

GREENLAND GRAPEVINE

A Community Newsletter for the Town of Greenland, NH

Vol. VI Issue 4

Winter 2012

Farmers Market Opens in Greenland

By Wallace Berg



Rick and Beth Simpson, owners of Rolling Green Nursery.

A traditional "Farmers Market" is opening in Greenland. It features local winter-grown greens, root vegetables, USDA certified meat, honey, and maple syrup, as well as a varied selection of home baked goods. All products are certified as local produce. The market opened November 3, 2012. Current plans are for the market to be open to the public on the first and third Saturdays of each month, beginning in November, and continue through the first Saturday in March of 2013; tentative hours of operation will be 10 a.m. to 2 p.m.

Rick and Beth Simpson, owners of the Rolling Green Nursery, are providing the market space. Located on Breakfast Hill Road, near where it intersects with Post Road, the Simpsons have operated Rolling Green Nursery since 1990. Previously, Mr. Simpson was a "landscape architect." He is a certified "plant scientist" and is also a member of the NH State Advisory Committee. At various times during the growing season, the Simpsons conduct a "Garden School Series" of classes for the public that cover such topics as pruning, seed starting, planting the right plants in the right location, preparing your plants and gardens for winter survival, as well as others.

Located on the property are several "greenhouses;" two of these are unique in that they have heated concrete floors and a computer-controlled climatic environment system that can regulate both temperature and humidity. There is almost 10,000 square feet of floor space—thus, enclosed and controlled. The Farmers Market will utilize about half of this available space through the winter months. It is expected that there will be at least 25 booths available, and vendors are in the process of reserving space. Potential vendors should visit the nursery or telephone the owners for additional information and space availability. Within the "greenhouse," it is eternally springtime—with shirtsleeve temperatures.

Upon entering the grounds, one is reminded of the beautiful landscaping at Prescott Park, or some formal garden found in Europe. The unusual plant variety is astonishing. There is ample parking directly in front of the main building, which is connected to the greenhouse. For information, contact Rick or Beth Simpson at 603-436-2732.



VETERANS' DAY CELEBRATION AT GCS

Students greeted the Veterans who lined the hall at the annual Veterans' Day celebration at the Greenland Central School on November 8, 2012. A parade of veterans, music, and presentations were among the highlights of the ceremonies that honored the men and women who sacrificed so much for their country. This special program is due to the efforts of Sheila Pratt, Chris Caron, Kathy Hanson, Marcia Leach, Gene Guth, Beth Sommers, Helen Graham, Lynn Deremer, the students, and many members of the staff and Greenland Parent Organization.

Photos courtesy of Beth Kendall, Kathy Hanson, and Bette Hirtle.



Community Congregational Church Christmas Fair Set for December 8

By Heidi Duncanson

The Community Congregational Church in Greenland will hold its annual Christmas Fair on Saturday, December 8 from 9 a.m. to 2 p.m. at its Parish House on Post Road/Route 151 in Greenland Center.

There is no admission for this community holiday event that will feature two floors of merchandise and activities including a Cookie Walk with hundreds of homemade cookies, handcrafted items made by the church's Women's Alliance, gifts created by Greenland's Boy Scout and Girl Scout troops, a "children-only" shopping room, jewelry, and gourmet foods, as well as locally made products. The kitchen will have sandwiches, fried dough, and ice cream sundaes available.

The fair's Silent Auction will be the center of the event featuring artwork, handmade items, restaurant gift certificates, passes to area attractions, gift baskets, and more.



Brittney Garcia at the CCC bakery table last year.

And around 11:00 a.m., you may expect a visit from Santa!

For more information about the CCC Christmas Fair, contact the church at 603-436-8336 or visit www.communitychurchofgreenland.org.

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Gone To Vote



Greenland's early risers arrive to cast the first of 2,460 votes on election day on November 6, 2012, for President, Congress, and state seats.

How to Get Fat... Really Fat... and Stay That Way

By Charlie Murdach

This time of year we all tend to evaluate what we want to do for the next year. It always turns out to be interesting as we tend to look for new tricks, short cuts, or the easy way. Instead of telling you how to attain your goals... let's try something different... here are the top ten ways how you can fail... and fail miserably.

Eat the same amount of calories every day. Your body loves variety, and responds well to changes... but why do it? It's too hard to plan and change your food choices around.

Don't keep track of what you eat. Keeping track of your food intake is a drag and provides you with critical information on what you are consuming or over-consuming.

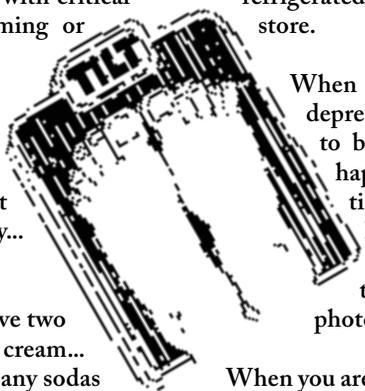
Don't vary your exercise routine. Your body responds well to demands and everybody knows you feel well when you move well. But why not just keep doing the same grind everyday... especially if you are injured?

Drink liquid calories. Go ahead and have two or three cups of coffee a day with extra cream... and double up on the sugar. Drink as many sodas as you can—the extra sugar and chemicals are fantastic for your body!

Eat big meals at night, and snack before you go to bed. Sumo wrestlers do it as part of their training. Mindless eating occurs after dinner when you sit down and relax. Eat big and then sleep big. While you are at it, eat in front of the television! The best part is that eating amnesia sets in, and you eat not only without being hungry, but out of habit!

Eat as many processed foods as possible. Eat for convenience! Why plan? There are tons of foods that come in a bag or that have more ingredients than you have appendages. With all of the long chemical names, it **MUST** be good for you, right? And to top it off, the Snack Food Association has your health interests as a top priority!

When you shop, stay out of the edges... just buy the middle of the store. All of the good food is on the edges of the store... so why go there? Stuff that doesn't rot or that will outlast us in landfills does not need to be refrigerated, so they pack it all in the middle of the store.



When you are stressed, sad, tired, or depressed... eat. Sooner or later, you're going to be faced with a stressful situation... it happens to everyone. But during those times of stress, why do something good like reading a book, listening to music, writing in a journal, practicing meditative deep breathing, or looking at a photo album of loved ones?

When you are finished with your plate, eat off of your kids', your partner's... or heck, even the table next to you. If you are a lifetime member of the Clean Plate Club, there must be no plate sent to the sink with leftover food on it... ever! Go ahead, eat that last little bit of something, even if it is only 250 calories. Just think after doing that for two weeks or so, you will add another pound of fat!

When you haven't achieved your goals... just quit. Why does it matter that it takes most people a few attempts to get it right with their nutrition? Just quit... why keep going or experimenting?

Ok... ok... ok. These are all a joke. They are the opposite of what you need to be doing. The frustrating part is that we all do one or more of these techniques. Unfortunately, every single one of them will work. They are time-tested and guaranteed. The trick is to do your best and not allow them all to creep into your lifestyle. As you approach the new year, do the opposite of all of the above, and you can achieve great success.

Charlie Murdach is a New Hampshire Licensed Athletic Trainer who lives in Greenland with his wife, three kids, three cats, and a dog. He is the Director of Human Development at 4 Season Fitness in Portsmouth NH, and can be contacted at Charlie@4seasonfitness.com, www.4seasonfitness.com, www.mycharlieb.com, or 603-828-4786.



Thank You to Our Donors

By Greenland Grapevine Committee

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Our Mission

To improve the quality of life in Greenland by informing you of news, events, updates, and opportunities within Greenland so each of us can be a part of the community.

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- ▶ Barbara Fleming - Proofreader
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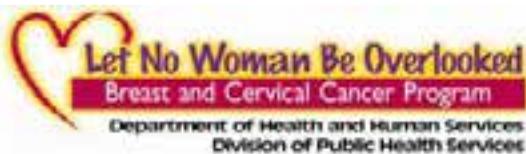
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Masthead Image Courtesy of Charlie Evatt



Free Breast & Cervical Cancer Screening for Women

New Hampshire's *Let No Woman Be Overlooked* free screening program is for women ages 18-64 who do not have health insurance or their health insurance does not pay for screenings and who meet income guidelines. The screenings are offered at many health care sites throughout New Hampshire.

For more information about the program and qualifying for a free screening contact:
1-800-852-3345 ext. 4931
or visit
www.dhhs.nh.gov/dphs/cdpc/bccp/index.htm

This program is from the New Hampshire Department of Health and Human Services, Division of Public Health Service.



FROM THE GREENLAND VOLUNTEER FIRE DEPARTMENT



Know the Difference: Heart Attack Symptoms in Men and Women

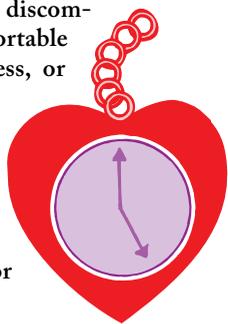
By Sara MacCorkle

Many people think a heart attack is a sudden and intense event, where a person clutches his or her chest and falls over—as seen in the movies. Not exactly.

Heart disease is the number one killer of both women and men. Men and women respond differently to a heart attack. If you think you may be having a heart attack, call 9-1-1. There are benefits to being treated promptly.

Common Heart Attack Signs and Symptoms:

- ▶ Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- ▶ Discomfort in other areas of the upper body. Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- ▶ Shortness of breath. Often comes along with chest discomfort. But it also can occur before chest discomfort.
- ▶ Other symptoms. May include breaking out in a cold sweat, nausea, or light-headedness.



You Go Girl...to the hospital!

Women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

- ▶ Women are less likely than men to believe they're having a heart attack and more likely to delay in seeking emergency treatment.
- ▶ Women tend to be about 10 years older than men when they have a heart attack.
- ▶ They are more likely to have other conditions such as diabetes, high blood pressure, and congestive heart failure—making it all the more vital that they get proper treatment fast.

Some of the additional heart attack signs women need to pay attention to are:

- ▶ Pain or discomfort in the center of the chest.
- ▶ Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach.
- ▶ Other symptoms such as a shortness of breath, breaking out in a cold sweat, nausea, or light-headedness.

If you feel heart attack symptoms, do not delay. Remember, minutes matter! Do not wait for more than a few minutes—5 minutes at most—to call 9-1-1.

For additional information, visit the National Heart, Lung, and Blood Institute: www.nhlbi.nih.gov.



GVFD Needs You!

By Sara MacCorkle

We still need volunteers! Learn a new skill; get involved in the community. No experience? No problem. We provide free training; you must be at least 18 years old and reside in Greenland or an abutting town. Come to our monthly business meeting on the second Tuesday of the month, 7 p.m. at the fire station, or visit the Web site for more information www.GreenlandFire.org.

Be a Good Neighbor...

By Sara MacCorkle

Keep an eye out for your neighbors, especially in the winter. Snow and ice result in many slips and falls. Reach out to your neighbors with a phone call or visit—don't wonder if they are okay, make sure they are.

If you are concerned and unable to reach your neighbor, request a well-being check from the Greenland Police. Call Rockingham County Sheriff Dispatch at 603-772-4716.

Being Safe When Cycling and Running

By Sara MacCorkle

Which Side of the Road?

When using a public road for exercise you may not impede the flow of traffic. Moving in a single file meets this criteria, moving abreast impedes the flow of traffic.

- ▶ Bicycles always ride with the flow of traffic
- ▶ Horses always ride with the flow of traffic
- ▶ Runners, walkers, or baby strollers always face oncoming traffic



—Information provided by NH Highway Safety Agency

Wear Reflective Clothing and Stay Safe!

Are you or your kids outside and exercising on a road? A runner, walker, or bicyclist? Stay safe—always wear reflective clothing (vest, hat, jacket, or arm/ankle bands) when you're exercising. Use a flashlight or a headlamp in the evening or early morning, attach a headlight to your bicycle, use a flashing red rear light attached to your bicycle or bike trailer at all times. Make sure drivers can see you from a distance when you're on the road.

Burn Permits: How Do I Get One?

By Sara MacCorkle

Plan ahead—the Greenland Fire Department is staffed entirely by volunteers. Contact the Fire Warden, or one of the Deputy Fire Wardens, to request a burn permit at least 24 hours prior to the start of your burn. Burn permits requested with less than 24-hours' notice may not be issued. Before starting a brush fire, you must have a signed burn permit in hand. Burn permits are also required for chimineas, fire pits, campfires, or outdoor fireplaces.

Who should I call for a permit?



- Kevin Schmidt603-433-5572
- Myrick Bunker603-817-1102
- Mo Sodini603-765-7904
- Brian DiPietro603-498-3162
- Ralph Cresta603-235-7676

Visit www.GreenlandFire.org for more information.

Stay Safe in 2013

By Sara MacCorkle

Take a few minutes to ensure you stay safe in 2013!

- ❑ **Seatbelts:** Buckle up. Seatbelts really do save lives. Airbags are not an alternative to wearing a seatbelt.
- ❑ **Motorcycle and Bicycle Helmets:** They also save lives. Buckle your helmets (motorcycle and bicycle)—if it's not buckled, it will not protect your head. Kids grow; make sure their helmets still fit correctly.
- ❑ **Snow Blowers:** Keep your hands to yourself! Never use your hands to fix a clogged auger or discharge chute.
- ❑ **Space Heaters:** Place them at least three feet away from anything that can burn. Turn them off before going to bed.
- ❑ **Smoke Alarms and Carbon Monoxide Detectors:** Test each alarm; replace the batteries in each alarm every six months; have a smoke alarm on each level of your home and near sleeping areas. Keep fire extinguishers in key areas of your home.
- ❑ **Fire Drills and Meeting Places:** Practice a fire drill in your home. Practice "Stop, Drop, and Roll" with your children. Find two ways to exit each room in case of a fire. Designate an outside meeting place (for example, the mailbox) for your family in case of a fire or emergency. If you have children, decide who is responsible for getting each child out of the home in an emergency.
- ❑ **Home Safety:** Schedule an appointment to have your furnace or boiler and your chimney cleaned and inspected.
- ❑ Remove any gasoline from inside your home or attached garage. Store it away from the home in a well-ventilated area.
- ❑ Put non-slip strips in your tub and shower.
- ❑ Install night lights in the hallway.
- ❑ Put a flashlight in each bedroom.
- ❑ Use a fireplace screen.
- ❑ Use plastic instead of glass near the pool.
- ❑ Cover any spa or hot tub when it is not in use.
- ❑ If the power goes out, use flashlights instead of candles.
- ❑ Check all the outlets in your home for overloaded sockets or extension cords.



If young children visit or live in your home:

- ❑ Turn down your hot water heater to 120 degrees or less to prevent burns.
- ❑ Turn pot handles toward the back of the stove when cooking.
- ❑ Store all matches and lighters out of reach of children.
- ❑ Put hot food and drinks near the center of the table only.
- ❑ Put down your hot drink when carrying a baby.
- ❑ Use flameless candles.
- ❑ Turn over buckets so water cannot accumulate and become a drowning danger.
- ❑ Post the Poison Control hotline number (1-800-222-1222) next to your phone.
- ❑ Put an infant to sleep on his/her back and remove any soft bedding, stuffed animals, and pillows from the crib.
- ❑ Move cribs and furniture away from windows so children don't climb up to look out and accidentally fall.
- ❑ Tie cords for windows and blinds out of a child's reach.
- ❑ Cut your toddlers' food into small bites, and don't leave them alone while they are eating.
- ❑ Use safety straps on high chairs and changing tables.
- ❑ Test small toys for choking hazards—if it fits in a toilet paper roll, it's too small. Pick up any small items such as coins or buttons that can be choking hazards for infants and toddlers.

Veterans' Corner

By Vaughan Morgan



Be sure to stop and meet the Greenland Veterans during their annual Christmas Tree Sale this holiday season.



To begin, I would like to introduce the newly elected chaplain of the Greenland Veterans Association, Florette Berg. Florette (known to all as "Flo") served ten years in the U.S. Air Force as a flight nurse. She was assigned to the 1453 Aero Medical Squadron out of Tachikawa AB, Japan. Her mission was to air-evac patients from the Far East to advanced medical treatment centers in the U.S. She ended her military career as chief operating room nurse at the rank of captain. She is the wife of retired Lt. Col. Wallace Berg, also a Greenland Veterans member; they are both retired and reside here in Greenland. Flo participates in many of our charitable events, and is a valuable asset to the Association.



Florette Berg

As always, we started out the year with our annual Lobster/Steak Bake in September, which is held for all members, family, and invited guests. It's a great time to get re-acquainted, watch the first Patriots game, and socialize. The food was great and conviviality fun.

And, as with every year, the Association has participated in and sponsored many charitable and social events. One is the annual Pancake Breakfast and Veterans Day Ceremony held in November. One of our newer events is the second annual Pumpkin Sale headed up by Dave Emery and Lenny Fitzgerald. It went well this year and they are already planning for the third one. By now, we are already a week into our annual Christmas Tree Sale. The trees are top quality picks and are expected to go fast, so please come early and select a fine quality tree for Christmas. Remember, all proceeds go back into our community and go to help Veterans' charitable causes.

I would be remiss if I didn't mention the Veterans Day event put on by the children and faculty at the Greenland Central School. They do an outstanding job and I can't begin to say enough about how much all the area Vets appreciate their efforts.

In closing, on behalf of the Greenland Veterans Association, I would like to thank all of you who have supported this Association throughout 2012 and years past, and wish you all a prosperous New Year.



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Going Green in Greenland— Green Holidays

By Abigail Bassett

Ah, the holidays. The time where endless gifts are exchanged and enormous amounts of food are eaten. It's also a time where there are endless opportunities to go green and help the environment.

SHOPPING FOR GIFTS—Thrift and second-hand stores are aplenty in the Seacoast area. Contrary to popular belief, many secondhand shops sell new or like-new items. In downtown Portsmouth there are numerous shops such as Second Time Around that sell brand name designers and labels from recent seasons. Right across the street is the Wear House, which operates under a similar structure, but also has many one-of-a-kind funky pieces. Many thrift shops help to support local charities and nonprofits such as Second Generation right here in Greenland. There are several other thrift and secondhand stores in downtown Portsmouth and Exeter, as well as just over the border in Kittery.

Another option, aside from buying secondhand, is buying locally made items. There are many artists and artisans in the area that make gifts that are unique and beautiful. Also, never discredit yourself as an artist! Some of the greatest gifts I have ever gotten have been paintings, a hand-knit scarf, a piece of jewelry made by my mother, etc. Especially with the weather getting cooler, now is the perfect time to find a hobby like knitting or drawing that can be channeled into some great, personal holiday gifts.

GIVING GIFTS—Ah, the great wonder that is holiday wrapping paper. I wonder if there is a statistic about how much space wrapping paper takes up in landfills. Fear not, because there are several easy alternatives to keep from creating too much waste.

This first idea has been around for ages. Reuse gift bags from year to year. Same goes for tissue paper. In fact, in my house there is an entire cupboard dedicated to storing gift bags, organized by holiday and size, so that they can be reused next year.

There is also recycled gift paper available, as well as recyclable gift paper. Both are great ways to reduce impact and waste. Old maps and newspapers can make artsy and unique wrapping paper as well.

Lastly, make the container you give a gift in part of the gift. A mixing bowl can hold baking supplies. A watering can could serve as a container for gardening tools. Gift cards can also be given inside of a wallet or luggage tag.

GREEN PARTY—No, this article is not suddenly getting political, but there are several ways to throw environmentally friendly holiday parties.

One idea to minimize waste from a party is to have everyone bring their own plate, cup, and silverware. While this seems cumbersome, it can be fun. Another alternative is to buy inexpensive reusable cups, and label them with your guests' names; that way people don't have to use several plastic cups during the night, and they can easily keep track of their drink. They also make cute little party favors!

Normally, when a lot of people are gathered, the temperature rises quickly. Feel free to turn down your heat a bit to save on energy, and chances are, the house will stay plenty warm on its own.

Lastly, a helpful idea is to have a clearly labeled recycling bin and trash can that is easily accessible to all guests. That way, not everything ends up getting stuffed into the garbage at the end of the night.

Hope everyone in Greenland has a happy, safe, and GREEN holiday season!

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Holiday Cookies—Share the Sweetness

Submitted by Nancy Bassett

The holidays are a time of social gatherings and sharing traditions. It is also a time to share food. And one of the favorite things to share this time of year is cookies. Here are a few recipes you can try for your next family gathering or cookie swap.

White Peppermint Snowballs



INGREDIENTS:

- ❑ 1 package (18-ounce) refrigerated sugar cookie dough, room temperature (recommended: Pillsbury)
- ❑ 1/2 teaspoon peppermint extract (recommended: McCormick)
- ❑ 1/3 cup crushed peppermint candies, plus more for garnishing
- ❑ 1 cup powdered sugar, divided

DIRECTIONS:

Preheat the oven to 350° F.

Cut the cookie dough into 8 pieces. In bowl of electric mixer, on medium speed, thoroughly combine the dough pieces, peppermint extract, 1/3 cup crushed peppermint candies, and 1/2 cup of the powdered sugar.

Roll the dough into one-inch diameter balls. Arrange two inches apart on parchment-lined cookie sheets, and bake until set—about 8 to 10 minutes. Remove from the oven and let cool slightly on cooling racks.

Add 1/2 cup of the remaining powdered sugar to a small bowl. While the cookies are still warm, roll them in the sugar. Sprinkle with crushed peppermint candies and serve.

As the cookies cool, they will flatten slightly.

Yields 36 cookies.

Oatmeal Cream Cheese Butterscotch Bars



INGREDIENTS:

- ❑ 2 sticks unsalted butter, at room temperature, cut into pea-sized pieces, plus more for pan
- ❑ 2 cups all-purpose flour
- ❑ 1 1/2 cups old fashioned rolled oats
- ❑ 3/4 cup firmly packed brown sugar
- ❑ 1 teaspoon ground cinnamon
- ❑ 1 (11-ounce) bag butterscotch chips
- ❑ 1 (8-ounce) package cream cheese, at room temperature
- ❑ 1 (14-ounce) can sweetened condensed milk
- ❑ 1 lemon, zested and juiced
- ❑ 1 teaspoon vanilla extract

DIRECTIONS:

Preheat the oven to 350° F. Drape a 9- by 13-inch pan with overlapping pieces of aluminum foil, creating handles for easy removal. Butter the foil, and set aside.

In a food processor, add the flour, oats, and brown sugar, and pulse to combine. Add the two sticks of butter, the cinnamon, and the butterscotch chips. Pulse, pulse, pulse until the mixture forms clumps when pressed between your fingers. Transfer the mixture to a large bowl. Press half of the mixture into the bottom of the prepared pan in an even layer; reserve the other half. Bake in the preheated oven just until slightly golden and set, about 12 to 15 minutes. Remove from the oven and cool completely.

Beat together the cream cheese, condensed milk, lemon zest and juice, and vanilla in an electric stand mixer fitted with a paddle, or with an electric hand mixer until no lumps of cream cheese remain. Spread evenly over the baked and cooled oatmeal mixture. Sprinkle the remaining half of the oatmeal mixture over the cream cheese. Bake until the top is golden, about 40 minutes.

Cool and chill before cutting. Run a knife around the edge of the pan, and using the foil handles, transfer the bars to a cutting board. Cut into two-inch squares with a sharp knife and serve.

Yields 36 bars.

Chocolate Dipped Coconut Macaroons



INGREDIENTS:

- ❑ 1 14-ounce package sweetened shredded coconut (about 5 cups)
- ❑ 4 large egg whites
- ❑ 2/3 cups sugar
- ❑ 1/3 cup all-purpose flour, spooned and leveled
- ❑ 1/4 teaspoon kosher salt
- ❑ 1/2 teaspoon pure vanilla extract
- ❑ 6 ounces bittersweet or semi-sweet chocolate, melted and cooled to room temperature

DIRECTIONS:

Heat oven to 325° F.

In a medium bowl, combine the coconut, egg whites, sugar, flour, salt, and vanilla.

Drop packed tablespoonfuls of the mixture onto parchment-lined baking sheets, spacing them one inch apart.

Bake, rotating the baking sheets halfway through, until lightly golden, 25 to 30 minutes. Cool slightly on the baking sheets; then transfer to wire racks to cool completely.

When cool, dip the bottom of each macaroon in the chocolate and place on a parchment-lined baking sheet. Refrigerate until firm, 20 to 30 minutes. Store the macaroons in an airtight container at room temperature for up to seven days.

Yields 32 cookies.

Palmiers



INGREDIENTS:

- ❑ About 1/2 cup granulated sugar
- ❑ 1 package frozen puff-pastry sheets (such as Pepperidge Farm), thawed

DIRECTIONS:

Heat oven to 400° F. Adjust rack to middle position.

Sprinkle one tablespoon of sugar over the work surface. Unfold one sheet of the pastry and place it on the sugar. Roll it to an even thickness. Sprinkle it with two tablespoons of the sugar. Starting at one short side of the rectangle, roll the pastry toward the center of the sheet, stopping at the middle. Repeat with the opposite short end, so the rolls meet. Trim the ends with a knife.

Cut into 1/2-inch-thick slices and place flat on a baking sheet lined with parchment paper, spacing them one inch apart. Sprinkle with one more tablespoon of the sugar.

Bake until golden and puffed, 20 to 23 minutes. Let cool for 5 minutes. Transfer to a wire rack. Repeat with the remaining ingredients. Serve hot or at room temperature.

Yields 32 cookies.



Joan G. Lovering
Health Center
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Artisan Fair to be Held

By Wallace Berg

On Sunday, December 9, there will be an "Artisan Fair" at the Rolling Green Nursery. It is being hosted and organized by Ms. Robin Bettencourt, a local ladies' accessory design artist. Artists from the Seacoast and adjacent states are being invited, and the public is welcome. Expected are: potters and original creations, photo and painting works, unique jewelry designs to complement exciting women's accessory wear, etc. The hours are from 10 a.m. to 2 p.m. For additional information regarding the event, or to show your work, e-mail rbettencourt@comcast.net.

Reminder: Public Access To Portsmouth Country Club Property

When golf season ends, Greenland residents may enjoy a right to access the Portsmouth Country Club Property for passive recreational uses, without causing damage to the premises.

That is, when the ground is frozen, the public may enter upon the land for hiking, sledding, and cross-country skiing. The Country Club can post areas that could be damaged, such as greens, tees, sand traps, and the like, to be sure that they are protected from accidental damage by persons using the area.

Members of the public should take care to use the land carefully, obey any reasonable restrictions on where cars should be parked, and avoid the sensitive areas that could be accidentally damaged. The Country Club property allows citizens to see and enjoy open space and areas along the shore of Great Bay. It offers views that are not available from any other location in the Town. Please use this valuable access entitlement, but treat the land with respect so that this access will be available for others to enjoy in the future.

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Don't hibernate this winter – make some new friends! Join SMA today!
www.SeacoastMothers.com

SMA seeks to facilitate and nurture an engaging and supportive community for greater NH and southern Maine Seacoast area moms and expectant moms.

Guiding Families Home

By Pati Frew-Waters

Seacoast Family Promise (SFP) is pleased to have had another wonderful year of service to local families with children who are experiencing homelessness. Our motto of "Guiding Families Home" and our commitment to our mission of empowering families experiencing homelessness to achieve lasting self-sufficiency remains strong. Having turned nine years old in November of 2012, Seacoast Family Promise has an 82% non-recurring homeless rate for the families served. Our families have remained stable and self-sufficient for more than seven years now, and we are delighted to continue to provide support and remain in the lives of those families.



Our families are now your neighbors, good citizens, and the folks who stand with you in the grocery aisle and at check-out. The children of our families are now students in area colleges and universities and in K through 12 throughout the region.

SFP is most grateful for the funding received annually from the Town of Greenland, volunteers and support from the Community Congregational Church, and Carol Sanderson who serves on the SFP Board of Directors. We have enjoyed working collaboratively with New Generations, the Court Diversion Program formerly of Greenland, and the local businesses like Rolling Green Nursery, and individuals enabling us to continue to fight for the rights of local impoverished families.

When you are thinking of ways that you can give back to local people, please consider SFP. We always have Adopt-A-Family opportunities during the holidays and throughout the year. We welcome volunteers of all ages; we always have available community service projects. We encourage potential board members to contact us. We enjoy artists and musicians willing to share their talents. We seek mentors and welcome community members to visit our Day Center located behind the Stratham Community Church to see how our program works and how local investment is paying back in big ways.

Consider a donation of gas cards, an unwanted and in-good-condition vehicle providing a family the opportunity to get to and from work, laundry detergent, toilet paper, tissues, paper towels, peanut butter, jelly, soups, pastas, and snack foods for our children.

Seacoast Family Promise is working to make our communities strong with families who are engaged in an active community and are participating members. To make a donation or for more information, please contact Pati Frew-Waters at 603-658-8448, sihnh@comcast.net, or www.sfpnh.org.

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Joe Mills Greenland, NH

Parenting Programs Focus on Family Holidays

By Margie Wachtel

All parents and children are welcome at the parenting classes and parent groups, playgroups, and other family programs offered at Families First Health and Support Center, 100 Campus Drive #12, in Portsmouth each month. Most programs are free, and free child care is included.

Here's what's coming up in December:

- ▶ December 4, 6–7:30 p.m.: Making the Most of the Holidays ... whether together or apart.
- ▶ December 11, 6–7:30 p.m.: Teaching the Spirit of Giving.
- ▶ December 13, 9:30–11 a.m.: Holiday Traditions. What are you looking forward to this holiday season? What would you like to be looking forward to? Get ideas for inserting new traditions into your family's holidays, and keeping these traditions around for years to come.
- ▶ December 18, 6–7:30 p.m.: Making and sharing seasonal treats.

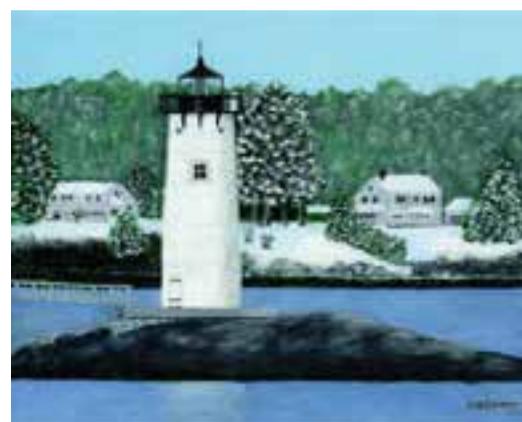


During parenting classes at Families First Health & Support Center, parents enjoy getting ideas from each other as well as group facilitator Bob Pavlik.

Photo credit: Jay Drinker / Drinker Images

▶ Ongoing programs held at Families First every week, year round: parent-child playgroups for babies, toddlers, two-year-olds, and preschoolers with an adult; Family Fun Night for families under stress; and a postpartum group for new mothers under stress.

To check for schedule changes, sign up for programs or child care, or sign up to get program listings by e-mail each month, call 603-422-8208 (press 2), or visit www.FamiliesFirstSeacoast.org. Online registration for parenting classes is now available!



Sample from the 2013 Calendar "Winter in Piscataqua" by Willis Lafavour

Don't forget about the "Artists of the Seacoast" calendars. They make great gifts for anyone who loves art, the Seacoast, or helping others. For a mail-order form or to see a list of stores that carry the calendar, please visit <http://familiesfirstseacoast.org/artists.html> or call 603-422-8208 ext. 126.

Help for the Homeless During the Holidays

By Martha Stone

On most nights at the Cross Roads House homeless shelter in Portsmouth, nearly every one of our 96 beds is filled. For 30 years Cross Roads House has provided shelter and assistance to the homeless from Rockingham, Strafford, and southern York ME counties. Last year we served 377 local community members including 30 families with 66 children. Our volunteers prepared and served over 18,000 nutritious meals for our residents.

There are several ways you can help this holiday season:

- ▶ Make a financial contribution. Gifts at all levels help us run the shelter



which is open 24/7. Two-thirds of our operating budget comes from private donations.

- ▶ Contribute an item from our wish list (below). Each shelter resident receives a gift bag filled with items contributed by donors.

- ▶ Become a volunteer. Orientations are held monthly. Most volunteers help prep, cook, and serve dinner.



HOLIDAY WISH LIST—New items for men and women: hats, gloves, mittens, rain ponchos, socks, underwear, travel alarm clocks, watches, wallets, thermal underwear, padlocks with keys, small daily planners, bike helmets, and bike locks. The following types of gift cards are especially useful: gas cards, Wal-mart, Rite Aid (for medications), grocery stores, local restaurants, movie cinemas, Bowl-O-Rama, Coast Bus passes, auto supply stores, bike shops, taxi services, and hair salons. Toiletries: toothbrushes, toothpaste, deodorant, disposable razors, shaving cream, shampoo, and first aid supplies. In addition to full-size products, unopened travel-size toiletries are particularly useful.

Donations can be mailed or dropped off to: Martha Stone, Cross Roads House, 600 Lafayette Road, Portsmouth NH 03801.

Questions? Contact Martha at 603-436-2218 x110 or e-mail martha@crossroadshouse.org. To view a complete list of items we need year round or learn about volunteer opportunities, please visit our Web site at www.crossroadshouse.org.

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A Memory-Filled Trip to Korea and Japan

By Wallace Berg

Greenland residents Wallace Berg (USAF Ret.) and Edwin Paukert, as official guests of the South Korean government, recently participated in several ceremonial events in celebration of the 60th anniversary of the Korean War. Along with about seventy other war veterans and guests, we revisited some of the major battlefields, the National Cemetery, and of course, the Demilitarized Zone (DMZ) dividing North and South Korea. The DMZ, a four kilometer-wide buffer zone between the two countries is under international control. Panmunjom is where the armistice was signed and the two governments frequently meet to resolve differences and negotiate. The Korean War, known as the forgotten war, has never ended, and the two countries are still adversaries. The original, temporary, box-like plywood buildings are still being used, and the meeting tables inside still have a painted line down the middle dividing the two countries. We can attest that it was a fantastic experience and a once-in-a-lifetime opportunity. The program will continue for one more year, and any Korean War veteran wishing to participate should see the details at the end of this article.

The war began on June 25, 1950, when the armies of North Korea invaded and overwhelmed the South Korean forces, captured Seoul, and began pushing south. By early September, allied forces were bottled up in Pusan and another WWII Dunkirk was in the making. Our Douglas MacArthur executed a brilliant, but risky (behind the lines), landing at Inchon far to the north that forced the enemy to withdraw north or risk loss of all resupply. Seoul was recaptured on September 28, 1950. With United Nations involvement, more than two million men and women from twenty-one nations were involved. More than 150,000 were killed, wounded, or missing in action. Ninety percent of these forces were South Korean and American. I served two war tours and one peacetime tour in Korea. One war tour was with Bomber Command (B-29 bomber offensive), and the other was as a weapons officer for F-86 Sabers against Russian MiGs. The third tour was in 1962 during the Cuban Missile Crisis.

The South Korea of today is near postcard perfect. I remember every town and village as nothing but piles of rubble, treeless hills, acres of shell craters, and blocks of tin and paper shacks. There were few utilities or intact buildings, and the land was treeless and pillaged.

The South Korea of today is clean, well maintained, and modern in every respect. Thousands of acres have been reforested and there are few visible signs of the carnage of war. There are miles of express highways and many beautifully designed glass-shrouded buildings, often interspersed with ancient palaces and shrines of historical significance. There are more-than-adequate bus, rail, air, and subway transportation systems and of course, taxis, with many devoted to foreign travelers. Rush hour traffic can be compared with that in Boston, with two exceptions: the drivers are far more courteous, and traffic is better controlled. The new airport at Inchon is one of the nicest in the world, with nonstop flights to several U.S. cities. Korea is one of the top twenty GDP (gross domestic product) countries in the world and now leads the world in shipbuilding.

Any article about Korea must include a few words about Korean cuisine. Korean foods are very special and exotic when compared to ours. The most distinguishing feature of Korean food is the spiciness. The basic seasonings are red pepper, green onion, soy sauce, bean paste, garlic, ginger, sesame, mustard, vinegar, and wine, all of which

have been combined in various ways to enhance Korean foods. Kimchee, the national dish, comes in many exciting and challenging varieties. Rice, of course, is a staple, and diners are provided spoons and thin metal chopsticks. Westerners can request knives and forks. In the countryside, there are miles of beautifully cultivated vegetable fields and orchards growing both familiar and unknown crops for city markets. The Korean FDA (Food and Drug Administration) oversees the growth, distribution, preparation, and importation of food products, and food safety is equal to that of U.S. products and imports.



Edwin Paukert; M/G Sushunu Hashimoto, Commander 8th Air Wing, JASDF; Wallace Berg, Usaf (Ret); Commander, Tsuiki AB, Japan

We extended our South Korean visit by a few days to do some touring on our own. Our Korean "bucket list" included leisurely visits to royal palaces, old-style native villages, and local bazaar-style shopping areas. We also rode the high-speed "bullet train" to Inchon, and the high-speed hydrofoil to Kyushu, Japan—a trip we did in three hours, which used to take fourteen hours.

A further extension of our trip was to spend a few days on the subtropical island of Kyushu, staying in the resort town of Beppu, famous for its hot springs and black sand volcanic beaches. Having previously made arrangements through the Japanese embassy, we were permitted to visit an active Japanese air base (Tsuiki) and were hosted by the commander there, M/G Susumu Hashimoto. We were honored by a comprehensive operational briefing and a tour of the facility. During WWII, the base had been an Imperial Naval seaplane base and also home to three Kamikaze

squadrons during the battle for Okinawa. The base was destroyed by AAF B-24 bombers in 1945. In 1951, the American occupation forces returned the base to operational use, and it was vital to our Korean-based F-86 wings. I had been stationed there during this period and had many fond memories and Japanese friends.



No visit to Japan would be complete without a visit to Kyoto, its ancient and pristine former capital. This Japanese cultural capital, along with Paris and Rome, were never bombed during WWII. Having lived and traveled extensively in Japan, I suggest a Kyoto visit should be your first stop, and a Japan Rail Pass your first purchase. Although most visitors start with Tokyo, it is a place that I pass through to see, feel, and savor the real Japan. The Kanto (Tokyo area) plain is an area larger than the Los Angeles basin and is home to twice as many people; I'm forever lost there. Japan has climate zones comparable to Alaska and is almost as tropical as southern Florida. I recommend cherry blossom time in the spring or the tree color time in the fall.

The program is sponsored and funded by the South Korean government. It is normally of seven-day duration, including travel days from the U.S. Airfare for both veteran and one other traveler (not a veteran) is partially paid by the government. All in-country hotel, food, and direct tour expenses are paid. Veterans are eligible if they served in, on, or over Korea during the war years. Pre- and post-group tour options are available to various Korean War zones, Vietnam, and China. The hotels, food, and service were four-star, and no planning is required on your part—just pack and go (with current passport). A medic was always available, as well as mobility assistance.

For details, contact Military Historical Tours at 703-590-1295, e-mail mhtours@miltours.com, or call Wallace Berg at 603-431-8345 or 603-433-3169.

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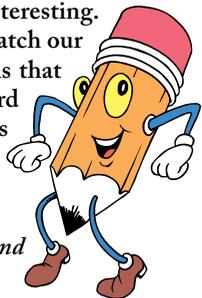
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Fun in First Grade

By Mackenzie Lombardi, Grade One

One of the best activities we do in Mrs. Vogel's first grade class is creative writing! We get to write about whatever we want, as long as it is appropriate! First, we had to make a list of ideas to write about. We made a long list of ideas. I chose to write a fictional story about vampires... it's really cool! Once we picked our idea, we had to write our first drafts. Once we got started, Mrs. Vogel helped us edit our writing. That means we had to check for boo boos in our writing like making sure an upper-case letter is at the beginning of a sentence, spelling word wall words correctly, and making sure there is an ending mark at the end of our sentences. Once that is finished, we have to go back and add details to make our stories more interesting. Finally, we have to make sure our pictures match our words. When we write, we have special tools that we use. We use our word wall folders and word dictionaries. Creative writing is fun and helps you learn how to spell. My friends and I can't wait to write more stories.



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The Mighty Monarch Migration

By Jake Scally, Grade Four

Did you know one of nature's most amazing migrations can begin right here in Greenland, NH?! Right beside our very own soccer field you will find a field of milkweed plants. This is prime feeding grounds for the Monarch caterpillar! That is why female Monarch's lay hundreds of eggs here.

Get out your magnifying glass and carefully lift each milkweed leaf. You may be a lucky winner and find an iddy-biddy egg! But be careful; don't get fooled by any old egg. The Monarch's egg is not perfectly round like other insects, but oval shaped with lines on it. Keep an eye on that egg! After 3-5 days, the caterpillar (known as larvae) starts to nibble its way out of the egg. The caterpillar does not have stripes yet, but it is hungry!

The Monarch caterpillar devours the leftover egg. Then it eats all the milkweed it can until it goes into its next instar. An instar is when the caterpillar wiggles out of its skin to reveal a new, bigger, and baggier skin. After its first instar, the Monarch gets its yellow, white, and black stripes. As the Monarch starts to grow, the skin becomes too tight. Therefore, it will go through five instars where it continues to grow, shed its skin, and eat its own vitamin filled skin.

The Monarch caterpillar lives a risky life though. One day a mother wasp may try to lay its eggs on the caterpillar. The caterpillar defends itself by raising its upper body to scare the wasp away. Wasps prefer to lay their eggs on caterpillars because they know that the caterpillars are very protective of themselves.

After about two weeks, the Monarch will go into a metamorphosis—an amazing body change. It will start to curve its body into a J shape, starting its chrysalis stage. In its J, the Monarch spins a silk button, wiggles out of its current skin revealing a green skin, and hooks little prongs called craymaster.

It hangs there for a couple of weeks, then it's ready to become an adult... out comes a BUTTERFLY!!!

The beautiful black, white, and orange butterfly takes its time drying its scaly wings and gradually fanning them. But it doesn't want to stay here in Greenland, NH—it is getting too cold! The Monarch is ready to begin an intense and dangerous journey to... MEXICO!!! This is one of nature's biggest migrations!

The Monarch is gliding gently towards warmer weather. Along this journey, he will meet up with another butterfly, a female. This allows for the life cycle to continue, as females lay eggs all along the way to Mexico. Now there are tons of Monarch butterflies! But will they all make it? This long migration is extremely dangerous due to weather conditions and encounters with predators.

FWOOSH!!! A bird dives down trying to eat the butterflies. Then the bird thinks, "Wait... I shouldn't eat them... they're poisonous!" Luckily, Monarchs love to eat milkweed which makes them taste badly. Also, because of the Monarch's bright, beautiful colors, predators know them as poisonous. What a great defense for the Monarchs!

Finally, the Monarchs have arrived safely in Mexico. The trees are all covered with butterflies now. The butterflies will not make it back to where they were born. The Monarchs will now lay eggs and begin the life cycle all over again.

So, when soccer season begins again next year, take a break from your practice, and get out that magnifying glass. Will you be the lucky one to find a special Monarch egg hidden under a milkweed leaf? Let the journey begin!

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A Safe Place is a non-profit that encourages members of the community to support their mission through financial donations, volunteering time or donating items on their wish list. Visit www.asafepacen.org and select Get Involved for more information.

The Growth of Lima Beans— And Most Other Plants, Too!

By Benjamin C. Doyle, Grade Two

In Mrs. Prien's second grade class, we have been contently learning about Lima Beans and how they grow. Read more below to find out just how this works.

Lima beans, like most other plants, grow in stages, as this takes some time. The First Stage: a seedling—as this is a stage unseen, it's when the seed is under the dirt. After a bit, the seed shoots down a tiny, light-colored root. The small root has tiny "pipes" or "straws" going through it, which suck in water from the dirt or soil. When lots of water has gone in, the outside covering or soft skin bursts open or pops. After a bit, the seed sends up a tiny stem that soon crawls out of the soil, and into the light and oxygen—the scientific term for air.

The Second Stage, which requires independence for the sprout, is a whole load of work. The plant is collecting three things: sunlight, air, and water. The progressive growing is a happening for the plant. The plant grows leaves which help take in sunlight, air, and water, sometimes called "food" or nutrients. This keeps happening as the stem grows longer and taller into the light and the leaves get bigger and more leaves keep growing.

The Third Stage, as I call the "Growth Stage" follows the second stage's requirements. Nutrients such as sunlight, air, and water keep coming into the plant. By now, the seed has shriveled up or maybe fallen off,

as many roots are securing the plant in the ground and taking in water and nutrients from the soil—their primary job. Now, the plant is getting bigger and the straws suck in the nutrients. As for the lima beans, the plant is getting to be bigger and stronger, taking in those nutrients.



The Fourth and, I must note, the final Stage in the lima bean's growth is when the plant graduates from being just a "plant" and becomes a bush. Usually, the bushling flowers, as with lima beans, and gets bigger as growth progresses.

The Sad Part about Some Lima Beans or Other Plants—Unfortunately, some lima beans may not survive. Their death may be due to not enough water, sunlight, space, or air. Some may rot at an early point in life, or others may not grow at all. Other dues to death or rotted plants may occur as soil that was not enriched with nutrients or those pesky weeds, sucking all that good stuff in for themselves, very gruesomely.

Mrs. Prein was a big help to learning how plants grow, so I devote much credit to her and to another special teacher, who enriched my learning and fortunately chose ME to be October's News-Paper reporter. Thanks to both of these ladies.

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Notes from Greenland Central School

By Peter Smith, Principal

This school year is proving to be another busy and productive one with many important initiatives underway that support our mission and focus on student learning. State testing, field experiences, community celebrations such as Veterans Day, and our co-curricular offerings are carefully integrated with the day-to-day academic instruction. Our goal is to develop high-achieving, well-rounded, school citizens who are equipped to be successful and contributing members of a larger society.

At our annual fall meeting, the Greenland Educational Improvement Plan (G.E.I.P.) Steering Committee met to review existing goals and initiatives that impact all aspects of our school operation. Some strategies to achieve them are ongoing, others established or completed, and some are just getting underway. Through ongoing professional training and implementation, our school-wide focus on writing has been very successful through excellent professional development opportunities for our staff and the adoption of consistent resources, grades K-8.

We are currently transitioning to a new math program to support our curriculum. After considerable research by our Math Committee, and approval by the School Board, we will transition this year, and next, from Everyday Math to Math in Focus (Singapore Math). We believe this program has many advantages, not the least of which is an alignment with the new Common Core State Standards. Our school, like all others in the state, is in the process of fully aligning our curriculum and instruction with the Common Core State Standards, in preparation for the new assessments and accountability that will come with them.

I will also take this opportunity to highlight another area of endeavor and growth in the Greenland Educational Improvement Plan, which is our increasing emphasis and support for technology integration. Through the work of our Greenland Central School Technology Committee, our state-approved Technology Plan, staff's efforts, and School Board, as well as community support, our school continues to offer students outstanding technology instruction and experience in all grades.

We have made thoughtful, timely, and prudent investments in the infrastructure and other equipment needed to support comprehensive technology integration in the classrooms and other general settings. Following the model of the "21st Century Classroom," we have just completed an essential upgrade to our school's wireless network and available bandwidth to support the new age of computing devices. Through careful analysis we are utilizing funds appropriated through the general budget, an expendable trust, and grant opportunities to stay current with instructional equipment



such as document cameras, digital projection, and a range of computing devices that are reliable, are mobile, and support a range of learning opportunities.

In September, we applied for and received a most generous grant to purchase a classroom set of Apple iPads along with cases and a storage/charging cart.

This grant from the Exeter New Car Dealers Association, for more than \$12,000, provides access for all classrooms to the most current of educational computing devices. We are most grateful to association president Larry Foss of Foss Motors and to Doug Miles and Paul Holloway of our local Seacoast Volkswagen and Holloway Mercedes Benz.

During the past year Greenland staff members have provided presentations for the School Board and Budget Committee on how our investment in technology provides students with vital technology skills, experience, and hopefully, the confidence to ensure success throughout their school years and in the work force they will enter. Our students use technology to conduct research, for reading and math tutorials, for writing, for video streaming, for publishing, for keyboarding, for assessments, and to access many other high-quality educational experiences.

Our staff works hard to keep pace with the ever-evolving, technology-related educational opportunities. As I write this Greenland Grapevine entry, several of our eighth-grade Spanish students are communicating via Skype (computer conferencing) with students in Costa Rica. This opportunity was arranged by a fifth- and sixth-grade teacher, Mr. Dowling, who travelled to Central America this past summer with colleagues from SAU 50 and 52. This integration of technology with Spanish and geography is just one simple, but powerful, example of how valuable and integral technology tools are to engaging students and making education relevant to the world they know.

As always I welcome input, ideas, or assistance from Greenland citizens at any time. I am pleased to report that our extensive annual surveys of parents, students, and staff continue to provide very positive feedback about the direction of our school. We do take seriously any ideas, suggestions, or constructive criticism, as we strive for ongoing growth and improvement.

Please check out the ongoing events and happenings at our school by visiting the Web site at www.sau50.org/gcs.

Children's Museum of NH to Host a Daytime New Year's Bash for Families

By Heidi Duncanson

Children and their families are invited to ring in 2013 a little early at the Children's Museum of New Hampshire's annual daytime Family New Year's Eve Celebration on Monday, December 31.

This festive family event runs from 10 a.m. to 3 p.m. and includes three special "countdowns to midnight" at 11 a.m., 12:30 p.m., and 2 p.m. At each countdown, a glittering ball drops 30 feet from the rafters of the museum as everyone counts down the last 10 seconds of the year. Noisemakers and confetti create an atmosphere like Times Square as "Auld Lang Syne" is played and ginger ale is served for the first toast of the New Year.

Visitors are also invited to make their own sparkly party hats with holiday wrapping paper and tinsel, and write their New Year wishes on mini flying blimps that are launched into the air at each countdown.



"We have been hosting this family event for more than 20 years, and it continues to draw hundreds of families to the museum," explained Heidi Duncanson, Director of Marketing for the Children's Museum of NH. "Kids hear about all the excitement that happens at midnight on New Year's Eve and they naturally want to be part of it. We create that party atmosphere early in the day so kids can go to bed feeling like they've celebrated a 'real' New Year's Eve. It's a great way for different generations within a family to ring in the New Year together."

The Children's Museum of New Hampshire is located in Henry Law Park on the Cochecho River in downtown Dover. There is plenty of parking with restaurants and shops nearby, and Dover's public indoor swimming pool is located right next door. More information on planning a trip to Dover can be found at www.dovernh.org.

All New Year's Eve activities are included with regular admission to the museum: \$9 for adults and children, \$8 for seniors, and no charge for children under one year old.

For more information, please call the museum at 603-742-2002 or visit www.childrens-museum.org.

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Sound Snow Advice

With the possibility of a snowy winter, please keep these tips in mind:

Parking is not allowed on any Greenland street between the hours of midnight and 6:00 a.m. from November 1 through April 30. The Greenland Police Department may impose the parking ban for extended hours if there is a pending or current storm. Tickets may be issued for any violations.

Try to clear your paths through the snow as wide as possible early in the winter, so there is plenty of space to pile more snow later. Wider paths also make it easier for emergency personnel or furnace repair crews to access your home in an emergency.

When clearing snow for your walks and driveways, be sure to clear a path to your oil fill, gas tank, and electric meter to make it easier and quicker for utility workers to do their jobs.



Portsmouth Pediatric Dentistry & Orthodontics
(603) 436-2204 www.SeacoastSmiles.com
150 Griffin Road Portsmouth, NH

Five Green Tips

By The Green Alliance

1. If you have an asphalt driveway, did you know that certain sealcoats can pose a severe health threat to your family and to waterways such as our Great Bay estuary? Never buy a sealcoat product that contains coal tar. Steer clear if you see words like “refined coal,” “refined tar,” and “coal-tar pitch.” These products contain high levels of dangerous chemicals called PAHs.

2. If you are using any kind of asphalt-based sealer, always follow the directions carefully. Only apply a sealer if the outside temperature is at least 60 degrees F, with no rain forecasted for at least two days after the application.

3. Proper maintenance of your driveway and landscaping can delay or avoid the need to use a driveway sealcoat in the first place. Repairing driveway cracks as soon as they appear can prevent pavement deterioration, avoiding or minimizing the need to use sealcoats.

4. If you are planning to install a new driveway, consider using a material other than asphalt. Alternative surfaces such as gravel or porous pavement are great options as none of these require the use of sealants. Porous pavement also is a great way to reduce storm-water pollution, one of the greatest threats to our coastal waters.

5. Lend your voice to protecting our Great Bay estuary! The Great Bay estuary is facing serious threats and we need your help to protect it. Lend your voice by signing an online Rescue Great Bay petition at <http://www.signon.org/sign/rescue-great-bay>. Help keep the Great Bay thriving!

Letters from Our Readers

We Welcome Letters and Ideas from our Readers

Memories of the Tractor

Dear Barbara [Fleming],

My niece Barbara Fletcher sent me the fall issue of the *Greenland Grapevine*. She thought I'd be interested in the article about John Brackett's tractor.

It was a great article and I did enjoy reading about the old tractor.

It brought back some fond memories about the tractor. When I was twelve or thirteen, my father, Thomas Brackett, would let me take the tractor and drive through the apple orchards—the first ATV? I'm sure my nephew John didn't know about his aunt driving his tractor.

Sincerely,
Elaine Brackett Klucken, Stoneham MA

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FRANK GAGE DAVID GAGE

Great Bay Stewards

Immerse Students in Estuary's Uniqueness

By Heikki Perry

A successor to the group that 40 years ago helped stop the development of a Great Bay oil refinery, the Great Bay Stewards has since expanded its environmental and conservation efforts to include education of young and old alike.

A “friends group” to the Great Bay National Estuarine Research Reserve, the Stewards help and rely on the Great Bay Discovery Center, the educational cornerstone for the Reserve, to meet the organization's core mission. The Stewards provide funding for programs, capital improvements, and new exhibits that promote learning—and none too soon. The health of Great Bay is less than ideal, says Jay Diener, president of Great Bay Stewards.

Though there is a “difference of opinion,” too much nitrogen is polluting the Bay, Jay says, and he identifies two sources: “point-source” pollution, for which the origin can be identified, such as waste water treatment facilities, and “non-point-source” pollution coming from lawns, roads, bridges, and parking lots, among other sources, of which there are too many to be identified and targeted by any one approach. Other issues of concern include the decline of eel grass and oyster beds, shoreline erosion, and invasive plant growth.

As one component to help combat these threats, the Great Bay Stewards' educational programs highlight the importance of preserving the Great Bay's ecological integrity. The Discovery Center runs programs in the fall and spring for children (grades one through five) from schools throughout the state—more than 2,000 a season. Students learn about natural and cultural history from mud snails to horseshoe crabs to ancient Native American tribes to the role gundalow boats played in the region's economic development.

“It's a very, very popular program for schools—a great outreach program,” Jay says. Children learn about the Great Bay Estuary, one of only 28 estuaries of national importance in the country, and how an estuary is different from other bodies of water. Simply put, an estuary is the place where fresh water and salt water meet. Rivers and streams feed into the estuary, which is also affected by ocean tides, creating a push and pull of two water sources.

“It creates a unique environment for marine life as well as plant life,” Jay says about estuaries. “And it's a unique environment for upland animals around the Bay. We're very fortunate to have the Great Bay estuary in our back yard.”

The spring theme for school trips is “Habitat and Natural History,” focusing on the natural history of the Great Bay, which is offered in May and June. Trained volunteer educators and Great Bay Discovery Center staff lead field trips for the students, and can accommodate older or younger students. Up to 72 students with chaperones can attend each 2 ½-hour session, which are mostly held outdoors at the Discovery Center, rain or shine. The spring field trips include:

- ▶ Habitat Discovery Walk, a guided hands-on and tuned-in senses investigative activity using the Discovery Center trail to answer such questions as: What furry predators hunt in Great Bay salt marshes? How is an estuary like a restaurant? What is a wetland, and how do you find one?
- ▶ Discovery Tank, where students gather around the discovery tank for an opportunity to hold live estuarine animals such as horseshoe crabs, green crabs, and lobsters.
- ▶ Waterfront Exploration, a poke around in bay bottom mud; a hands-on activity through which students uncover the hidden plants and



Greenland Central School's third grade class had a chance to visit Great Bay Discovery Center and learn about the local environment on a fine autumn day.

Photos courtesy of Kate Simons

animals found in and around Great Bay and explore their adaptations for survival in the estuarine environment.

The fall theme focuses on the “Environmental Heritage of the Great Bay,” programs are offered in September and October, mostly for grades two through five. The sessions are three hours long.

The fall field trips include:

- ▶ Bounty of the Bay—an interactive first-person account of natural resource utilization of the Great Bay area. The activity focuses on the tools that were used for the harvesting of wild-life through trapping, waterfowling, ice fishing, and shellfishing.
- ▶ Trail of the Arrowhead—The Discovery Center is located at a spot along the edge of Great Bay once used by the Msquamskek people more than 400 years ago. A guide leads students on a discovery walk where they will learn about native plants and animals along the way, and they will travel back in time as they visit an Abanaki-style fishing encampment.
- ▶ Gundalow Row, Gundalow Sail!—Students climb aboard and visit the only Piscataqua River gundalow still in existence. Berthed at the Discovery Center waterfront each fall, staff of the Gundalow Company help students learn about the power of the estuary's tides, and why New Hampshire's watery coastal highway of 200 years ago was home to hundreds of cargo-carrying gundalows.

Reservations for the elementary school programs are required several months in advance as the programs fill up quickly. Teachers should call 603-778-0015 for program specifics or for reservation requirements.

Besides school programs, spring and summer children's programs also take place: Life Under a Log, explaining what makes a log a habitat for which critters and why; a program on dragonflies—why and how they benefit us; and programs that dress kids in rubber boots, allowing them to explore in mud at low tide. Families can take kayak tours of the bay, or attend special presentations, such as “Why Do Animals Do That?” which include live animals for demonstrations, or a hands-on program about horseshoe crabs.

“There's a wide variety of programs all year long at the Discovery Center,” says Jay. “One of the more popular adult programs is the BayVentures presentations on topics ranging from stone wall construction and ecological landscaping to black bears or bats and white-nose syndrome.”

The Great Bay Discovery Center is located at 89 Depot Road, Greenland NH. For more information about the Discovery Center, call 603-778-0015, ext. 350, or visit www.greatbay.org, the official Web site of Great Bay National Estuarine Research Reserve.

For information about the Great Bay Stewards, visit www.greatbaystewards.org.

Changes are Coming to the Greenland Recreation Fields

By Erica Rahn

When you drive by the Greenland Recreation Fields located off Post Road, you may see that small changes are taking place. It is our hope that with the help of residents and businesses of Greenland and the surrounding communities, this is just the start.

Last year members of the Recreation Committee realized that the demand on our current athletic fields is so great that they cannot adequately accommodate our current program needs. Subsequently, the committee began meeting to explore opportunities for adding additional program space to the Post Road fields.

With much effort throughout the past year we were able to develop a plan that accommodates over twice as much programming with only a relatively minor expansion to the existing developed area. The plan provides for more efficient use of the current space and includes adding a multi-purpose field, two baseball fields, a snack shack, and a playground, along with measures to protect the adjacent public water supply well. The town has been highly supportive of this effort and praised the team working on the site, as well as the goal of the team to finance the project from private donations, with no funds coming from the town or taxpayers.

At the time when members of the Recreation Committee were working with town officials on



to be in the area of half a million dollars. In order to reach our goal we will seek corporate and individual gifts as well as grants from foundations. There are several opportunities available to sponsor fields, score boards, dugouts, and other major components of the project. More information will be forthcoming on these sponsorships. It is our hope that we can start the actual construction in the very near future.

If you are interested in being a founding donor on this project, please contact Rec Committee

member Peter Kratimenos at peterk@greenlandrec.com or Pat Walsh at pat@zaxcorp.com.

the plan, the tragic death of our Police Chief Michael Maloney took place. It was decided by those working on the project that naming the fields after the Chief would be a fitting tribute to him. The group felt that it would be an honor to use the name of the Chief as he represented those things in his life that we want those athletes using the fields to embrace such as work ethic, fairness, community, and humility. The Chief also enjoyed athletics in his childhood and high school years, and later as a fervent Patriots fan.

At this time we are finalizing the details of the design and working on gaining the necessary approvals for the project. Efforts have begun to raise funds for construction, which are estimated

member Peter Kratimenos at peterk@greenlandrec.com or Pat Walsh at pat@zaxcorp.com.

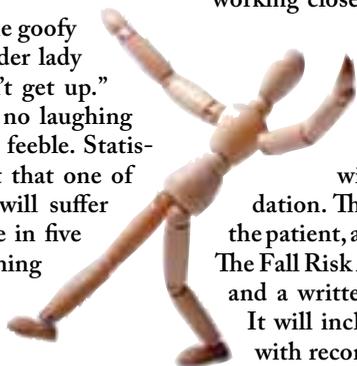
A Matter of Balance

By Melissa Gahr, MSPT

About this time last year, my mother lost her balance and fell on a curb, fracturing her cheek bone. She was in severe pain and her eye was swollen shut. She missed a week of work and probably suffered a concussion, although it was never diagnosed. As a physical therapist (PT) specializing in vestibular disorders, I've spent multiple clinical hours trying to help my dizzy and unsteady patients prevent a fall. This event really struck a chord with me, and I felt the need to do my part on a broader scope to prevent some of the devastating effects falling can have on our seniors.

We all remember and laughed at the goofy TV commercial with the feeble older lady squeaking, "I fell down and I can't get up." However, falls in older adults are no laughing matter, and my mother is far from feeble. Statistics published by the CDC report that one of three people over the age of 65 will suffer a fall each year. Of these falls, one in five results in serious or life-threatening injuries. Falls are the leading cause of injury in older adults. Every 15 seconds an older adult will be treated in the ER with a fall-related injury. Even more alarming, older adults who sustain a hip fracture are reportedly two to three times more likely to die within one year.

With an election this year, cuts in Medicare and controlling the skyrocketing cost of healthcare seem to be hot topics of conversation in the media and elsewhere. Besides suffering and injury, Medicare has realized that falls are also expensive. For this reason, Medicare now mandates physicians to perform and document a fall risk assessment and plan of care on any patient who falls more than once within a year.



Fall risk assessments are not complicated or costly medical tests, but rather simple measures of balance, blood pressure, functional strength, vision, and other factors that, when examined in concert, predict risk and detect areas that can be improved. As a PT specializing in vestibular and balance disorders, I have done hundreds of these assessments over my past 20 years of practice. Our PT practice, Seacoast Body Balance, LLC on Portsmouth Avenue in Greenland, is committed to doing our part to reduce the catastrophic effects of falls in our older folks on the Seacoast. We are working closely with area doctors to facilitate the implementation of the new Medicare requirements.

Seacoast Body Balance will also provide free Fall Risk Assessments with a doctor's referral or recommendation. This service is performed at no cost to the patient, and we will not send a bill to Medicare. The Fall Risk Assessment is completed in our office and a written report sent to the referring MD. It will include a Home Fall Hazard Checklist with recommendations for preventing injuries within the home. The assessment will also include any physical therapy recommendations that may be beneficial. Physical Therapy has been proven as a cost-effective, highly successful intervention in the management of balance, falls, and fall-related injuries. For more information about physical therapy at Seacoast Body Balance, LLC visit our Web site www.SeacoastBodyBalance.com or call 603-400-0711 to schedule an appointment.

Melissa Gahr, MSPT, is the owner of Seacoast Body Balance, LLC at 655 Portsmouth Avenue, Greenland. Seacoast Body Balance treats musculoskeletal, spine, and sports injuries and provide vestibular rehabilitation for patients with balance and gait abnormalities.

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Anxiety Management For Youth

By Stephanie Charron

A local nonprofit now offers anxiety management for youth. Seacoast Youth Services (SYS) offers positive development programs to coastal New Hampshire youth and their families, including outreach to those who typically do not receive services. SYS believes through effective engagement and comprehensive best practice programs, clients will develop a sense of belonging, productive lifelong skills, and increased hope for the future. Currently SYS offers individual and group counseling, outreach, and educational programs at its Seabrook facility.

In addition to its substance abuse prevention and intervention services, SYS is now offering two new mental health groups for youth (sixth through ninth grades). These groups include The Resilience Project and Anxiety Management. The Resilience Project will be held on Thursdays from 4:30 p.m. to 5:30 p.m. and focuses on the development of skills to help youth be more effective in managing emotions, problem solving, resolving conflicts, and getting along with adults more effectively. Anxiety Management will be held on Wednesdays from 3:30 p.m. to 4:30 p.m. and was developed for youth who struggle with anxiety that interferes with their daily level of functioning. Participants will identify causes of anxiety, develop skills to manage their anxiety, change thinking patterns that create anxiety, and learn various relaxation techniques. Both mental health groups are facilitated by licensed mental health professionals.

SYS accepts Healthy Kids Gold insurance and offers a sliding fee scale. For more information on SYS programs and services, please contact steph@seacoastyouthservices.org or call 603-474-3332.

Are You Ready to Go Fly-Fishing?

By Mark Foley

Fly-fishing is not the easiest of sports to learn, let alone master. Like golf, between the brain, body, and heart, there are lots of moving parts. When it all comes together, like sinking a 10-foot birdie putt, catching a fish on a fly rod is an amazing life experience. But, even if you don't catch a trophy fish, fly-fishing is recognized as an activity that helps people connect to themselves and their environment (a new challenge in our busy high-tech world). So, at the very least, if you are looking to step away from the daily grind, but can't afford the greens fees, I encourage you to look at fly-fishing.

When we take a close look at the origins of fly-fishing, we see evidence from several ancient cultures (e.g. Egyptians) that mankind has been fishing for thousands of years. Specifically, by the end of the second century, written history notes that people of Macedonia began using an artificial fly made from bone carved in the shape of a hook and wrapped with red-dyed wool and colorful rooster feathers. If we look at our American fishing history (specifically New England), we find written records of anglers catching 40" Atlantic Salmon at Amoskeag Falls in Manchester NH, and Eastern Brook Trout averaging 5 lbs. in many of our streams. Now, don't get too excited; wild (non-stocked) fish this big were caught in waters well before the impact of post-industrialization by-product (a.k.a. pollution) were felt. Fast forward 150 years and we now see a new social environmental perspective that is

leading communities to actively restore their local waters. For example, the Cocheco River, located in New Hampshire, at one time was a toxic cocktail of industrial and human waste. Nowadays, with restoration efforts from groups such as Great Bay Trout Unlimited, a fly-fisherman can catch and release trout on a regular basis, and along the way see plenty of wildlife such as beavers, otters, herons, osprey, and bald eagles.



So, you're on the hook (pun intended) now. You want to learn how to fly-fish but you don't know where to start? My best advice is to ask your local fish and game department or work with a reputable licensed guide.

Greenland Event: Learn How to Tie Flies with Mark

Foley at the Weeks Public Library on Wednesday, December 5 at 6 p.m. There is a fee of \$5 per person. For more information, visit the Weeks Public Library, call 603-436-8548, or visit their Web site www.weekslibrary.org. Additional beginner fly tying and fly-fishing classes are listed at <http://firstcastflyfishing.blogspot.com/p/events-calendar.html>.

Author Mark Foley is a former Argentina fly-fishing lodge manager and a licensed NH fishing guide. He also runs a not-for-profit donation-only fly-fishing organization that specializes in teaching beginners. Mark can be reached at First Cast Fly Fishing, 603-315-8800, or at www.firstcastflyfishing.blogspot.com.

Spring Stormwater Drainage System Test Results Generally Positive

By Laura Byergo

A targeted survey of the stormwater drainage system in Greenland conducted last spring showed that runoff water draining into the Winnicut River through stormwater drains appears to be generally safe. Stormwater runoff from roads and other impervious surfaces can collect automobile fluids, fertilizers, road salt, pet wastes, and other contaminants that are not filtered through the ground before entering the river. Monitoring the stormwater drainage system is a good way to check for non-point source pollutants. As always, there were areas that could be improved, but a sampling of the drainage water at six sites around Greenland, conducted on six different days from March through June, showed the water quality flowing into the Winnicut was generally good. Most of the drainage pipes, or culverts, appeared to be in good shape. There was only one that was broken and needed work.

Volunteers from the Winnicut River Watershed Coalition participated in the study conducted by the University of New Hampshire-sponsored Coastal Research Volunteers Program (CRV) as part of a

New Hampshire Sea Grant project. The stormwater drainage sites tested were selected with the help of the Greenland town administrator.

The water quality characteristics tested, and the methods used, were determined by standards set by the U.S. Environmental Protection Agency. Eleven parameters, or characteristics, were collected and analyzed to develop a picture of the water quality draining off of our roads, parking lots, and yards, and its potential impact on the river itself. The water samples were collected only from the water coming out of the drainage culverts and not the water actually in the river. Some of the parameters were E. coli, dissolved oxygen, chloride, turbidity, and total nitrogen. Other parameters included temperature and pH levels, and additional chemicals that can indicate the presence of pollutants.

Initial test results were given to the town administrator and other town officials in June. The good news is that E. coli levels were very low, except for one site, which had a temporary pet waste problem. The water also generally rated well for lack of turbidity and acceptable water temperature. Of more concern were nitrogen levels that registered in the excessive range at all of the sites at least once, although this is typical of other areas on the Seacoast. Another potential issue was an elevated level of chloride, an indicator of road salt, which can be hazardous to aquatic life.

These tests were part of an effort by UNH, DES, and other organizations to help small municipalities like Greenland prepare for added responsibilities coming their way with the EPA Phase II Stormwater permitting process. This process will require municipalities to monitor and improve stormwater drainage systems to reduce the impacts of stormwater runoff on natural water systems, reduce the threat of flooding, and increase the amount of rainwater and storm melt that soaks into the ground before reaching the rivers. For further information, contact Steve Jones at UNH: shj@unh.edu.

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Grand Estate



Happenings at Weeks Public Library

<http://www.WeeksLibrary.org>

By Denise Grimse

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Adult Programs

Fly™5X: Beginner Fly Tying
Great seasonal gift-making workshop
with Mark Foley of First Cast Fishing
Wednesday, December 5,
6:00–8:00 p.m.



There is no greater feeling than catching a fish on a fly that you tied! There are thousands of fly patterns that can be tied, but how do you start? In this introductory course, you will learn how to tie a set of time-tested flies that will catch fish in both sweet and salt water. Supplies fee is \$5; all equipment and materials will be provided. Children under the age of 12 must be accompanied and fully assisted by adults. Registration required, space is limited!

Friends Host NHHC Program
Dissent Among the Puritans
Presented by historian
Linda Palmer
Tuesday, March 26, 6:30 p.m.



The year is 1637. Ann Vassall, wife of William Vassall of Essex, England, one of the founders of the Massachusetts Bay Company, welcomes you to your new home in the Bay. Her words of advice and narration of events going on in town might make you wish you had stayed in England or looked toward New Hampshire or Connecticut as a place of settlement. Living historian Linda Palmer follows up her portrayal of Ann Vassall with a colorful slide presentation that shatters some of our commonly held stereotypes about the Puritans, and chronicles the dissent of her husband, who was despised by minister and magistrate alike for his liberal ideas about civil liberty and reli-

gion. This program is sponsored through a grant from the New Hampshire Humanities Council.

Watch our newsletters and Web site for additional adult programs.

Teen Programs

TAB (Teen Advisory Board) Meeting
Thursday, December 20, 6:00–6:30 p.m.

Calling all students in grades six and up—come plan March and April programs and stay for the holiday party.

Teen Holiday Party
Thursday, December 20, 6:30–7:30 p.m.
Holiday fun and refreshments!

Watch our newsletters and Web site for additional teen programs.

Children's Programs

Story Time
Thursdays at 10:00 a.m.
Sessions run from November 29 through January 17 and from February 7 through March 28
Join us for stories, a craft, and fun!
All ages welcome; no registration required.

Holiday Drop-in Craft Week for Children
December 3–7
A variety of holiday crafts will be available in the Children's Room all week.

Children's Holiday Party
Friday, December 14, 2:00–3:30 p.m.
Sponsored by the Friends

Wild Wednesday Holiday Bingo
for grades four and up
Wednesday, December 19, 2:00 p.m.–3:00 p.m.
Come play a picture version of holiday bingo and win candy and small prizes when you get enough connecting squares to call out BINGO!

Winter Drop-in Craft Week for Children
January 14–18
A variety of winter crafts will be available in the Children's Room all week.

Valentine Drop-in Craft Week for Children
February 4–8
A variety of Valentine crafts will be available in the Children's Room all week.

Wild Wednesday Candy Workshop
for grades four and up
Wednesday, February 6, 2:00–3:30 p.m.
Registration required as supplies and space are limited.

Library Holiday Closings

Christmas Eve Closing at 2:00 p.m.
Monday, December 24
Christmas Day Tuesday, December 25
New Year's Eve Closing at 2:00 p.m.
Monday, December 31
New Year's Day Tuesday, January 1, 2013
Martin Luther King Jr. Day Monday,
January 21, 2013
Presidents' Day Monday, February 18, 2013

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Meet Lisa!

By Adele Wick

Weeks Public Library Trustee and Treasurer

Lisa Pike joined our library community on Monday, October 15. It was a good day for all, and particularly for tween- and teenagers, on whom her part-time job will be focused.



Lisa chose being a librarian for her career because she loves reading and writing and finds them deeply connected and important, but increasingly overlooked and underexercised. Her favorite age group is the seventh to twelfth graders. Why? Because she finds kids in that age range to be the most fun; they're able to do more on their own and each is more of an individual.

Lisa is both an advocate for more reading and writing, and someone who also appreciates the importance of interactive components—especially for the aforementioned group. Kids are more willing to be involved when they can interact. A librarian, she believes, is a teacher in many ways—a teacher who's really fortunate because her "students" come to "class" because they want to, not because they have to. Lisa intends to work with everyone, adopting styles that are appropriate for each individual. Their work will feel like play.

In addition to reading and writing recommendations, Lisa will be organizing some programs. Her hobbies are vast and varied, a good sign for the events she'll put together. Lisa not only keeps a daily journal (or almost daily), but she also writes poetry and short stories—submitting some to magazines for publication, paints in water colors, makes jewelry, and enjoys bead work.



Do come to the library and get to know Lisa face to face. Her greatest strengths just may be her warmth and energy—characteristics not well captured in print.

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Seacoast Newcomer's Club: Not Just for Those New to the Area!

By Sara MacCorkle

The Seacoast Newcomers Club (SNC) began in 1970 as a means to unite women who were new to the area, and to promote their common interests: social, education, and philanthropic. It has evolved into an active social group for women (long-time residents and new arrivals) in the Seacoast and surrounding areas. SNC has over 200 members; each month regularly scheduled and special events are held—you're bound to find a new friend and something interesting to do! What a great opportunity to get out of the house, meet new people, and make lasting friendships.

Monthly activities include Bunco, Mah Jongg, Canasta, Bridge, golf, skiing, kayaking, a walking group, a coffee club, a supper club, a book club, a monthly luncheon, and more. One month's special events listing included a wine tasting, a lecture at Strawberry Banke, a bus trip to the Gardner Museum, and a train trip to Boston's North End—among other things!

Each member's yearly dues include a donation to a local charity selected by SNC. The Chase Home for Children is the 2012-2013 local charity. Former charities have included Families First, Cross Roads House, A Safe Place, New Heights for Teens, New Generation, Seacoast Interfaith Hospitality Network, Compass Care, Footprints Food Pantry, Dover Children's Home, and Zebra Crossings.

SNC encourages women to join the group; non-members are welcome to attend a function or two before becoming a member. Dues are \$30 per year. For more information or to join, visit www.seacoastnewcomersclub.com.



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Be Part of the Grapevine's Spring Issue!

Content for the Grapevine's March issue is due January 2, 2013.

JANUARY 2nd Wednesday

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Upcoming Grapevine Deadlines:
January 2 – Spring/March Issue
April 1 – Summer/June Issue
July 1 – Fall/September Issue
October 1 – Winter/December Issue

Content may be submitted at any time.

Notes from Greenland's State Representative

By Pam Tucker

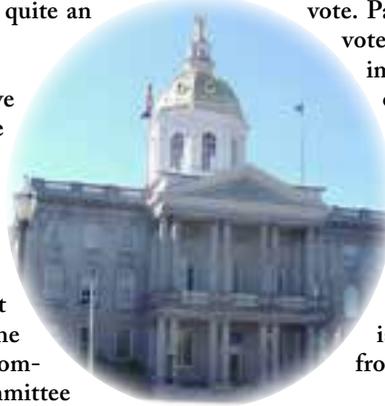
FALL 2012—Nationally, attention has been focused on the international strife and the conflict in the Middle East. Statewide, our unemployment rate continues to hover above 5%, but still remains below the national average. Our revenues are coming in at the estimated levels overall. Considering we are talking about a nine billion-dollar (\$9,000,000,000) budget over two years, coming within 1% of estimates is quite an accomplishment.

INTERIM STUDY—We have not had a formal session since last spring, but there have been many "interim study bills." An interim study occurs when the standing committee to which the bill has been referred feels the bill has merit, but realizes there is not enough time to thoroughly hear the bill. Rather than pass or kill an incomplete or poorly crafted bill, the committee chooses to study the bill during the summer and fall between sessions. Throughout the summer, and more in the fall, some of the committees met to fine tune the bills for the next term. The committees provided recommendations; however, the bills needed to be resubmitted in the fall by an elected representative in order to be heard next year.

VOTER IDENTIFICATION—Voter ID has been the topic of discussion lately. Having just received a few e-mails from an affiliate of Moveon.org, I think it's important to understand what it means. Voting is a duty that is of greater importance than taking a plane or train, or going into a commer-

cial or federal building, which all require ID. Even going into the Democratic National Convention required identification. It certainly is not a major imposition to ask for a driver's license or other ID when we are talking about protecting one of our most important rights as Americans. The Supreme Court has consistently held that requiring a photo ID is not a barrier to our constitutional right to vote. Passing voter ID and strengthening voter laws in New Hampshire are important steps toward supporting our electoral integrity this term. It really is about protecting your vote. I'm sure you believe that we should have as many people voting as possible and that your vote should truly count. Voter identification will help assure that. To be clear, there is also the issue of domicile, but that is separate from identification.

OUTREACH—I have enjoyed meeting with some of you on the first Monday of each month at the Country View Restaurant at 10:00 a.m., and will continue to be available at that time. During the next session I'd like to send out occasional newsletter updates of pending legislation and happenings at the state house. While the *Grapevine* gives an overview of what's happening, a newsletter will provide you with more timely information on issues. If you would like to be included, please e-mail me at pamzt@comcast.net and I'll add you to the e-mail list. As always, please contact me if I can be of any help to you. Thank you for your support, and I look forward to serving you again.



Caring for Your Home Carpets and Upholstery

By Cindi Blanchette

We take pride in our homes. Check out these helpful hints and keep your carpets and upholstery looking like new.

Spot Removal Tips for Carpeting

Act quickly! Most carpet available today has been treated with a stain-resist treatment, so many spills can be removed if immediate action is taken—the longer the delay, the higher the probability of a spill becoming a permanent stain.

Blot liquids with a dry white absorbent cloth. Do not scrub the area. Scrubbing can cause pile distortion in the affected area. For semi-solids, gently scrape up with a rounded spoon. Solids should be broken up and vacuumed until completely removed.

Pretest any spot removal agent in an inconspicuous area to make certain the solution will not damage the fiber or the dye. After applying several drops to the testing area, hold a white cloth on the wet area for ten seconds. Examine the carpet and cloth for color transfer, color change, or damage to the carpet. If a change occurs, another cleaning solution should be selected. Apply a small amount of the selected cleaning solution to a white cloth and work in gently.

Work from the edges of the spill to the center to prevent the spill from spreading. Do not scrub. Blot, absorbing as much as possible, and repeat as necessary. Continue using the first cleaning solution as long as there is a transfer of the spill on the cloth. It is not necessary to use all of the cleaning solutions if the first solution removes the spill. Be patient. Complete removal of a spill may require

repeating the same step several times.

After the spill has been completely removed, rinse the affected area thoroughly with cold water and blot with a dry cloth until all of the solution has been removed. Some cleaning solutions will cause rapid soiling if the solution is not completely removed. To avoid this, apply 15 layers or so of white paper towels to the affected area and weigh down with a flat heavy object. Continue to change paper towels as needed.

Seven Tips to Keep Your Upholstery Fresh

1. Vacuum dust and dirt from all fabric, cracks, and crevasses so it does not cause abrasion to the fabric. Think of how much dust would accumulate on a table if it were never dusted. That same amount is on your sofa too. You just can't see it.
2. Reapply fabric protection after professional cleaning.
3. Rotate all loose cushions frequently to assure even wear. Most couch cushions are reversible but people seldom take advantage of this. Every two weeks when you vacuum your furniture, flip the cushions over. This will spread out the wear and make your furniture last much longer.
4. Protect your upholstery from the sun. Ultraviolet light can cause deterioration or fading.
5. Keep pets off of furniture. Pet's body oils rub off and are very difficult to remove.
6. Use caution with clothing such as blue jeans. Fabric dyes can transfer onto upholstered furniture.
7. If you have animals, use a rubber dish glove to remove hair from the furniture. Simply put the glove on and rub your hand over the fabric. The hair will bunch up into clumps making it easier to vacuum up. Other options include wrapping tape around your hand—sticky side out, using a clothing lint remover, or using a clothing brush to collect the hair.

These tips are courtesy of Town & Country Services, Inc.



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New Tablets for Kids and Families

By Jean Dumais



Mini iPad? Kindle Fire HD? A tablet from Toys “R” Us? And Microsoft is in on the action too. Yes, the tablet wars have begun. You can bet there will be plenty of holiday advertising geared towards children for the new crop of tablets. And you can expect to see many a tech toy on the kids’ letters to Santa. So what should parents keep in mind when shopping for tablets?

I read up on five of the new tablet offerings: iPad mini, Kindle Fire, Kindle Fire HD, Toys “R” Us Tabeo, and Microsoft Surface—along with the iPad. The good news is that they all offer parental control options.

How do I choose the best tablet for my family? Consider the following questions when deciding which tablet is the best fit.

Who will be using the tablet?—Think about who will be using the device (one child, more than one, the entire family). If the tablet will be shared by family members, take a look at the new Kindle Fire and Microsoft’s new Surface tablet. Both offer the ability to set up accounts for each member of the family, and then add restrictions individually on each account. They both offer the ability to set up time limits. I like how the Kindle FreeTime parental controls let you specify reading time. So you can allow unlimited time in the books app, but restrict the time per day on games, video, and Web.

How old are your kids? For young children, the Tabeo by Toys “R” Us might be worth taking a look. Already installed with popular games and educational apps, it could save you money as you won’t have to buy apps to start. It also sports a bright green bumper to prevent damage if dropped. This might be an option if you are getting tired of the kids hijacking your iPad and want to give them something of their own! Also the seven-inch screens and dimensions of the iPad mini, Kindle 7”, and Tabeo might be better suited for kids’ smaller hands.

What technologies does your family already use?—Consider your existing devices, phones, and computers—if you’re using a Mac and have iPhones, you may feel more comfortable with an interface you already use. Maybe an iPad or the new iPad mini would be a good fit. If you are a Windows phone user, or the kids love Xbox, you might take a look at the new Windows Surface tablet. It will run a tablet-only version of the new Windows 8 operating system, complete with a new streaming service called Xbox Music. Sometimes staying within the same “ecosystem” can allow you to share data—music downloads, apps, settings—easily between devices.

When and Where will the family use the tablet?—Will you use the device mostly at home or on the road? Consider Internet access from the tablet. Is Wi-Fi-only okay? Some tablets, like iPad and Kindle Fire, have versions that allow you to connect to the Internet over a 3G or 4G connection so you don’t have to be within the range of a Wi-Fi connection. These come at a higher cost than the Wi-Fi-only models so you’ll want to read the fine print. If most tablet use will be at home using your existing home Wi-Fi, you may not want to spend the extra money.

How much are you willing to spend on a kid’s tablet?—The six tablets I reviewed range in price from \$150 to \$899. If you are planning to give each child their own tablet, you might want to look at the lower end of the price range. For younger kids who might outgrow a device in a few years, the Tabeo might make sense at its lower price point. For serious business use for parents or college students, the new Surface tablet from Microsoft, while pricier, is already loaded with a version of Office suite (Word, Excel, and PowerPoint). It could even become a laptop replacement if all you need are those programs, Web, and e-mail. While

	iPad	iPad Mini	Kindle Fire HD	Kindle Fire 2nd Gen	Toys “R” Us Tabeo	Microsoft Surface
Parental Control Options	Yes	Yes	Yes	Yes	Yes	Yes
Set Screen Time limits	No	No	Yes	Yes	Yes	Yes
Multi User option	No	No	Yes	Yes	Yes	Yes
Camera	Yes (front/back)	Yes (front/back)	Front	Front	Front	Yes (front/back)
Wi-Fi	Yes	Yes	Yes	Yes	Yes	Yes
3G or 4G available	Yes	Yes	Yes	No	No	No
Screen size	9.7”	7.9”	7” or 8.9”	7”	7”	10.6”
Web Browser	Safari	Safari	Silk	Silk	Android Browser	Internet Explorer
Apps/Store	Yes/ iTunes	Yes/ iTunes	Yes/ Kindle store	Yes/ Kindle Store	Yes/ Tabeo store	Yes/ Windows Store
Price	\$399-\$899	\$329-\$659	\$199-\$499	\$159	149.99	\$499-\$699
Operating System	iOS	iOS	Android	Android	Android	Windows RT

the new iPad mini is the most expensive of the seven-inch screen tablets, you might want to spend the extra money for the selection of apps available, high-quality camera and video, and proven experience in the tablet marketplace.

Here’s a quick comparison of the features on these six tablets. More information can be found on each company’s Web site (and all over the Internet). This information should get you started in researching the best new tablet for your kids.

New or Renewed?

By John Hirtle

There’s nothing like getting a new electronic gadget to liven up the holidays with the promise of adding to someone’s entertainment or productivity. But sometimes the costs are more than your budget can bear.

Fortunately when a PC is returned, warranty technicians review the problems to make sure it is not part of a larger production issue, do repairs, and make the device as good as new.

Then it goes on sale again, on the company’s Web site as a refurbished or remanufactured model. You find these deals at the bottom of most company’s home pages, well below the new offerings. Apple calls them “Special Deals” on everything from iPods to laptops, while others like Dell call them “Outlets.” Even Amazon has a “Warehouse Specials” section.

In most cases the warranty is the same, and the packaging looks brand new. The catch is that many items are one of a kind, and a deal that’s there today may be gone tomorrow, so supplies are limited and you have to keep an eye open for a device you’re looking for. Happy holiday hunting!

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a. in the Military or a Veteran, **or**
b. the offspring of a Veteran member and would like to become a member of the Greenland Veterans Association, please call Lenny Fitzgerald at 431-4632 or Vaughan Morgan at 436-0281 for information and/or an application.

Greenland resident Jean Dumais is a Web master, technology educator, and founder of Be Web Smart. She offers articles, tips, guidance, and reviews for parents who want to keep their families safe and productive online. Visit her Web site at www.beweb-smart.com.

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COMMUNITY CALENDAR

ONGOING PROGRAMS

DAY	TIME	EVENT	LOCATION
Monday	9:30 AM	Families First—Toddler Playtime	Families First Portsmouth
Monday	5:00 PM	Cribbage	Weeks Public Library
2nd & 4th Monday	7:00 PM	Selectmen Meetings	Town Hall
1st Tuesday	7:00 PM	Conservation Committee Monthly Meeting	Town Hall
Tuesday	10:00 AM	Families First—Baby Time	Families First Portsmouth
Tuesday	6:30 PM	Families First—Parenting Classes	Families First Portsmouth
2nd Tuesday	7:00–8:00 PM	Greenland Parents Organization (GPO) Meeting	Greenland Central School Media Lab
2nd Tuesday	7:00–8:00 PM	Greenland Volunteer Fire Department Meeting	Greenland Fire Station
3rd Tuesday	7:00 PM	Zoning Board of Adjustment Monthly Meeting	Town Hall
Wednesday	9:30 AM	Families First—Terrific Two's Playtime	Families First Portsmouth
Thursday	3:30 PM	Anxiety Management (Grades 6–9)	Seacoast Youth Services Seabrook Facility
1st & 3rd Thursday	9:30 AM	Families First—Parents Recharge	Families First Portsmouth
2nd & 4th Thursday	9:30 AM	Families First—Parenting Classes	Families First Portsmouth
1st & 3rd Thursday	7:00 PM	Planning Board Monthly Meeting	Town Hall
4th Thursday	12:00–1:30 PM	Senior Luncheon	Portsmouth Community Campus
Thursday	10:00 AM	Story Time (Nov 29–Jan 17, Feb 7–Mar 28)	Weeks Public Library
Friday	11:00 AM	Friday Morning Group	Weeks Public Library
Friday	9:30 AM	Families First—Preschool Playtime	Families First Portsmouth
1st & 3rd Saturday	10:00 AM–2:00 PM	Indoor Farmer's Market	Rolling Green Nursery

DECEMBER

Saturday, December 1, 2012	Noon	Hampton Christmas Parade	Lafayette Road; North Hampton through Downtown Hampton
Saturday, December 1, 2012	5:30 PM	Portsmouth Holiday Parade	Downtown Portsmouth
Saturday, December 1, 2012	5:30 PM	Exeter Holiday Parade	Downtown Exeter
Sunday, December 2, 2012	1:00 PM	Rye Holiday Parade	Rye Center
Wednesday, December 5, 2012	6:00–8:00 PM	Fly-Fishing: Beginner Fly Tying with Mark Foley	Weeks Public Library
Saturday, December 8, 2012	9:00 AM–2:00 PM	Christmas Fair	CCC Parish House
Sunday, December 9, 2012	10:00 AM–2:00 PM	Artisan Fair	Rolling Green Nursery
Friday, December 14, 2012	2:00–3:30 PM	Children's Holiday Party	Weeks Public Library
Sunday, December 16, 2012	4:00 PM	Rock My Soul Concert	Community Congregational Church
Tuesday, December 18, 2012	7:00 PM	Holiday Concert	Greenland Central School
Wednesday, December 19, 2012	2:00–3:30 PM	Wild Wednesdays: Holiday Bingo (Grades 4 and up)	Weeks Public Library
Thursday, December 20, 2012	6:00 PM	TAB: Teen Advisory Board Meeting	Weeks Public Library
Thursday, December 20, 2012	6:30 PM	Teen Holiday Party	Weeks Public Library
Dec 24, 2012–Jan 1, 2013		No School—Holiday Vacation	
Monday, December 24, 2012	2:00 PM	Library Closing Early—Christmas Eve	Weeks Public Library
Tuesday, December 25, 2012		CHRISTMAS—Library Closed	Weeks Public Library
December 26–28, 2012	9:00 AM–3:00 PM	Trek 4 Tots Day Camp (3-1/2 to 5 years)	Seacoast Science Center, Rye
December 26–28, 2012	9:00 AM–3:00 PM	Seaside Safari Day Camp (Grades K–5)	Seacoast Science Center, Rye
Monday, December 31, 2012	10:00 AM–3:00 PM	New Year's Bash	Children's Museum, Dover
Monday, December 31, 2012	2:00 PM	Library Closing Early—New Year's Eve	Weeks Public Library
Monday, December 31, 2012	4:00 PM–Midnight	First Night Portsmouth	Downtown Portsmouth NH

JANUARY

Tuesday, January 1, 2013		NEW YEAR'S DAY—Library Closed	Weeks Public Library
Wednesday, January 2, 2013		Deadline for <i>Greenland Grapevine</i> Spring Edition	<i>See Page 14 for Details</i>
Monday, January 21, 2013		MARTIN LUTHER KING JR. DAY—Library Closed	Weeks Public Library
Wednesday, January 23, 2013		Candidates may begin signing up for town elections	Greenland Town Offices
Thursday, January 24, 2013	7:00 PM	Band Concert	Greenland Central School

FEBRUARY

Friday, February 1, 2013		Last day to sign up for town elections	Greenland Town Offices
Wednesday, February 6, 2013	2:00–3:30 PM	Wild Wednesdays: Candy Workshop (Grades 4 and up)	Weeks Public Library
Monday, February 18, 2013		PRESIDENTS' DAY—Library Closed	Weeks Public Library
February 25–March 1, 2013		No School — Winter Vacation	

MARCH

Tuesday, March 12, 2013		Town Elections	Greenland Central School
Saturday, March 16, 2013	9:00 AM	Town Meeting	Greenland Central School
Tuesday, March 26, 2013	6:30 PM	Dissent Among the Puritans—NH Humanities Council	Weeks Public Library

Please send submissions to the Community Calendar to greenlandgrapevine@comcast.net prior to January 2 for our next issue.


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