



# GORHAM GAZETTE



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January 28, 2013



TransCanada Corporation representative Carl Nadeau presented a check for \$2000 to Gorham Middle School students attending Mindflight during the Summer of 2013. Pictured with Carl are the 7th graders who attended Mindflight last summer. The TransCanada Corporation has generously donated over \$13,000 in the last three years to GMS students attending Mindflight. Submitted by Matthew Saladino.



C. M. Broman

## Berlin / Gorham Vet-to-Vet Berlin Area Veterans "Paying it Forward" And Helping Their Own

If you have ever served in the Armed Forces of the United States you are welcome to join us on the first and third Tuesday evening of each month at the Family Resource Center in Gorham at 6:30 pm. Our meetings in February will be on the 5th & 19th.

Vet-to-Vet groups have popped up all around New Hampshire in the past year, helping us to network with folks in other parts of the State and expanding our horizons. We have helped some veterans get into the VA Health Care System. We have helped some to adjust to being home after being "Down Range." We have helped two homeless veterans find jobs and get a roof over their heads. We are not professionals, just concerned local veterans.

If you have questions you are welcome to call Dave @ 752-5773. We hope you all have a safe and prosperous 2013.



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Early Spring?  
Find Out February 2nd  
Happy Groundhog's Day  
See page 5 for more Groundhog's Day info



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## HIGH ALTITUDE! The Air National Guard Band of the Mid-Atlantic's Rock Band

Sunday, February 3, 2013 at 2 pm

The 2013 Performing Arts Series Opens with an exciting concert featuring top Air Force musicians and singers offering "something for everyone", including current pop tunes, oldies, country, and both acoustic & electric pieces. Back from tours all over the world, come welcome them to the North Country!

Concert is free and open to all. Donations to St. Kieran Arts Center are welcomed.



## CABIN FEVER FOLLIES RETURNS!

Sunday, February 17, 2013 at 2 pm

Fasten your seatbelts for this fun and fast-moving annual variety show, this year featuring "Hee-Haw" style skits, singing, dancing, great music, and anything goes - all designed to "chase away the winter chill"! Directed by Denise Doucette & featuring dozens of local artists!

Tickets: \$12 Adults/\$6 for students.

## Chem Free Graduation Committee Events

On **February 9** from 4-7pm at the Town & Country Motor Inn we will be having a turkey dinner with mashed potatoes, stuffing, gravy, vegetable, salad, fresh backed rolls and desert for only \$10.00 per person.

In **March** (date and time have yet to be determined) we will have a soup, salad and more at Libby's Bistro.

On **April 6** from 8am-2pm we will be holding a yard sale at the Gorham Middle/High School.

We are also selling 50/50 raffle ticket (1 ticket for \$1.00 or 6 tickets for \$5.00) the drawing for this will be held on 6/7/13.

Contact Jeffrey S. Stewart at 603-466-2101 for more information.

**IF YOU'RE IN THE WOODS, AND YOU TRIP OVER A FALLEN BRANCH - NOT TO WORRY - THERE'S A LAWYER OUT THERE SOMEWHERE WHO WILL BE HAPPY TO SUE THE TREE THAT THE BRANCH FELL FROM!**

## GORHAM PARKS & RECREATION DEPARTMENT

### 2013 - Girls Basketball Schedule 3rd & 4th GRADE

Date	Guests	Home	Location	Time
Tue 1/29	MILAN	@ EAGLES	Ed Fenn	5:00 pm
Thur 1/31	EAGLES	vs. Hornets	Ed Fenn	5:00 pm
Tue 2/5	Hornets vs.	EAGLES	Ed Fenn	5:00 pm

### 2013 - Boys Basketball Schedule 3rd & 4th GRADE

Date	Guests	Home	Location	Time
Tue 1/29	MILAN	@ SPURS	Ed Fenn	6:00 pm
Thur 1/31	SPURS vs.	Magic	Ed Fenn	6:00 pm
Tue 2/5	Magic vs.	SPURS	Ed Fenn	6:00 pm

### 2013 Travel Team Game Schedule (5 & 6 Boys & Girls)

DATE	LOCATION	TIME	TEAM
Thur Jan 31	@ Lancaster	4:30pm	5 Boys
Thur Jan 31	@ Lancaster	5:30pm	5/6 Girls
Thur Jan 31	@ Lancaster	6:30pm	6 Boys
Sat Feb 2	Gorham (Berlin)	9:00am	5/6 Girls
Sat Feb 2	Gorham (Berlin)	10:00am	6 Boys
Sat Feb 2	Gorham (Lancaster)	11:00am	5/6 Girls
Sat Feb 2	Gorham (Lancaster)	12:00pm	5 Boys
Mon Feb 4	@ Bethlehem	5:30pm	5 Boys
Thur Feb 7	@ Berlin	5:00pm	5 Boys
Wed Feb 13	@ Berlin	4:00pm	5/6 Girls
Wed Feb 13	@ Berlin	5:00pm	6 Boys
Sat Feb 16	Gorham (Bethlehem)	9:00am	5/6 Girls
Sat Feb 16	Gorham (Bethlehem)	10:00am	6 Boys
Sat Feb 16	Gorham (Littleton)	11:00am	5/6 Girls
Sat Feb 16	Gorham (Littleton)	12:00pm	6 Boys
Feb 23 & 24	LITTLETON TOURNAMENT		Schedule TBD
Mon Mar 4	@ Bethlehem	5:30pm	5/6 Girls
Mon Mar 4	@ Bethlehem	6:30pm	6 Boys
Mar 8 - 16	LANCASTER TOURNAMENT		Schedule TBD

For more information, please contact the Gorham Parks & Recreation Department, 39 Railroad Street, Town of Gorham, NH 03581, 603-466-2101.

## GORHAM GAZETTE

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## The Backyard Gardener

If you're like most people that I have spoken with, then you're preparing to throw away that beautiful poinsettia that you received over the holidays? Well don't! Challenge yourself and your green thumb skills by following some of these simple steps below.

**Question: How do I store my poinsettia's throughout the year?**

Poinsettias are tropical plants and thrive in warm sunny conditions therefore, they must be placed in direct sunlight during blooming period. Place your plant in a south, west or even an east window with temperatures between 65 and 75 degrees. They will be fine if your temperature at night drops to 60 degrees. Your plants soil should be dry before you water it again. Continue this process until April.

The first two weeks of April you should gradually begin drying your poinsettia out and preparing for storage by slowly decreasing the amount of water that you give your plant. However, if you see that the stem is getting wrinkles or shriveling up then you should slightly increase the amount of water given to the your plant. On the third week of April, place your poinsettia in a nice cool dark spot around 60 degrees and begin cutting the stem back a good five inches. At this point your poinsettia should be well acclimated for storage.

Mid May you should change your potting mix and bring your poinsettia back to your brightest sunny window and begin to increase your watering. Once you have noticed any green sprouts you should begin to fertilize and continue fertilizing thereafter every two weeks.

October comes around you should place your poinsettia in a dark closet 4:00 pm to 8:00 am. Then place back in the bright sunny window during the day. Poinsettia buds respond to the length of daylight. By November you should begin to see flower buds. At this stage you can stop fertilizing, sit back and enjoy the announcing sweet arrival of your second year of blooms for the holiday.

**Question: Why does Rosemary dry out during the winter and die?**

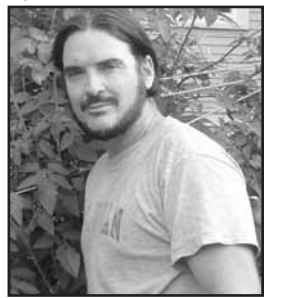
It was kind of ironic that two people on the same day had asked me about growing rosemary indoors during the winter. While that same day I also vigilantly witnessed another conversation where someone didn't even expect it to be grown in the house at all during the winter because they commonly dry out. Well I have news! My own experience with growing rosemary indoors has been fairly easy with a little extra TLC. My mother gave me a rosemary plant three years ago that continues to thrive indoors with the proper conditions.

When you bring your rosemary plant in for the winter, be sure to use a well drained coarse potting mix with a little sand added. Place your plant in a sunny window with temperatures between 60 degrees and 65 degrees. The secret is to never to let your soil dry out. When you feel that the soil is a little damp with some dry spots then it's appropriate to water again. If you notice leaves turning yellow or black then you are over watering. Your plant will also enjoy a light misting every three days. You can also test your plant if you are providing enough water or not by gently shaking your plant. If the needles fall off them you are starting to dry out so water immediately.

**Question: Why do my house plants look drab after a while?**

The leaves on plants that grow outdoors are cleaned often when it rains, therefore the same concept should be used indoors as well. A plant that has dusty greasy dirty leaves has a more difficult time absorbing sunlight and has a negative effect on photosynthesis, when the leaves absorb sunlight and carbon dioxide to make their food. Having dirty leaves also prevents the plant from breathing, exhaling oxygen and inhale carbon dioxide through their leaves. One of my favorite night time filtering house plant is the mother-in-laws tongue a plant also called the snake plant. Sansevieria trifasciata, I had to look that one up! This plant filter toxins in their at night while we sleep. I have five of them throughout my home.

One of my favorite leaf cleaning recipes is in the Great Green book of Garden Secrets by Jerry Baker. This book can be found at the Gorham Public Library under the Coos County Botanical Garden Clubs library shelf. However, I like to use one that I discovered that has less ingredients and works well. Using a mist bottle, mix 2tbsp of brewed black coffee and 1 tsp of shampoo and give your plants a heavy misting. This will make your plant happy by giving your plants clean shiny leaves.



Will O'Brien

## THE COOS COUNTY BOTANICAL GARDEN CLUB NEWS

The garden club would like to thank Fred Sullivan from the Sullivan Greenhouse in Lancaster for his super presentation about growing roses in the north country on January 3rd, 5:30 at the Gorham Public Library. He spoke about over 13 different varieties that they carry at the greenhouse including Therese Bugnet, John Cabot, Rugosa Mauve and many more. Thanks again Fred for a very informative presentation!

We are also in the process of creating a group off from the Coos County Botanical Garden Club called Friends of Wildlife. This groups primary focus will be on the restoration of wildlife by creating several wildlife gardens throughout our communities.

\*Gourmet Dinner /Meeting at the Philbrook Farm Inn located in Shelburne, N.H. Friday, February 22nd, 5:30 with an evening of special presentations. If you are interested in attending this event or joining the garden club, please call Club President Will O'Brien 723-7672.

March 4th, 6:00 at the Gorham Public Library "Plants that attract wildlife by David Govatski." David is retired from the National Forest Service. He will help us with planting ideas for our new wildlife gardens. We hope to see you there.

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



## Glimpses of Gorham's Past: Childhood Memories of Winter



**Gorham Winter Carnival Parade. Source: Guy L. Shorey Collection, Gorham Historical Society**

Ferne Coffin Fogg, 97 years old, recently shared with the Gorham Historical Society some winter childhood memories from the 1920's, with the help of Sandra Cohen-Holmes. Ferne wrote:

Around Christmas time, I often think about the glorious Winter Carnivals when I was a child in Gorham. Across the street from my home, a skating rink was built on the town's baseball field. A large space was closed off with a 4' high wooden fence. The area was flooded, creating ice 5-6" thick. Lights would be turned on at night. Oh what a joy that skating rink was!

When I was 5 years old (1920), a neighbor gave me some simple ice skates. The first day I put my skates by the front steps, before going to school. At noon, during lunch break, I put them on and went to the rink to skate. Mr. Twitchell came over to coach. I fell a lot, but by the time the afternoon school bell rang I was doing quite well. Of course I had skipped lunch but my brother Gerry always saved a biscuit, some gingerbread or an apple, which I ate on our way back to school.

During Winter Carnival a huge ice block gateway was erected across from the Mt. Madison Hotel and a string of lights encircled the Common. Areas were roped snowshoe races and snowmen contests. Near the Grand Trunk Railway depot they scattered dimes, nickels and pennies in the snow and children could do a "search and find" every day of the festivities. I found 18 cents, which I would later use to buy marbles!

When I was 7 or so, Billy Brown made skis for me from wooden barrel staves and inner tube bindings. Waste not, want not was the principle in those days. I learned to ski by going down the ramp from my stepfather's barn.



**Gorham Ski Jump by Libby Mill Pond**

**Source: Guy L. Shorey Collection, Gorham Historical Society**

When a ski slope and small jump were completed near Libby Mill pond, I went over with my simple skis. I climbed to the top, put on my skis and made it down the hill and over the jump without falling! Men working on the slope were amazed at my feat but they would not allow me to do it again. After a Berlin Reporter story referenced my junket, my mother burned my skis!

Another fun Winter Carnival event was the "dress-up," which was held on the skating rink at night. A prize was given to the skaters with the best costumes. My brother and I wrapped ourselves in our quilts and we watched from our bedroom window across the street. Gerry heated coins on the bathroom coal stove and we used them to melt "eye holes" in the frost on the windowpane.

There were dog sled races and horse races (pulling sulkies and skijorers) on snow packed streets that had been rolled. Winter Carnival attracted people from far and wide, filled the Mt. Madison Hotel and other businesses, and benefitted the restaurants and shops. It was a beautiful, happy time of the year.

If you, your relatives or elderly friends have similar memories to share with the Gorham Historical Society, please mail or email them to us: GHS, PO Box 351, Gorham, NH 03581 or gorhamhistoricalsociety@gmail.com. Thanks so much! Ferne and Sandra!

Reuben Rajala, Gorham Historical Society

## GORHAM PUBLIC LIBRARY

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

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

**The Trial of Fallen Angels** by James Kimmel, Jr. There are many times in our lives where we feel we are wronged and treated unfairly. The choice we make: seeking justice or offering forgiveness, could lead us back to peace and happiness. This is what confronts young attorney Brek Cuttler as she tries to solve the mystery of her own murder. Yes, this is a peculiar premise for a plot with lots of twists and turns and questions about decisions made and the resulting consequences.

**Nano** by Robin Cook. Pia Grazdani's dream job at a nanotechnology institute in Colorado turns into a nightmare as it becomes obvious to her that something is terribly amiss at the highly secure and secretive, Nano LLC. Where does the endless supply of funding come from, and are medical ethics being compromised for the sake of science? Fans of Robin Cook will enjoy his latest medical thriller.

**Notorious Nineteen** by Janet Evanovich. What more can be said once readers spot this latest Stephanie Plum mystery on the library shelf! Wacky, loveable New Jersey bounty hunter, Stephanie Plum, along with her equally wacky and toveable-family are back trying to solve a missing- person case. Of course, devoted fans of Evanovich's series know that no case involving Stephanie is without a few hilarious twists and turns. This is a fast and enjoyable read!

**Private London** by James Patterson and Mark Pearson. Dan Carter, head of Private's London branch is assigned the job of protecting the daughter of an American multimillionaire as she attends college in London. Of course, nothing involving this exclusive detective agency is simple. Why are mutilated bodies showing up all over the city, and is there a connection to the young co-ed? Murders, kidnappings, and an unexpected reunion with an ex-wife keep Dan Carter very busy! This is a quick and entertaining read for Patterson's Private fans.

**Zoo** by James Patterson and Michael Ledwidge. Yet another James Patterson thriller, and this time the villains are the animals who are viciously attacking the humans all over the world. But are they the real villains? How did man's fast-paced, high-tech world get so out of control? This is a typical Patterson "quick read": gory in parts, but entertaining.

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

*The Generals: American Military Command from WWII to Today* by T. Ricks

*Far From the Tree: parents, children and the search for identity* by A. Solomon

*Extreme New England Weather* by Josh Judge

*The Holy or the Broken: Leonard Cohen, Jeff Buckley, and the unlikely ascent of "Hallelujah"* by Alan Light.

*All Standing: the true story of hunger, rebellion, and survival aboard the Jeanie Johnston* by Kathryn Miles

*The Real Jane Austen: A Life in Small Things* by Paula Byrne

*The Middlesteins* (in large print) by Jami Attenberg

*Don't Say a Word* (in large print) by Beverly Barton

*Sky Blue: A Western Story* (in large print) by Max Brand

*Fox Tracks* (in large print) by Rita Mae Brown

*Book, Line, and Sinker* (in large print) by Jenn McKinlay

*The Bughouse Affair* by Marcia Muller and Bill Pronzini

*Cover of Snow* by Jenny Milchman

*The Twelve Tribes of Hattie* by Ayana Mathis

*Me Before You* by Jojo Moyes

*Empire and Honor* by W. E. B. Griffin

*Kinsey and Me: Stories* by Sue Grafton

*The Last Man* by Vince Flynn

*The Third Bullet* by Stephen Hunter

*Mrs. Lincoln's Dressmaker* by Jennifer Chiaverini

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

*Against the Odds* by Kat Martin

*Boats and Ports of Lake Winnepesaukee* by Bruce D. Heald, Ph.D.

*The Oath* by Jeffrey Toobin

*Thomas Becket* by John Guy

*Second Chance Pass* by Robyn Carr

*Sharp Objects* by Gillian Flynn

*Into the Fire* by Dakota Meyer, Bing West

*The Transformation Decade, 2010 - 2020* by David Houle

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# Gorham Lifestyles

## The Market Place at 101 Antiques and Unique Finds

It is official Christmas is over! The last of the tinsel has been vacuumed up and the New Year has been well rung in and we have all taken a big sigh of relief. But it doesn't end here. Now it is time to think about the next fun holiday. Valentine's Day is just around the calendar page. The holiday that is full of hearts and romance. It is a time to show your loved ones how much you really care.

You can give the traditional gifts of candy and flowers or you can surprise your special person with a special something. It is a chance to give the unexpected. You will be sure to make this Valentine's Day extra special. Your gift will show thought and caring. You went the extra distance for your loved one.

The Marketplace at 101 can help you this Valentine's Day. It has lots of those special something. Everywhere you look you will find treasures and delights. To delight the senses there are soaps, candles, potpourris, maple syrup, teas and room sprays. There are many food items you can put together for a delicious treat. One of a kind and unusual items are available to make your home feel warm and special. Remember to buy it when you see it because things do not stay long at the Marketplace at 101.

Furniture, wall art, tabletop decorations, vintage tools and antique glass are just a few of the items you will find at the Marketplace at 101. There are also pillows, dolls, vintage tablecloths, doilies and quilts. You will have a hard time making your selection.

The warm and friendly staff will be happy to help you with that selection. They can help you find that special something, the perfect gift. They can help you see new ways to use vintage items. An old window can become a mirror or frame for photos. A wonderful old glass vase can hold your pens and pencils. The ideas are limitless.

Stop in and see the variety. You will not be sorry you did. And that special someone in your life will be happy that you did. And do not forget you are special too and it is ok to give yourself a gift too!

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

### How to Live a Longer, Healthier Life!!

AARP teamed up with the National Institute of Health to study the effects of dietary and lifestyle choices and their relation to cancer and other diseases. The study provided a wealth of information about what we should and should not eat to live a long, healthy life. We've heard eating whole grains is good for you, right? But did you know that it can help reduce the risk of colorectal cancer, while consuming red and processed meats increase it? It also found that dietary fiber is important in staving off heart disease, infections, and respiratory illnesses. The study also found that older adults who drink two to three cups of coffee per day have a 10 percent lower risk of premature death than do those who abstain.

There is a correlation between diabetes and being overweight. More than 80 percent of all cases of type 2 diabetes are related to weight. One out of every three cancer deaths is linked to excess body weight, poor nutrition or physical inactivity. Your risk of dying prematurely increases even if you're just 10 pounds overweight.

Here are guidelines to help you lose weight and help you feel more energetic:

**Enjoy breakfast every day.** Eating a healthy, nutrient-dense breakfast, one that includes protein, whole grains and fruit will help keep your insulin level steady all morning and prevent you from overeating later on.

**Drink more water.** Water keeps you fuller longer, flushes impurities out of your body and hydrates your skin.

**Eliminate soda, including diet soda.** Soda increases the body's cravings for sugar-sweetened, high-calorie foods. Soda also increases the risk for Type 2 diabetes and metabolic syndrome, as well as stroke and heart disease.

**Eat more fish.** Fish has good Omega 3 fatty acids that you need for brain health and may also lower your risk of getting certain cancers. Conversely, eating red and processed meats (think hot dogs, sausage and deli meats) increases that risk, so eat fewer of them.

**Embrace whole grains.** Regularly eating whole grains (whole wheat bread, whole wheat pastas, and brown rice), can cut your risk of heart disease, respiratory illness and some cancers, including colon and breast cancer. They can also help you lose weight by keeping you fuller longer.

**Add lots of fruits and vegetables in your daily diet.** They are loaded with antioxidants and can help you lose weight. Fresh produce contains water, so you feel satisfied longer.

**Be wary of "diet foods".** You can actually gain weight on food that is labeled as "low fat" or "fat free". Often such products are loaded with sugar to make up for the taste lost when the fat is removed and don't offer any nutritional value.

**Be careful eating out.** Dining out often can be hazardous to your health. You don't know how the food is cooked and the portion sizes are often too much.

**Snack.** Snacking between breakfast and lunch and lunch and dinner will prevent you from overeating during meals, prevent your blood sugar level from dropping, and give you more energy throughout the day.

**Substitute the good for bad.** You can lose weight just by substituting lean meats and fish for fatty and processed meats: low fat dairy foods for high fat ones; whole grains and fresh produce for processed and packaged food.

**Exercise.** Find time every day to go for a walk, join a gym, participate in exercises classes or any other physical activity you enjoy doing.

For more information on health and nutrition drop by or call Lise King, Royalty Athletic Club. 466-5422.

By Lise King, AFAA Certified Personal Trainer



## HOME, SWEET HOME

Hello and thank you for picking up the Gorham Gazette. My name is Wayne Micucci and I'm an Associate Broker and Realtor® at RE/MAX Northern Edge Realty. Over the next several issues I will be writing about Real Estate matters, and offering tips and insights on the subject of Real Estate.

I often get calls from people who tell me they have never purchased a house and don't know where to start or what to do. The first thing I ask is whether they have spoken to a lender yet. Sometimes people simply want to take a look at a particular house that caught their eye either in the newspaper or on line to see if it is something they want to pursue. That is fine, but many home sellers won't allow their home to be shown without the buyer having proof of the ability to finance. Financing is the biggest hurdle a buyer must clear. I always recommend a local lender or at the very least a regional one with whom we've had past success. It is very important to work with someone who is readily available to ask you the proper questions to get you into the right loan program or for you to ask questions of them. There are no dumb questions to ask your Realtor® or lender. The lender will gather financial information, such as work status, income, current debt obligations and other information in order to "Pre-Qualify" you. A pre-qualification will give you an idea of the maximum cost of homes to look at. This will save you and your Agent a lot of time eliminating homes that are priced out of your range. A pre-qualification is a powerful tool and with one in hand you are now ready to look at homes.

About 90% of house shoppers begin their search on the internet. What a fantastic tool the internet is, but remember it is only a tool to help you. Nothing beats working with a professional to determine your needs, desires and wants when it comes to buying a home.

Next time we'll talk about the home search. In the meantime, if you have any questions please feel free to stop by RE/MAX at 232 Glen Ave in Berlin, call me at 603-723-7015 or email me at wmicucci@gmail.com. I will be happy to help you. No obligation!



Wayne Micucci

### I'm Glad You Asked

Every month I think, what should I discuss in my next column?

Usually, something just hits me. Sometimes it's a question I might hear over and over again in my Salon and I think I should talk about that. Other times it's an

observation of mine that somehow triggers a past memory and before I know it becomes the topic of my next article. So, what's the topic this month? I'm glad you asked...

### Love, Romance and Valentine's Day

While I was taking down my Christmas decorations and began decorating for Valentine's Day I was thinking back to my very first date. It was on Valentine's Day with my first boyfriend and high school sweetheart; I was 17 years old. It was a very big deal; he picked me up in his own car and took me out to a very nice Chinese Restaurant. We sat in a cozy booth making eyes at each other and I really don't think we ate much. He gave me a single red rose, a lovely card and a small heart shaped box of chocolates. Our relationship didn't end well after we graduated from high school; we were just too young and hadn't experienced enough of life yet. But that's Ok because I have this memory and many more that I cherish. My experiences growing up have everything to do with the kind of person I am now and how I choose to live my life. I remember in grade school how much fun Valentine's Day was. My Mom would buy me a large box of valentines so that I could make them out for all my classmates. Even at that young age, I would worry that perhaps no one would have a valentine for me, but of course all the kids gave them out. One year in the 7th grade, I had a secret admirer who would leave love notes and poems in my homeroom desk and in the pockets of my coat. It ended up being the same boy I dated in high school. I thought of all these memories because I wondered as I decorated my front window at the shop, why it is I love Valentine's Day so much? The memories I've mentioned are among my first, I have so many more. I think like most women I enjoy being romanced and my husband of 30 years knows how to do just that. It's like being back in elementary school again and wondering if you'll get a valentine from that special someone. The little pink cupcakes we had in school and the heart shaped candies with all the little sayings on them like be mine and kiss me. It's not about monetary gifts, it's about love and thoughtfulness and showing someone how much you care.

So for all my friends out there remember, a single red rose, a lovely card and a small heart shaped box of chocolates is all you need to create some life long memories for the one you love.

For anyone looking for some beauty tips or advice this month, forgive me, Valentine's Day makes me crazy.

Happy Valentine's Day! **Until Next Time...**

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



Susan Griffin

## The "Bad" Wolf Debunked

By Bob Akerley

Wolf. The very word sends chills down the backs of millions of people across North America, Europe and Asia. From our earliest days, we all learn of Little Red Riding Hood and the Big Bad Wolf. Modern cinema reinforces the perception with blockbuster movies of deadly werewolves. Throughout the centuries wolves have been hunted to near extinction. And where wolves still roam in the wild, ranchers stand guard over their herds to protect them from the wolf while "aerial hunting" takes place to protect caribou herds.

Yet in stark contrast, dog is known as "man's best friend" and is a beloved member of tens of millions of families; a loyal, brave, loving protector of the family. Wolves and dogs' genealogy is closely related – cousins if you will. So how did the wolf get such a bad rap while dogs became our best friends? Massive misinformation. There are many false myths associated with wolves. One of the earlier ones is that the devastating 14th century Black Plague which originated in China and traveled to Europe killing more than 75 million people was caused by wolves. The now accepted cause of the bubonic plague was fleas carried by rats and had nothing to do with wolves but the assault was on. Additional myths grew of wolves wiping out entire herds. Biologists have proven time and again that wolves, like most predators, select out the old and weak for an easier hunt hence making the herd stronger. Fast forward to today and in many states where wolves have been eliminated; there is a growing problem with coyotes. With wolves to keep the balance of nature intact, coyotes were kept in check; without wolves, man is left to control the growing coyote population. A population that frequently finds itself on the six o'clock news as they move into large suburbs and even major cities putting everyone on edge as family pets go missing and small children are at risk.

Wolves range in size from as small as 45 pounds to as large as 140 pounds. They are known for having long snouts, 1000 pounds per square inch biting capability, long legs, and large paws that act like snowshoes. They can be all black, all white, or some variation of grey. Man's fear of wolves has germinated a subculture of wolf breeding and cross breeding with dogs to produce "wolf-dogs". However many of these animals cannot be made into family pets, get severely abused, and end up at sanctuaries like the Loki Clan Wolf Refuge in Conway, NH ([www.lokiclan.org](http://www.lokiclan.org)). Wolves in the wild and at the Refuge live in family units or "packs". A wolf pack is typically from four to twelve wolves although some packs in the arctic have been as large as twenty wolves. Each member of the pack has a specific role to play in the leadership and overall harmony for the pack. A pack is lead by an Alpha Male and an Alpha Female; they make all the key pack decisions and enforce the rules. At the other end of the spectrum are the Omega Male and Omega Alpha. Their role is a sad but necessary one: being the social outcast. As such, they are the last to eat and take the abuse of the rest of the pack – a necessary way to rid frustration within the pack. Other pack members help with hunting and rearing of pups. Wolves are a tight knit family group and new pups are always a reason for great celebration. Roles can change over time – the Alpha may not always be the Alpha, and the Omega may not always be the Omega.

In subsequent articles we will explore wolf-dogs, the current state of reintroduction programs of wolves into the wild, and the saving efforts of the sanctuaries.



## National Wildlife Federation The Real Reason for Groundhog Day

Punxsutawney Phil, America's most famous weather forecaster, will have love, not weather, on his mind when he emerges from his hole on February 2. Researchers tracked 32 groundhogs for more than four years and concluded that the real reason for the early February appearance is a version of the dating game, groundhog style.

Male groundhogs wake up after three months of hibernation to check out the available pool of ladies within their territory. They select a female with whom they spend the night, and this sleepover acts as a first date, allowing the groundhogs time to get to know each other before the official start of mating season the following month. During these meet and greet sessions, contact is confined to rubbing noses - there's no going "all the way."

After scoping out two or three females, the male groundhog returns to his burrow to sleep again until March, dreaming of the hotties he has just met. When he awakes and revisits each of the females, the earlier slumber parties allow the woodchucks to skip the small talk and get right down to the business of breeding.



### Climate Change

Here's a round-up of recent news on how climate change is affecting wildlife: (Go to [nwf.org](http://nwf.org) for articles.)

Has Punxsutawney Phil been predicting climate change?

Are the seasons shifting? The highest summer and lowest winter temperatures have been happening an average of two days earlier.

Antarctica is warming faster than previously thought.

Deep sea life is being impacted by climate change.

Climate change forces tropical insects to higher elevations.

Forests are in decline as temperatures rise.

Climate change effects are irreversible according to new study.

David Mizejewski, Naturalist

National Wildlife Federation *Adapted from materials provided by USDA/Agricultural Research Service. Contact us at [info@nwf.org](mailto:info@nwf.org), 1-800-822-9919, National Wildlife Federation, 11100 Wildlife Center Drive, Reston VA, 20190. © 2008 National Wildlife Federation. All rights reserved.*

## Happy Valentine's Day

### Did You Know...?

It seems only natural  
that February is  
National Weddings  
Month. After all,  
Valentine's Day is  
the most popular day of  
the year for wedding proposals.  
The second-most popular day to  
"pop the question" is New Year's Eve.



## N.H. CANDIDATES SOUGHT FOR NEW ENGLAND FISHERY MANAGEMENT COUNCIL: FEBRUARY 5, 2013, INTERVIEW NIGHT

The State of New Hampshire has been notified by the National Marine Fisheries Service of vacancies for New Hampshire's obligatory seat and two at-large seats for the New England Fishery Management Council. New Hampshire's obligatory seat is currently held by David Goethel of New Hampshire, who is completing his last term as a Council member.

To assist in filling these vacancies, the New Hampshire Fish and Game Department's Marine Fisheries Division will host a candidates' interview night on Tuesday, February 5, 2013, at 7:00 p.m., at the Urban Forestry Center in Portsmouth, N.H. Potential candidates must be prepared to present their qualifications at the session. Interested candidates should contact Doug Grout, Chief of Marine Fisheries for the N.H. Fish and Game Department, at (603) 868-1095.

Candidates will be interviewed by the Advisory Committee on Marine Fisheries and representatives of the New Hampshire Commercial Fishermen Association and Coastal Conservation Association – New Hampshire. The public is also invited to attend the session and will be provided an opportunity to ask questions of any candidate.

The process of filling council seats requires the Governor of each New England state to submit names to the U.S. Secretary of Commerce for consideration. The State of New Hampshire uses a public process to recommend individuals for the Governor to consider for submission.

The New England Fishery Management Council (NEFMC) is one of eight regional councils established by federal regulation in 1976. NEFMC is charged with conserving and managing fishery resources from three to 200 miles off the coasts of Maine, New Hampshire, Massachusetts, Rhode Island and Connecticut. Visit <http://www.nefmc.org>.

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## Coos County Child Advocacy Center.

In a study of attempted nonfamily abductions the National Center for Missing & Exploited Children (NCMEC) found approximately 36% of attempted abductions happen when a child is going to or from school or a school-related activity.\*

The following tips are from NCMEC's "Know the Rules... For Going To and From School More Safely" and will help your child get wherever they're going more safely.



- Make sure your children always TAKE A FRIEND, always stay in well-lit areas, never take shortcuts, and never go into isolated areas. Teach them to be aware of their surroundings and to observe all traffic rules to more safely share the roads and sidewalks with others.
- Walk the route to and from school or activities with your children, pointing out landmarks and safe places to go if they're being followed or need help. Make a map to remind your children of acceptable routes. If your children wait for a bus, wait with them or make arrangements for supervision at the bus stop.
- Teach your children to trust their feelings. Let them know if anyone bothers them or makes them feel scared, uncomfortable, or confused, they should immediately get away from that person and TELL you or another trusted adult. Explain to them how grownups should only ask other adults for help or directions, and instruct your children not to accept money or gifts from anyone unless you have told them it's OK in each instance.
- Instruct your children to leave clothing or personal items displaying their names at home. Teach them about how a person might use tricks to confuse them or engage them in conversation, and teach them not to be fooled or confused if someone calls them by name. Children should know they don't need to be polite if approached by a stranger and that they should always get out of dangerous situations as quickly and safely as possible.
- Be sure current and accurate emergency contact information for your children is on file at their schools, and be sure each school has a list of adults who are authorized to pick up your children. Make sure you are comfortable with each school's dismissal procedures and make it known you want them followed.
- Teach your children that if anyone tries to take them somewhere they should get away quickly and yell, "This person is trying to take me away" or "This person is not my father/mother/guardian." Teach your children to make a scene and to make every effort to get away by kicking, screaming, and resisting.
- Teach your children if anyone follows them on foot to get away as quickly as possible. If anyone follows them in a vehicle they should turn around, go in the opposite direction, and quickly get to a spot where a trusted adult can help. Advise them to TELL you or another trusted adult what happened.
- Instruct your children to never leave school with anyone until they've checked with a trusted adult. If anyone tells them there is an emergency and they want your child to go with them, teach them to always CHECK FIRST with you before doing anything. Also, teach them to CHECK FIRST if they want to change their plans before or after school. Make sure your children ask your permission to play in specific areas and let you know where they're going to be. Instruct your children to TELL a trusted adult if they notice anyone they don't know or feel comfortable with hanging around them.

\* NCMEC, [www.missingkids.com](http://www.missingkids.com)

\*Granite State Children's Alliance, [cac-nh.org](http://cac-nh.org)

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IF THEY GROW HAIR IN THE  
PALM OF THEIR HAND!**

## WILDERNESS SHELTERS CROWD-FUNDING FOR TRAIL SHELTERS

The Cohos Trail Association (TCTA), creators of the 165-mile Cohos Trail from New Hampshire's White Mountains to the Canadian border, is building a long system of trail lean-tos, composting latrines, and free-standing sign kiosks in remote country in the Whites and the Great North Woods.

To help underwrite the effort, TCTA has developed a crowd-funding campaign on Indiegogo. If you or your business wants more fine trail shelters in remote country, please think of supporting their ambitious shelter campaign. Go to: <http://www.indiegogo.com/cohostrail>.

*The trail runs through Pondicherry Wildlife Refuge in Whitefield/Jefferson and through parts of the White Mountain National Forest, among other tracts.*

Submitted by Reuben Rajala

## GOT YOUR 2013 NH FISH & WILDLIFE CALENDAR?

The new year is here, so make sure you have your 2013 New Hampshire Fish & Wildlife calendar to inspire a year of outdoor recreation and wildlife watching!

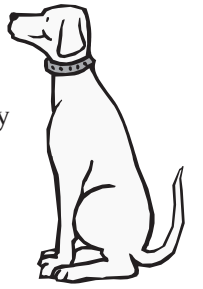
This attractive, New Hampshire-made calendar celebrates the outdoor life. Every month features images of diverse New Hampshire wildlife, plus season dates for hunting, fishing, snowmobiling and more. Best of all, your calendar purchase directly supports the New Hampshire Fish and Game Department's work managing the state's fish, wildlife and marine resources and their habitats.

Calendars are available for \$9.95 at N.H. Fish and Game headquarters, 11 Hazen Drive in Concord, N.H. (open from 8:15 a.m. to 4:15 p.m. weekdays) or use the print-and-mail order form at [wildnh.com/Shop/calendar.html](http://wildnh.com/Shop/calendar.html) (shipping is free for 1-5 calendars).

## WALTER'S WORLD Sub-zero Temps Dangerous for Pets Too

As the coldest days of winter are upon us, BluePearl Veterinary Partners recommends taking certain precautions to ensure your pet doesn't suffer from cold-temperature related injuries.

Dr. Annie Wright, a board-certified specialist in veterinary emergency and critical care medicine with BluePearl Veterinary Partners in Minnesota, offered this advice:



- Antifreeze is highly toxic to people and animals. Cats and dogs are attracted to its sweet smell and taste, and will often sample some if left out in a container or spilled on the garage floor. If you suspect that your pet has come into contact with antifreeze, contact your veterinarian immediately. The success of treatment to antifreeze exposure depends on quick action.
- Dogs and cats get frostbite! Any dog or cat who is exposed to very cold temperatures for more than brief periods of time can develop frostbite. If pets begin to shiver or their ears, tail, and feet show signs of frostbite such as redness in the early stages and pale, white or patches in more advanced cases of frostbite, bring them inside immediately.
- Similar to when it is hot outside, never leave your pet alone in a car during cold weather either. In the winter, a car holds in the cold like a refrigerator and your pet could potentially freeze to death.
- When outside, ice and snow can accumulate between your pet's toes causing irritation and pain. In addition, de-icers that are used to clear roadways, sidewalks and driveways can cause a lot of irritation to their paws. Worse, pets can become ill if they lick these chemicals off of their feet. Prevent these issues by rinsing and/or wiping your pet's feet when they come in from being outdoors. If possible, purchase pet-safe salted de-icers for your entryway.
- Especially in the winter, when ice and snow can mask scents and pets can more easily lose their way, it is important that they always wear identification tags.
- Much like humans, damp and cold weather can aggravate symptoms associated with arthritis in dogs and cats. If your pet is having trouble getting up or laying down, walking the stairs, or has started to cry when being picked up, a visit to the veterinarian is in order. Never medicate your dog or cat with human prescriptions or over-the-counter medications without consulting your veterinarian first. Most of them are toxic for pets; numerous arthritis treatments are available for them. Also, your dog or cat deserves a comfortable bed. Several pet and feed stores carry safe heated floor mats or non-electric warm bedding.
- Pets need to have fresh water at all times. If you leave water outside for your pets, be sure it does not freeze.
- Outdoors on cold days, animals may seek shelter near something warm like a car engine. If an animal is near the engine when the car is started, serious injury can occur.
- Starting a car to warm it up in a garage will trap carbon monoxide. It can only take a few minutes for a small pet to die in a sealed garage with a car running.

• Ponds, rivers and lakes are hazardous for pets in winter as the ice covering them may not be solid. There may be thicker ice at the shoreline, but it may be too thin to hold up a pet or person further out. Keep pets and people away from such dangers. If they do fall in, call for help quickly! Unfortunately, people trying to rescue their best friends can endanger themselves as well.

"Your family veterinarian is the first line of defense when an emergency occurs. Keep contact information readily available at home and on your cell phone contacts list. If your pet is experiencing a medical emergency and taking your pet to your family veterinarian isn't practical, doctors from BluePearl Veterinary Partners are always standing by to help," said Wright.

## Gazette Cooking Corner

### Super Bowl Party Entertaining Tips

Arrange your seats in advance. Avoid the haphazard run for dining room seats seconds before the game begins by bringing your extra seats into the TV room before your guests arrive. This way you can arrange the chairs to ensure that everyone will not only have a great view of the game, but will also have avenues of escape for bathroom breaks, drink refills or a second-round of dinner.

Put together a buffet table. Rather than plopping everything on the coffee table for easy access, display the food and drinks along the kitchen or dining room table. (Or, relocate whatever table is most convenient to your living room to bring the snacks closer.) No one will be reaching over one another for food, which means fewer spills and a faster serving time so no one misses any part of the big game.

Courtesy of Berlin IGA, "Your Hometown Proud Market",  
19 Pleasant Street, 752-1050.

# VOLUNTEERS MAKE A DIFFERENCE AT ANDROSCOGGIN VALLEY HOSPITAL

*By Edwina Keene, Volunteer Coordinator*

Volunteer Services started 36 years ago at the former St. Louis Hospital in Berlin. Over the years, the Department has grown to become an essential part of Androscoggin Valley Hospital (AVH). Here is a brief history of its development as reported by Rosabelle Tiff, who created the program and has since retired. Following that is a section on "Volunteer Services Today," written by Edwina Keene.

## A Brief History

*by Rosabelle Tiff*

In the spring of 1977, a new Community Relations Department opened at the former St. Louis Hospital with Volunteer Services as one of its major functions. Construction of the new AVH had started the previous year, and a Community Relations Department was vitally needed to improve communications both inside the Hospital and within the community. The Hospital President, Richard Greene, hired Rosabelle Tiff to head the new department. She came with 20 years experience in community relations at another small hospital where there was also a Candy Striper Program and strong ties to the Hospital's Auxiliary.

St. Louis Hospital has had an active Hospital Auxiliary since 1956, and among its fund-raising projects were the hospital gift shop, patient gift cart, and a gala spring Charity Ball. Rosabelle was appointed as Hospital Liaison to the Hospital Auxiliary to help them start new programs. The Hospital Auxiliary named her to their Board of Directors and as a member of the Bylaws Committee. They also appointed an Auxiliary Liaison person to work with her.

In addition to working to develop methods to keep everyone inside the Hospital informed, Rosabelle also developed policies and procedures for the new volunteer program. She used the volunteer guidebook from the American Hospital Association as a credible reference. To differentiate the volunteer program from the Auxiliary, she referred to the hospital volunteers as "In-Service Volunteers." Her immediate goal was to initiate a Unit Hostess Program, which she designed as an adult version of the Candy Striper program. Their primary role was to provide extra "TLC" for patients. Hence, they added to the care given by the nursing staff.

In order to establish the Hospital's role as a community health resource and establish a base line of public opinion, a random community survey was held with the aid of a professional public relations consultant. Rosabelle coordinated the effort and called upon both the In-Service Volunteers and the Hospital Auxiliary to help. A certain percentage of the random survey needed to be done by phone. The Volunteers were anxious to take on this role.

There were many areas of interest noted in the completed survey. Among the knowledge gleaned was that people wanted to know how to take better care of themselves through health education. A Health Information Forum was formed to respond to this request. Rosabelle enlisted the help of the Hospital Auxiliary to co-sponsor this new Forum, and their first project was a very successful community health fair. Some 40 health and human service organizations participated and about 800 persons attended. Two follow-up projects held included a Quit Smoking Seminar and CPR classes for the community.

The Community Relations Department was also involved in the community-wide dedication of the new AVH, planned for the fall of 1978. Rosabelle coordinated the dedication program with a hospital committee and called upon the Hospital Auxiliary and in-service volunteers to help by training as tour guides. During the week of the dedication, 2,000 persons toured the new Hospital.

In the new Hospital, the Community Relations Department was located on the first floor, easily accessible to the volunteers. Volunteers had their own section of the office with a desk, sign-in book, and bulletin board for announcements of interest.

The Hospital Auxiliary was delighted with their new gift shop and fresh flower carousel, and they were looking ahead to developing new projects, especially a golf tournament. Rosabelle continued to work with them as Hospital Liaison.

The Unit Hostess Program continued to grow. A second class was trained to work on patient units, with 15 now in the program. After about nine months, some of the volunteers were ready to take on added responsibilities. Two of them developed a Pediatric Orientation Program in conjunction with the Community Relations Department. This Program oriented children to the hospital setting and helped to alleviate their fears should they ever become patients. The Program has been very successful and continues to be part of volunteer services. Several other volunteers assisted by interviewing patients on discharge for a patient opinion survey project.

Other volunteer assignments were developed as needs were requested and approved by various hospital departments. Soon, volunteer services expanded to include a Medicare Information Program, escort service for admissions, transportation of stretcher patients in the x-ray department, laboratory clerical duties, and newspaper and mail delivery.

In 1982, due to financial concerns, the Community Relations Department closed and volunteer services was handled by the Personnel Department. After ten years, a new Hospital president made the decision to re-open the Community Relations Department as the "Department of Public Relations, Marketing and Development." About this time, Rosabelle had just left another position. She was rehired to a new position. Volunteer Services returned under her department. She was impressed with the dedicated volunteers who were still following many of the same assignments. In 1993, she coordinated with the Auxiliary to develop the Moose Valley Wellness Team, and the first annual Community Wellness Fair was held that fall. It still continues to this day, and is now known as the "Healthy Living Expo."

After three years, Rosabelle's responsibilities and the volunteer services grew to the point where a Volunteer Coordinator was needed. In addition, the Home Health and Hospice Services Department was in need of a Hospice Coordinator

to train and recruit hospice volunteers.

Edwina Keene was hired as part-time Volunteer Coordinator. Over the next three years, until Rosabelle retired in 1998, Edwina became well oriented to the hospital and her role in volunteer services. She participated in the Hospice Training Program to further develop her role as Hospice Volunteer Coordinator. When Rosabelle retired, Edwina moved into a new office with increased responsibilities and hours. Rosabelle also continued on the Wellness Team as a volunteer.

## Volunteer Services Today

*by Edwina Keene*

In addition to the Volunteer Coordinator position, which includes coordinating Hospice Volunteers, I also serve as the Hospital Liaison to the Auxiliary. As mentioned in Rosabelle's section, I assumed added responsibilities which included offering educational health programs for the community. This includes coordinating the annual Healthy Living Expo, (formerly known as the Community Adult Wellness Fair) held each September. This program offers members of the community an opportunity to have their health checked.

In 1999, it was evident that a program was needed for teens. After much research, a committee was formed and a new program called Health-A-Rama was developed. The program promotes wellness and healthy decision making. It covers such topics as drugs, alcohol, tobacco, bullying, self-respect and healthy choices. All eighth grade students from Berlin and Gorham Junior High Schools attend. The program, now in its 13th year, has been very successful and receives community support with generous donations from local business.



**Edwina Keene**

Both the AVH Volunteer Program and the Hospital Auxiliary have grown over the years and remain strong with a combined membership of over 100.

The main role of the in-service volunteers is to offer support to our staff, while also helping in the delivery of quality care to our patients. They share with the Hospital, its patients, and the community, the talents, creativity and understanding each individual has to give. Some tasks include clerical, transport, mail delivery, recycling, gift shop, and our greeter/information station which started in 2000, to mention only a few. We now offer dry cleaning pick-up services to our employees and volunteers.

In-service volunteers serve in nearly every department of the hospital, while hospice volunteers work with the terminally ill and their families providing care, comfort, and companionship. Each play an integral role and are a big part of the Hospital family.

Volunteers also help out with community-held events and many serve not only at AVH, but in other organizations within our community. You may see them in our schools, our nursing homes, the Berlin Main Street Program, Tri-County Cap, Androscoggin Valley Chamber of Commerce and other organizations.

While the main function of the Auxiliary is to raise funds for the hospital, they also serve an important role of serving as "Public Relations Ambassadors" to the hospital. As members of the community, they bring the Hospital to the community.

The majority of funds raised by Auxiliary members go towards helping to defer costs of equipment; however, they do many other projects. Most impressive is the Impressions of Care Walkway built in 2007. This energetic group holds many fund-raising events throughout the year, such as the Christmas Fair, Memory Tree and Spaghetti Dinner.

Auxiliary members raise the majority of their funds from the annual Golf Tournament held each June and the beautiful Sunny Corner Gift Shop, managed by Linda Morris. Linda also serves as the Auxiliary President, a role she has held for the past ten years. She is a strong leader and she continues to do an outstanding job ensuring the organization remains a vital component to our hospital and community.

I was recently appointed as President for the New Hampshire Association of Hospital Auxiliaries (NHAHA). The purpose of this organization is to help educate Auxiliaries/volunteers across the State of NH on what's happening at the State level in health care. It also provides an opportunity to share ideas and network. I have been a member of this organization for several years. What I've learned in speaking with my peers is that the AVH Volunteer Program is second to none. I believe this is a direct reflection of the generous people in our community.

I'm grateful for the opportunity I've been given to work with volunteers. It is very rewarding and a privilege to work with a group of individuals whose sole purpose is to give of themselves with no expectations of getting anything in return. Many tell me they get so much more than they give. I've met a lot of great people over the years and have made many friends. I've grown personally as a person through the experience of working with this wonderful group. I stand in awe of our hospice volunteers who walk into the home of a patient who is terminally ill and whom they've never met before to offer all the love, care and support they can. God bless our volunteers!

If you enjoy meeting new people and helping others, perhaps you'd like to join us. For more information about volunteering, or for an application, please call 326-5676 or send an email to [edwina.keene@avnh.org](mailto:edwina.keene@avnh.org).

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