (Wildlife on Wheels) Express displaying exhibits about the Connecticut River Watershed. You'll find plenty to eat, drink and be merry about while walking through the Street Fair with live music to keep you entertained all afternoon and evening. First Run Home Entertainment will start things off with a band playing for the afternoon on their lawn. Uncommon Folk will be on the main stage with their mix of bluegrass & folk tunes at



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5pm. (Please bring a donation for the location food pantry, as this band is playing in exchange for non-perishable items/cash to help stock up the northern food pantries in preparation of winter!) Following the Moose Cruise will be the main act back by popular demand: The Parker Hill Road Band. Enjoy this evening when locals and visitors unite in their love for the North Country!

The next day includes a full lineup of events in Canaan, VT at the Community Park just off of Rt. 102 and in Pittsburg, NH at the Amey Homestead on Tabor Road. If you're bored on this day, you surely cannot be in the North Country! Start your day off bright and early with the Murphy the Moose Trail Run, before heading north. You can also help support the Canaan Senior Class by attending the Moose Watcher's Breakfast, taking place from 7-10 a.m. at the Canaan School.

The country fair in Canaan takes place from 9:30 a.m. to 3:00 p.m. The Kidz Korner will make an appearance again here, with Dana and Friends returning with his puppet & magic show, a dunk tank, crafts, games and plenty of fun to keep the kids entertained for hours on end! The Habitat for Humanity Dog Show will be back again this year—a popular and well-attended event.

All contest winners will be announced

at the end of the day. Registration forms and information can be found at www.moosfestival.com along with all details about Moose Fest weekend. Information may also be secured by contacting Britni White, the Chamber's Office Manager, by phone (603)-237-8939 or by email nccoc@myfairpoint.net.

Meanwhile, if your interests are farming and history based, you'll love the offerings up in Pittsburg! Events begin at 10 a.m. in the Indian Stream Valley, along Tabor Road. The Amey family will make you feel right at home! "A Day at the Farm" includes an open house of Maple Ridge Farm, visits with live animals, a farm museum, hay rides and live music. An open house at the Indian Stream Farm farmhouse includes antique household equipment on display, bread and pie baking, homemade ice cream, and demonstrations of old-time fiber crafts—spinning, weaving, braided rug making, etc.

Take a guided tour of the Indian Stream School House, a one room school house which is still commissioned by the state of New Hampshire and contains many of the original artifacts. Or perhaps you'd enjoy checking out the Antique Engine Show—featuring a variety of old engines, demonstrating how they power equipment which performs many different tasks...sawing wood, shucking corn, pumping water, etc. The Antique Tractor Show will have

a display of early tractors and owners on hand to answer questions.

Pittsburg activities culminate with the authentic Amey Homestead Music Festival—bluegrass, folk, and country music with guest/cameo appearances by several local musicians. It starts promptly at 6:00 p.m. and ends "when the cows come home"! The Tillotson Center in Colebrook will also feature a band this evening—Alex Smith, playing mountain folk.

Sunday the 24th, things quiet down a bit for you to relax and wind down. The North American Martyrs Church will be holding their annual breakfast at the St. Albert's Hall, 15 Church Street, West Stewartstown, NH, from 7:30-11:00 a.m. A historic lecture on the interesting topic of the Indian Stream Republic will take place at the Tillotson Center in Colebrook from 3-4 p.m. Dr. Steve Rogers will be hosting this talk. That evening enjoy the "Lonely Heartstring Band" at the Tillotson Center—a GNWCA sponsored concert beginning at 7 pm. A summer picnic will also be offered for "dinner & a show".

Please visit www.moosfestival.com for additional information about the 23rd Annual North Country Moose Festival, or call 603-237-8939. This event is organized by the Moose Festival Committee and is a signature event of the North Country Chamber of Commerce.





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Donations needed to Help Save the Kimball Lake Cabins

Kimball Lake and its four log cabins are a familiar sight as you enter Hopkinton Village. But did you know that the lake is manmade and the cabins were originally guest houses?

Unfortunately, the cabins have fallen into disrepair over the years and now need to have work done to address safety concerns. Please consider making a tax-deductible donation and/or volunteering to help repair these historic cabins.

Dating to the 1930s, the lake and cabins (see photos above) were the vision of Harold Kimball, a devoted fisherman, conservationist, and capitalist who grew up in Hopkinton. The property now belongs to the town and has been used for ice skating, kayaking, scouting events, and school field trips. In addition, in 2013 the walking trails around Kimball Lake were connected with other nearby trails



The Kimball Cabins circa 1940.

to form the popular Hopkinton Village Greenway, a 4.5 mile greenbelt trail surrounding Hopkinton Village.

Due to safety concerns, the cabins have been closed by the town. A committee appointed by the selectmen has developed a multi-phase plan to repair the cabins; the first phase is renovating the porch of the

largest cabin and making it handicapped accessible (see conceptual drawing below).

A local group of skilled contractors and volunteers have generously agreed to provide the labor; however, \$3,500 needs to be raised to pay for the materials. Work will begin as soon as the money is raised, and ideally, will be completed this fall.

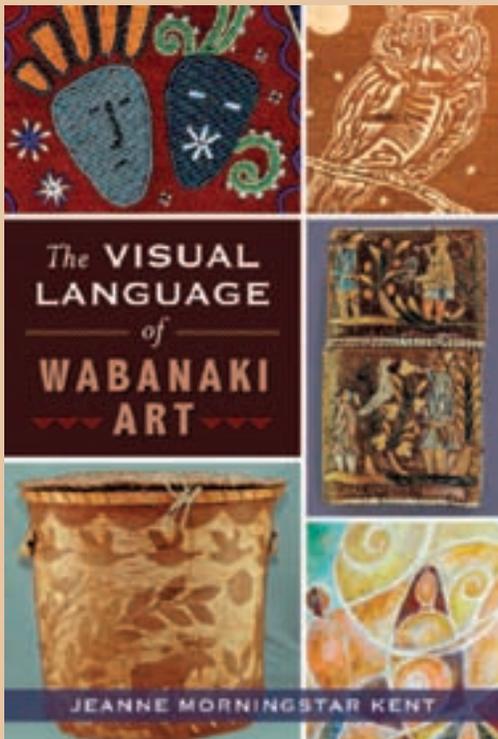
Please consider making a tax-deductible donation to help save an important part of our town's history. Send your tax-deductible donations to the Town of

Hopkinton, 330 Main St. Hopkinton, NH 03229.

Checks should be made out to "Town of Hopkinton" with "Kimball Lake Cabins" written on the memo line. If you are interested in donating building materials or volunteering, contact Louise Carr at lmcarr03229@comcast.net or 746-3370. Thank you for your help.

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Cog Railway passengers to learn Mount Washington's natural history

The Mount Washington Cog Railway, famous for climbing the highest peak in the Northeast, will be offering a guided natural history tour of Mount Washington with Senior Interpretive Naturalist, Nancy Ritger, of the Appalachian Mountain Club on Monday, August 25.

Nancy Ritger, who has been interpreting the natural world for over 25 years, will give Cog passengers an introductory presentation on the train prior to ascending the mountain. Once the train is under way, Nancy will continue her presentation on the ride up the mountain, giving passengers insight into the various ecological zones they will pass through on their upward journey, as well as how different species have adapted to conditions at higher elevations. Upon arrival at the top, Nancy and the group will spend some time exploring the summit environment.

Founded in 1876, The Appalachian Mountain Club (AMC) promotes the protection, enjoyment, and understanding of the mountains, forests, waters and trails of America's Northeast. AMC helps people of all ages and abilities to explore and develop a deep apprecia-



tion of the natural world. With chapters from Maine to Washington, D.C. along it's 1800 miles of trails, guidebooks and maps, and unique lodges and huts, AMC helps people get outdoors on their own, with family and friends, and through activities close to home and beyond. More information is available online at www.outdoors.org

The Natural History Tour will take place on the 1:30 pm train; tour attendees will pre-board and are asked to arrive at least 45 minutes prior to the train ride departure. The round trip

tour is approximately 3 hours. Advance booking is recommended, as space is limited. Adults, \$81; Children (ages 4-12), \$54.

Call to book tours in advance at 603.278.5404. For details about the Natural History Rail Tour, please visit thecog.com or contact the Cog Railway Events Coordinator at 603.278.2255. The Mount Washington Cog Railway, the first mountain-climbing cog railway in the world and the only one east of the Rockies, is located on Base Station Road, Marshfield Station, NH.

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Learn about the history of the SS Mount Washington

Rich Strum, author of *Ticonderoga: Lake Champlain Steamboat*, will talk about "The Steamboat Chateaugay: The Earlier Life of the Mount Washington." The free lecture will be held August 28th, at 7:00 p.m. with light refreshments to follow.

The steamer Chateaugay was the first steel-hulled vessel in the fleet of steamboats operated on the New York lakes of Lake Champlain and Lake George by the Delaware and Hudson Railroad. Entering service in 1888, the Chateaugay served on Lake Champlain on and off through 1939 when she was ultimately retired. Her hull was cut into sections and shipped by rail to Lake Winnepesaukee to become the new Mount Washington. Strum's talk focuses on the Chateaugay's years on Lake Champlain, along with those of her sister steamers. He will provide an overview of the history of steamboating on Lake Champlain dating back to 1809 through the retirement of the last lake steamer (the Ticonderoga) in 1953. The Chateaugay



Historic photo of the Steamboat Chateaugay.

paved the way for an entire fleet of modern steel-hulled steamers on Lake Champlain and Lake George that totaled six by 1911.

Rich Strum worked at Shelburne Museum, the current home of the steamer Ticonderoga, in Vermont from 1989 to 1999. While on staff at Shelburne he served on the exhibition team that developed and implemented an interpretation plan for the steamer as she neared the completion of an extensive seven year restoration project. The newly-restored vessel with new exhibi-

tions was symbolically "rechristened" in September 1998. In addition to writing *Ticonderoga: Lake Champlain Steamboat*, Strum is the author of three books for young readers related to 18th-century history. He has been the Director of Education at Fort Ticonderoga since 1999.

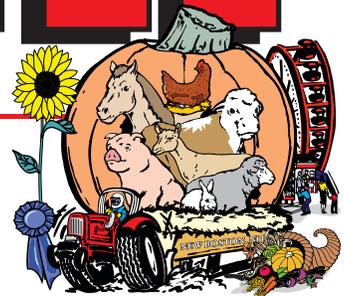
To learn more about the New Hampshire Boat Museum or the lecture, call the Museum at 603-569-4554 or visit the Museum's website at www.nhbm.org. The New Hampshire Boat Museum is open for the 2014 season through Monday, October 13, 10am-4pm Monday through Saturday, and Sunday 12noon-4pm. The Museum is a not-for-profit institution focusing on New Hampshire's fresh water boating heritage. The Museum is located at 399 Center Street, Wolfeboro Falls, 2 miles from downtown Wolfeboro in the former Allen "A" Resort dance hall/theater building. For further information contact the Museum at 603-569-4554, museum@nhbm.org, www.nhbm.org or via Facebook.

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Stay on top of your rheumatoid arthritis with these tips

(BPT) - Rheumatoid arthritis (RA) is an incurable, progressive disease in which the body's immune system mistakenly attacks a person's joints, causing inflammation and damage. Approximately 1.3 million people have RA. This condition strikes about three times as many women as men and most commonly appears in people between 40 and 60 years old. If you have been diagnosed with RA, you are probably familiar with many of these statistics, just as well as you know the pain that occurs in your joints during an RA flare-up. Chances are good that symptoms of your RA have caused you to miss social events or even work. But there is good news. Although RA is not curable, there are multiple ways to effectively manage your condition and improve your quality of life. Follow these tips to begin improving your condition today:

Stay positive. Just because RA is incurable doesn't mean it has to dictate your life. People across the United States who have been diagnosed with this disease lead very productive and rewarding lives. Don't let RA control you.

If you have recently been diagnosed, or have had an especially painful flare-up, it's important to educate yourself about the disease and take proactive measures to ensure successful management of your RA. This is the first and most important step in your treatment.

Find the doctor who's right for you. If you feel comfortable with your current rheumatologist, then you can skip to the next tip. If you don't have a rheumatologist or you don't feel comfortable with your current doctor, make finding the right one a priority. Remember, you will work closely with this doctor to create a personalized treatment plan, so trust is important. Before meeting with a new rheumatologist, be sure to create a list of questions you want to ask them. The answers you receive will help determine if this doctor is right for you.

Maintain a healthy diet. Inflammation is the hallmark sign of RA. Patients may reduce their RA symptoms by incorporating foods that have anti-inflammatory properties, including omega-3 fats such as fish, certain vegetables and

soy foods and walnuts. Antioxidants have also been shown to help ease inflammation. Leafy greens, fruits, beans, nuts, dark chocolate and certain spices contain high levels of antioxidants, such as vitamins C, E, carotene, lycopene and flavonoids. Speak with your doctor to learn more about dietary changes that may benefit you.

Get out and be active. Many people diagnosed with RA mistakenly believe they must limit their activity to avoid disease flare-ups, but regular activity has been proven to limit or control RA's symptoms. Discuss your activity goals with your doctor to determine which activities could be beneficial for you.

Improve your methotrexate (MTX) efficiency. As a person with RA, you may be taking an oral form of MTX and know all about the side effects that come with your medication. But these days, some RA patients are opting for new, easily injectable MTX options. Speak with your doctor about what options may be most appropriate for you.

To learn more about how you can treat your RA, visit www.arthritis.org.

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State of NH adopts "Farm to Table Program"

The Granite State's agricultural sector, which added 255 farms between 2007 and 2012, according to the most recent Census of Agriculture, and now boasts more than 70 summertime farmers' markets, got another piece of good news when Gov. Maggie Hassan signed a bill that creates the first New Hampshire farm to-table program. While attending the Tilton Farmers' Market on Friday at the Tanger Outlet Mall, Hassan proclaimed the week of August 3-9 as the 15th annual New Hampshire Farmers' Market Week as well as proclaiming the month of August as New Hampshire Eat Local Month.

Hassan then signed Senate Bill 141. Known as "An act establishing the Granite State farm to plate program," SB 141 states that it is the policy of the state to "encour-

age and support local food producers, farming, and fisheries, including businesses engaged in agriculture, the raising and care of livestock, dairy, fishing, foraging, and aquaculture, agritourism, horticulture, orchard management, maple syrup production and the associated local and regional businesses that process, purchase, distribute, and sell such food throughout the state."

State agencies, the new law says, "shall strive for interagency cooperation as well as cooperation with public and private entities to foster local, state and regional food systems that adhere to the Granite State farm to plate principles ..." Those principles recognize that "Agriculture in New Hampshire represents a vital part of both the state's rural and urban economies and the larger food systems that connect it with the state's local and regional economies and the public;" that consumer demand, both public and private, "for locally grown and pro-

duced food is growing and deserves support from the state and state agencies; "and that support of local food economies is "vital to public health of our residents and to the viability and livability of our communities."

Additionally, the farm-to-plate program increases access to healthy foods which help to decrease hunger as well as diseases from eating unhealthy foods; and "removes obstacles and excessive financial burdens to farms and associated businesses, including farmers' markets, cooperatives, food hubs, fisheries, and processing centers." NH Commissioner of Agriculture Lorraine Merrill, who joined the governor at the Tilton Farmers Market, told the audience who turned out for the SB 141 signing ceremony and the twin proclamations by Hassan, that with some 100 farmers' markets in New Hampshire - 70 in the summer and 30 in the winter - there was "no excuse" for not getting farm-raised food.

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Preserve the Harvest for Winter Meals and Holiday Gifts

by Melinda Myers

The cucumbers have filled the vegetable drawer, you've run out of cabbage recipes and your family is refusing to eat one more BLT. Or maybe you just couldn't resist that special deal on a bushel of tomatoes, potatoes or apples at the farmer's market. So what is a gardener or shopper to do with all that produce?

Since properly stored vegetables will hold their flavor and nutritional value longer than those left in a plastic bag or set on the sunny kitchen counter, consider preserving some for the long winter ahead using one of several methods.

Storage orchard racks and slatted

crates placed in a cool dark location have long been used to store squash, onions and potatoes. The stackable nature or drawers provide ample storage space, so fruits and vegetables do not touch. Keeping stored fruit separated prevents rot from spreading from one fruit to the next. Plus, the slatted sides allow airflow to extend storage longevity.

Those in colder climates can store their carrots and parsnips right in the garden. Once the soil gets a bit crunchy, cover them with straw or evergreen boughs for easier digging in winter. Then dig as needed or harvest during the first winter thaw. If this isn't possible or not your style, try out a root vegetable storage bin. The root crops are layered in sand or sawdust and placed in a cool dark location. Just remove and use as needed. No snow shoveling needed.

Drying is one of the oldest food preservation techniques. Most of us have grabbed a few bundles of herbs to hang and dry. Expand your drying endeavors to include fruits and vegetables. The goal is to quickly remove moisture without cooking the food. You can make your own dehydrator or purchase one. Research has shown that blanching vegetables and fruit before drying helps destroy harmful bacteria. Blanching involves a steam or boiling water bath followed by a cold water bath. Timing varies with the fruit or vegetable you are preparing.

Another ancient food preservation technique, fermentation, is experiencing a comeback. Cultures around the world have fermented fruits and vegetables for thousands of years. Unique flavors, storage options and health benefits have many gardeners revisiting this tradition. ▶

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Fermenting cucumbers into pickles, cabbage into sauerkraut, and berries into preserves are just a few options. The ingredients can be as simple as water, salt, and spices. All you need is a vessel, vegetables and fermenting culture. You

can jump-start your efforts with a fermentation crock kit (gardeners.com) which includes the crock, cover and weights to make sure your veggies stay safely submerged in water.

Or quickly lock in the flavor and nutrition of your fruits and vegetables with freezing. You'll need airtight containers or bags that are durable, don't leak and won't become brittle in cold temperatures. Some produce does not freeze well and others may need to be

blanched before they are packed in the freezer bag or container. But frozen items can easily be retrieved from the freezer and included in your winter meals.

Canning is a bit more involved, but

can be lots of fun. This process preserves the food and keeps it safe by preventing the growth of undesirable bacteria, yeast and mold. The sealed jars keep the flavor in and bad microorganisms out. So gather your produce, jars, pressure cooker, canner and friends to create tomato sauce, salsa, jams and jellies to enjoy or give as gifts.

Whatever method you choose, do a bit of research before you start. You'll have greater success and a lot more fun. The National Center for Home Food Preservation website, <http://nchfp.uga.edu>, provides all the basic information for storage and food preservation.

Gardening expert, TV/radio host, author & columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books. Myers' web site, www.melindamyers.com, offers gardening videos and tips.

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Moss & Mushrooms in Home Lawns

◆ Moss

Many lawns in New Hampshire contain moss and/or algae. Moss is often found growing in shady spots in acidic, infertile, poorly-drained soils. Although

mosses don't directly damage lawn grasses, they do compete for space and over time can dominate sections of a lawn. Mosses are small green plants that have a mass of fine stems and shallow roots. Generally, moss cannot invade a vigorous, healthy lawn.

Any attempts to control moss will be only temporary unless the basic conditions (shade, poor drainage, acid soil) that allowed moss to grow in the first place have been corrected.

Some homeowners discover that mosses make a very attractive ground, maintenance-free ground cover in the areas they are well adapted for. However, if you want to control moss on your lawn, try some of these suggestions:

Non-Chemical Control

- Maintain good soil fertility and pH values that favor dense, vigorous turf growth. Have the soil tested to determine lime and fertilizer needs. Liming alone

isn't recommended as a short-term control measure.

- Physically remove small patches of moss with a flat edge shovel.
- Improve drainage. If necessary, correct wet conditions using tile drainage.
- Increase light penetration and air circulation. Trim low-branched trees for better light penetration and air movement. You may find it necessary to remove the least desirable trees.

- Use a shade-tolerant grass such as fine-leaf fescues. However, if direct sunlight doesn't reach the ground during the day, plant a ground cover instead of grass.

- Cultivate compacted soils. Reduce compaction by aerating soil with a machine that removes plugs of soil. Improve drainage in fine-textured soils by cultivating and adding large amounts of organic matter and sand.

- Avoid excessive irrigation. Shaded areas where moss usually predominates ▶

Tilton Farmers' Market



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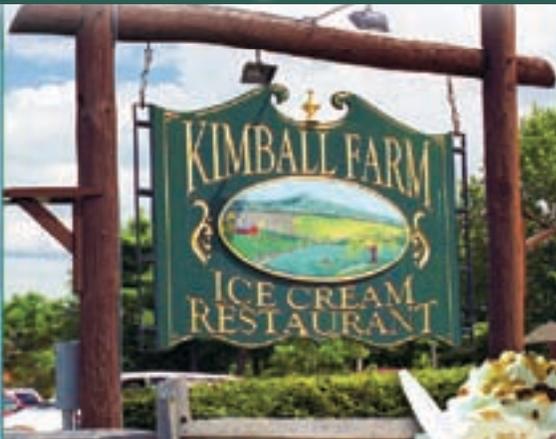
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www.yankeefarmersmarket.com

require less watering than sunny locations.

Chemical Control

The following products will help control moss:

Copper sulfate—Apply at the rate of 3 to 5 ounces per 1,000 square feet, or use a copper fungicide according to label recommendations.

Ferrous sulfate—Apply iron sulfate at the rate of 2 to 3 ounces in 5 gallons of water per 1,000 square feet

◆ **Mushrooms**

Mushrooms (some of which may also be called toadstools or puffballs) live on organic matter in the soil.

The mushroom is the above-ground reproductive structure of a fungus. In wet weather mushrooms will often sprout overnight. Most mushrooms don't damage the lawn but may people find them unsightly.

There is no practical or permanent way to eliminate mushrooms. However, the easiest temporary solution is simply to mow them off. Annual de-thatching to reduce the organic matter buildup also helps. When possible, remove any buried roots, stumps and lumber that mushrooms might live on.

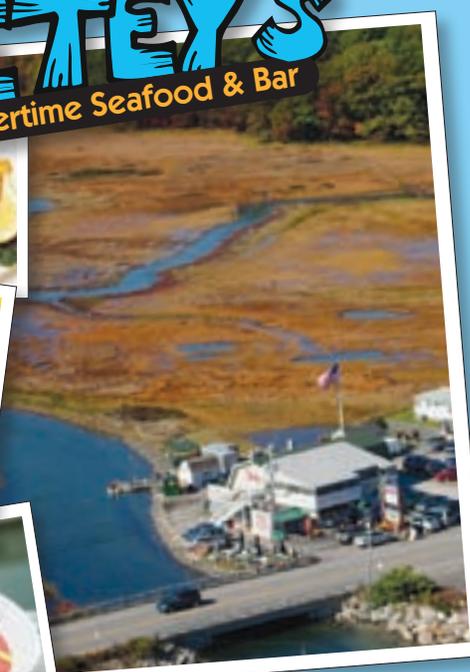
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Deja, a participant in the Crotched Mountain Rehabilitation Center's Equine Collaborative, leads Darcy the pony with long-time UpReach and Crotched Mountain Equine Collaborative volunteer, Celeste Lesmerises, as part of the Therapeutic Horse Experience at the Center.

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- ★ Build a conduit between our learning centers and businesses to promote the skills and curriculum necessary to sustain a skilled workforce and help students begin their careers in New Hampshire.
- ★ Balance the budget to fund our highest priorities and most critical services without burying individuals and businesses in higher taxes, bigger government, and wasteful spending.

KEARSARGE COUNCIL ON AGING CALENDAR OF EVENTS

September 2014 Programs and Activities

Tom & Tom's Men's Discussion Group Mondays 8:45am
We want to hear your stories and we'll share a few of our own. Come visit over an endless cup of coffee!

French Discussion Group
First and Third Mondays at 4:00pm
Join this casual, friendly group to practice your language skills and have fun. Participants at all skill levels are welcome!

Chair Exercises Mondays and Fridays 10:15am
This low impact exercise program is perfect for those looking for an easy, effective exercise routine.

Walking at Proctor Academy Gym
Monday – Friday 8:30–10:00am
Please call COA at 526-6368 for more information.

Walk-In Painting Tuesdays 1:00pm
Bring your current painting project to work on. This is an informal group and we'd love to have you join us.

Spanish Discussion Group
First and Third Tuesdays at 4:00pm
Interested in practicing your Spanish? Join our new Spanish Discussion group! For all conversation levels. For more information call COA at 526-6368.

Tai Chi Wednesdays 2:30pm
Kearsarge Community Presbyterian Church, New London, NH

Dealing with Dementia - A Caregiver Support Group
First Friday 1:00-3:00pm
Visit, share, give advice and receive support. Please call COA at 526-6368 to register.

Women's Discussion Group Fridays 9:00am
Get to know your neighbors over a casual cup of coffee. Join friends to visit, chat and share!

Bridge
Duplicate Bridge – Mondays at 12:45pm and Wednesdays at 9:15am
Contract Bridge – Thursdays at 9:30am

Games!
Poker – Tuesdays at 2:00pm
Hand and Foot – Wednesdays at 1:00pm
Chess – 2nd and 4th Thursdays at 6:00pm

Parkinsons Support Group Tuesday, September 2 1pm
You are invited to join this lively, welcoming and supportive group!

Blood Pressure/Glucose Screening Clinic & Ask a Nurse
Friday, September 5 10:30 – 11:30am

VNA Foot Care Clinic at COA
Friday, September 5 12:30 - 3:30pm
Friday, September 12 1:00-3:00pm
\$25 (doctor's order required for diabetics)
Please call COA at 526-6368 to schedule an appointment.

Computer Questions with Laura Thompson
Saturday, September 6 9:00am – 11:00am
(1/2 hour appointments beginning at 9:00am)
Are you looking for answers to questions about basic PC computer skills? Sign up for a one-on-one half hour session by calling 526-6368.

Breakfast Club Book Discussion
Tuesday, September 9 9:30am
The Unlikely Pilgrimage of Harold Fry by Rachel Joyce ▶

Questions About Medicare?

Tues., September 9 1:30-3:30pm

Anita Oelfke, Medicare Coordinator for Merrimack County Service Link, will be available to answer your Medicare questions. Please call COA at 526-6368 to sign up for this program.

Long-Term Care Planning

Friday, September 12 10:30am

Learn more about your options for long-term care with Wayne Blanchard from ServiceLink.

Please call COA at 526-6368 to sign up for this program.

Sunday at the Movies

Sunday, September 14 2pm

Please call COA at 526-6368 for movie information.

Sip and Paint at COA with Blended Palette Studio

Wednesday, September 17 4:00-6:00pm

We invite you to join us in a fun, creative social art experience. Unwind and relax with a beverage of your choice as artist Patty Fazio guides you with step-by-step instructions to create a take-home 16" x 20" canvas painting. Paint along with Patty and the group or create your own unique piece. All paintings are designed as easy, fun projects anyone can enjoy. Come play with paint and ignite your creative spark! Absolutely no experience required. All materials provided. Bring your favorite beverage. \$35.00/person. Please call COA at 526-6368 to register.

Money Smarts for Older Adults - Preventing Financial Exploitation

Presented by Lake Sunapee Bank

Thursday, September 18 1:30pm

With more than 50 million Americans over the age of 62, older adults are prime targets for financial exploitation. Called the "crime of the 21st century", financial exploitation has cost older adults at least \$2.9 billion dollars. Awareness and prevention is the first step to stopping this epidemic. During this presentation you will learn important points to consider in planning for a more secure financial future, including how to guard against identity theft and other forms of financial exploitation, how to prepare financially for unexpected life events, and what to have ready in case of an emergency. Please call COA at 526-6368 to register.

Movie & Pizza Night Friday, September 19 5pm

"The Iron Lady"

THE IRON LADY is a surprising and intimate portrait of Margaret Thatcher (Meryl Streep), the first and only female Prime Minister of The United Kingdom. One of the 20th century's most famous and influential women, Thatcher came from nowhere to smash through barriers of gender and class to be heard in a male dominated world. Please call 526-6368 to sign up.

COA AT EASTMAN

Programs are held in the lounge on the first floor of the Center at Eastman

LSRVNA Flu Shot Clinic at Eastman

Thursday, September 18th 9:00-11:00am

Clinic will be held in the lounge on the first floor of the Center at Eastman. Please bring your medical insurance cards. Medicare and Medicare Supplements, NH Medicaid and all private insurance plans are accepted. Cash cost is \$25.

Blood Pressure/Glucose Screening Clinic & Ask a Nurse

Thursday, September 25 9:00am to 11:00am

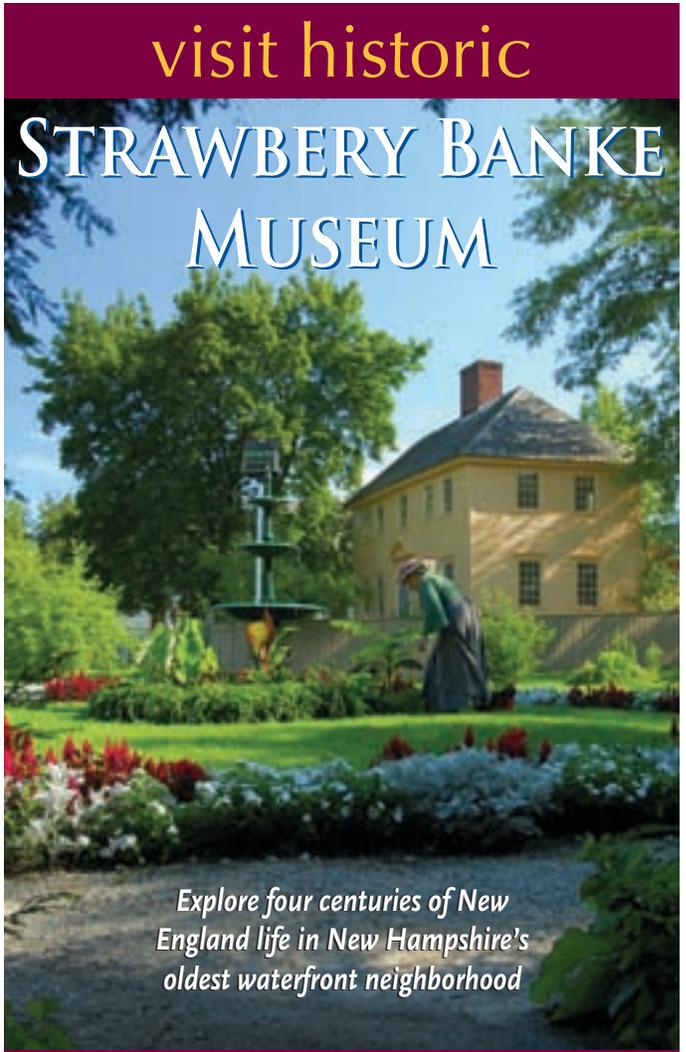
Walk-In's welcome! No charge.

Foot Care Clinic

Thursday, September 25 11:00am to 1:00pm

\$25 (doctor's order required for diabetics)

Please call COA at 526-6368 to schedule an appointment.



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Osteoarthritis knee pain? 4 pain-busting tips as the weather changes

(BPT) – If you're one of the millions of people who's been diagnosed with knee osteoarthritis, pain can put a damper on your enjoyment of warm weather activities. "I was always an active person, going to the gym several times a week and working in my garden," says Mary Ann J. age 58, diagnosed with knee osteoarthritis several years ago.

"I never sat still. Then, I started to develop knee pain. It affected the activities I enjoyed most."

If you find yourself planning activities around knee pain, avoiding exercise or still suffering in pain despite your current treatments, these four tips can help:

1. Get educated. Did you know that knee osteoarthritis is more than just cartilage loss? The fluid that cushions your joint may break down and bone spurs can develop. To learn more about what's going on in a knee with osteoarthritis visit www.healthline.com/OAK.

2. Make sure your doctor understands your knee pain. An X-ray can tell your doctor what stage your knee osteoarthritis is, but what really matters is how the pain is affecting you. Surpris-



ingly, the stage of your osteoarthritis is not always connected to your amount of pain. Before your next appointment, write down a list of activities that have become more difficult because of your knee pain. For example, is knee pain affecting you at work? Are you not able to exercise as much as you'd like? Is the pain making it difficult to sleep?

3. Keep trying treatments until you find one that works for you. You may be familiar with pain pills and knee replacement surgery but there are many

other options. Viscosupplement injections lubricate the joint and can provide up to six months of osteoarthritis knee pain relief. Older methods of the treatment required a series of three to five injections, but newer treatments require just one.

4. Don't wait too long to see a specialist. A doctor who specializes in knee pain can be very helpful in guiding you through all the treatment options, even in the early stages of knee osteoarthritis. The most common specialists for knee osteoarthritis are orthopedic surgeons, pain management, physical medicine and rehabilitation, and rheumatologists.

Most importantly, don't give up on finding options for managing your osteoarthritis knee pain. "After I was diagnosed with osteoarthritis of the knee and found the right doctor, we kept trying until we found a treatment that worked for me," says Mary Ann. "Now I'm able to enjoy the things I love again, like gardening. I was even able to take a trip to Europe!"

To learn more about knee osteoarthritis and find out about all your treatment options, visit www.healthline.com/OAK.

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Tips to empower men to man up and take charge of their health

(BPT) – Men across the United States are afflicted with a variety of health issues that are often preventable. There are a few simple steps you can take to improve your well-being in the short-term and help you stay healthy in the long-term.

First, remember Your Numbers Matter. Check in with your urologist to learn your numbers, such as your prostate specific antigen (PSA) number, testosterone levels, body mass index (BMI), blood glucose and blood pressure. Knowing these numbers helps patients make smart lifestyle choices while allowing physicians to more easily communicate the need to treat and prevent common, but often overlooked, urological conditions, such as prostate cancer, erectile dysfunction and overactive bladder.

"Many men have the 'if it ain't broke don't fix it' mentality, which can lead them to avoid annual check-ups," says Dr. Juan Reyna, president of LUGPA. "This mentality is especially dangerous when you consider the number of diseases that have masked symptoms. Without a routine numbers check, it's possible these masked symptoms go undetected until it's too late."

"Knowing your numbers is critical to detecting a disease early, in its most treatable stages," says Jamie Bearse, president and CEO of ZERO – The End of Prostate Cancer. "Almost 99 percent of prostate cancer cases can be beaten when detected early, but there are no symptoms for early stage prostate cancer, so a blood test is almost always necessary."

Your numbers matter, and so does maintaining a healthy lifestyle. Here are four more ways you can improve your health in the short-term while taking care of yourself in the long-term:

Exercise. Many health issues can be either avoided or minimized with as little as an hour or two of physical activity a week. Heart disease is one of the leading causes of death among men in the United States – killing one in every four males, according to the Centers for Disease Control and Prevention. Risk factors for heart disease include high blood pressure and high LDL cholesterol as well as obesity, poor diet and physical inactivity. Stay active and decrease your chances of long term health conditions.

Eat well. Keep your heart and other vital organs healthy by maintaining a balanced diet. Increase your consumption of



fruits and vegetables and limit your intake of foods high in salt, fat, added sugars and calories. By doing this, you will decrease your chances of developing chronic diseases such as heart disease. High levels of LDL cholesterol, high blood pressure and

triglycerides can all be controlled through a simple change in diet.

Relax. Although some stress is good, severe levels can lead to anxiety and diminish your physical health, resulting in conditions that affect your cardiovascular, respiratory, digestive and nervous systems. Take some time out of your day and do something you enjoy. For example, go for a walk during lunch or meditate.

Be proactive about your health.

Studies have shown that men are less likely than women to get an annual physical exam. Screenings and exams can help prevent more serious health problems down the line and detect disease early, when it's most treatable.

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OUT & ABOUT

28th Annual Cochecho Arts Festival

8/22/2014 (6:00PM)
 Event Fee: All Cochecho Arts Festival events are free to attend and open to the public. Every summer over 10,000 people attend the Cochecho Arts Festival in downtown Dover, NH. Over 30 arts performances are on stage, open to the public and free of charge including the Friday Evening Headliner Series, Shark in the Park, Children's Series and Farmers' Market Series. Greater Dover Chamber of Commerce 550 Central Avenue, Dover, NH Phone: 603-742-2218
 Email: michael@dovernh.org
 Website: www.cochechoartsfestival.org

Summer Concert Series - Puckabrush

8/22/2014 (7:00PM)
 Event Fee: \$8.00 in advance, \$10.00 at the door. Series ticket package available for \$30.00. The Lord's Hill Meeting House (LHMH) is excited to announce their 2014 summer concert series! In June, July, August, and

September, we will host a band or musical group. These fun and reasonably priced concerts suitable for the entire family will help with our ongoing efforts to maintain and restore the historic 1798 building and its grounds. The third concert of the series will feature Puckabrush. A local favorite, Puckabrush is a quartet known for playing contra dances and other civic events. They play Celtic and Traditional music for listening and dancing. Tickets for the concert series are available in advance at Boyle's Family Market in Effingham Falls, Ye Olde Sale Shoppe in South Effingham, and Country Goods and Groceries in East Wakefield. All concerts will be held rain or shine. Province Lake Road (Route 153 South) Lord's Hill, Effingham, NH 03882
 Phone: 603-539-4071
 Email: lordshillmeetinghouse@gmail.com

The Mousetrap - The Barnstormers Theatre

8/22/2014 (7:30PM)
 Event Fee: \$16-\$32
 Show Times: Tue - Thu: 7:30pm
 Fri - Sat: 8pm Sat: 2pm The

Mousetrap is classic Christie. A snowed-in guest house full of unrelated (or are they?) people, one of whom is a murderer. You won't know who it is until the end and then you mustn't tell. As Mollie Ralston, the hostess, notes, "it seems very hard that all of our guests should be either unpleasant or odd." First produced in 1952, this famous whodunit marked its 25,000th performance in 2012—the longest-running show on the planet. 104 Main Street, Tamworth, NH 03886
 Phone: 603-323-8500

Email: tickets@barnstormerstheatre.org
 Website: www.barnstormerstheatre.org

New England John Deere Expo VI

8/22/2014 (9:00AM)
 Event Fee: \$ 5.00 per person and under 12 are free.
 Kids & adults love antique tractors & there will be plenty to check out at the John Deere Expo. Join us for a fun-filled time for the entire family. You don't need a tractor to enjoy our many activities including parades, tractor games

for all ages, antique tractor pull, tractor displays, seminars, antique equipment demonstrations, history tours, silent auction, huge raffle area, vendors & plenty of food including a pig roast, chicken BBQ & a spaghetti supper. International/Farmall tractors will be joining us this year and with both "red & green" the theme will be "Christmas in August". This promises plenty of friendly competition. An expanded kids area invites kids to play, participate in lots of fun activities and games and decorate an ornament for our Christmas tree. They can also enter kiddie pedal tractor games where they can win a ribbon. We look forward to seeing you there! Hillsborough County Youth Center, Rte 13, Hilldale Lane (Fairgrounds), New Boston, NH 03070
 Phone: 603-487-3883 Email: sailingneedle@msn.com Website: www.twocylinderclub.org
Starlight Dinner Dance Cruise on Winnepesaukee
 8/22/2014 (7:00PM)
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- **85% of Police Officials surveyed** believe home alarms deter burglary attempts.⁴

1. Federal Bureau of Investigation, 2008 National Crime Report http://www.fbi.gov/news/stories/2009/june/ucr_stats06109 2. <http://fbi.gov/ucr/2009/content/pub/press/vtdbrp.cfm> 3. FBI, 2008 National Crime Report http://www.fbi.gov/news/stories/2009/june/ucr_stats06109 4. <http://www.beyondidentitythet.com/home-security-statistics.html>



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OUT & ABOUT

and dance under the stars. Enjoy the sunset and the magic of the lake at night. Departs Weirs Beach 7-10 PM and Meredith at 7:30-10:30 PM. Adult \$51, children \$41. Buffet dinner included. M/S Mount Washington 211 Lakeside Ave., Weirs Beachm Laconia, NH Phone: 603-366-5531
Email: info@cruiseNH.com
Website: www.cruiseNH.com

Pembroke and Allenstown Old Home Day

8/23/2014 (9:00AM)
Event Fee: Free
Old Home Day Celebration beginning with a Parade at 10:00 AM from Allenstown, NH ending at Pembroke's Memorial Field where there are all day activities including hay rides, children's games, Inflatable slide and bouncy house, Arts & Crafts area, Food Booths, 9 hole mini-golf, antique car display, Doodle Bugs tractor pull, 3 on 3 basketball tournament, and Fabulous Fireworks at Dusk. Memorial Field Pleasant St., Pembroke, NH 03275
Phone: 603-485-4492
Email: aylesinsurance@comcast.net

Historic Walking Tour of Dover

8/23/2014 (10:30AM)
Event Fee: \$8 per person, \$5 persons of group of 4 or more
Settled in 1623, Dover is the oldest continuous settlement in New Hampshire and seventh oldest in the United States. On the Greater Dover Chamber of Commerce's Guided Tours of Historic Dover you will stroll down the Central Avenue Business District while learning about the rise and fall of the textile industry, "Dover's Black Day," and notable visitors and residents of Dover's past. You will also visit the Cochecho, Bellamy and Piscataqua Rivers that gave Dover its economic advantage, from ship building, to farming, to leading the way in cotton manufactured goods from the 1820s to 1880s. Along the way you will notice the ten different types of architecture used through the City dating back to the late 1700s. Walking shoes and water bottles are recommended as the tours generally are an hour and a half. Registration recommended for large groups.

550 Central Avenue, Dover, NH
Phone: 603-742-2218
Email: michael@dovernh.org
Website: http://www.dovernh.org/historic-tours

Fire on the Mountain Chili Fest

8/24/2014 (12:00PM)
Event Fee: Adults \$10, Children 10 and under \$5
12th Annual Henniker Rotary Club Chili Fest with two chili tasting contests featuring close to 40 chilis prepared by non-profit organizations competing for cash prizes and area restaurants and professional chefs competing for bragging rights and the chance to be crowned "Best Chili in Southern NH" as determined by our panel of celebrity judges and the voting public. This family-friendly event, held annually on the slopes of Pats Peak features live musical performances as well as classic rock from radio station The Mill, local crafts and chili inspired concessions, a KidZone, food court, beer tent and much more. According to local foodie and multi-year Chili Judge Mike Morin, "Pats Peak provides the

perfect back drop to an event like this." 686 Flanders Road, Henniker, NH 03242
Phone: 603-560-6279
Email: mskrotzer@yahoo.com
Website: www.chililnewhampshire.org

Introduction to Dragonflies

8/24/2014 (12:30PM)
Event Fee: \$25 club membership
Hard as it may be to admit, the most amazing flying objects in our airspace may not have feathers...or bones. The world of dragonflies is a strange one: take their eyes. For one thing, dragonfly eyes wrap all the way around their head, giving them a 360-degree view of the world. Add to that the fact that those eyes are multifaceted, meaning that they perceive, simultaneously, 30,000 different images of their surroundings. We humans only have to deal with two! Come learn more about these fascinating and beautiful creatures with our guest leader Tom Young, longtime dragonfly enthusiast and knowledgeable birder to boot. We'll use nets to capture ▶

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OUT & ABOUT

dragonflies on the wing, then examine them right up close. Identification of different species is a challenge, but far from impossible. The site for our adventure will be the Joe English Reservation, in Amherst, which includes an array of habitats. Let's meet at the Peabody Mill Environmental Center (at the north end of Brook Rd.) at 12:30, with plans to hike and explore until 3:30. We should see and hear plenty of migrant songbirds along the way. Bring a lunch, a dragonfly net (if you have one), your binoculars, and your 360-degree vision! Peabody Mill Environmental Center, Amherst, NH Phone: 603-525-3572

Lancaster Fair

8/27/2014 (4:00PM)
Event Fee: General admission Wed-Mon:\$15 See specials at our website
The Labor Day week extravaganza spotlights agriculture activities, a large midway, 4-H exhibits, diverse musical entertainment and motorized competitions (pulling events and the ever-popular Demolition Derby). The grounds also boast wide clean

midways and free parking. From one end of the 65 acre compound straddling Route 3 to the other, the fair sprawls out for six days of camping, relaxation, and fun atmosphere capping another North Country summer. Big Rig Truck Pull - 1:00 PM on Sunday \$8 4X4 Truck Pull - 6:00 PM on Sunday \$8 Demolition Derby - 3:30 PM on Monday \$8. 516 Main Street, Lancaster, NH 03584 Phone: 603-788-4531 Email: info@lancasterfair.com Website: http://www.lancasterfair.com

North Shore Acappella

8/29/2014 (7:30PM)
Event Fee: \$25
In 2011 North Shore Acappella was featured on NBC's The Sing Off dazzling listeners across the country. North Shore Acappella has appeared as the opening act for The Temptations, The Platters, Ben E. King, Johnny Maestro, Al Jarreau, Roberta Flack, Frankie Vallie, and Gene Pitney. Inn on Main, 200 North Main Wolfeboro, NH 03894 Phone: 603-569-7710 Email: info@greatwaters.org

Website: www.greatwaters.org

Sunrise drives on Mt. Washington

8/31/2014 (3:30AM)
Event Fee: Car and Driver: \$28 Each additional adult: \$8 Motorcycle and Operator: \$16 Passenger: \$8
View the sunrise from the top of New England! The Mt. Washington Auto Road will open early three times this summer, for you to drive yourself to the summit. 3:30 am June 22 4:00 am July 27 4:30 am August 31
1 Mount Washington Auto Road Rt. 16, Pinkham Notch Gorham, NH 03581 Phone: 603-466-3988 Email: kim@mt-washington.com Website: http://mtwashingtonautoroad.com/drive-yourself/sunrise-drives/

2014 Hampton Beach Seafood Festival

9/5/2014 (4:00PM)
Event Fee: \$5.00 entrance fee
Hours: Friday 4 to 9 PM, Saturday 10 AM to 9 PM, Sunday 10 AM to 6 PM. 60 Food booths serving up a variety of seafood and

more! Two stages of continuous entertainment featuring 15 Bands and Orchestras; Pat Whitley Culinary Chef Demonstrations; Kiddie Land featuring the best in Children's entertainment; a Spectacular fireworks display on Saturday; also on Saturday the Third Annual Lobster Roll Eating Contest. Don't miss the thrilling Skydiving demonstration on Sunday; the festival will feature unique spectacular events for the entire family Be sure to mark your calendars now and make sure that you'll be at New Hampshire's grandest event of 2014! Ocean Boulevard, Hampton Beach, NH Phone: 603-926-8718 Email: info@hamptonchamber.com Website: www.hamptonbeachseafoodfestival.com

Muster in the Mountains

9/5/2014 (8:00AM)
Event Fee: Free
This weekend long event is a colonial encampment of reenactors representing various individuals of the French and Indian War, Revolutionary War, and Mountain Man periods ▶

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OUT & ABOUT

from 1750 through 1840. This gathering will take place in the Fields of the Mount Washington Auto Road in beautiful Pinkham Notch of the White Mountains of New Hampshire. Participants will demonstrate the use of appropriate tools, clothing, and firearms for their respective time periods. This event is free and open to the general public with the hope that the education they receive here may spur them on to consider becoming a future participant. Activates will include... 1800 Firearms & Cannon Display & Competition, Woods Walk Competition, Tomahawk and knife throwing, Cooking and Competition. 1 Mt. Washington Auto Rd., Rt 16, Pinkham Notch, Gorham, NH Phone: 603-466-3988 Email: kim@mt-washington.com Website: <http://mtwashingtonautoroad.com/events/muster-in-the-mountains/>

Plymouth Town Wide Yard Sale

9/6/2014 (9:00AM)
Event Fee: free
There will be yard sales all over the town of Plymouth, and you

can purchase a map the day of the Yard Sale at the Plymouth Area Welcome Center. Main Street, Plymouth, NH 03264 Phone: 603-536-1001 Email: info@plymouthnh.org Website: www.plymouthnh.org

100th Annual Danbury Grange Fair

9/6/2014 (7:30AM)
Event Fee: free
Special 100th year celebration! Parade, exhibits, bedraces, baby show, dutch auction during the day with supper, bluegrass music and auction later in the day. 15 North Road, Danbury, NH Phone: 603-768-5579 Email: donnaardena@gmail.com Website: danburygrange.org

Jackson Hill Cider Day

9/6/2014 (11:00AM)
Event Fee: Free to Historic New England members, \$6 non-member adults, \$3 children
The historic orchard of the c. 1664 Jackson House comes alive during this early fall festival with music, children's games, crafts, and seasonal refreshments. Help grind apples and press cider.

Watch artisans demonstrate their craft. Tour the oldest house in northern New England. The New Hampshire Theatre Project performs dramatic readings of several apple stories throughout the afternoon. Farm animals from Spencer-Pierce-Little Farm make their yearly visit to Jackson House. To purchase tickets in advance, visit web link listed. 76 Northwest Street, Portsmouth, NH 03801 Phone: 603-436-3205 Email: Imarshall@historicnewengland.org Website: <http://shop.historicnewengland.org/p-7052-jackson-hill-cider-day.aspx>

Farm Feast Breakfast & Open House/Trails

9/7/2014 (10:00AM)
Event Fee: Breakfast: \$5-15 sliding scale donation Tour: Free
Come out to the farm for an all-you-should-eat farm fresh breakfast featuring our own organic eggs, sausage, potatoes, kale, maple syrup, and pancakes made with organic flour! Join us at 1pm for a FREE tour of our gardens, grounds, animals, alternative construction, renewable en-

ergy projects, and permaculture homestead. 218 Streeter Woods Rd., Dorchester, NH 03266 Phone: 603-786-2366 Email: info@dacres.org Website: www.dacres.org

NH Fish & Lobster Festival

9/7/2014 (12:00PM)
Event Fee: Contact for details.
Otherwise known as the Fishtival, this event debuted in 2009 and is a special collaboration between a variety of community organizations to support the local fishing industry. This fun-filled event will feature seafood tasting, games, music and more. Walk the decks of a local fishing boat, taste freshly-landed local seafood prepared by Seacoast chefs, learn to identify and prepare local fish, watch an on-location cook-off competition between chefs, investigate the Gulf of Maine ecosystem, sing a song and hear a tale or two. DATE TBA Marcy Street, Portsmouth, NH Phone: 603-436-2848 Email: info@prescottpark.org Website: <http://www.prescottpark.org/fish.cfm>

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