

ANDOVER'S BIGGEST LOSER

By Jen Braley
For the Beacon

Are you ready to shed some pounds? Would you like the extra support and encouragement you get from a group instead of trying it alone, again? Then come join Andover's Biggest Loser on Tuesday, September 15, at the Andover Elementary/Middle School. We started this program last September with great results. At times we had up to 60 members and lots of great weight loss success stories.

The cost to join is \$10, and then only \$5 for each week thereafter. The program runs for 10 weeks. Each week we have a Biggest Loser, that being the person who lost the highest percentage of weight for the week. The Biggest Loser for the week also goes home with \$50! We usually have a second place winner as well.

We start the class off with a weigh-in (completely private), followed by a discussion with Audrey Pellegrino, The Practical Nutritionist. We do a few raf-

fles each week with various prizes including exercise equipment, nutritional/exercise books, gift certificates to health food stores, sporting goods stores, etc.

After some meetings we do a physical challenge, which may include using the gym or going out for a walk. Physical challenges are optional.

At the end of the 10 weeks, cash prizes are awarded to the overall Biggest Loser and typically the top 10 places. In the past, the Biggest Loser has won \$300!

Come on and give us a try. You'll receive a lot of valuable information from Audrey and other members that will help you greatly in your weight loss. Weigh-ins are every Tuesday night starting September 15. Weigh-ins begin at 4:30 PM in the cafeteria and go until 6 PM. Around 6 PM Audrey gives her nutrition talk.

If you have any questions, please feel free to contact me at 735-5097 or BraleyJen@tds.net. Hope to see you on September 15!

New Hampshire Circle Of Home And Family

By Judy Perreault
NH Circle of Home and Family

Each year, NHCHF plans a state-wide summer trip to a different town or city in New Hampshire. We visit several places of interest in that area. This year, we chose New London and found two wonderful museums to explore.

The Icehouse Museum was on the morning schedule. Bill Kidder and his wife, Petey, were avid collectors who amassed a delightfully varied collection of vintage cars (Fords mostly), toys, engines, carriages, bicycles, appliances, and other items from a bygone era.

If you didn't want it, Bill did. He had the foresight to take things such as the old town jail, in which a few visitors remember well having spent a night or two in their misspent youth.

He also took the old New London Telephone Company, with its phones and switchboard as a reminder of times when calls were connected manually and a friendly operator could let you know a number, who was home or away, or give a little advice or comfort.

The collection, plus the jail and an out-house complete with catalog, is housed in four buildings on Pleasant Street. One of the buildings houses an extensive array of tin items as well as the tools to make these items, which we were told required a great deal of skill. Dave Kidder (their son) is on hand to give a little history and answer questions.

Before Bill died in 2005, the Kidder family created the Icehouse Foundation to keep this unique collection intact and accessible to the public.

Many of the members chose to have lunch in one of the many restaurants in New London, while others brought a picnic lunch to the New London Historical Society's historical village.

New London Historical Society

Don't miss the chance to visit this quaint 19th century village. These historic buildings were moved from other places to their present site on Route 114.

Most of the buildings date from the 1800s and include a firehouse, country store, blacksmith shop, farm shed, textile parlor, schoolhouse, and several barns.

The 1835 Scytheville House is of special interest as it was a residence for workers in The Scythe Factory in Elkins. The barn attached to the Scytheville House contains spinning wheels, looms, and when we were there, a beautiful display of quilts.

The buildings are furnished according to their purpose. Some were built to house specific items such as a horse-drawn hearse, the violin collection, and the transportation building which houses wagons, carriages, sleighs, and early pictures of New London.

We had a guided tour for part of the village and then were free to explore on our own.

Both museums operate on a volunteer and donation basis. For more information on times of operation, visit WFKicehouse.org or call 526-9394. For information about the Historical Village, visit NewLondonHistoricalSociety.org or call 526-6564.

Our members also managed to check out the painted gnus around New London and squeeze in a little shopping time. Many of our Halcyon Seekers did not know we had such great attractions in our own backyard. We plan to go back and bring our husbands and friends.

We will resume regular meetings the third Monday of September at noon. Bring your sandwich. Call 735-5493 for more information.

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