



Art Makechnie was honored as a Granite State Fellow by the Andover Lions Club for his service to the community. Photo: Al Epperly

Lions Honor Art Makechnie

By Diane Rice
Andover Lions Club

Art Makechnie, known to many in town as the highly-regarded Food Service Director at Proctor Academy, was honored at a recent Andover Lions Club meeting as a Granite State Fellow. This award honors a citizen of the community or a Lion who has performed significant or meritorious service in the community.

Art has been of invaluable behind-

the-scenes help with not only the Lobster Bake, the largest fund raiser of the Andover Lions Club, but also in other instances, such as the yearly Andover Lions Club Christmas event. His willingness to contribute freely of his time and energy are greatly appreciated by all who know him.

A plaque was given to Art and a \$500 donation was transferred in his honor to the Endowment of the Sight and Hearing Foundation of the New Hampshire Lions.

The Granite State Fellow Award is the second highest award given out by the New Hampshire Lions and is unique to the state.

THE 15TH!!!!

Please have your ad, article, photo, letter, etc. to the Beacon by the 15th!

Old Time Variety Show To Benefit Grange Hall

By Donald Towle
For the Beacon

An Old Time Variety Show will be held at the old Highland Lake Grange Hall located next to the Andover Congregational Church in East Andover. The show is scheduled for Saturday, May 12, beginning at 7 PM, and you are invited to participate!

Prior to the show at 5:30 PM there will be a pot-luck dinner. Bring something to share and eat for free, or you are welcome to eat for the price of a donation. Admission to the show will be by donation. Refreshments will also be provided during intermission with donations accepted. All proceeds will go to the Grange Hall Restoration Committee.

This historic building was built in 1850 by members of the East Andover community desiring a hall for educational and social purposes. In the early years it was known as "Academy Hall" and was home to the Highland Lake Institute and some eight other short-lived

academies that provided elements of a post-elementary education to aspiring young people.

The building also provided meeting space for a local literary society, a Grange, singing schools, and entertainments that enriched the life of the community.

Improvements made in 1893 included the addition of a small stage and the creation of upstairs space for a kitchen and dining room which rendered the "Union Hall" even more serviceable for local organizations and functions. Responsibility for the building was turned over to the Highland Lake Grange in 1938. When the Grange went out of existence, the Andover Congregational Church took the old structure into its care and keeping.

If you have any questions or have a talent you would be willing to share (musical, dramatic, comic, etc.) which is entertaining and family-friendly, please call Judy Evans at 735-5331 or Don Towle at 755-5494.

New Hampshire Circle Of Home And Family

By Judy Perreault
NH Circle of Home and Family

We had 67 people registered for the NHCHF State Spring Workshop held at AE/MS on March 31. Attendees enjoyed coffee and refreshments as they arrived. The focus was on covered bridges and a "get-acquainted" activity putting together a puzzle picture of a covered bridge. Of course the trick was to find the person that had your piece of the puzzle. It was a fun way to meet other people, which was part of the purpose of this State Meeting.

Bill Caswell, an engineer with the NH Department of Transportation, presented a slide show titled "Spans of Yesteryear." Bill and a small band of volunteers from across the country are trying to document as many covered bridges from the past and present across the United States and Canada as possible.

Many of the slides came from old photos and postcards. In their research, they found many cards with welcome to "whatever state" and a picture of a covered bridge. On closer inspection it was the same covered bridge on every postcard and it was a NH bridge.

Bill has photographed bridges that are still around from many different angles. There were several types of construction and we saw samples of them all. We saw the shortest span and the longest.

I was surprised to find that most covered bridges were privately owned and maintained and people had to pay tolls to use them. Most were named for the owners or the place. The Honeymoon Bridge was named to attract tourists.

There were covered bridges strictly for trains, cars, horses, pedestrians, or

a combination. In some cases the train rode on top of the bridge and the rest underneath. The rail-covered bridges were built and maintained by the railroad. Sometimes they made a deal with a bridge owner to use it for the train, but they still built and maintained it and the owner collected the toll. There are only eight railroad-covered bridges left in the United States and five are in NH.

Many bridges were lost to fire, floods, and hurricanes and were not rebuilt. Others were replaced with "modern steel structures." It was a fascinating look into the past. If anyone is interested there is a website at lostbridges.org

Attendees were also given maps to the two covered bridges in Andover. After a brown bag lunch we had an opportunity to do some rubber stamping. Doreen Kronholm, a demonstrator from Boscawen, acquainted us with supplies needed and showed us how to make some stamped cards. She does parties if you are interested; you can reach her at 796-2456. It was a very informative day.

Blackwater Grange

The first meeting of the new year was held on April 19 with seven members present. The meeting had been delayed a week because of the snowstorm on the 12th.

It was reported that the charter was draped in December for Willis Nowell.

We decided on two meetings in May. The first, on May 10, is our regular meeting on the second Thursday of the month. The second, on May 24, is a special meeting for our Deputy to visit.

A Personal Note

To all my friends – I am doing OK. It was hard at first. My sister Marjorie has been with me all winter. Thanks for all your kind words and prayers. – Bernice Nowell

NEW LONDON HOSPITAL

MEDICAL

Moment



EILEEN KIRK, MD



PATRICIA M. MILLER, MD

NATURAL MENOPAUSE IS THE PERMANENT ENDING OF MENSTRUATION THAT IS NOT BROUGHT ON BY ANY TYPE OF MEDICAL TREATMENT. For women undergoing natural menopause, the process is gradual and is usually described in three stages.

The first stage is perimenopause which begins several years before menopause, when the ovaries gradually produce less estrogen.

Perimenopause lasts up until menopause, the point when the ovaries stop releasing eggs. In the last one to two years of perimenopause, the decrease in estrogen accelerates. At this stage, many women experience menopause symptoms that may include insomnia, mood swings, fatigue or depression.

In subsequent Medical Moments, we'll talk about the second and third stages, menopause and postmenopause.

DRS. KIRK AND MILLER are gynecologists with New London Hospital's Women's Health Program. Dr. Kirk sees patients at the Newport Health Center. She may be reached at 863-4100. Dr. Miller sees patients in the Medical Office Building adjacent to the hospital in New London. Her phone number is 526-7575.



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