

Region

Palace Theatre 8th Annual Kitchen Tour

The Palace Theatre is proud to announce the 8th Annual Kitchen Tour presented by Granite State Cabinetry and CABICO Custom Cabinetry and hosted by Baron's Major Brands on Sunday, June 3rd.

Tour-goers may start and finish anywhere they like on this self-guided tour and get inspired by fabulous kitchen designs. The day begins with registration starting from 9:30 am to 12:00 pm at Granite State Cabinetry in Bedford, where details and maps will be distributed.

Homes in seven Manchester and Bedford will be open from 10:00 am to 4:00 pm. An open seating luncheon catered by O Steaks and Seafood, will be available between 11:30 am and 3:00 pm at Baron's Major Brands in Manchester and a special event will be held weather permitting outside on the garden terrace at the Copper Door Restaurant in Bedford following the tour.



Remodeled Bedford kitchen created by Granite State Cabinetry.

Advance tickets are \$45 per person or \$50 if purchased on the day of event. All proceeds benefit the historic Palace Theatre in Manches-

ter. For tickets please call the Palace Theatre box office at 668-5588 or visit palacetheatre.org.

► CROP Hunger Walk Raises Over \$32,000

continued from page 1

dinate aid, to meet critical human needs as they arise.

The youngest to complete the full 10km walk was Alessandra Martel (age 6) with her mother, Stephanie. The eldest on the full walk was Keith Hunt (age 81). Two very senior citizens did the shorter 1.8 mile loop: Mimi Havinga of Mont Vernon (88) and Vern Trudo of Amherst (87). There were two families of five on the full walk: The Cobleigh family of Amherst, Mark & Sharon (with Marcus, Michael and Matthew) and the Whittier family of Milford, Scott and Carole (with Bryan, Sarah and Heather). Tom Hunsader of Amherst raised \$3,900 for the walk, the largest amount for an individual. The Cobleigh family together raised \$2,630.

The Walk is produced with the help of local organizations, such as the Amherst and Milford LIONS Clubs, Milford Rotary and Milford Masonic Lodge, and many area



BSA Troop 22 is Suzanne Newman, Vern Trudo joined the photo on his way walking home. (Entrance to Atherton Common)

businesses who help with donations and prizes for Walk participants. Donations for the CROP Walk may be sent to S.

V. CROP Walk, c/o Paula Schmida, 34 Thornton Ferry Rd. #1, Amherst, NH 03031. For more information contact John David JGDavida@aol.



Cobleigh Family: Mark & Sharon, Marcus; in front Michael, Matthew



Whitney Family w Rev. Bert Marshall, Director of CWS/CROP for New England

Horses for Hospice

PEPPERELL, MA – The equestrian community is set to spearhead an event on June 9th that pays special tribute to those who enrich our lives with compassion and love.

Many have benefitted from the selfless generosity shared time and time again from the Community Hospice House, owned and operated by Home Health and Hospice Care

(HHHC). Employees, volunteers, and friends comprise a group of individuals who give tirelessly to comfort those in need and offer invaluable support to families. They are indeed called "angels among us".

The angels in our lives can have two legs, or four...hands, even hooves. "Celebrating our Angelic Partners" is a show designed to highlight horses for their unique ability to work nothing short of a miracle by offering a true partnership to so many. Similar to the men and woman of the HHHC community, our talented equines can be guides, healers, and friends...a source of inspiration and cherished companions.

Equine therapy has been effective in treating people with a wide spectrum of physical, behavioral, social, cognitive, and psychological challenges. Patients with cerebral palsy, Down's syndrome, multiple sclerosis, depression, mental retardation, spina bifida, even speech disorders have improved as the result of working with a trusted equine partner. Exceptional people have dedicated their lives and professions to developing animals with specialized training for therapeutic benefits.

The Ten Broeck Farm Equine Dinner Show celebrates our angel-

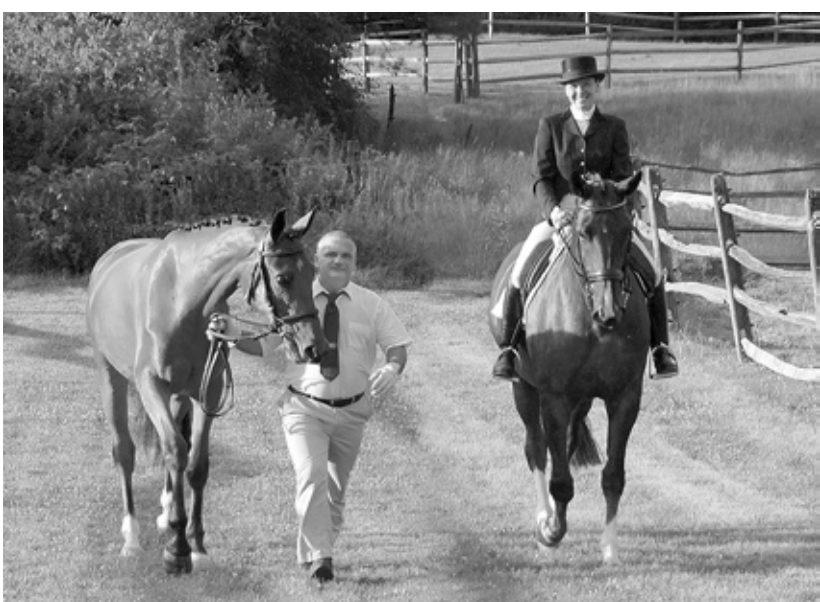
ic partners, these priceless relationships, the unwavering devotion... and pays tribute to a horse's uncanny ability to bring joy when we need it most. You are invited to join in for memorable stories, heartwarming tributes and stunning equestrian performances.

Orintha Silva, Ten Broeck Farm owner and event organizer explains, "Within our Ten Broeck Farm family and among our friends who have joined us for clinics, shows and other events, the past several years has meant saying goodbye to loved ones. The care received from Home Health & Hospice Care, as well as similar organizations, is invaluable. The work that they do for people of all ages at the end-of-life is simply extraordinary. We wanted a chance to give back."

Ten Broeck Farm will be presenting a very special evening of equine

entertainment at 6:30 p.m. on Saturday, June 9 at its beautiful facility in Pepperell, MA. This will include a cocktail reception, buffet dinner and table seating. This evening of entertainment is a fundraiser to benefit the Community Hospice House, which is managed by Home Health & Hospice Care--a non-profit agency providing community health, nursing and other services including home care, hospice, community clinics and support groups.

For more event details, dinner tickets, raffle tickets and sponsorship opportunities toward this cause, please call Orintha Silva at 978-877-6636. Visit www.tenbroeckfarm.net for the latest event details and updates as they unfold. To find out about Home Health & Hospice Care, and the Community Hospice House, please visit www.hhhc.org



Great New Hampshire Getaways Raffle Supports NH Historical Society



The monumental "pure Greek" structure that Edward Tuck built for the New Hampshire Historical Society, with support from his wife ulia; photograph taken by the Kimball Studio of Concord shortly after the building's dedication in November 1911. That same month the Granite monthly described the new building as "constructed of the most perfect material, and in the most thorough manner [and] pronounced by good judges the most expensive in the United States, in proportion to size." New Hampshire Historical Society.

CONCORD -- The New Hampshire Historical Society's 17th annual Great New Hampshire Getaways Raffle tickets are currently on sale. An early-bird drawing will take place on June 8 for two tickets to a Red Sox game at historic Fenway Park. The tickets are for the Red Sox game against the Minnesota Twins

on August 5.

The final winners will be drawn on July 11. The raffle offers donors a chance to win a one- or two-night hotel stay, some paired with tickets to local attractions. Prizes are listed on the Getaways Raffle banner at nhhistory.org

Tickets may be purchased for a donation of \$50 for six tickets or \$10 each. They are available on-site from either the museum at 6 Eagle Sq., or the library at 30 Park St., in Concord. They may also be purchased online by clicking the Getaways Raffle banner at nhhistory.org.

ADVERTORIAL

ADVERTORIAL

ADVERTORIAL

Body Composition in Women is One of The Most Obvious Indicators of Overall Health

No. 4 in a Series of 7

AMHERST – At Integrity Health Coaching For Women, the process for achieving and maintaining optimum health and well-being is as easy as following the seven integrated components of the EZ Coach health and fitness programming system, pioneered by Integrity.

The fourth component is Body Composition and is the ratio of lean mass (good weight) to fat mass (bad weight – if too much).

Women with too much body fat are more prone to Type II diabetes, high blood pressure, high cholesterol, heart disease and many other health related conditions.

The scale doesn't measure body fat, it only measures total body weight so you can't rely on the scale when determining body composition. Beware of weight loss programs that only measure body weight. Effective weight loss programs will help you lose body fat. Your EZ Coach instructor will measure your body composition every workout cycle to ensure you are losing body FAT.

A simple and fast rule of thumb is that your waist size should be equal to, or less than half of your height in inches.

For example: If you are 5 foot 4 inches or 64 inches tall your waist size should not exceed 32 inches.

EZ Coach focuses on teaching you how to achieve a healthy body composition by combining exercise along with healthy foods.

Your EZ Coach program card helps determine where you are currently and what body composition you must achieve to reach your goal. Your progress report will indicate what your body composition is from one workout cycle to the next.

Time to Get Your Fit Together

Everyone has tried some sort of fad diet (like Atkins), or weird exercise machine that looks more like a torture device than exercise equipment (vibrating belts), or some "get fit quick" scheme (6 minute abs)!

At least once or twice in our lives, we have all fallen victim to one or more of these gimmicks for at least a few weeks, with little to no results. All of these things promise weight loss and better health, but yet they fail us miserably.

Why? The reason why they fail is because none of these gimmicks have a plan that provides all the instructions for health and fitness to attain ultimate success.

We are having trouble with our health care system, primarily because people were never taught HOW to achieve good health; instead we are lead to believe that there is an effortless way out. The truth is, it is relatively simple to accomplish great health once you know how and what to do.

What you can expect from Integrity:

- Feel welcomed at every visit in our friendly, non-intimidating atmosphere
- Coaches to listen to and recognize your health related concerns
- Explain to you exactly what to do to become healthy and stay that way
- Educate you on current health topics

For more information visit: www.integrityfit.com, call 603-769-3388 or to take a tour, visit Integrity at The Meeting Place, 199 Route 101, Unit 5B, Amherst, NH (Next to the Post Office, across from Black Forest Café). Integrity also has two other locations in Bedford/Manchester and Londonderry. All Integrity Health Coaching centers are available to members 24 hours a day so that whatever your schedule, no matter how busy you are, you will always be able to fit in your workout.

Right now, Integrity is offering new members a 30 day risk free trial for only \$19. This includes a health coach, custom designed fitness plan and full use of all equipment for 30 consecutive days.

The 3rd Annual A Taste Of Milford Is Friday, June 1 25 Restaurants & Food Vendors, Music & Fun

MILFORD – The 3rd Annual A Taste of Milford event takes place on Friday, June 1 in downtown Milford and will feature 25 restaurants and local food producers from the Milford area. Who is coming? Amigos Mexican Cantina, Butternut Farm, Café on the Oval, Chapangas Griddle & Grill, Carole's Cake Creations, Clark's Tavern, Foodees Gourmet Pizza, Giorgios Ristorante, The Golden Palace, Jade Dragon, Memphis BBQ & Blues, the Manchester Monarchs, the Milford Fish Market, the Mile Away, Papa Joe's Humble Pie, The Pasta Loft, The Red Arrow Diner, The Riverhouse Café, The Rustic Leaf Bistro, Tiebreakers

Grille at Hampshire Hills, Trombly Farm, Windows on West at Milford High School, The Union Street Grill and The Yankee Chef. Great food, music by local musicians Bob Baker, Rahel, and Marlena Phillips, and unique downtown shops. It's an event not to be missed!

Tickets are \$25 per person purchased in advance and \$30 at the door. Tickets may be purchased at www.milfordimprovementteam.org or by telephoning 249-0676. All proceeds benefit the Milford Improvement Team and are reinvested back into the Milford community. The Taste of Milford is sponsored by Hansen Printing & Design, Mil-

ford and Community Partners Centrix Bank, Hitchiner Manufacturing and PSNH. Tickets are limited - purchase early as this event has sold out the last two years!

Bring the family back downtown on Saturday & Sunday for local art and family activities at the Milford Keyes Art Festival, June 2 & 3, on the Oval. Fine art show, crafts, performance stage, kids activities, face painting, food booths, and artist demonstrations. Saturday 9-4 pm and Sunday 9-3 pm. Sponsored by the Milford Masonic Temple Association Partner Organizations. Presented by the Keyes Art Group and the Milford Improvement Team.

Nashua Family Music Festival Comes to Nashua's Greeley Park

NASHUA – The Nashua Community Music School will hold its first annual "Family Music Festival" at Greeley Park on Saturday June 2nd from noon-6 p.m. The event will feature musical performances from students and local artists Baza Blues, delicious food offerings from Weirs Roasting, a karate demonstration from students at the Tiger Den Karate School, and an outdoor climbing wall run by Vertical Dreams, Nashua's latest indoor climbing gym.

The Family Music Fest's goal, in addition to providing inexpensive family fun, is to showcase local mu-

sical talent and raise awareness and support for the Nashua Community School. The Nashua Community Music School provides southern NH with a broad spectrum of learning, performing and listening opportunities in music including vocal and instrumental lessons from the best professional musicians and educators in southern NH.

For more information you can visit the Nashua Community School web site at www.nashuacms.org, or call 881-7030.

Music Together News

MILFORD – Director Amy Conley is now registering families for June Drop-Ins, Monday Drop-Ins or the 7 week July-August session with children ages birth to six. "Children in this age group most easily absorb, respond to and process music, learning the skills of tone and rhythm," says Conley. She will be celebrating her 15th year of teaching Music Together classes, starting up when her own children were young. For the past 25 years Conley has been teaching and performing music for children. She is working on a new CD and hopes to celebrate her 15th year with some free concerts at elementary schools this fall. For more information about these and other programs, visit www.AmyConleyMusic.com