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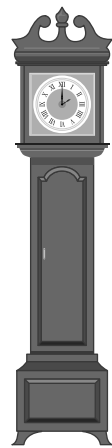
Issue 1  
February 22, 2013



C. M. Broman

## LENTEN SEASON BEGINS

(SEE PAGE 5)



## DAYLIGHT SAVING TIME BEGINS

March 10, 2:00 a.m.

Spring Forward and Test Your Batteries

## Celebrate Saint Joseph's Day March 19

### 6th Annual Saladino's Spaghetti Fundraiser To Benefit Ed Fenn Elementary & GMS

We hope you'll join us for our 6th Annual Spaghetti fundraiser to be held at Saladino's Restaurant on Tuesday, March 19th from 11am-7p. Guests are welcome to take-out meals or dine in at Saladino's. We will once again offer lunch time delivery to local businesses. If your business has 5 or more orders we will deliver in the Gorham/Berlin area between 10:30a-2pm. Call ahead to place these orders and arrange your delivery time.



Adult meals include spaghetti, meatballs, salad, bread and dessert for \$12 and children's meals include spaghetti, 1 meatball and dessert for \$6. We will offer a "weight watchers" meal of a large grilled chicken salad, low fat dressing & dessert for \$12. Funds from this event will be used for much needed electronic equipment & enrichment programs for both the Ed Fenn & Gorham Middle School.

Orders and reservations can be called ahead to Saladino's at 466-2520 or email Gina at [mgsaladino@ne.rr.com](mailto:mgsaladino@ne.rr.com). We will be collecting orders as early as March 1st!!

### DISCOVER WILD NEW HAMPSHIRE DAY SET FOR SATURDAY, APRIL 20, 2013

Mark your calendars for Discover WILD New Hampshire Day, an Earth Day celebration coming this year on Saturday, April 20, 2013. This family-friendly event takes place from 10 a.m. to 3 p.m. on the grounds of the New Hampshire Fish and Game Department at 11 Hazen Drive in Concord, N.H. Admission is free.



This fun day is a chance to enjoy exhibits from environmental, conservation and outdoor organizations from throughout New Hampshire. See live animals, big fish and trained falcons. Participate in archery, casting, and crafts for the kids. Explore new trends in recycling, environmental protection and check out energy-efficient hybrid vehicles. Come Discover WILD New Hampshire with us – connecting you to life outdoors!

Discover WILD New Hampshire Day is co-sponsored by the New Hampshire Fish and Game Department and the New Hampshire Department of Environmental Services. Watch for details at <http://www.wildnh.com>.



### ROYALTY ATHLETIC CLUB

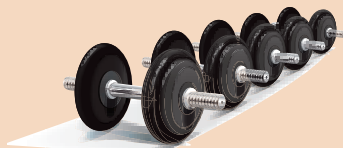
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## GORHAM PUBLIC LIBRARY

35 Railroad St., Gorham, NH 03581 603/466-2525  
gorhampubliclibrary@ne.rr.com  
Monday – Friday: 10am – 6pm Saturdays: 10am - Noon

The following are some thoughts on books by your local library staff – enjoy!

**The Forgotten by David Baldacci.** Paradise, Florida is everyone's ideal retirement community, or is it? When Army Special Agent John Puller's aunt has been found dead in her Paradise home just as Puller receives a cryptic note from her, he goes down to investigate. What did she mean when she wrote that Paradise is not all that it seems to be? Did Aunt Betsy stumble upon something that she was not meant to witness, and could her accidental drowning be something other than accidental? This is another Baldacci thriller that his fans will love!

**1365 by Bernard Cornwell.** Cornwell's in depth knowledge of British history, and his ability to create colorful and memorable characters amid some very brutal and gory battle scenes, make his latest historical novel one that his readers will find difficult to put down. The quest for the mythical sword of Saint Peter, called la Malice, leads Thomas of Hookton (Ie Batard) on a treacherous journey that culminates with the Battle of Poitiers in the fall of 1356.

**Private Berlin by James Patterson and Mark Sullivan.** Twenty years after the fall of the Wall, Berlin still holds some secrets of a dark and violent time. Some secrets would have remained hidden if not for the mysterious disappearance of one of Private's best agents. The search for the young agent begins a complex travel through a maze of old terror and secrets and people with a past that they want to erase. This is yet another fast paced Patterson thriller that will keep the reader guessing until the end.

**Paradise City by Archer Mayor.** How are burglaries in rural Vermont, a murder of a rich, elderly woman in Boston, and a slave labor ring all connected? That's what Joe Gunther of the Vermont Bureau of Investigation wants to know. This is a mystery that Mayor fans will enjoy.

**Grimm's Fairy Tales by The Brothers Grimm.** With all of the "remakes" of fairy tales on television and in theaters, how about reading, or rereading, the originals? Classics such as "Rumpelstiltskin", "Rapunzel", "Cinderella", "Snow White", "Red Riding Hood", and "Hansel and Gretel" are just some of the original Brothers Grimm stories that will be sure to raise the hair on the back of your neck! Why settle for copies when the real fairy tales are right at your fingertips in the Gorham Public Library!

A Selection of New Books Available in Hard Cover (take a look at more at <https://gorham.biblionix.com>):

**Alex Cross, Run by James Patterson**

**Calculated in Death by J. D. Robb**

**The Complete Photo Guide to Felting by Ruth Lane**

**Come to the Table (in large print) by Neta Jackson**

**Going Clear: Scientology, Hollywood, and the Prison of Belief by L. Wright**

**Gunsmoke Masquerade (in large print) by Peter Dawson**

**The Hour of Peril: the secret plot to murder Lincoln before the Civil War by Daniel Stashower**

**Mountain Voices: stories of life and adventure in the White Mountains and beyond by Doug Mayer and Rebecca Oreskes (local authors!!)**

**My Brother's Book by Maurice Sendak**

**Night Moves by Randy Wayne White**

**Picasso and the Chess Player: Pablo Picasso, Marcel Duchamp, and the battle for the soul of modern art by Larry Witham**

**She Matters: a life in friendships by Susanna Sonnenberg**

**Shouting Won't Help: Why I—and 50 Million Other Americans—Can't Hear You by Katherine Bouton**

**Storyteller by Jodi Picoult**

**Suspect by Robert Crais**

**The Things They Cannot Say: stories soldiers won't tell you about what they've seen, done or failed to do in war by Kevin Sites**

And, here's a selection from the latest books available through the New Hampshire Downloadable Audiobooks Consortium (take a look at the total selection at <http://nh.lib.overdrive.com>):

**An Amish Kitchen by Beth Wiseman, Amy Clipston, Kelly Long, H. Henderson**

**Gingersnap by Patricia R. Giff, Olivia Campbell**

**Moonheart by Charles de Lint, Paul Michael Garcia**

**The Drowning House by Elizabeth Black, Ann Marie Lee**

**Speaking From Among the Bones by Alan Bradley, Jayne Entwistle**

**Sushi for Beginners by Marian Keyes, Caitriona Keyes**

**The Witch's Daughter by Paula Brackston**

## GORHAM GAZETTE

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## Child Advocacy Center of Coos County

Living in the North Country during the winter fighting cabin fever with bored kids can make for a long winter at times! What can we do to keep ourselves and our kids entertained? If you're willing to brave the cold you can play outside; you could go sledding, you just need a sled, a hill and enough energy to walk up it many, many times. Ice skating is always a fun activity to take part in. There are ice skating rinks around the county, one in Lancaster behind the courthouse and one in Berlin beside the Police Department. Snowshoeing is a great activity to burn a lot of energy. If you don't own snowshoes they can be rented at different retailers around the county and you can enjoy a great walk through the woods or on any hiking trail. A good old fashioned snowball fight is always a crowd pleaser as well!



If you're wanting to enjoy some activities, but stay inside and warm you could enjoy some local swimming at the Cabot Motor Inn in Lancaster, the T&C Motor Inn or Royalty Athletic Club in Gorham or the indoor pool in Colebrook. All of these places do charge a small fee for non-members to enjoy their pools. But, for a few hours of fun and warm energy burning activity it just may be worth it! Taking in a movie, either in Lancaster or traveling to North Conway is a great way to spend some family time together as well. These last few months of winter can seem long and boring.

Keeping ourselves and our children entertained and active is important, but hard to do sometimes. Indoor crafts; painting, drawing, jewelry making, etc can be fun ways to captivate children's attention for a little while and building a "fort" in the house can always be a lot of fun and may bring hours of enjoyment.

Here are some great links to check out that provide lots of ideas to keep boredom at bay during these last few remaining months on winter.

[www.inhabitots.com](http://www.inhabitots.com)

[www.thesimplemom.com](http://www.thesimplemom.com)

## Executive Councilor Burton Supports Gaming/North Country and Economic Development Bill

Executive Councilor Ray Burton (R-Bath) has thrown his support behind a casino gaming bill that will provide economic development money to the North Country of New Hampshire.

The bill calls for a single highly regulated casino in New Hampshire with tax proceeds going to transportation, higher education and approximately \$5 million to North Country economic development. The bill is introduced by Senators Lou D'Allesandro and Chuck Morse. North Country Senator Jeff Woodburn threw his support behind the bill two weeks ago and announced the provision that will bring funds to Northern New Hampshire.

Burton plans to write a letter to each of the 80 legislators who are in his district to encourage them to support the bill. Burton's Council District consists of 108 towns, and four cities, in all, or part of the seven Northern NH counties.

"There has to be some new revenue in the NH budget and this stands a good chance of becoming a reality," Burton stated.

## 40th Annual Harry Corrigan Basketball Tournament Was A Huge Success

On January 26th & 27th the Annual Harry Corrigan Basketball Tournament was held. Teams from Berlin, Bethlehem, Canaan, Colebrook, Gorham, Lancaster, Littleton & Milan attended this two-day event. There was plenty of action and excitement during the entire weekend. Congratulation to the Lancaster girls' and the Berlin boys' teams who ended the weekend by raising the championship trophies.

I want to thank everyone who attended this tournament as spectator sportsmanship was outstanding, which makes for a more enjoyable experience for all. I would also like to thank the following groups and/or people: Gorham Booster Club and their many volunteers, as this tournament would not be possible without you. Dave Carlisle of Carlisle Survey Consultants for printing the large tournament brackets. Running the clock / scorer's book were; Rhonda Holmes, Diane Gorham, Jessica Stewart and Brooke Nadeau. To all the fantastic referees; Bill Goodrich, Don Hood, PJ Cyr, Don Picard, Jane Lary, Matt Marallo, Ray Baillargeon, Matt Buteau, Mike Smith, Jared Lauze and Pete Peare.

This tournament is run with 100% volunteerism and with their support and effort we raised approximately \$4,000.00 (through entrance fees, team registrations, concessions, 50/50, etc.). This money is split between the Parks & Recreation Department and the Booster Club and is used to improve facilities and programs without using taxpayer dollars.

Sincerely,

Jeffrey S. Stewart, Director, Parks & Recreation Department, Town of Gorham

## Regulations Are Driving

### New Hampshire Fishermen Out of Business

During an appearance on FOX & Friends, U.S. Senator Kelly Ayotte of New Hampshire expressed concerns about new federal cod quotas that are threatening New Hampshire's fishing industry. She also discussed legislation she introduced last week, the Saving Fishing Jobs Act, that would roll back these regulations that threaten to drive New Hampshire fishermen out of business.

## Ayotte Introduces Sequestration Alternative

With devastating across-the-board military cuts slated to begin on March 1, Senator Ayotte this week reintroduced legislation that would replace these looming reductions with savings from other areas of the federal budget - without raising taxes.

"We're already feeling the effects of sequestration in New Hampshire, where the Portsmouth Naval Shipyard and our defense suppliers are bracing for these cuts," said Senator Ayotte. "We can prevent the first year of sequestration without raising taxes. The legislation I'm introducing today does just that by replacing these reductions with common sense savings found elsewhere in the federal budget."

The Down Payment to Protect National Security Act of 2013 would pay for one year of defense and non-defense sequestration by requiring a reduction in the federal workforce through attrition and a pay freeze for Members of Congress. The House version of her bill is set to be introduced by Armed Services Committee Chairman Howard "Buck" McKeon (R-CA). Senator Ayotte introduced similar legislation last year.

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## The Grange in the North Country

The Grange is a bipartisan grassroots family organization originally based on agriculture and has expanded to include community service and legislative. Like all organizations we have seen a downward spiral of membership but in recent years we have seen an upswing in membership not only in NH but also nationwide.

With more families and individuals looking for local and inexpensive activities and getting away from the violent movies and video games we feel maybe one of the reasons for our growth and giving members another voice in Concord and Washington DC.

At the NH State Grange Session last fall the State Master/President Jim Tetreault spoke on membership especially in the North Country.

On January 26, 32 Grangers met at the Cabot Motor Inn in Lancaster to hear Dr. Michael Martin, National Grange Leadership/Membership Development Director teaching Grangers how to recruit new members and boost membership.

For several days afterward the NH State Grange Outreach Director, Stephen Tracy worked in the North Country working on future public meetings introduce the Grange to residents of Coos County. Besides boosting membership in the present Granges we also want to open new Granges in towns that formerly had Granges. Some goals are for new Granges include Stewartstown, Groveton, Lancaster and Berlin. Presently there are Granges in Pittsburg, Colebrook, Stratford, Dalton and Shelburne.

If you would like to know more about the Grange, interested in joining or want to know when the next informational meeting will be please contact Ann Leger of Shelburne (466-3831), Jean Abbott of Dalton (837-9592) or Ann Woodard of Colebrook (237-4219). If you have internet available check out our websites: [www.nhgrange.org](http://www.nhgrange.org) or [www.nationalgrange.org](http://www.nationalgrange.org).

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## Protecting New Hampshire's Online Retailers from Sales Taxes

With a new session of Congress underway, Senator Ayotte is continuing the fight against any federal legislation that would force online retailers to collect sales taxes for other jurisdictions in which they do not have a physical presence. She is currently working across party lines with Senator Ron Wyden (D-OR) to reintroduce a resolution expressing the sense of the Senate that no federal legislation should give states the authority to impose any new burdensome or unfair tax collecting requirements on Internet businesses and entrepreneurs.

"Online businesses should be a source of jobs, not a source of new tax revenue. New Hampshire prides itself on having no sales tax, and our Internet retailers shouldn't be forced to become tax collectors for other states," said Senator Ayotte, a member of the Senate Commerce Committee. "We need to be vigilant to preserve our tax-free status, and I will continue to fight any federal effort that would require New Hampshire Internet businesses to collect sales taxes."

Senator Ayotte has worked diligently to protect New Hampshire Internet businesses from sales taxes. In addition to the resolution she introduced last year, she also posed tough questions to proponents of online sales tax legislation during a Senate hearing last year - declaring that such a change would trample on New Hampshire's right to not have a sales tax.

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## Medical Device Tax Will Cost New Hampshire Jobs

Senator Ayotte announced this week that she is cosponsoring bipartisan legislation to repeal the \$28.5 billion Medical Device Tax, an onerous new excise tax on medical devices that took effect January 1 as part of President Obama's health care law. The Medical Device Access and Innovation Protection Act, introduced by Senator Orrin Hatch (R-UT), would repeal the provision, under which medical devices have a 2.3 percent excise tax.

Senator Ayotte has long supported repealing the tax, which threatens New Hampshire jobs and stands to increase costs for consumers. New Hampshire is home to about 50 medical device companies employing approximately 3,800 people.

"Medical device manufacturers across the state have told me this tax will make it harder for them to invest and grow, and could result in job losses," said Senator Ayotte. "At a time when we need good-paying, sustainable jobs, this tax makes no sense."

## St. Kieran Arts Center

### Upcoming Spring Events

Upcoming events include Donna Marie and Her Puppet Friends for the children on Saturday, March 2 at 1 pm; The St. Patrick's Day Dinner Celebration on March 15 at the Town and Country Motor Inn, advance tickets \$25 and currently on sale; Four Feet Two Shoes Celtic Duo, March 24; Funky Divas of Gospel, April 7 and Linda Pouliot, Jazz Singer, April 21; Don Campbell Band on May 5 and Mellow Yellow, 60's & 70's Retro Band on May 19.

Season Memberships tickets to all 2013 performances are available for \$150 adults, \$125 seniors and \$75 students. For membership information and a full schedule of events contact the Arts Center at 752-1028, 155 Emery Street or visit [www.stkieranarts.org](http://www.stkieranarts.org)



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## OPERATION GAME THIEF TRAVELING EXHIBIT TO RAISE AWARENESS ABOUT POACHING

A traveling exhibit housed in a mobile trailer soon will be making the rounds to educate the public about Operation Game Thief, a key program used by the New Hampshire Fish and Game Department Law Enforcement to combat fish and wildlife crime.

The project recently reached its fundraising goal of \$30,000. The funds will be used to purchase a 20-foot enclosed trailer that will house the traveling exhibit, which will highlight wildlife poaching cases that have been solved through the Operation Game Thief program. Included in the trailer will be poached wildlife and an interactive display exploring the types of cases pursued by Fish and Game Conservation Officers.

"We're very thankful for the generous sponsors who made this outreach effort possible," said Fish and Game Sgt. Wayne Saunders, who is coordinating the project.

Key supporters included the Wildlife Heritage Foundation of New Hampshire, which provided a \$10,000 grant; and Rymes Propane & Oils, LL Cote in Errol, Bear Country Power Sports in Errol, and the New Hampshire Wildlife Federation, each of which contributed \$5,000 for the project. Fish and Game is working with The Trailer Outlet in Winnisquam, N.H., to have the custom trailer built.

Operation Game Thief (OGT) is a silent witness, anti-poaching program that encourages the public to report any suspicious activity or knowledge about a poaching violation. The toll-free hotline - 1-800-344-4262 - is available 24 hours a day, seven days a week, 365 days a year, to report wildlife violations. People can also report violations online at <http://www.wildnh.com/OGT>. Poaching is the illegal take of game or fish, trespassing, littering, theft, or destroying property.

Anyone interested in making donations to help complete the Operation Game Thief Trailer project (such as detailing the trailer, creating taxidermy exhibits and procuring a generator) can contact Saunders at 603-271-3129.

Saunders anticipates getting the traveling Operation Game Thief exhibit on the road by this September. It will go to fairs and sportsmen's shows and accompany speaking engagements by Conservation Officers, spreading the word about how the public can help protect New Hampshire's natural resources by reporting wildlife law violators.

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## GORHAM MIDDLE/HIGH SCHOOL High Honor Roll and Honor Roll for Second Quarter

**Grade 6:** High Honors: Rachel Sturtevant; Honors: Elizabeth Anderson, Abigail Bernier, Connor Brown, Rodney Durand, Kaley Hall, Alexis Kruskie, Jade Lariviere, Travis Lemieux

**Grade 7:** High Honors: Maxwell Sjostrom; Honors: Lillian Couture, Kelly Galemba, Victoria Goudreau, Delaney Holmes, Lance Legere, Li Qi Li

**Grade 8:** High Honors: Lauren Gralenski, Bronson Leclerc, Chelsea Pike; Honors: Hailee Arsenaault, Autumn Brown, Gavin Demers, Hunter Desilets, Jacquelyn Hallisey, Natalie Harmon, Caitlyn Malia, Emma Schoenbeck, Gabriel Scott, Samuel Sjostrom, Felicia Voisine, Emily York

**Grade 9:** High Honors: Olivia Chaloux, Rebecca Clark, Janessa Corrigan, Taylor Fortin, Ava Jackson, James Lemieux, Lisia Martinez, Philip Rousseau; Honors: Josey Adams, DeMarco Alvarez-Leonardo, Tristan Buber, Monique Cote, Tanner Grone, Brandon Hartshorn, Justin Host, Mikayla Kruskie, Douglas Levesque, Logan Martineau, Bronson Paradis, Lacey Poirier, Matthew Ruel, Caleb Scott, Jarred Stewart

**Grade 10:** High Honors: Dan Li, Brooke Nadeau, Sarah Schoenbeck; Honors: Abigail Beals, Emily Beals, Anthony Bolash, Shauna Bouchard-Simpson, Felicia Buck, Emily Grone, Nicholas Hartshorn, Julie Labnon, Kenneth Lavoie, Megan Mayers, Christian McClure-Corriveau, Hunter Moore, Reagan Murphy, Logan Tasse, Nell Villarias

**Grade 11:** High Honors: Eliza Brodeur-Fossa, Tyler Sanschagrin; Honors: Kyle Boisselle, Zane Brown, Brandon Dube, Katherine Gagne, Zachary Host, Lily Keenan, Alexia Marcou, Heather McClure, Brian Veazey, Ryley White

**Grade 12:** High Honors: Alyssa Carlisle, Samuel Jensen, Jessica Stewart; Honors: Meghan Beals, Douglas Blunden, Hailey Bowie, Kayla Delisle, Natalie Drouin, Hayley Holmes, Jeremy Holmes, Brett Labnon, Ryan Mayers, Mark McGillicuddy, Cassandra Poulin, Megan Rousseau, Stephen St. Germaine

# Gorham Lifestyles

## I'm Glad You Asked



Baby its cold outside! This winter seems so much colder to me than in the past few years. I believe there is some truth to that statement, but I also have to consider that age has something to do with it. There, I said it. Coupled with aging, the extreme cold



Susan Griffin

and the fact we have our heating systems cranked full blast, my skin feels like an alligator; especially my poor, sore, cracked hands. So what will we be discussing this month?

**I'm glad you asked...**

### Don't Neglect Your Hands and Nails!

This time of year my hands and nails really take a beating. It's the same for a lot of my customers as well, both men and women. Having our hands in water throughout the day and with the use of anti-bacterial hand gels, soaps and wipes which can be very drying, it makes sense our hands hurt. To heal parched nails and cuticles, slather them with nail oil before you go to bed, and then top them with an intense moisturizer. I like the Grapes Hand and Elbow Cream together with the Grapes Oil and so do my customers. The grapeseed oil itself is very moisturizing, yes, but it also contains antioxidants that fight wrinkle causing free radicals, which are deposited on your skin by UV rays and pollution during the day. I just love grapeseed oil; I add it to my body moisturizer for added oomph and my bath water when I have the time to indulge. Another tip, fight fine lines in the shower...before you step under the water, massage a drop of grapeseed oil into the skin around your eyes for 10 minutes; it will improve skin texture.

Lets' talk about the nails a little bit as well.

**First... Smooth out nail wrinkles** - Ridges are nail versions of wrinkles and you do get more of them as you age. To smooth your ridges, lightly sand the nail surface with a buffer. Do this no more than once a week, since excessive buffing eventually thins and weakens nails.

**Second... Shield your nails from the sun** - We know that much like skin, nails do show signs of sun damage, the most obvious of which are ridges. The key to preventing bumps is simple: use a SPF on your hands and/or a nail lacquer as a physical barrier that deflects the sun's rays.

**Third...Don't neglect your nails** - Keep your tips buffed to a shine or polished in a color with some blue or pink in it, which will make your hands look younger. Too much yellow accentuates sallowness which ages the hands. A lacquer that works on almost everyone is a sheer, opalescent pink.

Another inexpensive way to moisturize your hands and cuticles is with a paraffin wax dip. This service is available in most salons and I do have some customers who have their own paraffin wax warmers. I often joke that I wish there was a warmer big enough to dip my whole body in. Stay warm out there and keep telling yourself spring is right around the corner.

**Until Next Time...**

Susan Griffin, Hairstylist and Salon 64 Business, Owner  
64 Main St., Gorham; (603) 466-9964

## Words of Wellness "To Snack or Not to Snack"

"By the time I get home from work I can't wait to eat. I can't control myself". Sound familiar? Many well intentioned dieters have fallen into this trap over and over again. Oftentimes the reason for this is because people deprive themselves to the point of starving during the day, so by the time dinner rolls around they have no control. If cutting out snacks causes you to binge late in the day or evening, this strategy doesn't work. Usually the foods you choose are most likely not good for you because you've waited too long to eat. Eating healthy snacks is a good way to spread your calorie intake over the entire day, get all the proper nutrients you need as well as raise your metabolism.



The Key to losing weight is to eat fewer calories than you burn. Let's say you eat approximately 200 calories a day and your goal is to lose weight, you'll need to reduce your calorie intake by 300 to 400 calories a day. What most people end up doing though, is cutting back way beyond that. Sure, you may lose some weight, but it's usually in the form of muscle weight not body fat weight. One thing to remember: muscle is active, fat is not. So if lose muscle weight, you are setting yourself up for a very sluggish metabolism. You will eventually gain the weight back and then some. Sound familiar? To reduce calorie intake, work on controlling portion sizes at meals. In essence, you'll be eating a series of snacks all day. It may feel like you're eating all the time but in the long run you can eat fewer calories this way. This is a perfect combination for a healthy diet, weight loss, and fast metabolism

I love sharing my analogy describing the right formula for a faster metabolism. Imagine your metabolism is a bonfire, and the foods you eat are the logs you put in the fire. If the bonfire is burning big and hot, it has no trouble consuming the additional wood you put on the fire. You put on a giant log and it burns in minutes. To keep the bonfire burning though, you have to keep feeding it with pieces of wood or else it will die out. Unless you keep throwing wood on the fire, the blaze will turn into a pile of embers. Your metabolism works the same way. If you continue to feed your body with the right foods in the right amount, at the right intervals, you stoke your metabolism. It will run very efficiently, and your body will burn that food for fuel. When you have a very fast metabolism, your body can easily burn whatever you feed it.

Conversely, if the bonfire begins to die out more slowly, it doesn't burn as quickly the new wood you put on it. If you put a big log on the smoldering embers of a fire, the log is likely to just sit there and eventually gets stored as fat. What happens when you put a few old newspapers into the fire? POOF!!

The flames shoot up fast in response. Those newspapers are like foods high in sugar and simple, processed carbohydrates. You need clean, slow burning foods like lean proteins, and wholesome, natural carbohydrate. Eating something small every 3 to 4 hours will stoke your metabolism as well as increase your energy.

For more information on health and nutrition drop by or call Lise King, Royalty Athletic Club. 466-5422. *By Lise King, AFAA Certified Personal Trainer*

## HOME, SWEET HOME



Wayne Micucci

Hello and thank you for picking up the Gorham Gazette. My name is Wayne Micucci and I am an Associate Broker and Realtor® at RE/MAX Northern Edge Realty. Over the next several issues I will be writing about Real Estate matters and offering tips and insights on the subject of Real Estate. Last time we covered the subject of pre-approval and financing. Now we'll move on to the home search.

When shopping for a home many people find it best to begin their search on line on sites such as REMAX.com or Realtor.com. Approximately 90% of home shoppers begin their search this way before contacting an Agent and even continue looking while working with their Agent. On line shopping offers Buyers the opportunity to browse in the comfort of their homes, at their leisure. This also gives them the opportunity to narrow their search. It is certainly acceptable to contact an Agent and meet with him or her to discuss your needs and desires. Your Agent can help you sort out what is available in your price range. Your Agent's input can save a lot of time as he or she might have insight on certain homes that is not obvious from the on-line information.

It's important to know what your priorities are. First, start with your needs and area where you want to be, then move on down to your wants. Of course the location of your new home is a major factor in most people's search. You may want a specific town or school district. You may be open to various towns or may only have preference to a particular region. Once you have determined that, then move on to the particulars of the neighborhood. Are you looking for a lot of land around you or certain other types of lots such as waterfront or trail access? Sometimes your pre-approval and budget may dictate these preferences. If that is the case, then move on to preferences that are important regarding the house itself. How many bedrooms do you need? Do you need a home with a first floor bedroom and bath? Do you want all of the bedrooms together? These may be considerations if you have someone who has trouble with stairs or perhaps young children. Is a dining room or play room important to you? The point is, think carefully about what you really need and then think about what your wants are.

Everyone has different needs and wants and only you can categorize these.

Once you have sorted out these priorities, talk to your Agent about them and he or she will help you with finding suitable homes to consider. I always suggest taking a drive by potential homes to see if the area and surroundings are suitable to yourself or your family. Often a simple drive by will help you determine if you would like to set up a viewing of that house. Your Agent can help you with any home that is for sale regardless of with whom it is listed. If you have a good rapport with your Agent it will most certainly make your life easier. Your Agent will set up appointments to view these homes. Some viewings may require the cooperation of another Agent and some may not. I always recommend limiting your daily viewings to 5 or 6. As observant as you may think you are, most people will lose track of which is which when viewing too many in one day. Take the information sheet your Agent will give you or a clipboard with paper and take notes on each home while you are in it and before you enter the next home. Keep track of what you like and dislike about each property viewed. This will help you sort them out and keep you from confusing one for another. When recapping the viewings with customers, it is common for them to refer to some outstanding feature in the house such as "the one with the pool" or the "one with the tiny kitchen". It's common for people to remember that way. As you look you should be narrowing the search by sorting out homes that will suit your needs and those that don't make the cut. There should be some that you may want to return to on another day to help you with that process. The search process varies by each person. Some find the right one on day one and others may take months to find "the one". When you do find it, you're only part way there.

Next time we will talk about the buying process and a few things that sellers need to know.

If you have any questions about the buying or selling of Real Estate, please feel free to call or email me. There is no obligation and I will be happy to help. I can be reached at RE/MAX Northern Edge Realty, 232 Glen Avenue in Berlin. My cell number is 603-723-7015 and my email address is wmicucci@gmail.com. Thanks for reading...

In Western Christianity, Lent is the forty day period preceding Easter lasting from Ash Wednesday to Holy Saturday. The forty day period is symbolic of the forty days spent by Jesus in the wilderness and possibly the forty hours he spent entombed. The Lenten period of forty days owes its origin to the Latin word “quadragesima”, signifying forty hours. This referred to the forty hours of total fast which preceded the Easter celebration in the early Church. Initially the word simply meant “spring”, and later became associated with the fast. The English word “lent” derives from the Germanic root for “Spring”.

There are traditionally forty days in Lent which are marked by fasting, both from foods and festivities, and by other acts of penance. In the Roman Catholic Church it is tradition to abstain from meat every Friday for the duration of Lent, although fish and dairy products are still permitted. Fasting during Lent is a way for Christians to identify with Jesus’ suffering.

Many modern Protestants and Anglicans consider the observation of Lent to

be a choice, rather than an obligation. They may decide to give up a favorite food or activity for Lent, or they may instead decide to take on a Lenten discipline such as devotions, volunteering for charity work, and so forth. Roman Catholics may also observe Lent in this way, in addition to the dietary restrictions outlined above, though observation is no longer mandatory under the threat of mortal sin. Many Christians who choose not to follow the dietary restrictions cite 1 Timothy 4:1-5 which warns of doctrines that “forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth.”

Personally, I prefer Matthew 15:11, which, paraphrasing, warns man to be careful of what comes out of his mouth, rather than what goes in it.

One thing I think we all can agree on is that our taste buds don’t have to suffer just because we’re observing Lent. Even if you’re not observing Lent, it’s a great time to take advantage of special menu items that are not available all year round.

By Anthony Pinello, REX Italian Foods, Inc. Harwood Heights, IL

## The Backyard Gardener

By Will O’Brien

This month’s most popular questions were based around pruning shrubs. Each species is pruned differently, therefore I’m writing about Azaleas this month and Hydrangeas next month.

Questions of the month.

### Question 1. How do you prune Azaleas and when?

The early spring before new shoots come out is the best time to prune Azaleas. Waiting until spring gives you a better visual of where the swollen flowering buds are so you can better determine what to cut off. Of course, all dead branches must come off and the bigger and rounder the bud, the larger the clusters of flowers will be. You should prune your Azaleas lightly due to the fact that you’re cutting off the new growth and blooms for the summer. Even though you’re cutting off spring flowering buds this is the best way to go. Azaleas are very cold sensitive, therefore pruning in the fall is not a good idea because of the cold winter ahead.

I like to keep my azaleas semi-uniform but with a slight natural look. For me, balance is the key. By pruning out some of the tall and shorter stems will capture that natural look that I enjoy so much when they’re in full bloom. Be sure not to shape the shrub like a tight hedge, because when the flowers bloom most of the blossoms will be hiding under leaves. For any additional pruning questions, please don’t hesitate to give me a call or you may call UNH Cooperative Extension to answer your questions.

### Question 2. Should I test my soil before planting a vegetable garden?

Yes. A good gardener should know their soil composition to determine what the soil’s basic needs are. PH is important because it influences how easily plants can absorb nutrients from the soil. PH stands for the power of hydrogen. It is a balanced measurement of acidity or alkalinity of soils. The range of numbers start at 0.0 being the most acidic and running in tenths up to 14.0 being most alkaline. Neutral is 7.0, or referred to as Balanced. Most plants thrive in a balanced range from 6.0 to 7.5.

Do you have alkaline or acidic soil? If your soil is not in a balanced range and is acidic you might want to add a couple of these sources, limestone, dolomitic limestone, hardwood ash, bone meal, crushed marble, or oyster shells to the soil making it more alkaline. If your soil is reading a high alkaline then you might treat your soil with gypsum or sulphur to make it more acidic. Other natural ways of lowering your pH is to add sphagnum moss, saw dust or composted pine needles to your soil. It is good to keep a balanced range of pH in your garden to meet most of the needs for your plants. However, did you know that most vegetables prefer a slightly acidic soil? Potatoes do well in a range of 5.0 to 6.5 but grow better when the pH is less than 5.5. Tomatoes also prefer an acid soil but with a 6.2 to 6.8. Knowing what type of soil you have to work with is very important for your plants growth and root development. Some plants won’t mind going out of their PH range but most will. Simply testing your soil will save you time and money in the long run. An easy and affordable soil test can be purchased at any local hardware store or a department store in the gardening section.

I had the wonderful experience of farming in the deep south of Paris, Tennessee as well as the high north country in Norton Vermont. Having these two quite diverse gardening opportunities, I’ve picked up some useful knowledge, skills and methods. In the south, the old-time hobby farmers would squeeze the soil between their fingers and tell you exactly what the soil needs where. I was blown away on how accurate they actually were. But the big cash crop farmers knew to add lime to their crops every year because the pH didn’t change much from year to year. Working with the farmers in the north I had learned the old vinegar and baking soda method but it takes a good eye. Take a ¼ cup of water and place 2 tablespoons baking powder in it, set aside and then prepare a second cup of ¼ of just vinegar. Then add a tablespoon of your soil to each cup. If the baking soda mixture fizzes up or has any reaction, then your soil is acidic. If the vinegar in cup #2 has a reaction then your soil is alkaline. If you do not have any chemical reaction then your soil is neutral or balanced. I would recommend for you to test your soil every spring with a basic pH test kit, this will help you reap the benefits at harvest time.

### Question 3. How do I save tomato seeds from the tomato?

Answer: Cut your tomato in half and squeeze the seedy gel into a cup with a little water in it. Then pour seedy gel water into a plastic water bottle. Shake vigorously then take off the lid and let this mixture soak for three days. You will notice a mold forming on top. The mold will help separate the gel from the seeds. After three days, pour out the mold and pour the seeds on a paper towel to dry out. This method works well.

For additional information please call Will O’Brien 723-7672



Will O’Brien

## Glimpses of Gorham’s Past: Civilian Public Service Camp #53



CPS CAMP #53

Source: Swarthmore College Peace Collection

Many area residents know about the two 1930’s Depression era Civilian Conservation Corps (CCC) camps that were in Gorham, Moose Brook and Camp Peabody. Few folk probably know that Camp Peabody later served as a Civilian Public Service Camp (CPS) #53 during World War II, housing more than 170 conscientious objectors as they worked on various projects on the White Mountain National Forest. The work designated “of national importance” provided an alternative to military service.

CPS #53 operated from October 1942 until April 1943, managed by the American Friends Service Committee. Crews engaged in timber management, fire control, and the maintenance of highways, trails and phone lines on the Forest. According to records from the Swarthmore College Peace Collection, camp staff included a director, dietician and nurse.

Director James Mullen wrote in a 1943 letter (<http://civilianpublicservice.org/camps/53/1>):

*The buildings had been built in 1934 before the government had had much experience with C.C.C. camps. There were four barracks or dormitories each accommodating 40 men. There was a dining hall, a recreation hall, an education building, administration building, supply house, infirmary or hospital, and numerous forestry buildings such as tool shed, carpenter shop, blacksmith shop, mechanics shop and numerous garage stalls for equipment—oh yes, I forgot the bake house, the wash house, and the latrine which fellows said they had to run a mile to at night in sub-zero weather. It was very inconveniently placed at one end of the campgrounds. (p. 2)*

During winter months the men focused on timber stand improvement, cutting cordwood for their camp and for County relief agencies helping 200 area families. While temperatures were often very cold, the absence of black flies was greatly appreciated.

Conscientious objectors came from across the US. There were close to 12,000 men, representing some 231 religious denominations, with nearly 7000 men from “Historic Peace Churches,” the Church of the Brethren, Quaker Friends and Mennonite groups. Some men were Jehovah Witnesses, War Resisters League or Presbyterians. Others listed no religious affiliation. Some women who were conscientious objectors also worked in the camps as staff. Many of the men came from agricultural backgrounds while others were teachers, lawyers, social workers, writers, musicians, artists and other professionals.

They contributed over 8 million man-days of labor, working without pay. The participants were supported by their families and churches. Men were given a monthly allowance of \$2.50-5.00 for expenses. Many lived a life of poverty during their work camp experiences.

There were more than 150 camps scattered around the country, hosted by the US Forest Service, Soil Conservation Service, National Park Service and other agencies. The Selective Service Administration organized them with diverse agencies and different religious groups, principally the American Friends Service Committee. In other parts of the country, some conscientious objectors worked in mental institutions, engaged in agriculture and dairy work and volunteered for drug testing and medical experiments, including treatment for starvation, malaria and hepatitis, among others. Improvements in mental health institutions were later implemented thanks to activist work by conscientious objectors who were appalled by the conditions that they experienced as volunteers.

The Civilian Public Service Program worked very well, all things considered, in providing civilian alternative service. During World War I conscientious objectors were limited to noncombatant service with the Army and were only recognized if they were members of the Historic Peace Churches. Those who refused noncombatant service during World War I were imprisoned at Fort Lewis, Fort Leavenworth and Alcatraz.

Reuben Rajala, Gorham Historical Society

## THE COOS COUNTY BOTANICAL GARDEN CLUB NEWS

Your friendly local garden club has a very interesting and educational list of wonderful presenters and fun events for the year of 2013. Please visit the Gorham Public Library or the Berlin Public Library to pick up your schedule for the year... And don't miss out on the Berlin Farmers Market this year! The garden club will have a creative theme for each farmers market throughout the summer.

On Monday, March 4th 6:00 at the Gorham Public Library, "Plants that Attract Wildlife" by David Govatski. David is retired from the National U.S. Forest Service. He will help us with planting ideas for our new wildlife gardens. If you are interested in helping us out or you might even want to start your own wildlife garden, then you don't want to miss this meeting. We hope to see you there.



Will O'Brien

The garden club is in the process of developing a group called "Friends of Wildlife." The group's goal is to attract and restore wildlife in the North Country by building certified wildlife habitats in our communities. The club recognizes the endangered and threatened species in the North Country and would like to help by starting this new group of conservation minded people. Pick up your Gorham Gazette again next month for a full story on our project.

We are also in the process of searching for property owners who will be interested in having the club design a piece of their property. Where can have the opportunity to plant flowers, plants, berry bushes, trees and build housing to attract wildlife. The habitats will also have a certified sign by the National Wildlife Federation and a sign built by the group called Friends of Wildlife.

If you are interested in joining or helping us out with our project and sharing our passion for wildlife, then call club president Will O'Brien at 723-7672. We can all do our part by working together to restore the wildlife in the North Country.

For addition information please call Will O'Brien 723-7672

## American Cancer Society Relay For Life of Berlin/Gorham Kicks Off Relay 2013

Walkers will go around the clock in the battle against cancer when the sixteenth American Cancer Society Relay For Life® of Berlin/Gorham gets underway with teams of residents gathering at Gorham Common on Friday, June 14th at 6pm. This year's Relay season is now officially underway after the recent kick off rally (snow date if needed scheduled for Feb 4th). Cancer survivors, caregivers, families, schools, companies, faith-based and civic organizations gathered at Androscoggin Valley Hospital to launch their fundraising efforts for the year. Teams will continue to meet monthly until the event. Anyone interested in getting involved is welcome to come to the next meeting scheduled for Monday, March 4th, 6:45pm at Ed Fenn Elementary in Gorham.



The American Cancer Society Relay For Life is a life-changing event that gives everyone in communities across the globe a chance to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease. People from all walks of life come together with a shared mission of furthering the American Cancer Society's vision of creating a world with less cancer and more birthdays.

At Relay, teams of people camp out and take turns walking or running around a track. Each team is asked to have a representative on the track at all times during the event. Because cancer never sleeps, Relays are overnight events. Teams do most of their fundraising prior to the event, but some teams also hold creative fundraisers at their camp sites during Relay.

In 2012, the American Cancer Society's Relay for Life of Berlin/Gorham raised over \$83,000 and touched the lives of over 300 participants and contributors. This year's event hope hopes to raise \$88,000.

Relay For Life events last year enabled the American Cancer Society to impact the lives of those touched by cancer within the community by supporting vital, cutting-edge cancer research; providing cancer patients with services such as transportation to treatment, free lodging at our Hope Lodge, and round the clock support at our national cancer information center available at 1-800-227-2345 anytime, day or night; publishing lifesaving literature on cancer prevention, detection and tobacco control; and developing a new generation of medicines that help those battling cancer.

For more information about the Relay For Life of Berlin/Gorham, to find out how to volunteer, please contact Kathy Metz at 603-356-3719 or [Kathy.metz@cancer.org](mailto:Kathy.metz@cancer.org). More information can also be found at [www.relayforlife.org/berlingorhamnh](http://www.relayforlife.org/berlingorhamnh).

The American Cancer Society combines an unyielding passion with nearly a century of experience to save lives and end suffering from cancer. As a global grassroots force of more than three million volunteers, the Society fights for every birthday threatened by every cancer in the community. We save lives by helping people stay well by preventing cancer or detecting it early; by helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight. As the nation's largest non-governmental investor in cancer research, contributing about \$3.6 billion, we turn what we know about cancer into what we do. As a result, more than 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about the American Cancer Society or to get help, call anytime, day or night, at 1-800-227-2345 or visit [cancer.org](http://cancer.org).

## ICE CONDITIONS UNSAFE ON PARTS OF LAKE WINNIPESAUKEE AND OTHER LARGE LAKES

New Hampshire Fish and Game Department officials warn that this winter's uneven temperatures and high winds have affected ice formation, particularly on the state's larger lakes. Fish and Game is urging those heading out onto the ice to exercise caution as they do so. A large number of anglers are expected to head out onto the state's lakes and ponds this weekend to participate in the Meredith Rotary Ice Fishing Derby (February 9-10).

A recent aerial survey of Lake Winnepesaukee by the N.H. Civil Air Patrol revealed treacherous ice conditions on some parts of the big lake, including an area of open water near Welch Island. To view the aerial photo of Lake Winnepesaukee taken on February 5, 2013, visit [http://www.wildnh.com/Newsroom/2013/Q1/ice\\_safety\\_020613.html](http://www.wildnh.com/Newsroom/2013/Q1/ice_safety_020613.html).

"Caution is in order for those going out onto the ice, especially on the large lakes," said Fish and Game Lt. James Goss. "Don't let the cold temperatures fool you – some areas that have traditionally been safe for ice anglers and other outdoor recreationists are not safe this year. We are urging people to check the ice thickness for yourself before you go out onto any frozen waterbody."

Because of the unpredictable ice conditions, it is not advisable to drive vehicles onto the ice, Goss said. Those on foot should carefully assess ice safety before venturing out by using an ice chisel or auger to determine ice thickness and condition. Continue to do this as you get further out on to the ice, because the thickness of the ice will not be uniform all over the waterbody.

Though all ice is potentially dangerous, the U.S. Army Cold Regions Research & Engineering Laboratory in Hanover, N.H., offers a "rule of thumb" on ice thickness: There should be a minimum of six inches of hard ice before individual foot travel, and eight to ten inches of hard ice for snow machine or All-Terrain Vehicle travel.

Keep in mind that thick ice does not always mean safe ice. It is possible for ice to be thick, but not strong, because of varying weather conditions. Weak ice is formed when warming trends break down ice, then the slushy surface re-freezes. Be especially careful of areas with current, such as inlets, outlets and spring holes, where the ice can be dangerously thin.

Tips for staying safe on the ice include:

- \* Stay off the ice along the shoreline if it is cracked or squishy. Don't go on the ice during thaws.
- \* Watch out for thin, clear or honeycombed ice. Dark snow and ice may also indicate weak spots.
- \* Small bodies of water tend to freeze thicker. Rivers and lakes are more prone to wind, currents and wave action that weaken ice.
- \* Don't gather in large groups or drive large vehicles onto the ice.
- \* If you do break through the ice, don't panic. Move or swim back to where you fell in, where you know the ice was solid. Lay both arms on the unbroken ice and kick hard. This will help lift your body onto the ice. A set of ice picks can help you pull yourself out if you do fall through the ice; wear them around your neck or put them in an easily accessible pocket. Once out of the water, roll away from the hole until you reach solid ice.

Ice safety is also very important for snowmobilers. Don't assume a trail is safe just because it exists; ask about trail conditions at local snowmobile clubs or sporting goods shops before you go.

To download a brochure from Fish and Game called "Safety on Ice - Tips for Anglers," visit [http://www.wildnh.com/Outdoor\\_Recreation/ice\\_safety.html](http://www.wildnh.com/Outdoor_Recreation/ice_safety.html).

## Berlin/Gorham, NH Vet-to-Vet

New Hampshire Vet-to-Vet is a peer driven support network where veterans of all eras help each other address emotional, spiritual, vocational, educational and housing concerns, as well as health issues, in group settings held around the State.

Vet-to-Vet meetings will be held next month on March 5th & 19th at 6:30 pm at the Family Resource Center at 123 Main St., Gorham. Anybody who has ever served in the United States military is welcome.

We are open to any questions brought to us by veterans, but if no other questions arise we will look at what it takes to get dependent coverage for healthcare through the VA system and what types of coverage is available.

We have two service officers joining us and invite anybody with questions for them to come.



## SIGN THE KIDS UP FOR BARRY CONSERVATION CAMP! OVERNIGHT CAMP PROGRAMS FOR YOUTH AGE 8-16 IN MILAN, N.H.

Winter winds are blowing, but it's already time to make summer camp plans for the kids. Barry Conservation Camp in Milan, N.H., is a place where kids can have fun while getting outdoors and active. Registration is now underway for 2013 camp programs for youth (boys and girls age 8-16) at Barry Camp. A weekly, overnight summer camp operated by the UNH Cooperative Extension 4-H Program and the New Hampshire Fish and Game Department, Barry Camp is ideal for youth who enjoy hands-on learning about outdoor skills and the environment.

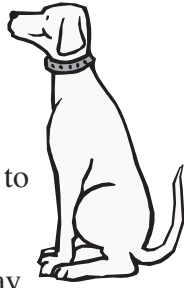
To select camp programs and register, visit <http://extension.unh.edu/4H/4HCamps.htm> email [4Hcamps@unh.edu](mailto:4Hcamps@unh.edu) or call 603-788-4961.

Sponsor a camper: Although Barry Conservation Camp is competitively priced, many families find it challenging to finance a week at camp. Fortunately, there is a long camp tradition of individuals and organizations providing "camperships" to Barry Conservation 4-H Camp. Check out our sponsorship brochure at <http://extension.unh.edu/Counties/Coos/Docs/campershipflyer2013.pdf> or call 603-788-4961 if you'd like to learn how to help send a youngster to camp.

# Animal Stories

## WALTER'S WORLD GET IN SHAPE AND HAVE FUN, TOO

What we non-humans ask for is quite simple – SOMETHING TO DO!! Let's face it. Our walks aren't as long in the cold, our humans are moodier and we are BORED!! When we are bored, my fellow buddies in the neighborhood, I must confess, tend to get into trouble (of course, I would never be bad!!). To prevent this, my human has begun to think of signing me up for Agility Classes! Doesn't sound too good to me, but I'll try anything once, within reason.



Agility is, they tell me, good for any breed or mix of any size and shape. Oh yes, even humans, young or old, can play too! Basically, agility is an obstacle course that the human must navigate us non-humans through. There are jumps, tunnels and obstacles to climb over and fly through. It actually does sound like a lot of fun and I highly recommend having your human get involved along with you (they sometimes tend to be just as, or more out of shape, than we 4-legged beings). You get the added bonus of having fun together and getting a great form of exercise all around.

Since our humans still don't understand our animal language completely, I suggest making subtle hints. Jumping over obstacles in your path instead of walking through them, throwing toys in the air to show your athleticism and jumping from couch to chair to couch will get their attention real quick. (Please be careful not to break anything or you'll destroy this entire approach). You might also give them a copy of this article since I asked my humans to add in what their fellow humans can do to get started.

First, make sure that your non-human is in somewhat good physical condition. Agility can act as an exercise program and help us lose weight and become more limber. Second, ask your Vet, Groomer, Friends where they might suggest an agility class being offered. Third, check out the internet. There is a large amount of information about agility, in general, they can access. Fourth, go to visit the agility class before you join. Discuss with the trainer your concerns and ask questions you might have.

Agility is all about fun and the ability to continue having fun as you age. So go with a good attitude and the fun will come. My human always says, "A good dog is a tired dog"! Agility challenges us physically and mentally, therefore, we get tuckered out afterward, but on the plus side, besides all of the effects on our bodies, we get to spend some real quality time with the humans we love the most. So get out there and train hard, but play harder!! Remember, Spring is just around the corner and we all want to be our fittest and ready for anything. Happy Days.

Your friend, Walter

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## RETURN OF THE LYNX, HI-TECH ICE FISHING, FEATURED IN NH WILDLIFE JOURNAL

Exciting trail-cam images of four lynx kittens in Pittsburg, N.H., last year raised the intriguing possibility that Canada lynx, after being absent from New Hampshire for more than 50 years, may be poised to once again be part of the North Country landscape. Read about this elusive predator, and what biologists are doing to document its presence, in the current issue (January/February 2013) of New Hampshire Wildlife Journal, the state's only magazine dedicated to fish and wildlife conservation and outdoor recreation.

Also in this issue, check out the new hi-tech tools of the modern ice-fishing revolution. As they say, it's not your grandfather's ice fishing gear! While traditional tip-ups and bobhouses still have a devoted following, new electronics and portable shelters are changing the ice fishing experience.

Another feature highlights how citizens in Bath, N.H., took action for wildlife by creating their own Natural Resources Inventory. After documenting the town's wetlands, soil, wildlife habitat – even discovering healthy wild brook trout in twelve high-elevation streams – townspeople have a renewed appreciation for what makes a healthy environment and how the community can work together to protect it.

The January/February issue also profiles the snowshoe hare, one of New Hampshire's wildlife species best adapted for winter. Readers can take an armchair cruise along snowmobile trails in Grafton County, learn about ice safety, and enjoy the adventures of Fish and Game Conservation Officers in Warden's Watch.

Not a subscriber to New Hampshire Wildlife Journal? The magazine is published 6 times a year by the New Hampshire Fish and Game Department. Subscriptions are just \$12 for one year -- that's 40% off the cover price -- or \$20 for two years. To read sample articles, subscribe or purchase gift subscriptions for the outdoor enthusiasts in your life, visit [http://www.wildnh.com/Wildlife\\_Journal/WJ\\_mag.htm](http://www.wildnh.com/Wildlife_Journal/WJ_mag.htm).

Subscribe this week (postmark by January 31) and we'll send you the current issue absolutely free!

New Hampshire Wildlife Journal magazine contains no commercial advertising. Subscription revenue helps the New Hampshire Fish and Game Department conserve and manage the state's fish and wildlife, promote conservation education and create opportunities for outdoor recreation in the Granite State. Visit <http://www.wildnh.com>.

## The History of the Wolf

by Dr. Monique Kramer

Few species in the world evoke such a myriad of passions and emotions as the wolf. Ranging from awe inspiration, deification and adoration to irrational fear and abject hatred, this is one of the most controversial species in the world. Many of our negative images of wolves come from mythology surrounding these species. In North America, our earliest exposure to wolves comes in the form of unfair vilification in stories like Grimm's Fairy Tales, Aesop's fables, Dante's Inferno, Little Red Riding Hood and the mythological Werewolf. While there are still many who have negative emotions towards wolves, thanks to movies like Never Cry Wolf and books such as Of Wolves and Men, public sentiment has shifted in favor of the wolf. Negative sentiment has also arisen from the livestock industry which views wolves and all predators as a threat to their livelihood and does not hesitate to hate and kill these animals. Additionally, there are the big game groups which views the killing of any large predator as sport and proof of the superiority of one species over another as well as viewing predators as a direct threat to other game species. Ironically, though feared by so many, there are almost no reported incidents of unprovoked attacks on humans by healthy wolves.



In the mythologies of people throughout the world, the wolf is a prominent figure. In Roman mythology, the founders of Rome, Romulus and Remus, were saved and raised by a wolf; therefore, the Italian wolf is the national animal of the Italian Republic. In Norse mythology, wolves are portrayed both as faithful pets to the God Odin and as malevolent beings. The wolf is revered in the mythologies of Turkish, Japanese, Baltic and Mongolian cultures, with the shamanic Turkish people believing they were descendants of wolves and modern Mongolians seeing the wolf as a good luck symbol. Wolves are hated and feared in India. In Finland wolves are seen as a symbol of destruction and desolation such that the Finish translation of wolf is "useless thing", resulting in unabated hunting and wholesale slaughter of wolves there. In Chechen lore, the wolves are almost always portrayed in a positive light and it is the national animal. The wolf holds great importance in the cultures and religions of the nomadic peoples, both of the Eurasian steppe and of the North American Plains. In Native American culture, wolves were often revered by hunting tribes, but maligned by farming ones. The tribes that revered wolves portray them as brothers, spirit guides and beings to be emulated in the hunt. Christianity has been no friend to the wolf, with many references to wolves in the bible, as metaphors for greed and destructiveness. The Roman Catholic Church often uses the image of the wolf as the devil prowling the earth. In Islamic culture, the wolf is also looked upon as a malevolent being and is so mentioned in the Koran.

Early mythologies, fear of predators, the fur trade and change from hunting to farming cultures resulted in unmitigated slaughter of these animals, along with many other predator species, into the 1970s. This successful campaign of both outright murder and environmental destruction resulted in the extinction of many subspecies and species of wolves and the endangerment of most of the others. Fortunately wolf sanctuaries like the Loki Clan Wolf Refuge in Conway, NH ([www.lokiclans.org](http://www.lokiclans.org)) provide a safe haven for today's wolves and wolf-hybrids. In our next article we will focus on these actions, their impacts on the populations of wolves and the changes in perception of these species.

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## Add a Pet to Your Family and Live Longer!

Anyone who has ever held a kitten or hugged a puppy knows that pets can be good for the soul. But according to recent research, they also may be good for the heart, the brain, and other vital organs. A UCLA study showed that Medicare patients who have pets visit their doctors much less frequently, and seem to tolerate stressful events better, than their pet-deprived peers. Another study found that stockbrokers with high blood pressure fared much better in their response to stress when they had been given a pet as a companion for a six-month period. Among stockbrokers in this study who had received only an antihypertensive drug, blood pressure soared into the unhealthy range under stressful conditions. However, the stockbrokers who had received both the drug and a furry companion experienced only a small rise in blood pressure - well within healthy limits - when subjected to stress.

The health benefits of pets go on and on. From studies of the use of "animal-assisted therapy" with stroke patients to the benefits of pet ownership for people with Alzheimer's, there is growing interest in the important role animals can play in helping patients cope with or recover from serious illness.

The special relationship between you and your pet is unlike any relationship you have with another human. Receiving this unconditional love is a great stress-reducer. What's more, petting an animal, brushing a cat, or walking a restless dog all make you extend yourself when you wouldn't otherwise. This can provide balance for busy, hard-driving people.

Whether you live in a big house with a large backyard or a tiny apartment with a "no dogs allowed" policy, you can probably find a pet that suits your needs and lifestyle. You can check your library or bookstore for books on choosing a pet, or visit the Internet for a wealth of free information on the selection, care, and feeding of pets as varied as iguanas, chinchillas, cockatoos and peke-a-poops. Whatever you choose, you'll have a friend for life.



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## Nurse of the Year Award

### Is there a nurse who impacted your life in 2012?

If yes, now is your chance to personally thank and recognize him or her for the care that you received by nominating him or her for the first annual AVH Nurse of the Year Award. Care must have been received within the past 12 months. Two awards will be given: one to an AVH-employed nurse and one to a community-based nurse (primary care clinic, nursing home, school, college educator, etc.). Winners will be featured in a print advertising campaign and press release, as well as on the AVH website, Facebook page and Twitter. Winners will also be immortalized with their name and year of award on a brick placed in the AVH Auxiliary "Impressions of Care" Walkway. Nominations must be received by 5:00PM, Monday, April 15, 2013. Winners will be announced on or around May 6, 2013, National Nurses Day.

Please complete this form and then, on an attached piece of paper, describe in 300 words or less your experience and how your nurse demonstrated compassion, knowledge, patient advocacy, and strong clinical and communication skills.

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Name of Nurse: \_\_\_\_\_

Hospital or Facility: \_\_\_\_\_

Phone Number of Nurse, Hospital or Facility: \_\_\_\_\_

Time Frame of the Care You Received: \_\_\_\_\_

Please mail to: James Patry  
Director, Public Relations and Marketing  
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For questions, please call Mr. Patry at 603-326-5606.

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