

OCTOBER 2017

Newburyport

NEIGHBORS

A Community Magazine Serving the Residents of
Newburyport, Newbury, West Newbury and Plum Island



THE KEENE FAMILY: *12 Steps in the Right Direction*

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Sandy Berkenbush
(978) 815-4751
sandy@sandyberkenbush.com

Jack Mahoney
(617) 901-0763
jackm@stoneridgeproperties.com

Cheryl Grant
(978) 270-1460
cherylg@stoneridgeproperties.com



Best Version Media™

Publication Team
Publisher: Noreen Trudel
Content Coordinator: Danielle Walker
Designer: Brittany Jooss
Photographer: Brooke Whicher Photography

Advertising
 Contact: Noreen Trudel
 Email: ntrudel@bestversionmedia.com
 Phone: 617-794-9205

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HI, NEIGHBORS!

Can you feel it in the air? Cool, crisp Autumn is upon us and October is ready to take over with all its festivities. This month we sat down with Kim and Steve Keene, co-founders of the Pelican Intervention Fund. These angels in disguise have worked with no end in sight to raise money for those battling addiction in Newburyport and the surrounding areas. Read on to learn how they were first inspired by one of their son's childhood friends, and how he overcame his battle with their help.

We all know that with October comes Halloween and Newburyport is the perfect place to celebrate. This month is jam packed with everything from the Annual Fall Harvest Festival, Witches' Night Out, to Downtown Trick or Treating. We've even got the seventh annual seacoast area Rubbish to Runway Fashion Show raising money in honor of the Long Way Home Project. If you want to become a Newburyport restaurant connoisseur, you'll have to check out Savor Newburyport – Restaurant Week and grab a taste of local cuisines.

Last but certainly not least, you'll want to have your home in tip top shape for indoor parties and celebrations come winter. That's why we recommend a fresh coat of interior paint by none other than 2Penn Painting and Roofing. They understand how to keep their customers happy time after time, offering free quotes and estimates so you can jump in head first knowing the cost beforehand.

With so much to celebrate this month we hope you enjoy these stories and remember, if you have something to share, we want to hear it!



Noreen Trudel

Publisher
ntrudel@bestversionmedia.com

Danielle Walker

Content Coordinator
dwalker@bestversionmedia.com



To learn more about becoming an expert contributor, contact Noreen Trudel at ntrudel@bestversionmedia.com or 617-794-9205.

The Keene Family: 12 Steps in the Right Direction

By Danielle Walker

Photos by Brooke Whicher Photography



Kim Keene and her husband, Steve, sit opposite each other at their dining room table with scraps of newspaper clippings and magazine articles spread in between. They sift through the pile recalling all the publications that have featured the Pelican Intervention Fund, the foundation they and Elizabeth McCarthy co-founded. The Pelican Intervention Fund provides funding for long term residential Twelve Step based programs for economically challenged men and women struggling with heroin and other addictive substances to begin a journey of recovery from addiction. Along with financial support, it creates a community of care for ongoing intervention and sustaining recovery. Kim, Steve and Elizabeth believe that the opiate crisis has become such an epidemic that most people are aware of or know someone that faces the addiction, and they want to change that.

Kim originally grew up in New Jersey while Steve grew up in Lincoln Nebraska, later moving to New Jersey. The two met in high school, eventually married and had three boys before deciding to move from Cincinnati to the Boston area. Mathew, the oldest, was going into eighth grade. Ryan, their middle son, was going into fifth grade, and Shane, the youngest of the bunch, into third grade. "After living in so many places, we came to Newburyport and instantly fell in love with the community. Sometimes, when we go downtown, I still pinch myself because it feels like a vacation here," explains Kim. When the boys were young, Steve was active in the local community coaching lacrosse. Kim taught at Immaculate Conception on Sundays. Both activities brought about a tradition of Friday Pizza Night at the Keene's house. "You know, even though we say we have three boys, we laugh and say that it's at least eight kids that we feel are family," Kim and Steve agree.

During his time in high school, Ryan became involved with alcohol and received a drunk driving offense. Kim describes the experience as humbling; "We saw that this could happen to any family, and it was at that point we became involved with the Beacon Coalition." The Beacon Coalition is a community-wide partnership that works collaboratively to reduce high-risk behaviors by Newburyport's young people. There was even a time when Kim and Steve joined a panel of parents on a local Newburyport television station to speak out and warn other families that substance abuse could happen to anyone. "When Ryan decided to attend college down south we were very happy. We wanted him to have a new start because his whole high school experience was a journey," recalls Kim. However, it wasn't Ryan who ultimately inspired Kim and Steve to start the Pelican Intervention Fund, but one of his friends, Corey.

A few years later, Steve was approached by a few of Ryan's friends out of concern for Corey, who had



Pelican Intervention Fund supporters and team members lead the way at the recent Yankee Homecoming Parade.



Pelican Intervention Fund founders, Elizabeth McCarthy (far left), Kim and Steve Keene wave to the crowds along the parade route during Yankee Homecoming.

started using heroin. "We knew he smoked marijuana in high school but his friends insisted it was something much worse. I really didn't believe it. Heroin in Newburyport? I always thought that was something associated with larger inner cities but that wasn't the case. We eventually found out he had overdosed twice and almost died. And then, like anything else, when you start doing research on addiction you get sucked into it and realize just how large the scope of the issue it," explains Steve.

During Corey's years in college, it was experimentation with prescription pills that led him to heroin. Some suggested holding an intervention for Corey, but Steve knew the best method was a one-on-one discussion over dinner. "We started talking like we normally do. Then we got into it and I started asking how he's been feeling lately; his drug addiction and how it's been impacting him. There was a lot of denial at first but I wasn't giving up. I told him I knew he had an issue, let's talk about it. He kind of broke down and admitted he had a problem. At that point, we just wanted to figure out how to help him out," says Steve. However, Kim and Steve admit they still didn't fully understand the problem.

The Keene's initial thought process was to move Corey to detox. They believed that after five days he'd be able to come home and into an outpatient program. During the five days of his stay, Kim and Steve would write notes of encouragement. Unfortunately, upon further research, Kim discovered that those who left detox, and returned to the environment in which they first began their drug use, significantly increased their chances of relapse. All the triggers that once existed still haunt the patient. "The goal of this is to go to detox to get all the drugs out of your body and then to a 30-day program for treatment. And then you move onto sober living programs. So, the longer you're in a program, the better chance you have of long term sobriety." However, both Kim and Steve explain the difficulties of finding a 30 day program that coincides with the end of a 5 day detox. Because most programs have already reached their limit, a waiting list is generally the only solution for those who call to inquire. Along with issues of capacity, there's also the cost of programs which prove detrimental to recovery.

Without the Keene's and several friends financial support, it would have cost Corey over fifteen thousand dollars to get through recovery programs. Corey eventually took part in a 12-step sober living program in Wakefield before moving in with Kim and Steve. Afterwards, he was asked back to the program, this time as a man-

ager. "We saw the change in him week by week. He could look us in the eye. He was grateful for his life and talking about his future goals. He saw hope, and that's the main thing," gushes Kim. Unfortunately, Kim and Steve couldn't afford to help all those that reached out after hearing Corey's success story. This led to the creation of the Pelican Intervention Fund. "We have a core team of about 20 local volunteers loosely organized into 'committees' to help drive fund-raising, community awareness, outreach and educational efforts. Our church the Immaculate Conception has also been very supportive."

This coming Thanksgiving will mark two years since the Pelican Intervention Fund was established, counting fifteen young people that it's been able to help. In total, it's raised over \$100k dollars which is no small feat and speaks volumes on how hard Kim, Steve and Elizabeth and friends have worked to raise every penny. However, the Pelican Intervention Fund does not stand on its own but is instead a fund under the Essex County Community Foundation, which is housed in Danvers. "ECCF provides PIF's non-profit status. Every penny we raise goes to an account there. If a woman or man completes their Detox and 30-day treatment they can be referred to a 12-step sober living program that we support," explains Steve. It's not just residents



The "Pelican" Truck highlights the number of local lives helped by PIF.



of Newburyport that the Pelican Intervention Fund seek to help but 9 other surrounding communities including Salisbury, Amesbury, and West Newbury. Many times, if Kim, Elizabeth or Steve can't offer those who reach out help through their program, they'll pass on information of other programs that better suit the individual's needs.

Recently, the Pelican Intervention Fund was part of the Yankee Homecoming parade in Newburyport. "The beautiful thing was the overwhelmingly positive response from the crowd along the route, the community really supports us. Not one penny that we've raised has come from the state. It's been local businesses, organizations, churches and people. For us it's important that the community has embraced us because without them we couldn't do this." "We are extremely grateful for their support"

To learn more about the Pelican Intervention Fund or apply to the program, please visit pelicaninterventionfund.org.

Do you know a neighbor who has a story to share? Nominate your neighbor to be featured in one of our upcoming issues! Contact us at ntrudel@bestversionmedia.com.

WHY YOUR NEWBURYPORT HOME NEEDS A FRESH COAT OF PAINT

By 2Penn Painting and Roofing

When looking to liven up your Newburyport, MA home, everyone knows one of the simplest ways to easily do this is by painting the interior or exterior with a fresh coat of paint. A new color on or inside the rooms of your home can change the whole outlook and feel of your home from a stylistic standpoint. On interior rooms, lighter colors can breathe more space into the room and make it feel bigger. On the other hand, bold or pastel colors can add factors to the rooms that can promote vibrant statements or create a calm soothing atmosphere. Painting your home with a new fresh color can be a cost-effective way give your property a whole new feel.



All of these great benefits of a fresh paint job Aesthetics and health are the most obvious benefits of fresh paint. Additionally, a new coat of paint protects both interior and exterior walls from wear and tear, water damage and various damages from inclement weather. Because of this added protection and the appealing new look, fresh paint typically increases the overall real estate value of your home.

The benefits of a fresh coat of paint don't end a just a stylistic standpoint, but can also assist from a financial and home health standpoint as well. Painting interior walls every couple of years will help keep dust and dirt at bay, especially with plaster walls. This reduced amount of dust will improve air quality and reduce strain on air filters in your home. Fresh paint can hide stains as well, especially rust or water damage. But before painting over any type of stain, be sure to get it inspected for any signs of mold or other dangers.

While aesthetics and home health are the main benefits of fresh paint, you will also see the benefit of protection. A new coat of paint will protect both the interior and exteriors walls on your home from wear and tear as well as water damage and various other inclement weather (which we've all come to know and love in Newburyport).

The best part about a fresh interior or exterior painting of your home is the added value to your property, all at a fraction of the price that remodeling or building would cost. While painting your home yourself can save you a little bit of money, if you want it done right you need to hire a professional to ensure it not only looks good but is done with the right tools.

If you think it's time to upgrade your Newburyport home's interior or exterior paint job, 2Penn is your one stop shop for all your interior and exterior painting needs.

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Kenny Neal in Concert: Swamp-infused blues with a Louisiana sizzle!

Where: Belleville Congregational Church, 300 High Street NBPT
Date: Sat. October 7
Time: 8:00pm

Born in New Orleans and raised in Baton Rouge, multi-instrumentalist Kenny Neal and his band deliver swamp-infused blues with a Louisiana sizzle! Kenny is one of the current blues greats. Belleville Roots Music Series. For tickets and more info, visit www.bellevilleroots.org.

Fall Harvest Festival 2017

Where: Downtown Newburyport
Date: Sun. & Mon. October 8 – 9
Time: 10:00am – 5:00pm

Come to downtown Newburyport on Sunday & Monday of Columbus Day weekend for our annual Fall Harvest Festival! Enjoy great food, live music, and family fun while celebrating autumn's arrival. Explore downtown shops as well as craft vendor booths from artisans all over New England! Bring the kids in the morning for children's entertainment in Market Square.

16th Annual Scarecrow Contest

One of the most fun parts of the Newburyport Fall Harvest Festival

is the fun, interesting scarecrows decorating all the lamp posts downtown. This year will be the 16th annual scarecrow contest! This contest is free, fun, & open to the public! Entries by individuals, families, teams, schools, churches, clubs, organizations, and businesses are all welcome. The goal of this contest is to create a gallery of fun, inventive scarecrows throughout Market Square. Get creative!

Love Local History?

Where: Oak Hill Cemetery, Brown and State Streets NBPT
Date: Sat. October 14
Time: 10:00-11:00am

Participate in a 1.5 mile walk/jog on the beautiful grounds of Oak Hill. View over 50 marked final resting places of silversmiths, benefactors, sea captains, authors, and artists and learn about the gravestone restoration project. If you love local history place A Run Thru History on your calendar! Proceeds go to tree planting.

Savor Newburyport 2017 - Restaurant Week

Date: Sun. - Thurs. October 15 - 19 & October 22 - 26
Time: Dates and Times Vary

Savor Newburyport, brought to you by the Greater Newburyport Chamber of Commerce & Industry, is a 10-Day Celebration highlighting Greater Newburyport's exceptional food and creative libations while enjoying unique shopping and cultural experiences. Participating eateries will showcase unique fixed-price offerings for all or some of the following: Breakfast, Lunch, Dinner, Dessert, Coffee, Ice Cream, Beverages, Breweries, & Wineries.

Witches' Night Out

Where: Downtown Newburyport and The Tannery Marketplace
Date: Fri. October 20
Time: 6:00-9:00pm

On Friday, October 20 from 6 – 9 PM, the streets of downtown Newburyport and the Tannery will be filled with witches, ghosts, vampires and other Halloween characters for Witches' Night Out! This adult-friendly event is a Halloween invitation night coupled with merchant hospitality, seasonal Halloween treats, shopping and more! Attendees are urged to come in costume appropriate for the season

– use your imagination! The adult costume contest for Witches & Warlocks TBD

7th annual Green Stride Newburyport Half Marathon & Relay

Where: Greater Boston Running Company, 27 Water St NBPT
Date: Sun. October 22
Time: 9:00am

This Massachusetts favorite has been voted best overall race, best post-race party and best half marathon 3 out of 4 years on the North Shore! Race starts at 9:00 AM! We are excited to bring you the 7th annual Green Stride Newburyport Half Marathon & Relay on October 22nd! We experienced tremendous growth in recent years and look forward to continuing a great tradition here in 2017. Fresh off being voted by the runners as the "Best Half Marathon" in the North Shore by the North Shore Road Race Guide, we plan on keeping our fun, scenic and challenging environment. The post-race party has good food, great beer and some rockin' bands that will help carry on the tradition of our award-winning post-race parties. The historic, scenic course and ideal October running conditions in New England are sure to bring a wonderful atmosphere to Newburyport on October 22nd.

Downtown Trick or Treat – 2017

Where: Downtown Newburyport and The Tannery Marketplace
Date: Fri. October 27
Time: 4:00 – 5:00pm

Join Downtown and Tannery merchants as they celebrate Halloween! Stop by in costume for a trick or a treat! This event is intended for small children accompanied by an adult.

The Fur Ball: Silent and Live Auction

Where: Andover Country Club, 60 Canterbury St, Andover MA
Date: Sat. October 28

Presented by the Merrimac River Feline Rescue Society. This year's Fur Ball will once again be hosted by Randy Price of Channel 5's EyeOpener News and Frank Bertolino of North Shore Realty Group, who make for a rousing good time! This year's auction is packed with great items: sports tickets and memorabilia; food, beer and wine; jewelry; event tickets, gift certificates galore and so much more!

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GOING ABOVE AND BEYOND WITH IMAGINE STUDIOS

By Kristine Malpica



Imagine Studios is a 501c3 organization dedicated to fostering and promoting peace building activities through the performing, visual and healing arts. Based in Amesbury since 1998, our global and community outreach projects provide high-quality, affordable and purposeful performing arts programming that makes a difference.

Co-Founders Kristine Malpica and Lucian Parkin have envisioned Imagine Studios as a way to think globally and act locally, bringing together people of all ages and backgrounds to co create peace through music and performing arts programs in collaboration with other organizations, businesses and community leaders.

Current Projects—Sammy Cares, community outreach peace building, bully prevention programs, making a difference in children's lives.

Sammy Cares features live, multi-media performances of New England Foundation for the Arts Touring Artist, world class ventriloquist, vocalist and puppeteer Lesley Smith, and her characters, starring Sammy Snail. She has been featured on Chronicle as a New England performance artist and has performed nationwide.

Sammy Cares benefits communities by providing free or low cost inspiring programs for children and families at-risk in schools, daycares, hospitals, theaters and homeless shelters. These interactive performances include ventriloquism, theatrical puppetry and music, promoting peace, bully prevention, social competency skills, conflict resolution, environmental stewardship and healthy lifestyles.

Sammy Cares' mission is to create a more peaceful world through modeling love of self, others and the living earth. Outreach programs target pre-K- 6th grade, family audiences and elder communities. Lesley Smith and her characters have toured extensively in rural, urban and suburban school districts and concert halls reaching audiences of



diverse ethnic, socio-economic and geographic backgrounds. Whether it is 1st or 8th graders in upstate rural New York, Whiteville North Carolina, or the inner city of Roxbury MA (Boston) the response is always the same, "Sammy and his friends rock!"

For more information about the anti-bullying program *Wizards and Knights* please visit: www.sammysnail.com/wizards-knights

Regional business and community leaders are joining together to make a meaningful impact on the lives of children. Through business sponsorships and community foundation grants, Sammy Cares offers discounted rates to underserved schools, agencies and populations throughout the seacoast region. Imagine Studios is seeking sponsors to help bring Sammy to a school or center near you! Please contact Kristine Malpica at Imagine Studios for more information on how you can help.

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Workshops Availability: Separately or to be added onto all stage shows for additional cost. Can be held during school day or after school. Can be restricted to organization or open to general public. Trained drummers and puppeteers have the option to perform in a live performance in school or open to the public.

www.imaginestudios.org - Contact Information: Kristine@imaginestudios.org, 978-834-0367, or lesley@sammysnewworld.com

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RUBBISH TO RUNWAY FASHION SHOW

By Elizabeth Rose

The seventh annual Seacoast area Rubbish to Runway will be held at the Blue Ocean Music Hall located at 4 Ocean Front North in Salisbury, Massachusetts on Saturday, October 14 from 6:00 PM until 9:00 PM. Doors will open at 5:30 PM. Tickets can be purchased at www.rubbishtorunway.org.



In addition to the fashion show a 50/50 raffle, a live auction and a gift-basket raffle will take place. The live auction will offer a chance to bid on a week on Martha's Vineyard and art lessons with area artist Alan Bull. The emcee of the night will be Donna Holaday, Newburyport mayor, and Adrienne Montezinos, will be the announcer and auctioneer.

The Rubbish to Runway is an annual fundraiser for Long Way Home, a non-profit in Guatemala that builds sustainable schools and public buildings using repurposed waste materials. The mission of Long Way Home is to construct self-sufficient schools that promote education, create local employment and support environmental stewardship through education and example.

Just as the Escuela Tecnico Chixot in Guatemala is built with repurposed waste such as abandoned tires and trash-filled bottles, all the dresses on the runway will be created with 90% post-consumer waste. Such materials as used coffee filters, old venetian blinds, bubble-wrap, cassette tapes, yesterday's news and old corks will be creatively assembled fastened, glued and stitched to become haute couture.

NEW THIS YEAR: Look for six Business Waste Challenge dresses on the runway this year, created by Rubbish designers and sponsored by area businesses. The primary business sponsor is NE Biolabs. Local businesses including Bixby Manufacturing, Hawtan Leather, Newburyport Framers, Strem Chemical, and Strand Marketing contributed sponsorship funds. Each business will have a dress on the runway that has been made from their waste as a symbol of their support for sustainable waste disposal practices.

The proceeds from the event will go to furnish a computer library at the Escuela Tecnico Chixot. The building has been recently completed and was dedicated in February to Elizabeth Rose, local Georgetown resident and past board president of Long Way Home. Rose is also the founder of the Rubbish to Runway event.

To learn more about this non-profit and fashion show, please visit lwhome.org.



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“SMALL WORKS, BIG WORLD” - ART BY SUSAN KNEELAND AND MARIA NEMCHUK

By Susan Kneeland and Maria Nemchuk

Visit “Small Works, Big World” show of works by Susan Kneeland and Maria Nemchuk at the Newburyport Art Association, the Hills Gallery from October 17th through 29th. There will be a public reception on October 21st from 7-9 pm.



Twilight by Maria Nemchuk

Maria Nemchuk | Fine Artist | maria@nemchuk.com | www.mari-nemchuk.com

Maria Nemchuk’s artistic inspirations come from the world that surrounds her. She paints a wide variety of subjects - landscapes, still lifes, and portraits.

Born in the beautiful city of Saint Petersburg, from early on in her life, Maria was exposed to works of the great Russian artists - Levitan, Shishkin, Aivazovsky, Repin, Serov, Brullov. She spent countless hours in museums enchanted by worlds created in paintings. She wanted to experience what artists were seeing: to be in a sunlit pine forest, to walk that road in a field of rye, to feel powerful waves, to learn personal stories of people pictured in portraits...

Maria’s early works show her initial attempts to capture her world - real and imaginative. She began with colorful doodles and squiggles as a two year old, moving on to princesses, castles, and portrait drawings of family members, as well as academic still lifes in pencil, and eventually, landscapes in watercolor in her teens.

As she got older, the right side of the brain took a hold of her, and she went to college to pursue a science degree. The subsequent mar-

riage and move to the US proved to be a turning point. The introduction to works of American artists such as Sargent, Benson, Paxton, Tarbell, and Homer renewed her desire to paint, and she became determined more than ever to learn how to work in oils, so she could translate what she sees and feels with greater accuracy on canvas.

She loves painting au plein air and does it year round. “When you paint outside, you are surrounded by smells, sounds, and ever changing light. You are challenged - everything is calling for your attention. You are not painting a pretty scene, you are distilling and trying to convey the feeling of the wind, the sun, clouds racing across the sky, the juxtaposition of darks and lights, and the challenge of constantly shifting shapes of shadows. It’s a meditative and deep experience! Of course sometimes it’s too windy or too buggy and you have to accept that your painting will have a little “extra texture” such as bugs or sand.”

Maria’s still lifes are carefully composed of objects that tell a story, sometimes an unexpected one, like a mouse rescuing a cat trapped inside a gumball machine. A clementine, a stack of collected rocks, or a rose from her garden are all examples of how she loves to use objects that have a personal meaning to her.

Maria always found that there is so much beauty in human faces and figures, so it came as no surprise that portraits and figurative works quickly became her main obsession. She currently paints from a live model at least once a week. Her latest work is bridging the worlds of fantasy and the reality, by combining images painted from a live model with elements created from imagination.



Wrapped by Maria Nemchuk



Dog Days Of Summer by Susan Kneeland

Susan Kneeland | Fine Artist / Instructor / Designer
kneelandfinearts@aol.com | www.susankneeland.com

Susan Kneeland’s artwork is an enticing enigma. Known for her use of vibrant colors, as well blissful, moody monochromes, she achieves perplexity and tension in her masterful works.

Proficient in all media and subject matter, her most desired and collected pieces come from her “road series”, her lively architecture renditions, and her impressionistic “beach series”.

Susan teaches private studio classes, as well as en plein air, year round. Twenty-plus years ago, she instituted an art therapy program in pastels for the elderly residing in area nursing homes, and continues to teach these classes weekly.

Designing a winning sculpture for a competition in 2015 brought Susan’s career to new heights. This 700 pound work of iron and steel stands erected on the corner of S. Main St. and Middlesex St., in Bradford, MA.

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Looking Up by Susan Kneeland

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DAISY AND COW

By John Arsneault



Daisy & Cow are 4 year old Jack Russell Terriers. The sisters reside on Great Neck and have many interests.

Daisy is lean and has fluffy hair on her back. She is head of security in her home, often ridding the area of pesky rabbits, birds and deer with her lovely voice. In her spare time she enjoys fetching rubber footballs, collecting sticks and sprinting.

Cow is a woman of leisure, spending her days relaxing and waiting for her next snack. She is naturally muscular despite her lack of activity. Cow enjoys eggs, popcorn, chicken and crackers.

The girls enjoy a daily neighborhood walk with Dogs Must Walk. They are also avid nappers.



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DATE	HIGH				LOW			
	AM	FT	PM	FT	AM	FT	PM	FT
1 Sun	8:48	7.3	9:06	8	2:38	0.9	2:55	1.3
2 Mon	9:37	7.6	9:55	8.2	3:28	0.7	3:45	1
3 Tue	10:22	8	10:41	8.5	4:13	0.5	4:31	0.6
4 Wed	11:05	8.4	11:25	8.7	4:56	0.2	5:16	0.2
5 Thu	11:47	8.8	---	---	5:38	0	6:00	-0.2
6 Fri	12:09	8.9	12:29	9.2	6:20	-0.2	6:44	-0.5
7 Sat	12:54	9	1:12	9.5	7:02	-0.3	7:30	-0.8
8 Sun	1:40	9	1:57	9.7	7:47	-0.3	8:18	-0.9
9 Mon	2:28	8.9	2:46	9.7	8:34	-0.2	9:09	-0.9
10 Tue	3:20	8.7	3:39	9.6	9:26	0	10:05	-0.7
11 Wed	4:16	8.5	4:36	9.4	10:22	0.2	11:04	-0.5
12 Thu	5:16	8.2	5:38	9.1	11:23	0.4	---	---
13 Fri	6:19	8.1	6:42	8.9	12:06	-0.3	12:27	0.5
14 Sat	7:23	8.1	7:47	8.8	1:09	-0.2	1:33	0.5
15 Sun	8:26	8.3	8:49	8.8	2:12	-0.1	2:37	0.4
16 Mon	9:24	8.5	9:47	8.8	3:12	-0.2	3:37	0.2
17 Tue	10:16	8.7	10:40	8.8	4:05	-0.2	4:30	0
18 Wed	11:04	8.9	11:28	8.7	4:54	-0.1	5:20	-0.2
19 Thu	11:48	8.9	---	---	5:39	0	6:05	-0.2
20 Fri	12:12	8.5	12:29	8.9	6:20	0.1	6:47	-0.2
21 Sat	12:54	8.4	1:08	8.9	7:00	0.4	7:27	-0.1
22 Sun	1:35	8.2	1:47	8.7	7:39	0.6	8:08	0
23 Mon	2:16	7.9	2:27	8.5	8:19	0.8	8:49	0.2
24 Tue	2:58	7.7	3:10	8.3	9:01	1.1	9:34	0.4
25 Wed	3:44	7.5	3:56	8.1	9:47	1.3	10:22	0.6
26 Thu	4:33	7.3	4:46	7.9	10:37	1.5	11:13	0.8
27 Fri	5:25	7.2	5:40	7.7	11:30	1.6	---	---
28 Sat	6:20	7.1	6:36	7.6	12:07	0.9	12:26	1.6
29 Sun	7:15	7.2	7:33	7.7	1:02	0.9	1:23	1.5
30 Mon	8:09	7.5	8:28	7.8	1:56	0.8	2:19	1.2
31 Tue	8:59	7.9	9:20	8	2:47	0.7	3:12	0.8

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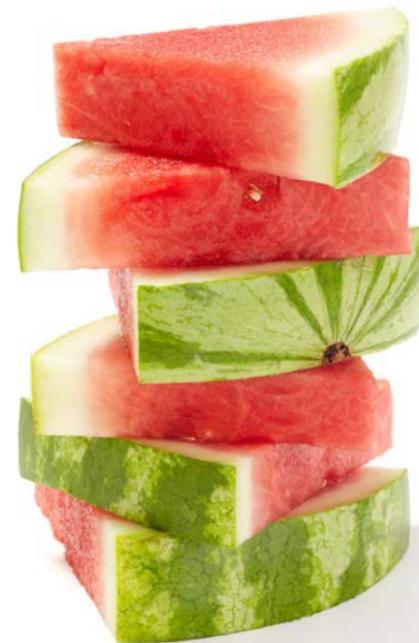
FUEL and REFUEL

Wisely

BY DENIS F. DOWNEY

Weekend youth tournaments with multiple games or matches on multiple days seem to have become the norm in many sports. While much attention has been brought to keeping players properly hydrated during these events, how much thought are you as coaches and parents giving to making sure they are fueling themselves with healthy foods and liquids?

Are you encouraging them to not only eat a healthy breakfast before beginning competition, but also making sure they are filling their backpacks with healthy food choices for their between-game meals and snacks, instead of heading to the concession stand and loading up on unhealthy choices?



While a coach may not be on hand when they eat breakfast before their busy day, you can make a few suggestions, such as whole grain cereals with milk, fruit, yogurt, scrambled eggs, toast or bagels with peanut butter, fruit juice and milk, and of course, lots of water.

Foods to avoid for breakfast include sugary cereals, donuts, danishes and pastries, syrup, and coffee and caffeinated beverages.

For between games and matches, encourage your athletes to refuel with fruits

and vegetables, sandwiches with lean deli meats such as chicken, turkey or tuna, yogurt, cheese and crackers, healthy granola bars, nuts, and, again, lots of water.

Foods to avoid between games include chips, candy, soda, caffeinated drinks, fast food and high-fat granola bars.

Remember, it is important to refuel whenever you get a chance during a multiple-match event. Sure, it's nice to find a shady tree to take a nap under to help recharge between games, but remember, replacing the fuel you spent in last match is just as important as rest in preparing for the next one.

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