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Volume II

A COMMUNICATOR

Issue 5



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July 19, 2013



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GORHAM'S ARTWALK

A Welcoming Environment For Creativity

Gorham is a Town with many interesting facts surrounding its history, its beauty and its offerings. The interests of the Town's citizens and visitors are just as diverse, from outdoor activities, award winning cuisine, locally grown and created products, enjoyment of the various art and cultural venues, horticulture, both native and nurtured, wildlife from our surrounding forests and mountains and enthusiasm for every type of sport, professional and amateur alike.

Gorham has now expanded its dedication and support of the arts community in the area by hosting its very first ArtWalk in the downtown section. This is anticipated to begin an annual tradition of making available to us the creativity and skills of some of our already well respected artists from many different mediums, as well as participants from other areas of our great region that may not have had the opportunity to become familiar to us.

This fresh environment of artists practicing their passions and we, the observers benefiting from that exposure, is surely destined to become a popular draw from both sides of the bench or palette. Congratulations and thank you to the Androscoggin Valley Chamber of Commerce, the Arts Alliance of Northern New Hampshire and the Town of Gorham for bringing this exciting new event to our Town.

The Gorham ArtWalk will take place on Exchange Street between Main and Railroad Streets on the evenings of July 24th and August 21st from 5:00 p.m. to 8:00 p.m., rain or shine. This will be an evening of, not only art appreciation, but a night that should remind people of the value of living in, working in and visiting Gorham - a time well spent of people meeting and enjoying interesting people.



RELAY FOR LIFE

Fifty-one Gorham Middle High School students participated in this year's Relay For Life to benefit the American Cancer Society. GMHS students raised over \$8000 and dedicated this year's Relay to the memory of their teacher Mrs. Corine Bergeron. This was the 7th year GMHS has participated in the Relay For Life raising over \$44,000 for cancer research in that time.

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SUMMER SAFETY OUTDOOR TIPS

The temperatures are warming up and it's time to get the kids back outdoors for some fun in the sunshine. Safety is an important issue in every one of these situations from taking them out in the backyard to neighborhood walks. Be aware of traffic, strangers, and outdoor settings that can put your family at harm.

Front Yard

This area introduces the risk of traffic. Never leave children unsupervised where one of them could run out in the road and get injured. Look into the possibility of fencing an area off in the front yard. Choose carefully what toys are allowed in the front yard. Balls may not be a great idea since they are more likely to roll or bounce out into an unsafe area. Even if your home is set back from a main road, it's important to be watchful for unexpected visitors that may not be watching out for your children. If you are expecting visitors, tell them that your children are in the front yard.

Backyard

This may seem like the safest place for children to play with minimal supervision, but caution must be taken. Consider factors such as dangerous rocks and gravel spots in the landscaping. Make sure these areas are either removed or it's clear that your child should stay away from them. If there are holes or loose boards in the fence, have these repaired

as soon as possible. Keep all entry and exit points into your backyard secure. Whether it's a door into the house, gate, or doggy door all spots must have solid locks and closures. Pools are also areas that need special looking out. For smaller children, have temporary fences put around the water until kids are old enough to understand the rules you put in place.

Park Safety

A fun adventure in the park is the perfect outing for any family. Whether you're taking the kids to play on the playground or meeting friends for a picnic, safety should still be at the front of your mind. In a public park, be aware of people inside and around the park. If any suspicious persons are seen, or approach you or your children, let the authorities know. When kids are on the playground equipment, check it out to make sure all parts are safe and secure.

Taking Walks

Whether you're taking walks around your neighborhood or local parks, it's important to know the route you're going to take. Stay away from areas with busy intersections and traffic. Take the time to discuss expectations and rules with your children prior to the walk. In the event of an accident or suspicious situation, have your cell phone with you. Keep an eye out for other children that may be left unsupervised and watch out for their safety.

The most important thing to do when taking your children outside, in any situation, is keeping your eyes open for environmental hazards. Teaching children the best safety habits early will allow you to trust them as they get older and require less supervision.

For more information please contact us at 603-788-4633 or at caccoos@myfairpoint.net. The CAC-CC can also be found on Facebook under; Child Advocacy Center of Coos County.

Town & Country Inn and Resort and the Labnon Family Honored for Decades of Support for Veterans

The New Hampshire Employer Support of Guard and Reserve is privileged to award many Statements of Support (SOS) to businesses and industries throughout the state. But it is not often that the SOS award goes to WWII Army Veterans. Last week NHESGR volunteer Dan Lavertue and NHESGR Chairman David Quinn had the honor to present the award to Scott Labnon of the Town and Country Inn and Resort in Shelburne, NH. The inn was opened in 1956 by Ralph and Lucille Labnon and has always been a vital part of the greater Berlin-Gorham area. Ralph, known locally as Navy, is deceased, however Lucille, known as Lupe, is still involved although the day-to-day operation of the inn is handled by their two sons Randy and Scott. Through the years the family has employed several members of the local National Guard Units and has been gracious hosts to many military functions including retirements, deployment send-offs and welcome home celebrations. The SOS award is a testament to that support as the Labnons have always been active and giving members of the community.



Dan Lavertue, Scott Labnon and NHESGR Chairman David Quinn.

More information about ESGR Employer Outreach Programs and volunteer opportunities is available at www.nhesgr.com, or by calling Jim Goss, Employer Support Specialist of the NHESGR at (603) 225-1342.

25th Annual Wildman Biathlon

Shelburne, NH - It's time for runners and bicyclists to shift their training schedules into high gear! The twenty fifth annual Wildman Biathlon, one of the toughest multi-sport events in New England, is scheduled for Saturday, August 10th at 8:00 a.m., rain or shine.

Athletes from all over the United States, Canada and some years even other countries, come to New Hampshire's White Mountains to compete as an individual or in teams in the Wildman. For twenty-four years now athletes have been challenging their endurance amid some of the most spectacular scenery in the Northeast. The Wildman Biathlon consists of a 10-K run in the picturesque town of Shelburne, a 22.3 mile bicycle trek through Gorham towards a 3-mile hill climb up the Polecat ski trail to the finish line at the summit of Wildcat Mountain, a presenting sponsor, located in Pinkham Notch.

The race begins with a shotgun start at 8:00 a.m. The winners usually cross the finish line about two hours and fifteen minutes later. Though many individual competitors complete the entire race, many others choose to combine their abilities as two-person and three-person teams. The entry fees for the 2013 Wildman Biathlon are \$55.00 for an individual, \$110.00 for a two-person team, and \$165.00 for a three-person team. This price goes up by \$10 per person after July 30, 2012 and entries received the 9th and 10th of August are an additional \$25 per person. The entry fee includes a limited edition Wildman T-shirt, a ride down from the summit on the Wildcat Mountain Scenic Gondola, a support person Gondola ticket, and one meal ticket for the "après-race" meal. Additional meal tickets and Gondola tickets are available for purchase if needed. Categories are available for all ages and team configurations. Overall and category winners receive commemorative awards, and numerous other prizes are awarded through random drawings.

The Wildman Biathlon is a fundraising event for the Coos County RSVP, a Tri-County CAP sponsored program. RSVP matches individuals age 55 and older with volunteer opportunities at non-profit and public agencies in their communities. Our corps of 330 volunteers gave more than 54,000 hours of service at 56 sites throughout Coos County last year. Through a variety of service roles these volunteers are helping to meet community needs. RSVP is hoping to have a great sponsorship turnout this year for two reasons; we have yet to win back any State funding (a loss of \$17,000.) and this is the events 25th anniversary. We're looking forward to a banner year and celebration which brings hundreds of people to our area to experience pieces of the North Woods. Visit our webpage www.tccap.org/wildman.htm to view information about the Wildman and our sponsors. For more information about RSVP or how you can become a sponsor, contact Kathy or Nancy at 752-4103 or e-mail rsvp@tccap.org or write to Coos County RSVP, 30 Exchange Street, Berlin, NH 03570.



A Peer Driven Support System of Veterans Helping Veterans

NH Vet-to-Vet is a peer to peer support group made up of military veterans. We have resources available for past, as well as recently returning veterans, who are having challenges or difficulties with obtaining help or services through

the VA or find themselves in need of camaraderie. We meet the First and Third Tuesdays of each month from 6:30 till 7:30 pm at the Family Resource Center on Main St. in Gorham. If you have questions please call Dave @ 752-5773 or the Vet Center in Gorham at 752-2571.

Featured Member:

Robert Mitchell: Bob was born in 1969 in San Diego Ca. He served in the Army from 1989-1992. Robert was assigned to the 18th Airborne and attached to the 82nd Airborne "Down-Range" during Desert Shield / Desert Storm. His unit provided water purification and he faced the day-to-day struggles of separation from loved ones while engaged in hostile action in a foreign land. He understands many of the difficulties soldiers face when they return home from war and has a desire to help.

Please join Robert and the other NH Vet-to-Vet volunteers at the Family Resource Center one of these Tuesday evenings. Thank you for your service!

Each One - Reach One - Teach One

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 past several issues I have been writing about Real Estate matters and offering tips and insights on the subject of Real Estate. In previous issues we talked about pre-qualifying for financing, the house hunt, and the Purchase and Sales Agreement. We last covered the home inspection, the bank appraisal, the title search and finally the closing.

Today I want to touch upon the sale of your home. Lots of factors come in to play when someone decides to put his or her home up for sale. The motivation may be a job transfer or the need for more or less space. There may be financial difficulties with the ownership of a home or perhaps personal reasons such as divorce. The point is, everyone has their own reason for wanting to sell their home and the reasons vary as much as the homes do.

I get calls frequently that begin, "I'm thinking of selling my house and don't know where to start". When I get that call, I try to reassure the caller that I will do everything in my power to make the process as painless as possible and that I will do my best to guide them to the most timely and successful sale as possible. The first thing I do is summarize the process and gather as much information as I can about the house itself. This helps me prepare in advance of the home visit. I will then arrange with the homeowner to meet at the house and talk about the process. We will tour the house and I will take notes about the features, condition, style and mechanical aspects of the home. I like to make note of the overall feel of the home, and what I think are the best selling features and the potential obstacles. I will also point out items that could be obstacles because most of the time there are simple fixes that the homeowner can make to help remove or minimize them.

Home Sweet Home



Wayne Micucci

The most common items are simple cosmetic fixes like paint on trim and minor repairs such as loose railings and broken fixtures. I like to check electrical boxes and wiring because those can be major issues when selling a home. If there is the old style knob and tube wiring or the older glass type fuse boxes it will be near impossible for the buyer to insure the home so I will point that out and suggest those issues be upgraded. Many Sellers do not want to invest any more money into their home as they are just looking to sell it, but there are times when the benefits outweighs the cost. Some Sellers are more than willing to follow the suggestions and some are not. Of course the Seller is in charge and it is their home.

I will explain the marketing process and where RE/MAX listings can be seen. We will discuss market conditions and demand within the price range their home falls. We will discuss what similar homes are selling for and agree upon what price at which we should list the house. I will also take room measurements and photos for the listing.

The paperwork involved in listing a home is fairly straight forward. There is a listing agreement which is the contract between the Seller and the Agency the Agent works for. It covers the agreed upon asking price, the commission the Seller will pay the Agency upon closing the sale, the term in which the agreement to list covers and various legal disclosures the seller needs to know about. There is the property information the Agent will ask the Seller to fill out. This form is general information covering lead paint, water and sewer information, insulation, roof and mechanical information and more. I explain that it is imperative that the Seller be completely forthcoming about any flaws or defects they are aware of. NH law is very clear that the failure to disclose known defects is subject to litigation. When buying a home the old saying is "Location, Location, Location". When selling it is "Disclose, Disclose, Disclose". Nothing is more important than the Buyer knowing what he or she is getting and that begins with an honest Seller and an honest Agent.

If you are thinking of selling your home, please remember that in today's market, Buyers have many homes from which to choose. Making your home stand out amongst the crowd will pay you back. Look at your home with the eye of the Buyer. Make your home look inviting from the street, make sure the lawn is cut, it is uncluttered and clean. A fresh coat of paint on the porches, trim, and walls will make the house appear well maintained. Make sure all of the lights work and repair what is broken.

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 help with any listing regardless of whom the Listing Agent is or what sign is out front. 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 the Gorham Gazette!



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"YOUR MONEY MATTERS"

We are pleased to welcome Linda Sjostrom to the Gorham Gazette family of regular columnists. She will be sharing with us the expertise she has gained over the 20 years that she has been an advisor to her North Country clients in matters dealing with retirement planning, investments and tax planning. Ms. Sjostrom's new location in Gorham has made her even more accessible to our readers in the area. Pick up the Gazette each month for:

"YOUR MONEY MATTERS" By Linda Sjostrom

Question:

Are my Social Security benefits subject to income tax?

Answer:

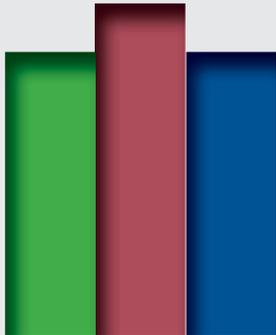
A portion of your benefits may be subject to income tax if your modified adjusted gross income (MAGI), plus one-half your Social Security benefits, exceeds specific limits. Your MAGI equals:

- Adjusted gross income (or the adjusted gross income of you and your spouse if married and filing jointly), including wages, interest, dividends, taxable pensions, and other sources,
- Tax-exempt interest income (e.g., interest from municipal bonds and qualified U.S. savings bonds), and
- Amounts earned in a foreign country, U.S. possession, or Puerto Rico that are exempt from tax

Up to 50 percent of your Social Security benefits may be subject to income tax if your combined income (MAGI plus one-half your Social Security benefits) exceeds \$25,000 for an individual filing single, unmarried head of household, or qualified widow(er) with dependent (\$32,000 if married and filing jointly).

If your combined income exceeds \$34,000 (\$44,000 if married and filing jointly), up to 85 percent of your benefits is taxable. If you are married and filing separately, up to 85 percent of your benefits will be taxed unless you and your spouse live apart for the entire year. Consult an accountant or other tax professional for more information. Or, contact the Internal Revenue Service at (800) 829-1040 or www.irs.gov. Ask for Publication 554, Tax Guide for Seniors, and Publication 915, Social Security and Equivalent Railroad Retirement Benefits.

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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

Ezra Keats Foundation Grant



This spring, the Gorham Public Library received a grant from the Ezra Keats Foundation to hold three classes in art for children. Will O'Brien, through Northern Human Services, offered to teach the classes, which centered on the inventive and delightful children's books and art by Ezra Keats. Ben Gagnon helped a great deal. 34 children participated in the series. Carla Lapierre and Rich Wallingford donated materials. Many thanks to them and to Will and NHS for helping making this happen! To the right are examples of the kids' work, which began with making collages.



Little Hands Community Art Show

On May 24th, the "Little Hands Art Show" debuted at the Gorham Public Library. Through the hard work of Will O'Brien, the kids, and volunteers, the show was a success - as seen in the pictures below (for more, please visit our website at <http://gorhamnh.vt-s.net> or on our Facebook page).

Staff Picks

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

NOS4A2 by Joe Hill.

Readers are plunged into the darker side of imagination and the supernatural in Joe Hill's latest thriller. Charles Talent Manx is evil personified, but can he control and defeat Victoria McQueen who has special talents of her own? Read this one during the daylight hours!

12th of Never

by James Patterson and Maxine Paetro.

A quirky professor with strange dreams, a deranged serial killer, a missing corpse, a dying love affair, and an attorney accused of murdering his wife and child are all in a day's work for Lindsay Boxer and her "Women's Murder Club." Book number twelve is a quick and entertaining read that fans of the "Murder Club" series will enjoy.

Inferno by Dan Brown.

The rich historical and religious wonders of Florence and Venice provide the backdrop in this latest Dan Brown novel. Finding himself far from his Harvard University campus with no memory of how he landed in a hospital in Italy, Professor Robert Langdon wants some answers, but his quest provides only more questions and a frantic search for something more powerful that even he can understand. Dan Brown readers, old and new, will love this one!

Ruska: The Novel of Russia

by Edward Rutherford.

The winter Olympic Games will begin in Russia in a few short months, so why not brush up on your Russian history? Covering over nineteen hundred tumultuous years, Ruska is a detailed account of how modern Russia came to be. By creating and following the lives of two families, Rutherford gives us a very lengthy, but interesting piece of historical fiction that will keep us captivated until the very end.

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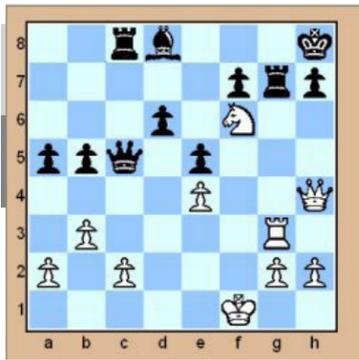
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CHESS IS LIFE & LIFE IS CHESS

Check out the answer on page 6

by: Albert French
*It was the great Chess master
"Philidor," who was quoted as saying:
"Pawns are the soul of chess."*

No other piece on the board can transform itself to something greater than what it had started out to be. When a pawn has marched itself up the chess board to the last rank, it is then promoted to a : Queen, Rook, Bishop or Knight.

White pawns always start the game on the second rank and black pawns start on the sixth rank. Ranks are the squares running across the board from a to h, while files are the squares that move up and down the board numbering 1 to 8. Everywhere a number and a letter intersect is the name of the square. For example: The square in the lower left hand corner would be called : a1. while the square in the upper right hand corner of the board would be called: h8. If you want to see a better example of the grid look at the puzzle. There you will see the letters and numbers and how they are placed on a chess board. They never change their name. e4 is always e4, and b7 is always b7.

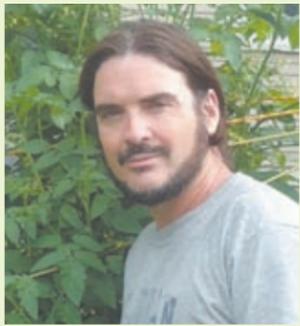
Because we use this type of naming system, a chess game, played by two individuals, can be recorded. Just recently I finished second in my division at the New Hampshire Chess Open Championship. All my games can be replayed because I kept a record of the moves that were made during my games.

There are games going back hundreds of years that can be replayed today because of chess notation. This is how we improve our skills, by going over a game and learning our mistakes.

Another way to improve is to solve chess problems. Try this checkmate in 2 for white.

Anyone who might be interested in learning how to play chess, or already knows how and wants to pick it back up, can call Al French at 603/915-0134 or simply come to the Family Resource Center at 123 Main Street in Gorham on Tuesdays between 6 and 9 p.m. to take part in the regular meeting of the Gorham Chess Club.

Join me in upcoming editions of the Gorham Gazette for chess discussions, information and puzzles for you to solve. Play well; be well!



Backyard Gardener

By: Will O'Brien

Questions of the month:

I would like to grow roses but I don't have a lot of time to put into them. What type of roses would you suggest for life in the fast lane?

The Knockout Rose by far is the best choice for you. This superstar of a rose is the most common rose sold in America today. The genius breeders developed this new hybrid rose for those of you novice gardeners out there who don't have the time to put into your roses. It is disease resistant and can tolerate dry weather conditions and poor soil quality. This rose begins to bloom in June and continues throughout the summer. This rose can tolerate freezing temperatures and is also self cleaning therefore no need for dead heading. This Kock Out comes in many colors and types such as,

- The Knock Out Rose
- The Pink Knock Out
- The Rainbow Knock Out
- The Sunny Knock Out
- The Double Knock Out Rose
- The Pink Double Knock Out
- The Blushing Knock Out

How can I keep cats out of my gardens?

I made some calls to my garden friends for this one and they all mentioned that it is quite the challenge if you don't have a complete fence around your garden!

- Plant catnip or any mint about five feet from your garden. They are more likely to play here instead of your garden.
- Build a small sand box, litter box size on your property and leave a tasty treat close by every two weeks for a month. You might want to hide the box behind a shrub.
- Plant lemon grass in your garden.
- Mulch your garden with small sticks and wood chips. Cat's hate to feel this texture on the bottom of their feet!
- Scatter orange peels with coffee grounds around your garden.
- Spray a bleach solution. One cup of bleach to a gallon of water and spray near plants.

Should I start my glads indoors?

Starting gladiolus indoors will definitely have them blooming early. I like to start my gladiolus in a small plastic tub with an inch of potting mix on the bottom. Place the pointed part of the bulbs pointing upright and the flat bottom of the bulb on the soil. Then cover them with only a half inch of potting mix. Water only once a week. When the plants are about two inches tall then it's time to place them outdoors for a couple hours for two days. This process will help acclimate them to the outdoor conditions.

COOS COUNTY BOTANICAL GARDEN CLUB NEWS

The garden clubs Community Gardening Day was a success with planting and a cookout in front of the railroad trains in Gorham. We planted our donated plants around the freshly turned soil at the Gorham Historical Society gardens. A huge "Thank You" to all of our club members who helped!

The gardening club continues to welcome new people to the club and people who will take on gardening projects for our communities. Thank you to our dedicated club members and volunteers who helped make that day a success! Our next gardening make over will be at the Gorham Public Library.

Many field trips are scheduled for the summer and if you're interested in attending or joining the CCBGC then please contact club president Will O'Brien 723-7672.

Schedule of Events:

- Field trip and potluck at the organic Whiskey Jack Farm in Milan N.H., Monday July 22nd at 6:00. This event is for club members only. Note: This farm was named after the bird called the Whiskey Jack (Canadian Jay) that can be seen at their farm.
- Flower Show Competition at the Berlin Farmers Market, Thursday, August 8th, 2:00-7:00. If you are interested in entering a flower then please contact the club president for details and a sign up form at 723-7672.

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Susan Griffin

I'm glad you asked...



Summertime is finally here, school is out and the living is easy! I could discuss all sorts of beauty related subjects for this time of year, but instead I've decided to touch on some of my favorite summer pastimes. How does that have anything at all to do with the beauty industry?

It doesn't.... My guess is you might be tired of me listing the dos and don'ts of hair, nails and other beauty tidbits; so I thought this might be fun for a change. My summer here starts when school gets out. I mark my appointment book here at the Salon on the date the little cherubs get out; then I watch for when they are released. The overwhelming joy on their faces as they skip, jump and pretty much float by my window is so much fun to watch. Do we ever really forget that feeling from our own childhood? I know I don't and even though it was a long time ago, I live it again each June when school ends and summer begins. It's been 11 years now since I began this profession and in that time I've been very fortunate to have some of the nicest young people come to see me. What I enjoy most about what I do, is that many of my customers are now a part of my life and I hope they feel the same. This is especially true about the children, because right before my very eyes they mature; we have discussions about school, sports, plays, and movies, their jobs after school hours and during the summer and all their likes and dislikes. Which reminds me of one of my other favorite pastimes; watching the teenagers get off the Story Land bus after a long day of work! The kids like to call it "Slave Land" which of course I think is very funny. If you want a good laugh, sit across the street at the park and just wait for the bus to pull up. They get off dragging their feet with a look of pure exhaustion; it's good for them, don't you think?

I truly love being around young people. So what does it mean to "be young"? Being young means having certain traits: curiosity, a sense of possibility, a willingness to take risks. I think that's an attitude we can have at any age; granted, it gets harder as you go along. I look at it this way: there is a distinction between youth and being young. Youth is a life era, from birth to say 30 something (40 something for men) just kidding, sort of. Being young is an attitude. It's something I plan to work on until my time is up. I have family: my Aunt Punkie here in NH and Aunt Bernice and Big Jake in Florida; they are the most fun people I know and all three are in their mid eighties. They are my role models for living life to the fullest and that's what I strive for everyday. So you want to have some fun this summer, hang around with some young people or those of us who are young at heart.

Until Next Time....

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



Words of Wellness "BONE UP WITH EXERCISE"

Osteoporosis affects millions of Americans each day. It is estimated that 1.5 million fractures per year are attributed to osteoporosis. But in so many cases their bone density could have been maintained, and even improved through a program of regular exercise.

For anyone unfamiliar with the condition of osteoporosis, it is a loss of bone density. The inner structure of the bone is lost, causing bones to become brittle. There is a certain level of flexibility in healthy bones, which allows them to sustain impact without breaking. With osteoporosis that flexibility is lost and bones break much easier. A good analogy would be bending a live tree branch and a dead one. The dead one has no flexibility and breaks easily while the live one can withstand bending.

As people get older they tend to lose bone density for various reasons. For women, hormonal changes can account for much of their bone loss. Thankfully there are preventative measures that can be done to help this debilitating disease.

Weight bearing activities are one of the best ways to help strengthen bones. Toning exercises are a great example. The stress placed on the bones causes them to retain or increase their density. Many people are under the impression that if they eat enough calcium rich foods they have covered the bases. It may help a, but if you are not doing anything to force the bones to use that calcium it will go unused. Calcium is important but it can't do the work alone.

Those of you who may be saying, "I'm too old to start lifting weights," couldn't be more wrong. Anyone can start at any age and it's easier than you think. Remember, you're not training to become a power lifter. Your goal is to increase muscular strength and stimulate bone density. Strength training also improves balance which is very beneficial in preventing a fall which could possibly break bones. Muscular strength helps with daily activities such as, getting out of a chair, a car or your bed.

Just 15 to 20 minutes, 3 times a week of weight training is all you need to reap the benefits. Be sure to include exercises for both the legs and upper body. If toning exercises are new to you, consult your physician before starting a program and work closely with a trainer. Even if you have limitations, there is always a way to modify exercises to work for you. Start building bone density today. It could save a lot of pain or even your life!! For more information or questions, feel free to call me at 603-466-5422. Lise King, AFAA Personal Trainer.

KNOWLEDGE IS EVERYTHING

The Summer months are a time to take care of those jobs that can't be done during other seasons in the North Country. The first thing you want to do is to make a list of the things that need tending to. Second, and very important, be truthful with yourself. We all have trouble drawing the line between knowing and thinking we know. The old saying, "A little knowledge is dangerous" became a guild for the very reason that a person who knows a little about a project can create more problems than a person who has no knowledge at all on a particular topic.

Many jobs need a skilled, knowledgeable person to do them. The professional in any field will usually give you an estimate of costs before beginning a project. It may be less than you think to work with a pro and always make sure you are dealing with one who is licensed and insured, whether it be an individual or a company.

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1. Qxh7 check Rxh7 2. Rg8 mate!



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Animal Stories

Helping the Wolves and Wolf Hybrids at Loki Wolf Refuge

Like many animals that have been kept in captivity by humans, wolves and wolf hybrids are being relinquished by their owners, when they realize that these animals should not be pets, or when they decide that they are unwilling to maintain their initial commitment to animal ownership. Due to laws outlawing and regulating ownership of these animals, they often cannot be rehomed by shelters and rescues and find themselves at risk of death. Located in Chatham, NH, Loki Clan Wolf Refuge is dedicated to trying to give wolves and wolf hybrids a place to live when their former owners are no longer willing to or able to care for them. We currently have 62 animals under our care and rely on help from the public in order to make this a reality. We are a non-profit refuge and run completely on public donations and with physical on site help from volunteers. We are striving to provide a better quality of life for these animals as well as meeting their physical, medical and emotional needs.

Loki clan is currently not open to the public for visitation, though we are accepting permanent volunteers. Volunteer work at Loki includes daily watering of the animals, food preparation, work on new enclosures. Additionally, we are looking for those with special skills, including, but not limited to, operating heavy machinery, fence building, carpentry, grounds maintenance and taking down trees. In order to have visitors on site we require a USDA license, which we are hoping to get this summer, once our enclosures and shelters are completed. In the meantime, if you can commit to 1 day a week for at least



Luna

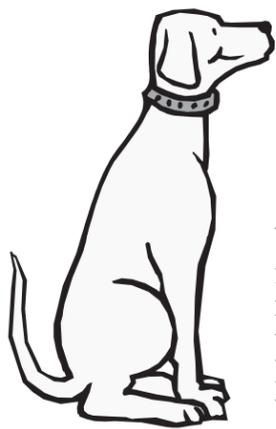
3 months, or if you have any of the above skills and wish to help, please call 603-662-5818 or e-mail marleyhuey@midmaine.com. During the summer and fall, we have monthly fence parties on the first Saturday of every month, where we work on building new enclosures, as well as many other activities to improve the lives of the animals in our care. For those who cannot commit to weekly volunteering, this is a way to participate and help enrich the lives of the animals that depend on us.

Loki clan has found itself in financial trouble, given the current economy. We are a 501c3 non-profit agency and rely 100% on public donations

to continue operating. Currently we have several needs that require help from the public in order for Loki to continue functioning. Some of our animals have been living in small pens for most of their lives, and we are striving to rectify this. We are currently trying to fund raise for the fencing and posts required to build new enclosures. Additionally, many of our animals require new dog houses to provide them shelter from the elements. The materials required to build these houses are around \$120/house or to purchase the proper one at a cost of \$180/house. Many of our animals have medical conditions which require daily medications and care. Sierra is one of our residents who is 5 years old and has an auto-immune disease called discoid Lupus, his monthly medication cost is \$95. Silver, one of our older animals has chronic recurrent vestibular disease and his monthly medication cost is \$65/month. Allie, a 13 year old female has a brain tumor and severe arthritis and her medications cost \$50/month. Tick and heart worm preventative for our animals cost \$15/month per animal. We are always looking for people who may consider sponsoring one of our animals with medical needs or to participate in our Adopt a Wolf program. If you are interested in finding out more about this program or in making donations, please visit our website at www.lokiclans.org or follow us on Facebook.

In our next article, we will explore the controversial subject of ownership of wolves and wolf hybrids.

By: Dr. Monique Kramer



WALTER'S WORLD

Well, like everyone, human and non-human alike, I feel good now that, pardon the expression, "Summer is Here", I think!! During this time of the year I enjoy taking my humans for a walk around the neighborhood, smelling the pretty little flowers and feeling the cool, moist grass under my paws. My family very obediently walks behind me to make sure they pick

up my "do-do", so when folks keep their lawns mowed and short, it is much easier to do so. I'm quite sure that all of my buddies' families do their duty and pick-up after them as well.

Speaking of buddies, it sure is great to see them again, too. During the cold months, we all just made quick dashes outside to "do our business", so there wasn't much socializing going on. Even if we wanted to visit, our humans were usually hurrying us back in the house because, let's face it, they are not very durable.

I haven't seen BoBo the Bear yet this year, but I hope he had a good, long sleep and is doing well. I haven't seen any Baby BoBo's either, so maybe they are back in the woods now that everything is green again. When the BoBo Family does visit, though, they'll no doubt find bird feeders and BBQ's and garbage cans to snack on, even though the humans aren't supposed to make them readily available. They are slow learners, you know!!

The Summer months, with all their wonder, bring with them some pretty hot, humid days and our human family must never forget that we get hot and experience the same weather conditions they do. We need plenty of fresh, cool water available at all times, a shady spot to relax in if we are outside for periods of time, and the proper deterrents to those nasty bugs, ticks and fleas that bother everyone, but can infest us 4-legged guys and gals to the point of utter frustration, discomfort and infection.

I know we all love to ride in our family vehicles and have the wind blow in our snouts. We certainly don't want to stop that practice, but when we do

accompany our humans, you must remind them that they have to keep us safe, so even if they are leaving us for just a few minutes to run in and out of a store, the windows of the car or van need to be wide open. It doesn't take long for the heat to build to fatal proportions. Our humans couldn't survive it, so how would we? Better yet, unless we're all going on a longer journey (which, of course, I want to be included in on), or unless one of my family stays with me and has the air conditioner running or the windows open, they leave me at home where they will know I am out of harms way. We don't want to get kidnapped by anyone while the windows are open and we are alone, either. Heaven only knows what the villains would have in mind for us, but even the thought of having to retrain another family is too much for me at my advanced age.

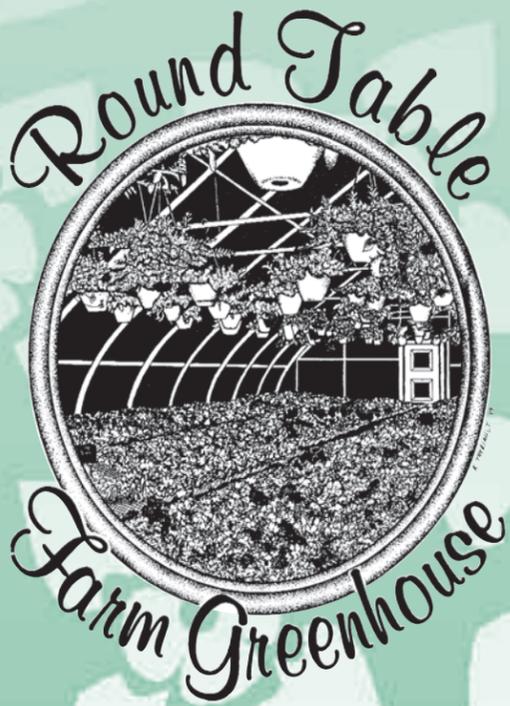
So, Summer is here and we have a couple of new (to me) arrivals in the neighborhood. I just met Sarah, a real doll of a Yorkie; Tundra, a particularly nice Husky mix; and a couple of good guys I've known, by sight and sniffs, since I've been here - Sam and Zeus. I believe they are some kind of a Retriever breed, but they are promising to send in a letter for the paper soon, so we'll find out more about their ancestry then.

We have to be aware of safety at all times. Just like little humans, we get excited and distracted and tend to be careless of our surroundings. We may forget and run out into the streets before checking for cars or trucks, or we may get a little too close to the river's edge where we could slip and fall in. This is where we depend upon all of our humans to watch out for us and to guide us into safe behavior patterns. We non-human family members always are watching for our human family members and neighbors, but we can use all the help we can get.

Be Good,

Your friend, Walter.

P.S. By the way - for those of you who keep thinking I'm a little bear when you see me out and about, I can assure you, I AM NOT A BEAR, I am a dog, and a pretty kind and gentle one at that. So don't be scared if you see me in my yard after dark, but do make sure it is me and not BoBo!! My humans made that mistake once when we were new to the neighborhood, but luckily I was watching out for them. I told you that humans are slow learners, didn't I?!!!



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