

GREENLAND GRAPEVINE

A Community Newsletter for the Town of Greenland, NH

Vol. VII Issue 3 Fall 2013

Fun Fall Events

Compiled by John Hirtle

Summer may be over, but there are plenty of fun events around the Seacoast area to visit and view. Here are a few that may interest our readers.



Festivals at Applecrest

Visit Applecrest Farms any Saturday or Sunday from 11:00 a.m. to 5:00 p.m. in September and October for old fashioned harvest festival fun with music, rides, and more. Parking and admission is free, and each weekend offers a different theme that is sure to appeal to everyone. Applecrest Farm is located on 138 Exeter Road (Rt 88) Hampton Falls NH. For more information, please visit: www.applecrest.com/festival-schedule.html.

Historic Portsmouth Walks

Join author Roxie Zwicker for a haunting stroll through the streets of Portsmouth NH every Friday evening from 6:30 p.m. through November 15. These tours begin at historic North Church at 2 Congress Street, and take you to places where legends and ghosts of the old port town may lurk. The price is \$10 for adults, and \$8 for children under the age of 12. To make reservations or find out about other local walks through local history, please visit www.newenglandcuriosities.com.



Rye Lions Car Show and Cruise-In

Possibly the largest collection of antique, sport, and muscle cars you will find anywhere on the Seacoast is coming to Parson's

Field in Rye (near the TD Bank North branch at 500 Washington Road) on Sunday, September 15 (rain date: September 22). Admission is \$3 per person. The cars begin rolling in around 8:00 a.m. and roll out after all the awards are given around 2:00 p.m. Don't miss the great food, music, and of course more unique cars than you have ever seen before.



A Five-Lighthouse Cruise

Set sail to see the Seacoast's five lighthouses closer than you ever have before. Friends of the Portsmouth Harbor Lighthouse are sponsoring a special cruise aboard the M/V Granite State on Saturday, September 21. Departing Rye Harbor at 8:30 a.m., the cruise will take you to view White Island Light and the enigmatic Isles of Shoals, then Boon Island Light, the tallest lighthouse in all of New England. See the scenic Cape Neddick "Nubble" Lighthouse in York ME from a decidedly different angle before cruising the coastline back to Rye Harbor, pausing to get a close up view of Whaleback Light and Portsmouth Harbor Light to wrap up the tour at around 1:00 p.m. The cruise will be narrated and there will be a raffle with prizes for those aboard.

Reservations are required. Tickets are \$45 for adults, and \$30 for children under 12. There is also a parking fee of \$5 per car at the Rye Harbor State Marina off Scenic Route 1A/Ocean Blvd. where the tour will depart from. For more information or to reserve tickets, please visit www.portsmouthharborlighthouse.org/events/five-lighthouse-cruise or call 800-964-5545.

Apple Harvest Day

Don't miss the largest autumn craft fair in the heart of downtown Dover NH, coming October 5, 2013, from 9:00 a.m. to 4:00 p.m. With over 300 vendors, six stages filled with entertainment, Orchard Alley, kids activities, and wonderful food, Apple Harvest Day is a can't miss. For more information, visit www.dovernh.org/apple-harvest-day-5k-road-race.

FUN Continued on Page 9

A Fire Blog... Sort of

By David Phreaner

We write to share the sad news that on Saturday, July 20 around 1p.m., fire broke out at Gentle Currents Wellness Center. Lisa and Beth Ann's office and all its contents were destroyed, as were all three treatment rooms in back and their contents. There was smoke damage to the waiting room, and to the Loft and kitchenette upstairs.

Minimal smoke damage was incurred by Jan Hummel's massage therapy office, the Sunrise Room, the bathroom, and our private residential area. Chester and Dover, our two cats, were outside when it broke out and are fine—though highly stressed from all the noise of work being done!

We were extraordinarily lucky in several respects. No one was here doing acupuncture that day, so no patients were here. Lisa was home and was able to call 911 when the smoke detector sounded and she went to investigate. When she heard the alarm she went downstairs, right away seeing and smelling smoke. The closer she got to the acupuncture office the more smoke there was. When she looked through the door between the waiting room and the acupuncture office she saw flames. David was at the town dump and got home just after Lisa called in the fire. We both used the garden hoses outside to spray water into the office from both sides of the building through the



open windows. That probably helped save the rest of the building.

The two-alarm fire brought fire units from Greenland, of course, and also Kittery, York, Newington, Rye, and the city of Portsmouth. They were great.

It appears we have adequate insurance. We may be short on business contents insurance, but we should be okay as far as the building is concerned. Our State Farm insurance agent came over with his two kids at the time of the fire (he was at home with them at the time) and was a great help. The Greenland Fire Chief knew a board-up company (new term!) and they had the windows boarded up almost

before the Greenland fire company left.

From Monday, the 22nd, for three weeks solid, ServPro was at Gentle Currents. They filled five large dumpsters with the contents of the offices and treatment rooms, the barn, insulation from the entire back half of the building, carpeting, drywall, flooring, ceilings, etc. That's two decades of our lives/Gentle Currents in the trash. Sigh... But we are okay and Gentle Currents will be okay. That's the intention we are holding. In general

FIRE Continued on Page 9

Greenland Church Honors Korean War Veterans

By Wallace Berg (WWII/Korean Veteran)

The Greenland United Methodist Church (GUMC) congregation hosted and honored a group of Korean War veterans and guests. The commemorative banquet was one of many events held nationwide with the largest being a three-day event in Washington DC. The church, located at 87 Great Bay Road, Greenland, had its organizational beginning in the late 1950s. American military personnel, and their war brides, formed the nucleus of that church. The church continues to grow and includes recent émigrés from Korea and other Asian countries; the congregation now exceeds 150. This unique regional church serves parishioners from Maine, Massachusetts, and New Hampshire. It has both Anglo and Korean pastors and staff, and services are conducted in both languages.



A superbly choreographed program featured a Taekwondo demonstration, a traditional Korean fan dance, and a young ladies choral group. Taekwondo is a martial art form originating in Korea and is now an Olympic competitive event. The fan dance (Buchae-chum) is a traditional Korean dance form performed on special occasions and festivals by female dancers.

The dancers wear traditional Korean dress and each carries two large, brightly decorated fans. The fans are used in intricate, flowing, undulating rhythms to depict birds, flowers, butterflies, and waves—a very beautiful mesmerizing dance. The national female dress, called a hanbok, is a flowing, vibrantly colored gown. It consists of a full flowing, high bodice skirt and a sleeved shirt, all without pockets. This dress is still commonly worn in both formal and semi-formal settings and often as street-wear, where more subdued colors prevail.

The program opened with formal announcements and prayers by the Reverends Sang-Shin Han and Dan Weaver, and posting of the colors by Greenland Boy Scout Troop 158. Ms. Amanda Munton sang the national anthems of the United States and Korea followed by remarks by Mr. Paul Estey and Mr. Sun Woo Park. Twenty-five Seacoast veterans and wives were honored; the members from Greenland were Carl Beatrice (USAF) and wife Patricia, Wallace Berg (USAF) and wife Florette, Barre Glidden (USAF) and wife Karin, and Carl Mueller (USMC) and wife Mary.

VETERANS Continued on Page 7

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Cutting through Post Office Parking Lot is a Violation

By Sgt. Dawn Sawyer, Greenland Police Department

The Greenland Police Department has received a complaint from the US Post Office about vehicles cutting through the parking lot to access Portsmouth Avenue and Tuttle Lane, avoiding Rte. 33. Vehicles cutting through the parking lot have created a safety hazard to the pedestrians and customers using the post office.

This action is prohibited by RSA Section 265:11a—Prohibiting Avoidance of Traffic Signals—which states: *“At any traffic control signal or sign, it shall be unlawful for the driver of a motor vehicle to cut across public or private property at or near the intersection which is not a roadway to avoid the traffic control signal or sign. Any person who violates the provisions of this section shall be guilty of a violation.”*

Please do not cut through the parking lot. The lot is for post office use and includes both business and after hours. The Greenland Police Department will be conducting directed patrols in the area to enforce this law.



Safety Tips for Kids

Reprinted from Greenland Police Dept. Newsletter

With school starting, parents should take the opportunity to reinforce the following safety tips with their children.

1. Don't be afraid to say "NO," and GET AWAY from any situation that makes you feel uncomfortable. Trust your feelings.
2. Teach kids that responsible adults will NOT ask a child for directions, for help finding a lost pet, or offer a ride.
3. Teach your children if anyone follows them on foot, get away as quickly as possible. If they are followed in a vehicle, tell them to turn around and go in the opposite direction.
4. If someone tries to take your child somewhere, teach them to make a scene by kicking and screaming and yelling, "This is not my parent." or

If an adult is doing any of these things, they should be treated as dangerous.

"This person is trying to take me away."

5. Always tell an adult as soon as possible, if something happens, that makes you feel that way.
6. Adults, contact the police immediately so that we have a better chance of finding the suspect.
7. Have a safety plan in place so your children know what to do in a dangerous situation.

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Writers

We would love to hear from you, please share what is going on within the community. Consider submitting a story about a recent trip, adventure, exhibit, history, etc. Let's keep the paper interesting! Submit your articles and photos to GreenlandGrapevine@comcast.net

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Advertising Help

Responsible for obtaining advertisers, billing and occasional creation of ads. Can be done from your home. Must be organized, computer literate and able to meet deadlines.

Great way to meet the members in our community. Contact Sara MacCorkle at 430-7709 or

GreenlandGrapevineAds@yahoo.com

ABOUT GREENLAND GRAPEVINE

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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- Trudie Bergeron - Director, Copy Editor
- Barbara Fleming - Proofreader
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- John Hirtle - Layout
- Lauren Hudson - Copy Editor
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Content Policy

- Articles submitted must include the organization's name and the author's name and telephone number for possible verification prior to publication. They may include e-mail addresses and additional information for a contact person if different than the author.
- Articles shall be published on a first-come, first-served basis, or as space permits in the *Greenland Grapevine*.
- The *Greenland Grapevine* may edit or omit any article or advertisement deemed as inappropriate by the Board of Directors.
- The *Greenland Grapevine* reserves the right to edit articles for content and space limitations without notifying content author.
- Greenland businesses may submit articles for publication, provided that content is pertinent to the community and is not explicitly promoting the business.
- The *Greenland Grapevine* makes every attempt to produce accurate content and shall not be held liable for any errors or omissions in articles or advertisements.
- Graphics must be submitted according to the size of purchased advertisement at 300 DPI resolution. Advertisements that do not meet these specifications are subject to editing or conversion. Advertisement proofs will not be sent to advertiser prior to publication.
- The due date for the Winter 2013 issue of the *Greenland Grapevine* for both content and advertising is October 1, 2013. Payment for all ads are expected by this date. A discount is available for advertising in four or more consecutive issues.

Disclaimer

Articles and content do not necessarily represent the views of *Greenland Grapevine* or its committee members. *Greenland Grapevine* makes no warranties, guarantees, or representations of any kind as to the information contained in this newsletter.

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Masthead Image Courtesy of Charlie Evatt

Thank You to Our Donors

By *Greenland Grapevine* Committee

We are funded 100% by advertisers and donors. We thank those who donate to the *Greenland Grapevine*. Please contribute today to keep this newsletter going strong!





FROM THE GREENLAND VOLUNTEER FIRE DEPARTMENT



Fall Reminders from the Fire Department

By Sara MacCorkle

Before you strike a match, get a burn permit. Burn permits are required for brush burning, chimineas, fire pits, campfires, and outdoor fireplaces. 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.

Who can issue a burn permit?

Kevin Schmidt603-433-5572

Myrick Bunker603-817-1102

Mo Sodini603-765-7904

Brian DiPietro603-498-3162

Ralph Cresta603-235-7676

Ted Hartmann.....603-436-1188

Feel free to leave a message at the fire station 603-436-1188.

Change the batteries! Take a minute to replace

the batteries in your smoke detectors and carbon monoxide alarms on Sunday, November 3, when daylight saving time ends.

Call the professionals. Now is a great time to schedule an inspection and cleaning of your heating system and chimney with a professional!

Before we can help you, we have to find you! Post your street number on both sides of your mailbox or mailbox post using four-inch or larger reflective numbers.

Practice home fire drills—Everyone should have at least two ways to exit the home. Establish one meeting place for everyone in the home.

Be a good neighbor. 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 OK, 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.

Fire Extinguishers

By Sara MacCorkle

Fire Extinguisher Letters—Explained! As Easy as A, B, C, D. Make sure you buy the correct one!

A, B, C, or D—which extinguisher is the correct one to purchase? And what are the letters all about? The labels A, B, C, or D are used to indicate the type of fire on which an extinguisher is to be used. Fires involving wood or cloth, flammable liquids, electrical, or metal sources react differently to extinguishers. In the event of any fire, call 9-1-1 first.

Type A
for Ashes



Type A labels have a triangle with the letter A on the extinguisher. This extinguisher is used for ordinary combustibles such as cloth, wood, paper, rubber, and many plastics. These types of

fires usually leave ashes after they burn.

Type B
for Barrels



Look for the letter B in a square on the extinguisher. This extinguisher is used for flammable liquid fires such as oil, gasoline, kerosene, paints, lacquers, grease, and solvents. These substances often come in barrels.

Type C
for Currents



Type C labels have a circle with the letter C on the extinguisher. This extinguisher is used for electrical fires such as in wiring, fuse boxes, energized electrical equipment, and other electrical sources. Electricity travels in currents.

Type D
for Don't bother



A star with the letter D

on the extinguisher designates this extinguisher. It is used for metal fires such as magnesium, titanium, and sodium. These types of fires are very dangerous and seldom handled by the general public. Don't attempt to put this type of fire out; call the fire department.

If you buy an extinguisher, make sure you know how to use it!

PASS—

- Pull the pin,
- Aim the nozzle at the base of the fire,
- Squeeze or press the handle,
- Sweep the nozzle from side to side at the base of the fire until it goes out.

In the event of any fire, call 9-1-1 first.

Smoke Detectors and Carbon Monoxide Alarms—Time to Replace the Batteries!

Have you tested your smoke detectors and carbon monoxide alarms lately? No time to check? No time to replace the batteries? It takes less than 5 minutes. Buy and install new batteries; push the test buttons on all your smoke detectors and carbon monoxide alarms—that's it! Put it on the calendar—replace the batteries and test the alarms twice a year.

What's in it for you? Think big picture—what's in it for your friends and family? YOU!

Did you know...

Fires that occur at night while the victims are asleep generate the majority of fire deaths and injuries.

Smoke created by fire contains a deadly gas (carbon monoxide [CO]). You can't see it, taste it, or smell it. As you breathe while sleeping, the carbon monoxide puts you into a deeper sleep. Unless the smoke irritates your nostrils as you breathe, you may continue to sleep until you become a victim. A smoke detector, when properly installed, will give

you an early audible warning—you'll wake up and safely escape from the fire.

Carbon monoxide (CO) is produced by the incomplete burning of various fuels including coal, wood, charcoal, oil, kerosene, propane, and natural gas. Products and equipment powered by internal combustion engines such as portable generators, cars, lawn mowers, and power washers also produce CO. A carbon monoxide alarm, when installed properly, will alert you when CO levels become dangerous.

Households with non-working smoke detectors now outnumber those with no smoke detectors. Do your smoke detectors work? Are you sure? When was the last time you tested them?

If one of your smoke detectors is over ten years old, consider replacing it. Failure rates of smoke detectors increase after ten years of use.



Fire Prevention Month

By Sara MacCorkle

The National Fire Prevention Association's 2013 Fire Prevention Campaign is "Prevent Kitchen Fires," reminding everyone that cooking fires are the number one cause of home fires and home injuries.

Be Safe:

- Stay in the kitchen while you are frying, grilling, or broiling food. If you have to leave the kitchen—even for a few moments, turn off the stove.
- If you are baking, roasting, or boiling food, remain home while it is cooking.
- Keep flammable items (oven mitts, towels, wooden utensils, etc.) away from your stove's burner.
- When cooking, always keep the handles of your pots turned inward so they cannot be knocked or pulled over.

If you have a fire:

- Get everyone out of the house, and then call 9-1-1.
- Use pot's lid to smother small grease fires.
- Use a fire extinguisher to put out small fires.

Be prepared:

- In a house fire, you could be engulfed in smoke and flames in a few minutes—there is no time to plan an escape. Create a fire escape plan that provides at least two ways out of the home for each individual. What if your planned escape route is blocked?
- Have you changed the battery in your smoke and carbon monoxide alarms in the last six months? Do they all work? Are they located outside each sleeping area and on each floor of the home?
- Do you have working fire extinguishers in your home? Are they the correct fire extinguisher for your needs? Do you know how to use them?

For additional fire safety tips, visit www.nfpa.org.

Road Safety Tips

By Sara MacCorkle

Wear reflective clothing and stay safe! Always wear reflective clothing (vest, hat, jacket, or arm/ankle bands) when you're exercising on a road. Use a flash light 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 walking, running, or bicycling from a distance when you're on the road.



2 fingers above your eyebrows



V-shape under your ears



1 finger space under your chin

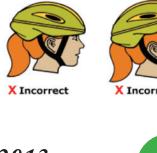
- Bicycles always ride with the flow of traffic
- Horses always ride with the flow of traffic
- Runners, walkers, or baby strollers always face oncoming traffic

—Information provided by NH Highway Safety Agency

Helmets—A good idea for any bike and any age—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. Check to make sure you can place 2 fingers above your eyebrows, the strap makes a V-shape under your ears, and there is 1 finger space under your chin to ensure a proper fit.



Correct



Incorrect

From Potluck To Pizza!!

By Joann Duncanson

Again this year, the Friends' June Tenth Annual Meeting was preceded by a sumptuous potluck supper. (Thanks to the Greenland Community Church for letting us use the Parish House). Joining us were Library Trustees representatives and other Friends members. This was followed by our business meeting, which included election of officers. Serving again will be Deb Bauder, President; Phyllis Picha, Treasurer; and Joann Duncanson, Secretary.

And now for the pizza—a fall fundraiser at Greenland's Nik & Charlie's Pizzeria on Tuesday, October 22 from 5:30 to 7:30 p.m. The Friends will receive a percentage of the sales that night so we are hoping for a BIG turnout. We like keeping things local—neighbors helping neighbors—so thanks to Nik & Charlie's for agreeing to join us in this special event. It will be a tasty way to feed our appetites and Weeks Library's needs at the same time! (Eat in or take out.)

The next Friends meeting will be on September 9 at 6:30 p.m., downstairs in the library. Come join us!

And remember, October is Renew your Friends Membership month!!!

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News from the Weeks Public Library

By Denise Grimse, Director

Events for Children & Tweens

- ❑ Wild Wednesday for 5th & 6th Graders
Apples, Apples, Apples
Wednesday, September 18 • 2:00–3:30 p.m.
Eat, think, and create all things apple!
- ❑ Family Story Time
Thursdays at 10:00 a.m.
Join us for classic and new stories, songs and finger plays, and a craft. All ages welcome. The fall session begins September 19 and runs through November 7. The winter session begins December 5.
- ❑ Fall Drop-in Craft Week for Children
September 23–27 • All week in the Children's Room.
- ❑ Halloween Drop-in Craft Week for Children
October 15–18 • All week in the Children's Room.
- ❑ Children's Annual Halloween Party
Sponsored by the Friends of the Library
Thursday, October 24 • 2:30–4:00 p.m.
Costumes encouraged!
- ❑ Thanksgiving Drop-in Craft Week for Children
November 18–22 • All week in the Children's Room.
- ❑ Holiday Drop-in Craft Week for Children
December 2–6 • All week in the Children's Room.
- ❑ Children's Annual Holiday Party
Sponsored by the Friends of the Library
Thursday, December 12 at 2:00 p.m.
Crafts, refreshments, and holiday fun!

See our newsletters and check the Web site for other events like *At the Movies*, additional Wild Wednesdays for fifth and sixth graders, and special workshops. Be sure to like us on Facebook or follow us on Twitter—great ways to keep up with library events.

Events for Teens Grades 6 and up

- ❑ Divergent Series Night
Thursday, September 19 at 6:00 p.m.
Come celebrate the October 22 release of the third book Allegiant by Veronica Roth and talk about your favorite book in the series while also enjoying some Jeopardy-style trivia and refreshments.
- ❑ Hunger Games Night
Thursday, October 17 at 6:00 p.m.
Come celebrate the November 22 release of the new movie Catching Fire by playing some games and enjoying some special refreshments.

- ❑ Holiday No-Bake Bake-off
Thursday, November 21 at 6:00 p.m.
Compete with your friends against other teams in a battle of flavor and deliciousness. Come with your best holiday appetizers or desserts for a chance at a great prize! If you need some inspiration, check out the Kraft Foods Web site at www.kraftrecipes.com.
- ❑ Holiday Party
Thursday, December 12 at 6:00 p.m.
Celebrate the winter holidays with food and fun! There will be pizza, a book swap, and games.

Like us on Facebook and receive weekly teen book trailer links!

Events for Adults

- ❑ Garden Everlasting
Wreath Workshop
Tuesday, September 17 • 6:30 p.m.
Extend the gardening season and bring summer into your home by creating a beautiful garden wreath using artemisia,


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strawflowers, roses, lavender, hydrangea, and other dried flowers. Learn the basics of wreath making while enjoying a fun night out! \$30 materials and supplies fee. Registration and payment required by Friday, September 13, so supplies can be purchased. Minimum of six (6) required to run the workshop, so register early if interested.

- ❑ Treasure from the Isles of Shoals: How New Archaeology is Changing Old History
Tuesday, September 24 at 6:30 p.m.



There is treasure here but not the pirate kind. Scientific "digs" on Smuttynose Island are changing New England history. Archaeologist Nathan Hamilton has unearthed 300,000 artifacts to date on this largely uninhabited rock at the Isles of Shoals. Evidence proves prehistoric Native Americans hunted New Hampshire's only offshore islands 6,000 years ago. Hundreds of European fishermen split, salted, and dried valuable Atlantic cod here from the 1620s. "King Haley" ruled a survivalist kingdom here before Thomas Laighton struck tourist gold when his family took over the region's first hotel on Smuttynose. Laighton's daughter Celia Thaxter spun poetic tales of ghosts and pirates. J. Dennis

Robinson, a longtime Smuttynose steward, explores the truth behind the romantic legends of Gosport Harbor in this colorful show-and-tell presentation. This program is sponsored by the New Hampshire Humanities Council.

- ❑ Sennett, Chaplin, Keaton, and the Art of Silent Film Comedy
Tuesday, November 19 at 6:30 p.m.
Film was birthed in silence during the first three decades of the 20th century. Patrick Anderson shows how the social and cultural history of the United States is reflected in the celluloid strips that captured it, especially as the art was developed by these three filmmakers. This program is hosted by the Friends and sponsored by the New Hampshire Humanities Council.



- ❑ Chair Yoga with Cheryl Rossman returns to WPL in October!
Fridays, October 4 & 18 at 10 a.m. Join Cheryl and others for chair yoga on the first and third Fridays of the month. Drop-in fee is \$5.



- ❑ Miscellaneous Events To Note:
Join us on Monday nights for Cribbage from 5:00–8:00 p.m., and on Friday mornings for the Friday Morning Group at 11:00 a.m. Also watch our newsletters and Web site for Classic Movie nights, monthly book discussions, and other events not scheduled at the time of this printing.

Online Services

- ❑ NH Downloadable Books
Download eBooks and audiobooks from the NH Downloadable Books site. Special free software is required and available through the OverDrive site. Please note when you go to Amazon's site or utilize Adobe Digital Editions, the library's customary privacy protections no longer apply. Coming soon: Advantage titles! Be sure to Sign In before you begin your search to see titles available to Weeks Public Library patrons through this program. Use your card number and PIN.

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Mango, an online foreign language learning system, provides basic and complete language learning programs depending on your needs. Learn Arabic, Mandarin Chinese, French, Irish, Pashto, Portuguese, Russian, Urdu, and more! Library code and card number needed.

Learning Express Library features Learning Centers which include SAT and ACT practice tests, skill-building courses, and information for success at school, at work, or in life. Resources are appropriate for

LIBRARY Continued on following page

Rally Day: Discover the Community Congregational Church

By Karen Mason

On Sunday, September 15, the CCC in Greenland will hold Rally Day, a day when the Sunday School and choir return from summer recess. Rally Day is also an opportunity to celebrate the wide variety of programs the church sponsors or participates in. Ministry Group leaders organize a variety of opportunities for outreach and socializing for the whole family. Sunday School teachers have new lessons and experiences for the young. Paul Merrill, our church organist and choir director, has a wealth of musical experience, including his Ireland connection. This past May, Paul accompanied the UNH Concert Choir Touring Ensemble at the Second Mayo International Choral Festival in Castlebar, Ireland. The UNH Choir won their division and became eligible to be included in the "sing-off"—comprising all the division winners—for the premier prize of the competition. The group performed superbly in this pressure-packed finale, and were fortunate enough to be named overall competition winners at the Grand Gala Concert in the Royal Theatre in Castlebar.



Ensemble at the Second Mayo International Choral Festival in Castlebar, Ireland. The UNH Choir won their division and became eligible to be included in the "sing-off"—comprising all the division winners—for the premier prize of the competition. The group performed superbly in this pressure-packed finale, and were fortunate enough to be named overall competition winners at the Grand Gala Concert in the Royal Theatre in Castlebar.

Vacation Bible Camp (VBC), held this year from

LIBRARY FROM PREVIOUS PAGE

grades four through adult. This service also includes eBooks for specific tests and various skills. This is a great resource for homeschooling. Computer Skills Tutorials for PC and Mac computers are also available. Be sure to try out this great product. Library code and card number needed.

Universal Class is an online educational service providing Business and Financial courses. Use the library code and your library card number to log in and begin learning something new! Windows 8 class available!! Library code and card number needed.

Heritage Quest provides at-home access to a collection of genealogical and historical sources, with coverage dating back to the 1700s. Find many family and local history books and articles. Call for the library's Username and Password.

For the Music Lovers

Freegal™Music Service, download individual songs to your computer and move them to your favorite device. Apps also available for Apple and Android devices. Get the app for the 2nd generation Kindle Fire at <http://slideme.org/application/freegal-music>. Use your card number and your PIN.

Museum Passes

Free and Discounted Passes available:

- Boston Children's Museum provided by the Friends of the Library
- Charmingfare Farm in Candia provided by the Friends of the Library (Open weekends in September)
- Children's Museum of New Hampshire in Dover provided by the Greenland Women's Club
- Currier Museum of Art in Manchester provided by the Friends of the Library
- Museum of Fine Arts in Boston provided by the Greenland Women's Club
- Museum of Science in Boston provided by the Friends of the Library
- New England Aquarium in Boston provided by the Friends of the Library
- The Seacoast Science Center in Rye provided by the Greenland Women's Club

Weeks Public Library
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www.weekspl.org
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August 19–23, is typical of the kind of programs CCC offers. Joanne Spradlin welcomed many from our community at VBC's "Everywhere Fun Fair" held at the Parish House of CCC. Five Bible stories developed the theme of the week, "Love the Lord your God... and love your neighbor as yourself" (Luke10:27). Children were introduced to people from the Bible who welcomed others into their homes as neighbors. They also explored everyday life of neighbors from Japan, Zimbabwe, the United Kingdom, Australia, and Mexico in order to experience how God's love welcomes everyone.

Come to Community Congregational Church in Greenland where God's love welcomes everyone. Our pastor is the Rev. Robert Fellows. Learn more about us at www.communitychurchof-greenland.org. See you at 10 Post Road in Greenland (the church) at 10:00 a.m. or at the Parish House, 44 Post Road, at 11:15 a.m.

This fall we will create a new photo church directory. If you attend our church, please inquire about the photo sittings. The phone number for the church office is 603-436-8336.



New sidewalks were poured in front of the Weeks Public Library and Parish House this August to compliment the newly repaved Post Road.

Like us on Facebook
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Plan great family outings! Call 603-436-8548 to reserve a pass or check on availability.



The Southern NH Ukulele Group (SNHUG) welcomes anyone who is interested in playing the ukulele - experience is not required!

We have over 60 members and meet every other week in Brentwood NH to jam. It's free, fun and relaxed. Sometimes we even play at community events. For More Information Visit: www.facebook.com/SNHUG



Church Rummage Sale

By Donna Lee Lewis

It's time again for the semi-annual rummage sale hosted by the Women's Alliance of the Community Congregational Church. Clean out those closets and garages and bring your unwanted "trash" to become someone else's "treasures." EARLY BIRD SHOPPING from 6 to 8 p.m. on Thursday, September 26. Other hours are Friday, September 27 from 8:30 a.m. to 7:00 p.m., and Saturday, September 28, 8:30 a.m. to noon. Sandwiches and pie will be available for purchase.

Items for sale include gently used clothing for women, men, and children, as well as household items, books, toys, puzzles, and more. Most clothing is priced per bag; other items are priced individually.



This annual event raises money for a variety of programs at the church and in the community.

Questions? Please contact the church office at 603-436-8336 or GreenlandUCC@myfairpoint.net.

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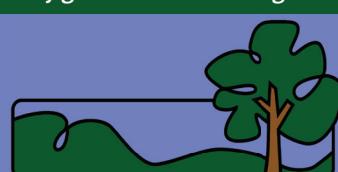
* Certain restrictions apply.

Farmers Market on the Green*

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Too Much Free Mulch



Frequent visitors to the Greenland Transfer Station (also known as the town dump) may have noticed the large pile of fresh chipped wood next to the metal piles. This resource is free to all Greenland residents who want some. The only catch is that you have to load it yourself, so be sure to bring a shovel—along with your container!



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Good Morning, Greenland



It's Revaluation Time in Greenland

By Karen Anderson, Town Administrator

Market value, assessed value, revaluations, statistical update... these terms will all be heard frequently over the next few months in Greenland. That is because Greenland has recently completed the first phase of the revaluation as required by the N.H. Department of Revenue. The town's assessed property values need to be between 90–110% of market value. Currently Greenland's property values are at 102.8% of fair market value, based on the state's equalization study. The revaluation is not as simple as subtracting 2.8% from all of the property values because the values of different types of properties and neighborhoods (land, condos, commercial, etc.) have all changed by different percentages. Smaller homes have held their value better than the larger homes over the past five years.

In New Hampshire, the assessed value of individual properties is not adjusted each year; values are only adjusted during periodic revaluations or when physical changes are made to the property. The technical appraisal steps taken in a periodic revaluation are beyond the scope of this article, but understanding the basic process will be helpful to property owners in understanding new values. To determine the "market value," recent sales in the community and the factors that affected the value of the property such as the location, type of construction, size, etc., are analyzed. The assessor

then evaluates supplemental data such as commercial reports on the cost of construction for the region, circumstances regarding particular sales, and any other information that may impact property values. It is not a scientific, exact process. It is a logical process that uses the best information available at that time to determine the fair market value. It is important to recognize that "market value" is as of a certain point in time—April 1, 2013, for this current process.

When people hear that their property value is decreasing, it does not mean that a lower tax bill

will occur. We know that Greenland's average values are slightly higher than they should be, but one of the factors that the N.H. Department of Revenue also evaluates each year is how proportional the values are between the different sections of the town and types of properties. Greenland continues to score well on the proportionality of the values, so we anticipate that the value changes on properties will be fairly even across the various neighborhoods and property types. When the value of property decreases, the tax rate increases, and the amount of taxes one pays remains approximately the same. The example below shows two different types of properties, with slightly different percentages of change. The market value of the bigger house did not decrease by the same percentage as the smaller house, so one tax bill decreased slightly while the other increased slightly. This is what we expect will happen in Greenland.

	Property Values	Tax Rate	Tax Bill
Before Revaluation			
Big House	\$500,000	\$14.06	\$7,030
Little House	\$200,000	\$14.06	\$2,812
After Revaluation			
Big House	\$475,000 (-5%)	\$14.59	\$6,930
Little House	\$196,000 (-2%)	\$14.59	\$2,860

As I write this article, a field representative from the N.H. Department of Revenue is reviewing several random properties in Greenland to verify the accuracy of our data, and residents have received notice of their new values. Informal reviews are being scheduled with residents prior to the final assessments being sent to the N.H. Department of Revenue for certification. The final numbers will be used in conjunction with the budgets that were approved at the Town and School District Meetings in March 2013 to determine the new tax rate. The tax rate will very likely be higher than the current rate of \$14.13, but that does not automatically mean a bigger tax bill in October!

News of Note from Families First

By Marge Wachtel

FAMILIES FIRST EXPANDS SERVICES FOR SENIORS—Seniors have always been welcome to take advantage of the medical and dental care offered at Families First Health and Support Center, the community health center in Portsmouth. Hundreds do so each year. In addition to high-quality care, the Health Center offers seniors discounts on Medicare co-pays and on dental care (depending on patient's income), help managing chronic illnesses, and medication assistance for uninsured and underinsured patients.

Recently, Families First has begun expanding the services offered to seniors beyond health care. Here is a look at current offerings and plans for the future. Be sure to check Families First's Web site for the most current information.

SENIOR LUNCHEONS—Senior luncheons are held the second Tuesday and fourth Thursday of each month, from noon to 1:30 at the Community Campus in Portsmouth. The luncheon includes sandwiches, salad, and dessert (\$4); an informational or entertainment program; and the chance to socialize. RSVPs are needed no later than four business days before the luncheon date; call 603-422-8208 ext. 333.

SENIOR COMPANIONS—Senior Companions are healthy older adults (ages 55 and over) who help other adults live independently. They provide support

to family caregivers by assisting with grocery shopping and other daily tasks. Families First manages the Seacoast "station" for this statewide program—training, matching, and supervising the companions. For more information, call Wanda at 603-422-8208 ext. 116, or call the main Senior Companions office at 800-856-5525.

CAREGIVERS GROUP—Families First hosts the Mark Wentworth Adult Day Program's Caregivers Support Group. The group, which is free and open to the public, meets the first Thursday of each month from 2:00 to 3:30 p.m. in Families First's Parent Room. For more information, call Amy at 603-430-0070.

ALZHEIMER'S CAFÉ—Alzheimer's Cafés provide a safe, supportive, and judgment-free setting for dementia patients and their caregivers to enjoy a community outing together, to socialize, and to make new friends. This reduces the isolation, public judgment, criticism, and stigma that dementia patients and their caregivers often face because of unusual behaviors associated with the disease. Families First and a coalition of senior services providers will be introducing an Alzheimer's Café this fall, to meet monthly at the Community Campus.

EDUCATIONAL SEMINARS—From time to time, Families First provides educational seminars on topics of interest to the "young" elderly (such as Preparing for Retirement, Finding Meaningful Volunteer Opportunities, and Long Term Care Planning) and to family caregivers about how to prepare for caring for elderly parents.

Updates on the Alzheimer's Café, the seminars, and other programs will be posted on the Seniors page of Families First's Web site: www.familiesfirstseacoast.org/seniors.html. For more information about Families First, call 603-422-8208 or visit www.FamiliesFirstSeacoast.org.

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Greenland Medal of Honor Committee Formed

By Wallace Berg

A group of local citizens have joined together to form a citizens' "Greenland Medal of Honor Committee." The purpose is to pay proper and fitting respect to a Greenland resident who was awarded our nation's highest military honor, the Congressional Medal of Honor—that gentleman was Hudson Van Etten. Mr. Van Etten died in 1941, and he and his wife share a granite headstone in our Prospect Hill Cemetery. His grave site is marked with a simple flat marker with only his name, dates, and a "Congressional Medal of Honor" notation; that is the official marker provided by the government. The award was for heroic action in the Spanish-American War 1898 at the Spanish port of Cienfuegos in Cuba. Three other Van Ettens, from other wars, are also buried in the family plot.

The committee's proposed plans are to add an additional white marble cross, with Medal of Honor annotation, and clean/repair existing markers in the plot. The cross is similar to the thousands marking graves of our fallen all over the world. These efforts are being coordinated with Kevin Van Etten, grandson of Hudson Van Etten. An additional part of the project is to provide a bronze plaque at Remembrance Park; this part of the project is being coordinated with town officials. A final, proposed tribute is to provide a display case for public display of Hudson Van Etten's photograph and Medal of Honor citation. It is proposed that the Greenland Veterans Hall be the location for this case, as part of their photo gallery of other Greenland war veterans. This proposal is being coordinated with the Greenland Veterans Association.

VETERANS FROM PAGE 1

A fabulous and authentic dinner was prepared and served by ladies of the church, some in traditional garb. Korean cuisine is largely rice, meat, and vegetable-based. Everywhere in the countryside there are vegetable farms and dairy, meat, and poultry production facilities that are modern, regulated, and efficient. During the war, there were severe food shortages, and fuel of any kind was extremely scarce. Forests were decimated and livestock almost disappeared. Since the war, South Korea has been completely reforested through nationwide tree replanting. Today South Korea has the fifth largest economy in the world. The writer of this article can attest to the authenticity of this rebirth and its delectable cuisine, having spent three wartime tours in Korea and having revisited South Korea only last year.

The banquet featured multiple side dishes and several main dishes, and contrary to popular opinion, kimchi is only one of many national dishes. The banquet included: Bulgogi (a marinated and grilled sirloin beef), Japachae (thinly sliced and exquisitely seasoned vegetables), and Mandu (meat stuffed dumplings). These dishes were considered fare for Korean royalty and are still considered "world class" cuisine. Because kimchi has been popularized and spoken of so much, a brief explanation of its purpose and use is justified. Kimchi contains a mix of sesame oil, fermented bean paste, soy sauce, salt, garlic, ginger, pepper flakes, fermented chili paste, and other similar ingredients. It is used as a potent preservative for vegetables and protein sources. During the war years, clay pots were used for storing kimchi. Today kimchi is a popular side dish and available commercially as well as homemade.



The Medal of Honor committee plan is that these activities will be completed by Memorial Day 2014 and commemorated at that time. Arrangements will be made to provide military honors at these public events. In addition to committee action

plans, it has been learned that our selectmen have named a newly built Greenland street in honor of Hudson Van Etten. The street sign will have a small Medal of Honor symbol if available.

Being a citizens' committee, we are without federal stimulus money and are asking for public support and contributions. We are planning to make a direct mailing to each of Greenland's 1,943 postal addresses in October. If we receive only \$5 from each mailing address, we would have a budget of \$9,715. The mailing will include a copy of this article and instructions for sending contributions. By then, we will have cost estimates for our proposed work; estimates have already been requested from local monument vendors.

The amount we receive from the October mailing will determine what we can afford. Granite work is expensive, and our proposals will be modest but appropriate. Hopefully, through citizen generosity, we can accomplish this project through the winter. Committee members are Vaughan Morgan, William Bilodeau, Wallace Berg (coordinator), and Rev. Daniel Weaver, pastor of Greenland United Methodist Church (funds comptroller). Surprisingly, the Medal of Honor committee has already received a pledge of \$100 and another donor has promised to design and manufacture



Above: Hudson Van Etten's gravesite. Inset, left: The U.S. Navy Medal of Honor as it appeared in 1898. The citation reads: "On board the U.S.S. Nashville during the operation of cutting the cable leading from Cienfuegos, Cuba, 11 May 1898. Facing the heavy fire of the enemy, Van Etten displayed extraordinary bravery and coolness throughout this period."

a custom-crafted frame and display case to house Hudson's photograph and his Medal of Honor citation.

Any funds received in excess of needed amounts for Medal of Honor plans will be given to the Greenland Restoration Volunteers committee. The Greenland Restoration Volunteers, a cemetery improvement committee, has been actively working to clean and refurbish markers and monuments at Prospect Hill. They have also undertaken to do a much needed "grave location and plot mapping" project at the cemetery.

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FROM THE GREENLAND GAZETTE

Talent Show Honors Chief Maloney

By Elizabeth Molleur—Seventh Grade



From left: Sergeant Dawn Sawyer, Viking Chris Caron, Chief Tara Laurent, and Detective Dave Kurkel attended the Talent Show where proceeds helped to pay their way to Washington, D.C., for Greenland police to see Chief Maloney's name added to the National Law Enforcement Memorial.



GCS staff (Greenland Vikings!) perform "The Final Countdown."

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On Friday, April 12 at 6:00 p.m., Greenland Central School's gymnasium was packed with tons and tons of people. Families, friends, and neighbors were all waiting to watch the 2013 Talent Show. This year's show was very important to everyone. There was so much talent and effort put into the show. There were dancers, singers, pianists, a comedian, and a magician. There was also a band that traveled all the way from Sweden, a special visit from Justin Bieber, and many more talented students. It was a great night and everyone had an awesome time.

A special thanks to Mrs. Sodini and Ms. Rothschild for making that special night possible; and thanks to the crew that helped out a lot. Mrs. Sodini was very proud and said, "This was the best show I have been part of. It went faster than previous years. The students worked very hard and I could feel the energy and enthusiasm more than other years." Great job Greenland!

The "Grizzly" Facts

By Abby Sargent—First Grade

There are lots of different kinds of bears: polar bears, black bears, and brown bears. In Mrs. Emerson's first grade class, we learned all about brown bears. Brown bears are also called "grizzly bears." Brown bears are really big! They have thick fur and sometimes the fur is black and sometimes the fur is brown. Want to know how to tell if a bear is a brown bear? Look for a hump on its back! Brown bears are omnivores. They eat meat and berries. All bears hibernate except polar bears. When baby brown bears are born, the father thinks they are food so the mother must nudge the babies up a tree to protect them.



Native American Totem Poles in Third Grade

By Jay Wendell—Third Grade

Imagine waking up in the northwest coast region with many totem poles surrounding you that represent your clan (a clan is a group of families claiming a common ancestry). Well, that is what Mrs. Hoppe's class tried to imitate.

The Native Americans who lived in the northwest coast region were spread from south Alaska to northern California. If you were a boy, you would learn how to hunt and fish while girls would learn how to cook and find berries. Adults had to make the plank houses they lived in, and used stone axes to chop down the cedar trees.

Native Americans made their totem poles from cedar trees. Totem poles would be placed at the front of the house, and at times the totem poles could also be put up throughout the



village. The totem poles were used to conduct ceremonies or tell stories.

The different tribes that used the totem poles were the Tlingit, Haida, and Tsimshian. Each tribe put different symbols on their totem poles, such as the thunderbird, hawk, wolf, killer whale, and shark.

My class made our totem pole out of paper mache, cardboard, and paint. Our totem pole had six different parts. The first part was the top and it was the eagle. The second part was the whale, third was the deer, and fourth was the fox. The fifth animal was the one I made, the bear, and last but not least, the salmon. It took our class a good amount of time to finish it, but when it was done, it was at least five feet tall. I hope you were able to see it at the Expo.

Fourth Grade Visits Concord, Meets Governor

By Grace Ripperger—Fourth Grade

On sunny March 26, the fourth grade journeyed to Concord to visit our beautiful State House. We arrived at approximately 9:15 a.m. After travelling for a little over an hour, everybody was glad to stretch his or her legs and get off the bus. Our tour guide greeted us on top of the granite steps that led to the State House.



All the fourth graders' breaths caught in their throats as we watched Governor Hassan walk into the room. We talked for some time and then promised Governor Hassan that we would try our hardest in education. We all parted and Governor Hassan walked between us and sat down in the back of the room. We all got tons of pictures with Governor Hassan!

As we journeyed down into the Hall of Flags, we blinked camera flashes out of our eyes. As our final thirty minutes flew by, we examined flags that NH soldiers had carried onto battlefields. I personally liked the Gettysburg flags from the Civil War. There were at least fifty flags. We peered through glass and our breath fogged up a small circle. Some were whole flags, while others were almost little rags. As we got our coats, we were psyched to be so lucky to have met the governor and our representative, Mrs. Tucker.

Another journey stretched out in front of us as we headed to the NH Museum of History. It was a day of fun and we learned a lot. As the bus came an hour later, we wished we could have gone back to Concord the next day.

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FIRE FROM 1

we're fairly positive about everything. It's just a bit overwhelming and we're having a hard time keeping up with everything that has to be done (it all has to be done NOW).

We have been learning about the world of insurance adjusting, doing inventory on personal contents and business contents, learning which policy covers what and for how much. We hope you never have to go through this; it's not that much fun. We've learned that recovery from the fire is a full time job. In some ways it is more traumatic than the fire itself. Decisions must be made and everything is Priority One.

So far everyone has been very helpful, though we did decide to hire a public adjuster. Public adjusters, we learned, work for the client (not the insurance company); though State Farm's adjusters have been fine. But everything has to be approved and that's slo-o-o-w.

Lisa is relocating the acupuncture treatment rooms to the Sunrise Room and one of our downstairs rooms that we used to refer to as our "craft room." We've also rented a storage unit (Route One Self-Storage in North Hampton—they're great!) until we get things sorted out. Imagine taking your entire life and putting it in half the space you had a day ago...

We spent the first four nights after the fire at a hotel due to the smoke in the building. We were strongly encouraged to do this by several knowledgeable folks, especially the Greenland Fire Chief, and the insurance company agreed. We kept the cats outside and came home to feed them. We were at the house every day, just not sleeping there. We've been back home since the 24th, but we find ourselves exhausted at the end of each day.

Many friends have helped and made offers of help; we are so grateful to all. One of the things we discovered is being too tired to even think about cooking. Friends provided food and meals. We're reminded of the way friends often provide casseroles and meals on the death of a loved one. A fire is a kind of death. The help with meals fits. Thanks everyone.

"Demo" has become a new vocabulary word. We always thought it meant "demonstration," but now it means "demolition." We're in the demo phase now. All the wall-to-wall carpeting has been ripped out: waiting room, kitchenette, the Loft, treatment rooms, etc. It's down to the subfloor. Drywall and insulation has been removed to huge plastic bags. Cabinets, book shelves, desks, chairs, chi machine table, treatment tables... all gone. The Loft's very pleasant sofa and love seat were Sawzalled (there's a word!) and dumped.

As we write, it's August 20. A month has gone by:

- The acupuncture office and treatment rooms have been gutted. The last thing ServPro did was B-I-N (spray paint) all the remaining walls and ceilings to seal in any remaining smoke smell. It's all white and looks like a Halloween haunted house.
- Our previous "craft room" has been divided into two small treatment rooms (but we're currently still in process on that), so part of the acupuncture treatment area is now in part of our house.
- Lisa and Beth Ann's office will be relocating to part of the waiting room. In a month or less we should be fully back up to speed as far as the acupuncture practice is concerned.
- The rebuilding of the burned and gutted part of Gentle Currents may be a MUCH longer project. I (David) hope that we at least get the place sealed before the weather turns. That's all part of the process.

We'll keep you posted. In the meantime we call your attention to items of potential interest in the sidebars of this article, and, if you wish, ways to be of help. Gentle Currents is here for the long run, and with the hope and prayers and help from many good friends, we expect to fully recover from and overcome this fire to fulfill our mission: To provide compassionate, gentle, healing wellness services to members of the greater Seacoast community... to you.



Learning To Ask...

One of the lessons of a fire (or any disaster) it turns out is: ask for help! Everything is a priority! Decisions have to be made, offices relocated. Needles and supplies re-stocked. Insurance requires detailed inventory—how many needles, pens, cotton balls... We are learning "we have to ask for help." For instance... Lisa needs a temporary desk. Her hand-finished oak desk was destroyed. We logged on to craigslist and freecycle asking for a gift or loan of a desk. We didn't know what to expect and were so grateful to have several offers—and quickly, too. We realized we could ask...

Here's our "Help Needed" list. If you can help or point us towards help, we'd appreciate it:

- NAILS PULLED FROM PLYWOOD BOARDS. Recycle, reuse, repurpose. We've salvaged some boards from the building that didn't get burned but had to come out. Many are full of nails needing to be pulled.
- WIRELESS PRINTER SETUP. The printer/fax/copier in the office burned (actually, melted). We've purchased a new one, but it needs to be hooked up and the drivers installed.
- OFFICE SETUP. Temporary office space will be set up in part of the waiting room. Office arranging help needed.
- FILING—REBUILDING OFFICE FILE SYSTEM. Luckily most paper files survived, but some charred folders need replacing. Files to be re-labeled. All need to be reorganized in new cabinet.
- GARAGE ORGANIZING. Actually, the garage is cleaner than it has been in a while (thanks ServPro!). It's also more disorganized from ServPro's cleanup: two sides to every coin! It needs to be organized. Some lifting involved.
- INVENTORY DATA ENTRY. By the time you see this, it may be done, but insurance inventory requires a lot of data entry, so there may be plenty to do.
- WEEDING/WATERING. We can't keep up with daily/weekly tasks. Help appreciated.
- BASIC HANDYPERSON HELP. Small projects we planned on this summer—now we probably can't get to them.

FUN FROM PAGE 1

Tour a Lighthouse

Ever wonder what the inside of a lighthouse is like?



The Friends of Portsmouth Harbor Lighthouse will be hosting tours of the lighthouse every Sunday through mid-October (Columbus Day weekend) from 1 p.m. to 5 p.m. The admission to climb the lighthouse is \$4 for adults and \$2 for children 12 and under.

Portsmouth Harbor Lighthouse is located at the end of Sullivan Lane in New Castle NH, next to historic Fort Constitution and the U.S. Coast Guard Station. One of the first nine lighthouses built in America prior to the Revolutionary War, it was the first illuminated beacon erected north of Boston. The current tower was erected in 1878, and is constructed of brick and cast iron, using an almost identical design to the lighthouse on Cape Neddick in York ME. While automated, it retains its fourth order Fresnel lens, a rarity as many lighthouses have had this key optical element replaced by solar powered LED airport beacons.

No reservations are needed; tours are on a first come, first served basis. No children under 42 inches tall are permitted to climb to the top, and adults are not permitted to carry children up the stairs. Visitors get to climb to the lantern room to enjoy the magnificent view and to see the fourth-order Fresnel lens up close. Volunteers will tell visitors about the history of the light station, and there will be souvenirs for sale.

There are 44 stairs to the watch room and a 7-rung ladder to the lantern room. Flat shoes (not sandals or flip-flops) are strongly recommended to climb the ladder into the lantern room.

The proceeds go towards the preservation of this iconic lighthouse, since the U.S. Coast Guard is only responsible for maintaining the light, not the structure.

For more information about these tours, or to find out how to volunteer, please visit www.portsmouthharborlighthouse.org

Discover Portsmouth

Located in the old Portsmouth Public Library on the corner of Islington Street and Middle Street, Discover Portsmouth is operated by the Portsmouth Historical Society and plays host to local art exhibits, gallery talks, and community events. Their current exhibits include Bridging the Piscataqua: Construction and Community, on display until October 13 (donations); Discover Thursday evening music performances from September 12 through December 19 at 7:00 p.m. (admission); the Portsmouth Black Heritage Trail gallery, and other events. For more information, please visit www.portsmouthhistory.org

Marketfest!

All good summers must come to an end, and local attractions close up for the winter. The Old York Historical Society will close up their museums on Saturday, October 19, with a market festival from 9:00 a.m. to 4:00 p.m. featuring hearth cooking, craft demonstrations, an art gallery, and prisoner performances at the Old Gaol, the oldest jail in the state of Maine. The visitor center is located at 3 Lindsay Park Road in York ME. For more information, please visit: www.oldyork.org.



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150 Griffin Road Portsmouth, NH

The Joy of Pets

By Patricia Kincare, M.D.

Jimmy was on a roll. It was week three of the Puppy Campaign. "Pleeease can I have a puppy?" he began again. Susan and Bob exchanged a quick glance over their son's head. "Maybe when you're older," Susan said. "But I want one now. I have to have a puppy. Please! Please!" Jimmy pleaded. "Well, there's a lot to know about taking care of a puppy," tried Bob. "I'll learn. I know I can do it," Jimmy exclaimed eagerly.

Susan and Bob didn't know what to do. Jimmy



was eight years old, and an only child. They knew he really wanted a puppy and that a dog could be a great companion for Jimmy. They were confident he'd love a pet. But could he really take care of a puppy? He still needed reminders to brush his teeth every day! They sighed and vowed they'd reach a decision soon.

Chances are, your family has experienced some variation of the above scenario. According to the 2011–2012 APPA National Pet Owners Survey, 62% of U.S. households had some type of a pet. Though I'm writing today about dogs, these ideas extend to all our varied pets!

What do pets bring to our lives? For starters, pets bring unconditional love and wonderful companionship. They enhance our physical and emotional health, helping us relax, lowering our blood pressure, and helping to create an overall sense of well-being. Pets can help to alleviate loneliness and add meaning to our lives. Caring for a pet even increases our own physical activity. Walking, grooming, and playing with our pets get us moving and bring us pleasure.

A pet's presence in the home helps teach all of us about friendship, loyalty, empathy, kindness, and responsibility. These are qualities that are crucial for a developing child. Living with pets provides us with rich opportunities to deal with life issues that face all of us.

One great example has to do with the theme of adoption. When we take a pet into our home, it is a "forever choice." We are making a commitment to love and provide for our new pet.

Later—all children will forget to feed their pet some-

time—you have a terrific chance to say, "I fed Mitzy today when you forgot to. She needs her meals every day just like you do. Let's think of the best way to remember to get her fresh food and water every morning. We don't want her to be hungry or thirsty." This helps your child learn about responsibility while letting your child know you're there to help and to model responsible behavior. It also stresses nurturance and empathy, and sends the message that Mitzy is a valued and permanent member of the household.

We also provide our pets with a safe environment. We watch over them and protect them. When your preteen wants to IM her friends without your "interference," gently remind her that it is your responsibility to keep her safe, just as she helps keep her pet safe.

The inevitable death of a beloved pet is a particularly hard life lesson. Yet it is another moment in time when we learn about the importance of shared memories and sharing feelings. In teaching your children how to grieve and cope with the loss of a pet, you help provide a template for healthy ways to grieve other losses they will face.

Jimmy and his parents picked up two-year-old Samantha, a bright and friendly lab mix, on a crisp November Saturday. She was already housebroken, and they felt good about giving a new home to an affectionate dog whose owner had recently died. Jimmy showed Sam all around the house and yard and took her to meet Mrs. Conway, who lived next door. At the age of 82, Mrs. Conway wasn't quite as spry as she used to be, but she began to join Jimmy and Sam on their walks around the neighborhood several times a week. Jimmy felt warm inside when he saw Mrs. Conway waiting by the front window for him and Sam. And Bob and Susan felt proud and pleased as they watched Jimmy take on each new life lesson with Sam by his side.

Patricia Kincare, M.D., is a Board Certified psychiatrist with Woodland Professional Associates of North Hampton NH. She treats adults who have mood and anxiety disorders and has a special interest in women's reproductive and childbearing issues. She can be reached at 603-964-4869.

Reprinted with permission of the *Portsmouth Herald*.

Two Signposts

Compiled By John Hirtle

There are over two hundred green historic roadside markers in the state of New Hampshire. Greenland shares two markers that link the same story, and neither one of them is even located in the town's borders!

The first is at "Portsmouth Plains," the baseball field near the intersection of Route 33 / Middle Road and Peverly Hill Road, and reads:

In the pre-dawn hours of June 26, 1696, Indians attacked the settlement here. Fourteen persons were killed and others taken captive. Five houses and nine barns were burned. This plain was the Training Field and Muster Ground. Close by stood the famous Plains Tavern (1728–1914) with its Bowling Green where many distinguished visitors were entertained.

The story continues at a marker in North Hampton, near the intersection of Lafayette Road and Dow Lane, which reads:

On the hillside to be seen to the north of this location a band of marauding Indians and their captives were found eating their breakfast on June 26, 1696, following the attack at the Portsmouth Plains. When confronted by the militia the Indians made a hasty exit leaving the prisoners and plunder. This locality still enjoys the name of Breakfast Hill.

A newer, more permanent stone marker that tells the second part of this tale is now located on the summit of Breakfast Hill, where a trail leads back into the woods.

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ERC Physician

Adopt Before You Shop!

By Sara MacCorkle

Adding any pet to your home requires consideration. Do you have time to care for and train your pet, can you afford veterinary and pet food bills, does your housing allow pets, do you have too many pets already, would your friends say you have too many pets? Research the breed and type of pet you're seeking. The pet's activity level and your activity level need to match. Consider an adult or senior pet—they are full grown and generally well-mannered. (Yes,



you can teach adult animals new tricks.) Decide before you meet and fall in love with an available animal if you are ready and prepared for the long-term commitment of caring for a pet.

We are fortunate to have several animal shelters within a short distance of Greenland. Each shelter posts an online list of available animals including cats, dogs, farm animals (cows, chickens, goats, etc.), horses, reptiles, birds (cockatiels, parakeets, finches, etc.), small animals (rabbits, ferrets, gerbils, etc.). If you're not sure you are ready for a pet, but you love animals, the shelters are always seeking volunteers!

A few shelters are listed below. Additional local and regional adoption centers, breed-specific rescue leagues, and animals may be found on www.PetFinder.com.

New Hampshire SPCA, Stratham NH, www.nhspca.org, 603-772-2921

Cocheco Valley Humane Society, Dover NH, www.cvhsonline.org, 603-749-5322

MSPCA Methuen Adoption Center at Nevins Farm, Methuen MA, www.mspca.org/adoption/methuen-nevins/, 978-687-7453

U.S. Pet Statistics:

Dogs:

► 78.2 million—Number of owned dogs in the U.S.

► 21 percent—Percentage of owned dogs who were adopted from animal shelters

► 78 percent—Percentage of owned dogs who are spayed or neutered

Cats:

► 86.4 million—Number of owned cats in the U.S.

► 21 percent—Percentage of owned cats who were adopted from an animal shelter

► 88 percent—Percentage of owned cats who are spayed or neutered

U.S. Shelter and Adoption Statistics

► 3,500—Number of animal shelters

► 6 to 8 million—Number of cats and dogs entering shelters each year

► 25 percent—Percentage of purebred dogs in shelters

► 3 to 4 million—Number of cats and dogs adopted from shelters each year

► 2.7 million—Number of adoptable cats and dogs euthanized in shelters each year

These figures were compiled from the 2011–2012 APPA National Pet Owners Survey, and estimated by the HSUS using statistics provided by the National Council on Pet Population Study and Policy.

Animal Control Laws

Reprinted from Greenland Police Dept. Newsletter

The Town of Greenland does not have a dedicated animal control officer; the enforcement of those laws falls under the jurisdiction of the police department. The Town has an animal control ordinance that mimics the state's laws (<http://www.gencourt.state.nh.us/rsa/html/NHTOC/NHTOCXLV-466.htm>). Here are the answers to some of the most frequent questions.

Q: Can I walk my dog off leash? Can my dog be loose in my yard?

A: The answer is yes; however, you must have your dog under control. "Under control" means voice, signal, or physical control so as to be restrained from approaching a bystander, from entering private property, and from causing damage to property. A dog is presumed not to have been under control if injury, damage, or trespass has occurred. If you describe your control as "My dog is great except when _____," then you need to keep your dog on a leash. If your dog is outside off leash and you are inside, you are not in control of your dog. Very few dog owners have the control necessary to have their dogs off lead.

Q: Does my dog have to be registered with the town?

A: Yes, All dogs over four months must be registered by April 30 each year.

Q: My neighbor's dog barks all the time or comes into my yard. Is there something I can do?

A: Yes, call the police when the dog is on your property or when it is barking. We will speak to the owners to try to rectify the situation, and if it continues, the dog owner can be fined.

Q: What happens if my dog bites someone?

A: All dog bites are required to be reported to the police. We will investigate the circumstances of the bite and take the appropriate legal action if necessary. The dog owner must provide proof of rabies vaccination and the dog must be quarantined for 10 days; in most circumstances, this can be done in the owner's home. If the dog is not vaccinated or was bitten by a wild animal, the quarantine may be longer.



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Sports Mash-Up

6 – 12 years*

Mondays 4:45 – 5:30PM

Play your favorite sports and learn some new ones!

GAGA - 6-12 years*

Tuesdays 4 – 4:45PM

Face-paced dodgeball in an octagonal pit!

Flag Football - 8-12 years*

Fridays 4 – 4:45PM

Learn the fundamentals.

Archery - 8+ years*

Saturdays 10 – 11AM

*weather permitting

Saturday Night Live

5-8PM for Grades K – 6

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Saturday, September 7

Saturday, September 21

Saturday, October 5

Saturday, October 19

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YMCA of the Seacoast 550 Peverly Hill RD Portsmouth

All Star KidSport

3 – 4 years

*With a parent

Mondays 12:10 – 12:55PM

Mondays 3:30 – 4:15PM

Wednesdays 12:10 – 12:55PM

Basketball Skills – 5-9 years
Wednesdays 4:30 – 5:15PM

Sports Splash – 2-4 years

*With a parent

Thursdays 2:30 – 3:30PM

Street Hockey - 6+ years
Thursdays 4:30 – 5:15PM

All Star KidSport - 2 years

*With a parent

Fridays 12:10 – 12:40PM

Additional programs for children and adults are offered at the Y of the Seacoast.

YMCA OF THE SEACOAST

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Join us on Saturday, October 26th for
Camp Gundalow's Family Haunted Halloween!
Come in costumes and enjoy the family fun!
View www.yogm.org for information.





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Call 436-8779 for more information.

Founded 1955

Tai Chi for Better Balance Comes to Greenland

By Melissa Gahr

Tai Chi is a martial arts-based exercise consisting of slow, graceful movements. The Yang style became prominent in the first half of the 19th century in China, and was part of the training program for the Palace Battalion of Imperial Guards who protected the Chinese royalty. Today, its popularity has spread worldwide as a form of therapy and exercise that provides many health benefits.

Recent research on balance and falling in older adults has led to the development of a specific Tai Chi protocol called "Moving for Better Balance." The one-hour sessions consists of a warm-up, modified eight-form routine, therapeutic mini-exercises, and cool down. All of the components can be performed in sitting, supported standing, or standing positions. The program was researched and developed by Fuzhong Li, Ph.D. at the Oregon Research Institute. Dr. Li's work has been published in the Journal of Gerontology and has been endorsed by the CDC in the Compendium for Fall Prevention. In addition, Tai Chi is recommended by the American and British Geriatric Societies.

This low-cost, scalable, therapeutic balance training program is now being offered at Seacoast

Body Balance, a physical therapy practice in Greenland specializing in balance and equilibrium disorders. Melissa Gahr, MSPT, is a member of the NH Falls Risk Reduction task force and recently completed the instructor training program with Dr. Li. For those requiring a more tailored therapeutic program, Melissa treats a wide variety of balance disorders stemming from stroke, inner ear disorders, and traumatic brain injury. For more information on "Moving for Better Balance" including class schedule and cost, please contact Seacoast Body Balance, LLC, at 603-400-0711.

Reference: Li F, Harmer P, Fisher KJ, McAuley E, Chaumeton N, Eckstrom E, Wilson NL. Tai Chi and fall reductions in older adults: A randomized controlled trial. Journal of Gerontology. 2005 Feb;60A(2):187-94.

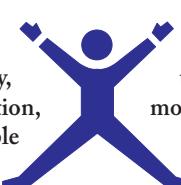
Melissa Gahr, MSPT, owner of Seacoast Body Balance, LLC, at 655 Portsmouth Avenue, Greenland, treats musculoskeletal, spine, and sports injuries, and provides vestibular rehabilitation for patients with balance and gait abnormalities. Seacoast Body Balance may be reached at 603-400-0711, or its Web site: SeacoastBodyBalance.com.

The Best Exercise for Lifelong Improvement

By Charlie Murdach

People often ask what the "best" type of exercise is. Questions range from "What should I do?" and "How much and how often?" to "Should I try the stair-master, treadmill, running, boot camp, yoga, Pilates, group fitness, or swimming?" Typically their voice tends to trail upward as most of us do when asking an uncertain question... especially when we want our personal bias to be the right one.

Most fitness professionals agree that there are principles that guide physical change... some pretty simple and some a bit more complex. The most common principles are individuality, specificity, progression, overload, adaptation, recovery, reversibility, and fun. One principle that is often applied frequently, but followed through less than needed, is flexibility.



The trouble with flexibility is that it is mostly used as a way to describe how difficult it is to touch ones toes or reach up high. Luckily flexibility can be defined in a few ways. It can mean being pliable, or bent repeatedly without injury or damage. If we follow this definition strictly, the most common ways to apply flexibility to a training program are stretching, twisting, or turning—sometimes in horrendous angles that don't seem right for a human form. The trouble with this definition when inserted into a conditioning program is that most people hate it... or its painful... or their flexibility does not improve... or they force the stretch and end up getting hurt.

There is a better definition of flexibility that fits better into a lifelong approach to fitness improvement: responsive to change or adaptability. From

a psychosocial standpoint, "adaptability" takes the cake. From a physical standpoint, "responsive to change" is the winner. But what if we blended them together and formed a new term that encompasses both... like "sophistication of movement"?

To truly have a lifelong approach to fitness, you need to address all of the core principles in some fashion, but there must also be a constant sophistication of movement. With this new term I mean that the movement (any movement) needs to become more difficult and challenging from a thinking and movement perspective, meaning more variation.

Variation is the key word here. The phrase "variety is the spice of life" could not be more true or critically important. When you are doing any particular movement, you need to explore how many ways you can do the same thing... maybe even reverse the movement. In doing this exploration, you actually stimulate your brain to form new connections... it will get bigger (don't rush out for a new hat anytime soon)... and yes there will be adaptation (physically and mentally) as well as being more responsive to change. Things may get easier!

Let's take a push-up, for example. There are about a thousand ways to do a push-up, but most of us stick with one way because push-ups are hard, or you are not strong enough (yet), or you just hate push-ups. If you train the movement, eventually you will get stronger, push-ups will get easier, and unless you do something different, you will plateau. However, if you sophisticate the movement, not only will you get

smarter with more connections between your ears, but you will have massive strength gains in the movement you started with. Sophisticating the movement does not mean adding high level gymnastics; it can be as simple as lifting a foot, putting one of your hands on a ball to change the surface, putting your hands and feet farther apart, or moving your hands to different places with each repetition.

No matter the movement you use (standing up from a chair, squats, push-ups, any work activity), look to change the way you do it. Add variety; the size of your brain depends on it!

Charlie Murdach of 4 Season Fitness is constantly adding variety and adapting to circumstances around him... some under his control... and some not. He adapts daily in Greenland with his adaptable wife, three adaptable kids, three adaptable cats, and an adaptable dog. He can be reached at like2move@gmail.com.



**Still looking for U.
VOL NTEER TODAY!**

The Greenland Volunteer Fire Department needs volunteers!

We provide free training. You must be at least 18 years old and live within Greenland or an abutting town. Come to our monthly business meeting held on the second Tuesday of the month, 7 p.m. at the Fire Station, visit the website for more information

www.GreenlandFire.org

Baby Boomers and Beyond Are Enjoying Healthy "Returns" with Boomerang Adventures!

By Debra Nichols

Most people have fond childhood memories of time spent outdoors, exploring and playing. Such memories provided the inspiration for Debra Nichols when she decided to follow her passion and create Boomerang Adventures, which offers various local and international adventures for "Boomers and Beyond."

"After 20 years working in administrative roles in recreation, hospitality, and healthcare, the time finally came to put my energy into doing what I love to do: enjoy the beauty of nature with friends and new acquaintances."

While teaching adult fitness classes at the YMCA, Debra came to realize that there is a real need for active outdoor activities specifically geared toward older adults. She found that once her students reached about 45 or 50 years of age many of them started to slow down a bit, but still enjoyed the activities and wanted to participate.

"When we feel healthy, vibrant, and joyful, we can experience much more joy and peace in our lives. My strong connection to nature has remained a passion throughout my life. Boomerang Adventures was created from my desire to provide other like-minded adults with opportunities to play outside while maintaining their

health—reconnecting with nature and one another."

Debra stresses that trips with Boomerang Adventures are different from many that are available now for older adults, with a strong focus on being active and getting outdoors. There are lots of opportunities to get out there and enjoy nature in the company of other like-minded adults.

The year-round Outing Club offers weekly swimming, kayaking, hiking, and walking trips. In the winter, there is cross-country skiing and snowshoeing. Monthly Adventure Trips travel to favorite New England locations, and Long Tours of international destinations are offered twice per year. Boomerang Adventures members can request specific destinations and activities, and Debra is happy to plan customized daylong tours. Activities vary in skill level and are designed to enhance the lives of active adults by providing outdoor adventures that challenge and inspire while at play.

These are lifelong activities, which means they have no age limit. So if you or someone you know is a boomer—or beyond—and looking for a fun way to stay healthy, come out and play with Boomerang Adventures! For more information, go to: www.boomerangadventuretrips.com.

Tips to Save Gas and Cash

Courtesy of NAPS

You can't control the price of gas but you can control how much you use with some simple and inexpensive vehicle maintenance.

Save Gas and Cash—Consider these simple steps to save gas without driving less:

- Keep your car properly tuned to improve gas mileage by an average of four percent.
- Keep tires properly inflated and improve gas mileage by three percent.
- Replace dirty or clogged air filters on older vehicles to improve gas mileage by as much as ten percent.
- Change oil regularly and gain another mile per gallon.
- Check the gas cap. Damaged, loose, or

missing gas caps let the gas just vaporize into the air.

- Observe the speed limit. Gas mileage decreases rapidly above 60 mph.
- Avoid excessive idling. Idling gets zero miles per gallon. Warming up the vehicle for one or two minutes is sufficient.
- Avoid quick starts and stops. Aggressive driving can lower gas mileage by 33 percent on the highway and five percent in the city.
- Consolidate trips. Several short trips taken from a cold start can use twice as much gas as one longer multipurpose trip.
- Don't haul unneeded items in the trunk. An extra 100 pounds in the trunk reduces fuel economy by up to two percent.

Seen at the Green



Tuesday evenings from 3:00 to 6:00 p.m. near Greenland Central School have been busier and greener this summer with the Farmer's Market on the Green, which will continue until October 1.

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Gentle Stretch Yoga Class

By Rev. Robert Fellows

Thursdays 4:30–5:40 p.m.—Five week series: October 24 through November 21, 2013—Offered by the Community Congregational Church, held at the Parish House, and taught by Rev. Robert Fellows—Teens, men, and women are welcome to attend, whether from our church or the wider community. The suggested donation to the church is \$20 for the five-week series. Benefits of yoga may include increased flexibility, range of motion in joints, toning, balance, relaxation, and reduced anxiety. The class is gentle, and yet students who have practiced before can also benefit. Please do not eat for an hour before the class; bring a mat; and wear light, loose-fitting or exercise clothing. Bring friends.



Be Part of the Grapevine's Winter Issue!

Content for the Grapevine's December issue is due October 1, 2013.

OCTOBER 1st
Tuesday

E-mail Content & Photos to:
GreenlandGrapevine@comcast.net

For Advertising, Contact:
GreenlandGrapevineAds@yahoo.com

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.

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If you are a resident of Greenland, NH and are:
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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.

News from Greenland's State Representative

By Pam Tucker

The session for the year came to a close with the passing of the budget and committee of conference concurrences.



BUDGET HIGHLIGHTS—The new budget was similar to the budget passed two years ago. The revenue estimates have very modest growth expectations for the next two years. Based upon those estimates, the state budget increased from \$10.2 billion to \$10.7 billion over the biennium.

It had none of the increases in taxes and fees that had been proposed by the House. The Senate, in negotiations during the committee of conference did not allow for additional taxation or fees to be added to the budget. In the last issue of the Grapevine, I had stated the House had passed many new taxes and fees. None are in the new budget. The marriage license fee, 65% gas tax increase, fishing license fees among others were all removed. Funding for the university system was expanded. The Senate stood firm on not raising taxes and should be commended for keeping spending in line with revenues.

MEDICAID EXPANSION—Expansion of Medicaid has been put aside for now until we can truly understand the cost to the state. Initially, the federal government had promised \$2.5 billion to the state over several years if we expanded our Medicaid coverage. The first year would be paid for by the federal government, then move to 90% coverage and lower in subsequent years. Of the 54,000 lives that would be part of the expansion, well over half of those lives already are covered under private insurance. Thus, part of the expansion would include moving from a private funding system to taxpayer funded. While it is important we help those who truly need services, we must also bear in mind how the federal government is going to pay for the program (borrowed money) and the impact on the federal deficit. The overspending on the federal level is a problem that affects us and future generations. We have put in place a study committee which will report this fall on the impact of the expansion. This is a more prudent approach than taking the money without knowing the implications and future costs to our state.

HEALTHCARE EXCHANGE—New Hamp-

Brush Up on Your Investment Education

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

You don't need to have young children to be keenly aware that we've reached that "back-to-school" time of year. Whether you're shopping for school supplies or not, you may want to take a cue from this season to think about getting a little more education yourself—specifically, investment education.



Many people find the language of investing to be confusing, but with a little effort, you can learn important concepts and principles. And the more you know about investing, the better off you'll be because, in the investment world, as in other areas of life, knowledge is power.

So take just a few minutes to read more on these basic investment concepts:

- **Growth**—You purchase some types of investments with the hope that their value will rise over time. Of course, over the short term, the prices of growth-oriented investments can and will fluctuate, sometimes substantially, and the preservation of your principal is not guaranteed.
- **Income**—When you invest in income-oriented or fixed-income vehicles, you receive income in the form of interest payments. The market value of fixed-income investments can also fluctuate, but if you hold them until maturity, you can generally expect to receive the original principal value.
- **Investment risk**—When most people talk about investment risk, they are usually referring to the possibility of losing money—and that is indeed an ever-present risk. But all investments carry some type of risk. When you invest in fixed-income investments, for example, you may in-

shire has not set up a healthcare exchange to implement the Affordable Care Act. The current debate concerns whether or not the state will set up an exchange, and if we do, how it will be done. Our options are to not set one up and have the federal government set it up, or involve our state in a partnership exchange. Both options would require the state to follow all of the federal rules. Accepting a partnership exchange, while it sounds like the state would have oversight into the implementation, would still require New Hampshire to follow all of the federal guidelines but pay for some of the costs.

VOTER ID—The second phase of photographing potential voters with no ID will not be enacted at this time. If you do not have an approved photo ID, you may still vote after filling out the challenged voter affidavit, as it was in the last election.

EDUCATION SCHOLARSHIPS—Privately-funded education scholarships will continue to be offered in our state. Over 1,000 middle and lower income families have applied for these scholarships to help them get their children the best educational experience. The law that was passed last session was challenged in court. In an unusual decision, the judge stated the scholarships, which are private money from businesses and individuals, cannot be used for religious schools. The decision is being appealed. This is an important issue to me as I believe in excellence in education and students should not be confined to one school system that may not best fit their education needs. The educational scholarship program provides additional private money to education and helps students realize that opportunity.

DOWN AT THE DINER—Starting again in September, I will be at the Country View Restaurant the first Monday of the month, provided it's not a holiday, to meet with you and discuss any concerns you have. If you have any thoughts or suggestions, please reach out to me at pamzt@comcast.net or telephone me at 603-531-0085. Thank you for giving me this opportunity to serve all of you. It has been a very educational experience for me and I hope I have been helpful to you.

cur interest rate risk—the risk that the value of your investment will drop if interest rates rise. Or you may encounter purchasing power risk—the risk that your rate of return may not keep up with inflation.

- **Risk tolerance**—Generally speaking, your risk tolerance refers to what type of investor you are. If you're an aggressive investor, you may be willing to accept greater risk in exchange for potentially higher returns, whereas if you're a conservative investor, you'll take lower returns if you can receive greater preservation of principal.
- **Time horizon**—Your investment strategy will be partially based on your time horizon—the number of years in which you plan to invest. Your time horizon will likely stretch into your retirement years.
- **Diversification**—Diversification is an important factor in investment success. By spreading your investment dollars among an array of investment vehicles, you can help reduce the impact of volatility on your portfolio, although diversification, by itself, can't guarantee a profit or protect against loss.

While far from exhaustive, this list of investment terms can help you gain a clearer understanding of the "nuts and bolts" of investing—and perhaps encourage you to further your investment "education."

John St. Pierre is an Edward Jones financial advisor. His office is at 381 Portsmouth Avenue, Suite B, Greenland; he may be reached at 603-422-0402 or via e-mail at john.stpierre@edwardjones.com.

A Family Returns to Give Thanks

By Pati Frew-Waters

"I am so thankful that this program was here for us. I think of all of you every day. I don't think we would have made it if we had to do it on our own."

THE SITUATION—Though small in stature, a determined mother, Lise, and her two children, Wesley age 21 months and Josie 7 months, entered Seacoast Family Promise (SFP) in November of 2011. Life had been difficult for this single mother and she was dealing with both homelessness and severe, lifelong diabetes. Lise was concerned about being there, not only for the children, but also herself. She desperately needed to learn how to care for herself, become pro-active, and begin a new healthy life style.

THE SFP SOLUTION—

The SFP program seeks to stabilize families experiencing homelessness, provide individualized case management support, teach life skills such as financial planning, budgeting, and appropriate decision making, provide parenting support, and promote child safety and development. The program also provides



referrals to community support systems, mental and physical health providers, and partners with many educational and instructional organizations like the UNH Co-operative Extension, providing the tools necessary for success. Utilizing a network of faith community buildings for overnight shelter, and over 900 volunteers annually, SFP brings community focus to an ever-growing problem of family homelessness.

THE OUTCOME—Since participating in the SFP program, Lise has continued to make wonderful choices for herself and her children. She has been self-sufficient since leaving the program in January of 2012 and we were just thrilled to have her return to tell us of her great success and voice her thanks for the

kindness and support that her family received. At ages four and two, the children are healthy, happy, and growing every day. Lise has gained a bit of weight and is taking very good care of herself ensuring her future with her children.

Fall—A Time to Reflect and Release

By Beth Ann Schmitt, Lic. Ac.

Autumn is harvest time: the time where we can see the proverbial "fruits of our labor." Once the harvest is over the season slows down, the land becomes fallow.

Many of us start to slow down during this time. The hustle of summer activities and fun gives way to a slower pace. This is an important time for us to reflect and release. The changing leaves signal a time for change in ourselves. Fall is a season of letting go. Just as the tree drops its leaves so that its energy can turn inward, we should take nature's cue and look at what needs to be released within ourselves.

In Chinese Medicine fall is connected to the Lung and Large Intestine Channels.* When we think of lungs, we think of our breath. The cool, crisp fall air allows us to breathe more deeply now that the heat of summer has subsided. For many, this is a season where respiratory symptoms can arise with sneezing and stuffiness due to ragweed and mold from fallen leaves. These allergens can labor breathing. In Chinese Medicine, lung energy is about taking in energy and then releasing it: the ebb and flow of the breath. We must always breathe in and out—never holding onto our breath. Weak Lung Qi [chi] can result in a variety of symptoms including asthma, bronchitis, emphysema, colds, and nasal congestion.

The Large Intestine's function is to receive the digested food from the small intestine and release it from the body. It helps us to eliminate what is toxic to our system. It is not always healthy to hold onto things in our lives as doing so may make it hard for us to move forward. When the Large Intestine Qi has been weakened, people can suffer from constipation, diarrhea, Irritable Bowel Syndrome, bloating, and abdominal pain. Lastly, there is a strong emotional component to this season. Letting go, whether it be physical or emotional, can be difficult for some people. Many of us experience grief with separation, be it with old memories, ephemera, or saying



goodbye to a loved one. However, releasing those emotions and things can have a cathartic effect.

Take the time this fall to reflect and release in your life both physical and emotional elements. If you notice that you have issues with some of the weaknesses related to the Lung and Large Intestine Channels, consider ways that you can strengthen your Qi. Let go of over-extending yourself physically and emotionally.

Acupuncture can also help to strengthen your Qi, boost your immune system, and brighten your spirits. Consider a fall Qi tune up!

Beth Ann Schmitt is a Licensed Acupuncturist working at Gentle Currents Acupuncture Clinic: Gentle Currents, 330 Portsmouth Avenue, Greenland NH 03840. Beth Ann or Lisa Rothermich, Clinic Director, can be reached by phone: 603-436-6883 or e-mail: email@gentlecurrents.com.

**To learn about acupuncture, check out our YouTube video at www.gentlecurrents.com/acupuncture/aboutAcup.htm.*

Local Stylist Attends Premiere Orlando

Cindy Kohlhase of Salon Central recently attended Premiere Orlando International Beauty Event and learned about the latest trends and techniques in the cosmetology industry. With her experience and continuing professional education in color theory, Cindy makes hair color one of her specialties.

Salon Central is a full service hair salon for men, women, and children providing haircutting and styling, hair color and foiling, perms, facial waxing, and manicuring. Call Salon Central today!



Cindy Kohlhase
Owner/Stylist
(603) 682-3383
66 Tuttle Lane Greenland, NH 03840



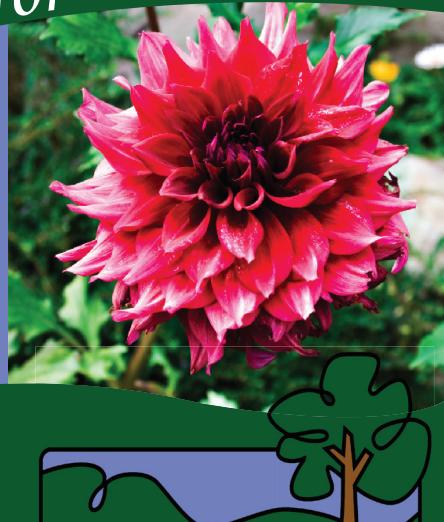
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COMMUNITY CALENDAR

ONGOING PROGRAMS

DAY	TIME	EVENT	LOCATION
2nd Monday	6:30 - 8:00 PM	Friends of the Library Meeting	Weeks Public Library
2nd & 4th Monday	7:00 PM	Selectmen Meetings	Town Hall
Monday	9:30 AM	Families First - Toddler Playtime	Families First Portsmouth
Monday	1:00 - 2:00 PM	Bone Builders Fitness Class	Living Innovations, Portsmouth
Monday	5:00 PM	Cribbage	Weeks Public Library
Monday	5:30 - 7:30 PM	Family Fun Night	Families First, Portsmouth Community Campus
4th Monday	2:00 - 4:00 PM	Alzheimer's Café	Portsmouth Community Campus
1st Tuesday	7:00 PM	Conservation Committee Monthly Meeting	Town Hall
2nd Tuesday	10:30 - Noon	Senior Drop In Time	Portsmouth Community Campus
2nd Tuesday	12:00 - 1:30 PM	Senior Luncheon	Portsmouth Community Campus
2nd Tuesday	7:00 - 8:00 PM	Greenland Volunteer Fire Department Meeting	Fire Station
Tuesday	10:00 AM	Families First - Baby Time	Families First, Portsmouth Community Campus
3rd Tuesday	7:00 PM	Zoning Board of Adjustment Business Meeting	Town Hall
Wednesday	9:30 AM	Families First - Terrific Two's Playtime	Families First, Portsmouth Community Campus
1st & 3rd Thursday	7:00 PM	Planning Board Monthly Meeting	Town Hall
4th Thursday	10:30 - Noon	Senior Drop In Time	Portsmouth Community Campus
4th Thursday	12:00 - 1:30 PM	Senior Luncheon	Portsmouth Community Campus
1st Thursday	2:00 - 3:30 PM	Caregiver Support Group	Portsmouth Community Campus
Thursday	4:30 - 5:30 PM	Gentle Stretch Yoga--October 24 to November 21	CCC Parish House
Friday	11:00 AM	Friday Morning Group	Weeks Public Library
Friday	9:30 AM	Families First - Preschool Playtime	Families First, Portsmouth Community Campus
Friday	7:15 PM	Scottish Country Dance Classes	CCC Parish House
Every other Saturday	9:00 - 11:30 AM	Greenland Cemetery Volunteers	Greenland Cemetery

SEPTEMBER

Monday, September 02, 2013		LABOR DAY	
Tuesday, September 03, 2013	3:00 - 6:00 PM	Farmer's Market	Town Green
Thursday, September 05, 2013		Welcome Back to School BBQ	Greenland Central School
Saturday, September 07, 2013	1:00 PM	GPO Golf Tournament	Breakfast Hill Golf Course
Tuesday, September 10, 2013	3:00 - 6:00 PM	Farmer's Market	Town Green
Tuesday, September 10, 2013	6:00- 7:30 PM	Parenting: Working with Schools	Families First, Portsmouth Community Campus
Tuesday, September 17, 2013	3:00 - 6:00 PM	Farmer's Market	Town Green
Tuesday, September 17, 2013	6:00 - 7:30 PM	Parenting: Separation Minus the Anxiety	Families First, Portsmouth Community Campus
Tuesday, September 17, 2013	6:30 PM	Everlasting Wreath Workshop	Weeks Public Library
Thursday, September 19, 2013	9:00 AM - 2:00 PM	Stormwater Best Management Practices Workshop	UNH Stormwater Center
Tuesday, September 24, 2013	4:00 - 6:00 PM	Farmer's Market	Town Green
Wednesday, September 25, 2013	6:00 - 8 PM	Senior Years: Starting the Conversation and Caring of the Caretaker	Families First, Portsmouth Community Campus
Thursday, September 26, 2013	6:00 - 7:30 PM	Parenting: Working with Schools	Families First, Portsmouth Community Campus
Thursday, September 26, 2013	6:00 - 8:00 PM	Rummage Sale - Early Bird Shopping	CCC Parish House
Friday, September 27, 2013	8:30 AM - 7:30 PM	Rummage Sale	CCC Parish House
Saturday, September 28, 2013	8:30 AM-1:00 PM	Rummage Sale	CCC Parish House
Sunday, September 29, 2013	10:00 AM	Seacoast Walk to End Alzheimers (registration starts at 8:30)	Strawbery Banke

OCTOBER

Tuesday, October 01, 2013	3:00 - 6:00 PM	Farmer's Market	Town Green
Tuesday, October 01, 2013	6:00 - 7:30 PM	Parenting: Logical Consequences	Families First, Portsmouth Community Campus
Friday, October 04, 2013	10:00 AM	Chair Yoga with Cheryl Rossman	Weeks Public Library
Tuesday, October 08, 2013	9:00 AM - Noon	Healthy Living Senior Wellness Fair	Community Campus
Tuesday, October 08, 2013	6:00 - 7:30 PM	Parenting: Logical Consequences	Families First, Portsmouth Community Campus
Tuesday, October 08, 2013	7:00 PM	GPO Meeting - All are welcome	Greenland Central School
Wednesday, October 09, 2013	6:00 - 8:00 PM	Senior Years: Embracing and Empowering Your Retirement	Families First, Portsmouth Community Campus
Monday, October 14, 2013		COLUMBUS DAY	
Tuesday, October 15, 2013	6:00- 7:30 PM	Parenting: Logical Consequences	Families First, Portsmouth Community Campus
Friday, October 18, 2013	10:00 AM	Chair Yoga with Cheryl Rossman	Weeks Public Library
Tuesday, October 22, 2013	6:00 - 7:30 PM	Parenting: Who's in Charge in Your Home?	Families First, Portsmouth Community Campus
Saturday, October 26, 2013	9:00 AM	Great Bay 5K	Stratham Hill Park
Saturday, October 26, 2013	TBD	Camp Gundalow's Family Haunted Halloween Event	Camp Gundalow
Tuesday, October 29, 2013	6:00 - 7:30 PM	Parenting: Who's in Charge in Your Home?	Families First, Portsmouth Community Campus
Wednesday, October 30, 2013	5:00 - 8:00 PM	TRICK-OR-TREAT in Greenland	

NOVEMBER

Monday, November 11, 2013		VETERANS DAY	
Monday, November 11, 2013	7:00 AM	Veterans Day Pancake Breakfast	Greenland Vets' Hall
Monday, November 11, 2013	9:00 AM	Veterans Day Ceremony	Greenland Vets' Hall
Tuesday, November 12, 2013	7:00 PM	GPO Meeting - All are welcome	Greenland Central School
Sunday, November 24, 2013	10:00 - 3:00 PM	Greenland Women's Club Annual Pie Festival & Craft Fair	Greenland Central School
Thursday, November 28, 2013		THANKSGIVING	

Got a Great Greenland Photo or Story? Please send it to greenlandgrapevine@comcast.net prior to October 1 for our next issue.