

TRAVEL TALK - WHY NOT TRY NEW HAMPSHIRE!

By Chase Binder

When friends and family think of Bud and me and travel, I suspect they think of places like Patagonia, South Africa's Kruger National Park, Norway's stunning fjords or exotic Myanmar—some of our favorite destinations. Sure, we love traveling to faraway places. After all, we have been to 97 countries around the world—very close to the "100 countries" criteria for membership in the Century Club!

But every so often we're minded of the charms of our very own New Hampshire. After all, millions of people come from the US and all over the world each year to enjoy everything that New Hampshire has to offer. Luckily for me, I'm a travel writer and get daily emails with links to travel planning platforms of all types. Just a few weeks ago I got a link to a website called Only in Your State (www.onlyinyourstate.com). Hmmmm, I thought...why not poke around on the website and sign up for emails? What do I have to lose?

Turns out it was what I have to win! As it happened, the email arrived as Bud and I were on our way home from our winter in Florida. We always hit the road with tons of enthusiasm for reconnecting with family and friends, re-settling into our beloved condo at Stone Sled Farm in Bow, and seeing what's new in New Hampshire. The timing was perfect and the content of onlyinyourstate.com was engaging, fresh and organized just the way I like it—with themes.

One theme that immediately caught my eye was "8 Scrumptious Restaurants in NH You Never Knew Existed." Bud and I consider ourselves minor foodies, so right away I wanted to see if we had been to any of the eight listed. And, yes we had—but only one of them, **Mediterrano** in Hillsborough (mediterrano.com, 680-4319), a great place with Turkish cuisine that took us right back to Istanbul!

The eateries listed ranged from Pittsburg to Nashua—all looked interesting—but we needed something closer by for a spontaneous Friday night supper with some great friends we hadn't seen in a while.

We picked # 5, The **Flying Goose Brew Pub and Grill** in New London (flyinggoose.com, 526-6899). Turns out that our friends (truly devoted foodies) knew about it, but hadn't been there in a while. Bingo—a great evening out, wonderful food (amazing fish and chips!) and they even take reservations. Love that!

I now look at onlyinyourstate.com often for inspiration, and I'm betting that some of the features will inspire you too. How about "10 Awesome Things You Can Do in NH



Chase Binder

Without Opening Your Wallet," or why not visit all of the "10 Towns In NH With The Best, Most Lively Main Streets"? If you like to shop, try reading "7 Amazing Flea Markets In NH You Absolutely Have to Visit." If you like walking/hiking trails with a twist, how about "4 Trails in NH That Lead to Amazing Ruins?"

These themes are just the tip of the iceberg—there's lots more! I found the content accurate and timely and each article presents needed contact info and directions as well as a rich assortment of hi-resolution images. And, of course, you can get the same level of quality info on and the rest of our 49 states.

But back to New Hampshire. Granted, there are other online platforms that provide themes and info—not the least of which is the official state tourism website, visitnh.gov, where you can find extensive material on everything from state parks to lodging, events and activities, nicely organized by the calendar and the map. Looking for something to do in July on Lake Winnepesaukee? Start here.

Bud often points out that we are so fortunate to live in such a beautiful state. He grew up in Nebraska—no mountains, no crystal clear lakes, no ocean beaches, and certainly not 89% covered with lush green forest. Why not celebrate a bit of New Hampshire and make a point to travel in our own home state this year?



Announcement of Jim Normand -- Democratic State Senate Candidate

I have filed for the N.H. State Senate to represent Manchester's Wards 1, 2, and 12, and Bow, Candia, Dunbarton and Hooksett. I want to do my part to help the people of this state.

As I file for the State Senate, I appreciate the challenges ahead. We have to improve educational opportunities for our young, improve health care for all of our citizens, fight the way that drugs and addiction affect those who live here, and support our business community so that the people of our state will be prosperous and succeed in their lives.

I will work hard to offer a fresh view for our state government. Having served as a N.H. State Representative for six years in the 1970s, and then as a member of the Governor's Council in the 1990s when Jeanne Shaheen was Governor, I believe that I can bring back the cooperative spirit of working together in government that we've lost sight of in recent years. Perhaps, more

than anything, that is what we need right now.

Last week, I retired from the Executive Branch Ethics Committee, where I had served for eight years. Gov. John Lynch had created the committee as a way to bring more transparency and openness to state government, and I worked with others to achieve that. I pledge to continue the work of ethics in government in the State Senate.

My experience during the past 35 years in the practice of law fighting for the residents of the state when they have been injured has given me a unique, personal, close-up view of how the healthcare system is not working for the people. Many of us are just one injury or illness away from massive medical bills putting us completely underwater. I will work to fix the health care system that is supposed to protect people. This is not just a federal issue.

SUDOKU PUZZLER

#6

By Ian Riensche

www.sudoku-puzzler.com

		3		4	7	6		
	9						3	
7					6			5
8		5		7				
4			2	9	3			8
				8		1		4
2			3					1
	7						2	
		4	7	2		8		

Use logic and process of elimination to fill in the blank cells using the blank cells using the numbers 1 through 9. Each number can appear only once in each row, column and 3 x 3 block