

Shopper

The White Mountain



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Photo by Mickey de Rham

Apré ski dancing at Cannon Mt. on Saturday, January 22nd to music of Sarah Brooks and band. Look at the bare feet!



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Cross-Country Skiing: Winter-Fun Expanded!

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Skiing Near Stables and Ice Fishing Pond

Perhaps the novelty will eventually wear off, but this winter I'm having a wonderful time by combining cross-country skiing with hiking. It's certainly not my intent to over glamorize, oversell, or make this out to be something that it isn't. But I thought it was worth sharing my experience in case there might be others who might have an interest in considering this sport as a way to expand their winter fun.

Cross-country skiing is known by various names, such as Nordic skiing, track skiing, etc. It's the oldest type of skiing, and there is evidence suggesting that forerunners of the cross-country

skis existed as early as 5,000 B.C. With a need to travel over snow-covered terrain, humans realized that attaching two shaped pieces of wood to their feet helped them to more easily stay on top of the snow and also travel faster. This provided a tremendous advantage for hunting and for routine travel during the winter season. Somewhere along the way, mankind realized that cross-country skiing could also be fun! Eventually it was considered to be a sport and was included in the very first Winter Olympic Games (1924) held in Chamonix, France.

I might never have become so taken with this sport if it weren't

for the urging of my friend Marty to rent some cross-country ski equipment and give it a try. I'm now "infected" with this bug, and it has undoubtedly expanded my winter explorations to places that I probably would not have visited if I were just doing the same snowshoe-hiking routine as in winters past. For example, I've recently been on cross-country skiing adventures that have taken me to a place where horses are kept, and to a pond where folks were ice-fishing. Those types of experiences would be rare along the traditional hiking trails.

Also, I've strapped my snowshoes on to my backpack and

skied to locations where I launched a bushwhack. On a recent excursion, I skied along the Presidential Rail Trail to a location in Gorham near Pine Mountain. I stashed my skis in the woods and then bushwhacked on snowshoes to a pair of un-named ponds a few tenths of a mile off-trail. The ponds themselves didn't provide any "knock-your-socks-off" views. Nonetheless, the trek to these seldom-visited ponds was a thoroughly enjoyable experience that was facilitated by cross-country skiing. It's highly unlikely that I would have ever slogged along the Rail Trail in snowshoes to visit these ponds. But, by using



Crawford Notch View from Sam Willey Trail



Profile on Imp Face Mountain

my skis, a tedious trudge was transformed into an exhilarating glide!

Multi-use trails like the Presidential Rail Trail tend to be quite wide which makes for some easy skiing. I've also skied on the more conventional hiking trails. These are a bit more challenging since they tend to be narrower which reduces maneuverability for turns and stopping. Hiking trails that are overly steep and rugged are beyond my current skill-level. Therefore, my ski expeditions have been limited to hiking trails that are rather tame. These outings have taken me to trails that I might have otherwise ignored, and have provided some very pleasant surprises. For example, I've skied on the Sam Willey Trail opposite the Willey House site in Crawford Notch. This was the first time I'd ever been on this trail, and I was absolutely amazed at the remarkable view from the southern end of this trail as you look up the Notch toward Mts. Willard and

Avalon. I've also skied on the Pasture Path in the Randolph, NH area, and was awed by the views toward the Presidentials and the Carter Range.

Besides hiking trails, I've also enjoyed skiing along trails that are solely intended for cross-country skiing. Some folks prefer to purchase a pass to ski at a facility where there are groomed trails. My preference is to use the ski trails maintained by the Forest Service which are free. A personal favorite is the Hayes-Copp Ski Trail just outside Gorham at the Dolly Copp Campground. There are some spots where you glide along the banks of the Peabody River and you're treated to winter views of the ice-filled river that are close-up and stunning. There are also vistas higher up on the trail where peaks in the Carter Range can be seen, including the 3,165 ft peak known as Imp Face Mountain. Its name was derived from what appears to be the profile of an Imp's face on the craggy

cliffs on the side of the mountain. As far as I know, the area around the ski trails and the campground is the only setting from which this profile can be seen.

There is yet another whole world of cross-country skiing where you venture forth into the woods where there is no trail. Some refer to this as backcountry skiing or telemark skiing. Thus far, I've only taken a few baby-steps into this world. If it gets too scary for my personal comfort level, then I simply do a quick retreat! I have done a few mild-mannered off-trail ski trips to secluded beaver ponds where it was great fun to sashay across the snow-covered frozen surface. At other times, I've just simply skied through open hardwood forests where there is nothing to see but the surrounding trees. In such circumstances, a destination is unimportant, and the skiing itself

becomes the "fun"!

As indicated at the beginning of this article, I don't wish to over-glamorize my skiing adventures, but they have definitely expanded my horizons by taking me to locations that I otherwise would not have visited. I do feel that the benefits of this sport are significant, and that it is a worthy addition to your winter repertoire. Perhaps this notion is best described by Fridtjof Nansen, the Norwegian Arctic explorer who traversed Greenland on cross country skis over a century ago. In 1890 he wrote: "Nothing gives better presence of mind and nimbleness; nothing steels the will power and freshens the mind as cross country skiing. This is something that develops not only the body but also the soul. It has a far deeper meaning for people than many are aware of."



Secluded Pond off Presidential Rail Trail



Presidential Rail Trail

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NOVENA**

O Sacred Heart of Jesus may you be adored, glorified, loved and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us. Saint Jude, worker of miracles, pray for us, Saint Jude, helper of the hopeless, pray for us. Say this prayer 9 times a day. By the 8th day your prayers will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude for granting my petition.

H.P.

**Jefferson Fireman's Association
Annual Cookoff**

Get out your recipe or start working on a new recipe for the Jefferson Fireman's Association Annual Soup, chowder, & Chili Cookoff on Saturday, 7, 2011 from 5 to 7 PM. At the Jefferson Fire Station. This event is open to cooks of all abilities from the beginner to the professional. It is a fun night to show off your cooking abilities and visit with friends. If you would like to show off your abilities with deserts we welcome them also. Owners of business who have food products who would like to show them off this would be a good place. For more information or to preregister call or email Bill Jones 603-837-2264 or wwj545@myfairpoint.net or Kevin Staines 603-586-7114.

**Amateur Radio Station Dedication
at the McAuliffe-Shepard
Discovery Center**

CONCORD – The McAuliffe-Shepard Discovery Center in conjunction with the Con-toocook Valley Radio Club (CVRC) and the New England Amateur Radio Festival (NEAR-Fest) has completed production of an amateur radio station with full operational capabilities. This station, KA1SKY, will be formally dedicated on February 14 at 11 AM, part of School Club Round-up Week, to 2009's station project manager Ken Rust, KB1PRV, who recently became a Silent Key. The station will now be called the Mumley-Rust Memorial Station.

The new fully functional HF/VHF/UHF/Satellite amateur station will enable visitors at the Discovery Center to understand and use a part of the electromagnetic spectrum. The radio will allow voice transmission and Morse code on thousands of frequencies of various wavelengths. With the guidance of volunteer amateur radio operators, visitors will be able to talk to other "Hams" around the world as well as contact the International Space Station when it is in a favorable position. Communication with satellites in space will also be possible in order to receive and make transmissions to other parts of the world. Use of the station will also demonstrate how energy and information is transmitted on electromagnetic waves in the

radio end of the electromagnetic spectrum, making it an essential tool for enhancing Discovery Center educational programs.

A brief history of the project will be given by project manager Wayne Santos, N1CKM, followed by the dedication with station manager Peter Stohrer, K1PJS. Future plans for the station will also be presented by Santos and David McDonald, education director at the McAuliffe-Shepard Discovery Center. The station will officially be open at 11:30 for student and public use.

Donors who made this project possible include Phil Parton; Lee Scott, AA1YN; Gordon West, W5YI; Kenwood USA, Inc.; NEAR-Fest; Port City Radio Club; CVRC; Ham Radio Outlet; West Mountain Radio; and the American Radio Relay League.

The McAuliffe-Shepard Discovery Center features 21st century interactive exhibits on aviation, astronomy, Earth and space sciences, a state-of-the-art planetarium and a variety of science, technology, engineering and math programs. The engaging, robust educational programs are geared towards families, teens, seniors, students, community groups, and lifelong learners. For more information, visit www.starhop.com.

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Editor /Publisher Glen Parker
Sales Call 603-745-2828
Webmaster Bill Jacobs
**Contributors John Compton, Joe Wright
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**Circulation Rich Gould
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Cyan Magenta Yellow Black

The White Mountain Shopper PUZZLE PAGE

CROSSWORD

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Crossword Solution on page 15

THEME: VALENTINE'S DAY

ACROSS

- African sorcery
- *Drawn by Cupid
- It loosens as people age
- Window treatment
- "___ in the hole"
- Stiff hair, pl.
- Russian country house
- Unwelcome to smokers
- Chew out
- The product of six and five
- *He romanticized Valentine's Day
- Pig pen
- Indian lentils
- Humpty Dumpty did this
- "The Blind ___"
- Method or maneuver
- A distinctive but intangible quality
- Target of rhinoplasty
- "The Mary Tyler Moore Show" spin-off
- Eye contractor
- Relish or zest
- Port in Yemen
- Civil rights org.
- Actress Sofer
- Frog's friend, Arnold Lobel
- Ennui
- A coarse file
- Like a fox

- Wholly engrossed
- U.N. labor agency
- *___ Awareness Day
- Operational
- *Love intensely
- Old evil-looking woman
- To pine
- Extremely cold
- Wholly or totally
- "___ but a goodie"
- Food preserver
- Path or direction
- Nephew's sister

DOWN

- Not divisible by two
- "The ___ Pack" of the 80s
- "To ___ his own"
- Animal and Plant Health Inspection Service
- *Popular candy shape, pl.
- *Term of endearment
- South American tuber
- A pirate's date?
- Bloody king of Israel, cause of Jezebel's death
- Relating to ear
- Roe's opponent
- Suggestive look
- Variable quantity that cannot be resolved into components
- Lacing a shoe, e.g.
- Typically removed indoors
- Many save room for this
- *Valentine, e.g.
- Plural of #35 Across
- Threesome
- Grim
- Type of room
- Commotions
- Something one hopes to attain
- *Often boxed in
- Reproductive structures
- Highest volcano in Europe
- A mirage?
- Opposite of knitted, as in stitch
- Legendary West
- **If music be the food of love, ___
- Exclamation of contempt
- Plural of obelus
- Droops
- It sometimes comes to mind
- Coach of four winning Super Bowls
- The Coen brothers' "True ___"
- Like America Ferrera's Betty
- Load up
- "Layla" performer
- ___ mode
- Affleck ___ Garner

Cyan Magenta Yellow Black

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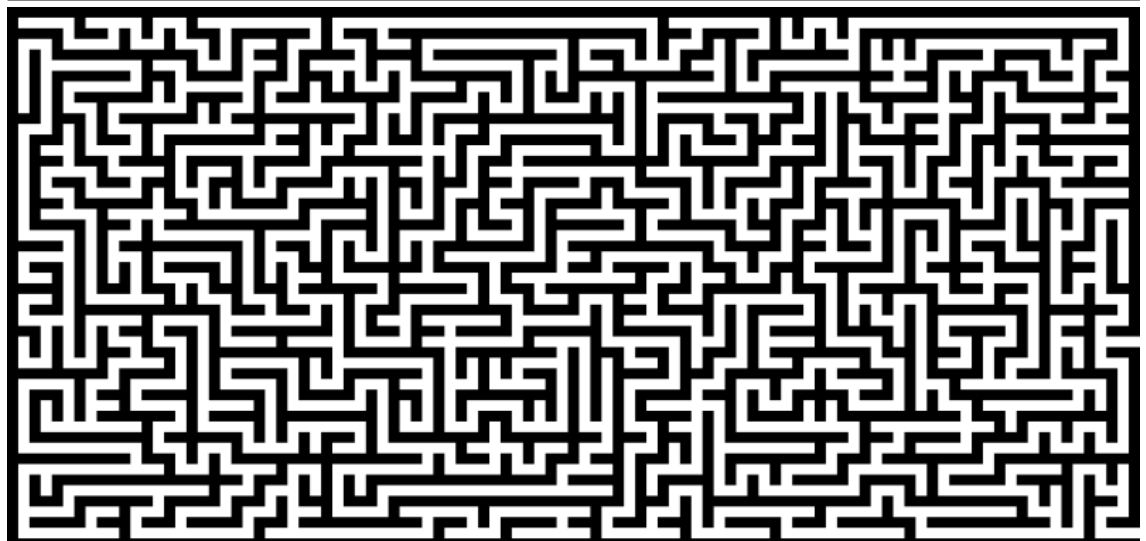


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WEEKLY WORD SCRAMBLE (one word)

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