

THETFORD TOWN NEWSLETTER

No. 100

AUGUST 2012



THETFORD ACADEMY

* It's that time of year again . . . **sports practices officially begin on Thursday, August 16.** Please be aware of increased traffic on the hill to and from the Academy.

* **New student orientation and tours** will be held on Thursday, **August 23, beginning at 6:00pm.** Call the main office at 785-4805 for more information.

* **Thetford Academy opens** for the 2012-2013 year on Tuesday, **August 28.** We welcome all our new and returning students and their families, faculty, and staff; and we wish everyone a great year!

Submitted by Wendy Cole

LABOR DAY BBQ AND PARADE



The Thetford Volunteer Fire Department will have their annual Labor Day Chicken BBQ and Parade on Monday September 3rd in Post Mills. The parade will begin at 11:30 followed by our famous BBQ. Meals are \$12 and include a half chicken, beans, cole slaw, roll, homemade pie and beverage. In addition, there will be educational displays, a flea market as well as a raffle and silent auction. Raffle tickets and silent auction items will also be available at Thetford Recycling center during the month of August. Items include \$400 towards snow tires (Watson's garage), New England Patriots tickets, New York Giant tickets, a catered dinner for 4 by the Barefoot Gourmet, gift certificates to many local businesses such as Cross Rd farms, Cedar Circle, Isabell's, a Pompy Mills Mission bench, Cannondale road bike, as well as gas card donations from Baker's, Wells River and Merchant banks! There are many other items so please stop by and place your bids and purchase your tickets!

Please remember, dogs are not permitted at the event.

Thank you for supporting your local fire department and hope to see everyone on September 3rd!

Any questions, contact Robin Pettingell or Mariah Whitcomb at 785-2412.

Submitted by Robin Pettingell



THETFORD REC YOUTH PROGRAMS

FREE LASER TAG @ UV DAM - Saturday, August 25: 4:00 - 6:00 pm @ picnic site 2, equipment provided.

KARATE - **GRADES K -12** Wednesdays after school from 3:00-4:00 in the TES gym. Runs Sept 12 thru Oct 17. Class will be run by Sensei Marshall Van Norden of Green Mountain Dojo. **FEE \$35** for all 6 weeks. **REGISTRATION DEADLINE SEPT 7th.**

DARTMOUTH AU - DODGEBALL/HANDBALL - Game days will be on Sundays from 3-4:30 and practices will be at TES one weekday TBA. The first kick-off game day will be on Sunday, September 23 and the last day will be Sunday, November 4. We will be playing dodgeball and handball this fall. **FREE, DROP-IN PROGRAM**

SOCCER - The soccer game schedule will be completed on August 24th, and it will be finalized by Sept 4th. The following information may not be final, coaches will provide complete game and practice schedules before Labor Day. **FEE FOR SOCCER IS \$30. REGISTRATION DEADLINE SEPT 7th.**

GRADE K - *Coed* - Practices will be held on Saturdays at Noon - 1:00 @ TES. Sept 8-Oct 27 **COACHES NEEDED**

GRADES 1/2 - *Coed* - Practices will be held on Wednesdays from 3-4:15 and Saturday mornings at 11-noon @ TES. Sept 8- Oct 27. **COACHES NEEDED**

GRADES 3/4

Girls Practice Tuesday 3 - 4:30pm & Thursday from 4:30 - 6:00 pm, Sept 4- Oct 18 @ TES. **COACH NEEDED**

Boys practice Tuesday 4:30 - 6:00pm & Thursday from 3:00 - 4:30 pm Sept 4 - Oct 18 @ TES. **COACH ALEX J ACACCI**

Games for both teams should be the same days and Saturdays if needed. Games will begin no later than 5:30 PM. Complete game and practice schedule will be distributed by head coach.

GRADES 5/6

Girls: Practice Monday/Wednesday 3-4:30 pm & Friday 4:30 - 6:00 pm Starts Sept 5 @ TES. **COACH TED MacVEAGH**

Boys : Practice Monday/Wednesday 4:30 - 6:00 pm Starts Sept 5 @ TES. **COACHES MIKE PEPE, ANDY BOYCE & SHANNON DARRAH**

Games for both teams should be the same days and Saturdays as needed. Games will begin no later than 5:30 PM. Complete game and practice schedule will be distributed by coach.

Babysitter's Training Course - For boys and girls ages 11-16. This course is designed around 6 major themes: safety, basic care, first aid, safe play, professionalism and leadership. Excellent training for anyone who babysits. Each participant will take home a useful reference handbook as well as a certificate for completion of the course. Course will be held at TES. Bring a pencil and lunch **Saturday, Oct. 6TH from 9:30 am to 1 PM \$50 fee/\$60 NR Min #6, max #20 Registration deadline Sept 28th.**

Home Alone Course - Instructor Patricia Parent will teach children at least 8 years old how to behave, what to do and what they need to know to be home alone in the house after school. Bring something to write on, a pencil and a snack. Course held at TES. **Saturday, Sept 22nd from 9:30am - Noon \$40 fee/\$50 NR Min#8, max# 20 Registration deadline Sept 15th.**

Submitted by Kathi Meyerson, Thetford Rec Director



TIPS FOR IMPROVING GAS MILEAGE

TIRES - Keep your vehicle's tires inflated properly. This is important for less rolling resistance, and also for safety. And when it is time to replace tires, look for brands and models rated for low "rolling resistance." Strange to say, but be sure those snow tires are off the car! Snow tires have more rolling resistance than other types of tires. You'll need to save those treads for better use in the time when it's known to snow! Check wheel alignment too.

SPEED - Although cars vary somewhat depending on the model, most cars get the best gas mileage from 35 – 55 miles per hour. But as speed increases, the mileage drops: at 60 mph, the mileage drops 3%, at 65 mph it drops 8%, at 70 mph it drops 17%, and at 75 mph it drops 23%.

AIR CONDITIONING - Modern cars are designed to be aerodynamically slippery with the windows up, and you will notice that riding around with the windows down usually causes head-pounding, throbbing noise – and also means some wasted energy. On the highway, roll up the windows, and use the AC.

WEIGHT AND DRAG - Take excess weight out of the vehicle. Maybe you felt for some reason that you needed to lug those concrete blocks and sand bags around in winter – but you don't need them now. Some owners can find 100 lbs. of useless weight to take out of a vehicle. Whenever possible, take racks, especially roof racks and cargo boxes, off the vehicle. Carrying a canoe, kayak, bikes, etc., all increase the air resistance (drag) on the car, reducing gas mileage.

Submitted by Paul Gerke, Thetford Energy Commission



"The first week of August hangs at the very top of summer, the top of the live-long year, like the highest seat of a Ferris wheel when it pauses in its turning. The weeks that come before are only a climb from balmy spring, and those that follow a drop to the chill of autumn, but the first week of August is motionless, and hot. It is curiously silent, too, with blank white dawns and glaring noons, and sunsets smeared with too much color. Often at night there is lightning, but it quivers all alone."

~Natalie Babbitt, *Tuck Everlasting*

UPCOMING PRESENTATIONS

Please join us to enjoy four wonderfully thought-provoking and enjoyable presentations with conversations, in Strafford's beautiful Town House. We're inviting audience members to actively participate in these discussions. Admission is free, yet we'll gladly accept donations for the Morrill Memorial and Harris Library's new books fund.

Each program will begin at 7 pm. Join us for a picnic with our guest presenters at 6 pm on the Town House lawn beforehand.

Thank you, from the organizers for this year:
Jim Schley, Kate Siepmann, Jon Stableford, and Catherine Tudish

Here's the full schedule for the 2012 Strafford Town House Forum series:

August 2:
Playwright/novelist Kate Wenner, author of the new play *Make Sure It's Me*, and Dr. Lanier Summerall, Director of the Traumatic Brain Injury (TBI) Clinic at the VA Hospital in White River Junction, will discuss the consequences of TBI among soldiers returning from combat. Local actors will read excerpts from the play.

August 9:
:Engaging in a lively discussion about the gathering, dissemination, and analysis of news over the past century will be three veteran journalists: David Shribman, executive editor of the *Pittsburgh Post-Gazette*, Jack Beatty, senior editor of *The Atlantic* and news analyst for NPR's *On Point*, and Strafford's Carin Pratt, producer of CBS's *Face the Nation* for over twenty-five years.

August 16:
Celebrating creative nonfiction and first-person storytelling with Jeffrey Sharlet, whose latest book *Sweet Heaven When I Die* explores religious subcultures in America and the intersection of politics and religion, and Thetford's William Craig, whose just-published *Yankee Come Home: On the Road from San Juan Hill to Guantanamo* examines the complicated relationship between Cuba and the U.S.

August 23:
Two contemporary masters of poetry, fiction, and essays who are also revered teachers: Sydney Lea is Vermont's Poet Laureate, and his latest collections of poems are *Young of the Year* and *Six Sundays Toward a Seventh*. David Huddle is author of seventeen books, most recently the novel *Nothing Can Make Me Do This* and the poetry collection *Black Snake at the Family Reunion*.

Submitted by Jim Schley (jschley@sover.net)