

IN NEW HAMPSHIRE

Your Guide to What's Happening in the Granite State

January 2010 • FREE



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Don't let the January temps keep you indoors

MOONLIGHT SKI & SNOWSHOE JAN 30TH

6 PM, \$17 per person, enjoy a casual ski/snowshoe along beginner trails of the Eastman Cross Country Center followed by dinner on site catered by Bistro Nouveau. All levels of experience welcome. Rentals available. Deadline to register, Wednesday Jan.27. 863-4500 for reservations. Eastman Cross Country Center, 10 Clubhouse Lane, Grantham, 863-4500.

Easy Sliders - XC Ski Outing for Beginners

Jan 5, 8, 12, 15, 19, 22, 26, 29



10:30-11:30 AM, \$10 includes trail pass, rentals and instruction for one hour session. Easy Sliders is a gentle introduction to cross country skiing and winter fitness for people who want to exercise but don't quite know how to begin. Open to absolute beginners on Tuesdays and Fridays. Each session is one hour of instruction and gentle practice. Be ready to ski at 10:30. If you need rentals come 20 minutes early. The outdoor portion is followed by refreshments by the fire in the base lodge. Rate is \$10 for each session including rentals (for the session period only). This program will introduce new skiers to basic XC technique and give participants the chance to experience the fun and fitness benefit of our snow sport. 153 Main St., Jackson, 383-9355.



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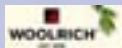
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*PLEASE NOTE: Not Valid Holidays or Feb. Vacation Weeks. Does NOT include Tax or Gratuities. Subject to Change.

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Glide across an ice rink or a wind blown lake. It's almost like flying.

Skating has always been an important aspect of winter recreation and socialization in New Hampshire. Many a community would not be complete without its lighted skating rink on or near the town square. What better way to end a winter's day than to lace up a pair of ice skates and glide smoothly around the rink to classical music and then sip on a mug of steaming hot cocoa.

No skating rink? Do what the locals do. Find a pond or lake and skate untamed. Research your destination to source out ice skating possibilities. Enjoy but remember Ralph Waldo Emerson's prudent saying, "In skating over thin ice our safety is in our speed." If you are skating on a lake or pond here are a few guidelines for ice safety from the NH Fish and Game's brochure "Safety on Ice:"

1.) Never assume the ice-on any water body-is thick enough to support your weight. Check it! Start at the shoreline and, using an auger, spud or axe, make test holes at intervals as you proceed. As a rule of thumb, for new, clear ice, there should be a minimum of 4 to 6 inches of ice to support a few, well-dispersed people; 6 to 7 inches for small, on-foot, group activities; and at least 8 to 10 inches for snowmobile activities. Ice thickness recommenda-

tions are based on information from the Cold Regions Research Laboratory in Hanover.

If ice at the shoreline is cracked or squishy, stay off. Don't go on the ice during thaws. Avoid honeycombed ice, dark snow and dark

ice.

Ice is generally thinner where there is moving water, such as at inlets and outlets, around wharves, bridge abutments, islands, and objects that protrude through the ice.

Ice Skating Safety



ONTHECOVER: Cross country skiing in Jackson Village (PJFischer Photo)

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Tuesday Trekkers Snowshoe Tours Jan. 5, 12, 19, 26

1-3 PM, \$18 includes trail pass. A social trek to explore the forest followed by refreshments by the fireplace. Experience many wondrous winter things along the way. \$18 includes a day pass. 153 Main St., Jackson, 383-9355.

BALSAMS Wine Tasting and Cooking Classes Jan. 6-8, 20-22

4 PM, Special rates. Visit www.thebalsams.com for more information, meet BALSAMS Executive Chef Josh Berry, other members of our culinary team and students from our famous culinary apprentice program. Guests are treated to a chance to work in the BALSAMS kitchen to produce a wonderful meal. Wednesday nights is a meet and greet with the chefs, Thursdays are lessons and Fridays are the presentation of the meal. Some classes will also enjoy a wine tasting. 1000 Cold Springs Rd., Dixville Notch, 800-255-0600.



9 AM-1 PM, this is a fund raiser for the Mount Washington Valley Children's Museum. Penguins can be purchased ahead of time at the Museum, the Ticket Haus, the Retail Shop or the CFFC. They will also be available during registration. Penguins race down a specially designed penguin slide and the owners of the fastest penguins win prizes. 1 Skimobile Rd., North Conway, 356-5544.

THE 6TH ANNUAL GREAT PENGUIN RACE JAN. 10



9 AM-1 PM, this is a fund raiser for the Mount Washington Valley Children's Museum. Penguins can be purchased ahead of time at the Museum, the Ticket Haus, the Retail Shop or the CFFC. They will also be available during registration. Penguins race down a specially designed penguin slide and the owners of the fastest penguins win prizes. 1 Skimobile Rd., North Conway, 356-5544.



JANUARY MIDWEEK SNOW ESCAPES

An easy midweek ski escape that includes one night's lodging and two adult lift tickets for the low price of \$183. (Valid Sunday through Thursday)

Nestled in the heart of the White Mountains, in picturesque Waterville Valley Resort the Black Bear Lodge is a well appointed all suite hotel with one bedroom condominiums. Comfortably sleeping 4-6, each unit features a fully-equipped kitchen, dining/living area, full bath and separate bedroom.

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X/C SKIING AND SNOWSHOEING IN LINCOLN-WOODSTOCK

The moderate paces of snowshoeing and cross-country skiing provide the best way to see the woods, fields, and rime-frosted ridges of the winter landscape, and New Hampshire's Lincoln-Woodstock region, amid the stunning scenery of the White Mountain National Forest, offers some of the most spectacular trekking in New England. Whether you choose cross-country skiing on groomed trails or opt to snowshoe into the back woods, the region offers breathtaking trails for all ability levels and numerous options for equipment rentals, lessons, and guided or self-guided outings.

Imagine: The peaks of the Presidentials are cloaked in fresh snow. The long views through the quiet winter forest are exhilarating. You spot tracks of moose, snowshoe hare, and red fox. The air is clear and cold, but as you trek through hardwoods to another sweeping vista, you are warm.

The Lincoln-Woodstock area straddles Interstate 93, the main north-south thoroughfare of New Hampshire. Just inside the White Mountain National Forest, it is an easy reach from points south, offering visitors a winter sports getaway in some of the most spectacular



scenery in the East. More than fifty lodging choices include several types of packages with accommodations that range from classic country inns, to fully-equipped condominiums, to full-service resorts.

"If you can walk you can snowshoe," is an old proverb that still holds true, particularly with today's high-tech, durable snowshoes that are designed for a variety of terrain and snow conditions. Cross-country skiing (also called Nordic skiing) is equally easy to learn, and with your body weight distributed over the surface of long, straight skis, you can skim along on top of deep snow. Two rental outfitters in Lincoln-Woodstock offer visitors the chance to try snowshoeing or Nordic skiing with experienced guides.

The Lincoln Woods Trail, just outside Lincoln on the Kancamagus Highway, is a haven for snowshoers and Nordic skiers. Sheltered by a canopy of trees, the trail leads to Black Pond, Franconia Falls, and the Pemigewasset Wilderness. Experienced trekkers can head off into the backwoods to explore trails leading to other stunning vistas.

If you're a night owl, imagine gliding on Nordic skis across an open field bathed in the light of a full moon. This romantic guided tour is offered at the Bretton Woods Nordic Ski Area, one of the largest cross-country areas in the East. Bretton Woods' 100 km groomed-trail network meanders through glades of spruce and fir, over open fields past beaver ponds and mountain streams, and offers breathtaking views of the Presidential Range. The trail system is designed for all ability levels and features a machine-made track for traditional Nordic skiers, as well as a skate lane for both skate skiers and snowshoers.

For more information please contact the Lincoln-Woodstock Chamber of Commerce by phone at 745-6621 or visit us online at www.lincolnwoodstock.com.

Host the UNH Youth Theatre Tour This Spring!

Bookings are now being accepted for the UNH Department of Theatre and Dance spring ArtsREACH tour of "How The Hippopotome Earned His Grace," written by Casey Dugan. Especially good for Pre-K through grade 6 audiences, this colorful 45 minute production touches on bullying, self confidence and friendship. The story, based on an African fable, involves a young hippo that has trouble fitting in. Through the help of the village elder who encourages her to discover her natural gifts, the hippo learns a valuable lesson in believing in oneself. African drumming, music, culture and dance accompany this animal-filled production.

The tour begins February 10, 2010 and plays in area schools, day care centers and community centers on Wednesday and Friday mornings through May 10.

Depending on performance times, the tour will travel up to a two hour radius of UNH's Durham campus on Wednesday and Friday mornings between February 10 and May 10, 2010. The cost is \$400. Educators who wish to book the tour can call 862-2150 or go to www.unh.edu/theatre-dance and select "On Tour."

ArtsREACH is the education and outreach division of the UNH Department of Theatre and Dance. Through ArtsREACH, the department provides opportunities for the community and area schools to participate in high quality theatre and performing arts experiences like Drama Day field trips, summer drama and dance camps, school matinees and the famous Little Red Wagon professional summer theatre touring company. For more information about ArtsREACH's mission and services, call 603-862-2150 or visit www.unh.edu/theatre-dance.



The cast of "How The Hippopotome Earned His Grace," (l-r) Joe Nelson, Meghan Blakeman, Kristianna Smith, Jennifer Nolan, James Fay. (Photo by UNHPhoto Services)

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The Messenger's

2010 Bridal Guide

THE MESSENGER'S ANNUAL BRIDAL GUIDE RETURNS TO OFFER
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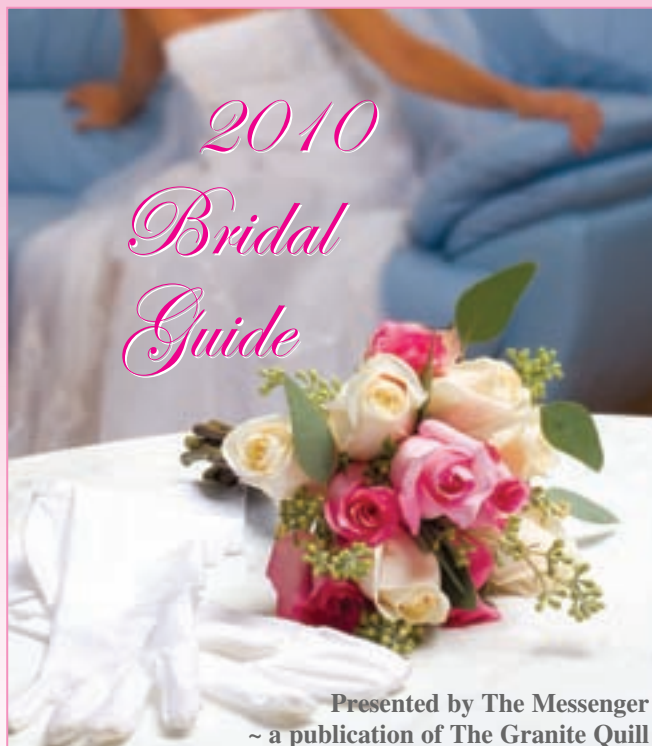
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January 22, 2010**

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