



Highland Lake Inn innkeepers Pecco and Gail Beaufays shared their lovely dining area with FNRT volunteers on May 1 to help get an annual appeal letter off to the FNRT membership. Seven jolly helpers – pictured are Caroline Moulton, Kent Hackmann, Mario Ratzki, Bob Ward, Ellsworth Morton, and Sonia Garre – showed up to fold, stuff, stamp, stick, snack, and chat.

If you would like an appeal letter sent to you, e-mail your mailing address to Info@FNRT.org or call Lindy at 526-6376 with your mailing information. Membership in Friends of the Northern Rail Trail is automatic with any donation. FNRT wishes to thank everyone who participated in the folding party, and to all those who will be responding to the appeal letter, thank you in advance.

Photo and caption: Lindy Heim

FNRT to Extend Rail Trail to Boscawen, Grafton

Campaign will raise funds to complete trail.

Press release

New Hampshire Trails Bureau has recently informed the Friends of the Northern Rail Trail (FNRT) Merrimack that it has been awarded a grant of \$30,000 to extend the resurfacing of the Northern Rail Trail south from Gerrish Depot towards Concord and Boscawen. This decision is subject to normal administrative reviews. Final approval is expected in time for the work to be done by late summer. This grant is conditioned on FNRT's raising matching funds of \$7,500.

With this grant, FNRT has launched a campaign to raise the final \$60,000 needed to complete the Trail. Combined with existing funds in hand, the new grant from Trails Bureau will al-

low FNRT to build to Depot Street in the center of Boscawen. The additional \$60,000 will be used to build the final section of trail from Depot Street to the Hannah Dustin Park and Ride at Exit 17 from I-93, near the Boscawen-Concord town line.

FNRT's sister organization, FNRT Grafton, has been informed that it has been granted \$15,000 to finish laying stone dust on the last mile of trail in Merrimack County between the Danbury Town Garage and the Grafton County line. Work on this is also planned for this summer. FNRT Merrimack has undertaken to raise the necessary matching funds of \$3,750.



To celebrate National Trails Day on Saturday, June 1, the Friends of the Northern Rail Trail in Merrimack County (FNRT) has scheduled a fun ride/walk starting at Gerrish Depot on Route 3 in Boscawen at 10 AM. There is considerable parking available on-site. Come out and enjoy your rail trail by riding or walking on the very newest section converted from old railbed to four-season recreational trail. For more information call Lindy at 526-6376 or visit FNRT.org for downloadable maps and rail trail information.

Photo: Peter Southworth

Get Ready for the Governor's 90-Mile Challenge!

Walk a mile a day all summer

Press release

The Friends of the Northern Rail Trail in Merrimack County would like to spread the word about Governor Hassan's 90-Mile Challenge. The 90-Mile Challenge is designed to get you moving a mile a day. You can do more, and are encouraged to do so! However, Governor Hassan's Council on Physical Activity and Health is looking for participants to get a minimum of one mile, or 20 minutes of physical activity each day, from June 1 through August 31.

What's a better place to get your mile a day of activity than along the beautiful Northern Rail Trail? When you register to participate for Governor Hassan's 90 Mile Challenge at NHMoves.org/90milechallenge, you'll receive an e-mail with a 90 Mile Challenge Passport and Tracking Calendar.

How about doing the first mile of the Challenge with the Friends of the Northern Rail Trail? On Saturday, June 1, we'll be celebrating National Trails Day by getting together for a Fun Ride/Fun Walk, starting at Gerrish Depot on Route 3 in Boscawen at 10 AM. There is considerable parking available. Come out and enjoy your rail trail by riding or walking about three miles on the very newest section, converted from old railbed to four-season recreational trail. For more information on our June 1 Fun Ride/Fun Walk, call Lindy at 526-6376.

So what are you waiting for? Visit NHMoves.org/90milechallenge for more information and to register for Governor Hassan's 90 Mile Challenge!

Check The Web Site!

AndoverBeacon.com

arctic dreams
Annabelle's
New London
NH

Main Street, New London
(Across from the Gazebo)

363 Days A Year To Serve You...
Ice Creams • Ice Cream Cakes
Yogurts • Sorbets • Brownies &
Cookies • Gourmet Coffees & Hot
Chocolates • Cafe au Lait • Latte
Flavored & Regular Caf & Decaf
Herb & Regular Bigelow Teas
Espressos & Cappuccinos

526-9477

WINTER HOURS
Sun-Thur 11:30 to at least 8
Fri & Sat 11:30 to at least 9

YOUR FOR LIVING WELL

If you have an orthopaedic issue, Dr. James M. Murphy is here for you. Working in collaboration with the specialists of Concord Orthopaedics, Dr. Murphy evaluates and treats hand, elbow, shoulder, knee, hip, and ankle fractures, and pediatric injuries.

A board-certified orthopaedic surgeon, he completed his surgery internship and orthopaedic surgery residency at Dartmouth-Hitchcock Medical Center.

Call 526-5172 for an appointment with Dr. Murphy.

NEW LONDON HOSPITAL

To learn more and to receive our e-newsletter *Discover Health*, visit www.newlondonhospital.org