Our Schools, Our Children—Their Security
By Wallace Berg

Ever since the tragic events in Newtown, Connecticut, we have been exposed to a media frenzy. Most media seem to be either pro-gun or anti-gun, and each side issue to expose a particular point of view. All, however, agree that something must be done. The federal government will likely propose a multi-billion dollar program and another bureaucracy like the TSA. After this current research and many years of military experience, I would like to share some thoughts with the Grapevine readers. Research with discussions with local officials and mental health professionals, and expanded to include parents, grandparents, teens, and young people. Finally, for the first time, I viewed some video games. It was a memorable experience and one that I shall not soon forget. If you, as parents, are unfamiliar with gaming content, I recommend you view “Call of Duty” and “Grand Theft Auto.” Retired Lieutenant Colonel David Grossman was a West Point psychology professor and is a recognized expert on the psychological consequences of video gaming. He is much in demand as a lecturer and consultant. Professor Grossman has said that “these games teach young people to kill with all the precision of a military training program, but none of the character training that goes along with it.”

We must accept the fact that our world and our neighborhood are places of actual or potential violence. The degree of violence will vary greatly from city to city, rural to suburban, and region to region—even from neighborhood to neighborhood. With at least 170,000 schools in the United States, ranging in size from less than 100 students to student bodies in the thousands, it is obvious that security needs will vary widely in managements. Violence at schools and elsewhere is influenced by many factors including the administration of security is both logical and most economical at the local level. Parents should be directly involved.

Media saturation stemming from the Newtown tragedy has been almost solely concentrated on the mental aspects of the perpetrator and the availability of firearms. Worldwide attention and publicity has focused on the mental consequences of video gaming; he is much in demand as a lecturer and consultant. Professor Grossman has said that “these games teach young people to kill with all the precision of a military training program, but none of the character training that goes along with it.”

Mary Allen 1720: The crumbling gravestone for Mary Allen, who died in 1720 depicts two small birds (which is very rare for the seacoast) as well as pinwheels, which represented the cycle of life. The great stones served as reminders to passersby of their own mortality. In those early days there was no modern medicine and no vaccinations for children; some deadly epidemics swept through the community quickly claiming many lives. In addition, ships were not quarantined, and they carried disease and illness from foreign ports which led many to an early grave. The belief was that people who passed by the burial grounds and saw these very stark reminders of death would be moved to ponder their own existence on earth. Puritans who regarded death as God’s punishment for sins would often tremble with fear on their deathbeds, afraid that they might suffer eternal damnation in Hell. Gravestone images depicted life’s stories.

Greenland Volunteer Fire Department
Ladies Auxiliary
By Barbie Hazzard

The Ladies Auxiliary holds a bake sale at Greenland Central School (GCS) on all voting days—the last sale was more than successful. The firemen had asked for a donation towards a chain saw. People were very generous; one sale raised over $300, which was the Auxiliary presented to the GVFD. Thank you everyone who baked, donated money, and worked the bake sale. I especially want to thank my workers who volunteered several hours staffing the bake sale: Edith Lovering, Betty Rolston, Heidi Barrett, Barbara Fleming, and Laura Willis.

The Ladies Auxiliary has been in existence since 1952, but it now consists of a very small group of members. We need more ladies to join us and help us to continue our work for the Greenland Volunteer Fire Department. Please contact Barbie Hazzard at 603-436-6447 for more information about the Auxiliary.

On December 28, we met at Edith Lovering’s for our annual Christmas party. Everyone brought a potluck dish and a gift to exchange. It was a fun afternoon. Ladies, you could enjoy a similar party in December of this year… just join the Ladies Auxiliary!

There will be another GVFD Bake Sale on Tuesday, March 12, 2013, when the Town Elections are held. Stop by for some more delicious homemade baked goods. 
Brook Farm and Barker’s Farm are right in Greenland’s Eat Local Food—A great way to help the environment, new ways to go green in the new season. As spring starts to crawl in, it’s time to start thinking about green eating and green growing. The events and experiences that these people had in New Hampshire’s early history are slowly fading away into our past as gravestones crumble year by year. How do we learn the story of those who came before us and how do we pay our respects? A simple cemetery visit, a pause to read a gravestone, the placement of a flag on a veteran’s grave—these motions connect us to our past. The spirit of those who came before us lives on with the respect and appreciation of their final resting places. When we walk on the hallowed ground of our old cemeteries, the memory of our past comes alive and we reconnect with our history.

Roxie Zwicker is known for her unique collection of New England folklore and stories. She shares the hidden secrets and forgotten history of New England through her business, New England Curiosities, by giving tours in New Hampshire and Maine that feature many stories from her repertoire. Roxie and New England Curiosities have been featured on the History Channel and the Travel Channel discussing New England legends, history, and lore from New York to Maine. She has published six books, with her most recent ones being Massachusetts Book of the Dead and New Hampshire Book of the Dead. She hopes to keep the stories of those who settled in New England alive. For more on Roxie Zwicker, visit www.RoxieZ.com and www.newenglandcuriosities.com.

Greenland is dotted with unique small family cemeteries, many with fences intended to keep animals from disturbing the dead. Even some farmers’ markets that go on during the winter. A schedule of local farmers’ markets is available at www.seacoastlocal.org.

The great thing about getting food from local sources is that it’s fresher and you know just where it comes from, and often the food is organic. And of course it’s always nice to support local businesses.

Grow Local Food—Another great way to get the freshest food is to begin growing something small, like fresh basil or a tomato plant.

Buying from companies that are located in New England, and getting produce that is grown in New England from the local supermarket, helps cut down on carbon emissions from excessive travel. According to one study, the average food item travels 1,500 miles to reach your plate, roughly the amount of miles it would take a Greenland resident to travel to Florida.

By being conscious of where the food we buy in the grocery store comes from, as well as supporting local farmers, and perhaps even growing some food of our own, we can have an amazingly positive green impact.

Greenland Grapevine

Thank You to Our Donors
By Greenland Grapevine Committee

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To place advertisements, please contact Sara MacCorkle directly at GreenlandGrapevineAds@yahoo.com or call 603-430-7709. Masthead Image Courtesy of Charlie Evatt
Thank You Carl Mueller
By Sara MacCorkle

The Greenland Volunteer Fire Department (GVFD) extends an appreciative thank you to Carl Mueller for 14 years of active volunteer service. Carl is also a retired member of the U.S. Air Force Department specializing in Crash Rescue Operations.

From 1958-1975 he was assigned to several Air Force bases in Alaska, Colorado, Texas, Korea, and Southeast Asia. Carl was also the Assistant Fire Chief at Pease Air Force Base in Portsmouth NH.

Carl joined GVFD in 1999 because of his fire training background and the town was in need of ambulance drivers. He quickly trained and became a First Responder, assisting Lorre Bossie in the ambulance. Carl has also served on the GVFD Association’s Board of Directors. He continued in the capacity of First Responder until earlier this year when at the age of 80, he decided to retire—again.

Thank you Carl for your dedication, service, insights, friendship, and laughter that you have shared with all of the current and past members of the Greenland Volunteer Fire Department.

CFL Light Bulb Safety

Energy-saving compact fluorescent light bulbs (CFL) are becoming more common in homes and at work. In addition to using less electricity, they also have a positive impact on the global climate. The United States has started the phase-out of incandescent (traditional) light bulbs scheduled for completion in 2014. Here are some important safety tips you should know about CFLs.

When a CFL Burns Out:

► When a CFL bulb burns out, it may smoke, and the plastic base may blacken. This is normal and is not a fire safety issue.

► CFLs should never be discarded with household trash. The Environmental Protection Agency recommends that consumers use local recycling options for CFLs. Contact your local government or visit epa.gov/cfl-recycling or earth911.org to identify local recycling options.

CFLs are made of glass and can break. Be careful when removing from packaging and installing or removing from a socket.

If a CFL breaks:

► Open a window to allow the room to air out for 5–10 minutes.

► People and pets should leave the room.

► Turn off forced air heating and/or air conditioning.

► Collect broken glass and visible powder using stiff cardboard, tape, or a damp paper towel.

► Place the debris in a glass container with a metal cover in a safe location outside until you can dispose of it properly.

► Contact your local government to find out how to dispose of the jar containing the debris.

► Continue airing out the room for several hours.

CFL bulbs contain a small trace of mercury within the glass. When broken, mercury will immediately dissipate into the air. Concentrations of mercury will likely approach zero in an hour or so.

Consider checking the Consumer Product Safety Commission (cpsc.gov) for recalls of CFLs that may present a fire danger.

Still Looking for U—Volunteer Today!

We need volunteers! Come to our monthly business meeting held on the second Tuesday of the month, at 7:00 p.m. at the Fire Station. For more information, visit the Web site www.GreenlandFire.org or e-mail GVFD21@yahoo.com. We provide free training. You must be at least 18 years old and live in Greenland or an abutting town to become a member.

Greenland Grapevine • Spring 2013
As in much of social science, proving conclusively the real effects of video game violence on developing minds in young adults is extraordinarily difficult. The American Academy of Child and Adolescent Psychiatry does not even mention violent media consumption as a possible cause for aggression in young and young adults. It emphasizes child abuse, brain damage, genetic predisposition, socioeconomic factors, drug abuse, and similar factors. Nevertheless, the consumption of violent media by children who display signs of undue aggression should be monitored, the Academy concludes. “Compelling sense” would indicate that when a child spends 20–40 hours a week actively immersed in violent behavior, where high kill rates are rewarded, desensitizing of individuals is a likely consequence. According to the Academy, it must be assumed that a person with any type of mental or personality aberration would be more susceptible to negative influence of prolonged video violence.

In a presidential address by President Clinton (April 24, 1999), shortly after the massacre at Columbine High School in Littleton CO, he acknowledged the devastating effects of video gaming on our youth by quoting Colonel David Grossman. David Grossman is perhaps the leading expert on school security and the psychological consequences of repetitive and prolonged exposure to violence. He is the author of countless books and articles, and has been called upon as a speaker. Killing another human is not a natural or normal response. In every war, since the Civil War, our military leaders have found that less than 20 percent of our young men could and would kill the enemy prior to being trained to do so. Today this training is accomplished through videos, but with morality training included; the latter is not provided with commercial videos where profit is the motive. As a consequence of research for this article, these conclusions were reached:

► Our mental health system is broken and needs federal attention.
► Media violence and gaming are multi-million dollar profit centers and are a significant factor in youthful development. Federal attention and control is urgently needed.
► School security requirements and plans need realistic study at the local level.
► Gun control laws require review at the state and federal level, especially where mental illness could be a factor.

Research Findings, Considerations, and Recommendations

Based upon news reports at the time of writing this article, a federal program and legislation will soon be forthcoming, possibly before this article is even printed. With that possibility, it is not reasonable to spend much time hypothesizing as to what might be entailed in a government program. One can rest assured, however, that it will be large, expensive, and complex—with books of directives and regulations. For example, the Department of Homeland Security (DHS) has in excess of 230,000 employees and a 2012 budget in excess of 57 billion dollars. If the government logically adds school protection to DHS as a responsibility, expect an exponential increase in funding and manpower—even perhaps a 100% growth.

Because of regional and local variations in school districts, logic would seem to dictate that parents and local agencies should establish and control security policy and organization. This article cannot possibly address every facet of the problem; its purpose is stimulating thought and promoting responsible discourse among readers. The suggestions that follow could be a basis for further discussion and action by officials and parents.

Schools are designed to be light air-places; they were never meant to become fortified bastions, impervious to intrusion. They all have multiple doors and windows and few or no security barriers or fences or electronic surveillance. What parent would accept a prison-like fortified school? Every school day there is a steady stream of tradesmen, visitors, the lunch bunch, people, traffic, and visitors through the grounds and buildings. Door buzzer systems have not prevented numerous school shootings and university murders and are easily compromised. The Newtown school had locked doors and a buzzer system; access was easily gained by breaking a window. Entrance screening and buzzing serves a purpose and should be retained.

We, in this country, are fortunate to have a vast number of schools and universities and are well served by retired police officers, and other types of security personnel. Many of these people, male and female, are already part of the school staffs working as teachers, part-timers, and custodians (we will call them auxiliaries). They know the buildings, the staff, and even the children. These auxiliaries work under the direct supervision of a principal and are well supervised. Training includes supplemental training, oversees firearms control, tests installed communications security protocols for adequacy, and provides training as the situation may require. If there were no school staff meeting criteria, then a search for similarly qualified local residents would be necessary. Liabilities and responsibilities would of course be similarly agreed upon by school officials and local police.

The mere fact that there is public knowledge of “good guys with guns” in our schools is, in itself, a deterrent. Response time could be almost instantaneous. There are times when there are no police officers immediately available, and visitors often arrive unbidden. Explanations are a growing number of schools and organizational structures that have or are considering the use of trained and armed staff members.

There are several commercially available wireless alarm systems available that could be used in schools. Use of these systems has proven very effective for the elderly. Media Alert is one of them. They are available in all 50 states and 24/7 monitoring is possible. Quite possibly they could be linked to a local police center or other regional police facility manned 24/7. This inexpensive option reduces critical response time and can be linked to the school complex, not just the front office. Four or five of these wearable devices would provide school-wide coverage for a school the size of Greenfield Central School (GCS).

After 9/11, the government reacted and re-instituted the “Federal Air Marshall” program which was followed by the selective training and arming of some commercial airline personnel. Our schools and our children deserve no less protection. Since 1999 there have been 58 school-related shootings nationwide; these resulted in 210 deaths and 220 being wounded. Consider a cockpit gun in the hands of a trained crew member, as the last line of defense for an aircraft full of passengers—a number equivalent to our GCS population of 360 students. Our children deserve that last line of defense; time is a critical element.

As a matter of general interest, student enrollment in GCS is about 360 and Portsmouth High School almost 1,100. Statewide school enrollment is about 217,000 in 474 schools. GCS might need 3–5 auxiliaries, in addition to some police officer presence. Portsmouth High School, being larger both physically and in population, would need more auxiliaries, perhaps 10–15 with a dedicated police specialist to supervise, but not necessarily full time. 

Walcott Berg is a Veteran with a 36-year military career, Lt. Col. USAF Retired (1942-1978) and is Greenfield’s Health Officer. His military experience includes: Wasp/Ants/Mustard/Chemical/Biological/Nuclear/Missile Officer, Major Command Small Arms Training and JOCNRA Competition Executive, Unit Commander, R&D Safety Chief, and Nimbored Air Force Disaster Preparedness Director. Mr. Berg has a master’s degree and completed advanced education training at New York University and University of Southern California.
Environment Plays Huge Role in Health
By Heikki Perry

A National Public Radio (NPR) story indicates that people respond more favorably to issues framed in a health context rather than an environmental one, connecting our health to the environment. And there is much to be concerned about, according to one local expert.

The full NPR story, titled “When Heat Kills: Global Warming as a Public Health Threat,” cites emerging science showing that people respond more favorably to warnings about climate change when they are portrayed as health issues rather than environmental problems. “Health officials carry special credibility,” the story stated, “far more so than politicians, journalists, environmental activists, and other widely heard voices on this topic.”

Dr. Jessica Caruso of Healing Hands Community Chiropractic, 4 Pleasant Street, Portsmouth NH, notes that a bad indoor environment significantly contributes to people’s health problems. Caruso conducted a workshop called “Hidden Health Hazards in the Home and the Toxic Home.”

“Today’s smaller, energy-efficient homes trap indoor air pollutants and hazardous chemicals, which results in the air inside your home being worse than outdoor pollution,” she said, citing the Web site Health A to Z (www.healthzine.com).

“Studies by the Environmental Protection Agency have shown that indoor air levels of many pollutants may be two to five times—and occasionally more than 100 times—higher than outdoor levels.”

According to the Neighborhood Network’s 2002 Environmental Resource Directory, one of the greatest factors contributing to indoor pollution is the use of hazardous cleaning products. Chemicals found in most household cleaning agents—ammonia, bleach, petroleum distillates, and paradichlorobenzene—have been shown to cause respiratory problems, bronchitis, asthma, cancer, eye irritation, skin issues, and heart conditions, to name just a few.

“The solution,” according to Dr. Caruso, “is to make your own cleaners with natural products such as baking soda, olive oil, essential oils, and vinegar.” More information on natural cleaning products can be found at www.cleaninggreen.com.

“Or, if you use a cleaning company, choose one that produces results using natural and safer cleaning agents,” Green Maids out of Eliot, Maine is one such company. Cleaning green is not an option. Such companies are not an option. Green Maids out of Eliot, Maine is one that produces results using the love and support of literally hundreds.

The Third Annual Spring Sing Choral Competition will be held on Sunday, April 14 at the Winnacunnet High School auditorium in Hampton from 2:00 to 5:00 p.m. where acoustic and a cappella groups will once again lift their voices in support of the programs and service of SFP. More information can be found on the SFP Web site, www.sfpnh.org or by e-mailing info@seacoastfamilypromise.com. Tickets for the event are a mere $5, and event goers will hear some of the regions finest choral groups. There are only 15 singing group opportunities, so interested performing groups should contact the SFP office soon for an application as spots sell out quickly.

SFP always welcomes volunteers interested in changing the lives of local families who are in need of a chance to regain their stability in the community and become involved community members once again. Volunteer opportunities are available for families, individuals, businesses, and organizations during the day, evenings, and weekends.

Watch for more opportunities throughout the year to join in the celebration.

Bring more color into your life this spring with this special friendly neighbor discount. All Greenland residents will receive $10 OFF a purchase of $60 or more with this ad. Happy spring from all of us at Rolling Green! By Barbara Fleming

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Seacoast Family Promise Celebrates Ten Years of Guiding Families Home
By Pat Frw-Waters

Seacoast Family Promise (SFP), serving local families with children experiencing homelessness, turns ten in 2013. This accomplishment comes from a dedicated and hard-working Board of Directors, staff, and volunteers from 23 faith communities as well as local businesses, organizations, municipalities, and individuals who understand that local people helping local people is an effective way to add concern to the local level with tremendous outcomes.

SFP has now served 150 local families with 84% of those families remaining stable for as long as seven years. Perhaps one of the most important outcomes is the children. SFP children have remained stable and in school. They have a vision and a future on a life with hope and potentially bright futures.

Many of the first children from the SFP program are in college now, are married, or are parents themselves. That makes SFP grandparents!

During the year SFP will be celebrating on many levels. Visits to host congregations began in February (a month to celebrate love), and support congregations will be celebrated during the first quarter of the year as well. SFP’s Executive Director and Board members will travel to celebrate the accomplishments and make memorial presentations to faith communities and volunteers who have played a crucial role in transforming the lives of the families reached by the love and support of literally hundreds.

The Greenland Women’s Club is soliciting nominations for the Citizen of the Year award, which will be presented at Town Meeting on Saturday, March 16. Nominations must be submitted in writing, and should contain detailed information about the nominee’s contributions to the community either during the past year or a longer period of time. All nominations must be signed, mailed to the Greenland Women’s Club, P.O. Box 151, Greenland, NH 03840, and postmarked by March 5.

There are no specific criteria on which nominees will be judged since there are many ways in which one can contribute to his/her community. Past recipients have been selected for a single significant accomplishment, or for cumulative contributions over a period of years. Recent recipients include Marie Hsuuse (2007), George Hayden (2008), Mo and Colleen Sodini (2009), Bob Krasco (2010), Richie & Barbie Hazzard (2011), and Donna Lee Lewis (2012).

Questions may be directed to info@greenlandwomensclub.org or 603-436-8779.

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Conservation Opportunities and Challenges
By Laura Byergo

Greenland, with its eustuaries, marshes, wetlands, woods, and farmland, covers some of the highest valued, most productive natural resources in the state of New Hampshire. The land is important for its ability to soak up floodwaters, recycle nutrients, provide habitat, preserve environmental diversity, and maintain productive soils. The Greenland Natural Resources Inventory report (NRI), published in May 2010, stated that according to the New Hampshire Fish and Game Service, about 400 acres under conservation easements, and more could be set aside for conservation. In addition to protecting land critical to clean air and water, flood control, wildlife habitats and create corridors for wildlife to get to water. In addition, there are several areas where additional acreage could help link wild land, covers some of the highest valued, most productive natural resources in the state of New Hampshire. However, Greenland also contains land that is highly desirable for development, being close to I-95, Route 1, and the local corridor, Route 33. Inevitably, choices have to be made.

About 40 percent of our most important land already has some protection: part of the Great Bay shoreline is held by New Hampshire Fish and Game; the Nature Conservancy protects an area of Packer Bog; and the Weeks Brick House and Gardens set aside 33 acres for a wonderful system of public trails along the Winnicut River. Other areas are protected by private conservation easements and are not open to the public. But there are several areas where additional acreage could help link wildlife habitats and create corridors for wildlife to get to water. In addition to protecting land critical to clean air and water, flood control, and wildlife, conservation easements provide open space opportunities to walk in the woods, and land for outdoor recreation like cross-country skiing, birding, and hunting. The Town of Greenland owns about 400 acres under conservation easements, and more could be done to manage those acres more actively and effectively.

Managing conservation easements, however, takes work and is not cost-free. Each acre of land is different and the management depends on the goals for the property. Examples of things that can be done include building trails so that people can access the sites while preserving habitat for wildlife, clearing out invasive plant species, restoring eroded stream banks, and cleaning up sites that have been misused. When private or non-profit groups manage the easements, they will often set an entry fee or solicit donations from people who use the land. This is something to remember if you happen to enjoy the trails at the Weeks Brick House and Gardens. It takes work and funding to keep those going. An annual donation to the organization would help a lot.

The NRI catalogues the bounty of natural resources in Greenland as a whole. The report, with excellent maps, is available at Town Hall. It was written by the Greenland Conservation Commission with the assistance of the Rockingham Planning Commission and funding from the New Hampshire Coastal Program. Much of the data was provided by landowners in a voluntary 2008 survey. The NRI report provides a wealth of detail about Greenland’s natural resources and an analysis on areas that need special attention. It also highlights the strong support the people of Greenland showed for preserving open spaces in town for recreation and environmental benefit. It is a foundational resource for anyone in town interested in conservation.

In 2006, Greenland residents and officials, with the assistance of UNH, developed a Community Profile that, among other things, identified a strong desire to protect the natural resources of the town and make them accessible to the public. A Conservation Stewardship Plan was also published in 2006. In 2009, Greenland’s Planning Board updated the town’s master plan and included recommendations for the management of the town’s natural resources. This provided a consensus blueprint on how the town could both develop and protect the environment.

The NRI report included both the 2006 and the 2009 recommendations, many of which have yet to be fully realized. There are many recommended funds raised by the Greenland Conservation Commission could do to better maintain acres already under protection, including continuing water quality testing, building trails, and eliminating invasive plant species. One reason for the lack of progress is that the Greenland Conservation Commission does not have the authority or funding to implement conservation projects or actively manage town conservation land. More than 150 New Hampshire towns—including Stratham, North Hampton, Rye, Newington, and Newmarket—have allocated funds raised for conservation projects. In 2006, the Land Use Change Tax (LUCT) was established for conservation purposes. This tax comes solely from landowners who take land out of a low tax bracket typically for development. The LUCT provides a potential source of non-exempt, ongoing funds that can counterbalance development with conservation. If these funds were available, it would help the Conservation Commission and town management to plan, design, and implement projects that benefit all.

Home Generators Are an Insurance Policy
By Heikki Perry

Heartbreaking scenes of devastation, stories of lives lost, and homes and businesses destroyed by hurricane Sandy on the Mid-Atlantic coast rightfully overshadow a more pedestrian concern in the aftermath of a storm: access to a reliable supply of power. But its loss is a serious problem.

Sea coast New Hampshire and areas of Maine also suffered power outages from Sandy, as did Vermont; New York; New Jersey. In New York City, more than 800,000 people were still without electricity, according to Governor Andrew Cuomo, after the storm. In New Jersey, 72,000 people were without power, and in New York, 23,000. In Massachusetts, more than 150,000 people were without power.

“Rockingham Electric has experienced a significant increase in the number of people who are using generators during the past three years,” said Gino Milne, manager of Rockingham Electric Supply Co. in Newington. “We have seen a big increase in people’s use of portable generators. It’s a trend that has been going on for a few years now. People are realizing that they need to be prepared for the possibility of a lengthy power outage.”

Milne said that the biggest users of generators are businesses, but that homeowners are also relying on generators. “Many people who own businesses are investing in generators because they need to be able to provide power to their customers and to keep their businesses running,” Milne said. “Many homeowners are also investing in generators because they need to be able to keep their homes running during power outages.”

“Who should get a generator? Any homeowner or business owner who is worried about the possibility of a lengthy power outage should consider getting a generator,” Milne said. “Getting a generator is basically like getting an insurance policy: something any homeowner or small business owner should consider, especially those that rely on a gas station. That’s where people get their gas for their own portable generators. Any homeowner who has seen the news of the devastation caused by Sandy should be thinking of a generator, especially when people in the New York area didn’t have power for as long as the people in New Jersey did. The most popular stand-by size is the 14kW unit, which has an installed cost of around $8,000. The most popular portable unit is the 7.5kW, which costs about $1,200.

Rockingham Electric is a business partner of the Green Alliance, a union of local sustainable businesses promoting environmentally sound business practices, and a green co-op offering discounted green products and services to its members. Green Alliance members pay $10 off any purchase of a home generator at Rockingham Electric, and qualifying businesses can receive a free lighting audit. Green Alliance members can also save $10 on a variety of energy-saving products.

For more information about Rockingham Electric, visit www.rockinghamelectric.com; for more information about the Green Alliance, visit www.greenalliance.biz.
News from the Budget Committee

By Mary McDonough

As we are looking at the current budgets and making our recommendations, we wanted to take a moment to review how the tax rate was set for 2012. We would like to approach this year’s proposed budgets. At the time we are writing this, we are just beginning to review the town and school budgets. The minutes from our meetings are available on the town Web site and the public is welcome to attend our meetings as a member of the audience to listen to our discussions.

We hope that we heard from many of you at the public hearing which was held on February 12 at Greenland Central School. The budget committee made their final recommendations based on any public input we received.

On the town Web site, Ms. Anderson has outlined how the current tax rate of $14.13 per $1,000 was determined. This represents an increase of 38 cents from last year’s tax rate of $13.75. The tax rate consists of components which are determined individually based on budgets that are approved by the voters at the town meeting and school district meeting, and by the County Commission to fund the county, school, and town operations. The rate for Rockingham County has increased by 4 cents per $1,000 this year. The town rate for municipal operations decreased by 11 cents to $2.87. The tax rate for the school increased from $9.76 to $10.21.

In years past, the selectmen have had the ability to move monies from the unreserved fund balance to offset a tax hike. However, based on current balances, the selectmen chose not to take money from the unreserved fund balance. The unreserved fund balance could be considered a “rainy day fund” in that we need to have monies available in case of an emergency; an example is a storm causing the roof of the town hall to collapse. Based on this, the budget committee is approaching this current review with the mindset that no funds will be transferred again this year. Thus, we need to carefully consider how any increases may affect next year’s tax rate. As it stands now, the town’s proposed budget reflects an increase of 5.62%, not including any warrant articles to come. The proposed school budget (for the 2013–2014 school year) reflects an 8.03% increase over last year’s budget. This does not include any increase which will be reflective of teacher salaries due to the fact that this year the town will also be voting on a new teacher contract.

We would like to encourage everyone to be active in the budget process. We hope you took the opportunity to address us at the public hearing on February 12. Please mark your calendar to come and vote on the school budget and teacher contract on March 7 at 7 p.m. at Greenland Central School. Please vote at the Town elections on Tuesday, March 12. Please also come to Town Meeting on Saturday, March 16 at 9 a.m. to vote on the town budget and warrant articles.

Greenland Farmers & Growers

We’re seeking farms that sell to the public they may be your own, and growers of vegetables, fruits, hay, meat, milk, animals, eggs, honey, flowers, etc.

Want to be listed in our Buy Local guide? Contact the Grapevine before April 1 and provide: your farm’s name, your name, address, phone number, hours of operation and a list of items you sell.

Contact Info: Sara MacCorkle 430-7709 or GreenlandGrapevineAds@yahoo.com

It’s Cookie Time!!!!

By Michelle Sargent

Have you ordered your Girl Scout cookies yet???? The Girl Scout Cookie Sale fundraiser will be running through March 30. All your favorites will be available again this year: Thin Mints, Samoas, Dulce de Leche Tagalongs, Do–si–dos, Trefolos, Savannah Smiles, and Thank You Berry Munch. Each box is $4, with proceeds supporting our troop, our Council, and GSUSA!

We will be selling cookies at the Town Meeting on Saturday, March 16. See you there!!! If March 16 seems too far away, please contact Michelle Sargent at michsargent@comcast.net or 603-433-4727 to place your order with Troop 22401.

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From the Greenland Gazette

GCS Basketball Update
By Josh Durkee—Grade 6

Who’s ready for Greenland Basketball this year?!? Thanks to the Greenland Recreation Department, many parents and staff volunteering, and all of the energetic students wanting to play basketball, Greenland has a great basketball program! You can play Greenland Rec Basketball starting in first grade and continuing through sixth grade.

Once you get to seventh and eighth grade, you can play on the school team, the Greenland Vikings. Practices have been going on for a couple of weeks and they have given us a chance to meet and play with new teammates. The coaches make practices fun. “Twenty-one,” “Knock-out,” and scrimmages are some of our favorite activities to do at practices.

In a few weeks, we’ll start playing games against teams from towns around Greenland such as Stratham, Brentwood, Portsmouth, and Rye. If you want to have a great basketball experience, Greenland is the right place to be. The coaches and staff teach about respect, passing the ball, being a team player on and off the court, and most importantly, having fun! Greenland is an awesome place to play basketball. Have a great season!


GCS Robotics Team Rocks!
Team Wins Champions’ Award
By Jeff Pitts—Grade 7

It was a great day at the annual First Lego League (FLL) Regional Competition at UNH on November 10. The Greenland Deter- minators were eager and “determined” to give it our all, and that’s exactly what we did! After weeks of after- school meetings, program- ming our robot, researching our skit, and team building, the day had finally come. Our Saturday morning began early with setting up and meeting other competitors, some new faces, and many familiar ones. We presented our Senior Solutions Loneli- ness Project, met with FLL judges behind closed doors, and completed many challenging rounds of tough robot competition against other great teams. Mr. [Peter] Smith even came to support us and cheer us on. At the end of the day we took home two trophies for our school. One was for Robot Performance and the other was the Champions’ Award, given to the best well-rounded team in the competition that showed sportsmanship, teamwork, friendliness, great performance, hard work, and pride. Our team consists of Riley Burke, Jeff Pitts, Reece, Melanie, and Garrett Carolan, Stefan Lange, Kolby Martin, and coaches, Mr. Langer, Mr. Burke, Mrs. Carolan, and our teacher/mentor, Mrs. Sommers. Next stop, the State Champions- ship in Manchester on December 1.


NOTE: The GCS Robotics Team placed 21 out of 52 teams from around the state! We are all very proud of their performance, teamwork, and sportsmanship!

The Life and Times of a Mealworm
By Zachary Bottrill—Grade 1

Mealworms are a kind of insect. They are a living organism. They need space, air, food, and water. For their food we put apples, potatoes, and oat bran so they could eat. We look at them in a cup and that is their space. Their water comes from the apple or potato. We look at the mealworms and we list what we see on observation sheets. We dump the mealworms on a plate and use magnifying glasses and popsticks to look at the mealworms closely. Mealworms start off as a little, tiny egg. Then they change into their larva stage, which is like being a little kid. Next, they turn into a pupa. When they are in their pupa, they change into a beetle. That is when they are an adult. It is so fun to look at mealworms! You should have some in your class too!


Immigrants: Why they Came to America
By Luke Suhesky—Grade 3

Some immigrants came to America because of natural disasters in their old country. Some might have had war going on and they were looking for freedom, espe- cially if they were slaves. People might want better jobs. They prob- ably need more or want more money. There was lots of land avail- able in America and the immigrants were willing to work hard to own something for themselves. They knew they could learn a skill and go to work. Fami- lies might be trying to get back together. Families with children are trying to give them a better future. Families may come to America to have religious freedom.

I learned so much from my grandma; her father was an immigrant from Italy. My great grandfather worked very hard as a child when he came here, and his family was grateful for all he did to give them a better life.

Our third grade class learned about immigration. We had an Ellis Island simulation. We learned how the immi- grants struggled. The simulation showed us the different foods from different cultures and we got to help cook food from different countries like Canadian Cheese Soup. We went through baggage and medical exams and a passport station. A travelling museum came and showed us the culture and objects from countries like Russia, Poland, Ireland, and France. We also learned the Statue of Liberty is 151 feet and 1 inch tall and it stands for freedom, progress, and liberty. Learning about immigration was very fun. Our class learned a lot of interesting new stuff.


Offer good thru April 30, 2013.
*One coupon per table.
$5 OFF with this coupon.*

Where the Locals Go

Tell Them You Saw It In the GREENLAND GRAPEVINE
To advertise, please contact Sara MacCorkle at GreenlandGrapevineAd@yahoo.com or call 603-430-7709

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

**Kindergarten And First Grade Registration**

- We are currently registering kindergarten students for the 2013–14 school year. You may register by stopping by the school office any day between the hours of 8 a.m. and 3 p.m. Students entering kindergarten must be five years old on or before September 30, 2013. A kindergarten parent information night will be held on the evening of Thursday, May 2, 2013 at 6:30 p.m. in the cafeteria.
- Students entering first grade in September of 2013, who did not attend Greenland Central School (GCS) kindergarten, are also encouraged to come in and register at this time. If registrations for next year greatly exceed our expectations this could have a significant impact on our staffing and class size. If you have any questions, you may call the school office at 603-431-6723.

**School Safety**

In the wake of the Connecticut school tragedy, we find cause, along with all other schools, to further scrutinize our plans and procedures regarding security and safety.

I am proud that our school’s Emergency Management Team has been attentive and proactive over the years regarding all aspects of emergency preparedness and safety. Our plan is reviewed and updated annually and our efforts are frequently conveyed to stakeholders through staff notes, parent newsletters, our school Web site, and even this publication.

Members of the Greenland Police and Fire Departments sit on our Emergency Management Team and participate in drills of all types. As a function of state approval, and compliance for insurance and regulations from the Department of Labor, our building is thoroughly inspected each year to ensure we are within all life, safety, and code standards. We have, over the years, worked closely and collaboratively with our town officials including the health officer, building inspector, and police, fire, and town hall personnel.

Chief Laurent has taken an active role in addressing school security, and prior to the urgency brought on by the Sandy Hook shootings, she and her officers participated in a building walk-through that initiated efforts to update and coordinate emergency access, facility maps, and communication.

Newly hired Greenland officer Wayne Bertogli has participated in this work and has joined our Emergency Management Team, given his tactical training for emergency response. Chief Laurent has brought forward a number of ideas and suggestions to enhance our security and preparedness. Through meetings of the Emergency Management Team and school board we will consider any new measures that can be implemented in the interest of added security. As you might expect I have also received an outpouring of recommendations, checklists, and regulations from state and national organizations that I, along with Superintendent Dr. Cushing, continue to review as we reflect on our plans and procedures.

**Activities And Events**

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

- Drama Production—On the evening of March 15, the GCS Drama Club will present this year’s production, Into the Woods. The performance will begin at 7 p.m. in the gymnasium and there will be a small admission charge at the door.
- Talent Show—The 26th Annual GCS Talent Show will take place on the evening of Friday, April 12 beginning at 6 p.m. in the gymnasium. This is always an exciting event and will again feature more than 100 talented students representing all grades. Proceeds from this year’s Talent Show will be used to support the Greenland Police Department’s attendance at a memorial event honoring Chief Maloney in Washington D.C.
- Expo and Ice Cream Smorgasbord—The annual exposition of student work and GPO Ice Cream Smorgasbord will be held on the evening of May 16 school-wide from 6–7:30 p.m.
- Band Concert—Our spring band concert will take place on Thursday evening, May 23 when our musicians in grades 4–8 will perform in the gymnasium starting at 7 p.m.

**GCS Web Site**

Monthly updates regarding school news and events can be found by visiting the GCS Web site at www.gcs50.org/gcs and then going to the Principal’s Newsletter or other links of interest.

**Easter Egg Event & Hunt**

By Joanne Spradlin

The annual Easter Egg Event and Hunt sponsored by the Community Congregational Church will be held on Saturday, March 23, 2013, at 10:00 a.m. on the green across from Greenland Central School. The egg hunt will be held in rain, shine, or snow! All children welcome.

Questions? Please contact the church office at 603–436–8336 or GreenlandUCC@myfair point.net.
Chronic neck pain is common in office workers, with a lifetime prevalence as high as 78 percent in a study of military office workers by De Loose V, Burnett F, Cagnie B, et al.

Pain is considered chronic when it lasts more than three months. Several research studies using EMG (electromyography) suggest that psychological stress contributes to neck pain by causing excessive and prolonged muscle activity in some individuals. This elevation of muscle activity is commonly seen in the upper trapezius muscle. This muscle elevates or shrugs the shoulders upward toward the head. Most readers will not be surprised by these findings.

As this article is being written, the holidays are in full swing, and the cold is bearing down on the Seacoast. These two things combined will have folks with their shoulders up around their ears in constant tension. Physical therapy provides an effective solution, but results can be suboptimal if chronic neck pain is treated as purely mechanical.

A large number of individuals will have symptoms that are aggravated due to psychosocial stress. This subset of individuals will fare better with a combination of traditional physical therapy complemented with psychotherapy aimed at developing coping skills for managing stress in the workplace. Some helpful psychological interventions may include diaphragmatic breathing, guided imagery, cognitive behavioral therapy, and mindfulness techniques.

The hallmark of physical therapy at Seacoast Body Balance, LLC, is our holistic approach. For this reason, we often may refer to, or work in tandem with, a clinical psychologist trained in these techniques. We will also come into the workplace to make sure the ergonomics of the workstation are modified according to OSHA guidelines. We commonly observe a patient performing a work task that is painful; we offer alternative postures or move- ment patterns that are less stressful or painful. So if your job is literally a “pain in the neck,” don’t quit just yet. Solutions are available to provide relief without sacrificing your paycheck.

Melissa Gahr, MSPT, is the owner of Seacoast Body Balance, LLC, at 635 Portsmouth Avenue, Greenland NH. Seacoast Body Balance treats musculoskeletal, spine, and sports injuries and provides vestibular rehabilitation for patients with balance and gait abnormalities. For more information about physical therapy at Seacoast Body Balance, LLC, visit www. SeacoastBodyBalance.com or call 603-400-0711 to schedule an appointment.

Stress Is a Pain in the Neck (Seriously)
By Melissa Gahr, MSPT

As a fitness professional, I strive to help those looking for relief from pain, hoping to improve their athletic endeavors, or children with special needs move more effectively. One of the main tools I use is a process known as the Feldenkrais Method. This was developed by Moshe Feldenkrais, an Israeli physicist who pioneered a movement system as a tool for unlearning habits that cause discomfort or pain by re-learning new movement patterns that allow a person to grow, thrive, become pain free, and to exceed what was once “normal” or even unattainable.

The primary aspect of the Feldenkrais Method is to allow one to become more “aware” of how one’s body responds to situations that might cause anxiety or stifle development. Using “awareness” to take a more active part in one’s internal environment is no easy task, and is best done through movement. Movement engages the brain in a unique fashion by calling into action the primal parts that give us access to our internal environment while at the same time gaining important information from our external environment. It is a true feedback loop.

So how do we turn “awareness” into self-preserva- tion? First we need to slow down a bit and listen... not only to how our body feels, but also to what our external environment tells us. Let’s face it; we all live busy lives. We are more interconnected than one another ever before. We all try to multi- task. We bite off more than we can chew. We are over extended. Because of these facts we often don’t listen to that little voice in our head that is trying to tell us to “focus up.”

Here are some concrete examples of how slowing down, taking a deep breath, paying attention to how you feel, and focusing on your external envi- ronment can save your life:

► 1. Claim the space around you. When you drive your car, how far behind the car ahead of you do you stop? Pulling up close not only stresses you, but also the person star- ing at you in the rear view mirror. From a self-protection standpoint, leave enough room so that if you have a long car, you could pull out in either direction to drive around the car ahead of you. Consider if the person in front of you jumps out and threat- ens your physical safety or with a weapon? If you are too close, you could be trapped; leave enough room for escape. Slow down and give yourself room to breathe and think.

► 2. See the space you will occupy before you get into your car. Many times we all rush to get into the car and get moving before we have actually checked the inside of the car. I have three kids and a motorhome, and at times we seem to rush everywhere. One way to be safe before jumping in the car is to open all the doors, or unlock the car ahead of time so all the children can get in and make your entry? A simple way to begin to keep your internal environment safer is by becoming more aware of your external environment.

► 3. Lock your doors: at home, at your office, in your car; lock it. Why leave a space for easy entry? A simple way to begin to keep your internal environment safer is by becoming more aware of your external environment.

► 4. Walk away safely. If you are approached by someone who threatens your safety, do your best to return to your own internal envi- ronment and breathe; do your best to de-escalate the situation and stay alive. This is very hard to consider because your immediate environment gets stressed quickly as stress is applied externally; breathe to slow down.

► 5. Improve your wiggle factor. Regular forms of exercise that maintain and improve your flexibility, relieve your own joint pain, and improve your ability to move and move well not only en- gage your brain, but also feel good, and make you more wiggle. When was the last time you wiggled well? Kids wiggle all the time—when tickled, in play, at the dinner table, in school. We have been trained over time not to wiggle, but in reality it is good for our brain. The bet- ter you wiggle, the more you can im- prove your flexibility, relieve your own joint pain, and improve your ability to move well. From a safety standpoint, whether you are a child or an adult, if someone grabs you, the best way to try to escape is to wiggle, and don’t stop. Consider the last tantrum or “loose joint” child you tried to contain; it’s not easy. Go ahead; get wiggly.

Sometimes it’s the simplest things that can make the biggest difference in our lives. Take a moment to slow down, take in your external environ- ment, feel your own environment, breathe, and get wiggly!

Charlie Murdach of 4 Season Fitness wiggles in Greenland with his wiggly wife, three wiggly kids, three wiggly cats, and a wiggly dog. He can be reached at charlie@4seasonfitness.com.
Spring Events—Adults

Terrarium Workshop with Felicia Matherway
Tuesday, March 12, 6:30 p.m.

Bring spring indoors early by learning how to make a terrarium. A terrarium is a mini garden under glass that is fun to make and easy to grow. Create your garden with plants, moss, gemstones, shells, or tiny woodland creatures.

The workshop includes all supplies, plants, and container for $25. Please pay and register by Friday, March 8, as supplies need to be purchased. This was a very fun night out the last time it ran. So don’t miss it this year!

Dissent among the Puritans, Presented by Linda Palmer
Hosted by the Friends of the Library
Sponsored by the New Hampshire Humanities Council
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 which shutters some of our commonly-held stereotypes about the Puritans and chronicles the dissent of her husband, who was despoiled 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.

You Are the Mess You Make, presented by Professor James Krauser
Tuesday, April 23, 6:30 p.m.

Storage is a growth industry in America today because we have too much stuff. We pack our things in closets and attics and Tupperware bins, and we never seem to be able to get rid of anything. Rather than decrying our materialistic ways, this talk offers a defense of mess by looking closely at the relationship between memory, identity, and accumulated objects.

Why can’t we stand to get rid of clothes that no longer fit? Spring and being outdoors again. Bring spring indoors early by learning how to make a terrarium. A terrarium is a mini garden under glass that is fun to make and easy to grow. Create your garden with plants, moss, gemstones, shells, or tiny woodland creatures. The workshop includes all supplies, plants, and container for $25. Please pay and register by Friday, March 8, as supplies need to be purchased. This was a very fun night out the last time it ran. So don’t miss it this year!

You Are the Mess You Make, presented by Professor James Krauser
Tuesday, April 23, 6:30 p.m.

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Spring Events—Children

Storey Time
Thursday at 10:00 a.m.
The current session runs through March 28. The next session begins on April 18 and ends June 6. Join us for stories, a craft, and fun! All ages welcome; no registration required.

St. Patrick’s Drop-in Craft Week for Children
March 15-15

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

Easter Drop-in Craft Week for Children
March 25-29

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

Wild Wednesday — Easter Bingo!
Grades 4 and up
Wednesday, March 27, 2:00–3:00 p.m.
Come play a game of bingo with rabbits and eggs galore. We’ll play various versions such as four corners, and blackout for prizes. Refreshments will be provided.

Wild Wednesday — Gaming
Grades 4 and up
Wednesday, April 17, 2:00–4:00 p.m.
Take a spin with Mario Cart and challenge your friends at Dance Dance Revolution. Refreshments will be provided.

Vacation Week Drop-in Crafts for Children
April 22–26
A variety of crafts will be available in the Children’s Room all week.

May Drop-in Craft Week for Children
May 15–17

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

Wild Wednesday — Spring Beginners’ Project
Grades 4 and up
Wednesday, May 15, 2:00–3:00 p.m.
Come create a project that celebrates the start of spring and being outdoors again.

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

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

Events at the Weeks Public Library
By Denise Grisme, Director

Teen Alien Movie Night
Thursday, March 21, 6:30 p.m.

In honor of Extraterrestrial Abduction Day, come watch some great 1950s-era alien movies and decorate cookies like aliens.

Teen Advisory Board
Thursday, April 18, 6:00 p.m.

Come discuss new books and plan upcoming events.

Teen Alien Movie Night
Thursday, March 21, 6:30 p.m.

In honor of Extraterrestrial Abduction Day, come watch some great 1950s-era alien movies and decorate cookies like aliens.

Teen Advisory Board
Thursday, April 18, 6:00 p.m.

Come discuss new books and plan upcoming events.

Decades Cafe
Thursday, May 9, 6:30 p.m.

Come dressed as your favorite decade for the Teen Open Mic Night!

Spring Events—Children

Wild Wednesday — Gaming
Grades 4 and up
Wednesday, April 17, 2:00–4:00 p.m.
Take a spin with Mario Cart and challenge your friends at Dance Dance Revolution. Refreshments will be provided.

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The Friends of the Weeks Library—And What They Do
By Joann Duncanson

At 6:30 p.m. on the second Monday of every month, a small but hearty group of Friends gather downstairs in Weeks Library to see how they might help it meet some of its goals. Librarian Denise Grisme reports on the library’s activities; the statistics are very impressive—books, cd’s, dvds, card games, computer lessons, and programs for both adults and children are all increasing in usage month by month. For a building that is (as some of us say) no bigger than a breadbox, miraculous things happen at our town library!

Despite all its successes, our library—perhaps like your own household—has several “wish list” items that just don’t fit the budget. This is where the Friends come in. We are continuously seeking ways of raising money to help fund things like museum passes, speakers’ fees, even a telescope for our star-gazing patrons to borrow. We also help host programs such as the one coming up on March 26—“Dissent Among the Puritans” presented by Linda Palmer. This May, the Friends will again hold a sale of beautiful geraniums, followed by our popular chrysanthemums. We are always looking for more members at our monthly meetings, so if you are free on the second Monday of the month between 6:30 and 8:00 p.m., please come join us.

Here’s a list of some of our regular attendees who would be pleased to welcome you: Debbie Bauder, president; Phyllis Kricher, treasurer; Joann Duncanson, secretary; Barb Hazzard; Karen Johnson; Bruce Dalstrom; and Mark Willis.

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GREENLAND GRAPEVINE • SPRING 2013 11
General Public. Over 500 volunteers have completed training. Volunteers who share their enthusiasm for gardening with the UNH Cooperative Extension Master Gardeners are trained to help you. For more information, contact Ron Christie at 603-679-5616 or ron.christie@unh.edu.

UNH Cooperative Extension Master Gardeners are trained volunteers who share their enthusiasm for gardening with the general public. Over 500 volunteers have completed training in scientifically-based gardening information, and provided thousands of volunteer hours to serve communities through a variety of activities coordinated through their local county Extension office. For more information, call the Rockingham County office at 603-679-5616 or visit extension.unh.edu.

Christie at 603-679-5616 or to help you. For more information, contact Ron Christie at 603-679-5616 or ron.christie@unh.edu.

What is authenticity? Simply put, authenticity is the ability to be true to oneself. Are there conditions or guidelines that parents can follow that will foster the development of a healthy, confident, authentic sense of self in their children? Absolutely, yes! The expression of an authentic self is measured by the freedom individuals feel to express their unique gifts, talents, ideas, and desires with a relative degree of spontaneity. Spontaneous self-expression rests upon an internal steady character, one that is anchored in the confidence that self-expression ought to remain unhampered by fear of retribution or disapproval from others.

Being true to oneself, however, is easier said than done because the development of an authentic self requires that certain relational conditions are met throughout childhood. These conditions essentially require adult caregivers who possess the capacity to nourish and support a child’s unique qualities in an environment that provides the right amount of safety, love, and consistency, while teaching respect for others. As a result of these relational conditions being met, the child is then able to consolidate a sense of unconditional love paired with fair, reality-based expectations and consequences—ones that encourage the child to achieve his or her full potentialities while simultaneously teaching a sense of mutuality and respect for others.

Notice that the conditions described above express a total package. Focusing on only parts of the equation, such as an over-emphasis on love and encouragement without teaching the reality of life’s disappointments or limitations, won’t work. In order to produce healthy authenticity, unconditional love must be paired with a sense of fairness and mutuality toward others. Safety needs to be paired with encouraging a child to take risks and make mistakes. Protection should be combined with allowing a child to feel the consequences of inappropriate action. If all of these conditions are held in unison, they produce a sense of authentic confidence while appreciating a realistic understanding of what life is like.

As parents, the task of raising children today is not becoming easier. It is becoming harder because the world feels much less safe and our children are far less protected from the negative impact of a culture of over-stimulation and violence. In addition, we have seen the parent pendulum swing from a culture of strictness, conformity, and “should” back in the 40s, 50s, and early 60s where the lack of permission to express one’s authentic self was the norm. The tenor of parenting today seems to embrace (or tolerate) a culture of permissiveness and entitlement, coupled with an extreme pressure to succeed.

Neither of these extremes provides the conditions that will produce healthy, confident, well-adjusted young people. Although there may be more bravado and a sense of savvy in today’s youth, underneath the surface, most possess a deep and profound sense of insecurity, an anxiety about their ability to impact their future, and an inability to be alone without technological or social stimulation.

As parents, what are the questions we can ask ourselves to make sure we are fostering authenticity vs. over-achievement or under-achievement? Here are seven questions that can help us keep a proper balance.

1. How much energy do I devote to my child’s appearance/achievements vs. letting him know his feelings and concerns are important?
2. Are my child’s extra-curricular activities a reflection of his/her own desires or things that I feel are important?
3. How do I weigh the importance of keeping my child safe while allowing him to socialize with peers?
4. How comfortable am I letting my child be average or above average in some areas?
5. Am I aware when my child has reached stress overload?
6. In what aspects of my child’s life am I fostering a spirit of giving back to others, to the community?

If we stop long enough to ask these questions of ourselves and then talk to our children, it might be easier than we think to form an alignment. After all, authenticity begins with listening. Coupled with proper limit-setting to ensure safety and mutual respect, it then becomes easier to modify our expectations in support of each child’s unique potential, thus allowing them to live into their own dreams, not ours.

Patricia Gianotti, Psy.D. is a licensed psychologist with Woodland Professional Associates in North Hampton NH. She has expertise in couples and individual therapy; she also leads seminars and retreats on topics that bring spiritual practices into daily living. She is the co-author of a new book: Listening with Purpose: Entry Points into Shame and Narcissistic Vulnerability.

What Time Is It?

By John Hirtle

On Sunday, March 10, we will be instructed to “spring ahead” once again as Daylight Saving Time returns.

The rationale behind this shift is the more efficient use of daylight hours. Benjamin Franklin was among the first to suggest this as a way to reduce reliance on candles. However, it took the First World War for this to be adopted, as Germany, and then other countries involved in the war, sought ways to conserve coal and lighting. From there, the most of rest of the industrialized world adopted variations of what we call Daylight Saving Time.

If you wish to find out the precise time in the United States, look no further than www.time.gov, where the official time can be determined to the second by time zone.

By Patricia Gianotti, Psy. D.

Teaching Our Children How to Lead an Authentic Life

School gardens… it’s a dirty business and students love it! School gardens can help your school: teach children about where food comes from; understand what it takes to grow plant – harvest – compost excess plant material; understand experience the whole cycle of plant life: seed – seedling – mature; grow plants, understand administrators, parents, and volunteers in a community-building building with. With a school garden, students can experience the whole cycle of plant life: seed – seedling – mature plant – harvest – compost excess plant material; understand where food comes from; understand what it takes to grow it; develop confidence and competence about growing food; eagerly eat what they have grown—healthy food will not be a mystery.

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

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Bad Fuel and Power Equipment Issues

By Rick Philbrick, owner of Philbrick's Mobile Services

How many times has a 10-minute chore turned into a half-day of frustration and a service call? Have you ever planned to use a piece of power equipment, a 2- or 4-stroke engine (lawn mower, chain saw, snow blower, boat engine, generator, etc.) that worked perfectly well the last time you used it, but now it either won’t start, has a difficult time starting and running, or runs rough? What happened during the time you last used the equipment and now? Ninety-percent of the time the answer is bad fuel.

How does fuel go bad?

To comply with the Clean Air Act, all of the gasoline in the United States must be oxygenated. Ethanol is added to oxygenate our fuel and help it burn more completely in combustion. The ethanol unfortunately attracts water; it draws moisture out of the surrounding air. Water contamination can be a problem in OSHA- or DOT-approved portable fuel containers, equipment, and auto fuel tanks as well as in underground storage tanks found at gas stations. Opportunities for temperature fluctuation, which create moisture, increase the longer the fuel is stored.

How do you identify bad fuel?

Equipment that won’t start, is difficult to start, won’t stay running, or runs rough some results of bad fuel. Fuel that is bad may smell foul, and it often turns a darker color over time. Pictured here is an example of gasoline poured from an approved storage container that was purchased from a gas station earlier that day. In this extreme case, 16 ounces of water were collected from five gallons of gasoline. As you can imagine, internal combustion engines do not run well with water.

How long does it take for fuel to go bad?

With so many variables (when the fuel left the refinery, when it was delivered to your local gas station, etc.) there is no set answer. Unless the fuel will be used within 30 days, the surest approach to avoid bad fuel is to use a fuel system stabilizer. Even with a good fuel system stabilizer, gas should not be stored for more than 90 days (in our opinion). It is important to note that the fuel system stabilizer must be mixed with fresh gasoline before it is stored, not added to already old gas.

Tips to avoid bad fuel problems in your equipment?

- Always use a clean and OSHA- or DOT-approved portable fuel container.
- Stabilize all fuel when you buy it. We use Sea Foam and Marine Star Tron. Put the stabilizer in the gas can first, and then pump the gas. This mixes the stabilizer with the gas.
- Use stabilized fuel within 90 days. After 90 days, use the fuel in a vehicle, and refill your approved storage containers.
- Shut fuel off and run the engine until the carburetor is empty on all equipment being stored 30 days or more.
- Run all portable gasoline generators for 10 minutes each month, and then run the fuel out of the carburetor, to be ready for an emergency.
- Never fill your vehicle or portable gas containers when a fuel tank is filling the underground tank at your gas station. This situation increases the likelihood of water and other contaminants, such as dirt, mixing with the fuel.

Philbrick’s Mobile Services is a well-established Seacoast family business specializing in the sales and service of automatic home standby generators, small engines, and outdoor power equipment, and offering free pickup and delivery of equipment. See our ad in this issue for savings! Need your mower tuned-up, blades sharpened, ready to put the snow blower away for the season? Contact Rick Philbrick at Philbrick’s Mobile Services, 188 Banker Hill Road, Stratham at 603-778-1372 or www.philbrickspower.com.

Chief Maloney Unity Run & Walk 2013

By Sgt. Dawn Sawyer

The Chief Maloney Unity Run & Walk will be held on Sunday, April 28 at 9:00 a.m. Help us make this second annual event an even bigger success, honor our community’s First Responders, and support the Chief Michael Maloney Memorial Fund. The Chief Michael Maloney Memorial Fund was created to support public safety members injured or killed in the line of duty, and Chief Maloney’s memory and community interests.

You can support this event in several ways:

- Sign up as a runner or walk-er (Pre-race registration $30 and the first 1,000 registrants will receive an official race shirt).
- Make a donation by signing up as a virtual runner.
- Sign up to volunteer.
- Come out on Race Day and cheer on the runners.
- Sign up for sponsorship opportunities for businesses.

To register for the race or to donate, please go to: http://www.maloneyrunning.com/maloney. If you would like to volunteer, please sign up at: https://milestones-unreg.com/2013-chief-maloneynity-run-walk.

The NH Fisher Cats have graciously donated tickets for the first 2,000 registrants!!! The first 2,000 registrants will receive (1) general admission ticket to the Fisher Cats game on May 4 at 7:05 p.m. There will be fireworks (post game) and a player-poster giveaway to the first 2,500 fans courtesy of Spectrum Marketing. It is a super fun night and would be a great way to show off that fancy tech t-shirt you got from the Maloney Unity Run & Walk (assuming you are one of the first 1,000 registrants). Game on!

Check out our Facebook Event: https://www.facebook.com/events/475834108872407/ (Chief Maloney Unity Run & Walk).

This event will follow the same course as last year, a 5.6-mile run or walk from the Portsmouth Police Department to the Greenland Police Department. Post-race food and entertainment will be provided in Greenland immediately following the event. Details to be announced at www.maloneyrunning.com/maloney. Businesses: please contact me directly for sponsorship opportunities.

If you have any questions, please contact me at dflows@greenland.us or 603-431-4624.

Great Bay Discovery Center

By Sheila Roberge

Here are a few of the upcoming events at the Great Bay Discovery Center.

Brew Bag Lunch Program

March 13

Discovery Center Staff Naturalist, Jen Eno’s presentation is 350 Years of NH Wildlife. This program begins at noon on the third floor and desserts are provided. No registration is required and the program is free.

Bayventures We Will Survive

Friday, March 15 from 9:45 a.m. to 2:00 p.m. (SLU/16 Teacher Workshop Day)

How do animals survive in the winter? Where do they find food, shelter, and water? Help us create survival shelters to help animals endure the cold. Make a fleece hat to take home. Bring a lunch, and dress warmly for extended outdoor play. Cost is $12 for Great Bay Stewards and $15 for non-members. Call the Center to register.

To register or for more information, call 603-778-0015 or e-mail beth.heckman@wildlife.nh.gov.

The Center is the educational facility of the Great Bay National Estuarine Research Reserve, and is located at 89 Depot Road on the Stratham/Greenland town line just off Route 33. It is funded by NOAA and administered by NH Fish and Game.

Local Stylist Attends Next Level Hair Show

Cindy Kohlhase of Salon Central recently attended Next Level Beauty Convention in R.I. Through continuing education classes she expands her professional hair color techniques and skills while keeping up with the latest trends.

Salon Central is a full service hair salon for men, women, and children providing haircutting and styling, hair color and foiling, perms, facial waxing, and manicuring, contact Cindy at 603-682-3383.

Portsmouth Country Club

Public Always Welcome

Restaurant Winter Hours

Sunday Brunch 8:30-1:00
Breakfast Saturday, Sunday Lunch Wednesday-Saturday

Menus and Hours www.portsmouthcc.net

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

Restaurant Winter Hours
Sunday Brunch 8:30-1:00
Breakfast Saturday, Sunday Lunch Wednesday-Saturday

Our banquet hall is the perfect spot for weddings, business meetings, showers, birthdays and anniversaries.

Menus and Hours www.portsmouthcc.net

80 Country Club Lane, Greenland, NH 603-436-9791

Greenland Grapevine • Spring 2013

Greenland Grapevine • Spring 2013

Greenland Grapevine • Spring 2013
Spring Clean You! Chinese Medicine Can Help

In New England, after a long, cold winter, we yearn for spring, and those first warm days. You can feel the energy moving around you. The earth begins to bud with light green shoots. You wake to an orchestra of birdsong and you sense the gentle warmth in the air. Spring has arrived!

With spring’s arrival and renewed energy, it is time to spring-clean yourself and your health. Wondering how you can kick-start your health goals? In Chinese Medical theory, spring is connected to the energies of the liver and gallbladder. These two organs are our body’s filters for fats and toxins. Even those who eat well need some special attention. Many people will go to extremes and do fasts at this time. An easier method of detoxifying without deprivation is to make simple changes in your diet. Winter’s fatty, meat laden dishes can now shift toward fresh or steamed vegetables, like carrots and asparagus, as well as lighter proteins like fish.

Spring is the time to get outside and start moving. A gentle walk, for fifteen to thirty minutes per day, can make you sweat and jump-start your metabolism. Sweating is a natural form of detoxification for the liver and gallbladder. These two organs are our body’s filters for fats and toxins. Even those who eat well need some special attention. Many people will go to extremes and do fasts at this time. An easier method of detoxifying without deprivation is to make simple changes in your diet. Winter’s fatty, meat laden dishes can now shift toward fresh or steamed vegetables, like carrots and asparagus, as well as lighter proteins like fish.

Enjoy this beautiful time of year and jump-start your metabolism. Sweating is a natural form of detoxification for the body.

Acupuncture at this time can help tune up the body. By strengthening your Qi, you will help the body detox by aiding digestion and elimination. If you are suffering from achy and tired muscles that are hindering you from a daily walk, acupuncture can help eliminate this pain by removing the blockages that cause pain. Acupuncture can help break this cycle of inertia, resulting in an increase of energy.

Enjoy this beautiful time of year and jump-start the new you.

Beth Ann Schmitt works at Gentle Currents Acupuncture Clinic in Greenland NH, directed by Lisa Rathamich, Lic.Ac. If you are interested in learning more about how acupuncture can help with your personal spring cleaning, contact us at 603-436-0315 or email at gentlecurrents@gmail.com.
Recently a friend's Facebook account was hacked. She realized that spam e mails were sent from her account. Then a few days later I heard that another acquaintance experienced the same problem.

If you are among the 66% of online adults who use Facebook, you should be diligent with reviewing your privacy and security settings. Don't make it easy for hackers! Here are some steps you can take if you believe your Facebook account has been compromised, along with some actions you can take to prevent this from happening in the first place.

What to do if your Facebook Account has been hacked: Go to https://www.facebook.com/hacked and follow the instructions on-screen. You’ll go through the following steps:

1. You’ll be asked to identify your account, change your password, and change the password associated with the e mail account that you use for Facebook. For example, if you use a Yahoo e mail address to sign into Facebook, you’ll need to change your Yahoo e mail password.

2. Review and fix anything the cybercriminal changed.

3. Unlock the account and log back in.

How to prevent your Facebook Account from being hacked: Security settings are the key. So stop what you're doing and bring this article over to your computer! Then log into Facebook and update these settings. From Account settings, click on Security. I recommend the following settings for the highest level of security:

4. Secure Browsing—enabled.

5. Login Notifications—enabled.

6. Login Approvals—enabled. This feature requires that you have a cell phone capable of receiving text messages. When enabled, you will receive a code via text message if your account is accessed from an unrecognized computer or device.

As an example, if you are logging into Facebook from a computer in the library, you’ll be prompted to enter in a code. You’ll receive the text message on your phone, and type in the code. If you receive the text message and you WERE NOT trying to log into Facebook, you’ll know there is a problem. And the hacker trying to get into your account will not have the code.

5. App Passwords—If you don’t have many apps associated with your Facebook account, you can probably leave this off. If you do enable login approvals as described above, and you do use apps such as Skype through Facebook, then you may want to set app passwords. You can read about this feature on Facebook Help and Inside Facebook.

6. Active Sessions—You’ll see a list of any active Facebook sessions. If you see more than one listing here, you are logged in at more than one location. Remove all except the current session.

Your Security Settings page should now look something like this:

As a last step, go to General Account settings and change your Facebook password. And finally, log out of Facebook when not in use.

Now with your Facebook account safe and secure, you can get back to more important Facebook activities, such as sharing photos of cuddly kittens, without too much fear of hackers accessing your account.

Greenland resident Jean Dumais is a Web master, technology educator, and founder of Be Web Smart. She offers articles, tips, guidance, and reviews for parents who want to keep their families safe and productive online. Visit her Web site at www.beweb-smart.com.
## Community Calendar

### ONGOING PROGRAMS

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Monday</td>
<td>6:30 - 8 PM</td>
<td>Friends of the Library Meeting</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>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>1st Tuesday</td>
<td>7:00 PM</td>
<td>Conservation Committee Monthly Meeting</td>
<td>Town Hall</td>
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<tr>
<td>2nd Tuesday</td>
<td>12 - 1:30 PM</td>
<td>Senior Luncheon</td>
<td>Portsmouth Community Campus</td>
</tr>
<tr>
<td>2nd Tuesday</td>
<td>7 - 8 PM</td>
<td>Greenland Parents Organization (GPO) Meeting</td>
<td>Greenland Central School Media Lab</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>06:30 PM</td>
<td>Families First - Parenting Classes</td>
<td>Families First Portsmouth</td>
</tr>
<tr>
<td>3rd Tuesday</td>
<td>07:00 PM</td>
<td>Zoning Board of Adjustment Business 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>1st &amp; 3rd Thursday</td>
<td>9:30 AM</td>
<td>Families First - Parents Recharge</td>
<td>Families First Portsmouth</td>
</tr>
<tr>
<td>1st &amp; 3rd Thursday</td>
<td>07:00 PM</td>
<td>Planning Board Monthly Meeting</td>
<td>Town Hall</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>2nd Thursday</td>
<td>12 - 1:30 PM</td>
<td>Senior Luncheon</td>
<td>Portsmouth Community Campus</td>
</tr>
<tr>
<td>Thursday</td>
<td>3 - 4:30 PM</td>
<td>Families First - Mixed Age Playgroup</td>
<td>Families First Portsmouth</td>
</tr>
<tr>
<td>Thursday</td>
<td>9:30 - 11 AM</td>
<td>Families First - Family Morning Out</td>
<td>Exeter Parks &amp; Recreation</td>
</tr>
<tr>
<td>Thursday</td>
<td>10:00 AM</td>
<td>Story Time</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>
</tbody>
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### MARCH

<table>
<thead>
<tr>
<th>DAY</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, March 5, 2013</td>
<td>Citizen of the Year Nomination Deadline</td>
<td></td>
</tr>
<tr>
<td>Thursday, March 7, 2013</td>
<td>7:00 PM</td>
<td>VOTING: School Budget and Teacher's Contract</td>
</tr>
<tr>
<td>Sunday, March 10</td>
<td>2:00 AM</td>
<td>Daylight Saving Time begins</td>
</tr>
<tr>
<td>Tuesday, March 12, 2013</td>
<td>7:00 PM</td>
<td>VOTING: Town elections</td>
</tr>
<tr>
<td>Tuesday, March 12, 2013</td>
<td>11:30 AM - 1 PM</td>
<td>Greenland Volunteer Fire Department Bake Sale</td>
</tr>
<tr>
<td>Tuesday, March 12, 2013</td>
<td>6:30 PM</td>
<td>Terrarium Workshop with Felicia Motherway</td>
</tr>
<tr>
<td>Wednesday, March 13, 2013</td>
<td>Noon</td>
<td>Brown Bag Lunch, 350 Years of NH Wildlife, Jean Eno presenter</td>
</tr>
<tr>
<td>Friday, March 15, 2013</td>
<td>7:00 PM</td>
<td>Drama Production: Into the Woods</td>
</tr>
<tr>
<td>Saturday, March 16, 2013</td>
<td>9:00 AM</td>
<td>Town Meeting, VOTING: Town Budget and Warrant Articles</td>
</tr>
<tr>
<td>Saturday, March 23, 2013</td>
<td>10:00 AM</td>
<td>Easter Egg Hunt</td>
</tr>
<tr>
<td>Tuesday, March 26, 2013</td>
<td>11:30 AM - 1 PM</td>
<td>Chowder Luncheon</td>
</tr>
<tr>
<td>Tuesday, March 26, 2013</td>
<td>6:30 PM</td>
<td>Dissent among the Puritans, Linda Palmer, sponsored by the NH Humanities Council</td>
</tr>
</tbody>
</table>

### APRIL

<table>
<thead>
<tr>
<th>DAY</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, April 1, 2013</td>
<td>Major League Baseball Season Begins</td>
<td></td>
</tr>
<tr>
<td>Friday, April 12, 2013</td>
<td>6:00 PM</td>
<td>Talent Show</td>
</tr>
<tr>
<td>Monday, April 15, 2013</td>
<td>2 - 5:00 PM</td>
<td>SFP 3rd Annual Spring Sing Choral Competition</td>
</tr>
<tr>
<td>Tuesday, April 16, 2013</td>
<td>7:00 PM</td>
<td>Tax Day</td>
</tr>
<tr>
<td>Tuesday, April 23, 2013</td>
<td>6:30 PM</td>
<td>You Are the Mess You Make, Professor James Krasner, UNH Speakers Bureau</td>
</tr>
<tr>
<td>Thursday, April 25, 2013</td>
<td>6:00 PM - 8:00 PM</td>
<td>Rummage Sale</td>
</tr>
<tr>
<td>Friday, April 26, 2013</td>
<td>8:30 AM - 7:00 PM</td>
<td>Rummage Sale</td>
</tr>
<tr>
<td>Saturday, April 27, 2013</td>
<td>8:30 AM - 1:00 PM</td>
<td>Rummage Sale</td>
</tr>
<tr>
<td>Sunday, April 28, 2013</td>
<td>9:00 AM</td>
<td>Chief Maloney Unity Run &amp; Walk 2013</td>
</tr>
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### MAY

<table>
<thead>
<tr>
<th>DAY</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, May 08, 2013</td>
<td>06:30 PM</td>
<td>Summer Herb Planter Workshop with Felicia Motherway</td>
</tr>
<tr>
<td>Thursday, May 16, 2013</td>
<td>6 - 7:30 PM</td>
<td>GCS Expo and Ice Cream Smorgasbord</td>
</tr>
<tr>
<td>Thursday, May 23, 2013</td>
<td>07:00 PM</td>
<td>GCS Band Concert: Grades 4 - 8</td>
</tr>
<tr>
<td>Monday, May 27, 2013</td>
<td>10:00 AM</td>
<td>MEMORIAL DAY Greenland Memorial Day Parade</td>
</tr>
</tbody>
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