

GREENLAND GRAPEVINE

A Community Newsletter for the Town of Greenland, NH

Vol. VIII Issue 1

Spring 2014

The Greenland "Remembrance Park" Project

By Wallace Berg

This is the third article in a series.

The Greenland Veterans Memorial Committee (GYMC) is a committee composed of veterans and sponsored by the Greenland Veterans, Inc., but not funded by that organization. Your reporter is a member of the GYMC.

As reported in earlier editions of the *Greenland Grapevine*, this project is a citizen's civic project. Its initial purpose was to provide a public monument for a Mr. Hudson Van Etten who received our nation's highest award, the Congressional Medal of Honor, which was awarded for service in the Spanish American War. Mr. Van Etten died in 1941 and is buried in a family plot in our Prospect Hill cemetery. This project began when it was noted that Mr. Van Etten's grave was marked with a simple "war department issue headstone" containing only his name, birth and death dates, and a simple Medal of Honor



inscription. It was further noted, upon investigation, that Remembrance Park contains only three monuments with the names of Greenland Veterans from WWI, WWII, Korea, and Vietnam. The end of the Vietnam War was officially 1975, almost 40 years ago. Since then, perhaps as many as 200 Greenland youth have volunteered to serve their country in our armed forces; they deserve to be remembered. Can you provide us with any contact information? If so, please use the contact addresses at the end of this article.

The cornerstone feature of this project consists of three polished black granite monuments, similar to the Vietnam Memorial in Washington DC—a small one for Mr. Van Etten and the two larger ones for our veterans of the last 40 years. We also have under consideration, if inscription space is available, a plan to include Greenland military men and women who served in wars prior to WWI; these could include our Civil War, the War of 1812, the Spanish American War, etc.—truly then, a Remembrance Park.

Your GYMC must report that our initial fund-raising effort had mixed results. It was a bulk mailing to over 2,000 postal addresses, from which we received only 68 donations. The good news is that they averaged \$ 59.80 and ranged from \$10 to \$500; ten from businesses averaged \$168. From these results, we concluded that few people opened or read so-called "junk mail;" we also concluded that Greenland citizenry were both

Project Continued on following page •

Help Wanted!

The *Greenland Grapevine* is your community newspaper, put together by your neighbors to highlight the best things around town. It may be a labor of love, but your support helps pay for the printing of 2,000 copies and mailing one to every household, business, and post office boxes in Greenland, ensuring total market coverage of your advertisements, announcements, notices, and news articles four times a year.

That's a total readership of over 3,500 customers, friends, and neighbors. You simply won't find a better way to either advertise your business or pass along news like this anywhere else on the Seacoast at such a low price! Since it is produced by volunteers, all funding is used to cover printing and mailing costs.

But to continue, we need your help!

Sara MacCorkle, our advertising marketing master has moved out of town to bigger and better things. We wish the best to her and her family.

However with Sara's departure, we need someone just as dedicated to keep in touch with current and future advertisers. John Hirtle, our layout person, will be happy to handle aspects of ad design if graphic design is not your area of expertise. This is an excellent way to get connected to your community, and whether you are an ace salesperson, or just starting out, it will look great on your resume.

If you're interested in placing an advertisement in the *Greenland Grapevine*, please turn to page 2 for a no-nonsense price list, deadlines, and ad specification requirements.

Article writers are always welcome. If you have a unique story you think the community would be interested in reading, please feel free to submit it!

Photographers are also welcome. One great photo per photographer of a Greenland event or scenery may be submitted per issue with a caption. They may be e-mailed as .jpg files with the caption within the body of the e-mail.

The deadline for our summer edition is April 1, so there isn't much time left before the next edition arrives in your mailboxes at the beginning of June. For information about how you can volunteer to help be a part of this great New England tradition of town newspaper publishing, please e-mail us today at GreenlandGrapevine@comcast.net.

Greenland Candidates – Your Opportunity to Vote

The signup for candidates for offices in the Town of Greenland closed on Friday, January 31, 2014, at 5:00 P. M. The following is a list of the candidates running for office on Tuesday, March 11, 2014. Election is at the Greenland Central School, Post Road, from 8:00 a. m. to 7:00 p. m. Budgets, town warrants, meeting notes, meeting cancelations, and other information may be viewed at www.greenland-nh.com.

Selectmen

- 2 positions available for 3-year terms
- Kevin Forrest
- Stephen Gerrato
- John McDevitt

Moderator

- 1 position available for 2-year term
- Dean Bouffard

Treasurer

- 1 position available for 1-year term
- Jim Rolston

Supervisor of Checklist

- 1 position available for 6-year term
- Joseph Philbrick

Zoning Board of Adjustment

- 1 position available for 3-year term
- Liz Cummings
- Stephen Gerrato

Trustee of the Trust Funds

- 1 position available for 3-year term
- Richard Rugg

Trustee of the Cemetery Funds

- 1 position available for 3-year term
- Michelle Kaulback
- Richard Rugg

Library Trustee

- 1 position available for 3-year term
- Mark Fodero

Planning Board

- 1 position available for 3-year term
- Joseph Fredericks
- Stu Gerome

Budget Committee

- 3 positions available for 3-year term
- Alyson Baryiamies
- Lydia Howard
- Mary McDonough
- Steve McKenzie

Budget Committee

- 1 position available for 2-year term
- Donald Miller

School Board Member

- 2 positions available for 3-year term
- Randy Bunnell
- Ann Mayer
- Sandra Tague

Meeting Dates

PUBLIC SESSION SUPERVISORS OF THE CHECKLIST

- Sat, March 01 11:00 a.m. - 11:30 a.m. Town Hall

TOWN ELECTIONS AND VOTING

- Tues, March 11 8:00 a.m. - 7:00 p.m. Greenland School

TOWN MEETING

- Sat, March 15 9:00 a.m. Greenland School

Easter Egg Event & Hunt

By Joanne Spradlin

The annual Easter Egg Event and Hunt sponsored by the Community Congregational Church will be held on Saturday, April 12, 2014, at 10:00 a.m. on the Green across from Greenland Central School. The egg hunt will be held in rain, shine, or snow!!

Questions? Please contact the church office at 603-436-8336 or GreenlandUCC@myfairpoint.net.



This annual event raises money for a variety of programs at the church and in the community.

Questions? Please contact the church office at 603-436-8336 or GreenlandUCC@myfairpoint.net.

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PROJECT FROM PAGE 1

appreciative and generous. The message was good, but the delivery vehicle was not.

A difficult part of the project has been data collection. It is far easier to get the names of Civil War veterans than the names of our more recent veterans of the last 40 years. Dealing with multiple federal bureaucracies and the Freedom of Information Act is incredibly difficult. We have asked for assistance from one of our senators, Kelly Ayotte; she and her staff are assisting in this matter.

The project has several main parts that include restorative and preservative work on the cannons and wooden carriages. The cannons, funds permitting, will be powder coated by "Powder Coating Alternatives" of Greenland, and new carriages will be provided by the Portsmouth Naval Shipyard (PNSY). The shipyard is charged with the responsibility for maintenance of the oldest warship presently in the US naval inventory, the USS Constitution ("Old Ironsides") that is berthed in Boston. Being a wooden vessel, the Constitution, made largely from oak, has unique requirements that the shipyard must provide. PNSY even stores and preserves cut, seasoned trees (soaking in a man-made pond) that can be converted into masts and spars. They also maintain a large and varied inventory of sawn oak. Our cannon carriages will be constructed from wood originally destined to be used in the USS Constitution. For those unfamiliar with the shipyard area, there is a fabulous Kittery Historical and Naval Museum just off of I-95. It is presently closed for the winter, but will reopen in May (207-439-3080).

The USS Thresher Memorial Circle in Kittery, Maine, was dedicated April 7, 2013; it features a 129-foot flagpole honoring the 129 men who perished in the worst submarine disaster in U.S. history. Mr. Walter Lang, a Greenland resident and WWII veteran, is an active participant in the Kittery project. Mr. Lang and his Greenland company, Lang's Landscape Service, are also active participants in our Remembrance Park project. They will oversee monument placement and provide professional advice on site work and landscaping. The park presently has three large monuments dedicated to veterans of WWI, WWII, Korea, and



Vietnam. This project will add three new monuments, one of which will honor Mr. Van Etten.

Other planned park improvements will include re-sizing to the platform where the cannons and benches are located. This size increase of the platform will permit rearrangement of the cannons and benches and will result in more usable stage space for programs and events. The existing lights and electrical fixtures will be replaced as needed and additional lighting provided for the new monuments, funds permitting.

All of these proposals require funding and, as of this writing, we still need several thousand dollars. As previously mentioned, our first mailing effort went largely unread and the donations, though few in number, were unexpectedly generous. We have great confidence that there will be sufficient funding from our current mailing and from response to this article. Our first priority, of course, is to have enough money to order and pay for the three "cornerstone polished black granite monuments" mentioned above. The project depends on citizen participation.

If you or anyone you know can help us locate Greenland men and women who were living here at the time they entered service, please let us know—a DD-214 or discharge certificate contains verifying information. A special dedication plaque is in the design phase; it will recognize individuals and entities providing donations with valuations of \$500 or more that may include goods, service, or cash.

Your donations are tax deductible; please make checks payable to GREENLAND VETERANS, Inc. Please send to GVMC, PO Box 92, 376 Portsmouth Ave., Greenland NH 03840. Donations in excess of \$100 will receive a letter from the GVMC; it will serve as your receipt. If an additional receipt is needed, send an e-mail request to GREENLANDVETS@COMCAST.NET. If there are project questions, please call 603-433-3169 between 3-5 p.m.

Your donations and support are critical to the success of this community effort.

ABOUT GREENLAND GRAPEVINE

Our Mission

To improve the quality of life in Greenland by informing you of news, events, updates, and opportunities within Greenland so each of us can be a part of the community.

Committee Members

- ▶ Nancy Bassett - Secretary, Content Manager
- ▶ Trudie Bergeron - Director, Copy Editor
- ▶ Barbara Fleming - Proofreader
- ▶ Jacque Gravelle - Proofreader
- ▶ John Hirtle - Layout
- ▶ Lauren Hudson - Copy Editor
- ▶ Karen Johnson - Copy Editor
- ▶ Margaret Mooers - Proofreader
- ▶ Erica Rahn - Treasurer, Public Relations
- ▶ Lisa Rothermich - Proofreader

Content Policy

- ▶ Articles submitted must include the organization's name and the author's name and telephone number for possible verification prior to publication. They may include e-mail addresses and additional information for a contact person if different than the author.
- ▶ Articles shall be published on a first-come, first-served basis, or as space permits in the *Greenland Grapevine*.
- ▶ The *Greenland Grapevine* may edit or omit any article or advertisement deemed as inappropriate by the Board of Directors.
- ▶ The *Greenland Grapevine* reserves the right to edit articles for content and space limitations without notifying content author.
- ▶ Greenland businesses may submit articles for publication, provided that content is pertinent to the community and is not explicitly promoting the business.
- ▶ The *Greenland Grapevine* makes every attempt to produce accurate content and shall not be held liable for any errors or omissions in articles or advertisements.
- ▶ Graphics must be submitted according to the size of purchased advertisement at 300 DPI resolution. Advertisements that do not meet these specifications are subject to editing or conversion. Advertisement proofs will not be sent to advertiser prior to publication.
- ▶ The due date for the Summer 2014 issue of the *Greenland Grapevine* for both content and advertising is April 1, 2014. Payment for all ads are expected by this date. A discount is available for advertising in four or more consecutive issues.

Disclaimer

Articles and content do not necessarily represent the views of *Greenland Grapevine* or its committee members. *Greenland Grapevine* makes no warranties, guarantees, or representations of any kind as to the information contained in this newsletter.

Contact Us

Greenland Grapevine, Inc.
PO Box 296
Greenland, NH 03840
GreenlandGrapevine@comcast.net

To place advertisements, please contact us at:
GreenlandGrapevine@comcast.net

Masthead Image Courtesy of Charlie Evatt

Thank You to Our Donors

By *Greenland Grapevine* Committee
We are funded 100% by advertisers and donors. We thank those who donate to the *Greenland Grapevine*. Please contribute today to keep this newsletter going strong!

We Want You In The Next Edition Of The...

GREENLAND GRAPEVINE

A Community Newsletter for the Town of Greenland, NH
Reaching over 3,500 residents with every issue!

Size	Height (Inches)	Width (Inches)	Rate Per Issue
A - Business Card	2	3.5	\$40.00
B - Medium	4	3.5	\$80.00
C	6	3.5	\$115.00
D	8	3.5	\$150.00
E - Large	4	7	\$150.00
F	6	7	\$225.00
G	8	7	\$300.00
I - Jumbo	4	10.5	\$225.00

AD SUBMISSION DATE	PUBLICATION DATE	NOW TAKING RESERVATIONS FOR OUR SUMMER EDITION!
January 10	March	
April 10	June	
July 10	September	
October 10	December	

AD SPECIFICATIONS

We will be happy to set an advertisement for you if you desire, **free of charge**.

If you have your own advertisement prepared, please make sure it has the following specifications in addition to the proper sizing to make it look as good as possible:

- **Resolution:** 300 DPI Minimum.
- **Color Model:** CMYK. We can use RGB, but it will not reproduce as well.
- **File Types:** .pdf is preferred. .jpg, .tif and .eps are acceptable.

To ADVERTISE IN THE GREENLAND GRAPEVINE CONTACT:

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Upcoming Events at the Weeks Public Library

By Denise Grimse, Director

Adult Events

Do It Yourself Self-Publishing: Tuesday, March 18, 6:30 p.m.

Discover how to navigate through the new world of publishing! This panel is presented by self-published authors Ariele Sieling, Christopher Kellen, K.D. Mason, and one other local author. Learn about why they chose to self-publish, some of the strategies they use to save money and create high quality products, and a little about each author and their books.



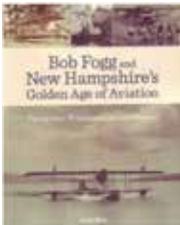
A Visit with Queen Victoria Tuesday, March 25, 6:30 p.m.

In 1837, teenaged Victoria ascended to the British throne, untrained and innocent. Those who would try to usurp her power underestimated this self-willed intelligent young woman whose mettle sustained her through her 63-year reign. Using Queen Victoria's diary and letters, this program reveals the personal details of a powerful, yet humane woman who took seriously her role as monarch in a time of great expansion. She and her husband, Albert, set an example of high moral character and dedication, a novelty in the royal house after generations of scandal. Through her children, she left a royal legacy—an era bears her name. Sally Mummey performs this living history in proper 19th Century clothing resplendent with Royal Orders. This New Hampshire Humanities Council program is hosted by the Friends of the Library.



Bob Fogg and New Hampshire's Golden Age of Aviation Tuesday, April 22, 6:30 p.m.

Author Jane Rice presents a slide show based on her book which covers Bob Fogg and the seaplane base at the Weirs on Lake Winnepesaukee between 1923 and 1939, plus the flights at the Weirs by Harry Atwood in 1912. Come hear her speak on this fascinating time in New Hampshire history. Copies of her book will be available for purchase.



An Evening of New Hampshire Flavored Music Tuesday, May 6, 6:30 p.m.

Enjoy a spring evening out and hear original songs that speak of people, places, and events around the Granite State with balladeer and New Hampshire singer/songwriter Jim Barnes. Copies of his CDs featuring his original "New Hampshire flavored" music will be available for purchase. This event is sponsored by a grant from the Propane Gas Association of New England.



World War II New Hampshire Wednesday, May 28, 6:30 p.m.

Through interviews, historic news film, photos, and radio reports from the battlefields, this documentary and discussion facilitated by John Gfroerer chronicles how a nation, a state, and the citizens of New Hampshire mobilized for war. Here's how the people of New Hampshire came together for freedom. This New Hampshire Humanities Council program is hosted by the Friends of the Library.



The Shaker Legacy

Tuesday, June 17, 6:30 p.m.

In their more than two and a half centuries of existence, members of the United Society of Believers in Christ's Second Appearing, commonly known as Shakers, made ingenious contributions to design, women's rights, racial equality, craftsmanship, social and religious thought, and mechanical invention and improvement. Darryl Thompson explores some of these contributions in his lecture and shares some of his personal memories of the Canterbury Shakers. This New Hampshire Humanities Council program is hosted by the Friends of the Library.

The Adult Summer Reading Program

"Literary Elements," begins Memorial Day weekend. Begin your summer reading on the "unofficial" start of summer weekend and start earning raffle tickets for the grand prize drawing in September. The program runs through Labor Day Weekend.

Continuing programs:

- ❑ Cribbage Nights on Mondays at 5:00 p.m.
- ❑ Chair Yoga on the first and third Fridays at 10:00 a.m. (October to May)
- ❑ Friday Morning Group on Fridays at 11:00 a.m.
- ❑ Book Discussion on the third Wednesday of the month

Events And News From The Children's Room

Now available in the Children's Room—The AWE Early Learning Computer Station features over 60 educational and fun programs for ages 2-10. Parents are encouraged to play along with their child. This computer utilizes touch screen technology and helps us fulfill our mission of lifelong learning for our younger patrons. Stop in soon to try it out!

Family Story Times

Thursdays at 10:00 a.m.

February 20 to April 10 and May 1 to June 19

Enjoy new and classic picture books, action songs, and a related craft. All ages welcome, no registration required.



Drop-in Craft Weeks

A variety of crafts will be available each week featuring seasonal or holiday themed projects.

- ❑ St. Patrick's craft week March 10-14
- ❑ Spring craft week March 24-28
- ❑ Easter craft week April 14-18
- ❑ April vacation week crafts .. April 28-May 2

Looking ahead to June—watch for Cow Day and the beginning of the "Fizz, Boom, Read" 2014 Summer Reading program!

As always check our Web site www.weekslibrary.org and our monthly newsletters for the most current listing of events and any changes. As much as we try to plan ahead to provide you with advanced notice of events, things happen beyond our control and events need to be changed.

Like us at Facebook <http://www.facebook.com/WeeksPublicLibrary> and follow us on Twitter <http://twitter.com/WeeksPubLibrary> to receive event news and reminders!

News from the Friends of Weeks Library

By Joann Duncanson

The Friends have set Saturday, May 10, as the date for our annual Plant, Baked Goods, and Chili Day here at the library. Once again we will have gorgeous plants (some in hanging pots) from Wentworth Gardens in Rollinsford. The cut-off date for pre-ordering these will be May 6. Again this year we will have hardy "heritage" plants, freshly dug and shared by local gardeners. As for baked goods, it turns out that besides being book lovers, our library patrons are fantastic bakers too. If it's anything like last year, our tables will overflow with luscious breads, cakes, and cookies. Finally, don't forget our homemade chili. Sit a spell with some friends, or take some chili home with you for later (why should you have to cook after all that shopping?) It will be a big day, so we are giving you advance notice. Please note this event on your calendars now, then on May 10 come and shop while helping us raise money for our favorite library. The Friends will be on hand to welcome you and to thank you for coming.



Also coming up are three very special NH Humanities Council programs. On Tuesday, March 25 at 6:30

p.m., "A Visit with Queen Victoria" will be presented by Sally Mummey; then on Wednesday, May 28 at 6:30 p.m., "World War II New Hampshire" will be presented by John Gfroerer; and finally, on June 17 at 6:30 p.m., "The Shaker Legacy" will be presented by Darryl Thompson, who has lived with the Canterbury Shakers for over three decades.

The Friends meet at the library on the second Monday of the month at 6:30 p.m., so if this is something you would like to be part of, come down and check us out. We are friendly, we enjoy each other's company, and we share a common purpose—to help Weeks Library continue to offer our community the outstanding services it deserves.



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Clean Water Program Seeks Volunteers

The Conservation Law Foundation (CLF) is a partner of the Green Alliance who works to protect New England's environment. It has been promoting healthy communities and a clean environment since 1966. The CLF is currently seeking volunteers to be "Clean Water Advocates" for the Great Bay. Volunteer activism is important to maintaining a clean and beautiful Great Bay. There are many opportunities for people in the Seacoast and Southern Maine area to get involved and provide a voice for our estuary. Making a difference for our environment can be as simple as:

- ❑ Participating in important local votes for clean water
- ❑ Contacting your legislators as needed
- ❑ Phoning friends
- ❑ Attending periodic Clean Water Advocates meetings to learn more about the issues facing the Great Bay Estuary and to meet others who care about its future.

Getting involved in this local cause can be fun and rewarding! To find more information about the Conservation Law Foundation, go to the following Web site: <http://action.clf.org>.

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School Gardens Wanted

By Donna Funteral

Across the state, school gardens connect students, teachers, administrators, parents, and volunteers in a community-building experience. With a school garden, students can experience the whole cycle of plant life; understand where food comes from and what it takes to grow it; develop confidence and competence about growing food; and eagerly sample and eat what they have grown—healthy food will not be a mystery.



If you are interested in planning a school garden in Rockingham County, UNH Cooperative Extension Master Gardeners would be happy to help you. For more information, contact Ron Christie, Agriculture Program Coordinator, at 603-679-5616 or ron.christie@unh.edu.

UNH Cooperative Extension brings education and information to New Hampshire citizens to make its people and businesses better informed and more successful, and to keep its natural resources healthy and productive. This, in turn, keeps the state and its economy vibrant and strong.

A Cozy Gift

By Susan Wilbur

For the fourth consecutive year, Dr. Kimberly Higney and cardēa center for well-being collected new blankets and mittens for residents of Cross Roads House in Portsmouth. Cross Roads is New Hampshire's largest emergency and transitional shelter, assisting homeless individuals and families. This "Warm Hands, Warm Hearts" initiative is in support of those in need during the frigid months of the holiday season and aims to put a warm gift in the hands of every Cross Roads House resident.



On December 24, Dr. Kimberly Higney delivered all blankets and mittens to Martha Stone, Executive Director of Cross Roads House, and was thrilled that every resident was able to receive a warm gift this year.

Dr. Kimberly and cardēa wish to thank everyone in the community who so generously participated this year.

About cardēa: Dr. Kimberly Higney, DC, established cardēa center for well-being on the Seacoast in 2008 after practicing in groups in Boston and the Seacoast. She helps patients have less pain and more vitality, and live fuller lives through a gentle hands-on process that relieves nervous system tension and upgrades the body's physical response to injury and stress. For more information, visit www.cardeawellbeing.com and www.facebook.com/cardeawellbeing.

Notes from Greenland Central School

By Peter Smith, Principal

As another busy year flies by, I will take this opportunity to share some important information, updates, and reminders.

2014–15

Kindergarten/School Registration

We are currently registering kindergarten students for the 2014–15 school year. You may register by stopping by the school office any day between the hours of 8 a.m. and 3 p.m. Students entering kindergarten must be five years old on or before September 30 of 2014. A kindergarten parent information night will be held on the evening of May 8, 2014, at 6:30 p.m. in the cafeteria.



Students entering first grade in September of 2014 who did not attend Greenland kindergarten are also encouraged to come in and register at this time. If registrations for next year greatly exceed our expectations, this could have significant impact on our staffing and class sizes. If you have any questions, you may call the school office at 431-6723.

Budget Process

The budget process always demands a lot of attention from the School Board and school administration and this first year of implementing the SB-2 process has required additional time and effort. By the time residents read this, the arduous process of developing, presenting, and discussing the school budget, at the school level and then with the Budget Committee and public, will likely have been completed, and the crucial vote in the voting booth on March 11, will be all that remains.

Proponents of SB-2 cite greater participation in the final vote because it takes place at the polls. The downside some would say is that many of those voting will not have attended the public hearing and/or deliberative session, and therefore will not be fully informed regarding the implications of their vote. From my perspective as the school principal (with 36 years in education spanning four school districts), the Greenland School District budget could not be any more carefully, thoughtfully, and conservatively prepared and justified. Our cost per pupil (below the state average) and well below the surrounding towns, our modest salaries compared to surrounding towns, and the excellent performance of our students by all measures deserves budget support. Should Article

1 (the proposed budget) not pass, the default budget would likely have a detrimental impact at a time when our school enrollment is growing and is projected to continue to increase in the coming years.

Superintendent Search

At the end of this school year Dr. George Cushing will retire after 43 years in education—27 of those years in SAU 50. Dr. Cushing has been superintendent here for 14 years after spending 11 years as the Rye Junior High School principal, and two years as a fifth grade teacher at Rye Elementary School. As the SAU 50 leader he has accomplished much, from overseeing the expansion of school facilities to being a champion for personalized education for all students through the SAU 50 Learning Compact. Dr. Cushing has always been a visible and very personable leader who is well liked and respected in the four towns he serves.

A comprehensive search is underway as I submit this article, and may be completed by the time this is published in early March. The search committee has broad representation from all four SAU 50 towns and a consultant has assisted with the search, screening, and interviewing of candidates.

Activities And Events

The following are a few of the many wonderful upcoming activities and events at Greenland Central School that may interest the broader community.

- ❑ **Drama Production**—On the evening of March 14 the GCS Drama Club will present this year's production, Peter Pan. The performance will begin at 7 p.m. in the gymnasium and there will be a small admission charge at the door.
- ❑ **Talent Show**—The 27th annual GCS Talent Show will take place on the evening of Friday, April 11 beginning at 6 p.m. in the gymnasium. This is always an exciting event and will again feature more than 100 talented students representing all grades K-8.
- ❑ **Expo and Ice Cream Smorgasbord**—The annual exposition of student work and the GPO/eighth grade Ice Cream Smorgasbord will be held on the evening of May 15, school-wide from 6–7:30 p.m.
- ❑ **Band Concert**—Our spring band concert will take place on Tuesday evening May 27 when our musicians in grades 4–8 will perform in the gymnasium starting at 7 p.m.

GCS Web Site

Monthly updates regarding school news and events can be found by visiting the Greenland Central School Web site at www.sau50.org/gcs and then going to the Principal's Newsletter or other links of interest.



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Teacher Feature: Meet Mrs. Teeden!

By Harrison Flagg, Grade 8

Do you know Mrs. Teeden? Mrs. Teeden is a new teacher in eighth grade. She hails from Jamestown, Rhode Island (fun fact: Jamestown is an island), and studied at Boston College. She began teaching mathematics at Greenland at the beginning of the year. Previously, Mrs. Teeden taught at Bedford High School (go Bulldogs!) in Bedford NH before working here in Greenland.



When I asked Mrs. Teeden how she liked Greenland, she said she loves it here. "I like teaching middle school more than I expected," she explained. "The students here are great workers and I really enjoy the Greenland

community." When I asked Mrs. Teeden how long she expected to be at GCS, she replied: "I hope to be here a long time." She obviously is enjoying her first year here.

Based on personal experience with her as my homeroom and mathematics teacher, she is very enthusiastic about her teaching. I have also found she is a very fluid and moving teacher. She teaches well along with the quick pace. While finishing up the interview, I asked her for her view on Greenland Central School overall, and she replied, "Greenland School is a place where people are happy to be."

Martin Luther King, Jr.

By Peyton Allen, Grade 4

Do you know who gave a world-changing speech 50 years ago? It was Martin Luther King, Jr., and the speech was called "I Have a Dream." In the whole speech, Dr. King said the words, "I have a dream," eight times! Most people don't know that he had never planned to speak the day he gave that speech. When he arrived, one spot to talk was open, the last one. After everybody who wanted to speak had signed up, they arranged who would go when. Nobody wanted the last spot because they thought the press would be gone. Dr. King agreed to go last. Finally, when his turn came, he got up to the podium and started to talk. 200,000 people were there. Millions more watched on TV. Suddenly, a woman held up a newspaper with Dr. King on the front and said, "Tell them about your dream, Dr. King." Here is a clip of his speech:



"I have a dream that one day, little black boys and girls and little white boys and girls can hold hands at the table of brotherhood."

Afterwards, many people talked together and walked from the Washington Monument to the Lincoln Memorial.

Dr. King had an interesting life. He was born in Atlanta, Georgia, in 1929. He started school in 1935 when he was six. He wasn't allowed to go to school with his white friends. He finished high school in 1944 when he was 15. Four years later, he got his first college degree. During school, he never got along with kids as well as he did with his teachers.

In his childhood, Dr. King couldn't do many things with white people, like go to school and eat at restaurants, and that made him feel bad. But when he listened to ministers preach, he felt so much better.

Dr. King never used fists, just words. He never stopped trying to make things better for black people.

Dr. King won the Nobel Peace Prize, the youngest person ever to win. On April 4, 1968, Dr. King was assassinated. Thousands showed up for his funeral. Dr. King stood up for and cared about others. The next time you think someone is being unfair, think about Martin Luther King, Jr.'s time.

Nelson Mandela

By Dominique Bunnell, Grade 5

Nelson Rolihlahla Mandela was born on January 18, 1918. On December 5, 2013, in Johannesburg, South Africa, he died at age 95. He is now resting in Mandela Graveyard. He was a hero to many people because he fought against the apartheid in South Africa. An apartheid is a system of racial segregation enforced through legislation by the ruling government. Growing up in Qunu, South Africa, Nelson listened to his tribe people act democratically. His native language was Xhosa, but he also learned English. Nelson's real name is Rolihlahla (meaning tree-shaker), but when he went to school at the age of seven, his teacher gave all the students new English names, and that's how his name became Nelson. In 1993, he shared the Nobel Peace Prize with F. W. de Klerk. Other



awards he won were the Bharat Ratna in 1990, the Order of Lenin, and the Presidential Medal of Freedom. On May 10, 1994, Mandela became president of South Africa by a landslide, beating F. W. de Klerk, and left office on June 14, 1999.

His children are Thembekile Mandela, Makaziwe Mandela, Makgatho Mandela, Makaziwe Mandela, Zenani Mandela, and Zindiswa Mandela. At the time he died, his wife was Graça Machel. On June 12, 1964, Nelson went to prison for 27 years. During that time, he was offered to be released, but said that he would not leave until apartheid ended. Most people would agree that he was a great man who was very forgiving and did what was right, defending himself and his country.

Book-in-a-Box Projects

By Savannah Emery, Grade 3

In 3H and 3S, we read books by the author Roald Dahl. The books that we read were *The BFG*, *The Twits*, *The Magic Finger*, and *Fantastic Mr. Fox*. As a class project, we made glorious "books-in-a-box." A book-in-the-box is when you put different objects in a shoe box that represent the characters, setting, problem, solution, and four main events that happened in the story.



Everybody was very creative. For example, one student made her book-in-the-box look like

an actual book and dressed up as one of the characters from the book. Another student's project included underground and aboveground scenes from the book. Two students used pictures of family members to represent the problem and solution in their books.

It was very exciting to see the finished projects. Mrs. Hoppe's and Mrs. Simons' classes do this project each year because it is so much fun for the students and for the teachers.

Chowder Luncheons

By Lee Pearl

The Women's Alliance at the Community Congregational Church will again host the annual Fish/Corn Chowder Luncheons at the Greenland Parish House on Tuesdays, February 25, and March 11 (Election Day) and 25 from 11:30-1:00 p.m. The luncheons include fish and corn chowders, homemade pies, homemade bread, and your choice of beverage.

For only \$7, you'll be able to enjoy a community event that should not be missed!



Questions? Please contact Lee Pearl at 603-436-3932 or the church office at 603-436-8336 or GreenlandUCC@myfairpoint.net.

Lenten Soup and Salad Suppers

All are invited to gather at the Parish House of the Community Congregational Church, UCC, of Greenland for Soup and Salad Suppers from 6:00 to 7:30 p.m. on Wednesdays starting on March 12, 2014, through and including April 9, 2014.

While Lent traditionally represents the time that Jesus was in the wilderness, fasting and praying, our Lenten Suppers will be a time for fellowship and support, the weekly discipline of communal meals with fellow seekers, and interactive education with discussions of spiritual topics.

No matter where you are in your spiritual journey, you are welcome to join us on Wednesday evenings, and if you wish, please also attend our Ash Wednesday service at the church on March 5 at 7:00 p.m.

For more information, please contact the church office at 603-436-8336 or GreenlandUCC@myfairpoint.net.



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Good Morning, Greenland



Viruses, Malware, and Hackers—Oh My...

By Randy Bunnell

We used to worry about locking our doors and setting the alarm; now we're being hacked by a kid with a laptop beaching on the Black Sea. It was a busy year for computer crime, and a few incidents hit close to home. Banks were knocked offline, credit cards were stolen, and PCs were held for ransom. No one is immune in this interconnected world, but you can take some precautions to lessen the risks.

Here are a few tips to protect your computing devices at home:

- ▶ Install a router and use a DNS (Domain Name System) service. DNS is the phonebook for the Internet and these companies are constantly searching for bad Web sites. You need this barrier between your Internet connection and your home devices. It's not enough, but it's a good start.
- ▶ Patch, patch, and patch. Automate patches if you can, and don't just patch your operating system—applications, including browsers and anti-viruses, need to be kept up to date also.
- ▶ Don't use your administrator account for daily use—set up user-only profiles, especially if you share the computer. Most applications need admin to install. The really paranoid use a separate computer for business and online banking—separate wherever you can.
- ▶ Use a strong anti-virus, anti-malware, and anti-phishing product usually bundled with a firewall. And run a full scan at least weekly—this helps keep the bugs away.
- ▶ Think before you click. E-mails and texts that look legitimate may be coming from a malicious user. Delete it if it looks suspicious—better safe than sorry.
- ▶ Backup your PC; you don't want to lose those pictures and important documents. There are a number of cloud backup solutions that are inexpensive, or hook up an external hard drive.

There are a lot of good resources that offer assistance. Stay informed and be vigilant. 🦋

News from Greenland's State Representative

By Pam Tucker

Overview of the Economy—According to Bureau of Labor Statistics, the U.S. unemployment rate was 6.7% in December while New Hampshire's remained fairly steady at 5.1%. The focus of our state should be to find ways to create a business-friendly environment that will attract more businesses to our state and hire more people.

Every legislative session has around 700 bills introduced. Many of the bills may be technical errors and fixes as we try to keep up with technology and find mistakes on the books. Others are larger in scope, such as legalizing gambling or changing how we fund a retirement system. No matter how big or small, each has an opportunity to be voted on by the house as a whole. The coming session looks to have a repeat of some similar bills that we had last year such as legalizing gambling. A few bills that deserve mention were retained from last year and voted on this January.

HB 110—A bill to mandate reporting of cruelty to livestock. Its opponents have tried to label it an "ag-gag" bill that would hurt livestock. On the contrary, the intent of the bill is to have people who witness livestock cruelty report it within 48 hours so the acts can be stopped. The intention of the bill is admirable; however, an unintended consequence of the bill would make it a crime if one witnessed cruelty and did not report it. Additionally, there is no hold harmless provision and no information about increased costs for enforcement. I did not support this bill.

HB 492—A bill concerning the legalization of the use of marijuana. I believe in the individual and for each of us to have our liberties, provided they do not infringe on others. I would go so far as to state that what you wish to do in your own home is your business and government should stay out of your family, doctor's office, bedroom, and kitchen. We know that with freedom comes responsibility: to keep it and to exercise it wisely.

While I do not condone marijuana use, I do not condemn it or judge those who choose to partake. Our society, and certainly our state, is moving towards restoring those liberties. However, I have concerns about legalizing marijuana just yet. We do not know the unintended consequences. For instance, who is liable if an individual goes to work high and causes property or physical harm? Can an employer fire a high employee without being sued? How do we measure if one is high as the psychotropic elements of marijuana are fat soluble and stay in the body long after one may be high.

We have laws on the books now for driving impaired, but the measurement tools are not in place for determining if one is high. As a society, the first role of government is public safety. We need to assure no innocent lives are maimed or lost if we legalize marijuana. At this time, I would prefer to wait to see how the laboratory of Colorado [where marijuana was legalized] handles these situations before we create problems here in New Hampshire. I will be open for reconsideration if these issues are addressed.

HB 474—A bill concerning in-state tuition rates for illegal aliens. This bill would allow for students who are here illegally to get in-state tuition rates at the state universities. Through no fault of their own, these kids may have been brought to the U.S. However, they have most likely been using the public school system for 13 years already, at taxpayers' expense. It is unfair to children of legal residents of the U.S. who would need to pay a higher tuition rate, just because they do not live in New Hampshire, while someone who is not a citizen of our country would receive a lower rate. I voted against this bill until we can find some parity for all students.

HB 597—A bill concerning drug testing for certain healthcare workers. This bill would require that certain healthcare facilities have a drug-free workplace program in effect in order to maintain their license. This bill came in response to the issues at Exeter Hospital and I believe, with the amendment that was added, it is a good compromise between hospitals and protection for the population.

HB 485—Establishing Keno in New Hampshire. This bill will allow any location that pours liquor to have Keno, if it chooses. Keno is a form of lottery, something we already have in New Hampshire so it will not require more in cost of implementation. This is a win for our small businesses across the state who will keep 8% of the proceeds, especially for towns that are near Massachusetts and have our citizens travelling across the border to play Keno.

There will be many more bills as the session gets underway. Thank you to those of you who have contacted me on legislation. I appreciate your thoughts. I'm available the first Monday of every month at the Country View Restaurant to meet with you and discuss state business. I may also be reached at pamzt@comcast.net, 603-531-0085, and LinkedIn, or friend me on Facebook. Being in public service is an honor and I thank you for your support. 🦋



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Greenland Veteran's Memorial Committee Asks For Your Support

GVMC will honor Greenland's Medal of Honor recipient with a special monument at the Remembrance Park dedication ceremonies on Memorial Day 2014.

For more information read the front page article *Greenland Veterans Sponsor Civic Project*.

Please send donations payable to Greenland Veteran's Inc.
PO Box 92 Greenland NH 03840

Springtime Yard Care

From Green Alliance Green Tips from Cornerstone Tree Care

Spring is right around the corner, and it's time to start thinking about your backyard!

1. Compost your leaves and other garden waste at home instead of bagging and carting them to the transfer station. All that material is food for your plants and trees. Why pay for compost from somebody else when you already have the ingredients to make your own? Don't have the space? Get together with your neighbors to create a shared spot that you all can use.

2. Don't clean out the woods. The forest ecosystem depends on leaf and tree litter for its food source. Extending your fall cleanup into the forest edge will rob trees of the food source they need for healthy growth and resiliency against winter



cold, drought, wind, and other stressors.

3. Plant a tree. This might seem counterintuitive, but early spring—with its rain and cooler

temperatures—is a much better time to plant trees than the hot summer months, and the trees will have a much better chance of surviving.

4. Remove grass from underneath your landscape trees. There is no competition with grass in the forest, so why stress your trees with it in the landscape? Believe it or not, grass competes significantly for food and water. Removing grass under your trees also opens up a space for you to amend with compost and aged tree mulch.

5. Have your trees pruned and cared for before the storms. If the last few falls and winters are any indication, we're liable to get some strong storms over the next few months. Make sure your trees are properly maintained before the next big one hits. 🦋

Tennis Elbow vs. Mouse Elbow

By Melissa Gahr

It sounds silly, but these two terms could mean the same thing, although the latter sounds too goofy to complain about to your doctor or friends. Tennis elbow or “lateral epicondylitis” describes a condition caused by inflammation of the forearm and hand muscles where they attach to the arm bone near the elbow. Overuse is the culprit, either on the tennis court or on the mouse pad. The condition can occur in anyone who uses their elbow, wrist, and hand repeatedly for prolonged periods of time. In addition to tennis players, I’ve treated this condition in carpenters, dental hygienists, office workers using a mouse and computer, fast food staff, and musicians, to name a few. Typically symptoms occur gradually over a period of time, but sudden forceful activity, like pulling a lawnmower cord, can also produce this injury. In addition to elbow pain that radiates into the forearm and wrist, symptoms may include elbow stiffness, arm weakness, and increased pain using the wrist/hand for daily activities such as opening a jar or gripping.

The good news is that just about every case is curable with physical therapy, especially if started early. In rare cases, I may have to refer a patient to a doctor to consider a cortisone injection, medica-

tion, or surgery, but over the past year at Seacoast Body Balance we’ve had 100% success rate with our patients (N=5). Initially, we use various modalities and manual techniques to soothe pain, but later the most important part of the treatment is exercise aimed at strengthening and toughening up the forearm muscles that will bear the brunt of the force with the repetitive activity. Sometimes I need to make changes in the way my patients perform an activity, like changing the grip, the position, the computer set-up, and/or the office equipment. Postural correction and retraining of proximal musculature is sometimes needed. For example, I may have my patient, when lifting a heavy load, bring the object closer, switch to a palm-up lift, or contract muscles around the core and shoulder blade to reduce stress on the arm. Finally, simple prevention may keep some folks out of my office (not that I necessarily want that). Prevent tennis elbow by staying fit, sitting and standing up straight, using proper technique and well designed, appropriate equipment, and taking stretch breaks. For more information on the treatment of tennis elbow or any sports injury, contact us at Seacoast Body Balance, LLC, 603-400-0711 or on the Web at SeacoastBodyBalance.com.

Beat the Winter Blues

By David Phreaner

It’s been a long winter and with this winter’s polar vortex keeping us inside, many of us are feeling a little stir crazy and listless. Frigid, dark days can lead us to experiencing SAD, seasonal affective disorder. While SAD is a very real disorder that can disable some people, many of us can feel the effects of less sunlight, cold temperature, and less movement. Some of the signs of SAD can include hypersomnia (sleeping too much), over eating, depression, and lethargy.

Quick tips to help banish the winter blues.

- ❑ Stick to a regular sleep schedule.
- ❑ Try to get outside to get a little sunlight and go for a light walk.
- ❑ Eat less carbohydrates and sugary foods. Instead, eat more leafy greens and hearty soups.
- ❑ Put on some fun tunes and dance a little in your kitchen—no one will see you!

These may seem like simple tips. They work!

You can also combat the winter blues with a Community Acupuncture Treatment. According to traditional Chinese medicine, each of us possesses Qi, or vital energy. In winter that Qi can become slow due to you being a winter couch potato, as well as due to the cold. Acupuncture can help move and soothe your tired Qi and provide a winter energy boost.

Each week Gentle Currents offers a Community Acupuncture Clinic. Community Acupuncture is offered at a reduced rate compared to individual appointments. It’s great for a winter or early spring boost! Reservations required. To sign up, call 603-436-6883. If you have questions on how acupuncture may benefit you, please call; Lisa or BethAnn can answer them. Or for more information, go to: www.gentlecurrents.com/acupuncture/community-clinic.htm

Senior Services in the Portsmouth Area

By Brinn Chute

The following services are available to seniors in the greater Portsmouth area. For more details, as well as calendar of events, visit the following Web site: <http://www.cityofportsmouth.com/recreation/> and click on the Senior Services tab.

Transportation:

Senior Transportation—Mark Wentworth Transportation. Coordinator: Karen Neely, 603-431-8677. Van runs Monday, Wednesday, Thursday, Friday 8:00 a.m.–4:00 p.m.

COAST Bus—Fixed route bus service and ADA transportation are available (603-743-5777 or www.coastbus.org). Buses are handicap accessible. Riders ages 65+ are eligible for half-price fares. Must show proof of age.

Services:

Caregivers Support Group—For more info, call Sister Helene at 603-332-7701. Offered by Catholic Charities, this group meets the second Tuesday of each month from 7:00 to 8:30 p.m. in the Eileen Daly Pastoral Center, St. James Church—Corpus Christi Parish, 2075 Lafayette Road, Portsmouth. Use the back entrance.

Alzheimer’s Café—Fourth Monday of the month, 2:00–3:30 p.m. at Green Bean Café in Community Campus. Free to attend for both the person diagnosed with dementia/Alzheimer’s and the caregiver to enjoy a relaxed afternoon of snacks, activities, and support from other people in similar circumstances (603-610-4433).

Alzheimer’s/Dementia Caregiver Group—First Thursday each month, 2:00–3:30 p.m. at Families First Parent Room, 100 Campus Drive, Portsmouth. This group is for any individual or family who is managing the care of a loved one with dementia or Alzheimer’s either at home or in a care community. Meetings are run by a nurse from the Mark Wentworth Adult Day Program. There is no cost to attend. To learn more, call 603-430-0070, or just drop in to the next session.

ServiceLink—New Hampshire and Portsmouth’s resource for information about aging care giving, assisted living, Medicare, and much more. Portsmouth-area residents can call 603-334-6594 or visit the Portsmouth office, 270 West Road, Portsmouth.

NH State Office of Veterans Services—Assist New Hampshire veterans and their families to obtain all the benefits and preferences to which they may be entitled under any state or federal laws or regulations (Manchester NH 603-624-9230).

The Senior Law Project (SLP)—NH Legal Assistance provides free legal services to individuals who are at least 60 years old. SLP advocates provide eligible seniors with legal representation (1-888-353-9944 or www.nhla.org).

Families First Health and Support Center—Community health center and resource center serving the Seacoast with affordable primary health and dental care for all ages. Families First, 100 Campus Drive, Portsmouth, is open to every age, insured or uninsured, and all income levels (603-422-8208 or www.familiesfirstseacoast.org).

Senior Companions—1-800-856-5525 or 603-225-3295—Senior Companions are healthy older adults (55+) who help other adults live independently by doing tasks such as providing respite to family caregivers or taking clients grocery shopping and to appointments. As the Seacoast region’s “station” in the Senior Companions program, Families First trains, matches, and supervises the companions who visit and provide support to other seniors.

Fuel Assistance—Need help with fuel and electric costs? Available to both renters and homeowners. Call Rockingham Community Action at 603-436-3896 to learn more. Office is at 4 Cutts Street, Portsmouth.

Nutrition:

SNAP—Supplemental Nutrition Assistance Program (SNAP), also known as Food Stamps, provides \$15–\$189 per month to eligible individuals for the purchase of groceries. If your net individual income is less than \$958 per month, please consider applying. Applications available online at www.nheasy.nh.gov or call Katy, SNAP Outreach Coordinator NH Food Bank at 603-669-9725, ext. 124.

New Hampshire Commodity Supplemental Food Program—Free healthy food for seniors 60+. For more information, call Rockingham Community Action at 603-778-1834.

Rockingham Nutrition and Meals on Wheels—Home meal delivery service or a sit-down lunch is served at Atlantic Heights on Bedford Avenue, Portsmouth, Monday–Friday at 11:30 a.m. Call Caren to learn more or to RSVP for lunch at 603-431-0561. There is a \$3 donation.

Common Table Lunch—St. John’s Episcopal Church, 101 Chapel Street, Portsmouth (603-778-2357). Thursdays each week at 12:00 p.m. Lunch is always free, but donations are accepted.

Seacoast Food Pantry—Monthly supplemental food provisions. All it takes is 15 minutes per month to shop at the Pantry. All appointments are private. Wheeled baskets available for your convenience to get food to car. Call to learn more (603-436-6161), or visit 7 Junkins Ave. (next to City Hall).

Operation Blessing—600A Lafayette Road, Portsmouth (603-430-8561). Primary needs, such as food, clothing, furniture, and household goods, are available free of charge at the center, where caring volunteers are available to assist you with your needs.

Winter Programs

By Kelle Loughlin

Winter may be ending and it is a wonderful time to explore the outdoors. Join staff naturalists of the Great Bay Discovery Center on a variety of programs designed to get you and your kids off the couch!

- ❑ **Winter Bayventures for ages 6–11**
Friday, March 14 (SAU16 Teacher Workshop Day)

A Taste of Winter—How did Native Americans survive the winter? What did they eat? How did they dress? What did they live in, and what did they do during the long winter months in the woodlands of New Hampshire? We will spend the morning at our Abenaki campsite making food and crafts like the “People of the Dawn” once did. Ages 6–11, 9:30 a.m.–3 p.m. Bring a lunch, and dress for extended outdoor play!! \$35 GBS member \$40 nonmember.

For all children’s programs, call 603-778-0015 or e-mail beth.heckman@wildlife.nh.gov to register.

- ❑ **Winter Brown Bag Lunch Lectures for Adults (Bring your own lunch; drinks provided.)**

Science in the Great Bay Estuary Series
Wednesday, March 19 (snow date March 26), 12:00–1:00 p.m.
Join Great Bay National Estuarine Research Reserve’s Research and Stewardship Coordinators, Paul Stacey and Rachel Stevens, for an overview of the important “Sentinel Site” project. Recent extreme storm events, like Hurricane Sandy, have heightened public awareness that climate change can affect our well-being as well as the health of our estuaries. Scientists within the National Estuarine Research Reserve System have been discussing ways to monitor these changes, most of which occur much more gradually than the havoc caused by extreme storm events, but can be no less devastating. Great Bay has joined the national effort in this project designed to monitor ecological changes in the estuary related to these stressors, including those caused by climate change. Find out how citizen volunteers can participate in these activities and what it might mean for your “climate readiness.”

The Great Bay Discovery Center is managed by the New Hampshire Fish and Game Department (NHFG) and is the education headquarters for the Great Bay National Estuarine Research Reserve, a state and federal partnership between NHFG and the National Oceanic and Atmospheric Administration (NOAA). It is located off Route 33 at 89 Depot Road, Greenland NH.

Comments or questions concerning this list should be directed to Kelle.Loughlin@wildlife.nh.gov.



Simple Steps to Save Gas

Reprinted from NAPSI Web Site

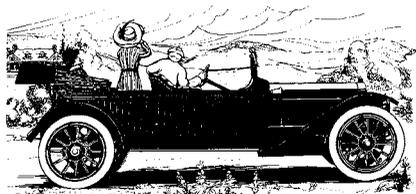
You can't control the price of gas but you can control how much you use with some simple and inexpensive vehicle maintenance.

Save Gas and Cash—Consider these simple steps to save gas without driving less:

- ▶ Keep your car properly tuned to improve gas mileage by an average of four percent.
- ▶ Keep tires properly inflated and improve gas mileage by three percent.
- ▶ Replace dirty or clogged air filters on older vehicles to improve gas mileage by as much as ten percent.
- ▶ Change oil regularly and gain another mile per gallon.
- ▶ Check the gas cap. Damaged, loose, or missing gas caps let the gas just vaporize into the air.
- ▶ Observe the speed limit. Gas mileage decreases rapidly above 60 mph.
- ▶ Avoid excessive idling. Idling gets zero miles per gallon. Warming up the vehicle for one or two minutes is sufficient.
- ▶ Avoid quick starts and stops. Aggressive driving can lower gas mileage by 33 percent on the highway and five percent in the city.
- ▶ Consolidate trips. Several short trips taken from a cold start can use twice as much gas as one longer multipurpose trip.
- ▶ Don't haul unneeded items in the trunk. An extra 100 pounds in the trunk reduces fuel economy by up to two percent.

“Some motorists think they are saving money when they put off needed vehicle maintenance,” said Rich White, executive director, Car Care Council. “What they don't realize is that neglecting routine maintenance can end up costing a lot more. Keeping your car running efficiently and modifying your driving behavior is the best way to improve your vehicle's fuel economy and keep more money in your pocket.

Fuel consumption is directly related to vehicle care and driver behavior and both can have a significant impact on how much motorists pay at the pump.”



The Car Care Council is the source of information for the “Be Car Care Aware” consumer education campaign promoting the benefits of regular vehicle care, maintenance, and repair to consumers.

Learn More—For a free copy of the council's “Car Care Guide” or for further information, visit www.carcare.org.

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Families First Schedule of Community Offerings

By Margie Wachtel

Unless otherwise indicated, all Families First programs are held in the Community Campus building, 100 Campus Drive, Portsmouth NH. More information about all of these activities is available at 603-422-8208 (press 2) or www.FamiliesFirstSeacoast.org.

DAY	TIME	EVENT	ORGANIZATION/ LOCATION
Fourth Mondays	2:00–4:00 p.m.	Alzheimer's Café	Community Campus, Portsmouth
Mondays	9:30–11:00 a.m.	Toddler Playtime	Families First, Portsmouth
Tuesdays	10:00–11:30 a.m.	Babytime	Families First, Portsmouth
Tuesdays	6:00–7:30 p.m.	Parenting Classes	Families First, Portsmouth
Tuesdays, Jan. 21–Feb. 25	6:00–7:30 p.m.	Active Parenting series	Families First, Portsmouth
Tuesday, March 4	6:00–7:30 p.m.	Beyond Time Out: A Q&A with Dr. Dawn Huebner	Families First, Portsmouth
Tuesday, March 11	9:30–11:00 a.m.	Teaching Right from Wrong	Families First, Portsmouth
Tuesday, March 18	9:30–11:00 a.m.	No! When and How to Say It	Families First, Portsmouth
Tuesday, March 25	9:30–11:00 a.m.	Solve It! Parenting Challenges	Families First, Portsmouth
Wednesdays	9:30–11:00 a.m.	Terrific Twos Playtime	Families First, Portsmouth
Wednesday, Feb. 5	9:30–11:00 a.m.	Raising Competent Kids: A Q&A with Dr. Dawn Huebner	Families First, Portsmouth
Second & fourth Thursdays	9:30–11:00 a.m.	Parenting Classes	Families First, Portsmouth
Thursdays	9:30–11:00 a.m.	Exeter Family Morning Out	Exeter Parks & Recreation 32 Court Street Exeter NH 03833603-773-6151
Thursdays	3:00–4:30 p.m.	Mixed-Age Playgroup	Families First, Portsmouth
First, third, fifth Thursdays	9:30–11:00 a.m.	Parent Recharge	Families First, Portsmouth
Fridays	9:30–11:00 a.m.	Preschool Playtime	Families First, Portsmouth
Second Tuesdays fourth Thursdays			
	12:00–1:30 p.m.	Senior Luncheon	Community Campus, Portsmouth
First Thursdays	2:00–3:30 p.m.	Caregivers Support Group	Offered by Mark Wentworth Adult Day Program at Families First, Portsmouth

Get Out and Be Active with Your Dog

Reprinted from NAPSI Web Site

Dog owners who are active with their pets often enjoy enhanced health benefits, including lower blood pressure and stress, thanks to the increased physical activity and time spent with their canine companions.

According to Dr. Brian Zanghi, research nutritionist, dogs should get an average of one hour of physical activity each day, more than twice the minimum recommended time for humans by the U.S. Department of Health and Human Services.

“Dogs are natural athletes and in turn need daily exercise,” said Dr. Zanghi. “Active dogs with increasingly higher activity levels should have a diet that complements their level of athleticism. Dogs with active lifestyles are typically healthier, and, like people, their athleticism can be optimized by diet, but with nutrients that complement a dog's physiology.”

What You Can Do—Getting out and active with your dog can be easy and fun for you and the entire family. Dr. Zanghi recommends the following:

1. Start small—Begin your activity program with short walks, jogs, and training sessions at 15-minute intervals. It's important that your dog understands basic commands to make activity time more enjoyable. Remember to consult your veterinarian and medical professional before beginning any training program.
2. Track your progress—Set daily, weekly, and monthly activity goals for yourself and your dog. You can download apps that contain training tips that range from basic commands to advanced agility drills.
3. Make it fun—Remember, dogs are naturally



Even if it is too icy to take your dog for a walk, some will be perfectly happy on their run chasing snowballs you throw out for them. At least one of you will get in some extra exercise.

— Greenland Grapevine Photo by John Hirtle

playful and enjoy spending time with their owners. Vary your activities and reward your dog with praise and treats during activity sessions.

4. Get the family involved—Take turns as a family walking and training your dog. Include young children to help prepare them for a lifetime of healthy habits.

5. Provide proper nutrition and hydration—A diet high in fat and protein will increase an active dog's metabolism and his endurance. Let him or her have access to water at all times, especially during long walks or locations away from home.

Choosing the Right Food

A proper diet can be easier to achieve with the help of dog food designed to help your dog be his best and helps dogs maintain an ideal body condition based on their breed size, life stage, or activity level.

Primary Care Providers Join Families First

By Margie Wachtel

Families First Health and Support Center recently welcomed two new providers to its primary-care team, physician Eric Samuel and nurse practitioner Elizabeth Harrison.

Eric Samuel, MD, is a graduate of the University of Florida and of Meharry Medical College, in Nashville. He completed his residency at Bayfront Medical Center in St. Petersburg FL in 2001, is board certified in family medicine, and is a member of the American Academy of Family Physicians.

Before moving to New Hampshire in January, Dr. Samuel worked as a physician in Florida for 14 years. His experience includes private practice, urgent care clinics and emergency departments, and two county health department clinics.

Dr. Samuel's professional interests include treating chronic diseases such as hypertension, diabetes, and high cholesterol. He enjoys family medicine because, he says, "One of the best ways to preserve and strengthen families is to improve the health of the all individuals in the family. Many parents, fathers in particular, tend to overlook their own health. I like to help fathers and mothers preserve their own health so they can take care of the whole family."

Elizabeth Harrison, APRN, received her master's degree and family nurse practitioner training at the University of New Hampshire. Before coming



to Families First, she worked as a nurse practitioner at the Veterans Health Administration in Manchester, where she was a women's health coordinator. She also has more than six years' experience as a registered nurse at Rush University Medical Center in Chicago and then Portsmouth Regional Hospital. She is board certified by the American Nurses Credentialing Center.

Ms. Harrison wanted to work at a community health center because she is very aware of "how the social part of your life—family situation, living environment, and behaviors like exercise—can affect a person's health," and she believes Families First's approach to health care allows her to focus on the whole person.

Both providers are accepting new patients, as are Families First physician Ruth James and pediatric nurse practitioner Eileen McCarthy. Families First is in-network for most private insurance plans, including those in the Health Insurance Marketplace. Families First also accepts Medicaid and Medicare and has a sliding fee scale for uninsured patients.

Families First is a community health center that provides primary care for people of all ages and income levels, as well as dental care, prenatal care, parenting and family programs, and mobile health care for the homeless. More information is available at 603-422-8208 and FamiliesFirstSeacoast.org.

The Only Exercise You Should Do

By Charlie Murdach

Ok... so the title is a bit misleading... as exercise goes, variety is the best way to keep your brain healthy. On the other hand, as a consumer, we all want things faster and easier, and the fitness business is happy to provide you with propaganda to confuse just about anybody. In reality we strive to do a lot of exercise, especially after the turn of the calendar. But maybe we need to do less and just do it well. Or maybe we don't do any exercise because of lack of motivation or time, previous injury, depression, or any other "fill in the blank."

However, there is only one exercise you need to do for the rest of your life to maintain and improve your life. Practice this one thing and it will improve your life—forever—guaranteed! Learn to stand up from the ground and get back down under control.

From the time you hit the ground after being born until roughly 18 months of age, your external environment fills your brain with all kinds of stimuli that helps your neurophysiology develop at an alarming rate. Your plastic little brain undergoes changes so fast; it creates massive amounts of connections brought together in reflex patterns all with the sole purpose of self-preservation and learning how to be upright and move forward in the world. It's odd that all of this work and effort for these "first" skills we learn are also the first skills we lose as we get older. Eventually standing up from the ground (or a chair) seems really hard and getting back down to the ground, a frightening prospect.

And yet most of the exercise we do in life has nothing to do with these bookend life skills. I often tell people I work with that the "gold standard" of exercise is bodyweight conditioning. If you can move your body well, that is all you need. Variety becomes the key, and adding additional external

weight is optional, but not entirely necessary.

Standing up from the ground improves hip and leg mobility as well as stability and active flexibility. It also improves shoulder stability and mobility as well as spine extension and rotation. In the lower body, lunging and squatting is improved. Not only specific parts of the body become more coordinated, but overall stability in turning and moving forward and backward is improved because of the ability to link movement in our extremities to the rest of our center.

How to do it: There is an endless amount of patterns to get up and down from the floor. Your first goal is to just try and start. Move easy. Move gently. Move slowly. Start on the ground. Roll from side to side. Roll to sit up in whatever way is easiest. Turn and twist yourself gently so that you can get your leg or legs under you and start to stand. When you do stand, pause, and then reverse the process. For some this might seem impossible, but if you practice and are patient and persistent, it will absolutely work. If you master one way, find another. Be curious. Look for ways to make it more challenging and it will feed your brain.

Basic physics tell us that the harder we are able to push into the ground when we stand up, the harder it will push back. A more coordinated, stable, mobile body will be able to respond to the world around us more efficiently, and, by extension, help you respond to life events with more vitality.

Charlie Murdach, MA, ATC, lives in Greenland with his wife, three kids, three cats, and a dog. He gets down on the ground by choice and gets back up in whatever way he can. He works with people of all ages and can be reached at like2move@gmail.com or 603-828-4786.

Bunny Breakfast

By Heidi Chagnon

The Community Congregational Church will hold a pancake breakfast with the Easter Bunny on Saturday, April 12, 2014, at the Parish House from 8:00 a.m. to 9:30 a.m. The cost will be \$3 per person. Proceeds will benefit the church's local programs and services.

Questions? Please contact the church office at 603-436-8336 or GreenlandUCC@myfairpoint.net.



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If you are a resident of Greenland, NH and are:
a. in the Military or a Veteran, or
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“Tax Diversification” Helps Retirement Income

Submitted by John St. Pierre

You need to save and invest as much as possible to pay for the retirement lifestyle you’ve envisioned. But your retirement income also depends, to a certain degree, on how your retirement funds are taxed. And that’s why you may be interested in tax diversification.

To understand the concept of tax diversification, you’ll need to be familiar with how two of the most important retirement-savings vehicles—an IRA and a 401(k)—are taxed. Essentially, these accounts can be classified as either “traditional” or “Roth.” When you invest in a traditional IRA or 401(k), your contributions may be tax-deductible and your earnings can grow tax-deferred. With a Roth IRA or 401(k), your contributions are not deductible, but your distributions can potentially be tax-free, provided you meet certain conditions. Keep in mind, though, that to contribute to a Roth IRA, you can’t exceed designated income limits. Also, not all employers offer the Roth option for 401(k) plans.

Of course, “tax-free” sounds better than “tax-deferred,” so you might think that a Roth option is always going to be preferable. But that’s not necessarily the case. If you think your tax bracket will be lower in retirement than when you were working, a traditional IRA or 401(k) might be a better choice, due to the cumulative tax deductions you took at a higher tax rate. But if your tax bracket will be the same, or higher, during retirement, then the value of tax-free distributions from a Roth IRA or 401(k) may outweigh the benefits of the tax deductions you’d get from a traditional IRA or 401(k).

So making the choice between “traditional” and “Roth” could be tricky. But here’s the good news: You don’t necessarily have to choose, at least not with your IRA. That’s because you may be able to contribute to both a traditional IRA and a Roth IRA, providing you meet the Roth’s income guidelines. This allows you to benefit from both the tax deductions of the traditional IRA and the potentially tax-free distributions of the Roth IRA.

And once you retire, this “tax diversification” can be especially valuable. Why? Because when you have money in different types of accounts, you gain flexibility in how you structure your withdrawals—and this flexibility can help you potentially increase the amount of your after-tax disposable income. If you have a variety of accounts with different tax treatments, you could decide to first make your required withdrawals from a traditional IRA and 401(k) or other employer-sponsored plan, followed, in order, by withdrawals from your taxable investment accounts, your tax-deferred accounts, and, finally, your tax-free accounts. Keep in mind, though, that you may need to vary your actual sequence of withdrawals from year to year, depending on your tax situation. For example, it might make sense to change the order of withdrawals, or take withdrawals from multiple accounts, to help reduce taxes and avoid moving into a different tax bracket.

Clearly, tax diversification can be beneficial. So after consulting with your tax and financial advisors, consider ways of allocating your retirement plan contributions to provide the flexibility you need to maximize your income during your retirement years.

Edward Jones, its employees, and its financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Submitted by John St. Pierre/Edward Jones, 381 Portsmouth Ave. Suite B, Greenland NH 03840. John St. Pierre may be contacted at 603-422-0402 and john.stpierre@edwardjones.com.

GREENLAND GRAPEVINE

A Quarterly Community Newsletter for the Town of Greenland, NH

Deadlines are: Jan 1, April 1, July 1, Sept 1

To Submit Stories, Photos, Announcements or Ads, E-Mail:
greenlandgrapevine@comcast.net

Going Green In Greenland: Spring Cleaning

By Abigail Bassett

I’m sure we’re all glad that winter is coming to an end. Warmer months are ahead, bringing a warmer, fresher outlook.

What I, and many others, look forward to is that the end of winter means the start of spring-cleaning! Now is the perfect time to de-clutter and de-stress our lives.

It goes without saying that when it comes to cleaning, there are now plenty of environmentally friendly cleaning supplies on the shelves of stores. But beyond using green cleaning products, the very act of sorting through all of the clutter in our lives can be green.

When sorting through all that stuff in our lives, we realize all the things we have, and all the things we no longer need. But as the old saying goes, one man’s trash is another man’s treasure. What

to do with all those old clothes you just chucked out of your closet? Donate them or take them to a consignment shop to make a little extra money. Do you have too many books or magazines lying around? There’s probably a friend who would love to read them, so offer to pass them along. If not, most of them can be recycled.

So much of what we throw out isn’t trash at all. Spring-cleaning can be a painful reminder of just how much we consume. When sorting through the heaps of knick-knacks that you didn’t know you had, learn from this. What do you buy too much of? Keep tabs and be mindful when shopping in the future of how quickly all those little things add up.

Maybe this year if we clean out the right way, next year there won’t be much spring-cleaning to do at all.

Who is Tired of Winter?



No matter how bad this winter has been, it must be far worse to the north. Why else would snowy owls be wintering in the area? These large, quiet birds of prey blend in well with the snow in trees, on poles or rooftops while they patiently wait for the chance to pick up a bite to eat from the forest or fields below. From the gray plumage, you can tell this one is a female; the males are generally pure white, and a little smaller.

— Greenland Grapevine Photo by John Hirtle

G.V.F.D. Wants You!

We still need volunteers! Learn a new skill and get involved in the community. No experience? No problem. We provide free training. You must be at least 18 years old and reside in Greenland or an abutting town. Come to our monthly business meeting on the second Tuesday of the month at 7 p.m. at the fire station, or visit the Web site for more information www.GreenlandFire.org.



The Greenland Volunteer Fire Department is comprised of men and women living in Greenland, though a few members reside in abutting towns.

They have each trained, on their own time, to become certified New Hampshire Firefighters and/or nationally registered Emergency Medical Technicians. Probationary members are still in training.

Thank you to Greenland’s current and past volunteer firefighters, EMTs, dispatchers, support personnel, and Ladies Auxiliary members. Take a moment and thank one of Greenland’s many wonderful volunteers, especially the firefighters and EMTs. Where would our community be without our volunteers?

COMMUNITY CALENDAR

ONGOING PROGRAMS

DAY	TIME	EVENT	LOCATION
2nd Monday	6:30 - 8 PM	Friends of the Library Meeting	Weeks Public Library
2nd & 4th Monday	7:00 PM	Selectmen Meetings	Town Hall
4th Monday	2 - 4 PM	Alzheimer's Café	Families First, Portsmouth Community Campus
Monday	9:30 AM	Families First - Toddler Playtime	Families First Portsmouth
Monday	5:00 PM	Cribbage	Weeks Public Library
2nd Tuesday	12 - 1:30 PM	Senior Luncheon	Portsmouth Community Campus
Tuesday	10:00 AM	Families First - Baby Time	Families First, Portsmouth Community Campus
Tuesday	6:00 - 7:30 PM	Parenting Classes	Families First, Portsmouth Community Campus
Wednesday	9:30 AM	Families First - Terrific Two's Playtime	Families First, Portsmouth Community Campus
1st & 3rd Thursday	7:00 PM	Planning Board Monthly Meeting	Town Hall
1st, 3rd, & 5th Thursday	9:30 AM	Families First - Parent Recharge	Families First, Portsmouth Community Campus
4th Thursday	12 - 1:30 PM	Senior Luncheon	Portsmouth Community Campus
1st Thursday	2 - 3:30 PM	Caregiver Support Group	Portsmouth Community Campus
Thursday	10:00 AM	Family Storytime	Weeks Public Library
Friday	11:00 AM	Friday Morning Group	Weeks Public Library
Friday	9:30 AM	Families First - Preschool Playtime	Families First, Portsmouth Community Campus

MARCH

Tuesday, March 04, 2014	6:00 - 7:30 PM	Beyond Time Out: A Q&A with Dr. Dawn Huebner	Families First, Portsmouth Community Campus
Tuesday, March 11, 2014		ELECTION DAY	Greenland Central School
Tuesday, March 11, 2014	9:30 - 11 AM	Teaching Right from Wrong	Families First, Portsmouth Community Campus
Tuesday, March 11, 2014	11:30 AM - 1 PM	Chowder Luncheon	Parish House
Wednesday, March 12, 2014	6 - 7:30 PM	Lenten Soup & Salad Supper	Parish House
Friday, March 14, 2014	7:00 PM	Drama Production: Into the Woods	Greenland Central School
Saturday, March 15, 2014	9:00 AM	Town Meeting, VOTING: Town Budget and Warrant Articles	Greenland Central School
Tuesday, March 18, 2014	9:30 - 11 AM	No! When and How to Say It	Families First, Portsmouth Community Campus
Wednesday, March 19, 2014	6 - 7:30 PM	Lenten Soup & Salad Supper	Parish House
Monday, March 24, 2014	6:30-8:30 PM	Discussion: Wetlands in the Spring - Migrating Frogs, Salamanders, and Others	Weeks Public Library
Tuesday, March 25, 2014	9:30 - 11 AM	Solve It! Parenting Challenges	Families First, Portsmouth Community Campus
Tuesday, March 25, 2014	11:30 AM - 1 PM	Chowder Luncheon	Parish House
Wednesday, March 26, 2014	6 - 7:30 PM	Lenten Soup & Salad Supper	Parish House

APRIL

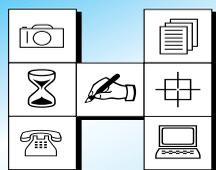
Tuesday, April 01, 2014		Parking Meter Operations Begin at New Hampshire State Parks and Beaches	
Tuesday, April 01, 2014		Deadline for <i>Greenland Grapevine</i> stories, photos and advertising	
Wednesday, April 02, 2014	6 - 7:30 PM	Lenten Soup & Salad Supper	Parish House
Wednesday, April 09, 2014	6 - 7:30 PM	Lenten Soup & Salad Supper	Parish House
Saturday, April 12, 2014	8-9:30 AM	Bunny Breakfast	Parish House
Saturday, April 12, 2014	10:00 AM	Easter Egg Hunt	Community Green (across from school)
Sunday, April 20, 2014		EASTER SUNDAY	
Thursday, April 24, 2014	6 - 8 PM	Early Bird Shopping Rummage Sale	Parish House
Friday, April 25, 2014	8:30 AM - 7:00 PM	Rummage Sale	Parish House
Saturday, April 26, 2014	8:30 AM - 1:00 PM	Rummage Sale	Parish House
Sunday, April 27, 2014	11:00 AM	Chief Maloney Unity Run & Walk	starts at Portsmouth Police Department

MAY

Saturday, May 10, 2014	9 AM - 1 PM	Friends of the Library: Plant & Bake Sale & Chili Day	Weeks Public Library
Sunday, May 11, 2014		MOTHER'S DAY	
Sat-Sun, May 17-18, 2014		Wrecker Rodeo / Tow Truck Competition	Hampton Beach State Park
Sunday, May 25, 2014	1 PM - 5PM	Open Lighthouse Tours	Portsmouth Harbor Lighthouse, at the Coast Guard Station in New Castle, NH.
Monday, May 26, 2014		MEMORIAL DAY	

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Please send it into greenlandgrapevine@comcast.net prior to April 1 for our next issue.



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