



GORHAM GAZETTE



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September 27, 2012

Tribute to the Fallen

On Sunday, September 16th, the 12-mile "Run for the Fallen," paid tribute to New Hampshire soldiers who have made the ultimate sacrifice for our country since 9/11 – and their families. We must never forget those who gave their lives for our freedom. – From the Office of Senator Kelly Ayotte



FALL ACTIVITIES & EVENTS ABOUND THROUGHOUT THE NORTH COUNTRY

3rd Annual "Gourds of Gorham" Contest

Gorham, NH will be holding the 3rd Annual "Gourds of Gorham" contest starting October 10th. New this year, the contest will be open to residents and businesses of Randolph and Shelburne as well. The theme for this year's event is "Superheroes and Villains" with the only rule being you must use a gourd for the head of your characters. Anyone interested in participating in decorating gourds and pumpkins into a scene must fill out an entry form. They can be found at the Gorham Town Hall, Gorham Fire Station or by going to www.gorhamnh.org and downloading the form. The entry forms must be returned to the Gorham Town Hall or Fire Station by October 10th to be eligible for the contest. Judging will be during the week of October 22nd with the trophies being awarded Sunday, October 28th at the Gorham Fire Department Firehouse Breakfast. The breakfast will be from 8:00 to 11:00 am and will be all you can eat, \$7.00 for adults and \$3.00 for children 12 and under. Last year's winners were Motorcycle Snowmobile Service (business/non-profit) and Brenna Cloutier (residential).



Use your imagination to create the gourd person of your choice and most importantly have fun! For answers to any question you may have, you can call the Gorham Fire Station at 466-5611 or the Gorham Town Hall at 466-3322. Enjoy the fall foliage with the Gourds of Gorham.

Columbus Day Observance, Oct. 10th



Columbus Day first became an official state holiday in Colorado in 1906, and became a federal holiday in 1937. However, people have celebrated Columbus's voyage since the colonial period. In 1792, New York City and other U.S. cities celebrated the 300th anniversary of his landing in the New World. In 1892, President Benjamin Harrison called upon the people of the United States to celebrate Columbus Day on the 400th anniversary of the event.

During the four hundredth anniversary, in 1892, teachers, preachers, poets and politicians used Columbus Day rituals to teach ideals of patriotism. These patriotic rituals were framed around themes such as support for war, citizenship boundaries, the importance of loyalty to the nation, and celebrating social progress.

Many Italian-Americans observe Columbus Day as a celebration of their heritage, the first occasion being in New York City on October 12, 1866. Columbus Day was first popularized as a holiday in the United States through the lobbying of Angelo Noce, a first generation Italian, in Denver. The first official, regular Columbus Day holiday was proclaimed by Colorado governor Jesse F. McDonald in 1905 and made a statutory holiday in 1907. In April 1934, as a result of lobbying by the Knights of Columbus, Congress and President Franklin Delano Roosevelt made October 12 a federal holiday under the name Columbus Day.

Deadline Upcoming for Miss Berlin-Gorham Scholarship Program and the Miss Berlin-Gorham's Outstanding Teen Competition

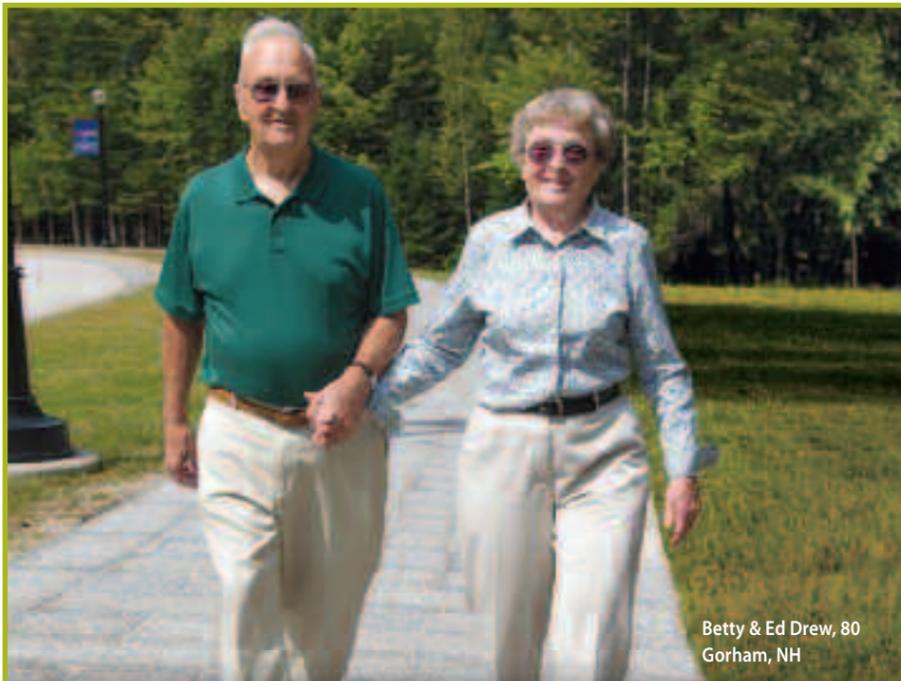
The Seventh Annual Miss Berlin-Gorham Scholarship Program will be held on Saturday, October 27, 2012 at 4:00 pm at the Medallion Opera House, Gorham Town Hall, 20 Park Street, Gorham. Applications for the Scholarship Program may be downloaded from the Miss New Hampshire web site at www.missnh.org. The deadline to enter the Miss Berlin-Gorham Competition is Saturday, October 13, 2012. There is no entry fee. Miss Berlin-Gorham 2012, Linda Montminy, was awarded over \$4,000 in scholarships during the year, ending with her outstanding performance in the Miss NH Scholarship Program. Young women interested in entering the scholarship program must be a US citizen, at least 17 years of age and a high school senior, or may already attend college. She must either be a six-month resident, attend college full time or work full time in any town or unincorporated township in Coos, Grafton, or Carroll County. The maximum age to participate in the pageant is no more than 24-years old on December 31, 2013.

The program is a local preliminary into the 2013 Miss New Hampshire Scholarship Program scheduled during the week of April 28, 2013. There will be competitions in Private Interview, Onstage Interview, Lifestyle and Fitness in Swimsuit, Talent and Evening Wear.

The new Miss Berlin-Gorham will win at least \$2,000 in scholarship funds, the first runner-up will win \$250, the second runner up will win \$150 and the third runner up will win \$50 in scholarships. The newly crowned Miss Berlin-Gorham will have the opportunity to make appearances at the Annual AV Chamber Auction, The Parade of Lights, Santa's Workshop, the AV Chamber Annual Meeting, Ride In to the 50's, Relay for Life, Gorham's 4th of July Parade and Kiddie Parade and River Fire.

Miss Berlin-Gorham's Outstanding Teen competition will be held on the same date. The deadline to enter is Saturday, October 13, 2012. There is no entry fee. Teens interested in entering the Miss Berlin-Gorham's Outstanding Teen Scholarship Program must be a US citizen, at least 13 years of age and in the eighth grade. She must be a six-month resident of the towns or unincorporated places listed above. The maximum age to participate in the pageant is no more than 17 years old on August 31, 2013. There will be competitions in Private Interview, Onstage Interview, Lifestyle and Fitness in Sportswear, Talent and Evening Wear. The new Miss Berlin-Gorham's Outstanding Teen will win \$250 and will represent the North Country in February, 2013 at the Miss NH's Outstanding Teen Scholarship Program in Derry, NH.

For more information, prospective contestants may contact the Director of the Miss Berlin-Gorham Scholarship Program – Kathleen Kelley at 723-9734 or Miss Berlin-Gorham's Outstanding Teen Director, Denise Vallee at 466-3322.



Betty & Ed Drew, 80
Gorham, NH

"Seven years ago, my husband had a knee replacement at AVH. His experience was so positive, this year, I followed in his footsteps."

An orthopedic condition shouldn't keep you from doing the things you love. That's why it's nice to know that you can access the most advanced orthopedic care right here at Androscoggin Valley Hospital. Our board-certified orthopedic team at AVH Surgical Associates has successfully treated thousands of patients, like the Drews, offering the latest in state-of-the-art diagnostics and advanced orthopedic procedures, including custom-fit joint replacement and personalized rehabilitation programs. All to help get you back on your feet – right here at home in Berlin.

For more information, call 752.7750, or visit avnhh.org.

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Talking With Your Child About Body Safety

Talking to your child about body safety can be intimidating, but it's critical to their well being. A child educated in body safety is better equipped to say "no" in compromising situations, and hopefully, more likely to speak up if something bad does happen.

There's no perfect age for speaking with children about body safety. Instead, it should be part of an ongoing dialogue from their early years through their teens. Engage your child, talk with them about their bodies, show that you're available to answer questions, and always create an atmosphere of trust.

The following information is simply a guide for talking with your child about body safety. What's important is that you do something, because the problem is real, and your child will never understand the dangers without your help.

- Talk at a quiet time without distractions. Remember the importance of the subject, but be yourself.
- Talk about which parts of the body are private and which are not, using whatever terms are common within your home.
- Don't use dolls or stuffed animals to demonstrate body parts or touching as this can confuse the message.
- Talk about who may touch a child's private parts, such as doctors as part of an exam or parents & caregivers assisting with toileting or bathing
- Discuss how nobody else should touch a child's private parts, including other children. Stress the difference between inappropriate touches and the ones listed above.
- Talk about what your children should do if someone does touch them inappropriately. Empower them to say "no", even when doing so seems impolite or disrespectful.
- Help the child identify who they can tell if something does happen. Emphasize how they can always tell you, and that you will NEVER be mad at them for doing so.
- Teach your child that it's never safe to go into another person's home or car without your knowledge, but don't just talk about "stranger danger". The overwhelming majority of sex offenders are known by their child victims, so make it clear this rule includes friends, neighbors, and family members too.
- Become familiar with the signs of abuse, such as changes in behavior or sleeping habits.
- If you suspect abuse, try to keep from showing that you're upset. Your child's truthful disclosure and emotional recovery depend on your love and support.
- To learn more about talking with your child and other great information tips, visit—www.cac-nh.org.

Child Advocacy Center of Coos County, 1 Middle St, Lancaster, NH 03584, Telephone: (603)788-4633 Fax: (603)788-4633; Email: caccoos@myfairpoint.net



GORHAM PUBLIC LIBRARY

35 Railroad St., Gorham, NH 03581 603/466-2525 gorhampubliclibrary@ne.rr.com

Monday – Friday: 10am – 6pm Saturdays: 10am - Noon

REMINDER:

Our entire Collection of books, movies, puzzles, stamps, audiobooks, etc. is online and can be found at <https://gorham.biolionix.com>. A great feature of our system is that you can also view online our recent acquisitions easily and quickly. On the top left of the screen, under the Search Box, there is an option that says "See What's Hot"; click on that, and, under Latest Additions, there's a drop-down box for a time option. You can choose to look back a week, two weeks, a month, or two months. Most of the materials have a "cover" on the left that will show you what it looks like. From there, it's just a few clicks away to reserving them (for that, you'd have to be logged in, which is found at the top right of the screen).

Of course, you can reserve them when you come in to the Library or by phone. Please give us a call at 466-2525 if you have any questions, need help, or would like more information.

Acts of Peace: Conscientious Objectors in WWII New Hampshire

October 10, 7pm Gorham Public Library

Elizabeth Faiella, a recent Dartmouth College graduate whose research concentrated on this remarkable part of history, tells the incredible story of World War II conscientious objectors (COs) who served at a work camp near Campton, New Hampshire. The "Camp Campton" men, who came from throughout the country, had been drafted into a nationwide wartime alternative service program called the Civilian Public Service (CPS). Like a similar CPS camp that was located near Gorham, Camp Campton was administered by the American Friends Service Committee and the National Forest Service. The COs, assigned to forestry projects, proved to be an active, engaged group, whose activities included going on hunger strikes to protest social injustice, teaching one another about nonviolent direct action techniques, calling for changes in the CPS system to make their work more socially useful, and even volunteering to serve as medical research subjects.

Please join us at the Library on Wednesday evening, October 10th, at 7pm for what promises to be a most interesting evening.



Gorham Public Library Staff Picks

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

***Broken Harbor* by Tana French.** This psychological thriller takes the reader to Brianstown, a half-built and mostly abandoned housing development, a victim of the real estate crash in Ireland. Brianstown has its own victims: a family has been brutally attacked and murdered. Chief investigator is Mick Kennedy, who has his own history with Brianstown when it was called Broken Harbor, a place of his own lost innocence and family dreams.

***The Yard* by Alex Grecian.** Murder, crime, and mayhem are at an all time high in London of 1889. The citizens have lost faith in their police force as their protectors. Overworked and overwhelmed, the special team of detectives, the Murder Squad, finds that two of their own have been brutally murdered. Scotland Yard's innovative attempts at fingerprinting and gathering and preserving evidence make this historical novel an interesting read!

***The Little Russian* by Susan Sherman.** (NH Downloadable Books: Kindle) Berta Lorkis was a very spoiled young wife and mother who had always led a very privileged life in Russia of the early 1900's. The horrible poverty and violent pogroms that destroyed so many lives of the Jewish people were not her concern, until World War I brought poverty and violence to her own doorstep.

***Eye of the Red Tsar* by Sam Eastland.** (NH Downloadable Books: Kindle) Siberia, 1929, Prisoner 4745-P is released from a labor camp after serving 9 years of a 30 year sentence. But, there is a condition for his release: Pekkala, known as the Emerald eye and once a close confidant of Tsar Nicholas, is commissioned by Stalin to find the bodies of the Romanovs. Secrets, suspense, danger, and betrayal are all part of this novel of the early days of the Russian Revolution.

***Bad Little Falls* by Paul Doiron.** This is the third novel in the series of the young Main Game Warden, Mike Bowditch. He has been transferred to the area known as Down East Maine, and to him it is like being exiled to Siberia. As the young warden attempts to adjust to his new life in this desolate region, he becomes involved in a murder investigation. Will his personal involvement with one of the suspects be a career-ending action for Mike?

Senate Veterans Committee Approves Clark Veterans Cemetery Legislation

In June, Senator Ayotte testified before the Senate Veterans' Affairs Committee in support of the Clark Veterans Cemetery legislation.

During a legislative mark-up on Wednesday, the Senate Veterans' Affairs Committee approved bipartisan legislation introduced by Senator Ayotte and Mark Begich (D-AK) aimed at restoring the Clark Veterans Cemetery, which is the final resting place in the Philippines for more than 8,300 U.S. service members and their dependents. Following a volcanic eruption in 1991, the U.S. abandoned Clark Air Force Base, leaving the cemetery covered in ash and overgrown by weeds.

"The U.S. government has a moral responsibility to care for veterans cemeteries that honor those who have bravely served our country," said Senator Ayotte, a member of the Senate Armed Services Committee. "The American veterans buried in Clark Veterans Cemetery deserve a dignified and well-maintained final resting place, and it's time for the U.S. to fulfill its responsibility to care for this sacred ground."

Since 1994, volunteers in the Philippines have attempted to maintain the cemetery without assistance from the U.S. government. The Remembering America's Forgotten Veterans Cemetery Act (S. 2320), which has 15 bipartisan cosponsors, would require the American Battle Monuments Commission (ABMC) to restore, operate, and maintain Clark Veterans Cemetery to honor the courageous Americans buried there.

Many Thanks

We would like to thank everyone who participated in or attended the "Community Art Social and Just Desserts" at the Medallion Opera House on Friday, August 24, 2012 in Gorham. It was a tremendous site to behold because of all the incredible original art work displayed by local artists in our communities. This was the first art show held in the newly renovated Medallion Opera House in Gorham and we hope to make it an annual event. The art show reflected the talent by the multiplicity of its audience. We would also like to thank all the individuals, artists and businesses including Sweet Mama's Bakery, Libby's Bistro, and Diana's Cakes who donated desserts for the show. A tray of cupcakes provided by Sweet Mama's Bakery was raffled and won by Elizabeth Thompson. A special thank you to all the volunteers for their generous assistance and help with the show, including Randy Messineo and Mallory Coulombe for providing the entertainment; Elaine Normand; Sue Labonville; Naomi Levesque, Dot Ferrante for organizing the dessert table, and to those that lent easels and helped with setting up. We look forward to hosting this event again next year!

Sincerely, William O'Brien and Denise Vallee

GORHAM GAZETTE

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e-mail: contact@ourvillagechicago.com

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I'm Glad You Asked

Well, we've brought the subject of Thinning Hair out in the open and discussed some possible causes in last month's column, so let's get started on some solutions. I think it's best to start with the simplest, less costly and not too time consuming alternatives first. Whether your hair loss is normal or on the extreme side, you can benefit from three styling tips. What are they? I'm glad you asked....



Susan Griffin

To achieve faux fullness, try trimming your tresses. Shorter styles are usually better when you're losing hair. But, don't layer the cut too much; that can make your hair look even thinner. The ideal? A slightly layered bob that falls somewhere between your shoulders and your jaw line.

Color can also play a part. If thinning has exposed your scalp, play down the contrast between your skin and your hair shade. In other words, if your skin is fair, lighten your locks a little; for darker skin deepen their tone.

Treat your hair with products that target the problem. Ask your hairstylist which products they suggest. I have tried many here in my Salon and the best I've found so far is Bosley Professional Strength. You should always use shampoo, conditioner and stylers targeted for fine, thin hair and don't forget color treated, if applicable. These products boost density, usually by causing each individual hair shaft to swell slightly. They also focus on stimulating the scalp, which keeps hair follicles healthy. Finally, go for anything that enhances your hair's shine without weighing it down. Volumizing products are notorious for dulling strands (the plumping action can rough up the hair's outer layer), so this step is not one to skip.

It's important to be consistent and patient when using these products and don't be afraid to ask your stylist for tips. In addition to what's mentioned above, there are many ways to camouflage thinning hair. Two of my favorite products are: Touch-up Color Spray which can also mask root regrowth and gray before your next color; and XFusion, which is made from keratin hair fibers. Both come in a variety of hair colors, are reasonably priced and very easy to apply.

If you've tried everything and just aren't happy with the results or just want more, you could also look into Hair Transplanting or Hair Extensions. Both can be very expensive and time consuming not to mention a little more difficult to find here in the North Country. However, I'll do my homework and get ready to discuss both in next month's column. Enjoy this beautiful fall weather, I know I will. Until next time...

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

Words of Wellness

Type 2 Diabetes? Think Exercise



Have you been diagnosed with Type 2 diabetes? You are not alone. More than 1.5 million new cases of type 2 diabetes are diagnosed in the U.S. each year. As obesity rates climb, public health officials predict that type 2 diabetes will become more prevalent.

Because symptoms for type 2 diabetes can go unnoticed for years, it's tempting to underestimate the severity of this condition. Eventually, however, high blood sugar levels damage the arteries, nerves, and many organs of the body, such as the eyes, and kidneys. People with fairly mild elevations in blood sugar are often able to achieve good blood sugar control with lifestyle measures such as regular physical activity and a healthy diet. However, if you go back to your old habits of eating too much and not exercising, the diabetes quickly returns. Diabetes is never cured but is rather a condition you must live with forever. Therefore, as you make changes in your eating and exercise, think long term, and develop habits you can live with for year to come.

What kind of exercise is best? Both aerobic (cardio-vascular), and weight training exercise are beneficial. Physical activity improves your blood sugar regulation by helping your cells take up sugar from the blood. Start slowly, and perform a few more minutes each day to gradually increase your exercise time to 30 minutes or more a day. Find activities that are enjoyable and convenient. The more you enjoy your activities, and the more they fit into your lifestyle, the more likely you are to continue, and to experience the health benefits that exercise delivers. Daily physical activity should be a cornerstone of your diabetes treatment program. Physical activity improves your blood sugar regulation by helping your cells take up sugar from the blood. Physical activity helps prevent many of the diabetes related complications that can develop over the years. For example, while diabetes increases your risk of heart disease, exercise lowers your risk. Excess body fat, especially around the middle, can cause type 2 diabetes. Regular physical activity, along with good eating habits, can help you lose weight. Best of all. Exercise helps you keep strong and healthy, and makes you feel good. It feels great to be doing something to improve your blood sugar regulation. When you feel better, it is easier to follow your dietary and exercise recommendations to achieve maximum blood sugar control. Be kind to your body. Eat right and exercise. You will have a whole new outlook on life and you will be in control!

For questions or more information feel free to contact me at 603-466-5422 or rlkc20@yahoo.com. Lise King, Certified Personal Trainer/Fitness Director, Royalty Athletic Club 138 Main St. Gorham N.H. 03581.

By Lise King, AFAA Certified Personal Trainer

The Market Place at 101 Antiques and Unique Finds

Collecting Glass from The Marketplace at 101

People collect many different things but collecting glassware has proven to be both a beautiful and practical experience. The collector of glass and crystal usually is drawn to the beauty of the glass; its design, how it feels, its color, its age and even its reflection into the past as a memory. They are also drawn to its value as a useable and practical item. From daily use to entertaining, glassware is always in fashion and desirable.

The condition of the glass you collect is of major importance. Tiny flaws can hurt glass deeply in its value. In purchasing glass for a collection the rarest and most perfect keeps its value. Some collect purely for using and some flaws may not matter especially since purchasing glass with imperfections can mean a price reduction.

Glass enthusiasts collect different items and have collections ranging from juice or shot glasses to cookie jars, stemware to flower frogs, cut or pressed vases to depression glass. Passion for glass differs in many categories, all aiming toward investment.

Below is a list that was collected from a glass collecting blog that outlines common categories of glass along with brief descriptions to help you on your collecting journey. It is by no means complete, it only whets your appetite but is meant to highlight some of the more popular types of glass and styles of glass collecting.

Styles For Collecting Glassware

- Art Glass is hand made glass that was produced from the late 1800's through the 1950's. This type of glass was hand worked, so no two pieces will be exactly the same.

Tiffany, Steuben, Loetz, D'Argental, and Durand are just a few of the companies who produced art glass.

- Contemporary Glass from 1970's to present is a modern day continuation of the art glass category.

- Carnival Glass is pressed glass that has been treated with metallic salts and then re-fired to give the glass an iridescent finish.

- Vintage carnival glass was produced from 1905 to 1920 and was sometimes called 'poor man's Tiffany' as it had beautiful iridescence reminiscent of Tiffany art glass but was affordable to everyone. Contemporary carnival is also collectible today.

- Depression Glass is machine produced glass made in America from the mid 1920's through the 1930's. Collectible 40's 50's 60's Glass - is a continuation of Depression glass.

- Elegant Glass is the name for better quality hand made glassware that was produced during the depression years and through the 1950's. Unlike regular Depression glass, which was completely machine produced, Elegant glass was machine molded then finished by hand -- etched, polished, reshaped and ground.

- FireKing was made by the Anchor Hocking Company beginning about 1940 and through 1976. FireKing was glassware that was advertised as going from freezer to oven to table to refrigerator without breaking.

- Pyrex Glass, (whose name is Latin for Fire King) is also a line of glass kitchenware.

- Crystal refers to better quality stemware and decorative items made by companies like Lenox, Baccarat, and Gorham during the 20th century.

- Cut Glass is glass produced from the early 1800's through 1915.

- Glass by Color. One of the easiest collecting formulas in the glass world is to collect by color. You don't need to know lots about glass, just look for the right hue.

- Glass by Country. Another popular trend in collecting glassware is to focus on the glass from a specific country or geographic region.

By a fellow collector, customer and seller at Marketplace at 101, Gorham NH 466-5050

Coos County Botanical Garden Club News

This is the time of year that we welcome new members to join our friendly gardening club! We meet once a month with guest speakers and gardening consultants from throughout the state. The CCBGC welcomes all people weather you are a novice gardener or more experienced, to come sit in and listen.

I think you'll be surprised on what you might learn at our monthly presentations and events. A calendar of events for 2013 will be posted in the December issue of the Gorham Gazette. On September 13th is the Annual Vegetable Show: \$3.00 per vegetable entry 2:00-7:00 at the Berlin Farmers Market. Prizes will be rewarded to the top three vegetables.

October: BBQ

November: Stone Soup Social and a special guest.

December Dinner and Recognition

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

A special thank you goes out to people who volunteered to help out in the gardens at our events. Thank you Josh Labonville, Marion and Marshall Santy, Kathy Trumbell, Katsko Zintchenko, Laura Brown, Jan Ely, and Sharon Kolsinky for all your help. Also Ann Morton for her donations.



Will O'Brien

Look Who's Just Opened

Berlin and Gorham New Hampshire is a place full of wonder and beauty. We have it all! Mountains, trees, rivers and streams, waterfalls, and so much more! You can visit many quaint shops for clothing, flowers, coffee, books, and pleasing foods, but this area has been devoid of one thing for many years: a place to buy organic, healthy, and local foods.



On August 31st, 2012, that all changed when two young ladies took the town of Gorham by storm, full of spirit and hope for the newest health food store. Natalie Dube and Andrea Russell, ages 25, opened the doors to Las Gemelas Foods for Life LLC with high expectations. They were inspired to start a health food store in the area because there is really nothing like it around. Some people travel an hour out of town just to buy the things they love. Other people just don't have time to travel for their foods, even though they want to. When it comes to healthy, nutritious, and local foods, it's been slim pickings.

Many of you may be wondering what's up with the name of their store. "Las Gemelas" (pronounced hey-MAY-las) simply means "twins" in Spanish, and Foods for Life signifies the kind of food you can look forward to buying there. If you have ever been into Souper Sub in Berlin, you have probably seen Natalie and Andrea working together, and maybe you've even asked them, "Are you two twins?" The answer: No, they're not! But the truth is, they sure look like it!

This newest addition to the North Country offers fresh organic produce and cheeses (local when possible), organic gluten free and sprouted wheat wraps, organic salads, organic smoothies, a fresh pressed juice of the day, bulk food, personal care products, and grocery items. Foods for Life is located at 115 Main Street in Gorham, underneath the SAALT Pub. They will be open Monday-Saturday, 9-6 during the fall time. They will have their grand opening Friday, September 28th starting at 9:00. The first 50 customers will get a free Foods for Life bumper sticker. They will also offer free popcorn, special offers, and samples. Call 723-0615 with any questions.

Andrea and Natalie look forward to serving this community through the foods they offer and education on healthy eating and living. Stay tuned for class offerings and documentary screenings.

Submitted by Andrea Russell and Natalie Dube.

FRIGHTFULLY FUN FRIDAY

October 26 – 5-6pm For children Pre-K through 3rd grade

Mark the date! Children Pre-K through 3rd grade and their parents/guardians are invited to join the loony librarians for a fun-filled (and a little spooky) hour, filled with storytime, cupcake decorating, costume contest (two age groups: infant – Pre-K, K-3), and more! For information, please call "the loonies" at 466-2525.

The North Country Quilt Show Returns to St. Kieran Arts Center!



Members of the Berlin Material Girls Quilt Guild are busy finishing their own quilt projects and receiving loans of quilts from members and other local and regional quilters



The Quilters are coming! Just imagine the entire interior of St. Kieran Arts Center filled to capacity with over 150 quilts and quilted items for the Fourth North Country Quilt Show to be held from on Friday, September 28 from 4 to 8 pm and Saturday September 29 from 10:00 am to 3:00 pm. Admission is \$3.00 or both days for \$5.00.

Organized and presented by The Berlin Quilters Guild

- Material Girls of Berlin, this exciting exhibition is planned as a celebration of the art and craft of quilting, the many uses of quilted pieces in the home, and as a tribute to the history and heritage of quilt making. Showcasing new full size quilts and a wide range of quilted items as well as several antique quilts, the exhibition will be dramatically displayed throughout the historic St. Kieran Arts Center setting.

There will also be an "Anything Goes" Basket Raffle of themed gift baskets and tickets for upcoming Quilt Raffles will be part of the festivities. There will also be a variety of vendors on hand with Quilt related products. Proceeds of this event will benefit Berlin Quilters Guild projects such as donations to local charities and other special needs.

Word has been sent out to quilt guilds throughout the North Country and beyond inviting quilters of all levels to display their works at the show. "We have had extremely successful and beautiful shows in 2006, 2008, and 2010 and believe that this one will be even more spectacular!" says Sylvia Charest, President of the Guild. In each previous show over 150 quilts of all sizes were on display creating a beautiful kaleidoscope of colors and shapes.

Bed quilts, wall hangings, and garments will be on display. There will be examples of hand -pieced, hand -quilted items as well as machine -pieced and machine -quilted pieces.

"We are delighted to make our beautiful facility available for this exciting show. We always love presenting the work of North Country artists and artisans and encourage the community to see this incredible one-of-a-kind celebration of quilt-making," states Joan Chamberlain, Arts Center Executive Director.

The Berlin Quilters Guild meets at 7:00 p.m. on the first Monday of each month in the Community Room of the St. Kieran Center for the Arts at 155 Emery Street, Berlin, NH. A Sew Day is held on the Saturday following the Monday meeting and also each Tuesday at the Arts Center. All are welcome to join or visit the guild at these meetings.

For more information visit: www.materialgirlsquilts.homestead.com and for directions to St. Kieran Arts Center at 155 Emery Street, call 752-1028 or visit www.stkieranarts.org.



INITIATION OF NEW MASONS

On August 14, Gorham-Sabatis Lodge No. 73 of Free and Accepted Masons of New Hampshire was pleased to initiate Anthony Vallier of Berlin and Scott Newton of Gorham into the Fraternity. Shown (l to r) are new Brother Vallier, Worshipful Master David Rich, and new Brother Newton.

15th Annual Oktoberfest at Attitash Mountain Resort

On Columbus Day Weekend, October 6 and 7, enjoy live Bavarian music, food, children's activities, the infamous Keg Toss contest and the Attitash Biergarten, featuring brewers from around the region. Tickets for this Bear Peak event are available to purchase online at attitash.com or on the event day.

Oktoberfest at Loon Mountain Resort October 6th & 7th

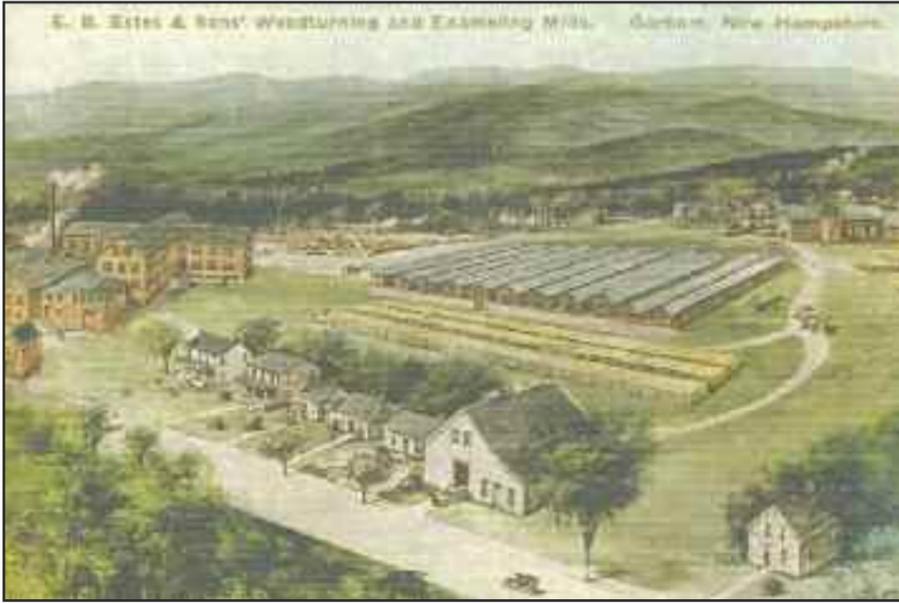
Columbus Day weekend also hosts the Loon Mountain Resort Oktoberfest. This is a fall foliage favorite, with family entertainment, German music. German food – and definitely German beer. Lawn games will be available with small tournaments and awesome prizes. For complete information go to loonmntn.com.



Glimpses of Gorham's Past: E. B. Estes & Sons Wood Turning and Enameling Mill

by Reuben Rajala, Gorham Historical Society

Did you know that Gorham once hosted a mill owned by a company that was the largest wooden pillbox supplier in the world? E. B. Estes and Sons had one of their many mills off of Rt. 2, near where Gorham Sand and Gravel are now located.



E. B. Estes & Son's Woodturning and Enameling Mills, 1920's.
Source: Gorham Historical Society

The company began as a small hardware store in New York State, near Lake Champlain. Later they packaged black sand that worked well as "blotting sand," which would soak up extra ink in handwritten documents. This eventually led to black sign painters' smalt, which is the material used in old-fashioned signs with gold letters. The company won Gold medals at the 1876 Centennial Fair in Philadelphia for its different colored smalt products.

The smalt business led to the creation of wood turned shakers to dispense the sand. By the late 1870's the company would begin fabricating specialty wood boxes, including pillboxes and eventually other wooden products.

E. B. Estes had factories up and down the East Coast, in Canada and in Europe. Clifford W. Estes got involved with the business around 1912 and in 1918 he moved to Gorham to run their new mill here. Estes had bought the former Peabody Mill from Gorham Savings Bank in 1918. The bank had foreclosed on the Peabody Mill in 1911.

A birch mill was installed on the site and a large turning factory, with many lathes, was built, according to DB Wight's book *The Androscoggin River Valley: Gateway to the White Mountains*. The company also made saw handles and ukulele parts. The Boston and Maine Railroad and Grand Trunk Railway had sidings at the mill, birch logs were purchased throughout the region and many men were hired.



1920 Estes & Son's ad in Berlin-Gorham phone book.
Source: Gorham Historical Society

Clifford Estes moved back to the company headquarters in New York in 1924 and by 1927 the Gorham mill and others were shut down. During the Depression the company sold off their woodturning factories and began to focus the smaller sign smalt business. Later this evolved into some real estate investments and the creation of an aquarium gravel coloring business. The company also changed its name to the Clifford W. Este's Co. during this period.

We have recently been in touch with Doug Estes, whose father was born in Gorham, while his grandfather managed the mill. He will be sending us additional information on the history of the company. We'll work together to develop a display about the company for our museum.

According to the Estes company website, today they are a leader in the coloring and coating of sand and gravel for aquariums, architectural uses and art sand. How businesses begin, grow, evolve, shrink and change over the decades can be quite interesting!

Bring Your Little Ghouls & Goblins to Mr. Pizza's and BoBo T. Clown's 5th Annual Halloween Spooktacular

**Friday October 26th from 5pm-8pm
at the Gorham Town Hall's
Medallion Opera House**

Everyone in costume will receive a free grab bag item. Play games, pizza will be served, coloring contest, costume parade and contest, trick or treat stations and much, much more! Event is suited for children age 12 and under and must be accompanied by an adult. Hope to see you there!



Across the Line

By Lin Chapman, Gilead, Maine

What has the Gilead Historical Society been up to lately? The two historic buildings that the GHS has been renovating have improved greatly over this past summer. Both of the buildings reached a

stage where they could be finished off with a new coat of paint.

The 1851 Railroad Station is sporting a beautiful coat of red and the 1903 Gilead Village Schoolhouse has been returned to the original white that it was for all those years. There have been several contractors that have worked on this project and made it turn out so well.

When the Railroad Station was returned to Gilead in 2011 by Ford Reiche of Auburn, Maine, there was a lot of work to be done. David Berry, carpenter from Bethel, Maine, replaced the shingles on the roof, the clapboards on the outside and the flooring. Lance Stickney, mason from Andover, Maine, re-constructed the chimney to look as close as possible to the original.

The 1903 Gilead Village Schoolhouse was moved by the State of Maine in 2009 because of the new Route 2 road construction. Extensive carpentry work has been done by Barry Carver, Carver's Woodworking of Bethel, Maine. His crew replaced clapboards, installed new (old) doors and windows on the outside of the building.

Dennis A. Wheeler, Bethel, Maine, did the painting on both of the buildings. On bright sunny days, the paint shines so brightly that you almost need sunglasses to enjoy looking at the beautifully restored old buildings.

The GHS recently realized that these buildings have drawn the attention of many. Members have had great compliments on how they look and brighten up the corner. These compliments are greatly appreciated.

One of the biggest compliments received recently has been from the Bethel Historical Society. On September 6th, the Bethel Historical Society presented the Gilead Historical Society with their 2012 Historic Preservation Award. There were eight members of the GHS who were present at the BHS Annual Meeting to see the award being presented. Those attending were: Mary Tyler, President; Norm Buttrick, Vice President; Steve McLain, Past President and Lise McLain, Trustee; Robert Bishop, Treasurer and Judy Bishop, Trustee; Hugh Chapman, Curator and Linsley Chapman, Secretary. Two of the Bethel Historical Society members, Randall Bennett and Danna Nickerson, were doing double duty that evening, since they are also members of the GHS. A quote from Howard Reiche, great supporter of the GHS, "When you get recognition from a dedicated and professional organization such as the Bethel Historical Society it is really heart-warming. To be recognized by such a successful group of close neighbors is a real compliment of which to be proud."

This sort of sums up how the members feel about the award. Things like this give the GHS crew the courage to continue and meet more goals. The first goal met was to get the buildings looking good from the outside. We can check that off the list of things to do! We will now carry on with finishing touches to the insides of both buildings. We keep looking for and collecting any artifacts or written material relating to Gilead. Our mission is to preserve Gilead's history for the future generations.

HUNT FOR THE HUNGRY: FOOD BANK SEEKS MEAT DONATIONS FROM HUNTERS

New Hampshire hunters can share their fall harvest with the needy through the "Hunt for the Hungry" program at the New Hampshire Food Bank. Once again this fall, the food bank is collecting donations of whole or processed game animals for distribution to more than 400 food pantries, soup kitchens, homeless shelters and group homes statewide.

Last year (2011), the Hunt for the Hungry program took in 2,000 pounds of donated deer, bear, moose and other game meat for distribution to the needy.

To donate game, and for packaging instructions, call the Food Bank at 603-669-9725, x240. If you're donating a whole deer, you can bring it to Lemay & Sons Beef in Goffstown, N.H. (603-622-0022), and they will process it for the food bank at no charge.

Please note that the N.H. Food Bank is not equipped to accept donations of wild game birds, such as wild turkey or grouse.

"We are counting on continued support from hunters this year," said Bruce Wilson, Director of Operations for the N.H. Food Bank. "Donations of protein foods are always hard to come by. That's a big need that the Hunt for the Hungry program helps fill. Venison is especially popular, a real treat for clients."

"The Hunt for the Hungry program is a great way for hunters to share their harvest and help needy families get through the winter," said Glenn Normandeau, Executive Director of the New Hampshire Fish and Game Department. "Wild game is a local renewable resource that is high in protein, low in fat and all natural – not to mention delicious."

For more information on donating to the New Hampshire Food Bank, visit <http://www.nhfoodbank.org>. For information on hunting in New Hampshire or to purchase a hunting license, visit <http://www.huntnh.com>.

MILFORD HATCHERY NOT A DEER/ TURKEY CHECK STATION THIS FALL

Hunters in south/central New Hampshire should note that there will not be a deer and turkey registration station at the Milford Fish Hatchery this year. Successful deer and turkey hunters are required to register their kill within 24 hours at an authorized registration or "check" station, where information on the kill is collected.

The Milford Hatchery is no longer available this year because of staffing limitations. A new registration station, Lee's Gun Shop II in Amherst, opened this year in response to the closure of the hatchery. Other deer and turkey registration stations in Hillsborough County include Morse Sporting Goods in Hillsboro, Wildlife Taxidermy & Sport in Manchester, J-Don's Variety in Nashua, Hoppy's Country Store in New Ipswich, and Dave's Taxidermy in Weare.

A list of deer and turkey registration stations throughout New Hampshire may be viewed at http://www.huntnh.com/Hunting/check_stations.html.

In partnership with the public, the New Hampshire Fish and Game Department conserves and manages the state's fish, wildlife and marine resources and their habitats. Visit <http://www.huntnh.com>.

NEED A SCHOOL OR CLUB FUNDRAISER? SELL THE NH FISH & WILDLIFE CALENDAR!

If you need a fall fundraiser for your school, club or community group, try selling the 2013 New Hampshire Fish & Wildlife calendar. Sales benefit your group at the same time they help support the New Hampshire Fish and Game Department's work conserving wildlife and wild places. This fundraiser offers local groups a great profit margin – your organization makes \$4.95 on each calendar sold – and there's no risk for you, because calendars are pre-sold.

Last year, more than 50 local groups took part in the calendar fundraiser, including schools, fish and game clubs, environmental clubs, equestrian and sports teams, school bands, scout troops, preschools, churches and many others.

The all-new 2013 New Hampshire Fish & Wildlife Calendar retails for \$9.95. It's an attractive local product showcasing professional photographs of a range of New Hampshire wildlife, from bears, beetles and birds to moose, deer and more. The cover is a curious fox kit. Outdoor enthusiasts will appreciate the wildlife watching tips, plus handy hunting, fishing and snowmobile season dates.

Ready to get started? Download a calendar sales kit for your group today at http://www.wildnh.com/Shop/calendar_fundraiser.html or call 603-271-6355 to request a group sales kit by mail or email.

The New Hampshire Fish and Game Department is the guardian of the state's fish, wildlife and marine resources and their habitats. Visit <http://www.wildnh.com>.

"FREE RANGE KIDS" AUTHOR AND COLUMNIST LENORE SKENAZY TO HEADLINE CHILDREN IN NATURE

Lenore Skenazy, "America's Worst Mom" and author of the book, *Free-Range Kids: How to Raise Safe, Self-Reliant Children (Without Going Nuts with Worry)* will be the featured speaker at the New Hampshire Children in Nature conference "Discovering Nature Wherever You Are" on October 4, 2012, from 8:30 a.m. to 4:00 p.m., at Castleton Conference Center in Windham, N.H.

"Lenore Skenazy is a vivacious, funny and thought-provoking advocate of encouraging parents to lighten up and let their kids ... be kids!" said Marilyn Wyzga, convener of the N.H. Children in Nature Coalition. "Her notion of Free-Range Kids is giving children a little more freedom to take risks, to explore, learn, grow and thrive. Open the door, let them go out and play!"

If you're interested in finding ways to encourage kids and families to get outside and enjoy nature, no matter where they are, register for the conference at <http://www.nhchildreninnature.org/events>. The registration fee is \$50, which includes 3 workshop sessions, lunch and refreshments. The day will showcase the many ways children, youth and families can play, learn and grow with nature in their everyday lives, particularly in our urban communities.

Lenore Skenazy was dubbed "America's Worst Mom" after her April 2008 column in *The New York Sun* described her making the controversial decision to let her 9-year-old son take the New York City subway home alone. She wore the badge with pride and founded the book and blog, "Free-Range Kids," which launched the anti-helicopter parenting movement. Her feisty belief that our kids are safer and smarter than our culture gives them credit for has landed her on talk shows from *Dr. Phil* to *The View*. She lectures internationally and has written for everyone from *The Wall Street Journal* to *Mad Magazine*. As host of the reality TV show, *World's Worst Mom*, she helps parents loosen the reins. A graduate of Yale, she lives in New York City with her husband and two sons, who are half-Free-Range, half-Facebook addicts. One thing she understands: None of us is a perfect parent – and that's okay.

Drawing on facts, statistics, and humor, Skenazy convincingly argues that this is one of the safest periods for children in the history of the world, and reminds us that childhood is supposed to be about discovering the world, not being held captive.

The New Hampshire Children in Nature Coalition is dedicated to fostering experiences in nature that improve physical and emotional health, increase understanding of the natural world, and promote stronger connections to community and landscape. The coalition got its start in 2007, when people from health, education, community planning and environmental sectors came together at a series of events to launch a New Hampshire initiative to reconnect children with nature and encourage children and families to get outside and active in the natural world. Find out more about the coalition at <http://www.NHChildrenInNature.org>.

The "Discovering Nature Wherever You Are" is made possible in part by a generous contribution from Public Service of New Hampshire.

Animal Stories

WALTER'S WORLD

Dear Friends,

Thank you all for the many responses about "The Rainbow Bridge" piece that I wrote about in my previous column. The fact is, we all cross that line to Heaven. It's nice to think that this is the way it is.

A very thoughtful follower of my articles, London, a beautiful black labrador from San Antonio, Texas sent the following information to me in hopes that I would share it with all of you. It was so kind of her humans, Laurie and Roger, to help London communicate with me and to send this along on their e-mail (which London has trouble with since her paws are so big)

It makes my heart warm and grateful to have a friend in the Lone Star State. Maybe someday we'll meet, snout-to-snout!!



Dog Ten Commandments

Author: Stan Rawlinson

1. My life is likely to last 10 to 15 years. Any separation from you will be painful remember that before you get me.
2. Give me time to understand what you want of me.
3. Place your trust in me- it is crucial to my well being.
4. Do not be angry at me for long, and do not lock me up as punishment.
5. You have your work, your entertainment, and your friends. I only have you.
6. Talk to me sometimes. Even if I don't understand your words, I understand your voice when it is speaking to me.
7. Be aware that how ever you treat me, I will never forget.
8. Remember before you hit me that I have teeth that could easily hurt you, but I choose not to bite you because I love you.
9. Before you scold me for being uncooperative, obstinate, or lazy, ask yourself if something might be bothering me. Perhaps I might not be getting the right food, or I have been out too long, or my heart is getting old and weak.
10. Take care of me when I get old; you too will grow old. Go with me on difficult journeys. Never say: "I cannot bear to watch" or "Let it happen in my absence." Everything is easier for me if you are there, even my death. Remember that I love you.

NH HUNTERS: DO NOT TRANSPORT NY-KILLED DEER THROUGH MASSACHUSETTS OR VERMONT

New Hampshire hunters hunting in New York this fall should be aware that it is illegal to transport the carcasses through Vermont or Massachusetts. While New York has been removed from New Hampshire's list of Chronic Wasting Disease (CWD)-positive jurisdictions, Massachusetts and Vermont have not done so.

New Hampshire hunters are warned that simply crossing these states with a deer carcass from New York remains a violation and could result in legal prosecution. As a consequence, the New Hampshire Fish and Game Department recommends that hunters continue past practices of deboning New York deer.

The background on this issue is as follows: In April of 2005, New York found its first wild CWD-positive deer in the Onieda County town of Verona. Sampling of additional local deer began and a second positive wild deer was also found nearby. New York established a CWD Containment Area in the Oneida/Madison County area surrounding the location where the positive deer were found and began intensive sampling for CWD. This included all deer killed by hunters within the containment area between 2005 and 2010. Over that period, a total of 7,300 deer were tested and none were positive. Additionally, beginning in 2002, New York tested 32,000 deer statewide as part of their routine monitoring and surveillance program; again no CWD-positive deer were found. With no additional positive deer found after five years of intensive sampling, in July of 2010, the New York State Department of Environmental Conservation officially decommissioned the CWD Containment Area.

In light of the New York's extensive sampling efforts and their decision to decommission the CWD Containment Area, the New Hampshire Fish and Game Department determined that there was minimal remaining risk that CWD was still present and proposed that New York be removed from New Hampshire's list of CWD-positive jurisdictions. This change again allowed New Hampshire hunters who hunt in New York to bring their deer home as a field-dressed carcass without the requirement that only the de-boned meat, hide and antlers could be brought back. This rule change was approved early this year and is now in effect for the fall of 2012.

HOWEVER, while New Hampshire now permits importation of whole deer from New York, the regulations in Massachusetts and Vermont still prohibit the importation of deer carcasses from New York. Their regulations include the transport of New York killed deer carcasses through these states. Given the current regulations in Massachusetts and Vermont, New Hampshire hunters are warned that simply crossing these states with a deer carcass from New York remains a violation and could result in legal prosecution. As a consequence, the New Hampshire Fish and Game Department recommends that hunters continue past practices of deboning New York deer.

For more information on Chronic Wasting Disease, visit http://www.wildnh.com/Wildlife/CWD_QandA.htm.



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