A traditional “Farmers Market” is opening in Greenland. It features local winter-grown greens, root vegetables, USDA certified meat, honey, and maple syrup, as well as a varied selection of home baked goods. All products are certified as local produce. The market opened November 3, 2012. Current plans are for the market to be open to the public on the first and third Saturdays of each month, beginning in November, and continue through the first Saturday in March of 2013; tentative hours of operation will be 10 a.m. to 2 p.m.

Rick and Beth Simpson, owners of the Rolling Green Nursery, are providing the market space. Located on Breakfast Hill Road, near where it intersects with Post Road, the Simpsons have operated Rolling Green Nursery since 1990. Previously, Mr. Simpson was a “landscape architect.” He is a certified “plant scientist” and is also a member of the NH State Advisory Committee. At various times during the growing season, the Simpsons conduct a “Garden School Series” of classes for the public that cover such topics as pruning, seed starting, planting the right plants in the right location, preparing your plants and gardens for winter survival, as well as others.

Located on the property are several “greenhouses;” two of these are unique in that they have heated concrete floors and a computer-controlled climatic environment system that can regulate both temperature and humidity. There is almost 10,000 square feet of floor space—thus, enclosed and controlled. The Farmers Market will utilize about half of this available space through the winter months. It is expected that there will be at least 25 booths available, and vendors are in the process of reserving space. Potential vendors should visit the nursery or telephone the owners for additional information and space availability. Within the “greenhouse,” it is eternally springtime—with shirtsleeve temperatures.

Upon entering the grounds, one is reminded of the beautiful landscaping at Prescott Park, or some formal garden found in Europe. The unusual plant variety is astonishing. There is ample parking directly in front of the main building, which is connected to the greenhouse. For information, contact Rick or Beth Simpson at 603-436-2732.

The Community Congregational Church in Greenland will hold its annual Christmas Fair on Saturday, December 8 from 9 a.m. to 2 p.m. at its Parish House on Post Road/Route 151 in Greenland Center.

There is no admission for this community holiday event that will feature two floors of merchandise and activities including a Cookie Walk with hundreds of homemade cookies, handcrafted items made by the church’s Women’s Alliance, gifts created by Greenland’s Boy Scout and Girl Scout troops, a “children-only” shopping room, jewelry, and gourmet foods, as well as locally made products. The kitchen will have sandwiches, fried dough, and ice cream sundaes available.

The fair’s Silent Auction will be the center of the event featuring artwork, handmade items, restaurant gift certificates, passes to area attractions, gift baskets, and more.

The Community Congregational Church Christmas Fair Set for December 8
By Heidi Duncanson

Brittney Garcia at the CCC bakery table last year.
And around 11:00 a.m., you may expect a visit from Santa!

For more information about the CCC Christmas Fair, contact the church at 603-436-8336 or visit www.communitychurchofgreenland.org.

Greenland Grapevine
PO Box 296
Greenland, NH 03840

RESIDENT / BOX HOLDER
GREENLAND, NH 03840
This time of year we all tend to evaluate what we want to do for the next year. It always turns out to be interesting as we tend to look for new tricks, short cuts, or the easy way. Instead of telling you how to attain your goals... let's try something different... here are the top ten ways how you can fail... and fail miserably.

Eat the same amount of calories every day. Your body loves variety, and responds well to changes... but why do it? It's too hard to plan and change your food choices around.

Don't keep track of what you eat. Keeping track of your food intake is a drag and provides you with critical information on what you are consuming or over-consuming.

Don't vary your exercise routine. Your body responds well to demands and everybody knows you feel well when you move well. But why not just keep doing the same grind everyday...especially if you are injured?

Drink liquid calories. Go ahead and have two big meals at night, and snack before you go to bed. Mindless eating occurs after dinner when you sit down and relax. Eat big and then sleep big. While you are at it, eat in front of the television! The best part is that eating as we tend to look for new tricks, short cuts, or convenience! Why plan? There are tons of foods that come in a bag or that have more ingredients than you have appendages. With all of the long chemical names, it MUST be good for you, right? And to top it off, the Snack Food Association has your health interests as a top-priority!

When you are stressed, sad, tired, or depressed... eat. Sooner or later, you're going to be faced with a stressful situation... it happens to everyone. But during those times of stress, why do something good like reading a book, listening to music, writing in a journal, practicing meditative deep breathing, or looking at a photo album of loved ones?

When you finish your plate, eat off of your kids', your partner's... or heck, even the table next to yours. If you are a lifetime member of the Clean Plate Club, there must be no plate sent to the sink with leftover food on it... ever! Go ahead, eat that last little bit of something, even if it is only 250 calories. Just think after doing that for two weeks or so, you will add another pound of fat!

When you haven't achieved your goals... just quit. Why does it matter that it takes most people a few attempts to get it right with their nutrition? Just quit... why keep going or experimenting?

Ok... ok... ok. These are all a joke. They are the opposite of what you need to be doing. The frustrating part is that we all do one or more of these techniques. Unfortunately, every single one of them will work. They are time-tested and guaranteed. The trick is to do your best and not allow them all to creep into your lifestyle. As you approach the new year, do the opposite of all of the above, and you can achieve great success.

Charlie Murdach is a New Hampshire Licensed Athletic Trainer who lives in Greenland with his wife, three kids, three cats, and a dog. He is the Director of Human Development at 4 Season Fitness in Portsmouth NH, and can be contacted at Charlie@4seasonfitness.com, www.4seasonfitness.com, www.mycharlieb.com, or 603-828-4786.

How to Get Fat… Really Fat… and Stay That Way

By Charlie Murdach

Eat as many processed foods as possible. Eat for convenience! Why plan? There are tons of foods that come in a bag or that have more ingredients than you have appendages. With all of the long chemical names, it MUST be good for you, right? And to top it off, the Snack Food Association has your health interests as a top-priority!

When you shop, stay out of the edges... just buy the middle of the store. All of the good food is on the edges of the store... so why go there? Stuff that doesn't rot or that will outlast us in landfills does not need to be refrigerated, so they pack it all in the middle of the store.

When you are stressed, sad, tired, or depressed... eat. Sooner or later, you're going to be faced with a stressful situation... it happens to everyone. But during those times of stress, why do something good like reading a book, listening to music, writing in a journal, practicing meditative deep breathing, or looking at a photo album of loved ones?

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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
- Sara MacCorkle - Advertising Representative
- Margaret Moors - 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 Spring 2013 issue of the Greenland Grapevine for both content and advertising is January 2, 2013. 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.

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To place advertisements, please contact Sara MacCorkle directly at Sara_MacCorkle@yahoo.com or call 603-430-7709.

Matheux Image Courtesy of Charlie Evatt
Know the Difference: Heart Attack Symptoms in Men and Women
By Sara MacCorkle

Many people think a heart attack is a sudden and intense event, where a person clutches his or her chest and falls over—as seen in the movies. Not exactly. Heart disease is the number one killer of both women and men. And women and men respond differently to a heart attack. If you think you may be having a heart attack, call 9-1-1. There are benefits to being treated promptly.

Common Heart Attack Signs and Symptoms:
► Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
► Discomfort in other areas of the upper body. Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
► Shortness of breath. Often comes along with chest discomfort. But it also can occur before chest discomfort.
► Other symptoms. May include breaking out in a cold sweat, nausea, or light-headedness.

You Go Girl…to the hospital!
Women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.
► Women tend to be about 10 years older than men when they have a heart attack.
► They are more likely to have other conditions such as diabetes, high blood pressure, and congestive heart failure—making it all the more vital that they get proper treatment fast.

Some of the additional heart attack signs women need to pay attention to are:
► Pain or discomfort in the center of the chest.
► Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach.
► Other symptoms such as a shortness of breath, breaking out in a cold sweat, nausea, or light-headedness.

You Go Girl…to the hospital!

Heart Attack Symptoms
For additional information, visit the National Heart, Lung, and Blood Institute: www.nhlbi.nih.gov.

We still need volunteers! Learn a new skill; 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, 7 p.m. at the fire station, or visit the Web site for more information www.GreenlandFire.org.

Be a Good Neighbor… By Sara MacCorkle

Keep an eye out for your neighbors, especially in the winter. Snow and ice result in many slips and falls. Reach out to your neighbors with a phone call or visit—don’t wonder if they are okay, make sure they are.

If you are concerned and unable to reach your neighbor, request a well-being check from the Greenland Police. Call Rockingham County Sheriff Dispatch at 603-772-4716.

Stay Safe in 2013
By Sara MacCorkle

Take a few minutes to ensure you stay safe in 2013!
► Seatbelts: Buckle them. Really do save lives. Airbags are not an alternative to wearing a seatbelt.
► Motorcycle and Bicycle Helmets: They also save lives. Buckle your helmets (motorcycle and bicycle)—if it’s not buckled, it will not protect your head. Kids grow; make sure their helmets still fit correctly.
► Snow Blowers: Keep your hands to yourself! Never use your hands to fix a clogged auger or discharge chute.
► Space Heaters: Place them at least three feet away from anything that can burn. Turn them off before going to bed.
► Smoke Alarms and Carbon Monoxide Detectors: Test each alarm; replace the batteries in each alarm every six months; have a smoke alarm on each level of your home and near sleeping areas. Keep fire extinguishers in key areas of your home.
► Fire Drills and Meeting Places: Practice a fire drill in your home. Practice “Stop, Drop, and Roll” with your children. Find two ways to exit each room in case of a fire. Designate an outside meeting place (for example, the mailbox) for your family in case of a fire or emergency. If you have children, decide who is responsible for getting each child out of the home in an emergency.
► Home Safety: Schedule an appointment to have your furnace or boiler and your chimney cleaned and inspected.
► Remove any gasoline from inside your home or attached garage. Store it away from the home in a well-ventilated area.
► Put non-slip strips in your tub and shower.
► Install night lights in the hallway.
► Put a flashlight in each bedroom.
► Use a fireplace screen.
► Use plastic instead of glass near the pool.
► Cover any spa or hot tub when it is not in use.
► If the power goes out, use flashlights instead of candles.
► Check all the outlets in your home for overloaded sockets or extension cords.
► If young children visit or live in your home:
  ■ Turn down your hot water heater to 120 degrees or less to prevent burns.
  ■ Cover pot handles toward the back of the stove when cooking.
  ■ Store all matches and lighters out of reach of children.
  ■ Buckle up. Seatbelts really do save lives. Airbags are not an alternative to wearing a seatbelt.
  ■ Use flameless candles.
  ■ Turn over buckets so water cannot accumulate and become a drowning danger.
  ■ Post the Poison Control hotline number (1-800-222-1222) next to your phone.
  ■ Put an infant to sleep on his/her back and remove any soft bedding, stuffed animals, and pillows from the crib.
  ■ Move cribs and furniture away from windows so children don’t climb up too look out and accidentally fall.
  ■ Tie cords for windows and blinds out of a child’s reach.
  ■ Cut your toddlers’ food into small bites, and don’t leave them alone while they are eating.
  ■ Use safety straps on high chairs and changing tables.
  ■ Test small toys for choking hazards—if it fits in a toilet paper roll, it’s too small. Pick up any small items such as coins or buttons that can be choking hazards for infants and toddlers.

Be Safe When Cycling and Running
By Sara MacCorkle

Which Side of the Road?
When using a public road for exercise you may not impede the flow of traffic. Moving in a single file meets this criteria, moving abreast impedes the flow of traffic.
► Bicycles always ride with the flow of traffic.
► Horses always ride with the flow of traffic.
► Runners, walkers, or baby strollers always face oncoming traffic.

—Information provided by NH Highway Safety Agency

Burn Permits: How Do I Get One?
By Sara MacCorkle

Plan ahead—the Greenland Fire Department is staffed entirely by volunteers. Contact the Fire Warden, or one of the Deputy Fire Wardens, to request a burn permit at least 24 hours prior to the start of your burn. Burn permits requested with less than 24-hour’s notice may not be issued. Before starting a brush fire, you must have a signed burn permit in hand. Burn permits are also required for chimineas, fire pits, campfires, or outdoor fireplaces.

Who should I call for a permit?
Kevin Schmidt ........................................... 603-433-5572
Myrick Bunker ........................................... 603-817-1102
Mo Sodini ........................................... 603-765-7904
Brian DiPietro ........................................... 603-498-3162
Ralph Creasta ........................................... 603-235-7676


Being Safe When Cycling and Running
By Sara MacCorkle

Wear Reflective Clothing and Stay Safe!
Are you or your kids outside and exercising on a road? A runner, walker, or bicyclist? Stay safe—always wear reflective clothing (vest, hat, jacket, or arm/ankle bands) when you’re exercising. Use a flashlight or a headlamp in the evening or early morning, attach a headlight to your bicycle, use a flashing red rear light attached to your bicycle or bike trailer at all times. Make sure drivers can see you from a distance when you’re on the road.

Cycling and Running

By Sara MacCorkle

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**Veterans’ Corner**
*By Vaughan Morgan*

To begin, I would like to introduce the newly elected chaplain of the Greenland Veterans Association, Florette Berg. Florette (known to all as “Flo”) served ten years in the U.S. Air Force as a flight nurse. She was assigned to the 1453 Aero Medical Squadron out of Tachikawa AB, Japan. Her mission was to air-evac patients from the Far East to advanced medical treatment centers in the U.S. She ended her military career as chief operating room nurse at the rank of captain. She is the wife of retired Lt. Col. Wallace Berg, also a Greenland Veterans member; they are both retired and reside here in Greenland. Flo participates in many of our charitable events, and is a valuable asset to the Association.

As always, we started out the year with our annual Lobster/Steak Bake in September, which is held for all members, family, and invited guests. It’s a great time to get re-acquainted, watch the first Patriots game, and socialize. The food was great and conviviality fun.

And, as with every year, the Association has participated in and sponsored many charitable and social events. One is the annual Pancake Breakfast and Veterans Day Ceremony held in November. One of our newer events is the second annual Pumpkin Sale headed up by Dave Emery and Lenny Fitzgerald. It went well this year and they are already planning for the third one. By now, we are already a week into our annual Christmas Tree Sale. The trees are top quality picks and are expected to go fast, so please come early and select a fine quality tree for Christmas. Remember, all proceeds go back into our community and go to help Veterans’ charitable causes.

I would be remiss if I didn’t mention the Veterans Day event put on by the children and faculty at the Greenland Central School. They do an outstanding job and I can’t begin to say enough about how much all the area Vets appreciate their efforts.

In closing, on behalf of the Greenland Veterans Association, I would like to thank all of you who have supported this Association throughout 2012 and years past, and wish you all a prosperous New Year.

**Going Green in Greenland—Green Holidays**
*By Abigail Bassett*

Ah, the holidays. The time where endless gifts are exchanged and enormous amounts of food are eaten. It’s also a time when there are endless opportunities to go green and help the environment.

**SHOPPING FOR GIFTS**—Thrift and second-hand stores are aplenty in the Seacoast area. Contrary to popular belief, many second-hand shops sell new or like-new items. In downtown Portsmouth there are numerous shops such as Second Time Around that sell brand name designers and labels from recent seasons. Right across the street is the Wear House, which operates under a similar structure, but also has many one-of-a-kind funky pieces. Many thrift stores help to support local charities and nonprofits such as Second Generation right here in Greenland. There are several other thrift and secondhand stores in downtown Portsmouth and Exeter, as well as just over the border in Kittery.

Another option, aside from buying secondhand, is buying locally made items. There are many artisans and artists in the area that make gifts that are unique and beautiful. Also, never discredit yourself as an artist! Some of the greatest gifts I have ever given have been paintings, a hand-knit scarf, a piece of jewelry made by my mother, etc. Especially with the weather getting cooler, now is the perfect time to find a hobby like knitting or drawing that can be channeled into some great, personal holiday gifts.

**GIVING GIFTS**—Ah, the great wonder that is holiday wrapping paper. I wonder if there is a statistic about how much space wrapping paper takes up in landfills. Fear not, because there are several easy alternatives to keep from creating too much waste.

This first idea has been around for ages. Reuse gift bags from year to year. Same goes for tissue paper. In fact, in my house there is an entire cupboard full of used tissue paper, in fact, in my house there is an entire cupboard full of used tissue paper. One idea to minimize waste from a party is to have everyone bring their own plate, cup, and silverware. While this seems cumbersome, it can be fun. Another alternative is to buy inexpensive reusable cups, and label them with your guests’ names; that way people don’t have to use several plastic cups during the night, and they can easily keep track of their drink. They also make cute little party favors!

Lastly, make the container you give a gift a part of the gift. A mixing bowl can hold baking supplies. A watering can could serve as a container for herb seeds. Lastly, make the container you give a gift a part of the gift. A mixing bowl can hold baking supplies. A watering can could serve as a container for herb seeds. This first idea has been around for ages. Reuse gift bags from year to year. Same goes for tissue paper. In fact, in my house there is an entire cupboard full of used tissue paper. A watering can could serve as a container for plant seeds. Lastly, make the container you give a gift a part of the gift. A mixing bowl can hold baking supplies. A watering can could serve as a container for plant seeds. Lastly, make the container you give a gift a part of the gift. A mixing bowl can hold baking supplies. A watering can could serve as a container for plant seeds.

**GREEN PARTY**—No, this article is not suddenly talking about going green. A green party is one where there are opportunities to go green and help the environment. One idea to minimize waste from a party is to have everyone bring their own plate, cup, and silverware. While this seems cumbersome, it can be fun. Another alternative is to buy inexpensive reusable cups, and label them with your guests’ names; that way people don’t have to use several plastic cups during the night, and they can easily keep track of their drink. They also make cute little party favors!

Normally, when a lot of people are gathered, the temperature rises quickly. Feel free to turn down your heat a bit to save on energy, and chances are, the house will stay plenty warm on its own.

Lastly, a helpful idea is to have a clearly labeled recycling bin and trash can that is easily accessible to all guests. That way, not everything ends up getting snuffled into the garbage at the end of the night.

Hope everyone in Greenland has a happy, safe, and GREEN holiday season!
Holiday Cookies—Share the Sweetness
Submitted by Nancy Bassett

The holidays are a time of social gatherings and sharing traditions. It is also a time to share food. And one of the favorite things to share this time of year is cookies. Here are a few recipes you can try for your next family gathering or cookie swap.

White Peppermint Snowballs

**Ingredients:**
- 1 package (18-ounce) refrigerated sugar cookie dough, room temperature (recommended: Pillsbury)
- 1/2 teaspoon peppermint extract (recommended: McCormick)
- 1/3 cup crushed peppermint candies, plus more for garnishing
- 1 cup powdered sugar, divided

**Directions:** Preheat the oven to 350° F.
Cut the cookie dough into 8 pieces. In bowl of electric mixer, on medium speed, thoroughly combine the dough pieces, peppermint extract, 1/3 cup crushed peppermint candies, and 1/2 cup of the powdered sugar.
Roll the dough into one-inch diameter balls. Arrange two inches apart on parchment-lined cookie sheets, and bake until set—about 8 to 10 minutes. Remove from the oven and let cool slightly on cooling racks.
Add 1/2 cup of the remaining powdered sugar to a small bowl. While the cookies are still warm, roll them in the sugar. Sprinkle with crushed peppermint candies and serve.

As the cookies cool, they will flatten slightly.

Yields 36 cookies.

Coconut Macaroons

**Ingredients:**
- 1 14-ounce package sweetened shredded coconut (about 5 cups)
- 4 large egg whites
- 2 1/2 cups sugar
- 1/3 cup all-purpose flour, spooned and leveled
- 1/4 teaspoon kosher salt
- 1/2 teaspoon vanilla extract
- 6 ounces bittersweet or semi-sweet chocolate, melted and cooled to room temperature

**Directions:** Heat oven to 325° F.
In a medium bowl, combine the coconut, egg whites, sugar, flour, salt, and vanilla.
Drop packed tablespoonsfuls of the mixture onto parchment-lined baking sheets, spacing them one inch apart.
Bake, rotating the baking sheets halfway through, until lightly golden, 25 to 30 minutes. Cool slightly on the baking sheets; then transfer to wire racks to cool completely.
When cool, dip the bottom of each macaroon in the chocolate and place on a parchment-lined baking sheet. Refrigerate until firm, 20 to 30 minutes. Store the macaroons in an airtight container at room temperature for up to seven days.

Yields 32 cookies.

Palmer's

**Ingredients:**
- About 1 1/2 cups granulated sugar
- 1 package frozen puff-pastry sheets (such as Pepperidge Farm), thawed

**Directions:** Heat oven to 400° F. Adjust rack to middle position.
Sprinkle one tablespoon of sugar over the work surface. Unfold one sheet of the pastry and place it on the sugar. Roll it to an even thickness. Sprinkle it with two tablespoons of the sugar. Starting at one short side of the rectangle, roll the pastry toward the center of the sheet, stopping at the middle. Repeat with the opposite short end, so the rolls meet. Trim the ends with a knife.
Cut into 1/2-inch-thick slices and place flat on a baking sheet lined with parchment paper, spacing them one inch apart. Sprinkle with one more tablespoon of the sugar.
Bake until golden and puffed, 20 to 23 minutes. Let cool for 5 minutes. Transfer to a wire rack. Repeat with the remaining ingredients. Serve hot or at room temperature.

Yields 32 cookies.

Artisan Fair to be Held
By Wallace Berg

On Sunday, December 9, there will be an “Artisan Fair” at the Rolling Green Nursery. It is being hosted and organized by Ms. Robin Bettencourt, a local ladies’ accessory designer artist. Artists from the Seacoast and adjacent states are being invited, and the public is welcome. Expected are: potter and original creations, photo and painting works, unique jewelry designs to complement exciting women’s accessory wear, etc. The hours are from 10 a.m. to 2 p.m. For additional information regarding the event, or to show your work, e-mail rbettencourt@comcast.net.

Reminder: Public Access To Portsmouth Country Club Property

When golf season ends, Greenland residents may enjoy a right to access the Portsmouth Country Club Property for passive recreational uses, without causing damage to the premises.
That is, when the ground is frozen, the public may enter upon the land for hiking, sledding, and cross-country skiing. The Country Club can post areas that could be damaged, such as greens, tees, sand traps, and the like, to be sure that they are protected from accidental damage by persons using the area.
Members of the public should take care to use the land carefully, obey any reasonable restrictions on where cars should be parked, and avoid the sensitive areas that could be accidentally damaged. The Country Club property allows citizens to see and enjoy open space and areas along the shore of Great Bay. It offers views that are not available from any other location in the Town. Please use this valuable access entitlement, but treat the land with respect so that this access will be available for others to enjoy in the future.

Cindy Kohlhae
Owner/ Stylist
(603) 682-3383
66 Tuttle Lane Greenland, NH 03840

Greenland Veterans Christmas Tree & Wreath Sale
Open 7 days a week 9AM – 6PM
starting 11/23
Balsam Firs 4’ to 12’
Fresh Wreaths
Delivery in Greenland
Greenland Vets Hall Routes 33 & 151

Join the Seacoast Mothers Association for playgroups, social events for moms, a comprehensive events calendar, member discounts and a safe, active on-line community.

Don’t hibernate this winter – make some new friends! Join SMA today! www.SeacoastMothers.com

SMA seeks to facilitate and nurture an engaging and supportive community for greater NH and southern Maine Seacoast area moms and expectant moms.
Seacoast Family Promise (SFP) is pleased to have had another wonderful year of service to local families with children who are experiencing homelessness. Our motto of “Guiding Families Home” and our commitment to our mission of empowering families experiencing homelessness to achieve lasting self-sufficiency remains strong. Having turned nine years old in November of 2012, Seacoast Family Promise has an 82% non-recurring homeless rate for the families served. Our families have remained stable and self-sufficient for more than seven years now, and we are delighted to continue to provide support and remain in the lives of those families.

Our families are now your neighbors, good citizens, and the folks who stand with you in the grocery aisle and at checkout. The children of our families are now students in area colleges and universities and in K through 12 throughout the region.

SFP is most grateful for the funding received annually from the Town of Greenland, volunteers and support from the Community Congregational Church, and Carol Sanderson who serves on the SFP Board of Directors. We have enjoyed working collaboratively with New Generations, the Court Diversion Program formerly of Greenland, and the local businesses like Rolling Green Nursery, and individuals enabling us to continue to fight for the rights of local impoverished families.

When you are thinking of ways that you can give back to local people, please consider SFP. We always have Adopt-A-Family opportunities during the holidays and throughout the year. We welcome volunteers of all ages; we always have available community service projects. We encourage potential board members to contact us. We enjoy artists and musicians willing to share their talents. We seek mentors and welcome community members to visit our Day Center located behind the Strafford Community Church to see how our program works and how local investment is paying back in big ways.

Consider a donation of gas cards, an unwanted and in-good-condition vehicle providing a family the opportunity to get to and from work, laundry detergent, toilet paper, tissues, paper towels, peanut butter, jelly, soups, pastas, and snack foods for our children.

Seacoast Family Promise is working to make our communities strong with families who are engaged in an active community and are participating members. To make a donation or for more information, please contact Pati Frew-Waters at 603-658-8448, sfhpaul@comcast.net, or www.sfphpaul.org.

Help for the Homeless During the Holidays
By Martha Stone

On most nights at the Cross Roads House homeless shelter in Portsmouth, nearly every one of our 96 beds is filled. For 30 years Cross Roads House has provided shelter and assistance to the homeless from Rockingham, Strafford, and southern York ME counties. Last year we served 377 local community members including 30 families with 66 children. Our volunteers prepared and served over 18,000 nutritious meals for our residents.

There are several ways you can help this holiday season:

► Make a financial contribution. Gifts at all levels help us run the shelter which is open 24/7. Two-thirds of our operating budget comes from private donations.

► Contribute an item from our wish list (below). Each shelter resident receives a gift bag filled with items contributed by donors.

► Become a volunteer. Orientations are held monthly. Most volunteers help prepare, cook, and serve dinner.

HOLIDAY WISH LIST—New items for men and women: hats, gloves, mittens, rain ponchos, socks, underwear, travel alarm clocks, watches, wallets, thermal underwear, padlocks with keys, small daily planners, bike helmets, and bike locks. The following types of gift cards are especially useful: gas cards, Wal-mart, Rite Aid (for medications), grocery stores, local restaurants, movie theaters, Bowl-O-Rama, Coast Bus passes, auto supply stores, bike shops, taxi services, and hair salons. Toiletries: toothbrushes, toothpaste, deodorant, disposable razors, shaving cream, shampoo, and first aid supplies. In addition to full-size products, unopened travel-size toiletries are particularly useful.

Donations can be mailed or dropped off to: Martha Stone, Cross Roads House, 600 Lafayette Road, Portsmouth NH 03801.

Questions? Contact Martha at 603-436-2215 x110 or e-mail martha@crossrodsnh.org. To view a complete list of items we need year round or learn about volunteer opportunities, please visit our Web site at www.crossrodsnh.org.

Journey Home Thrift Shop
200 Lafayette Road North Hampton Monday – Saturday 10-5, Sunday Noon – 5 Support NH Hospice
Household Items, Furniture, Toys, Books & Clothing Donations welcome.
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Joe Mills Greenland, NH

Guiding Families Home
By Pati Frew-Waters

Our children.

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There are several ways you can help this holiday season:

► Make a financial contribution. Gifts at all levels help us run the shelter which is open 24/7. Two-thirds of our operating budget comes from private donations.

► Ongoing programs held at Families First every week, year round: parent-child playgroups for babies, toddlers, year-olds, and preschoolers with an adult; Family Fun Night for families under seven; and a postpartum group for new mothers under stress.

To check for schedule changes, sign up for programs or child care, or sign up to provide program plantings by e-mail each month, call 603-422-8208 (press ext. 126).

Don’t forget about the “Artists of the Seacoast” calendars. They make great gifts for anyone who loves art, the Seacoast, or helping others. For a mail-order form or to see a list of stores that carry the calendar, please visit http://familiesfirstseacoast.org/artists.html or call 603-422-8208 ext. 126.

HOLIDAY WISH LIST—New items for men and women: hats, gloves, mittens, rain ponchos, socks, underwear, travel alarm clocks, watches, wallets, thermal underwear, padlocks with keys, small daily planners, bike helmets, and bike locks. The following types of gift cards are especially useful: gas cards, Wal-mart, Rite Aid (for medications), grocery stores, local restaurants, movie theaters, Bowl-O-Rama, Coast Bus passes, auto supply stores, bike shops, taxi services, and hair salons. Toiletries: toothbrushes, toothpaste, deodorant, disposable razors, shaving cream, shampoo, and first aid supplies. In addition to full-size products, unopened travel-size toiletries are particularly useful.

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Greenland residents Wallace Berg (USAF Ret.) and Edwin Paukert, as official guests of the South Korean government, recently participated in several ceremonial events in celebration of the 60th anniversary of the Korean War. Along with about seventy other veterans and guests, we revisited some of the major battlefields, the National Cemetery, and of course, the Demilitarized Zone (DMZ) dividing North and South Korea. The DMZ, a four kilometer-wide buffer zone between the two countries is under international control. Panmunjom is where the armistice was signed and the two governments frequently meet to resolve differences and negotiate. The Korean War, known as the forgotten war, has never ended, and the two countries are still divided. The original, temporary, box-like plywood buildings are still being used, and the meeting tables inside still have a painted line down the middle dividing the two countries. We can attest that it was a fantastic experience and a once-in-a-lifetime opportunity. The program will continue for one more year, and any Korean War veteran wishing to participate should see the details at the end of this article.

We extended our South Korean visit by a few days to do some touring on our own. Our Korean “bucket list” included leisurely visits to palaces, old-style native villages, and local bazaar-style shopping areas. We also rode the high-speed bullet train to Incheon and the high-speed hydrofoil to Kyushu, Japan—a trip we did in three hours, which used to take fourteen hours.

A further extension of our trip was to spend a few days on the subtropical island of Kyushu, staying in the resort town of Beppu, famous for its hot springs and black sand volcanic beaches. Having previously made arrangements through the Japanese embassy, we were permitted to visit an active Japanese air base (Tsukiu) and were hosted by the commander there, M/G Susumu Hashimoto. We were honored by a comprehensive operational briefing and a tour of the facility. During WWII, the base had been an Imperial Naval seaplane base and also home to three Kamikaze squadrons during the battle for Okinawa. The base was destroyed by AAF B-24 bombers in 1945. In 1951, the American occupation forces returned the base to operational use, and it was vital to our Korean-based F-86 wings. I had been stationed there during this period and had many fond memories and Japanese friends.

No visit to Japan would be complete without a visit to Kyoto, its ancient and pristine former capital. This Japanese cultural capital, along with Paris and Rome, were never bombed during WWII. Having lived and traveled extensively in Japan, I suggest a Kyoto visit should be your first stop, and a Japan Rail Pass your first purchase. Although most visitors start with Tokyo, it is a place I pass through to see, feel, and savor the real Japan. The Kanto (Tokyo area) plain is an area larger than the Los Angeles basin and is home to twice as many people; I’m forever lost there. Japan has climate zones comparable to Alaska and is almost as tropical as southern Florida. I recommend cherry blossoms time in the spring or the tree color time in the fall.

The program is sponsored and funded by the South Korean government. It is normally of seven-day duration, including travel days from the U.S. Airfare for both veteran and one other traveler (not a veteran) is partially paid by the government. All in-country hotel, food, and direct tour expenses are paid. Veterans are eligible if they served in, on, or over Korea during the war years. Pre- and post-group tour options are available to various Korean War zones, Vietnam, and China. The hotels, food, and service were four-star, and no planning is required on your part—just pack and go (with current passport). A medic was always available, as well as mobility assistance.

For details, contact Military Historical Tours at 703-590-1295, e-mail mbtours@miltours.com, or call Wallace Berg at 603-431-8345 or 603-433-3169.

A Memory-Filled Trip to Korea and Japan
By Wallace Berg

Edwin Paukert: M/G Sushuku Hashimoto, Commander 8th Air Wing, JASDF; Wallace Berg, Usaf (Ret); Commander, Tsukiu AB, Japan

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The Mighty Monarch Migration
By Jake Scally, Grade Four

Did you know one of nature’s most amazing migrations could be found in Greenland, NH? Right beside our very own soccer field you will find a field of milkweed plants. This is prime feeding grounds for the Monarch caterpillar! That is why female Monarch’s lay hundreds of eggs here.

Get out your magnifying glass and carefully lift each leaf. You may be a lucky winner and find an oddly-biddy egg! But be careful, don’t get fooled by any old egg. The Monarch’s egg is not exactly similar to other insects, but oval shaped with lines on it. Keep an eye on that egg! After 3–5 days, the caterpillar (known as larvae) starts to nibble its way out of the egg. The caterpillar does not have stripes yet, but it is hungry!

The Monarch caterpillar devours the leftover egg. Then it eats all the milkweed it can until it goes into its next instar. An instar is when the caterpillar wiggles out of its skin to reveal a new, bigger, and boggier skin. After its first instar, the Monarch gets its yellow, white, and black stripes. As the Monarch starts to grow, the skin becomes too tight. Therefore, it will go through five instars where it continues to grow, shed its skin, and eat its own vitamin filled skin.

The Monarch caterpillar lives a risky life though. One day a mother wasp may try to lay its eggs on the caterpillar. The caterpillar defends itself by raising its upper body to scare the wasp away. Wasps prefer to lay their eggs on caterpillars because they know that the caterpillars are very protective of themselves.

After about two weeks, the Monarch will go into a metamorphosis—an amazing body change. It will start to curve its body into a J shape, starting its chrysalis stage. In its J, the Monarch spins a silk button, wiggles out of its current skin revealing a green skin, and hooks little prongs called craymaster.

The Monarch is gliding grows. The Monarchs will now lay eggs and begin the life cycle all over again.

So, when soccer season begins again next year, take a break from your practice, and get out that magnifying glass. Will you be the lucky one to find a special Monarch egg hidden under a milkweed leaf? Let the journey begin!

Fun in First Grade
By Mackenzie Lombardi, Grade One

One of the best activities we do in Mrs. Vogel’s first grade class is creative writing! We get to write about whatever we want, as long as it is appropriate! First, we had to make a list of ideas to write about. We made a long list of ideas. I chose to write a fictional story about vampires… it’s really cool! Once we picked our idea, we had to write our first drafts. Once we got started, Mrs. Vogel helped us edit our writing. That means we had to check for boo boos in our writing like making sure an upper-case letter is at the beginning of a sentence, spelling word wall words correctly, and making sure there is an ending mark at the end of our sentences. Once that is finished, we have to go back and add details to make our stories more interesting. Finally, we have to make sure our pictures match our words. When we write, we have special tools that we use. We use our word wall folders and word dictionaries. Creative writing is fun and helps you learn how to spell. My friends and I can’t wait to write more stories.

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The Growth of Lima Beans—And Most Plants, Too!
By Benjamin C. Doyle, Grade Two

In Mrs. Prien's second grade class, we have been constantly learning about Lima Beans and how they grow. Read more below to find out just how this works.

Lima beans, like most other plants, grow in stages, as this takes some time. The First Stage: a seedling—as this is a stage unseen, it’s when the seed is under the dirt. After a bit, the seed shoots down a tiny, light-colored root. The small root has tiny “pipes” or “straws” going through it, which suck in water from the dirt or soil. When lots of water has gone in, the outside covering or soft skin bursts open or pops. After a bit, the seed sends up a tiny stem that soon craws out of the soil, and into the light and oxygen—the scientific term for air.

The Second Stage, which requires independence, is the whole load of work. The plant is collecting three things: sunlight, air, and water. The progressive growing is a happening for the plant. The plant grows leaves which help take in sunlight, air, and water, sometimes called “food” or nutrients. This keeps happening as the stem grows longer and taller into the light and the leaves get bigger. As the leaves keep growing.

The Third Stage, as I call the “Growth Stage” follows the second stage’s requirements. Nutrients such as sunlight, air, and water keep coming into the plant. By now, the seed has shriveled up or maybe fallen off, as many roots are securing the plant in the ground and taking in water and nutrients from the soil—their primary job. Now, the plant is getting bigger and the straws suck in the nutrients. As for the lima beans, the plant is getting to be bigger and stronger, taking in those nutrients.

The Fourth and, I must note, the final Stage in the lima bean's growth is when the plant graduates from being just a “plant” and becomes a bush. Usually, the bushing flowers, as with lima beans, and gets bigger as growth progresses.

The Sad Part about Some Lima Beans or Other Plants—Unfortunately, some lima beans may not survive. Their outer skin may be too thick to allow sunlight, space, or air. Some may rot at an early point in life, or others may not grow at all. Others do do well, but some trees or plants may occur as soil that was not enriched with nutrients or those pesky weeds, sucking all that good stuff in for themselves, very grusomely.

Mrs. Prien was a big help to learning how plants grow, so I devote much credit to her and to another special teacher, who enriched my learning and fortunately chose ME to be October’s News-Paper reporter. Thanks to both of these ladies.

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Notes from Greenland Central School
By Peter Smith, Principal

This school year is proving to be another busy and productive one with many important initiatives underway that support our mission and focus on structured and engaging learning experiences. This includes academic instruction. Our goal is to develop high-achieving, well-rounded, school citizens who are equipped to be successful and contribute to members of a larger society.

At our annual fall meeting, the Greenland Educational Improvement Plan (GEIP) Steering Committee met to review existing goals and initiatives that impact all aspects of our school operation. Some strategies to achieve them are ongoing, others established or completed, and some are just getting underway. Through ongoing professional training and implementation, our school-wide focus on writing has been very successful through excellent professional development opportunities for our staff and the adoption of consistent resources, grades K–8.

We are currently transitioning to a new math program which helps our curriculum. After considerable research by our Math Committee, and approval by the School Board, we will transition this year, and next, from Everyday Math to Math in Focus (Singapore Math). We believe this program has many advantages, not the least of which is an alignment with the new Common Core State Standards. As we consider all others in the state, is in the process of fully aligning our curriculum and instruction with the Common Core State Standards, in preparation for the new assessments and accountability that will come with them.

I will also take this opportunity to highlight another area of endeavor and growth in the Greenland Educational Improvement Plan, which is our increasing emphasis and support for technology integration. Through the work of our Greenland Central School Technology Committee, our state-approved Technology Plan, staff’s efforts, and School Board, as well as community support, our school continues to offer students outstanding technology instruction and experience in all grades.

We have made thoughtful, timely, and prudent investments in the infrastructure and other equipment needed to support comprehensive technology integration in the classrooms and other general settings. Following the model of the “21st Century Classroom,” we have just completed an essential upgrade to our school’s wireless network and available bandwidth to support the new age of computing devices. Through careful analysis we are utilizing funds appropriated through a local balloting process, an admirable trust, and grant opportunities to stay current with instructional equipment such as document cameras, digital projection, and a range of computing devices that are reliable, are mobile, and support a range of learning opportunities.

In September, we applied for and received a most generous grant to purchase a classroom set of Apple iPads along with cases and a storage/charging cart. This grant from the Exeter New Car Dealers Association, for more than $12,000, provides access for all classrooms to the most current of educational computing devices. We are most grateful to association president Larry Foss of Foss Motors and to Doug Miles and Paul Holloway of our local SeaCoast Volkswagen and Holloway Mercedes Benz.

During the past year Greenland staff members have provided presentations for the School Board and Budget Committee on how our investment in technology provides students with vital technology skills, experience, and hopefully, the confidence to ensure success throughout their school years and in the work force they will enter. Our students use technology to conduct research, for reading and math tutorials, for writing, for video streaming, for publishing, for keyboarding, for assessments, and to access many other high-quality educational experiences.

Our staff works hard to keep pace with the ever-evolving, technology-related educational opportunities. As I write this Greenland Grapevine entry, several of our eighth-grade Spanish students are communicating via Skype (computer conferencing) with students in Costa Rica. This opportunity was arranged by a fifth- and sixth-grade teacher, Mr. Dowling, who travelled to Central America this past summer with colleagues from SAU 50 and 52. This integration of technology with Spanish and geography is just one simple, but powerful, example of how valuable and integral technology tools are to engaging students and making education relevant to the world they know.

As always I welcome input, ideas, or assistance from Greenland citizens at any time. I am pleased to report that our extensive annual surveys of parents, students, and staff continue to provide very positive feedback about the direction and operation of our school. We do take seriously any ideas, suggestions, or constructive criticism, as we strive for ongoing growth and improvement.

Please check out the ongoing events and happenings at our school by visiting the Web site at www.sauf50.org/pcs.

Sound Snow Advice
With the possibility of a snowy winter, please keep these tips in mind:

Parking is not allowed on any Greenland street between the hours of midnight and 6:00 a.m. from November 1 through April 30. The Greenland Police Department may impose the parking ban for extended hours if there is a pending or current snow storm. Tickets may be issued for any violations.

Try to clear your paths through the snow as wide as possible early in the winter, so there is plenty of space to pile more snow later. Wider paths also make it easier for emergency personnel or furnace repair crews to access your home in an emergency.

When clearing snow for your walks and driveways, be sure to clear a path to your oil fill, gas tank, and electric meter to make it easier and quicker for utility workers to do their jobs.

Children’s Museum of NH to Host a Daytime New Year’s Bash for Families
By Heidi Duncanson

Children and their families are invited to ring in 2013 a little early at the Children’s Museum of New Hampshire’s annual daytime Family New Year’s Eve Celebration on Monday, December 31.

This festive family event runs from 10 a.m. to 3 p.m. and includes three special “countdowns to midnight” at 11 a.m., 12:30 p.m., and 2 p.m. At each countdown, a glittering ball drops 30 feet from the rafters of the museum as everyone counts down the last 10 seconds of the year. Noisemakers and confetti create an atmosphere like Times Square as “Auld Lang Syne” is played and ginger ale is served for the first toast of the New Year.

Visitors are also invited to make their own sparkly party hats with holiday wrapping paper and tinsel, and write their New Year wishes on mini flying blimps that are launched into the air at each countdown.

“We have been hosting this family event for more than 20 years, and it continues to draw hundreds of families to the museum,” explained Heidi Duncanson, Director of Marketing for the Children’s Museum of NH. “Kids hear about all the excitement that happens at midnight on New Year’s Eve and they naturally want to be part of it. We create that party atmosphere early in the day so kids can go to bed feeling like they’ve celebrated a ‘real New Year’s Eve.’ It’s a great way for different generations within a family to ring in the New Year together.”

The Children’s Museum of New Hampshire is located in Henry Law Park on the Cochecho River in downtown Dover. There is plenty of parking with restaurants and shops nearby, and Dover’s public indoor swimming pool is located right next door. More information on planning a trip to Dover can be found at www.dovenh.org.

All New Year’s Eve activities are included with regular admission to the museum: $9 for adults and children, $8 for seniors, and no charge for children under one year old.

For more information, please call the museum at 603-742-2002 or visit www.childrens-museum.org.

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sdelf73@yahoo.com 24 Casswell Drive Greenland

Portsmouth Pediatric Dentistry & Orthodontics
(603) 436-2204 www.SeacoastSmiles.com
150 Griffin Road Portsmouth, NH
Five Green Tips
By The Green Alliance

1. If you have an asphalt driveway, did you know that certain sealants can pose a severe health threat to your family and to waterways such as our Great Bay estuary? Never buy a sealcoat product that contains coal tar. Steer clear if you see words like “refined coal,” “refined tar,” and “coal-tar pitch.” These products contain high levels of dangerous chemicals called PAHs.

2. If you are using any kind of asphalt-based sealant, always follow the directions carefully. Only apply a sealer if the outside temperature is at least 60 degrees F, with no rain forecasted for at least two days after the application.

3. Proper maintenance of your driveway and landscaping can delay or avoid the need to use a driveway sealant in the first place. Repainting driveway cracks as soon as they appear can prevent pavement deterioration, avoiding or minimizing the need to use sealcoats.

4. If you are planning to install a new driveway, consider using a material other than asphalt. Alternative surfaces such as gravel or porous pavement are great options as none of these require the use of sealants. Porous pavement also is a great way to reduce stormwater pollution, one of the greatest threats to our coastal waters.

5. Lend your voice to protecting our Great Bay estuary! The Great Bay estuary is facing serious threats and we need your help to protect it. Lend your voice by signing an online Rescue Great Bay petition at http://www.nps.gov/sign/rescue-great-bay. Help keep the Great Bay thriving.

Great Bay Stewards
Immerse Students in Estuary’s Uniqueness
By Heikki Perry

Greenland Central School’s third grade class had a chance to visit Great Bay Discovery Center and learn about the local environment on a fine autumn day. Photos courtesy of Kate Simmons

The fall theme focuses on the “Environmental Heritage of Great Bay” programs at the Discovery Center. The sessions are held in September and October, mostly for grades two through five. The sessions are three hours long.

The fall field trips include:
► Bounty of the Bay—an interactive first-person account of natural resource utilization of the Great Bay area. The activity focuses on the tools that were used for the harvesting of wildlife through trapping, waterfowling, ice fishing, and shellfishing.
► Trail of the Arrowhead—The Discovery Center is located at a spot along the edge of Great Bay once used by the Muquampek people more than 400 years ago. A guide leads students on a discovery walk where they will learn about native plants and animals along the way, and they will travel back in time as they visit an Abanaki-style fishing encampment.
► Gundalow Row, Gundalow Sail—Students climb aboard and visit the only Piscataqua River gundalow still in existence. Berthed at the Discovery Center waterfront each fall, staff of the Gundalow Company helps students learn about the power of the estuary’s tides, and why New Hampshire’s watery coastal highway of 200 years ago was home to hundreds of cargo-carrying gundalows.

Reservations for the elementary school programs are required several months in advance as the programs fill up quickly. Teachers should call 603-778-0015 for program specifics or for reservation requirements.

Besides school programs, spring and summer children’s programs also take place: Life Under a Log, explaining what makes a log a habitat for which critters and why a program on dragonflies—and how and why they benefit us; and programs that dress kids in rubber boots, allowing them to explore in mud at low tide. Families can take kayak tours of the bay, or attend special presentations, such as Why Do Animals Do That?” which include live animals for demonstrations, or a hands-on program about horseshoe crabs.

“There’s a wide variety of programs all year long at the Discovery Center,” says Jay. “One of the more popular adult programs is the BayVentures presentations on topics ranging from stone wall construction and ecological landscaping to black bears or bats and white-nose syndrome.”

The Great Bay Discovery Center is located at 89 Depot Road, Greenland NH. For more information about the Discovery Center, call 603-778-0015, ext. 350, or visit www.greatbay.org, the official Web site of Great Bay National Estuarine Research Reserve.

For information about the Great Bay Stewards, visit www.greatbaystewards.org
Changes are Coming to the Greenland Recreation Fields
By Erica Rahn

When you drive by the Greenland Recreation Fields located off Post Road, you may see that small changes are afoot. It is our hope that with the help of residents and businesses of Greenland and the surrounding communities, this is just the start.

Last year members of the Recreation Committee realized that the demand on our current athletic fields so greatly that they cannot adequately accommodate our current program needs. Subsequently, the committee began meeting to explore opportunities for adding additional program space to the Post Road fields.

With much effort throughout the past year we were able to develop a plan that accommodates over twice as much programming with only a relatively minor expansion to the existing developed area. The plan provides for more efficient use of the current space and includes adding a multi-purpose field, two baseball fields, a snack shack, and a play-ground, along with measures to protect the adjacent public water supply well. The town has been highly supportive of this effort and praised the team working on the site, as well as the goal of the team to finance the project from private donations, with no funds coming from the town or taxpayers.

At the time when members of the Recreation Committee were working with town officials on the plan, the tragic death of our Police Chief Michael Maloney took place. It was decided by those working on the project that naming the fields after the Chief would be a fitting tribute to him. The group felt that it would be an honor to use the name of the Chief as he represented those things in his life that we want those athletes using the fields to embrace such as work ethic, fairness, community, and humility.

We feel the need to do our part on a broader scope to prevent some of the devastating effects falling can have on our seniors.

We all remember and laughed at the goofy TV commercial with the feeble older lady squeaking, “I fell down and I can’t get up.” However, falls in older adults are no laughing matter, and my mother is far from feeble. Statistics published by the CDC report that one of three people over the age of 65 will suffer a fall each year. Of these falls, one in five results in serious or life-threatening injuries. Falls are the leading cause of injury in older adults.

Every 15 seconds an older adult will be treated in the ER with a fall-related injury. Even more alarming, older adults who sustain a hip fracture are report-edly two to three times more likely to die within one year.

With an election this year, cuts in Medicare and the skyrocketing cost of healthcare seem to be hot topics of conversation in the media and elsewhere. Besides suffering and injury, Medi-care has realized that falls are also expensive. For this reason, Medicare now mandates physicians to perform and document a fall risk assessment and plan of care on any patient who falls more than once within a year.

The Fall Risk Assessment is completed in our office within the home. The assessment will also include any physical therapy recommendations that may be beneficial. Physical Therapy has been proven as a cost-effective, highly successful intervention in the management of balance, falls, and related injuries. For more information about physical therapy at SeaCoast Body Balance, LLC call 603-431-7043 or visit our website www.SeacoastBodyBalance.com.

A Matter of Balance
By Melissa Gahr, MSPT

About this time last year, my mother lost her balance and fell on a curb, fracturing her cheek bone. She was in severe pain and her eye was swollen shut. She missed a week of work and probably suffered a concussion, although it was never diagnosed. As a physical therapist (PT) specializing in vestibular disorders, I spent multiple clinical hours trying to help my dizzy and unsteady patients prevent a fall. This event really struck a chord with me, and I felt the need to do my part on a broader scope to prevent some of the devastating effects falling can have on our seniors.

Fall risk assessments are not complicated or costly medical tests, but rather simple measures of balance, blood pressure, functional strength, vision, and other factors that, when examined in concert, predict risk and detect areas that can be improved. As a PT specializing in vestibular and balance disorders, I have done hundreds of these assessments over my past 20 years of practice. Our PT practice, SeaCoast Body Balance, LLC on Portsmouth Avenue in Greenland, is committed to doing our part to reduce the catastrophic effects of falls in our older folks on the Seacoast. We are working closely with area doctors to facilitate the implementation of the new Medicare requirements.

Seacoast Body Balance will also provide free Fall Risk Assessments with a doctor’s referral or recommendation. This service is performed at no cost to the patient, and we will not send a bill to Medicare. The Fall Risk Assessment is completed in our office and a written report sent to the referring MD. It will include a Home Fall Hazard Checklist with recommendations for preventing injuries within the home. The assessment will also include any physical therapy recommendations that may be beneficial. Physical Therapy has been proven as a cost-effective, highly successful intervention in the management of balance, falls, and fall-related injuries. For more information about physical therapy at SeaCoast Body Balance, LLC visit our Web site www.SeacoastBodyBalance.com or call 603-400-0711 to schedule an appointment.

Melissa Gahr, MSPT, is the owner of SeaCoast Body Balance, LLC at 655 Portsmouth Avenue, Greenland. SeaCoast Body Balance treats musculoskeletal, spine, and sports injuries and provide vestibular rehabilitation for patients with balance and gait abnormalities.

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Anxiety Management For Youth
By Stephanie Charron

A local nonprofit now offers anxiety management for youth. Seacoast Youth Services (SYS) offers positive development programs to coastal New Hampshire youth and their families, including outreach to those who typically do not receive services. SYS believes through effective engagement and comprehensive best practice programs, clients will develop a sense of belonging, productive lifelong skills, and increased hope for the future. Currently SYS offers individual and group counseling, outreach, and educational programs at its Seabrook facility.

In addition to its substance abuse prevention and intervention services, SYS is now offering two new mental health groups for youth (sixth through ninth grades). These groups include The Resilience Project and Anxiety Management. The Resilience Project will be held on Thursdays from 4:30 p.m. to 5:30 p.m. and focuses on the development of skills to help youth be more effective in managing emotions, problem solving, resolving conflicts, and getting along with adults more effectively. Anxiety Management will be held on Wednesdays from 4:30 p.m. to 4:30 p.m. and was developed for youth who struggle with anxiety that interferes with their daily level of functioning. Participants will identify causes of anxiety, develop skills to manage their anxiety, change thinking patterns that create anxiety, and learn various relaxation techniques. Both mental health groups are facilitated by licensed mental health professionals.

SYS accepts Healthy Kids Gold insurance and offers a sliding fee scale. For more information on SYS programs and services, please contact steph@seacoatyouthservices.org or call 603-474-3332.

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Are You Ready to Go Fly-Fishing?
By Mark Foley

Fly-fishing is not the easiest of sports to learn, let alone master. Like golf, between the brain, body, and heart, there are lots of moving parts. When it all comes together, like sinking a 10-foot birdie putt, catching a fish on a fly rod is an amazing life experience. But, even if you don’t catch a trophy fish, fly-fishing is recognized as an activity that helps people connect to something in the world, to change their environment (a new challenge in our busy high-tech world). So, at the very least, if you are looking to step away from the daily grind, but can’t afford the greens fees, I encourage you to look at fly-fishing.

When we take a close look at the origins of fly-fishing, we see evidence from several ancient cultures (e.g. Egyptians) that mankind has been fishing for thousands of years. Specifically, by the end of the second century, written history notes that people of Macedonia began using an artificial fly made from bone carved in the shape of a hook and wrapped with red-dyed wool and colorful rooster feathers. If we look at our American fly fishing history (specifically New England), we find written records of anglers catching 40” Atlantic Salmon at Amoskeag Falls in Manchester NH, and Eastern Brook Trout averaging 5 lbs. in some of our streams. Now don’t get too excited; wild (non-stocked) fish this big were caught in waters well before the impact of post-industrialization by-product (a.k.a. pollution) were felt. Fast forward 150 years and we now see a new social environmental perspective that is leading communities to actively restore their local waters. For example, the Cochecho River, located in New Hampshire, at one time was a toxic cocktail of industrial and human waste. Nowadays, with restoration efforts from groups such as Great Bay Out Unlimited, a fly-fisherman can catch and release trout on a regular basis, and along the way see plenty of wildlife such as beavers, otters, herons, osprey, and bald eagles.

So, you’re on the hook (pun intended) now. You want to learn how to fly-fish but you don’t know where to start? My best advice is to ask your local fish and game department or work with a reputable licensed guide.

Greenland Event: Learn How to Tie Flies with Mark Foley at the Weeks Public Library on Wednesday, December 5 at 6 p.m. There is a fee of $5 per person. For more information, visit the Weeks Public Library, call 603-436-8548, or visit their Web site www.weekslibrary.org. Additional beginner fly-fishing classes are listed at http://firstcastflyfishing.blogspot.com/p/events-calendar.html.

Author Mark Foley is a former Argentina fly-fishing lodge manager and a licensed NH fishing guide. He also runs a not-for-profit donation-only fly-fishing organization that provides fly tying classes to kids. More information can be reached at First Cast Fly Fishing, 603-315-8900, or at www.firstcastflyfishing.blogspot.com.

Fly Fishing for Atlantic Salmon
By Joe Hunkins

New Hampshire Sea Grant project. The stormwater drainage sites tested were selected with the help of the Greenland town administrators.
The water quality characteristics tested, and the methods used, were determined by standards set by the U.S. Environmental Protection Agency. Eleven parameters, or characteristics, were collected and analyzed to develop a water quality drainage off of our roads, parking lots, and yards, and its potential impact on the river itself. The water samples were collected only from the water coming out of the drainage culverts and not from the river. Some of the parameters were E. coli, dissolved oxygen, chloride, turbidity, and total nitrogen. Other parameters included water temperature and pH levels, and additional chemicals that can indicate the presence of pollutants.

Initial test results were given to the town administrator and other town officials in June. The good news is that E. coli levels were very low, except for one site, which had a temporary pet waste problem. The water also generally rated well for lack of turbidity and acceptable water temperature. Of more concern were nitrogen levels that registered in the excessive range at all of the sites at least once, although this is typical for other areas on the Seacoast. Another potential issue was the elevated level of chloride, an indicator of road salt, which can be hazardous to aquatic life.

These tests were part of an effort by UNH, DES, and other organizations to help small municipalities like Greenland prepare for added responsibilities coming their way with the EPA Phase II Stormwater permitting process. This process will require municipalities to monitor and improve stormwater drainage systems to reduce the impacts of stormwater runoff on natural water systems, reduce the threat of flooding, and increase the amount of rainwater and storm melt that soaks into the ground before reaching the rivers. For further information, contact Steve Jones at UNH: shj@unh.edu.

Spring Stormwater Drainage System Test Results Generally Positive
By Laura Byrgeo

A targeted survey of the stormwater drainage system in Greenland conducted last spring showed that runoff water draining into the Winnicut River through stormwater drains appears to be generally safe. Stormwater runoff from roads and other impervious surfaces can collect automobile fluids, fertilizers, road salt, pet wastes, and other contaminants that are not filtered through the ground before reaching the river. Monitoring the stormwater drainage system is a good way to check for non-point source pollutants. As always, there were areas that could be improved, but a sampling of the drainage water at six sites around Greenland, conducted on six different days from March through June, showed the water quality flowing into the Winnicut was generally good. Most of the drainage pipes, or culverts, appeared to be in good shape. There was only one that was broken and needed work.

Volunteers from the Winnicut River Watershed Coalition participated in the study conducted by the University of New Hampshire-sponsored Coastal Research Volunteers Program (CRV) as part of a

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Fregil is a downloadable music service from your library which provides music from the Sony Entertainment catalog. All you need is your library card number and your PIN. This new service for 2012-2013 is provided to residents through a joint partnership with the Friends of the Weeks Public Library. There is no Digital Rights Management (DRM) on the music files. These files are downloaded as MP3 files which are compatible with any MP3 Player or device. You can transfer the music to any computer, MP3 players, or even burn it to a CD. Copyright laws apply for all music downloaded. Each library cardholder is allowed to download three (3) songs per week. A week begins at 12:01 a.m. Monday morning. Songs are available on an individual basis only. You can choose, over time, to download all the songs from an album. Look for the “Fregil” icon on our Web site, www.weekslibrary.org. Call the library if you have any questions, 603-436-8548.

But there’s more! Scroll down to find easy access to other EBSCO products and an especially useful link to Consumer Reports articles. Call the library if you have any questions, 603-436-8548.

Adult Programs

Ft.VX Beginner Fly Tying Great seasonal gift-making workshop with Mark Foley of First Cast Fishing Wednesday, December 5, 6:00-8:00 p.m.

There is no greater feeling than catching a fish on a fly that you tied! There are thousands of fly patterns that can be tied, but how do you start? In this introductory course, you will learn how to tie a set of time-tested flies that will catch fish in both sweet and salt water. Supplies fee is $5; all equipment and materials will be provided. Children under the age of 12 must be accompanied and fully assisted by adults. Registration required, space is limited!

Friends Host NHHC Program Dissent Among the Puritans Presented by historian Linda Linder Tuesday, March 26, 6:30 p.m.

The year is 1637, Ann Vassall, wife of William Vassall of Essex, England, one of the founders of the Massachusetts Bay Company, welcomes you to your new home in the Bay. Her words of advice and narration of events going on in town might make you wish you had stayed in England or looked toward New Hampshire or Connecticut as a place of settlement. Living historian Linda Palmer follows up her portrayal of Ann Vassall with a colorful slide presentation that shatters some of our commonly held stereotypes about the Puritans, and chronicles the dissent of her husband, who was despaired by minister and magistrate alike for his liberal ideas about civil liberty and religion. This program is sponsored through a grant from the New Hampshire Humanities Council. Watch our newsletters and Web site for additional adult programs.

Teen Programs

TLBi (Teen Advisory Board) Meeting Thursday, December 20, 6:00-6:30 p.m.

Calling all students in grades six and up—come plan March and April programs and stay for the holiday party.

Teen Holiday PartyThursday, December 20, 6:30-7:30 p.m.

Holiday fun and refreshments! Watch our newsletters and Web site for additional teen programs.

Children’s Programs

Story TimeThursday at 10:00 a.m.

Sessions run from November 29 through January 17 and from February 7 through March 28. Join us for stories, a craft, and fun! All ages welcome; no registration required.

Holiday Drop-in Craft Week for Children December 3-7

A variety of holiday crafts will be available in the Children’s Room all week.

Children’s Holiday Party Friday, December 14, 2:00-3:30 p.m.

Sponsored by the Friends

Wild Wednesday Holiday Bings for grades four and up Wednesday, December 19, 2:00 p.m.-3:00 p.m.

Come play a picture version of holiday bingo and win candy and small prizes when you get enough connecting squares to call out BINGO!

Winter Drop-in Craft Week for Children January 14-18

A variety of winter crafts will be available in the Children’s Room all week.

Valentine Drop-in Craft Week for Children February 4-8

A variety of Valentine crafts will be available in the Children’s Room all week.

Wild Wednesday Candy Workshop for grades four and up Wednesday, February 6, 2:00-3:30 p.m.

Registration required as supplies and space are limited.

Library Holiday Closings

Christmas Eve ………… Closing at 2:00 p.m. Monday, December 24

Christmas Day ………… Tuesday, December 25

New Year’s Eve ………… Closing at 2:00 p.m. Monday, December 31

New Year’s Day ………… Tuesday, January 1, 2013

Martin Luther King Jr. Day ………… Monday, January 21, 2013

Presidents’ Day ………… Monday, February 18, 2013

Meet Lisa!

Lisa Pike joined our library community on Monday, October 15. It was a good day for all, and particularly for tween- and teenagers, who know her part-time job will be focused.

Lisa chose being a librarian for her career because she loves reading and writing and finds them deeply connected and important, but increasingly overlooked and unexercised. Her favorite age group is the seventh to twelfth graders. Why? Because she finds kids in that age range to be the most fun; they’re able to do more on their own and each is more of an individual.

Lisa is both an advocate for more reading and writing, and someone who also appreciates the importance of interactive components—especially for the aforementioned group. Kids are more willing to be involved when they can interact.

A librarian, she believes, is a teacher in many ways—a teacher who’s really fortunate because her “students” come to “class” because they want to, not because they have to. Lisa intends to work with everyone, adopting styles that are appropriate for each individual. Their work will feel like play.

In addition to reading and writing recommendations, Lisa will be organizing some programs. Her hobbies are vast and varied, a good sign for the events she’ll put together. Lisa not only keeps a daily journal (or almost daily), but she also writes poetry and short stories—submitting some to magazines for publication, paints in water colors, makes jewelry, and enjoys bead work.

Do come to the library and get to know Lisa face to face. Her greatest strengths just may be her warmth and energy—characteristics not well captured in print.

Happenings at Weeks Public Library

http://www.WeeksLibrary.org

By Denise Grimsie

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Seacoast Newcomers Club:
Not Just for Those New to the Area!
By Sara MacCorkle

The Seacoast Newcomers Club (SNC) began in 1970 as a means to unite women who were new to the area, and to promote their common interests: social, education, and philanthropic. It has evolved into an active social group for women (long-time residents and new arrivals) in the Seacoast and surrounding areas. SNC has over 200 members; each month regularly scheduled events are held—you’re bound to find a new friend and something interesting to do! What a great opportunity to get out of the house, meet new people, and make lasting friendships.

Monthly activities include Bunco, Mah Jongg, Canasta Bridge, golf, skiing, kayaking, a walking group, a coffee club, a supper club, a book club, a monthly luncheon, and more. One month’s special events list included a wine tasting, a lecture at Strawbery Banke, a bus trip to the Gardner Museum, and a train trip to Boston’s North End—among other things!

Each member’s yearly dues include a donation to a local charity selected by SNC. The Chase Home for Children is the 2012–2013 local charity. Former charities have included Families First, Cross Roads House, A Safe Place, New Heights for Teens, New Generation, Seacoast Interfaith Hospitality Network, Compass Care, Footprints Food Pantry, Dover Children’s Home, and Zebra Crossings.

SNC encourages women to join the group; non-members are welcome to attend a function or two before becoming a member. Dues are $30 per year. For more information or to join, visit www.seacoastnewcomersclub.com.

Notes from Greenland’s State Representative
By Pam Tucker

FALL 2012— Nationally, attention has been focused on the international strife and the conflict in the Middle East. Statewide, our unemployment rate continues to hover above 5%, but still remains below the national average. Our revenues are coming in at the estimated levels overall. Considering we are talking about a nine billion dollar ($9,000,000,000) budget over two years, coming within 1% of estimates is quite an accomplishment.

INTERIM STUDY—We have not had a formal session since last spring, but there have been many “interim study bills.” An interim study occurs when the standing committee to which the bill has been referred feels the bill has merit, but realizes there is not enough time to thoroughly hear the bill. Rather than have an incompletely or poorly crafted bill, the committee chooses to study the bill during the summer and fall between sessions. Throughout the summer, and more in the fall, some of the committees met to fine tune the bills for the next term. The committees provided recommendations; however, the bills needed to be rephrased or fall under the purview of an elected representative in order to be heard next year.

VOTER IDENTIFICATION—Voter ID has been the topic of discussion lately. Having just received a few e-mails from an affiliate of Moveon. org, I think it’s important to understand what it means. Voting is a duty that is of greater importance than taking a plane or train, or going into a commercial or federal building, which all require ID. Even going into the Democratic National Convention required identification. It certainly is not a major imposition when we are talking about protecting one of our most important rights as Americans. The Supreme Court has consistently held that requiring a photo ID is not a barrier to our constitutional right to vote. Passing voter ID and strengthening voter laws in New Hampshire are important steps toward regaining our electoral integrity this term. It really is about protecting your vote. I’m sure you believe that we should have as many people voting as possible and that your vote should truly count. Voter identification will help assure that. To be clear, there is also the issue of domicile, but that is separate from identification.

OUTREACH—I have enjoyed meeting with some of you on the first Monday of each month at the Country View Restaurant at 10:00 a.m., and will continue to be available at that time. During the next session I’d like to send out occasional newsletters of pending legislation and happenings at the state house. While the Grapevine gives an overview of what’s happening, a newsletter will provide you with more timely information on issues. If you would like to be included, please e-mail me at pamzt@comcast.net and I’ll add you to the e-mail list. As always, please contact me if I can be of any help to you. Thank you for your support, and I look forward to serving you again.

Caring for Your Home Carpets and Upholstery
By Cindi Blanchette

We take pride in our homes. Check out these helpful hints and keep your carpets and upholstery looking like new.

**Spot Removal Tips for Carpeting**

**Act quickly!** Most carpet available today has been treated with a stain-resist treatment, so many spills can be removed if immediate action is taken—the longer the delay, the higher the probability of a spill becoming a permanent stain.

Blot liquids with a dry white absorbent cloth. Do not scrub the area. Scrubbing can cause pile distortion or breakage. Rinse the affected area thoroughly with cold water and blot with a dry cloth until all of the solution has been removed. Some cleaning solutions will cause rapid soiling if the solution is not completely removed. To avoid this, apply 15 layers or so of white paper towels to the affected area and weigh down with a flat heavy object. Continue to change paper towels as needed.

**Seven Tips to Keep Your Upholstery Fresh**

1. Vacuum dust and dirt from all fabric, cracks, and crevasses so it does not cause deterioration or fading. Think of how much dust would accumulate on a table if it were never dusted. That same amount is on your sofa too. Just can’t see it.

2. Reapply fabric protection after professional cleaning.

3. Rotate all loose cushions frequently to assure even wear. Most couch cushions are reversible but some wear on one side out, using a clothing lint remover, or wrapping tape around your hand—sticky side out, using a clothing brush to collect the hair. Think of how much dust would accumulate on a table if it were never dusted. That same amount is on your sofa too. Just can’t see it.

4. Protect your upholstery from the sun. Ultraviolet light can cause deterioration or fading.

5. Keep pets off of furniture. Pet’s body oils rub off and are very difficult to remove.

6. Use caution with clothing such as blue jeans. Fabric dyes can transfer onto upholstered furniture.

7. If you have animals, use a rubber dish glove to remove hair from the furniture. Simply put the glove on and rub your hand over the fabric. The hair will bunch up into clumps making it easier to vacuum up. Other options include wrapping tape around your hand—sticky side out, using a clothing lint remover, or using a clothing brush to collect the hair.

These tips are courtesy of Town & Country Services, Inc.
New Tablets for Kids and Families
By Jean Dumais

Mini iPad? Kindle Fire HD3? A tablet from Toys “R” Us? And Microsoft is in on the action too. Yes, the tablet wars have begun. You can bet there will be plenty of holiday advertising geared towards children for the new crop of tablets. And you can expect to see many a tech toy on the kids’ letters to Santa. So what should parents keep in mind when shopping for tablets?

I read up on five of the new tablet offerings: iPad mini, Kindle Fire, Kindle Fire HD, Toys “R” Us Tabeo, and Microsoft Surface—along with the iPad. The good news is that they all offer parental control options.

How do I choose the best tablet for my family? Consider the following questions when deciding which tablet is the best fit.

Who will be using the tablet?—Think about who will be using the device (one child, more than one, the entire family). If the tablet will be shared by family members, you’ll feel more comfortable with an interface you already use. Maybe an iPad or the new iPad mini would be a good fit. If you are a Windows phone user, the kindle Fire is available.

What technologies does your family already use?—Consider your existing devices, phones, and computers—if you’re using a Mac and have iPhone, you’ll feel more comfortable with an interface you already use. Maybe an iPad or the new iPad mini would be a good fit. If you are a Windows phone user, the kindle Fire is available.

When and Where will the family use the tablet?—Will you use the device mostly at home or on the road? Consider Internet access from the tablet. Is Wi-Fi-only okay? Some tablets, like iPad and Kindle Fire, have versions that allow you to connect to the Internet over a 3G or 4G connection so you don’t have to be within the range of a Wi-Fi connection. Some tablets come with a higher cost than the Wi-Fi only models, but also offer unlimited time in the books app.

Here’s a quick comparison of the features on these six tablets:

<table>
<thead>
<tr>
<th>Features</th>
<th>iPad</th>
<th>iPad Mini</th>
<th>Kindle Fire HD</th>
<th>Kindle Fire 2nd Gen</th>
<th>Toys “R” Us Tabeo</th>
<th>Microsoft Surface</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parental Control Options</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Screen Time limits</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Multi User option</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Camera</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Wi-Fi</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Screen size</td>
<td>9.7”</td>
<td>7.9”</td>
<td>7” or 8.9”</td>
<td>7”</td>
<td>7”</td>
<td>10.6”</td>
</tr>
<tr>
<td>Web Browser</td>
<td>Safari</td>
<td>Safari</td>
<td>Silk</td>
<td>Silk</td>
<td>Android</td>
<td>Internet Explorer</td>
</tr>
<tr>
<td>Apps/Store</td>
<td>Yes/ iTunes</td>
<td>Yes/ iTunes</td>
<td>Yes/ Kindle store</td>
<td>Yes/ Kindle Store</td>
<td>Yes/ Tabeo store</td>
<td>Yes/ Windows Store</td>
</tr>
<tr>
<td>Price</td>
<td>$399-$999</td>
<td>$329-$569</td>
<td>$199-$499</td>
<td>$159</td>
<td>149.99</td>
<td>$499-$599</td>
</tr>
<tr>
<td>Operating System</td>
<td>iOS</td>
<td>iOS</td>
<td>Android</td>
<td>Android</td>
<td>Windows</td>
<td>Windows RT</td>
</tr>
</tbody>
</table>

New or Renewed?
By John Hirtle

There’s nothing like getting a new electronic gadget to liven up the holidays with the promise of adding to someone’s entertainment or productivity. But sometimes the costs are more than your budget can bear.

Fortunately when a PC is returned, warranty technicians review the problems to make sure it is not part of a larger production issue, do repairs, and make the device as good as new.

Then it goes on sale again, on the company’s Web site as a refurbished or remanufactured model. You find these deals at the bottom of the company’s home pages, well below the new offerings. Apple calls them “Special Deals” on everything from iPods to laptops, while others like Dell call them “Outlets.” Even Amazon has a “Warehouse Specials” section.

In most cases the warranty is the same, and the packaging looks brand new. The catch is that many items are one of a kind, and a deal that’s there today may be gone tomorrow, so supplies are limited and you have to keep an eye open for a device you’re looking for. Happy holiday hunting!

GREENLAND VETERANS, INC.
SPONSORING LOCAL CHARITABLE MOVEMENTS

If you are a resident of Greenland, NH and are: a. in the Military or a Veteran, or b. the offspring of a Veteran member and would like to become a member of the Greenland Veterans Association, please call Lenny Fitzgerald at 431-4632 or Vaughan Morgan at 438-0281 for information and/or an application.
### Ongoing Programs

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9:30 AM</td>
<td>Families First—Toddler Playtime</td>
<td>Families First Portsmouth</td>
</tr>
<tr>
<td>Monday</td>
<td>5:00 PM</td>
<td>Cribbage</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>2nd &amp; 4th Monday</td>
<td>7:00 PM</td>
<td>Selectmen Meetings</td>
<td>Town Hall</td>
</tr>
<tr>
<td>1st Tuesday</td>
<td>7:00 PM</td>
<td>Conservation Committee Monthly Meeting</td>
<td>Town Hall</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:00 AM</td>
<td>Families First—Baby Time</td>
<td>Families First Portsmouth</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:30 PM</td>
<td>Families First—Parenting Classes</td>
<td>Families First Portsmouth</td>
</tr>
<tr>
<td>2nd Tuesday</td>
<td>7:00–8:00 PM</td>
<td>Greenland Parents Organization (GPO) Meeting</td>
<td>Greenland Central School Media Lab</td>
</tr>
<tr>
<td>2nd Tuesday</td>
<td>7:00–8:00 PM</td>
<td>Greenland Volunteer Fire Department Meeting</td>
<td>Greenland Fire Station</td>
</tr>
<tr>
<td>3rd Tuesday</td>
<td>7:00 PM</td>
<td>Zoning Board of Adjustment Monthly Meeting</td>
<td>Town Hall</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:30 AM</td>
<td>Families First—Terrific Two’s Playtime</td>
<td>Families First Portsmouth</td>
</tr>
<tr>
<td>Thursday</td>
<td>3:30 PM</td>
<td>Anxiety Management (Grades 6–9)</td>
<td>Seacoast Youth Services Seabrook Facility</td>
</tr>
<tr>
<td>1st &amp; 3rd Thursday</td>
<td>9:30 AM</td>
<td>Families First—Parents Recharge</td>
<td>Families First Portsmouth</td>
</tr>
<tr>
<td>2nd &amp; 4th Thursday</td>
<td>9:30 AM</td>
<td>Families First—Parenting Classes</td>
<td>Families First Portsmouth</td>
</tr>
<tr>
<td>1st &amp; 3rd Thursday</td>
<td>7:00 PM</td>
<td>Planning Board Monthly Meeting</td>
<td>Town Hall</td>
</tr>
<tr>
<td>4th Thursday</td>
<td>12:00–1:30 PM</td>
<td>Senior Luncheon</td>
<td>Portsmouth Community Campus</td>
</tr>
<tr>
<td>Thursday</td>
<td>10:00 AM</td>
<td>Story Time (Nov 29-Jan 17, Feb 7–Mar 28)</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Friday</td>
<td>11:00 AM</td>
<td>Friday Morning Group</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Friday</td>
<td>9:30 AM</td>
<td>Families First—Preschool Playtime</td>
<td>Families First Portsmouth</td>
</tr>
<tr>
<td>1st &amp; 3rd Saturday</td>
<td>10:00 AM–2:00 PM</td>
<td>Indoor Farmer’s Market</td>
<td>Rolling Green Nursery</td>
</tr>
</tbody>
</table>

### December

- **Saturday, December 1, 2012**: Noon—Hampton Christmas Parade, Lafayette Road; North Hampton through Downtown Hampton
- **Saturday, December 1, 2012**: 5:30 PM—Portsmouth Holiday Parade, Downtown Portsmouth
- **Saturday, December 1, 2012**: 5:30 PM—Exeter Holiday Parade, Downtown Exeter
- **Sunday, December 2, 2012**: 1:00 PM—Rye Holiday Parade, Rye Center
- **Wednesday, December 5, 2012**: 6:00–8:00 PM—Fly-Fishing: Beginner Fly Tying with Mark Foley, Weeks Public Library
- **Saturday, December 8, 2012**: 9:00 AM–2:00 PM—Christmas Fair, CCC Parish House
- **Sunday, December 9, 2012**: 10:00 AM–2:00 PM—Artisan Fair, Rolling Green Nursery
- **Friday, December 14, 2012**: 2:00–3:30 PM—Children’s Holiday Party, Weeks Public Library
- **Saturday, December 16, 2012**: 4:00 PM—Rock My Soul Concert, Community Congregational Church
- **Tuesday, December 18, 2012**: 7:00 PM—Holiday Concert, Greenland Central School
- **Wednesday, December 19, 2012**: 2:00–3:30 PM—Wild Wednesdays: Holiday Bingo (Grades 4 and up), Weeks Public Library
- **Thursday, December 20, 2012**: 9:00 AM—TAB: Teen Advisory Board Meeting, Weeks Public Library
- **Thursday, December 20, 2012**: 6:30 PM—Teen Holiday Party, Weeks Public Library
- **Dec 24, 2012–Jan 1, 2013**: No School—Holiday Vacation
- **Monday, December 24, 2012**: 2:00 PM—Library Closing Early—Christmas Eve, Weeks Public Library
- **Tuesday, December 25, 2012**: CHRISTMAS—Library Closed, Weeks Public Library
- **December 26–28, 2012**: 9:00 AM–3:00 PM—Trek A Tots Day Camp (3-1/2 to 5 years), Seacoast Science Center, Rye
- **December 26–28, 2012**: 9:00 AM–3:00 PM—Seaside Safari Day Camp (Grades K–5), Seacoast Science Center, Rye
- **Monday, December 31, 2012**: 10:00 AM–3:00 PM—New Year’s Bash, Children’s Museum, Dover
- **Monday, December 31, 2012**: 2:00 PM—Library Closing Early—New Year’s Eve, Weeks Public Library
- **Monday, December 31, 2012**: 4:00 PM–Midnight—First Night Portsmouth, Downtown Portsmouth NH

### January

- **Tuesday, January 1, 2013**: NEW YEAR’S DAY—Library Closed, Weeks Public Library
- **Wednesday, January 2, 2013**: Deadline for Greenland Grapevine Spring Edition, See Page 14 for Details
- **Monday, January 21, 2013**: MARTIN LUTHER KING JR. DAY—Library Closed, Weeks Public Library
- **Wednesday, January 23, 2013**: Candidates may begin signing up for town elections, Greenland Town Offices
- **Thursday, January 24, 2013**: 7:00 PM—Band Concert, Greenland Central School

### February

- **Friday, February 1, 2013**: Last day to sign up for town elections, Greenland Town Offices
- **Wednesday, February 6, 2013**: 2:00–3:30 PM—Wild Wednesdays: Candy Workshop (Grades 4 and up), Weeks Public Library
- **Monday, February 18, 2013**: PRESIDENT’S DAY—Library Closed, Weeks Public Library
- **February 25–March 1, 2013**: No School—Winter Vacation

### March

- **Tuesday, March 12, 2013**: Town Elections, Greenland Central School
- **Saturday, March 16, 2013**: 9:00 AM—Town Meeting, Greenland Central School
- **Tuesday, March 26, 2013**: 6:30 PM—Dissent Among the Puritans—NH Humanities Council, Weeks Public Library