

# Jackson woman new Cummings trustee

JACKSON — Laurie Gabriel of Jackson has accepted an appointment to the board of trustees of Cummings Foundation.

Gabriel, who retired as one of three managing partners at Boston-based Wellington Management Co., will also serve on the foundation's finance committee.

Cummings Foundation is a 30-year-old operating foundation, based in Woburn, Mass. It is one of the largest private foundations in New England, with more than \$1.3 billion in net assets.

"We are delighted that Ms. Gabriel has accepted our invitation to join the foundation's board," Cummings Foundation Executive Director Joel Swets said in a statement.

"With her impressive background in finance, we expect that



Laurie Gabriel retired from Wellington Management Co. (COURTESY PHOTO)

the foundation will benefit greatly from her advice and counsel."

Gabriel spent 32 years at Wellington, a global investment management firm, where she also was director of research and chair of its compensation committee.

A graduate of Tufts University, Gabriel earned a B.A. in econom-

ics, magna cum laude. She is a chartered financial analyst and has been president of the Quantitative Discussion Group and the Boston Security Analysts Society.

Gabriel has served on Tufts University's board of trustees since 2009 and is a member of its investment committee. She also serves as a trustee for The Nature Conservancy-New Hampshire and is chair of the investment committees for New Hampshire Charitable Foundation and Mount Washington Observatory.

"I am honored to join the board of Cummings Foundation, which is making such an impact on smaller nonprofit organizations in the area around Boston," Gabriel said. "Bill and Joyce Cummings are true role models in the philanthropic arena."



**TAMWORTH** — Grand 1900's farmhouse on 13.1 acres with year round fire pond. Magnificent wood floors throughout, 2 baths 2 stairways, parlor and dining room with sitting area overlooking front yard. MLS# 4510247 **\$180,000**



**TAMWORTH** — Welcome to Chocorua Village, one of the most photographed villages in new England. This 4 bed/1.5 bath dwelling offers the opportunity to open an in home business, office building retail shop or anything that tickles your imagination. MLS# 4506510 **\$215,000**

— LAND —

**CHOCORUA**—The welcome mat is out at Chocorua Meadows for this 3.70 acre wooded lot with all the amenities of this lovely area. MLS# 4489557 **\$39,900**



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**RECENTLY UPGRADED**, nicely maintained, country farmhouse with 5 acres of fields and a grand post and beam barn with an attached silo. Great for farm animals and horses. Outstanding living space for a family seeking the country life. The recently installed soapstone wood stove in the updated kitchen provides comforting warmth through the cold months. The screened front porch is a perfect place to gather with friends to enjoy the summer days. MLS# 4512207..... **\$252,500**



**GREAT FAMILY VACATION HOME** with lake access and mountain views, 3 bedrooms, 2 baths, gourmet kitchen, screened in porch with mahogany floors, living room with wide planked cherry floors, wood stove and cathedral ceiling. The hot tub is in a cedar paneled room with a full laundry. Two cedar decks overlook Peqawket Pond and the mountains. Close to the Saco River and a short drive to Shawnee Peak Ski Area. MLS#4478639..... **\$225,000**



**WATER FRONTAGE** on Big Pea Porridge Pond. Give this property some updates and TLC and you could really make this waterfront property shine. MLS# 4514989..... **\$174,500**

— LAND —

**110 PLUS ACRES** with mountain views and 2000' plus frontage on Deer River. MLS#4497143..... **\$155,000**

**CONWAY, NH** — Conveniently located 22 acre wooded parcel located on a Cul de Sac. Short drive to North Conway and all of the valley activities. MLS# 4399834..... **\$75,000**



Janey Junkfood learns about a balanced diet during FoodPlay being presented Oct. 23 at Theater in the Wood. (COURTESY PHOTO)

## FoodPlay teaches about healthy eating

INTERVALE — Thanks to a partnership between Memorial Hospital and Hannaford Supermarkets, kids and families will have fun learning how to take charge of growing up healthy, happy, and fit.

FoodPlay is coming to town, bringing its national award-winning theater show, juggling, music, magic and audience participation to turn kids on to healthy eating and active lifestyles.

Pre-show, Memorial Hospital's Let's Go program will offer free fruit smoothies and demonstrate its popular Smoothie bike.

Free information about Let's Go, which seeks to limit screen time, decrease sugary drink consumption and increase exercise, will also be available.

Staff from the Miranda Center for Diabetes at Memorial Hospital will also share nutrition tips.

In addition, Memorial Hospital is hosting an End 68 Hours of Hunger food drive as part of the event. End 68 Hours distributes food items to children in need in the community. Food items requested include peanut butter, jelly, canned soup, macaroni and cheese, and other simple items kids can prepare for themselves. For a complete list, visit [end68hoursofhunger.org/donate](http://end68hoursofhunger.org/donate).

During FoodPlay's performance, children will watch as Janey Junkfood desperately tries to make the National Junior Juggling Team. The problem: her poor eating habits.

As FoodPlay unfolds, kids will learn how to see through TV commercials, decipher food labels and "read it before you eat it." Upbeat song and dance routines will teach the benefits of fruits and vegetables. Kids learn how to balance their diets using MyPlate, which features the five food groups: grains, proteins, dairy, fruits and vegetables. Janey discovers there are far better choices than her "MacGreasyKings" lunch, as Coach transforms her meal into a colorful plate bursting with flavor and nutrients.

Founded in 1982 by nutritionist Barbara Storper, FoodPlay Productions tours the nation's schools and communities using the power of live theater and interactive media to turn kids on to healthy eating.

Doors open at 10 a.m. for the Smoothie Bike pre-show. FoodPlay performance starts at approximately 10:30 a.m. Guests are encouraged to show up at 10 a.m. as this is an open seating event — no advance reservations are required. Special thanks went to Believe in Books Literacy Foundation for use of its theater.