

# Region



## Call for Artists to Display Work

HOLLIS – Beaver Brook Association invites the public to our 35th Annual Fall Festival & Nature Show September 26th & September 27th 2015.

Artwork by dozens of Regional Artists will be on display at Maple Hill Farm and the featured artist this year is Denise Rainis of Dunstable, MA.

Beaver Brook is calling for artists to make this event special. All original artwork by both amateurs and professionals are eligible. The accent of the artwork should be on New England settings but art reflecting a nature theme elsewhere in North America may be included. Recent artwork is preferred. The media used can be color or black and white photography, prints and paintings (watercolors, oils, acrylics, pastels, collage and mixed media) indoors and outdoors sculpture in various media.

Beaver Brook will be accepting artwork for display from Septem-

ber 18th – September 21st, at Maple Hill Farm, 117 Ridge Road, Hollis. If you are interested in displaying your work at the Fall Festival all rules, details and entry forms can be accessed at [www.beaverbrook.org](http://www.beaverbrook.org). You can also pick up a form at Maple Hill Farm, Hollis NH. Visitors will be able to judge the art work by voting the People's Choice Art Award during the weekend. Prizes and ribbons will be awarded to winners and their names will be posted on the website.

There is also a children's art exhibit in the historic Cooper Shed. We encourage children of all age groups to submit their work up until 21st September.

The Fall Festival is the signature annual event of Beaver Brook Association and as well as the fabulous display of artwork, there will be activities of interest for all age groups. More details of these activities can be found on the Beaver Brook website.

## 10th Annual Kelly Mann Memorial 5K and 3K Fun Run/Walk

NASHUA – On Saturday September 26th, 2015 the tenth annual Kelly Mann Memorial 5K Run and 3K Fun Walk will be held in Nashua. This event is part of the Toyota of Nashua Gate City Series.

In July 2004, Kelly Mann was brutally murdered by her husband in her Nashua home, while her three children listened in a nearby room. On that day in July, Kelly's three young daughters were forced to experience a trauma that has changed their lives forever.

With loving support of their family and friends, Kelly's daughter's Ashley and Lauren Mann approached Bridges: Domestic & Sexual Violence Support with the idea of a fundraiser in memory of their

mother. Bridges: Domestic & Sexual Violence Support is honored to participate in this important event.

This extraordinary fundraiser will provide funding for Bridges: Domestic & Sexual Violence Support; provide awareness to the community; allow the community to show it's support in ending domestic violence AND most importantly, this fundraiser will help Kelly's daughters to heal and allow them to celebrate her memory with others.

The race will be held at Sunset Heights Elementary School, 15 Osgood Rd., Nashua. Registration will begin at 7:30 am.

To register go to [www.bridgesnh.org](http://www.bridgesnh.org)

## Downtowns Have High E. Coli

Testing for E. coli bacteria on the Souhegan and Merrimack Rivers showed significant differences between the two rivers. The Merrimack was the clear winner. Bacteria levels between Manchester and Tyngsborough were in the teens, well below the 88 level required for public swimming areas in NH.

The Souhegan tested clean in the upstream reaches and the downstream reaches, but the middle of the river showed dangerously high counts. The river tested clean until it reached the downtown at Wilton. Here the river tested at close to 1000, very high, very dangerous. Dilution of the pollution took place through West Milford, though counts remained still too high for human use; but counts spiked up again once the river reached the Oval area. The count near the Swing Bridge was near 550.

Below Milford, through Amherst, dilution again reduced the counts and generally reached acceptable levels by the time it reached Merrimack. The count at Watson Park in Merrimack, near the mouth of the river, was 36, quite clean.

Most of the swimming holes along the Souhegan were OK for swimming and other human use. The Amherst Canoeport on Boston Post Road was a bit high at 121, but still OK for healthy adults. The Horseshoe in Wilton was not tested this week.

Once again the Merrimack River tested very clean for bacteria and dissolved oxygen as it has for the last several years as the river has cleaned up. Dissolved oxygen is a positive test for the actual health of the river itself; both rivers constantly test very good in this test.

There was a drizzle during the Tuesday morning tests but not enough to account for any substantial changes in either of the tests. Heavy rains, especially after a dry spell, cause the bacteria level to rise, sometimes substantially, as water from the riverbanks and storm drains flush into the rivers.

The next collection date is August 25; the bacteria take 24 hours to grow before the results can be read; the information should be available the following day.

# Mont Vernon

## Mont Vernon Police Department

### MVPD Needs Public's Assistance

The Mont Vernon Police Department is seeking the public's assistance in identifying a vehicle of interest regarding a burglary that occurred recently in Mont Vernon.

The Mont Vernon Police Department is looking for information regarding a smaller silver, 2 or 4 door car, possibly a Honda Civic or Chevrolet Cavalier, with a black front bumper and a missing rear bumper with a loud exhaust.

The vehicle is believed to be driven or occupied by a white male de-

scribed as being in his early 20s with an average build and a female described as an African American or Hispanic female, also in her early 20's with a thin build.

The vehicle is also believed to be involved in criminal activity in the Southern New Hampshire area, including Candia and Milford.

If anyone has any information, please contact the Mont Vernon Police Department at 673-5610 or Corporal Mark Slavin @ [mslavin@montvernonnh.us](mailto:mslavin@montvernonnh.us)

### Mont Vernon Congregational Church United Church of Christ

4 South Main Street, Mont Vernon  
Email address: [montvernonchurch@comcast.net](mailto:montvernonchurch@comcast.net)  
Web site: [www.montvernonchurch.org](http://www.montvernonchurch.org)  
Church Office: 673-3500 Hours: Tuesdays and Thursday 9 a.m. – 1 p.m.  
Pastor: Rev. Judie Bryant

During July, August, and including September 6, Sunday worship will begin at 9:30 AM followed by Fellowship Hour. Childcare will be available. ReNew, the mid-week service, will continue to take place on Tuesdays at 6:30 PM.

## Do You Make The Best Apple Pie?

HOLLIS – When I was old enough my mother and I would share household chores. She washed the clothes and I would iron. I think I got a raw deal in this area. She cooked and I baked. Baking particularly apple pies was my area of expertise. When I married my husband's maternal grandmother, Grammy Maher, was the apple pie star. One holiday I was told I could make an apple pie even though Grammy Maher was also making apple pies. Well, my apple pie received great reviews. To this day, in my family, it isn't a holiday unless my French Apple Crumb pie is present; but, I wonder if it would hold up at the Hollis Old Home Days Apple Pie Contest. Game on!

If you think your apple pie is the best, I challenge you to submit your pie on 9/19 at Nichols Field between 9:30am and 12:15 pm at the Apple

Pie Contest tent. The contest rules are as follows:

- No entry fee
- One entry per person
- Two-crust homemade apple pie or
- Open division – pie must have apples in it
- Recipe should accompany entry
- Four divisions:
  - Children up to age 12
  - Students ages 13-21
  - Adults ages 22+
  - Open all ages

Judging is at 12:30 pm. Ribbons and cash prizes will be awarded for 1st, 2nd and 3rd place in each division. For more information and entry form, visit [www.hollisoldhomedays.org/applepiecontest](http://www.hollisoldhomedays.org/applepiecontest). Let the contest begin!

## Subscribe to our e-newsletter:

[www.amherstcitizen.com/e-news/index.html](http://www.amherstcitizen.com/e-news/index.html)

# 4 Ways To Bring Order To Another School Year

(BPT) - It's that time of year again; time for class projects and quizzes, field trips and friends, recesses and recitals. Yes it's time for another school year and for parents, that can mean a little bit more stress as well. If the last school year left you feeling more like a survivor than a thriver, take heart. The following tips will help you get a handle on things from the get-go so you and your children can enjoy everything this year has to offer.

\* Make your morning routine a team effort. Everyone wins in the morning when you work together. Set a goal to leave by a certain time and make it a fun task by giving each of your kids a role. Younger kids can focus on brushing their teeth and getting dressed while older kids can be named team leaders and help their younger siblings get ready. When everyone works together, you'll be amazed at what can be accomplished. And when you leave on time, don't forget to celebrate. A little positive reinforcement will get everyone excited to be part of the team.

\* Create a lunch plan. Packing a lunch should be an easy task, not an obstacle. Try and get organized by developing a 5-day lunch planner. Map out what your kids - and even you - will eat for lunch each day. Include fruits, vegetables, breads, proteins and a fun treat like Entenmann's Little Bites Party



Cakes or Sara Lee Brownie Chocolate Chip Cakes. This allows you to provide a balanced meal, allow for portion control and put a smile on your child's face when they open their lunchbox! Once the menu is planned, you can shop with your child in advance for any ingredients or supplies you'll need and prevent that early morning scramble - and make it fun!

\* Pack the night before. Eliminate the risk of forgetting projects or homework by getting your children in the habit of packing their school bags the night before. This will give everyone the time they need to get

everything in order and cut another task from the morning routine.

\* Quell afternoon hunger with a snack. The hectic nature of the morning can quickly return in the afternoon if you haven't prepared a snack for your kids to enjoy as they do their homework. To help, Kathleen Robbins, head baker at Entenmann's Little Bites and Sara Lee Snacks, has created two DIY homework helpers, the Little Bites Party Cakes Caterpillars and the Sara Lee Brownie Chocolate Chip Snacks Kabobs, featuring Entenmann's Little Bites Party Cakes and Sara Lee Snacks Brownie Chocolate Chip Cakes. These snacks will satisfy your kids during their homework sessions. You can find these fun and easy DIY recipes on the Sara Lee Snacks Facebook page, Little Bites Facebook Page and YouTube.

The start of another school year always adds a bit more hustle to your normal routine, but a little extra planning can help. By using the tips above and getting your kids on-board, you'll be able to pass the first tests of this school year with ease.

Editor's Note: To enter the Entenmann's Little Bites "Life of a Lunchbox" sweeps, running from August 1 - September 25, and for official rules, visit the Little Bites Facebook Page. No purchase necessary.

## Comforting Touches Can Ease Back-To-School Transitions For Both Parents And Kids



(BPT) - Every school year brings new beginnings, whether your child is going to kindergarten, entering middle school, or heading off to college. New environments, people and challenges can create anxiety for parents and kids, no matter how much a child might be looking forward to the school year. Children may worry about doing well and fitting in, and parents wrestle with the emotional challenge of entrusting their child's well-being and happiness to someone else. In fact, more than nine out of 10 parents get emotional when sending their child back to school - and nearly seven out of 10 admit they do every year, according to a survey by Wakefield Research.

Sending kids back to school with some of the comforts that make them feel safe, loved and cared for at home can help ease the transition for both parents and children. Here are some simple ways parents can pack comfort in to backpacks and lunches this school year:

- \* Tissues aren't just for blowing little noses or wiping tears, they can also help parents rest a little easier knowing that their child will have everything they need while away at school. Parents will feel comforted knowing that they're packing some of the comforts of home with their children. Visit [www.puffs.com](http://www.puffs.com) to learn more.
- \* New environments, people and sometimes even new cafeteria food can cause tummy distress. Parents can ease food worries by packing kids' favorite lunches - for at least the first week of school. Choose your kids' favorite comfort foods like macaroni and cheese, peanut butter and jelly and apple-sauce.

\* Another tactic parents can use to turn the lunch table into a comfort zone is to pack another treat in their children's lunchboxes to remind them of all the fun they had over the summer such as a favorite photo from the family's summer vacation with a loving note jotted on the back.

\* By the time kids get to middle school and high school, their schedules fill up and their days become more hectic. Parents can help kids feel more on top of things by printing out a copy of their daily schedule and posting it in the kitchen where everyone will see it, or by sharing schedules (yours and theirs) on the family's smartphones. A shared schedule ensures they'll have the comfort of knowing where mom and dad are throughout the day, and parents will be able to keep track of what's going on in their kids' daily lives.

\* Giving children something to look forward to at the end of the first week back in school can also help take their minds off their jitters. Parents can work with children to plan a fun end-of-week outing, such as going for ice cream, getting their favorite takeout food or seeing a movie together.

In the first few weeks of back-to-school season, parents and children may find themselves missing each other. A few simple tricks can send kids to school with the comforts of home, and help make the transition easier for everyone.

The Puffs survey was conducted by Wakefield Research ([www.wakefieldresearch.com](http://www.wakefieldresearch.com)) among 500 parents of kids in grades K-8, between Aug. 6 and Aug. 11, 2015, using an email invitation and an online survey. The margin of error for the study is +/- 4.4 percent.

