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Volume I

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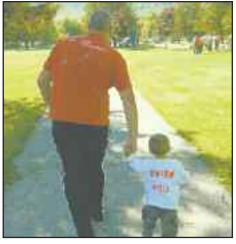
P.O. Box 123, Gorham, NH 03581

Issue 6 July 31, 2012

(right) Brandon Dupuis and son, Jack, of team "Faith", walking in honor of Jack's grandma, Carolyn Caouette.

(See pg. 2 for the Gorham M.S. Walk)







THE "BUCKET LADIES" IN WAITING!!

Our own unique welcoming committee dot the streets of Gorham and some of the surrounding towns, beckoning to passers by, visitors and locals with their colorful presence, each with her own look and extending a happy greeting to all.

The ladies have been hand-made, in most cases, by their individual business owners, the original gracing the outside of the Mt. Washington B&B in Shelburne.



We would like to thank our dedicated, loyal local and return customers for their continued support of our business and the Mr. Pizza "family"!

Also, we would like to invite and give a warm welcome to our "new" friends and visitors to the area during this short summer season!

Thank you to all of our customers for your sharing, patience and understanding during this busy time in hopes that we can still deliver a positive and memorable dining experience!

- Gratefully, your friends at Mr. Pizza

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Gorham Airport Sign Restored

A number of weeks ago, the Community Services Center and Gorham Historical Society teamed up to prepare the depot museum grounds for the summer season. Community Services Center volunteers spruced up flower boxes and repainted picnic tables.

Knowing that some of the volunteers are talented painters, Gorham Historical Society President Reuben Rajala talked with Buddy Holmes from the Gorham Highway Department about the possibility of restoring the rather aged looking Gorham Airport sign. Buddy gave the green light and soon the sign was delivered to the Historical Society.

Unfortunately, repeated rainstorms cut short the idea of repainting the sign outside the museum. Community Integrator Jan Ely took the sign to her garage, where she and and number of volunteers did a fine job repainting both sides of the large sign.

Reuben later cut away several bad sections of the sign and created a new top frame, to which Highway Department staff could attach new hardware for rehanging the sign. It was recently rehung near the entrance of the airport road. Those who worked on the sign restoration project are proud of their accomplishment.



Volunteer painters (left to right) are Bill Gagne, Jan Ely (Community Integrator), Sheila McKenzie (Community Integrator), Jen Thompson and Ben Gagnon. Missing is Rikki Colpitts.

Volunteers such as those above who work for and towards a better community, are always greatly appreciated.

Thank you for all of your efforts and endless devotion to the things that make our area one of the most enjoyable places to live and work.

The Editor

FIND CURRENT AND PAST ISSUES OF THE GORHAM GAZETTE ONLINE AT WWW.OURVILLAGECHICAGO.COM



Multiple Sclerosis Walk - Gorham

by Sylvia Saladino

In 1977, my sister, Sandra, was diagnosed with Multiple Sclerosis. At that time, we were all ignorant as to what MS actually was. Little did we know a long and arduous journey was about to begin.

Multiple Sclerosis affects more than 400,000 people in the U.S., 2.5 million worldwide. Most people are diagnosed between the ages of 20 and 50, but teenagers and even young children can have MS and more than twice as many women as men are diagnosed with MS.

Sandra was diagnosed at 38 years old, but history showed that her symptons had begun when she was just a teenager. She was fortunate to be living in a city with great research facilities, working with the latest technology. Being in the medical field, Sandra was more than willing to be the "guinea pig" for any new drugs or methods that might increase her chances of improvement or for others with MS. Unfortunately, Sandra was diagnosed with Primary-progressive MS. PPMS progresses slowly and steadily from its onset. There are no periods of remission and symptons generally do not decrease in intensity. About 15% of people who have MS have PPMS.

The progress, severity and specific symptons of MS in any one person cannot yet be predicted, but advances in research and treatment are moving closer to a world free of MS. Sandra never doubted that. Her excitement would grow with new every new drug or method that would improve life for others with MS. Her positive attitude and outlook gave hope to others with MS when she would be there for them with a listening ear and encouraging words.

Since 1995, the Berlin-Gorham communities have been taking part in more than 600 annual walks that take place across the nation. Marie Hughes and I, both having sisters with MS, felt it was important to bring awareness of the disease to people in the North Country. More than 80 individuals with MS in Coos County have registered with the Greater New England Chapter of the MS Society. The MS Society invests more money into research than any other voluntary health organization in the world.

For that reason, and in honor and memory of my sister, I have taken part with the Gorham annual walk since its inception and have even done the MS Challenge Walk (50 miles!) on Cape Cod. The Annual Walk this year will be on Saturday, September 8th, beginning at 9am with registration. Starting at the Common, we walk 5 miles, at your own pace...walking for those who can't. Teams and individuals are encouraged to join us. Register on line at walkMS-gne.org or call 1-800-344-4867. Only a \$25 fundraising minimum is required. Your fundraising through Walk MS has the power to change the world for people living with this disease.

Local teams are lacing up their sneakers and getting ready to fundraise! "The Sister Act" will be holding a yard sale on August 18th, across from the Pub in Berlin. "Strides for Sandra" will be the recipient of a generous donation from Auto North Superstore. "Petal Pushers" of Gorham House Florist is a new team this year. Terry Colarusso, whose brother has MS, has always been an avid supporter of the Gorham walks.

If you are looking to join a team, walk on your own, make a donation or just want more information, call me at 466-2520. Support is greatly needed for this event. Donations will be accepted by walkers and teams right up until the time of registration. Sandra's spirit goes on, and in her memory, I hope you will help us to create a world free of MS.

Antiques and Unique Finds Antiques, Books, Furniture, Glassware, Baskets, Vintage Jewelry, Tools, Signs, Collectables & More Middle Intervale Farm's Naturally Raised Beef, Pork & Lamb Will Be Arriving Will Be Arriving Will Be At The Market Place Daily Our NEW Fresh Air Market Open Every Saturday LOCAL Honey, Farm Fresh Eggs, Pure Maple Syrup, Hand-Made Soap, Hand-Made Jewelry 101 Main St. Gorham, NH 03581 Bobbi Jo Welsh, (603) 466-5050; bobbi.welsh01@gmail.com

GORHAM GAZETTE

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Shelburne Union Church Summer Schedule

Shelburne Village, off US Route 2

July 29: Reverend David Smith, Gorham Congregational Church, Gorham NH August 5: Pastor David Center, Lamb's Chapel, Berlin NH August 12: TBA

August 19: Pastor Shane Riff, Harvest Christian Fellowship, Berlin NH August 26: Pastor Chuck Mason, Nazarene Church, Bethel ME

An ice cream social will be held at the town hall following the last service on August 26

November 11: Thanksgiving Service, Pastor Dean Stiles

December 9: Christmas Service, Pastor Dean Stiles

The Thanksgiving and Christmas services will be held at the Shelburne Town Hall

Wheaton College Sues over HHS Mandate Leading Evangelical Institution Joins The Catholic University of America to Preserve Religious Freedom

Wheaton College, the leading evangelical liberal arts institution, filed a lawsuit alongside The Catholic University of America in the D.C. District Court, opposing the Health and Human Services "Preventative Services" mandate, which forces both institutions to violate their deeply held religious beliefs or pay severe fines. This alliance marks the first-ever partnership between Catholic and an evangelical institutions to oppose the same regulation in the same court.

"This mandate is not just a Catholic issue—it threatens people of all faiths," says Kyle Duncan, General Counsel, The Becket Fund for Religious Liberty. "Wheaton's historic decision to join the fight alongside a Catholic institution shows the broad consensus that the mandate endangers everyone's religious liberty."

There are now 24 separate lawsuits challenging the HHS mandate, which is a regulation under the Affordable Care Act (aka "Obamacare"). Catholic University filed suit on May 21, 2012. These HHS challenges were not affected by the Supreme Court's June 28th ruling on the constitutionality of the "individual mandate."

For more information, please contact Jameson Cunningham with Shirley & Banister Public Affairs at jcunningham@sbpublicaffairs.com or (703) 739-5920.



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Gorham's Finest - At Our Service

Certain doom, gloom and panic peddlers in the area are creating negative thoughts about various subjects, one of them being that in some cities and towns jailed prisoners are being released earlier than their sentences edict.

We residents and businesses here in the Gorham area can rest easy because of our splendid Police Force under the leadership of Chief P.J. Cyr. They meet regularly with Federal as well as other law enforcement agencies to keep abreast of any and all updates concerning our safety and well-being.

Watching over any community is complicated. Having come from a large city with a population of 8 million plus people constantly complained not only about the police, but about all the other departments that kept the city running.



PJ Cyr Chief of Police Gorham, NH

Except when something happens! Then, "Call the Police" are the first words heard at the onset of the problem.

Thank you to our Town's Finest. We are fortunate to have you with us.

The Editor

Child Advocacy Center of Coos County

1 Middle St, Lancaster, NH 03584 Telephone: (603788-4633 Fax: (603)788-4633 Email: caccoos@myfairpoint.net

The Child Advocacy Center of Coos County (CAC-CC) has been serving child victims of crime in Coos County since October of 2009. Based on a nationally recognized model, child advocacy centers are community partnerships dedicated to a team approach for pursuing the truth in child abuse cases and providing social services to child victims. By bringing together our county's law enforcement, county attorney, child protective services, victim advocacy agencies and health professionals, child advocacy centers provide safe, child friendly locations for interviewing child victims, coordinating the investigative team and providing ongoing help for the victim's recovery – We provide the same place for children to tell their frightening stories of abuse and make sure they receive the care and treatment they need to heal, survive and thrive.

Child victims of crime come to the CAC-CC where they can be interviewed in a child-friendly, neutral environment that is safe and secure. The CAC-CC brings together all pieces of a multi-disciplinary team to one child friendly location so that one interview can be conducted and all relevant parties are represented and working together from day one of the investigation.

In this stressful economy it is important to recognize that the national increase in child maltreatment paired with budget cuts across the board are a dangerous combination for our children. During 2011, the CAC-CC experienced a dramatic increase for the needs of our services in an almost 50% increase in cases referred for services compared to 2010.

During a time of federal and state budget cuts in the child protective services sector, coupled with a steady flow in child abuse and neglect cases, our most vulnerable population stands at greater risk than ever and the valuable services your local CAC-CC provided are needed now more than ever. We are thrilled to be able to provide critical resources to the multidisciplinary teams we work with. Because of this,

The good news is the CAC-CC is working tirelessly to ensure that child victims of crime in Coos County have access to the most comprehensive and supportive services available. The CAC-CC has the ability to run on a lean budget and still make a significant impact on the lives of those innocent victims who are brought to the CAC-CC. However, our greatest challenge: the CAC-CC is not state funded and we rely on you, our community, to help support our work. We can't do this without you, our communities. Our mission relies on the continued support of the communities we serve. The CAC-CC is dedicated to eliminating child abuse by protecting children, and supporting healing and justice through education and cooperative partnerships in our communities.

So, as we enjoy our summer, please take a moment to think about the child victims of crime in our beautiful county who need your support. Donate your time, your funds or your ideas to your local Child Advocacy Center of Coos County and I guarantee you will notice the impact. I also strongly encourage you to visit the CAC-CC and talk to the staff about the work we are doing. It will be an experience you will not soon forget.

You can find the CAC-CC on Facebook at Child Advocacy Center of Coos County. We are located at 1 Middle St, Lancaster, NH 03584; P.O. Box 662, Berlin, NH 03570. 603-788-4633.

Thank you,

Andrea Gagne, Executive Director

Winthrop Grange Upcoming Meeting

There is a Winthrop Grange meeting August 2, 2012. Everybody is welcome to attend and join in the program put on by our Youth Committee Chairman and enjoy the refreshments that proceed the meeting. All meetings are held at the Shelburne Town Hall beginning at 7:00 p.m.

GORHAM ECONOMIC DEVELOPMENT COMMITTEE

The next, and 6th, meeting of the Gorham Economic Development Committee will be held on the usual 4th Monday of the month. The August 27th meeting will be held at the Gorham Public Library from 4:00 p.m. to 6:00 p.m.

The Guest Speaker, and future Committee member, will be Chris Thayer of the AMC.

GORHAM PARKS AND RECREATION

Fall Soccer Registration Forms are due 8/6/12

Please return your fall soccer registration forms to the Rec Dept before August 6.

August 9th - 2nd Annual Beach Dance

This event is for anyone entering grade 6th, 7th & 8th. End your summer with our 2nd Annual "I Survived Summer" beach dance held at Libby Recreation Complex from 6:00-9:00 pm. Music and karaoke will be provided my Steve Emerson of Mt. Music. Admission to the dance is a tiki torch decorated to your personality or \$3.00. Games and Prizes will be held throughout the evening. Snacks and drinks will be provided. Donations will gladly be accepted and chaperones are welcome.

Aug 18th - 8th Annual Roland Chabot Fishing Derby

Roland Chabot was the founder and owner of Gorham Hardware and Sports Center. For over 40 years, Roland served the youth of the area as a coach, mentor, sponsor and supporter. He was a caring man to all kids, but most especially to those kids who were less fortunate and needed the most. Whether he was donating equipment to athletes or fishing tackle to the fishing derby, Roland's greatest joy was watching local youth grow up through sports and recreation.

The event is for anyone ages 5-12. Registration starts at 8:30 am (no early arrivals). This event is FREE (donations accepted) and will be held rain or shine at the Libby Recreation Complex. Once again we are excited to have Roland's son Mike Chabot and Gorham Hardware as our derby sponsor. We are also able to offer a free cookout for those in attendance, sponsored by Claude and Terry Raymond, proprietors of Paul's Auto Body. Come enjoy a day of fishing, food and fun!

CHALLENGER Soccer Camp Aug 6 - Aug 10

Ages 7-13 camp fee \$100.00 - (camp fee includes ball & t-shirt)

The coaches will emphasize educational games with a focus on personal development. The program is designed to make soccer fun and to improve player's skills. Held at Promenade Soccer Field and sessions will run from 5:00-8:00pm.

Grades 8-12 camp fee \$109.00- (camp fee includes ball & t-shirt)

The coaches will emphasize personal skill as well as team concepts. This is a great way to prepare for varsity soccer pre-season. Held at Libby Recreation Complex Soccer Field and sessions will run from 5:00-8:00pm.

Sign up on-line by June 22nd to receive a free soccer jersey. Registrations received 10 days prior to camp, add a \$10.00 late fee. Call the Rec. Dept. or sign up through our web site. Host a coach and receive an \$80.00 rebate off your child's registration fee!



Glimpses of Gorham's Past: A Short-lived Mining Boom

By Reuben Rajala, Gorham Historical Society



Mascot Mine From Mascot Pond Source: Guy L. Shorey, Gorham Historical Society

Gorham's mining history is not a long one. A mine on Mt. Hayes, near Mascot Pond, was actually the second lead and silver mine in the area. According to an excellent NH Union Leader article by Frank Lovering ("New Hampshire's Old Mine: Gorham Pioneer Built Famous Bridge To It," July 31, 1994) the first mine was found in Shelburne in 1821 by Amos Peabody.

In 1877, Timothy Harden Hutchinson, a successful millwright, engineer and businessman, built a grand suspension bridge across the Androscoggin River near his house (in the vicinity of the current Town garage). An article in the Gorham Mountaineer apparently stated "Mr. Hutchinson had his house painted and it shines like pelican's nose." This new bridge, initially known as the Eddy Bridge and later as the Lead Mine Bridge, allowed foot travel, horses and wagons to cross the river.

The Gorham mine got its start about the same time when Dr. N. T. Rowe, climbing Mt. Hayes, spotted small bits of lead near Mascot Pond. Thomas Culhane and associates later located a large vein of ore nearby. The Mascot Mining Co. was formed in Maine and production was soon underway. The Grand Trunk Railway facilitated the ore being shipped out for processing.

The Mascot House, located next to the pond, served not only the miners but also accommodated guests, offering views of the surrounding mountains. We have a photo at the Gorham Historical Society of the family that operated the Mascot House, standing in front of the stone fireplace, looking quite somber. They are holding what appears to be a Jack Russell terrier. The caption on the back says that it's the day that their dog died. Most likely the expired pup is buried somewhere near the pond.

By 1888 the mine was closed as costs exceeded production and the ore vein thinned. The machinery apparently was removed and the buildings eventually deteriorated. But one can still see old cellar holes and residue from the mining.

Years ago, before a steel grate was installed to block the mine's primary entrance, my family and I hiked up the Mahoosuc Trail (formerly part of the Appalachian Trail) to the Mascot Pond trail and the pond to explore the area. We climbed up the tallus slope and mining debris and carefully walked into the mine, using our headlamps. Eventually we came to a vertical shaft. We dropped stones into the blackness, waiting quite some time before we heard the rocks hit the bottom of the mine.

For safety reasons and to protect what was found to NH's largest bat hibernaculum, wintering over 1,5000 bats from five different species, including the state's only known population of the endangered smallfooted myotis (Myotis lebil), steel gates were installed in 2006. The work was done by NH Fish and Game, the Nature Conservancy and Sanders Environmental Inc., with support from over 200 donors and property owners.



Mascot Mine and Leadmine Cottage postcard Source: Gorham Historical Society

One can't help but wonder if the vein had been much larger, matching the proclamation found in an old Gorham Mountaineer that "Mt. Hayes contains wealth enough in its bowels to pay the national debt!" In those days the debt was \$2 million dollars, which was a huge sum when wages averaged maybe 50 cents per day.

GORHAM PUBLIC LIBRARY

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

STAFF PICKS

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

ADULT FICTION

The House I Loved by Tatiana deRosnay. Set during the "modernization" of Paris during the mid-1800s, this bittersweet story is told in letters written by a strong-willed woman who refuses to surrender her family home, only to have it demolished to make way for the wide boulevards that we now see in current Paris. Is it the house itself that makes us a home, or the family and memories within?

The Witness by Nora Roberts. A teenage rebellion gone bad is the premise for Robert's latest novel. Interesting, if a bit predictable, this story of romantic suspense keeps the summertime reader entertained.

City of Whispers by Marcia Muller. Yet another Sharon McCone mystery, and now our private investigator has to find her emotionally disturbed half-brother. Is he somehow connected to the unsolved murder of a young heiress?

Guilded Lives, Fatal Voyage by Hugh Brewster. Although this piece of non-fiction can be a bit verbose in parts, it provides an interesting picture of the very privileged lives of the first-class passengers on the Titanic.

Under the Tuscan Sun (DVD) What do you do when you're approaching middle age and just divorced? Why, you travel to Italy and buy a decrepit villa! The beautiful scenery and the wonderful, quirky characters make this older movie a must-see summer rerun!

NEW!! Books for Teens: the following are synopses of some of our newest additions to our Youth Section

Tiger Lily by Jodi Lynn Anderson. Fifteen-year-old Tiger Lily receives special protections from the spiritual forces of Neverland, but then she meets her tribe's most dangerous enemy--Peter Pan--and falls in love with him. From the New York Times bestselling author of Peaches comes a magical and bewitching story of the romance between a fearless heroine and the boy who wouldn't grow up.

A Hero for WondLa by Tony DiTerlizzi. Raised underground by a robot, twelve-year-old Eva Nine finally finds all she ever wanted in the human colony of New Attica, but something very bad is going on there and unless Eva and her friends stop it, it could mean the end of life on Orbona. A Hero for WondLa continues Eva Nine's adventures in the series that inspired Rick Riordan to say, "Tony DiTerlizzi proves once again why he is a master of the imagination."

Theodore Boone: the accused by John Grisham. Thirteen-year-old aspiring lawyer Theodore Boone is falsely accused in a robbery and must fight to clear his name. His reputation is on the line, and with the evidence building against him – and dangerous threats looming – Theo will do whatever it takes to proves his innocence – even it if means breaking a few rules.

The Drowned Cities by Paolo Bacigalupi. In a dark future America that has devolved into unending civil wars, orphans Mahlia and Mouse barely escape the war-torn lands of the Drowned Cities, but their fragile safety is soon threatened and Mahlia will have to risk everything if she is to save Mouse, as he once saved her. This is a haunting and powerful story of loyalty, survival, and heart-pounding adventure.

Bitterblue by Kristin Cashore. Eighteen-year-old Bitterblue, queen of Monsea, realizes her heavy responsibility and the futility of relying on advisors who surround her with lies as she tries to help her people to heal from the thirty-five-year spell cast by her father, a violent psychopath with mind-altering abilities. Bitterblue begins sneaking outside the castle at night to walk the streets of her own city, disguised and alone — risking her life as well as her heart.

A Confusion of Princes by Garth Nix. Battling aliens, space pirates, and competitors, Prince Khemri meets a young woman, named Raine, and learns more than he expected about the hidden workings of a vast, intergalactic Empire, and about himself. Nix mixes action, wry humor, and stunning world building in a gripping story of one man's attempt to shape his own life in a dangerous universe.

Between the Lines by Jodi Picoult & Samantha Van Leer. Told in their separate voices, sixteen-year-old Prince Oliver, who wants to break free of his fairy tale existence, and fifteen-year-old Delilah, a loner obsessed with Prince Oliver and the book in which he exists, work together to seek his freedom.



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Gorham Lifestyles



I've noticed something interesting happening in my business this past year or so; there is an undeniable increase in my male clients. Lately, it's very common for me to receive calls asking me if I do men's haircuts. Not only that, but I'll be asked what I do? Do I use scissors, clippers razor, etc.? Don't get me wrong, I take no offense to this type of questioning what so ever. However, it does peak my interest as to why this is happening more and more. I have always had a good solid male clientele but as of late, it is continuing to grow at a more rapid pace. Of course, when new clients come in, I do ask why they decided to try my salon and if



Susan Griffin

they were referred by someone; in other words how did they hear about me? The answers do vary greatly but one common denominator holds true, customer service or lack of. Why do I say lack of? I'm glad you asked...

In my opinion, Salon Services shouldn't just be about necessity. They should be about exceptional customer service. In general, men need haircuts often and most think a haircut is a haircut; that is until they receive something they didn't want or ask for. In any customer service profession it is key to know your customers and understand their lifestyles and what it is they are looking for. When arriving at a salon, you should expect premium customer service in a relaxing environment with little to no wait. It's that simple. And I'm not just talking about the Salon Industry; I am talking about all customer service businesses. I can't tell you how many times I have visited a business only to come out shaking my head thinking, they are in business in spite of themselves. I don't know about you, but as I get older it seems I just won't put up with a lot of things that years ago I would have let go. Do you remember the movie Network that came out in the mid 70's? In it, Peter Finch's character hangs out the window and yells "I'm Mad as hell and I'm not going to take it anymore". That's how I feel about poor service or rude people.

So, if you're looking for a change in any aspect of your life because you feel the customer service you are receiving is less than adequate, I have a few tips for you.

First, Cheaper isn't always better, enough said there. Second, Individualized service produces a better result. Whatever service you're purchasing should be customized for you. Third, Experience and training matters, so get recommendations from people you trust.

I hope you're enjoying your summer as much as I am. Until next time...

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

Gazette Cooking Corner

Chocolate Chip Meringue Cookies

2 egg whites 1/2 tsp. vanilla dash of salt 1/2 c. sugar 1 c. chocolate chips



1 c. chopped nuts

Preheat oven to 350 degrees

Add vanilla and salt to egg whites; beat until frothy. Gradually add sugar, beating until stiff peaks are formed and sugar is dissolved. Drop by teaspoonfuls on greased cookies sheets and place in oven. TURN OFF THE OVEN. Do not open the door for 4-5 hours. May be left over night.

From the Kitchen of Tillie Meyers

Boutique at 101

In this fashion desert better known as the North Country, there is an oasis of color, texture and style that brings a quiet gasp to those entering the portals of the Boutique at 101. Debbie DeGreenia has done a magnificent job of bringing together, under one roof, some of the loveliest choices of women's wear and accessories that are seldom found even in the most exclusive boutiques of the big cities.

The personal attention given to each and every customer and window-shopper is reminiscent of days-gone-by, with gift wrapping of your purchases done while you wait at no extra cost. Debbie's goal is always to satisfy her clients' tastes and pocket book through her one-on-one approach to everyone she meets. You can always count on her good advice and honest critique of each and every item she carries, some of which are almost impossible to find anywhere nearby.

Stop in to see her and experience a different kind of shopping trip. Her dedication to her business is constant, and it shows. She is located at 101 Main St. in Gorham, 603-466-5811.

Stop by their Annual Alley Sale, August 18th from 10:00 a.m. - 5:00 p.m.

Words of Wellness

How to Feel Fuller, Faster



Eating healthy, filling foods can help you lose weight without feeling hungry. They help keep you satisfied longer than other foods. And it's just not what you eat. It's how you eat that can make a difference. Foods that are high in fiber fill you up with fewer calories. Whole grains, such as whole wheat

breads, pasta, oatmeal, and brown rice, are complex carbohydrates that have more fiber and nutrients; also typically have fewer calories than simple carbs like those in cake, candy, and soda. Many fruits and vegetables have high water and fiber contents, making them the ultimate low-calorie filler. Grapefruit, apples, pears, berries, broccoli, cauliflower, and asparagus are especially filling. You should opt for whole fruit over fruit juice whenever possible. Whole fruit provides all the benefits of juice with an added bonus, fiber, which can keep you feeling fuller longer.

Lean protein ranks high on the scale of foods that make you feel full. They create a greater feeling of satisfaction than other foods. The best choices are animal and plant proteins that are high in calories but low in fat. These include fish, white poultry, fat free dairy products, egg whites, legumes, beans, peas, and lentil. Try adding healthy fats such as light olive oil based dressing, or a spoonful of nuts or seeds to your salad.

I highly recommend beginning lunch or dinner with a broth-based vegetable-filled soup or a salad with a low fat, low calorie dressing (skip the bread basket). It may help you eat fewer calories during your meal. Don't skip meals. To avoid filling up on unhealthy options, fuel your body with healthy foods periodically throughout the day. This means no skipping meals. Eat at regular times spaced evenly throughout the day, which is about every 3 to 4 hours in between meals or snacks. Sticking with a schedule will keep your metabolism working and burning more calories daily. And don't forget to drink plenty of water throughout the day to help keep you hydrated and fill you up. For questions and answers e-mail me at rlkc20@yahoo.com.

Lise King, Personal Trainer, Royalty Athletic Club 138 Main St. Gorham; 466-5422.

GORHAM HOUSE FLORIST

Birth Month Flowers

January: Red Carnation or White Snowdrop February: Violets in purple or sky blue or Yellow Primroses

March: Daffodils or White Jonquil

April: Yellow or Red Daisies or Sweet Pea

May: Lily of the Valley or Yellow or Red Hawthorne

June: White or Cream Rose or Honeysuckle

July: Larkspur or Waterlily

August: Orange, Red or Green Gladiolas or Poppy September: Brown or Deep Blue Aster or Morning Glory

October: White, Yellow or Variegated Calendula or Cosmos

November: Blue, Red or Yellow Chrysanthemum

December: Narcissus or Holly

You can always find a variation of this list. I've read some that include Poinsettias for December. (Yes it is Poinsettia not Pointsettia.)

Some of the above flowers are readily available while others are of the garden variety and seasonal. However, if you give your florist enough time, they might be able to get that specific flower for and added touch for a special occasion.

Have a great Bloomin' day!

Terri Colarusso, Gorham House Florist, 10 Exchange St., Gorham; 466-5588

Coos County Botanical Garden Club News The garden club is having our annual flower show

The garden club is having our annual flower show competition August 9th and our vegetable show September 13th at the Berlin Farmers Market located on Pleasant Street in Berlin. If you are interested in volunteering or entering one of your prize flowers or vegetables please call 723-7672 for more details. The flower and vegetables shows will take in entries from 3:00 to 5:00 and judging will begin at 6:00. \$3.00 for each entry, that will go toward purchasing plants for the Laura Lee Viger Botanical Gardens. Ribbons will also be rewarded for 1st, 2nd, and 3rd place entries. Come show off your prize flower or veggie. Hope to see you there!



Colarusso

Will O'Brien

The garden club had a wonderful tour at a private day lily farm in Berlin. Hundreds of common and rare types of day lilies were there for the club members to enjoy. Thank you Sue for the tour! If you are interested in joining our garden club and or joining one of our tours please contact club President Will O'Brien at 723-7672 or at the Community Services Center 752-1005.



Mr. Pizza wanted to extend a warm token of appreciation to Mrs. Sappington's and Mrs. Guitard's 20011-2012 Kindergarten class for planting these beautiful petunias in our flower bed this spring! Just like these amazing flowers, the students I am sure are growing just as quickly this summer! **THANK YOU!**





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This is a replica of the Walton's pickup truck. It is a 1929 model AA. This model had a heavier chassis and longer bed. Roland Bourassa made this replica after watching the TV series. He sketched it down on paper first and then on wood. The bed had real oak wood. The wheels have split rims made in the wood lathe. The tires were also made separate and real treads were added. He gave it a faded look to make it look used. It also has windows. It's a great collectors piece for the Walton's fan. The size is 15 inches long, 8 1/2 high and 6 inches wide.

- Submitted by Roland Bourassa, Gorham N.H.



Keegan Fike (1) receives a \$500 scholarship from Gorham-Sabatis Masonic Lodge during Gorham High School's Class Day events the afternoon of June 8. Nicole Demers (not pictured) also received \$500 scholarship from Gorham-Sabatis Masonic Lodge during Berlin High School's Academic Awards Ceremony on June 4.

Presenting each recipient an award certificate and a congratulatory letter is Chris Davies (r), Scholarships Chairman of the Lodge. Gorham-Sabatis Lodge raised funds for college scholarships and other charitable actions by conducting Golf Tournaments annually in July for the last 3 years. This year, the fourth tournament was held at Waumbek Golf Club in Jefferson on July 14.

Gorham-Sabatis Lodge is part of the world's largest and oldest fraternity, Free and Accepted Masons (or Freemasons, which has existed since at least the 16th century. There are over 5 million members, worldwide, who profess belief in God, who have adopted Masonic teachings (including to regard all humans as one family, created by one Almighty Parent, who all deserve respect, love, relief, and charity), and who seek to improve themselves and others. The lodge in Gorham has operated continuously since 1862. For more information call 603-915-6528.





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-Beth R.



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-Armand M.



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KAYAK TOURS OF GREAT BAY AND KAYAK STRIPER FISHING WORKSHOP OFFERED

Experience New Hampshire's Great Bay Estuary by kayak this summer, guided by staff of the Great Bay National Estuarine Research Reserve. Upcoming kayak tours and a special striper fishing workshop offer a chance to enjoy the rich ecological diversity and fascinating cultural history of the estuary as you paddle the tides and currents of Great Bay. You must be at least 18 years of age to participate. To register, call 603-778-0015.

For the kayak tours, no experience is necessary, however, be aware that kayaking is moderate to vigorous activity, and you will spend approximately 2.5 hours on the water. Participants learn proper entry and exit of the kayak, basic paddling techniques and how to do a "wet exit" (practiced on dry land). Because the trips are very popular, please sign up for no more than one trip per summer. You may ask to be put on a wait list for another trip.

Costs are as follows: The kayak tours are \$35 (\$25 for Great Bay Stewards members; visit http://www.greatbaystewards.org for membership information), or \$15 if you bring your own boat. The cost of the Kayak Fishing for Stripers trip is \$30 (you bring your own boat and gear). Checks should be made payable to: Great Bay Stewards, 89 Depot Road, Greenland, NH, 03840; make a notation that it is for the kayak trip.

Following is the schedule of tours:

GOAT ISLAND GEOCACHE ADVENTURE (bring your own boat) – Saturday, August 11, 2012, from 8:30 a.m. to 11:30 a.m. Join us on a paddle to locally famous Goat Island in Little Bay. Steeped in cultural history, Goat Island was once the location of the Piscataqua Bridge Hotel (1827) and home of the legendary hermit of Goat Island, John Murtaugh. While there, we will have the challenge of locating a geocache hidden on the island. If you are new to geocaching, it is a popular hide-and-seek adventure game using a GPS unit. A GPS will be available for participants to try, but please bring your own if you have one. The remainder of your paddle will take you past Wagon Hill Farm in Durham and Fox Point in Newington. This trip begins and ends at the Scammel Bridge parking lot in Dover/Madbury. Rating: MODERATE DIFFICULTY

PHOTOGRAPHER'S SUNRISE PADDLE – Saturday, August 25, 2012, from 7:00 a.m. to 10:30 a.m. Seize the day in this early morning paddle along the edge of the estuary. Come discover this magical time of day when Great Bay is teeming with wildlife and offers perfect light for taking pictures. The water is often like glass and presents the photographer or wildlife watcher with outstanding opportunities. This paddle will be slow and leisurely, allowing time to stop for pictures or viewing. Bring your own binoculars and/or camera equipment. This trip begins and ends at the Great Bay Discovery Center, 89 Depot Road in Greenland, N.H. Rating: EASY.

The Great Bay National Estuarine Research Reserve is a cooperative federal-state partnership between the New Hampshire Fish and Game Department and the National Oceanic and Atmospheric Administration. Visit http://www.greatbay.org.

Unit M ANTLERLESS DEER PERMITS NOW AVAILABLE

Hunters who want the chance to take additional antlerless deer in Wildlife Management Unit M in southeastern New Hampshire during the fall hunting seasons can now buy a special permit from the New Hampshire Fish and Game Department.

This year, a total of up to 4,000 hunters will be allowed to purchase Special Antlerless Deer Permits for Unit M. At the time of purchase, hunters may opt for a permit with 1 deer tag (\$13) or two deer tags (\$26).

Interested hunters can purchase permits:

- Online at http://www.nhfishandgame.com;
- In person at Fish and Game headquarters in Concord;
- Print a mail-in application from the Fish and Game website at http://www.huntnh.com/Hunting/Unit_M_permits.htm; or
 - Call 603-271-3422 to request a permit application by mail.

Unit M permits are issued on a first-come, first-served basis and cost \$13 for a permit with one tag; or \$26 for a permit with 2 tags. Applicants also must hold a current New Hampshire hunting or archery license.

Archery, muzzleloader and firearms hunters may use the special permit on any day during those seasons for which they are legally licensed. Youth hunters are eligible to buy Unit M permits.

Special Unit M permits have been issued in New Hampshire since 1997. They reflect a long-term objective, outlined in the state's Big Game Management Plan, to reduce deer numbers in southeastern New Hampshire in order to sustain regional herd health and to minimize deer-human conflicts, such as vehicle collisions and destructive browsing of agricultural and ornamental plants. High human densities and associated levels of development in southeastern New Hampshire result in greater potential for deer-human conflicts and complicate deer population control efforts.

Specific boundaries for Unit M, and more information on the special permits, can be found at http://www.huntnh.com/Hunting/Unit_M_permits.htm.

For more information on hunting deer in New Hampshire, visit http://www.huntnh.com/Hunting/Hunt_species/hunt_deer.htm.

Before It's Too Late: Take a Hunter or Bowhunter Education Course this Summer

Summer is a great time to get in a Hunter or Bowhunter Education course in time for the fall hunting seasons. Log onto the New Hampshire Fish and Game Department website today to sign up for a Hunter or Bowhunter Education course!

"Summer is the best time to take any of the Hunter Education courses, because the demand is lower and availability is higher," explained Fish and Game Hunter Education Coordinator Josh Mackay.

To register, visit http://www.huntnh.com/Hunting/hunter_ed.htm. Under "Find a Class," click on the link for traditional hunter education, online hunter education or traditional bowhunter education courses. Scroll down and use the handy calendar search engine to find classes using your zip code, and scrolling the calendar. Once you find a class, simply click on the event to preview all the details about the course, and to register. Once you've successfully registered, you will receive a confirmation email with your account information and a copy of the course registration page. If you have any trouble registering for a hunter or bowhunter education course using the online system, call the Hunter Education office at 603-271-3214.

Who should sign up for hunter education? All new hunters, and hunters without a previous hunting license, must take a hunter education course (those age 16 or older need a license to hunt; youth are encouraged to take hunter education between the age of 12 and their 16th birthday). To meet this requirement, Fish and Game offers Hunter and Bowhunter Education classes around the state, as well as Trapper Education. To receive a certificate of completion, participants in these programs must be 12 years old by the end of the course. Courses are available from February through October, but they fill up fast, so don't delay!

"Because of its ever-increasing popularity, just taking the online class does not guarantee a field day will be immediately available," cautioned Mackay. "Once you complete the online course, it is best to immediately register for the next field day. And don't wait until September to complete the online course, or it will most likely be too late; the field days for September and October are often filled at that point."

If you miss your chance to complete a Hunter Class in time for hunting season, keep in mind the option of getting an Apprentice Hunting License, with which you could hunt accompanied by a licensed hunter age 18 or older. Learn more at http://www.wildnh.com/Hunting/apprentice.html.

In 2011, more than 500 trained volunteer Hunter Education instructors taught 107 traditional Hunter and Bowhunter Education courses, plus 16 field days for students who completed their studies online. The program certified 3,423 new hunters.

To find out more about Fish and Game's Hunter Education Program, visit $http://www.huntnh.com/Hunting/hunter_ed.htm. \\ \beta$

Brake for Moose: It Could Save Your Life

Remember to brake for moose when traveling New Hampshire roadways. There were 146 reported moose/vehicle collisions in New Hampshire in 2011; in the last five years the state has averaged 184 per year. June is a high-risk month for encountering moose on the roads, because moose are moving from winter to spring habitats and coming out to the roads to eat salt. The New Hampshire Fish and Game Department is working to make people more aware of the danger of moose/vehicle collisions. Step number one is to learn what you can do to reduce the chance of being involved in an accident with a moose.

"Moose are an important and much loved part of our state, but it can be dangerous to encounter them on the road," said N.H. Fish and Game Moose Project Leader Kristine Rines. "By following a few simple rules, motorists can greatly reduce their chance of a collision or the severity of personal injury if they do hit a moose."

When driving on New Hampshire roads, keep these points in mind:

- New Hampshire's moose herd is approximately 5,000 strong.
- Moose vehicle collisions happen statewide on all types of roads.
- * Moose collisions happen most often from May through November.
- While collisions can happen at any time of day, they occur most frequently at dusk and during the night.
- Moose are dark brown and hard to see against pavement.
- Don't depend on "eye shine" to alert you to a moose's presence. Moose don't always look at an approaching vehicle.
- To reduce the chance of a collision or the severity of occupant injury if you do hit a moose:
 - Drive no faster than 55 mph, and wear your seatbelt;
 - Scan the sides of the road;
 - Be able to stop within the zone of your headlights;
 - Use high beams whenever possible;
- If you see a moose, slow down or stop if necessary, until you have passed it or it has left the road.

New Hampshire residents and visitors love to see moose and enjoy sharing the state with these largest denizens of the forest. Make sure your moose encounters are safe for you and the moose: Brake for Moose – It could save your life!

The New Hampshire Fish and Game Department is the guardian of the state's fish, wildlife and marine resources and their habitats. For more safety tips on avoiding moose collisions, visit http://www.wildlife.state.nh.us/Wildlife/brake_for_moose.htm.

Be Aware of Scams

By Andrew Salata, Social Security Public Affairs

Whether it is financial help during these economic times, or a deal that seems too good to pass; being careful about the information we provide is always the best financial tip.

You may think you're safe simply by not carrying your Social Security card with you and not providing your personal information over the Internet or by email. But scam artists have become shrewd. Never reply to an email claiming to be from Social Security and asking for your Social Security number or personal information.

Identity theft is one of the fastest-growing crimes in America. If you think you've been the victim of an identity thief, you should contact the Federal Trade Commission (FTC) at www.ftc.gov/bcp/edu/microsites/idtheft Or, you can call 1-877-IDTHEFT (1-877-438-4338); TTY 1-866-653-4261.

Some people who receive Social Security and Supplemental Security Income (SSI) benefits are often victimized by misleading advertisers. Often, these companies offer Social Security services for a fee, even though the same services are available directly from Social Security free of charge. These services include getting a:

- corrected Social Security card showing a bride's married name;
- Social Security card to replace a lost card;
- Social Security Statement; and
- Social Security number for a child.

Some direct scammers suggest that Social Security is in dire financial shape and that people risk losing their Social Security or Medicare benefits unless they send a contribution or membership fee to the advertiser.

If you receive or see what you believe is misleading advertising for Social Security services, send the complete mailing, including the envelope, to: Office of the Inspector General, Fraud Hotline, Social Security Administration, P.O. Box 17768, Baltimore, MD 21235. Also, advise your State's attorney general or consumer affairs office and the Better Business Bureau.

Check out our Social Security Number page online at www.socialsecurity.gov. On our site, you can learn more about identity theft at www.socialsecurity.gov/pubs/10064.html. Read about misleading advertising at www.socialsecurity.gov/pubs/10005.html

Please don't let a scam artist or identity thief make an April fool out of you.

The Hook and Hastings Organ at the Gorham Congregational Church

When the Hook and Hastings Company closed its doors in 1935, it had been the foremost organ manufacturing company in the United States for 108 years. It was founded in 1827 in Boston by two brothers, Elias and George Greenleaf Hook. In 1871, Frank Hastings, age 19, joined them. In 1880 they built an organ factory in Weston, Massachusetts where Hastings grew up. When the Hook brothers retired in 1881, the company became known as Hook & Hastings.

The Hook and Hastings Co. manufactured over 2,600 organs ranging in size from 8 to 80 feet. Frank Hastings wrote that to create organs required a wide variety of highly skilled workers. They needed people skilled in "every branch of mechanics, workmen in wood, in metal, in leather, knowledge of music and acoustics, architecture, electricity, pneumatics, and hydraulics." Impressive understanding for a man who left school at age 14.

The organ at the Gorham Congregational Church was purchased from the Hook and Hastings Company in 1882. Church member Thomas Adams visited the factory and ordered an organ especially designed "to harmonize with the church architecture. It comprises a quartered oak casing, nicely paneled, upon which are supported groups of pipes tastefully arranged and harmonizing with the color treatment of the church." The organ was Hook and Hastings's Opus 1537. Installed in 1893, the organ cost \$1,250.

In 1995, over a hundred years after its installation, the organ was restored by George Bozeman, Jr. and Company Organbuilders. Bozeman removed additions for which the organ was not designed. The windchests and pipes were carefully cleaned and repaired. The bellows were releathered.

There will be a 150th Anniversary Concert on Friday, August 10 at 7:30 pm. Co-sponsored by Music in the Great North Woods. Susan Ferré will play our historic Hook and Hastings organ. Susan has traveled the world as a concert organist. She has performed in some of the major cathedrals in Europe. Susan has also enjoyed playing services and recitals at our church and currently serves as Organist and Director of Music at St. Barnabas Episcopal Church in Berlin.

Susan grew up spending summers with her family in Gorham and attending the Gorham Congregational Church with her parents. Her father, The Rev. Dr. Gus Ferré, was a minister and professor of theology. Susan has graciously made all the arrangements for this concert including recruiting violinist Timothy Bell who lives in Germany.

Susan Ferré and Timothy Bell will be playing music for organ and violin by Johannes Brahms and Josef Rheinberger. Both Brahms and Rheinberger wrote exquisite sacred music in the Bach tradition. Brahms was born in 1833 and Rheinberger in 1839. This beautiful, melodic music was well-known at the time our church was founded.

Thanks to Susan and Timothy's graciousness, we will receive a free will offering that will be equally divided between the Ecumenical Food Pantry and our church's Furnace Fund. Proceeds from CD sales will be divided in the same way. Don't miss this wonderful concert. All are invited!

by Rev. Dr. David Smith, Interim Minister

Letter to the Editor:

Councilor Ray Burton made an official visit to the I-93 Rest Area Welcome Center, Southbound. While there, Burton expressed his support in keeping these rest areas open. Of the 16 rest areas in use, eight of these are supposed to be closing. "Some 250,000 people stop at the Sanbornton sound bound area. To shut rest areas like this one or others is un-acceptable. July 1, of this year the Dept. of Vacation and Trave will have the responsibility of operating these rest areas and welcome stations. The staff of all of them have been the first impression of New Hampshire. The trucking industry also has a key role in that commercial drivers are required by federal law to rest to maintain their licenses. The areas provide a very effective outlet for tourist information throughout the region and beyond. I intend to work as closely as I can with Commissioner George Bald and director Lori Harnois to keep these centers operating." Burton said. I'm glad that Ray Burton is fighting to keep our rest areas open. Especially because we face the same issue right here in Shelburne. We need backing on this issue to fight to keep our rest area open! Even if the facility itself cannot be opened right away, remove the barricades. At least having a place to picnic, park or for truckers to rest would be nice. Please send your response to the editor of this paper.

Priscilla (Tillie) Meyers, Shelburne, NH

Thank you for your updates on the subject of, not only the Shelburne Rest Area, but also of the Statewide attention to these important locations.

If any of our readers have comments, questions or thoughts they would like to contribute to this matter we encourage them to e-mail those items to the Gorham Gazette at contact@ourvillagechicago.com or call us at 603/466-1037.

The Editor

Shaheen, Ayotte Praise Firefighters Heroism for Fighting USS Miami Fire

More than 100 firefighters from South Portland, Maine to Groton, Conn., battled 10-hour blaze on May 23.

By Robert Cook

With the Portsmouth Naval Shipyard as their backdrop, U.S. Sens. Jeanne Shaheen, D-NH, and Kelly Ayotte, R-NH, praised the more than 100 firefighters who battled the USS Miami nuclear submarine fire on May 23.

More than three dozen Seacoast area firefighters from southern Maine, Portsmouth, Dover, Rye, Newington, Hampton as well as the Pease Fire Department and Shipyard Fire Department were present at the Monday morning ceremony at Prescott Park.

Shaheen said the actions taken by firefighters from South Portland, Maine to Groton, Conn., were truly heroic and amazing when one considers how 75 rotations of firefighters had to fight the fire inside the USS Miami's forward compartment.

Firefighters were air packs and encountered temperatures of 500 degrees as they went inside the sub, fought the fire and gave way to the next group of firefighters, she said.

"It was incredible there were no critical injuries and no one lost their lives," Shaheen said. "Thank you for your professionalism, your courage, your skill in fighting that fire."

Ayotte said the courage and dedication exhibited by the firefighters reflects "the difficult job that our emergency responders have every single day," whether it is a house fire, car accident or an emergency such as the sub fire.

Ayotte said the commendations the two senators gave to the firefighters present were not just from them, "but the United States of America."

Acting Portsmouth Naval Shipyard Commander Capt. Jamie McCluskey said the USS Miami fire was a very challenging situation for all involved.

"The fire was the most significant event I have ever witnessed at a Naval shipyard," he said.

He said the actions taken by crew members and officers from the USS Miami and the USS Pasadena and the 100 firefighters "were outstanding and in many cases historic."

David Lang, president of the Professional Firefighters of New Hampshire, commended the teamwork demonstrated by the firefighters who came together regardless of whether they were full-time, part-time or volunteers.

"They rose to the challenge, they went in and they put that fire out," Lang said. "Some say it was heroic, but our guys say they were just doing our job."

He added, "Wouldn't it be nice if Concord and Washington, D.C., worked together in that manner."

During the ceremony, Shaheen and Ayotte presented a Senate Resolution and commendation to several Seacoast firefighters, which they introduced along with U.S. Senators Olympia J. Snowe (R-ME), Richard Blumenthal (D-CT), Scott Brown (R-MA), Susan Collins (R-ME), John Kerry (D-MA) and Joe Lieberman (I-CT).

The June 7 resolution commended the service of all those who successfully contained the fire, minimized damage to the submarine and ensured there was no loss of life.

The USS Miami's forward compartment was heavily damaged when a fire broke out on May 23. Dozens of Seacoast area firefighters fought the blaze for 10 hours before getting it under control. Seven firefighters were injured. U.S. Navy officials said the submarine's nuclear reactor was never threatened by the fire, which Navy officials say was caused by a vacuum cleaner in the work area.

U.S. Navy officials are also getting closer to finishing their assessment to determine how much it will cost to fully repair the USS Miami so it can return to the fleet.

The Back Yard Gardener

I have received many questions from my dedicated readers and therefore I would like to take this opportunity to address some there questions to the best of my knowledge in my future articles.

What can I make from house hold products to kill Japanese Beetles and Aphids?

This summer has been a great year for the Japanese beetles, spider mites and aphids to gnaw on our precious flowers, leaving nothing except leaves that are full of pin holes, bites or even roses that just seemed to have disappeared? You might feel that you are so far behind in the game that you just call it quits! But,



Will O'Brien

please don't give up on what you love to do best. Your cabinets are full of simple and safe home remedies that will surely kill or drive off our pesty little enemies leaving your plants in tip top shape without leaving harmful chemicals behind in your soil.

I've tried and found this recipe to be most effective for my garden. Because I have a green plum tree that attracts thousands of Japanese Beetles, I did break down this summer and did use the pesticide Seven Spray to get the population down in a quick manner, however, I continues to use home remedies for the most part. Just remember that every garden and soil conditions are different and what might work for one garden, might not work for the next.

3 c cloves of minced garlic

2 tsp. mineral oil

½ gal. Of water

4 tsp. Of liquid dish soap

Let this soak for a good day and strain. Pour the liquid in a spray bottle and mist your plants. You may throw your leftover garlic cloves in your garden as well, "waste not want not." This is great for killing aphids and spider mites, however, for Japanese Beetles you might have to use this more often. I like to use this recipe once per week.

Targeted Pest: aphids, Japanese Beetles, whiteflies, and spider mites.

I have Earwigs and they are really taking over my yard. How can I discourage them from getting into my flower garden without using harmful pesticides?

Diatomaceous earth is a remarkable, all-natural product made from tiny fossilized water plants. Diatomaceous Earth is a naturally occurring siliceous sedimentary mineral compound from microscopic skeletal remains of unicellular algae-like plants called diatoms. These plants have been part of the earth's ecology since prehistoric times. It is believed that 30 million years ago the diatoms built up into deep, chalky deposits of diatomite.

Diatomaceous earth is the key here! Diatomaceous earth is an all-natural product from really tiny fossilized water plants occurring in sedimentary mineral deposits from skeletal remains. Gently sprinkle diatomaceous earth completely around the flower garden about an inch wide. The texture and particles are very sharp, therefore, discouraging earwigs to cross over the line of doom. This works excellent for slugs as well.

Why didn't my lilacs bloom as full as the previous years?

I have also received many calls concerning lilacs and why they didn't bloom well this year, however, I know of a few people who had beautiful blooming lilacs in my neighborhood.

Our winter and our spring was abnormally warm, and that's one thing our typical lilacs (syringa vulgaris) don't like and is also the reason why we don't see a lot of this type down south. Lilacs need that winter freeze and snow cover to encourage blooms for the following year. Our climate and temperature is drastically changing due to global warming, therefore, I would suggest looking into mixing warm climate varieties of lilacs with our wonderful state flower type. There are many warm climate varieties out there.

Some of the lilacs that where in the partial shaded areas and watered often did fair this year because of the slightly lower temperatures; however the lilacs in direct sunlight warmed up too quickly in the spring. I would keep your lilacs watered throughout a dry spring and summer and do not give them a drastic pruning or it might take years to bloom again, a light pruning however is sometimes necessary.

I love helping you so please, keep your questions coming and I'll answer them to the best of my knowledge. Happy gardening!

Will O'Brien, Coos County Botanical Garden Club President 723-7672

ASHELIN: A Band of Five Sisters Returns to St. Kieran Arts Center on August 6 at 7 pm.

ASHELIN, a band of five sisters from Newfoundland, Canada returns to St. Kieran Arts Center on Monday, August 6 at 7 pm as part of the Summer Celtic Mondays Series. Tickets are \$15 at the door and \$13 for Arts Center members.

The young and harmonious band of five sisters - Cassy, Joesie, Kaliyan, Shaelin, and Thea began singing and dancing to Newfoundland and Irish roots music as long as they can remember, while learning to play a stunning variety of instruments. Although they never expected their childhood passion for singing and music-making to be anything but family-focused, they were soon embarking on a musical journey that is winning them attention and fans around the world.

Ashelin's brand of folk roots and pop shines through their original songwriting and novel interpretations of traditional tunes. These five fresh talents, who can cast a spell over their audiences, are ready to take their place among the greatest talent Canada has produced.

The 2012 Celtic Mondays Series will conclude with an exciting and dynamic concert by The Navigators, Newfoundland's Top Irish and Seafaring Heritage Band on Monday, August 27 at 7 pm.

The Summer Celtic Series is made possible through a special partnership with Skye Theatre, New England Celtic Arts and their presenting partners.

For more information on the 2012 Series call 752-1028 or visit 155 Emery Street, Berlin, NH and at www.stkieranarts.org

GORHAM MIDDLE/HIGH SCHOOL High Honor Roll and Honor Roll for Fourth Quarter Ending 6/15/12

Grade 6: **High Honors:** Sabrina Connors, Jack Lettre, Maxwell Sjostrom, Lily Sullivan

Honors: Jakob Carrier, Danielle Cotnoir, Lillian Couture, Riley Fitzmorris, Kelly Galemba, Victoria Goudreau, Ty Hamel, Cassandra Hartshorn, Delaney Holmes, Matthew Laflamme, Liam Lake, Lance Legere, Li Qi Li, Savannah Lutz, Kristofer McClure, Emily Tanguay

Grade 7: **High Honors:** Lauren Gralenski, Natalie Harmon, Bronson Leclerc, Chelsea Pike

Honors: Hailee Arsenault, Isaac Balderrama, Autumn Brown, Gavin Demers, Hunter Desilets, Jeffrey Gerath, Jacquelyn Hallisey, Jacob Hieken, Caitlyn Malia, Samuel Sjostrom, Felicia Voisine, Emily York

Grade 8: **High Honors:** Janessa Corrigan, Ava Jackson, Lisia Martinez, Philip Rousseau

Honors: Josey Adams, DeMarco Alvarez-Leonardo, Tristan Buber, Rebecca Clark, Taylor Fortin, Tanner Grone, James Lemieux, Douglas Levesque, Bronson Paradis, Caleb Scott, Jack Sullivan

Grade 9: **High Honors:** Emily Beals, Emily Grone, Julie Labnon, Dan Li, Megan Mayers, Brooke Nadeau, Logan Tassey

Honors: Abigail Beals, Margaret Diegoli, Alyssa Geminder, Kenneth Lavoie, Christian McClure-Corriveau, Brett Tennis

Grade 10: **High Honors:** Alexis Marcou, Heather McClure, Tyler Sanschagrin, Ryley White

Honors: Jacob Adams, James Ballard, Brady Binette, Kyle Boisselle, Eliza Brodeur-Fossa, Christopher DesFosses, Brandon Dube, Katherine Gagne, Zachary Host, Cody Levesque, Benjamin MacDonald, Brian Veazey

Grade 11: **High Honors:** Alyssa Carlisle, Samuel Jensen, Ryan Mayers, Mark McGillicuddy, Jessica Stewart

Honors: Meghan Beals, Shelby Bigue, Douglas Blunden, Hailey Bowie, Danielle Corrigan, Zachary Couture, Natalie Drouin, Aaraon Hillsgrove, Hayley Holmes, Luke Kinney, Kyle Lachance, Hunter Lambertson, Dillon Lowe, Stephen St. Germaine

Grade 12: **High Honors:** Kishia Bishop, Jonathan Chabot, Nicholas Dube, Abigail Hill, Chelsea Levesque, Holly Tremaine

Honors: Keith Baillargeon, Tyler Binette, Crystal Brooks, Blake Donato, Kyle Fortin, Rachel Kenison, Amanda Lary, Andrew Lemieux, Joseph Murphy, Brandon O'Brien, Patrick Pike, Jacob St. Hilaire, Adam Tremblay, Michael Turgeon





Animal Stories



Puppy Mill Legislation



The U.S. Department of Agriculture (USDA) enforces the Animal Welfare Act, a federal law that protects animals kept by dealers, exhibitors and research facilities. The rules for dealers currently state that some high volume dog breeders (some of which would be considered "puppy mills") must be licensed and inspected, but only if they sell their dogs wholesale. Dog breeders who sell retail (directly to the public) are exempt from licensing and inspection since they fall under the current definition of "retail pet store." The USDA is proposing a rule change that would redefine "retail pet store" as a store where pet buyers see pets prior to purchasing them. Changing the rule would mean that high volume breeders who sell directly to the public over the internet, by mail, phone, etc. would have to be licensed and inspected by the USDA.

http://www.regulations.gov/#!submitComment;D=APHIS-2011-0003-0001 Please contact the USDA and let them know you support closing this loophole which allows many dog breeders to avoid inspection.

We suggest that your comments include the following:

"I support the proposed rule change that would revise the definition of 'retail pet store' to bring more animals sold at retail under the protection of the Animal Welfare Act"

For more info on The Anti-Cruelty Society please visit our website www.anticruelty.org.

The Animal Rescue League of NH-North's Putt For Pets Golf Event August 5

Sign up now for the 3rd Annual Putt For Pets Golf Day at Indian Mound Golf Course in Ossipee NH and help homeless animals! The date is Sunday, August 5 beginning at 11 a.m. Cost is \$80 per golfer and includes 18 holes of golf, shared golf cart and sit down lunch.

There will be prizes for best team score net, best team score gross, best individual score net, best individual score gross, closest to the pin, longest drive men's, longest drive women's and most honest score. The prizes are amazing! There will also be a 50/50 raffle. All proceeds will benefit the animals in the care of the Conway shelter.

There are also some sponsorship opportunities available to support this event. You can sponsor a hole for \$100 or a green for \$250.

To register or for more information please call Tom Dean at (603) 356-3855 or go to http://conwayshelter.org/golf to register. This is a really fun day so don't miss out!

WALTER'S WORLD

Well, just when I thought I'ld seen everything (I am an old guy, you know) the other day I was taking my humans for their regular walk around our neighborhood and low-and-behold, THERE WAS A HORSE!!! A horse, right here, standing on the sidewalk and being given a bath with a hose by its human slave. We didn't get close enough to converse about a lot of things, but I understand that he lives on a farm, his name is Ruff and he was having an outing for himself among the hustle, bustle of downtown Gorham and thought a nice refreshing bath at his human's in-town home would feel good after a hot afternoon's adventure.



THEN, AS IF THAT WASN'T ENOUGH FOR AT LEAST ONE LIFE-TIME, I'm out for my evening "doing my business" (which my human diligently picks up) and grabbing a bit of fresh air before retiring for the night, when literally, before my very eyes, THERE WAS BOBO!!

Now, I've heard about Bobo the Bear's presence in our neighborhood, and I'm sure I caught a glimpse of him last year, but being new to the North Country, and the country in general, I wasn't sure what I was looking at. Well, this time there was no mistaking Bobo for anything other than what he was, a REALLY, REALLY BIG BEAR!!

Bobo told me that he's been here for some time, now. He likes the area because humans are careless sometimes and he finds all kinds of goodies in their trash cans that they are good enough to not secure, or their birdfeeders and barbeques they leave in plain "smell". Bobo has never remembered bothering any humans, but I still suggest you stay clear of him - as I said, HE'S HUGE!!! He does, however, love to tear down fences (good exercise, he says) and he did ask me to mention in my next column (this one) that if the humans out there are going to break the rules and leave these temptations out there for him to enjoy, could they, once in a while perhaps, leave a nice, juicy steak or roast for him? He get's a little tired of the scraps they don't want themselves, so why should he get overly excited about them.

Well, that's it for this time. Bobo, Ruff and I bid you a pleasant month. Stay safe and well and remember to send in pictures and stories about yourselves and your humans. I love making new friends.

Your friend, Walter



John Fuller Elementary School second grade students and their teacher Mrs. Allen visited the Conway shelter to present \$90 that they collected selling a book filled with stories written and illustrated by 17 of the students. "The Bentley and Wilson Project" is a collection of stories dedicated to retiring John Fuller principal Mr. Zangari. All monies raised in the sale of the book went to the animals in the Conway shelter. Pictured left to right: ARLN Director Elaine Allison, Mrs. Allen - John Fuller 2nd Grade Teacher and her two dogs Bentley and Wilson, Emeree, ARLN Director Virginia Moore, Aubrey, Cole, Liam and Arielle.

Who me??? Female cats may produce up 18 kittens a year... males - hundreds! Rozzie May Animal Alliance Too many homeless animals . . let's fix it, together.

Feline Fix It Wagon

Rozzie May Animal Alliance's Feline Fix It Wagon made its second visit to Berlin City Chevy dealer in Gorham July 19th. Very lucky felines add the opportunity to visit with the doctor, receive vaccines, medical care, and be spayed or neutered. This was the Fix It Wagon's third trip to Gorham.

This mobile unit, specifically designed for cats, will be returning monthly to Gorham as long as there are cats in need. Rozzie May Animal Alliance, a 501(c)3 not-for-profit corporation, founded in 2007, has been offering spay/neuter clinics to cats and dogs for four years, altering approximately 1,000 animals a year. The time has come to go to the cats with a goal of fixing 4,500 a year. We all hear of the overcrowded shelters, especially during kitten season. Spay/neuter is the way to stop unwanted and homeless animals.

Low-cost spay/neuter does not mean less quality of care. All surgeries will be performed in the separate surgery suite by licensed veterinarians, supported by veterinary technicians and assistants. Team RMAA volunteers will also be on hand to help with paperwork and registrations. The Feline Fix-it Wagon will be offering cat packages, which include spay/neuter, Rabies vaccine, Capstar flea treatment, and nail trim - Females -\$75, Males - \$60.

Please call for more information, appointments... group rates available. 603-447-3477 check our calendar and sign up online www.rozziemay.org.

The 15th Annual Walk for the Animals September 22 in Schouler Park

Join the Animal Rescue League - North for their biggest fundraiser of the year for the animals! Saturday, September 22 in Schouler Park is the time and place, and now is the time to raise your pledges. The Walk for the Animals and Bark in the Park Pet Expo gets underway at 9:30 a.m. with a walk through Whittaker Woods, and the Bark in the Park Pet Expo follows the walk. You can walk with an animal or in honor or memory of one. Be a part of a team or walk as an individual. All participants will receive a Bark in the Park t-shirt and a goodie bag filled with animal-related products. Top fundraisers will receive valuable gift cards to Amazon.com. Registration for the walk takes place both Friday evening from 5-8 pm at Four Your Paws Only on Rt. 16 and Saturday morning in Schouler Park beginning at 8:30 am.

Once again this year you can set up your online pledge pages through Firstgiving. Visit the Animal Rescue League of NH-North's web page at www.conwayshelter.org, click on the Firstgiving icon and follow the instructions. If you need help please contact Virginia at (603) 447-5605 or by e-mail at vmoore@conwayshelter.org. We will be happy to set your page up for you.

After the Walk for the Animals the Bark in the Park Expo will get underway. Vendors of pet-related items and services will be set up throughout the park. There will be interactive events, demos, carnival games, the agility ring, jump chute and good citizen testing. This is a day for you and your best canine buddy.

Bark in the Park 2012 is sponsored by Adventure Suites and Natura Pet Products. Thank you to our many sponsors and supporters of the Walk for the Animals and Bark in the Park. All proceeds will benefit the animals in care of the Animal Rescue League of NH-North Conway shelter.



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V8, Auto, A/C, Heated Leather Seats, Dual Power Seats, Power Windows, Locks, Mirrors, Alloy Wheels, Cruise, Tilt, AM/FM/ CD, Silver, 63k Miles. Stock #8149

\$11,771 or Only \$219 mo.

2005 Buick Rendeouz CXLAWD



3.4L V6, Auto, A/C, Heated Leather Seats, Fog Lamps, Alloy Wheels, Tilt, AM/FM/ CD, Cruise, Tilt, Power Windows, Locks, Mirrors, 47k Miles, White, Stock #8160

\$10,900 or only \$210 mo.

2010 Toyota Tundra Double Cab 4x4



V8, Auto, A/C, Trailer Tow, Tub Steps, Power Windows, Locks, Mirrors, AM/FM/CD, Cruise, Tilt, Gray 98k Miles. Stock #8147

\$18,663 or only \$298 mo.

2012 Nissan NV 1500 Van



V6, 261 Horsepower, Auto, A/C, AM/FM/CD, Cruise, Tilt, Barn Doors, Traction Control 13,500 Miles, White, Stock #8156

\$19,991 or only \$279 mo

2004 Vokswagen Toureg AWD



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\$12,977 or only \$239 mo.

 $Model\ Year\ 2011\ \&\ 2012:\ 84\ mos\ @\ 5.99\%\ M/999\ down; Model\ Year\ 2006:\ 60\ mos\ @\ 7.49\%\ w/999\ down, Model\ Year\ 2007:\ 75\ mos\ @\ 6.99\%\ APR\ w/999\ down; Model\ Year\ 2010:\ 75\ mos\ @\ 6.99\%\ APR\ w/999\ down, Model\ Year\ 2010:\ 75\ mos\ @\ 6.99\%\ APR\ w/999\ AP$



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