Greenland Veterans
Sponsor Civic Project
By Wallace Berg

The Greenland Medal of Honor Committee, recently formed, has changed its name, gained stature, and been reorganized. Its mission remains largely unchanged but has been enhanced, and there have been minor changes in membership. It is still a “citizen committee” of veterans and a Greenland civic project, but it has acquired an important sponsor; the Greenland Veterans, Inc. has volunteered to sponsor the effort and assume an active role in the project.

Perhaps unknown to many residents, each year the Greenland Vets are involved in multiple civic and charitable acts such as emergency aid to needy families, hospital visitations, funerals, highway clean-ups, Pease Greeters, school programs, emergency heat and utility assistance, etc. These activities are almost solely funded by the efforts of the Greenland Vets through Christmas tree sales, dinners, and other group efforts. This will be the first time that the Greenland Vets has sponsored a community-wide project to honor our servicemen.

Because the Greenland Veterans, Inc. is a duly authorized federal 501(c)(3) organization, all donations made to the Greenland Veterans Memorial Committee (GVMC) are tax exempt. All donations over $100 will be provided a letter receipt; donations of less than $100 will be provided an e-mail receipt on request. Submit e-mail receipts to greenlandvets@comcast.net. The fund drive was officially scheduled for October/November 2013 but donations will be gratefully and legally accepted at any time. This information was included in the mail package sent to every Greenland residence and business in November of this year.

By late September the committee, after considerable research, had briefed town officials and received tentative project approval. The Greenland Veterans membership had also been briefed and they agreed to participate and sponsor the event. The membership also appointed a committee to initiate action and begin work. The committee consists of Commander Jim King, Two King, Red King, Blue King; A Dr. Seuss seventh grade Sunday School class, is entitled “One King, Two King, Red King, Blue King: A Dr. Seuss Christmas.” The pageant will explore the wonder of dreams in the world of Dr. Seuss. The pageant will be performed by Sunday School children of all ages in the church at 10 Post Road/Route 151 in Greenland, immediately after the church service on December 22, 2013 at 11:00 a.m. All are welcome to attend, and any children interested in participating should contact the church office at 603-436-8336 or visit www.communychurchofgreenland.org.

By late September the committee, after considerable research, had briefed town officials and received tentative project approval. The Greenland Veterans membership had also been briefed and they agreed to participate and sponsor the event. The membership also appointed a committee to initiate action and begin work. The committee consists of Commander Jim King, Two King, Red King, Blue King: A Dr. Seuss seventh grade Sunday School class, is entitled “One King, Two King, Red King, Blue King: A Dr. Seuss Christmas.” The pageant will explore the wonder of dreams in the world of Dr. Seuss. The pageant will be performed by Sunday School children of all ages in the church at 10 Post Road/Route 151 in Greenland, immediately after the church service on December 22, 2013 at 11:00 a.m. All are welcome to attend, and any children interested in participating should contact the church office at 603-436-8336 or visit www.communychurchofgreenland.org.

Additional “Remembrance Park” restoration efforts being considered include rearrangement of items on the large platform; these being the cannons, cannon balls, granite seating, and electrical illumination and power outlets. The logic for these proposed changes is:

1. An enlarged and/or rearranged platform would provide a larger stage area, useful for many purposes, and certainly increased seating.

VETERANS Continued on following page

The Christmas Pageant
By Mark Weaver

The Community Congregational Church Christmas Fair, contact the church at 603–436–8336 or visit www.communychurchofgreenland.org.

Community Congregational Church Christmas Fair
By Heidi Duncanson

The Community Congregational Church (CCC) in Greenland will hold its annual Christmas Fair on Saturday, December 7 from 9 a.m. to 2 p.m. at the Parish House on Post Road/Route 151 in Greenland. There are 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 CCC Women’s Alliance, gifts created by Greenland’s Boy Scout and Girl Scout troops, a jewelry table, gourmet foods, and the ever-popular “Nearly New Room” offering second-hand bargains galore. 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.

A full lunch will be served, as well as fried dough and ice cream sundaes. Around 11:00 a.m., Santa will arrive by fire truck to greet children and share some sweet treats.

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

THANK YOU VETERANS! Greenlund’s Veterans, Peace Groomers, families and students held a special assembly on Thursday, November 7 in honor of Veterans Day. Teachers and students performed music, and heartfelt thanks were expressed. Treats were enjoyed, and all had a great time.

— Photos courtesy of Elizabeth Kendall

VETERANS Honored at GCS
By Mark Weaver

The Greenland Medal of Honor Committee, recently formed, has changed its name, gained stature, and been reorganized. Its mission remains largely unchanged but has been enhanced, and there have been minor changes in membership. It is still a “citizen committee” of veterans and a Greenland civic project, but it has acquired an important sponsor; the Greenland Veterans, Inc. has volunteered to sponsor the effort and assume an active role in the project.

Perhaps unknown to many residents, each year the Greenland Vets are involved in multiple civic and charitable acts such as emergency aid to needy families, hospital visitations, funerals, highway clean-ups, Pease Greeters, school programs, emergency heat and utility assistance, etc. These activities are almost solely funded by the efforts of the Greenland Vets through Christmas tree sales, dinners, and other group efforts. This will be the first time that the Greenland Vets has sponsored a community-wide project to honor our servicemen.

Because the Greenland Veterans, Inc. is a duly authorized federal 501 (c) (3) organization, all donations made to the Greenland Veterans Memorial Committee (GVMC) are tax exempt. All donations over $100 will be provided a letter receipt; donations of less than $100 will be provided an e-mail receipt on request. Submit e-mail receipts to greenlandvets@comcast.net. The fund drive was officially scheduled for October/November 2013 but donations will be gratefully and legally accepted at any time. This information was included in the mail package sent to every Greenland residence and business in November of this year.

By late September the committee, after considerable research, had briefed town officials and received tentative project approval. The Greenland Veterans membership had also been briefed and they agreed to participate and sponsor the event. The membership also appointed a committee to initiate action and begin work. The committee consists of Commander Jim King, Two King, Red King, Blue King; A Dr. Seuss seventh grade Sunday School class, is entitled “One King, Two King, Red King, Blue King: A Dr. Seuss Christmas.” The pageant will explore the wonder of dreams in the world of Dr. Seuss. The pageant will be performed by Sunday School children of all ages in the church at 10 Post Road/Route 151 in Greenland, immediately after the church service on December 22, 2013 at 11:00 a.m. All are welcome to attend, and any children interested in participating should contact the church office at 603-436-8336 or visit www.communychurchofgreenland.org.

By late September the committee, after considerable research, had briefed town officials and received tentative project approval. The Greenland Veterans membership had also been briefed and they agreed to participate and sponsor the event. The membership also appointed a committee to initiate action and begin work. The committee consists of Commander Jim King, Two King, Red King, Blue King; A Dr. Seuss seventh grade Sunday School class, is entitled “One King, Two King, Red King, Blue King: A Dr. Seuss Christmas.” The pageant will explore the wonder of dreams in the world of Dr. Seuss. The pageant will be performed by Sunday School children of all ages in the church at 10 Post Road/Route 151 in Greenland, immediately after the church service on December 22, 2013 at 11:00 a.m. All are welcome to attend, and any children interested in participating should contact the church office at 603-436-8336 or visit www.communychurchofgreenland.org.

By late September the committee, after considerable research, had briefed town officials and received tentative project approval. The Greenland Veterans membership had also been briefed and they agreed to participate and sponsor the event. The membership also appointed a committee to initiate action and begin work. The committee consists of Commander Jim King, Two King, Red King, Blue King; A Dr. Seuss seventh grade Sunday School class, is entitled “One King, Two King, Red King, Blue King: A Dr. Seuss Christmas.” The pageant will explore the wonder of dreams in the world of Dr. Seuss. The pageant will be performed by Sunday School children of all ages in the church at 10 Post Road/Route 151 in Greenland, immediately after the church service on December 22, 2013 at 11:00 a.m. All are welcome to attend, and any children interested in participating should contact the church office at 603-436-8336 or visit www.communychurchofgreenland.org.

By late September the committee, after considerable research, had briefed town officials and received tentative project approval. The Greenland Veterans membership had also been briefed and they agreed to participate and sponsor the event. The membership also appointed a committee to initiate action and begin work. The committee consists of Commander Jim King, Two King, Red King, Blue King; A Dr. Seuss seventh grade Sunday School class, is entitled “One King, Two King, Red King, Blue King: A Dr. Seuss Christmas.” The pageant will explore the wonder of dreams in the world of Dr. Seuss. The pageant will be performed by Sunday School children of all ages in the church at 10 Post Road/Route 151 in Greenland, immediately after the church service on December 22, 2013 at 11:00 a.m. All are welcome to attend, and any children interested in participating should contact the church office at 603-436-8336 or visit www.communychurchofgreenland.org.
Going Green in Greenland: Conscious Consumption
By Abigail Bassett

Going green is a process and a day to day lifestyle change. It is not something that you can get to do all at once. Changes have to be made gradually and thought to yourself, “What did I even do with my day?”

The same can be said of the individual parts of our day. We go through the motions and we are on autopilot, never fully giving much thought to what we are doing. I’ve created the habit where I need to stop and get coffee on my break at work. I do it without thinking about it. I do it a lot of times without bringing a reusable cup. If I put in a little more effort or a little bit more thought, I would make coffee at home to save money and a tree. I could even still get coffee out, if only I would give it the two seconds of thought required to grab my travel mug.

The worst part though isn’t the food consumption; it’s the everyday consumption. We are constantly bombarded by deals and news low prices that seem enticing at face value. We never stop and put thought into what it is we are actually buying. Where was that three dollar t-shirt made? Are you buying it in a local boutique or a giant retail? Do you even really need another t-shirt?

We tell ourselves that we are doing something for a good cause. We would love to hear from you, please contribute today to keep this newsletter going strong!

About Greenland Grapevine

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
- Kylie Flemington - Poet-Researcher
- Jacque Gravelle - Poet-Researcher
- John Hirtle - Layout
- Laurel Hudson - Copy Editor
- Karen Johnson - Copy Editor
- Sara MacCorkle - Advertising Representative
- Margaret Moore - Poet-Researcher
- Erica Rahm - Treasurer, Public Relations
- Lisa Rothermich - Poet-Researcher

Content Policy

- Articles submitted must include the organization’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 2014 issue of the Greenland Grapevine for both content and advertising is January 1, 2014. Payment for all ads are expected by this date. A discount is available for advertising in four or more consecutive issues.

Disclaimer

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

Contact Us

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

To place advertisements, please contact Sara MacCorkle directly at GreenlandGrapevineAds@yahoo.com

Masthead Image Courtesy of Charlie Evatt

Thank You To Our Donors

By Greenland Grapevine Committee

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

HELP WANTED

Greenland Grapevine Advertising

Responsible for obtaining advertisers, billing and invoicing.

Contact GreenlandGrapevine@comcast.net

Writers

We would love to hear from you, please share what is going on within the community.

Contact someone about your own event, adventure, exhibit, story, etc. Let’s keep the paper interesting! Submit your articles and photos to GreenlandGrapevine@comcast.net

CONTENT POLICY

Articles submitted must include the organization’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 2014 issue of the Greenland Grapevine for both content and advertising is January 1, 2014. Payment for all ads are expected by this date. A discount is available for advertising in four or more consecutive issues.

Disclaimer

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

Contact Us

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

To place advertisements, please contact Sara MacCorkle directly at GreenlandGrapevineAds@yahoo.com

Masthead Image Courtesy of Charlie Evatt

Thank You To Our Donors

By Greenland Grapevine Committee

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

HELP WANTED

Greenland Grapevine Advertising

 Responsible for obtaining advertisers, billing and invoicing.

 Contact GreenlandGrapevine@comcast.net

 Writers

 We would love to hear from you, please share what is going on within the community.

 Consider submitting a story about a recent trip, adventure, exhibit, story, etc. Let’s keep the paper interesting! Submit your articles and photos to GreenlandGrapevine@comcast.net

 ABOUT GREENLAND GRAPEVINE

 Our Mission

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

 Committee Members

 - Nancy Bassett - Secretary, Content Manager
 - Trudie Bergeron - Director, Copy Editor
 - Kylie Flemington - Poet-Researcher
 - Jacque Gravelle - Poet-Researcher
 - John Hirtle - Layout
 - Laurel Hudson - Copy Editor
 - Karen Johnson - Copy Editor
 - Sara MacCorkle - Advertising Representative
 - Margaret Moore - Poet-Researcher
 - Erica Rahm - Treasurer, Public Relations
 - Lisa Rothermich - Poet-Researcher

 Content Policy

 - Articles submitted must include the organization’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 2014 issue of the Greenland Grapevine for both content and advertising is January 1, 2014. Payment for all ads are expected by this date. A discount is available for advertising in four or more consecutive issues.

 Disclaimer

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

 Contact Us

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

 To place advertisements, please contact Sara MacCorkle directly at GreenlandGrapevineAds@yahoo.com

 Masthead Image Courtesy of Charlie Evatt

 Thank You To Our Donors

 By Greenland Grapevine Committee

 We are funded 100% by advertisers and donors. We thank those who donate to the Greenland Grapevine. Please contribute today to keep this newsletter going strong!
Heart Attacks: Know the Warning Signs

Heart disease is the number one killer of both women and men. Men and women respond differently to a heart attack. If you think you may be having a heart attack, call 9-1-1. You will benefit most if you seek fast treatment.

What are the warning signs of a heart attack?

The American Heart Association and other medical experts say the body likely will send one or more of these warning signals of a heart attack:

- 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 in the center of the chest.

- Discomfort in other areas of the upper body. Pain spreading to the shoulders, neck, or jaw can be a sign of heart attack.

- Shortness of breath. Often comes along with chest discomfort, but it also can occur before chest discomfort.

- Other symptoms. Chest discomfort with light-headedness, fainting, nausea, anxiety, nervousness and/or cold, sweaty skin. Paleness or pallor, increased or irregular heartbeat.

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. Some of the additional heart attack signs women need to pay attention to are:

- Pain or discomfort in the center of the chest. It may feel like a squeezing or fullness, and the pain can be anywhere in the chest, not just on the left side.

- Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach. The pain can be gradual or sudden, and it may wax and wane before becoming intense. Sometimes people mistake stomach pain that signals a heart attack with heartburn, a flu, or a stomach ulcer.

- Other symptoms, such as a shortness of breath, breaking out in a cold sweat, nausea, fatigue, or light-headedness.

Did you know?

- Women are less likely than men to believe they’re having a heart attack and more likely to delay in seeking emergency treatment.

- Women tend to be about 10 years older than men when they have a heart attack.

- Women 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.

If you feel heart attack symptoms, do not delay. Remember, minutes matter! Do not wait for more than a few minutes—five minutes at most—to call 9-1-1.

For additional information visit the National Heart, Lung and Blood Institute at www.nhlbi.nih.gov and HealthCentral at www.healthcentral.com.
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. Since 1982, Cross Roads House has provided shelter and assistance to the homeless from Rockingham, Strafford, and southern York ME counties. Last year we served 386 local community members including 26 families with 51 children. Our volunteers prepared and served 20,000 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. Three-quarters of our operating budget comes from private donations.
▶ Contribute an item from our wish list. Each shelter resident receives a gift bag filled with items contributed by donors.
▶ Become a volunteer. Orientations are held monthly. Most volunteers help prep, cook, and serve dinner.

Holiday Wish List
New items for men and women: hats, gloves, rain ponchos, socks, underwear, thermal underwear, wallets, watches, small daily planners, bike locks, and bike helmets.

The following types of gift cards are especially useful: Wal-Mart, Rite Aid, grocery stores, Fox Run Mall, movie cinemas, bike shops, Bowl-O-Rama, Coast and C and J buses, taxis, local restaurants, and pre-paid cell phone minutes.

Toiletries: toothbrushes, toothpaste, deodorant, disposable razors, shaving cream, shampoo, and first aid supplies. In addition, unopened sized toiletries are particularly useful.

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

Questions? Contact Jessica at 603-436-2218 x 112 or e-mail j.parker@crossroadshouse.org. To view a complete wish list, please visit our website at www.crossroadshouse.org.

Introducing the Alliance for Art, Healing, and Adventure
By Suzan Lang, BSN, RN, and founder of AAHA

The Alliance for Art, Healing, and Adventure (AAHA) is based on a few important principles — love, action, and wisdom, in equal parts, to help transform the suffering of the human experience and elevate people through art, integrative healing, and spiritual travel. The more people take charge of their own health the better off we all are as a whole.

Art, in all its forms, benefits the brain by activating the non-thinking, right side, spatial, and intuitive part of the brain, which allows us access ways to solve problems in a creative way. Simply, art enhances cognitive abilities and the ability to grow and gain in knowledge. The creative process and reflecting on art also increases a sense of self-awareness and awareness of others. At the Alliance, art is used exactly this way. Sumi-e, Japanese brush painting, is a form of art that is taught as meditation: meditations in ink. The process of grinding the ink, loading the brush, and moving the brush in a specific way to create beauty is all part of the meditation.

With over 25 years of practice as a nurse I have researched and learned many “alternative” modalities which provide relief from pain, speed up healing time, enhance a sense of well-being, and even eliminate illnesses without side effects. Alternative practices have evolved over time, and the word “fringe” was sometimes used to describe what is now being called integrative medicine. So we have gone from fringe to alternative to complementary to integrative. Scientific studies have helped this along and some modalities such as Reiki, acupuncture, massage, chiropractic, and herbal remedies, just to name a few, have been found to demonstrate the above benefits. Integrative services are present in many hospitals now and some medical schools are also beginning to incorporate classes in their curriculum. Eighty percent of Americans who go to the doctor have used some kind of alternative medicine. It is extremely important you share with your doctor all the herbal and over the counter medications you are taking. Even though herbal remedies are natural they may interfere with prescription medications.

Among the alternative modalities many forms of massage are available. The Hawaiian massage, Lomi Lomi, especially, has many benefits. Lomi Lomi is based on Hawaiian spirituality. Fundamentally, we are all connected and we are all born as beings of light. From a body perspective Lomi can help to reduce stress, remove pain, reduce symptoms, relax the nervous system, improve circulation and digestion, as well as give your skin a glow by helping to open the pores to breathe better. The spiritual aspects of the massage can help to open your mind, give way to emotional support and enlighten the spirit resulting in contentment and clearer thinking.

The Lomi massage is done with slow rhythmic movements which send messages to your brain allowing you to connect to your whole body rather than individual parts.

I believe the most important journey we take is the path to discovering our own divine nature. Spiritual retreats are one of the ways that can help us along this path. Retreats that take place in Hawaii, Guatemala, Portugal, and China, Greece, and Japan in 2015 are currently being planned.

Stop by to visit the gallery, sign up for a class, or treat yourself or someone you love to a session at 30 Riverside Dr., Greenland, or feel free to call Suzan Lang at 603-334-6484 or 603-345-6221.
The Pease Greeters do a great deal to support our troops. Not only do they meet all the planes flying through Pease regardless of the hour, but they also put together care packages and send them to our troops overseas. All that they do means a great deal to our troops. Below are two letters that they recently received. At the bottom of the article, please see ways that you can help.

Greetings again.

We received the two care packages today (food in one, hygiene in the other) and our shop along with the other people (Marines and Air Force) who work with us were knocked out.

The generosity and kindness you all show is truly appreciated and enjoyed by all. We passed out the phone cards in literally five minutes (our current marines are headed home in a month and their replacements will be here in a couple of weeks to transfer over knowledge), plus, big PLUS, you sent Crest toothpaste (they don’t carry Crest in the BX here so I snagged a tube for myself).

Everyone in my shop is writing (e-mail or included in the box we are sending you) to those who included their name or e-mail address. I got one from Michael who is six and his sister got a baby bearded dragon named Ed and he has a fish pet dog (if you can find who he is, I have included something special for him in the box).

Tell everyone a big thank you and attached is a “Berry” Good Idea. Everyone in my shop is writing (e-mail or included in the box we are sending you) to those who included their name or e-mail address. I got one from Michael who is six and his sister got a baby bearded dragon named Ed and he has a fish pet dog (if you can find who he is, I have included something special for him in the box).

A “Berry” Good Idea
From the NAPSI Web site

If you’re careful and enjoy healthy meals during the many celebrations, you may not have to resolve to change your diet in the new year. Fortunately, some tasty, traditional foods can be a big help. Recent scientific research shows that cranberries contain significant amounts of antioxidants and other phytonutrients that may help protect against heart disease, cancer, and other diseases.

Combining them with nutritious rice increases the nutrition even more. One quick, easy, and economical way to enjoy cranberries is with RiceSelect’s Texmati® rice in a Cranberry Pecan Rice Pilaf recipe.

Cranberry Pecan Rice Pilaf

- 2 tablespoons butter
- 1 cup uncooked Texmati rice
- 3/4 cup chicken broth
- 3/4 cup grated Parmesan cheese
- 1/2 cup dried cranberries
- 1/2 cup chopped pecans, toasted
- 1/2 cup sliced green onions
- Salt and ground black pepper, to taste

Melt butter in 2-qt saucepan over medium heat. Add rice; cook and stir 2 to 3 minutes. Add broth and heat to boiling; stir once or twice. Reduce heat; cover and simmer 15 minutes or until liquid is absorbed. Remove from heat.

The other box went forward to a Medical Evacuation Squadron currently manned by folks from the New Hampshire Air National Guard. Miss New Hampshire (current or former, not sure..) is up there now as a Medic and the whole crew is doing a bang up job as one of the busiest Medevac groups in the country. So thank you very, very much for the packages, and please know they are very much appreciated and going to a very good cause!

Thank you very much for the support! GO SOX!!!!

Best regards,

CDR Joseph O’Brien, MC, USN
Wing Surgeon
2d Marine Aircraft Wing (FWD)

If you would like to help support the Pease Greeters and the work that they do for our troops, you can help with either monetary donations or donations of products for care packages. You can make monetary donations at our Web site, www.peasegreeters.org/donate, or make your check payable to The Pease Greeters Fund, Inc. and mail it to: Pease Greeters, P.O. Box 22311, Portsmouth NH 03802-2311

These are Only a Few of the Services We Have Provided to Our Troops

- Coffee and Tea
- Calling cards
- Struffed animals
- Ice tea
- Care packages
- Website
- Lemonade
- Phone bank
- Cell phones
- Pizza
- Museum pieces
- Hats and Tie Shiny Bands
- Ice cream
- Warm welcomes

- Sports equipment
- Donuts
- Flag stars
- Soda
- Books
- Flight Alert
- Chocolates
- CDs
- Knitted hats
- Games
- Pizza and Tea
- Historical artifacts

Stir in cheese, cranberries, pecans, and onions. Season to taste with salt and pepper. It makes for a nice side dish when entertaining or just for the family, and if you add a little dinner turkey, it can provide your protein as well.

Journey Home Thrift Shop
We’ve Moved to 180 Lafayette RD
North Hampton

Journey Home Accepting Donations Daily
Household Items, Furniture, Toys, Books & Clothing for Adults and Children
Cleaning out a home or storage unit?
Call us and we’ll pick up your unwanted items.
Mon-Fri 10-5 Sat 10-4 Sun Noon–5
180 Lafayette Road North Hampton
(603) 379-8070
Journey Home Supports NH Hospice
Find us & Like us on Facebook
www.journeyhomethrift.org

Got a Great Greenland Photo or Story? Please send it into greenlandgrapevine@comcast.net prior to January 1 for our next issue.
From the Friends of Weeks Library

By Joann Duncanson

One of the best things about being an active member of the Friends of Weeks Library is the chance to see firsthand just how much goes on there. Whoever said that libraries would soon be obsolete hasn’t been in ours lately. Books (ebook and hard copy) are still being borrowed by young and old at a steady pace, movie buff regulars come in to find their favorite films on DVDs, many people drop by to use the computers, and some even come for sociability and a bit of serious card playing. And that is just the tip of the Weeks Library iceberg.

At our Friends’ monthly meetings, when library Director Denise Grimes gives her report of the previous month’s statistics, we are amazed to see the amount of activity happening in such a compact space. Credit for this goes to our dedicated staff members who continue to work their magic while an answer for our current space problem is being sought.

Meanwhile, the Friends of Weeks Library continue to help in any way we can. Whether it is raising money for needed services or equipment, or helping with refreshments on special occasions, we enjoy being part of our town’s library.

Are you a Friend of Weeks Library? We meet on the second Monday of the month at 6:30 p.m. and would be happy to welcome you—and your input—any time. For more information, contact Debbie Bauder at 603-373-8833.

---

Weeks Public Library Winter Programs

www.weekslibrary.org

Library Online Services

- NH Downloadable Books. Download ebooks and audio books from the NH Downloadable Books site. Special free software is required and available through the OverDrive site. Now available: Advantage titles! Please sign in to search for best results in viewing our expanded collection. Please note when you log in to Amazon’s site or use Adobe Digital Editions, the library’s custom privacy protections no longer apply. Use your card number and PIN.

- Freegal Music Service. Download individual songs to your device and move them to your favorite device. Apps are also available for Apple and Android devices. Get the app from the 2nd generation Kindle Fire at http://slideme.org/application/freegal-music. Now available: Music Videos! Each music video will count as two of your allowed three songs per week. Use your card number and PIN.

- Mango. Mango, an online foreign language learning system, provides basic and complete language learning programs depending on your needs. Learn Arabic, Mandarin Chinese, French, Irish, Papiamento, Portuguese, Russian, Urdu and more! Library code and card number needed.

- Learning Express Library features Learning Centers which include SAT and ACT practice tests, skill-building courses and information for success at school, at work or in life. Resources are appropriate for grades four through adult. This service also includes ebooks for specific tests and various skills. This is a great resource for homeschooling, computer skills tutorials for PC and Mac computers. Be sure to try out this great product. Library code and card number needed.

- Universal Class is an online education service that provides business and financial courses. Use the library code and your library card number to log in and begin learning something new! Windows 8 card available!! Library code and card number needed.

- Heritage Quest provides at-home access to a collection of genealogical and historical sources, with coverage dating back to the 1700s. Find many family and local history books and articles. Call for the library’s Username and Password.

Free and Discounted Museum Passes Available at the Weeks Library

- Boston Children’s Museum provided by the Friends of the Library
- Children’s Museum of New Hampshire in Dover provided by the Greenland Women’s Club
- Carrier Museum of Art in Manchester provided by the Friends of the Library
- Museum of Fine Arts in Boston provided by the Greenland Women’s Club
- Museum of Science in Boston provided by the Friends of the Library
- New England Aquarium in Boston provided by the Friends of the Library
- The Seacoast Science Center in Rye provided by the Greenland Women’s Club

Pick from 8 ad sizes!
This size ad - $80
For advertising & rates contact GreenlandGrapevineAds@yahoo.com

Greenland Grapevine • Winter 2013
Community Toolbox: A Safe and Healthy Home for Everyone
By Cheryl Van Allen, Executive Director

There is a great need in our community that is not being met—critical repairs for homeowners in need. There are good people in need—veterans, senior citizens, people with disabilities, and people who have fallen on hard times—neighbors in our community deserve it and they may need a hand in repair or worse, losing their homes, because they can’t afford simple repairs. A small group of experienced non-profit leaders saw this need and decided it was time to do something about it. Hence, Community Toolbox was born.

Community Toolbox (CT) has a mission to bring volunteers, homeowners and communities together to improve the homes and lives of homeowners in need. CT believes that everyone deserves the ability to live in a safe and healthy home. People shouldn’t be forced to choose between food or mortgage payments and the home repairs necessary to keep them safe and warm. Our focus is on critical repairs, accessibility modifications, and energy efficient upgrades to low income and at-risk homeowners.

“Believe in neighbors helping neighbors, communities rallying together to lend a hand and help one another in times of need,” says Tom Boisvert, board chairman.

Community Toolbox is a three-armed business: the Fix-It Program, the Deconstruction Program, and the Retail Outlet.

The Fix-It Program is why we were founded—it is the heart and soul of our business. The program’s premise is that it takes a village. When neighbors help neighbors, we can take care of our own. Just like the old days of “Yankee barn raising,” we can pull together to help our neighbors by providing basic repairs in their homes so they won’t have to choose between home safety or health and putting food on the table.

Our program services NH clients within 30 miles of Portsmouth. We accept clients through referral agencies such as community action programs, welfare departments, senior and veteran care programs, etc. We provide small, basic repairs (flooring, grab bar installation, mobile home roof repair, small plumbing repairs, and accessibility repairs, for example) for the cost of materials. All labor is provided by a volunteer team, which allows us to keep the job costs low.

Obviously, we will need a way to help fund this program. As a contractor, when you use our Deconstruction Team, you will be working with a professional, fully insured team of volunteers. We will come onto your work site and for a small fee, remove all reusable materials, saving you money in labor costs and disposal. By carefully removing your costs, you will be able to provide a more competitive price to your customers. Donations of materials are tax deductible.

The Deconstruction Program is designed to help us bring in future revenue to support those who are doing home renovations save money on their projects. We tear things down to help lift people up.

What IS deconstruction? Deconstruction is the hand demolition of buildings or rooms in the reverse order of their construction in order to carefully remove materials for reuse and recycling. What are the benefits? As a homeowner, when you choose Community Toolbox for your deconstruction project, you will be keeping down the costs of your kitchen or bath project, while using our fully insured team of volunteers. In addition, you will be donating the reusable materials from your project to be resold to the general public for deep discounts in our Retail Outlet. This provides you a tax deduction, as well as the opportunity to help us raise money to fulfill more Fix-It requests in our community.

As a contractor, when you use our Deconstruction Team, you will be working with a professional, fully insured team of volunteers. We will come onto your work site and for a small fee, remove all reusable materials, saving you money in labor costs and disposal. By carefully removing your costs, you will be able to provide a more competitive price to your customers.

Donations of materials are tax deductible.

The Retail Outlet is a way for you to shop for a bargain while you help raise money to lend a hand to your neighbors in need. A program of Community Toolbox, Inc., the Retail Outlet supplies overstocked, discontinued, new and used cabinets, doors, and windows, donated by manufacturers, stores, contractors and individuals. These donated items are sold to the public or used in our Fix-It Program to help our neighbors in need. All net revenue from sales is used to support our Fix-It program.

What do we accept for donations? Kitchen and bathroom cabinets, kitchen, bathroom, and utility sinks, doors, windows and flooring. If you have a donation or questions about what we accept, please give us a call at 603-204-0479.

Yes we have a lot going on, and we are looking for YOU to help spread the word, come volunteer, give us a shout with your donations. It takes a village, and we need YOU to help us help them. For more information, e-mail info@commtoolbox.org and check out our brand new Web site www.commtoolbox.org.

We look forward to hearing from you!!

Reminder: Public Access To Portsmouth Country Club

When golf season ends, Greenlanders 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 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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.
Seasonal Driving Checklist
From the NAPSI Web site

Whether drivers are trading out their ice scrapers for an open sunroof or putting the cover on the convertible after another summer driving season, experts advise that seasonal car prep should go beyond the basic wash and wax.

With that in mind, consider these car care tips for keeping your vehicle looking and running in tip-top shape.

Check tire tread depth. To check tire tread depth, look inside the grooves on the tire. At every 6 to 10 inches, a raised wear bar will appear, and if the tread is worn to the same height as the bar, it’s time to replace the tire. Make sure to check for wear at several spots on each tire, as wear may not always be even. If new tires are needed, be sure to follow your vehicle manufacturer’s recommendation for size and type of tires, as the wrong tire can hurt vehicle handling.

Verify battery strength. Don’t assume all is well with the car battery just because your vehicle starts. While some drivers may be able to check their own battery, this is usually best left to the professionals.

Regularly monitor tire pressure. Underinflated tires reduce fuel mileage and optimal handling, and can suffer uncontrollable damage that compromises car safety. Keep tires inflated to the recommended pressure often; don’t just “set it and forget it.”

Pay attention to brake operation. Properly functioning brakes are essential to vehicle safety. Disc brakes on modern vehicles are exposed to road salt, dirt and moisture, which together can create problems. Pay attention when braking. Does your vehicle stop evenly or does it seem to pull to one side? This can indicate a malfunction if it occurs on a variety of road surfaces and should be checked immediately. What about noise? While an occasional noise is not uncommon, unusually loud or constant noise should be checked immediately.

As most Greenland citizens know the School District will conduct the 2014-15 budget process through the SB-2 framework, which is significantly different than the previous annual School District meeting. The budget process under SB-2 started in early June and we are faced with very difficult decisions regarding staffing and class size next year, in light of our increasing enrollment. The SB-2 process will require Greenland voters to attend budget hearings, make staffing recommendations, and ultimately vote during the annual budget meeting in May. We are grateful for the support and encouragement our voters have provided in recent years as we have faced very difficult decisions regarding staffing and class size. With that in mind, consideration of the budget will be an important element of our annual School Meeting in May.

Check tire tread depth.

Winter 2013

WEBSITE RENOVATION

The following are a few events or initiatives that I would like to announce.

• Focus on Math—In response to new math standards and two years of research by our Math Curriculum Committee, our teachers K-8 are implementing a new math program this year, Math in Focus (also known as Singapore Math). The staff has undergone significant training and more than sixty parents attended a recent Parent Academy to better understand this important program.

• Fundraiser: “Play for the Cure” Initiative—Through a fundraising campaign led by our school staff and field hockey coach Colleen Sodini, as well as a school wide “day of giving” and general donations resulting in this charitable donation, the Greenland Central School has raised over $1000 for the American Cancer Society. The funds will be used to purchase special equipment to support the cancer fight.

• School Safety—We are in the midst of another busy year at Greenland Central School and I will take this opportunity to share some updates, information, and reminders. We have experienced significant growth at school this year with more than 30 new students, and enrollment K-8 approaching 400. We also have 12 new staff members joining our team due to retirements, resignations, and long term leaves of absence. The new staff members have brought great energy, enthusiasm, and new ideas, and with many new students and several major initiatives, everyone has stepped up to exhibit the tremendous effort that change and transition requires.

Budget

As most Greenland citizens know the School District will conduct the 2014-15 budget process through the SB-2 framework, which is significantly different than the previous annual School District meeting. The budget process under SB-2 started in early June and we are faced with very difficult decisions regarding staffing and class size next year, in light of our increasing enrollment. The SB-2 process will require Greenland voters to attend budget hearings, make staffing recommendations, and ultimately vote during the annual budget meeting in May. We are grateful for the support and encouragement our voters have provided in recent years as we have faced very difficult decisions regarding staffing and class size.

10 – 30 Year Containers Available for Construction & Roofing Debris
House & Garage Cleanouts
JGM Trucking
(603) 433-2106
Joe Mills Greenland, NH

Roll Off Container Service

Veriﬁcation Strength. Don’t Assume All Is Well with the Car Battery Just Because Your Vehicle Starts. While Some Drivers May Be Able to Check Their Own Battery, This Is Usually Best Left to the Professionals.

Regularly Monitor Tire Pressure. Underinflated Tires Reduce Fuel Mileage and Optimal Handling, and Can Suffer Uncontrollable Damage That Compromises Car Safety. Keep Tires Inflated to the Recommended Pressure Often; Don’t Just “Set It and Forget It.”


As Most Greenland Citizens Know the School District Will Conduct the 2014-15 Budget Process Through the SB-2 Framework, Which Is Significantly Different Than the Previous Annual School District Meeting. The Budget Process Under SB-2 Started in Early June and We Are Faced With Very Difficult Decisions Regarding Staffing and Class Size Next Year, in Light of Our Increasing Enrollment. The SB-2 Process Will Require Greenland Voters to Attend Budget Hearings, Make Staffing Recommendations, and Ultimately Vote During the Annual Budget Meeting in May. We Are Grateful for the Support and Encouragement Our Voters Have Provided in Recent Years as We Have Faced Very Difficult Decisions Regarding Staffing and Class Size.
The 16th Annual GPO Scholarship Golf Tournament took place on Saturday, September 7 at Breakfast Hill Golf Club in Greenland on a day that seemed scripted for golf with sunny skies and temperatures in the 70s. The field of 51 enthusiastic golfers began their day with a noon registration and complimentary “dogs and drinks” provided by Kayem and Suds ‘N’ Soda of Greenland. The shotgun “scramble” began promptly at 1:00 p.m. and when 18 holes were completed the following players ended up victorious:

1st place team:
Jeff Hadad, Daren Hudson, Dave Jagielski, and Ben Ross

2nd place team:
John Danis, John Dube, Lance Huestis, and Mike Leary

3rd place team:
John Asdourian, Travis Bezio, Greg Ducluzeau, and Jason Mitchell

Other winners included:

Closest to the Pin (Ladies):
Tara Gendron

Closest to the Pin (Mens):
Todd Cadle

Longest Drive (Juniors):
Ethan Prieto

Longest Drive (Ladies):
Sarah Smith

Longest Drive (Mens):
John Dube

Putting Contest:
Ethan Prieto

Family, friends, and children, who were not playing in the tournament, were treated to complimentary pizza from Greenland’s own Nik and Charlie’s Pizzeria near the putting green while the kids had their own fun during a putting contest. Second grader Hannah Hudson had the winning putt and many other children won prizes during the kids’ raffle.

Inside the Breakfast Hill clubhouse, at the awards dinner, Principal Peter Smith thanked everyone for taking part in such a fun event benefiting a great cause and thanked the golf committee members for their months of hard work (Kim Aucella, Dan Fish, Daren and Justyna Hudson, and Peter Kratimenos). The GPO Scholarship Golf Tournament is the only fundraising source for the scholarship fund which annually awards college scholarships to deserving GCS graduates. This year’s golf tournament raised a whopping $10,942 and plans are already in place to make next year’s event even bigger and better….so mark your calendars now for September 6, 2014!

THANKS TO ALL OF OUR SPONSORS, DONORS, PLAYERS, AND VOLUNTEERS WHO HELPED MAKE THIS A DAY TO REMEMBER!!

Additional Thanks To:
Aesthetica Facial Spa
Apple Hill Golf Course
Ballmarkerbling.com
Bob Durkee
Bonnie Gates
Breakfast Hill Golf Club
Chipotle
Diamond King Sports Cards
Dick’s Sporting Goods
Dr. Lisa Corron-Dundon, DC
Erika Coombs, Thirty-One
Golf and Ski Warehouse
Ecotech Pest Control
Greenland Rec Dept
Jami Barnes, CABI
Harvey’s Embroidery
Kayem
Kelly Steere, LMT
Lago’s Ice Cream
Lang’s Landscaping
Ledges Golf Course
Liquid Planet
Margarita’s Restaurant
Me and Ollie’s
Nail Time
Nik and Charlie’s Pizzeria
Oaks Golf Course
Pease Golf Course
Sagamore Golf Course
Seacoast Carpet Cleaning
Shio Restaurant
Suds ‘N’ Soda
Target of Greenland
The Beach Plum
The Meathouse
Tim Riese, PGA Head Pro
Pease
Tom’s Team Sales
Wind River Environmental

*SPECIAL thanks to Lance Huestis of Sundance Sign Co and Dan Dumais of T2T Promotions for the fabulous signage and apparel!

Greenland Parent Organization Scholarship Golf Tournament A Huge Success!
The 15th annual Penguin Plunge returns to Hampton Beach this February with two different plunges for those daring to rush into the icy Atlantic for a good cause.

The Plunge is a fundraising event that benefits Special Olympics New Hampshire. Participants (Plungers) raise funds to run (Plunge) into the ice-cold Atlantic Ocean at Hampton Beach. Those who raise more than the minimum, or do something special at the event receive prizes, in addition to boasting rights.

Every year thousands of people end up with shoveling injuries bad enough to trigger a doctor’s visit; so how can we use all of the hard work lifting frozen water to get better at skiing?

Cold weather, slippery uneven surfaces, and high levels of exertion form a dangerous combination, especially if it’s an activity you’re untrained for. Snow shoveling is a major challenge because it is a high-intensity exercise where you use all your major muscle groups. Unfortunately, we rarely follow these guidelines on how to prepare:

- Pace your exertion
- Pick the right equipment

Pack the right equipment
Using ergonomic equipment can ease the amount of effort you use during exertional activity. The correct handle with an adjustable length will minimize painful bending, and smaller and more lightweight equipment helps reduce the amount of weight that you are moving.

Begin training early

Begin working on the activity early on and it will be easier later on in the year when the white stuff starts really flying. Using the wrong body mechanics can put undue stress on the lower back and lead to a painful muscle strain, or possibly more serious back injuries, such as herniation or disc degeneration. Early and consistent training can help your body adapt more fully to the future demands.

If you keep all of these suggestions in mind this winter, not only will snow removal be easier on your knees due to the torque from the ski, but your body will be better prepared for better control of the knee joint during skiing. The difference in a skier’s performance on the slopes is often remarkable. Second, be sure your bindings are correctly adjusted by a professional and rechecked throughout the season for appropriate rear release. Third, if you do fall down, stay down. Never attempt to get back on your feet until you have come to a complete stop to avoid tangling or twisting your knees due to the torque from the ski. Finally, research suggests that warming up the body temperature with light exercise before skiing may prevent injuries and improve performance. Before getting on to lift, spend ten minutes doing squats, lunges, and straight leg raises before clicking into your ski. If a skier has sustained a ligament injury in the past, research in multiple studies shows that a functional brace will significantly reduce the incidence and severity of re-injury. For more information on appropriate exercise protocols, bracing, or rehabilitation following any knee injury, contact SeaCoast Body Balance, LLC at www.seacoastbodybalance.com.

Melissa Hanson Gahr is a physical therapist with SeaCoast Body Balance, LLC, 655 Portsmouth Avenue, Greenland. She may be reached at 603-400-0714 or e-mail at MelissaPT@seacoastbodybal-ance.com.

For more information about the Penguin Plunge and Special Olympics of New Hampshire, please visit: www.sonh.org.

For more information about Snow Shoveling, contact Melissa Hanson Gahr at www.seacoastbodybalance.com or e-mail at MelissaPT@seacoastbodybalance.com.

Zombies Support Special Olympics

The 15th annual Penguin Plunge returns to Hampton Beach this February with two different plunges for those daring to rush into the icy Atlantic for a good cause.

The Plunge is a fundraising event that benefits Special Olympics New Hampshire. Participants (Plungers) raise funds to run (Plunge) into the ice-cold Atlantic Ocean at Hampton Beach. Those who raise more than the minimum, or do something special at the event receive prizes, in addition to boasting rights.

Every year thousands of people end up with shoveling injuries bad enough to trigger a doctor’s visit; so how can we use all of the hard work lifting frozen water to get better at skiing?

Cold weather, slippery uneven surfaces, and high levels of exertion form a dangerous combination, especially if it’s an activity you’re untrained for. Snow shoveling is a major challenge because it is a high-intensity exercise where you use all your major muscle groups. Unfortunately, we rarely follow these guidelines on how to prepare:

- Pace your exertion
- Pick the right equipment

Pack the right equipment
Using ergonomic equipment can ease the amount of effort you use during exertional activity. The correct handle with an adjustable length will minimize painful bending, and smaller and more lightweight equipment helps reduce the amount of weight that you are moving.

Begin training early

Begin working on the activity early on and it will be easier later on in the year when the white stuff starts really flying. Using the wrong body mechanics can put undue stress on the lower back and lead to a painful muscle strain, or possibly more serious back injuries, such as herniation or disc degeneration. Early and consistent training can help your body adapt more fully to the future demands.

If you keep all of these suggestions in mind this winter, not only will snow removal be easier on your knees due to the torque from the ski, but your body will be better prepared for better control of the knee joint during skiing. The difference in a skier’s performance on the slopes is often remarkable. Second, be sure your bindings are correctly adjusted by a professional and rechecked throughout the season for appropriate rear release. Third, if you do fall down, stay down. Never attempt to get back on your feet until you have come to a complete stop to avoid tangling or twisting your knees due to the torque from the ski. Finally, research suggests that warming up the body temperature with light exercise before skiing may prevent injuries and improve performance. Before getting on to lift, spend ten minutes doing squats, lunges, and straight leg raises before clicking into your ski. If a skier has sustained a ligament injury in the past, research in multiple studies shows that a functional brace will significantly reduce the incidence and severity of re-injury. For more information on appropriate exercise protocols, bracing, or rehabilitation following any knee injury, contact SeaCoast Body Balance, LLC at www.seacoastbodybalance.com.

Melissa Hanson Gahr is a physical therapist with SeaCoast Body Balance, LLC, 655 Portsmouth Avenue, Greenland. She may be reached at 603-400-0714 or e-mail at MelissaPT@seacoastbodybalance.com.

For more information about the Penguin Plunge and Special Olympics of New Hampshire, please visit: www.sonh.org.

For more information about Snow Shoveling, contact Melissa Hanson Gahr at www.seacoastbodybalance.com or e-mail at MelissaPT@seacoastbodybalance.com.
Seacoast Family Promise (SFP), serving families with children experiencing homelessness for 10 years in the Seacoast area, seeks health insurance options. Donations of the following would be greatly appreciated: gas cards for parents to get to work ($25 or less are preferred), gift cards to Walgreens, Walmart, Rite Aid, Market Basket, Shaw’s, or any other similar store. Pantry foods such as peanut butter, jelly, soups, macaroni and cheese, instant rice, snack crackers, fruit roll ups, granola bars, pudding, applesauce, and cereal would also be helpful.

You may also help by “adopting” a family. To find out about Adopt-A-Family opportunities call 603-658-8448 or e-mail us at shnh@comcast.net. Please consider making a holiday gift to SFP in honor of, or in memory of, a loved one. Gifts may be sent to SFP, P.O. Box 233, Stratham NH 03885.

If you have ever wondered what SFP does in the community and how it assists families, check out our Web site at www.sfpnh.com, or contact us at 603-658-8448 to schedule a meeting or presentation.

Happy Holidays!

Families First Calendar of Events

More information about all of these activities is available at 603-422-8208 (press 21) or www.FamiliesFirstSeacoast.org

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>EVENT</th>
<th>ORGANIZATION/LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, Dec. 10</td>
<td>6:00-7:30 p.m.</td>
<td>Family Holiday Traditions</td>
<td>Families First, Portsmouth 100 Campus Drive</td>
</tr>
<tr>
<td>Tuesday, Dec. 17</td>
<td>6:00-7:30 p.m.</td>
<td>Making Holiday Decorations</td>
<td>Families First, Portsmouth</td>
</tr>
<tr>
<td>Thursday, Dec. 12</td>
<td>9:30-11:00 a.m.</td>
<td>Setting the Stage for Good Holiday Behavior</td>
<td>Families First, Portsmouth</td>
</tr>
<tr>
<td>4th Mondays -- Dec. 22 -- Jan. 19 -- Feb. 16</td>
<td>2:00-4:00 p.m.</td>
<td>Alzheimer’s Café</td>
<td>Community Campus, Portsmouth 100 Campus Drive</td>
</tr>
<tr>
<td>Mondays</td>
<td>9:30-11:00 a.m.</td>
<td>Toddler Playtime</td>
<td>Families First, Portsmouth</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>10:00-11:30 a.m.</td>
<td>Babyltime</td>
<td>Families First, Portsmouth</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>6:00-7:30 p.m.</td>
<td>Parenting Classes</td>
<td>Families First, Portsmouth</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>9:30-11:00 a.m.</td>
<td>Terrific Twos Playtime</td>
<td>Families First, Portsmouth</td>
</tr>
<tr>
<td>2nd and 4th Thursdays</td>
<td>9:30-11:00 a.m.</td>
<td>Parenting Classes</td>
<td>Families First, Portsmouth</td>
</tr>
<tr>
<td>Thursdays</td>
<td>9:30-11:00 a.m.</td>
<td>Exeter Family Morning Out</td>
<td>Exeter Parks and Recreation 32 Court St., Exeter</td>
</tr>
<tr>
<td>1st and 3rd and 5th Thursdays</td>
<td>9:30-11:00 a.m.</td>
<td>Parent Recharge</td>
<td>Families First, Portsmouth</td>
</tr>
<tr>
<td>Fridays</td>
<td>9:30-11:00 a.m.</td>
<td>Preschool Playtime</td>
<td>Families First, Portsmouth</td>
</tr>
<tr>
<td>2nd Tuesdays and 4th Thursdays</td>
<td>12:00-1:30 p.m.</td>
<td>Senior Luncheon</td>
<td>Community Campus, Portsmouth</td>
</tr>
<tr>
<td>1st Thursdays</td>
<td>2:00-3:30 p.m.</td>
<td>Caregivers Support Group</td>
<td>Offered by Mark Wentworth Adult Day Program at Families First, Portsmouth</td>
</tr>
</tbody>
</table>

SNAP (Supplemental Nutrition Assistance Program), also known as food stamps, is an opportunity to eat healthy and support your local economy. The assistance is available to those whose gross monthly income is less than $1,245. It looks and works like a debit card and may be used at your local farmers’ markets and grocery stores.

We encourage all eligible individuals and families to apply. Our community is healthier for such assistance. For questions or to apply call: Katy at the New Hampshire Food Bank, 603-669-9725, ext 124 (please leave a message so that she may return your call).

Thank You

Thank you to everyone who supported Greenland Volunteer Fire Department at our recent pancake breakfast! Thank you to the volunteers who worked hard to make this event happen!
G.V.F.D. Burn Permits

Plan ahead—the Greenland Volunteer 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-hours’ 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 Cresta ........................................... 603-235-7676


Hassan Signs New Environmental Laws

From the Green Alliance Newsletter • By Theresa Conn, Green Alliance Writer

In late August, Gov. Maggie Hassan signed three environmental bills into New Hampshire law. These three bills will lessen negative climate change impacts on coastal communities and will help reduce pollution in Great Bay.

The first two bills, Senate Bills 163 and 164, give more power to state and local governments to prepare coastal communities for climate change. In the next several decades, sea level rise and more frequent storms are projected to threaten towns and state assets along the Seacoast. According to the Inter-governmental Panel on Climate Change projections, global sea levels may rise 38 inches by 2100. An increase in extreme weather events could lead to more river and coastal flooding.

SB 163 creates a new Coastal Risk and Hazard Commission, which will recommend legislation to help prepare for potential sea level rise and flooding. The commission will review National Oceanic Atmospheric Administration projections of flood risk areas, property risks, and environmental data to prepare legislation recommendations for the Senate. SB 164 helps coastal towns prepare for weather-related problems by authorizing coastal management provisions in municipality master plans. The new coastal management provisions will allow communities to make changes at a local level to protect their citizens and properties.

New Hampshire green businesses have reacted positively to the new coastal management legislation. “Governor Hassan and the N.H. State Legislature have demonstrated exemplary bipartisan leadership and foresight with the passage of Senate Bills 163 and 164,” said Mike Bellamente, executive director of Climate Counts located in Durham, NH. “The long-term risk of sea level rise forces us to think about how to build homes and businesses is far too great to be left to chance alone. These bills signify willingness by our state government to take an informed look at coastal management planning, risk mitigation, and climate change adaptation.”

The third bill, House Bill 393, reduces the amount of nitrogen and phosphorus allowed in turf fertilizers sold in retail stores throughout New Hampshire. Nitrogen and phosphorus are two pollutants that are common in the Great Bay estuary. Phosphorus and nitrogen act as food for algae blooms, which in turn deplete oxygen levels in the bay. This lack of oxygen can have disastrous effects on marine life.

Two local non-profits, the Conservation Law Foundation and Great Bay Stewards, have been involved in Great Bay conservation efforts for many years. The Conservation Law Foundation uses law, science, and the marketplace to protect New England’s natural resources. In 2009, after several years of CLF advocacy, the EPA listed a majority of the Great Bay estuary as “impaired” due to nitrogen pollution. “This listing secured greater protection for the estuary under the Clean Water Act. CLF also provides a Great Bay Pisca-tauqua water-keeper, an advocate who acts as the eyes, ears, and voice of the Great Bay estuary.”

“Reducing nitrogen inputs from fertilizers will be a very important part of addressing the overall pollution problem facing the Great Bay,” said Jeff Barnum, Conservation Law Foundation’s Great Bay-Piscataqua water-keeper. “This bill is a step in the right direction, and we hope it will lead to nitrogen reductions from those who choose to use fertilizers. But to reiterate, it’s part of the solution, and by no means relieves the need to reduce pollution from major sources like sewage treatment plants.” According to the NHDES study, sewage plants account for approximately 32 percent of Great Bay nitrogen pollution.

Great Bay Stewards is a volunteer-based organization dedicated to protecting and preserving Great Bay and located in Greenland NH. The Stewards help maintain the Great Bay National Estuarine Research Reserve, run programs at the Great Bay Discover Center, and were integral in converting part of the former Pease Air Force Base into a National Wildlife Refuge. On top of their usual programs, the Stewards are currently working with NHDES to implement a new program called “Snag up the Rain Great Bay.” The program helps property owners find ways to reduce water runoff, such as using slow-release fertilizer on their lawns.

Jay Diener, president of Great Bay Stewards, believes that the new fertilizer legislation will be beneficial. “With new legislation signed by the governor, everyone will start using ‘smart’ fertilizers. And we will use the opportunity to help residents understand that they can have a beautiful lawn and help protect Great Bay at the same time.”

In July, a “dead zone” created by nitrogen and phosphorus runoff formed in the Gulf of Mexico; it was nearly as large as the state of Connecticut. On top of losing vital shrimp and fishing stocks, the Gulf of Mexico dead zone became home to large swarms of jellyfish that clogged fishing nets and closed beaches. Although Great Bay isn’t yet plagued by a giant dead zone, the bay has been host to several harmful algal blooms in the past decade.

Researchers at the N.H. Department of Environmental Services have been investigating the cause of nitrogen and phosphorus pollution in Great Bay. In June 2013, they released a draft of their Great Bay Non-Point Source Nitrogen Study. The study found that the Great Bay estuary receives a load of roughly 1,225 tons of nitrogen pollution per year. Of the total load, an estimated 73 percent of nitrogen pollution is attributed to “non-point” sources. As opposed to a “point” source such as a pipe from a sewage treatment plant, “non-point” sources are typically harder to trace. A major cause of “non-point” nitrogen and phosphorus pollution is fertilizer runoff. HB 393 will reduce excess fertilizing while still allowing citizens to maintain healthy lawns. Hopefully, this bill will lessen nitrogen and phosphorus runoff in Great Bay.

For more information about the Conservation Law Foundation, visit http://www.clf.org/.

For the Great Bay Stewards, visit http://www.greatbaystewards.org/.

For Climate Counts, visit www.climatecounts.org.

From business lunches and private parties to corporate events, our catering will WOW your guests. Call now to book your next event and receive 10% OFF* your food order.

We’re the Blue Mermaid, let us cater to you!

Spice It Up!

Greenland Veteran’s Memorial Committee Asks For Your Support

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

For more information read the front page article Greenland veteran’s Sponsor Civic Project.

Please send donations payable to Greenland Veteran’s Inc. PO Box 92 Greenland NH 03840
Scholarship Matters: A Parent’s Guide to College and Private Scholarships

By Joan Catherine Ryan

There is a profusion of scholarship companies, books, counselors, and Web sites with lists of thousands of names and addresses of scholarships for every imaginable reason, but if we cannot prove our child’s eligibility with documentation, we cannot apply. We can have all the scholarship applications in the world sitting in our laps right now, but it’s futile if all of our eligibility documentation is not in order. So how do we ready ourselves to take advantage of the monies available to us?

Begin now. Accomplishing this takes time. We cannot begin when our student is a junior in high school and expect the same success as if we had started years earlier. The earlier we prepare, the more documentation we will have for more opportunities. Scholarship Matters is a three-step process proven to equip families with documentation and other skills needed to successfully navigate the college and scholarship application process.

Imagine having all our family college application packages completed and ready to be mailed in the first week of September of our student’s high school senior year? Scholarship Matters can help students jump over hurdles they did not even know would block their path.

This task is accomplished in three steps. First, the family needs to create eligibility documentation. Next, work on college admission acceptance and financial aid. Lastly, the family seeks out educational and private scholarship money.

Community Child Care Center Earns National NAEYC Accreditation

By Catherine Edison

September 20, 2013—Community Child Care Center of Portsmouth has earned accreditation from the National Association for the Education of Young Children (NAEYC), the nation’s leading organization of early childhood professionals.

“We’re proud to have renewed our accreditation for another five years, earning us the mark of quality from NAEYC, and recognition for our commitment to reaching the highest professional standards,” said Deb Stokel, co-executive director and director of their Early Childhood Education Program. “NAEYC accreditation lets families in our community know that children in our program are getting the best care and early learning experiences possible.” Community Child Care Center first achieved NAEYC accreditation in 2008 and was just re-accredited after an extensive assessment.

“Our program was visited in July by two NAEYC assessors who observed and took part in classroom experiences and individual child care centers and other early childhood programs,” said Jerlean E. Daniel, PhD, executive director of NAEYC. “Having earned NAEYC accreditation is a sign that Community Child Care Center is a leader in a national effort to invest in high-quality early childhood education.”

The NAEYC accreditation system has set voluntary professional standards for programs for young children since 1985. In September 2006, the Association revised its program standards and criteria to introduce a new level of quality, accountability, and service for parents and children in child care programs. The new standards today reflect the latest research and best practices in early childhood education and development. NAEYC is committed to utilizing the newest studies and analysis on positive child outcomes to ensure young children continue receiving the highest quality care and education possible.

The NAEYC accreditation system was created to set professional standards for early childhood education, and to help families identify high-quality preschools, child care centers, and other early education programs. For more information about NAEYC accreditation, visit www.naeyc.org/academy or www.rightchoiceforkids.org.

The Downeaster Salutes Our Troops and Veterans

By Natalie Bogart

The Northern New England Passenger Rail Authority (NNEPRA) announced that starting on Veterans Day, Monday, November 11, the Amtrak Downeaster will begin offering $11 one-way fares to active duty military personnel and veterans on the 11th day of each month.

This offer is valid for active duty military personnel and veterans only. Reservations must be made three (3) days in advance of travel. Please reference promotion code v159 when making the required reservation.

In addition, active duty U.S. military personnel, their spouses and their dependents are eligible for a 10 percent discount off most Amtrak rail fares. Amtrak offers other discounts that can be found at www.amtrak.com.

How to Jump the Scholarship Hurdles

By Catherine Edison

There is a profusion of scholarship companies, books, counselors, and Web sites with lists of thousands of names and addresses of scholarships for every imaginable reason, but if we cannot prove our child’s eligibility with documentation, we cannot apply. We can have all the scholarship applications in the world sitting in our laps right now, but it’s futile if all of our eligibility documentation is not in order. So how do we ready ourselves to take advantage of the monies available to us?

Begin now. Accomplishing this takes time. We cannot begin when our student is a junior in high school and expect the same success as if we had started years earlier. The earlier we prepare, the more documentation we will have for more opportunities. Scholarship Matters is a three-step process proven to equip families with documentation and other skills needed to successfully navigate the college and scholarship application process.

Imagine having all our family college application packages completed and ready to be mailed in the first week of September of our student’s high school senior year? Scholarship Matters can help students jump over hurdles they did not even know would block their path.

This task is accomplished in three steps. First, the family needs to create eligibility documentation. Next, work on college admission acceptance and financial aid. Lastly, the family seeks out educational and private scholarship money.

Experience, Strength and Hope

By Catherine Edison

After the gut-wrenching experience of watching my bright and gifted sons receive no money for college, I wanted a very different experience for my daughter. As a single mother, I thought I had arrived because I’d accumulated enough ATandT stocks to pay for my daughter to attend a local state school. But life took unexpected turns. Within the span of a few years, I was diagnosed with breast cancer, underwent spine surgery, suffered with meningitis, became physically disabled and lost my job of eleven years. The money meant for college went for keeping the roof over our heads and food on the table. I had to start over.

It was during this time that I learned that I was not alone and that there were many parents who found the college application and private scholarship process a mystery. I made a decision to do my very best to help my daughter go to college. As a result of working in harmony with my daughter as a team, she received 15 outside private scholarships and attended her college of choice, all expenses paid.

Applying her wealth of knowledge and vast experience over the years, Ryan has helped many families secure scholarships for their children. Her Web site is www.scholarship-matters.com. Her newly published book Scholarship Matters: A Parent’s Guide to College and Private Scholarships lays out her step-by-step system to maximize college bound students’ chances of getting into and funding the college of their dreams. Ms. Ryan also offers one-on-one private family counseling. She can be reached at 603-929-2112 or jr_ryan@comcast.net.

For $40 your business card could be here.

For advertising & rates contact GreenlandGrapevineAds@yahoo.com
Advertise today!

Local Stylist Attends RJ Hair Show

By Natalie Bogart

Cindy Kohlhase of Salon Central recently attended the Next Level hair show. She attended various continuing education classes featuring the latest trends and demonstrating some inspiring techniques with color. With her experience and continuing professional education in color theory, Cindy makes hair color one of her specialties.

Salon Central is a full service hair salon for men, women, and children providing hair cutting and styling, hair color and foiling, perms, facial waxing, and manicuring. Call Salon Central today!
For more information, please visit www.proportsmouth.org.

An even larger selection of warm indoor entertainment and activities are being planned for this frosty final farewell to 2013 (midnight) and fireworks at 7:30 p.m.

First Night Portsmouth 2014 will take place on Tuesday, December 31, from 4:00 p.m. to midnight around Market Square, and at the South Mill Pond.

Outdoor activities include ice sculptures (starting at 2:00 p.m.), street dancing, astronomical observations (5:00 p.m. to midnight) and fireworks at 7:30 p.m.

For more information, please visit www.proportsmouth.org.

I've had quite a few e-mails regarding a couple of House bills that are making their way through the system. Both bills were heard in the Environmental and Agricultural Committee.

B110—Requiring persons who witness cruelty to livestock to report such cruelty and submit such recordings to a law enforcement agency. It really is as straightforward as it sounds. If one witnesses or gets photos of livestock cruelty, one must report it within 48 hours. The opposition to this bill came from those one would think most likely to support it, that is, an animal rights group. I received numerous e-mails asking me to vote against this bill, stating it is perpetuating animal abuse and threatens workers’ rights. After reading, we held talks and talked with members on the committee, the amended version of the bill looks to protect animals, and quickly, I will be supporting this measure once it reaches the house floor.

HB660—Requiring the labeling of genetically engineered foods and agricultural commodi-ties. The bill, as originally written, would require labeling to be placed on any food products produced entirely or partly through genetic engineering. As of this writing, the committee is finalizing their recommendations. There has been much talk about the dangers of genetically modified organisms (GMO) food, but there are not many facts to verify these claims. We can debate the merits of GMO’s and non-GMOs, however, the effects of the legislation need to be discussed. New Hamp-shire comprises about one-third of one percent of the U.S. population; we likely consume that much food as well. If New Hampshire mandatorily requires food to be labeled, large food companies will most likely not bother with such a small segment of the market, our food choices will go down, and costs will be driven upwards. The lower income folks being hurt the most by such legislation. The organic food market is increasing every year as consumers demand non-GMO, non-modified foods. Consumers have a choice now and are making it. Adding more costs to our food is not the job of the government. If there is to be a GMO labeling bill, it would need to be on the macro (federal) level to be effective.

The bill process

I find it important to let you know, every so often, how the process works. This is a brief overview of the bill process at the House of Representatives that as a Legislative Service Request (LSR) and is typically submitted in the fall. A representative will file an LSR based upon a foreseen need or to change/pull legislation in the books. Once the LSR has been crafted, the representative may have up to ten representatives and five senate co-sponsors on a bill. Thereafter, the LSR is assigned a bill number (HB) and the speaker’s office determines which committee will hear it. Starting in January of each year, the standing committees begin to hear the bills. Some bills may take just one hearing, others may require sub-committees and multiple days of hearings. If you are interested in hearing about a certain piece of legislation, I encourage you to drive to Concord and testify in support or opposition of it. The committees hear testimony from experts, lobbyists, and do a quick review of the research and information they provide, but hearing from the public is important. Many committees will give preference to the public over the lobbyist-s. I would caution, please be prepared and have something unique to offer to the committee. There are the cases where we hear stories, but not objec-tive reasoning regarding a particular bill.

Every bill MUST be voted on by the General Court (House of Representatives) and the Senate, and have the option of burying legislation we don't want or like in a committee. Once the bill is voted upon in committee at an executive session and given a recommendation, the bill is then given back to the whole House for a vote. There are two main recom-mendations that come out of committee: Ought to Pass (OTP) and Inexpedient to Legislate (ITL). The other recommendation is Interim Study, but that can be used only at the end of the two year legis-lative session. The House votes on the committee recommendation first, before taking up any other motions. For example, a bill that has an ITL recom-mendation will be voted on. If the House did not agree with the committee recommendation, the majority would vote nay. Because the first motion did not pass, a new motion will have been made, likely OTP. The House would then vote on that recommendation. This explains the multiple votes you may see on a particular bill. If you have ques-tions about a vote, please feel free to contact me. Every first Monday (non-holidays), I am available at the Country View Restaurant at 10:00 a.m. to chat with you. If you are not convenient, please contact me at pamm@comcast.net or 603-531-0085 and we can set up a time to discuss your concerns. I truly appreciate the opportunity to represent you in Concord. Thank you.

Be Part of the Grapevine’s Spring Issue!

Content for the Grapevine’s March issue is due January 1, 2014.

E-mail Content & Photos to:
GreenlandGrapevine@comcast.net
For Advertising, Contact:
GreenlandGrapevineAds@yahoo.com
Upcoming Grapevine Deadlines:
January 1 – Spring/March Issue
April 1 – Summer/June Issue
July 1 – Fall/September Issue
October 1 – Winter/December Issue
Content may be submitted at any time.

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 436-0281 for information and/or an application.

Greenland Grapevine • Winter 2013

The not-for-profit Children’s Mu-seum of New Hampshire is located at 6 Washington Street in Dover and offers two levels of hands-on, custom-created exhibits for children ages 1-12. Children can explore a wide range of subjects from dinosaurs, music, and aeronautics to world cul-tures, art, and natural history. Open year-round, the museum specializes in creating family learning ex-periences and works closely with schools, service agencies and educators. The museum also hosts a variety of free performances, workshops, classes and special events for families. For more information, please call the museum at 603-742-2002 or visit www.childrens-museum.org.

A Daytime New Year’s Bash for Families
By Heidi Duncanson

Children and their families are invited to ring in 2014 a little early at the Children’s Museum of New Hampshire’s annual daytime Family New Year’s Celebration on Tuesday, December 31.

This festive event runs from 10 a.m. to 3 p.m. and includes three special “countdowns to midnight” held at 11 a.m., 12:30 p.m. and 2 p.m. At each countdown, a glit-tering ball drops 30 feet from the ceiling as everyone counts down the last ten seconds of the year. Noisemakers and confetti allow children to create an atmosphere like Times Square, and ginger ale is served to all for the first toast of the New Year. Visitors are also invited to make their own sparkly party hats and write their wishes for the New Year on mini flying blimps that are launched at each countdown.

“The Children’s Museum has been hosting this tradition for more than 20 years, and it remains one of our most popular annual events,” explained Jane Reed, Director of the Children’s Museum of NH.

“Kids hear about the excitement of what happens at midnight and want to experience it for themselves. We

create a fun party atmosphere in the middle of the day so they can feel like they’ve actually celebrated New Year’s Eve. It’s a great way for different generations within a family to ring in the New Year together.”

Regular museum admission applies for this special event: price of admission is $9 for adults and children, $8 for seniors age 65+, and free for children under one year old.

First Night Portsmouth

By Pam Tucker

I was at 6 Washington Street in Dover and offer two levels of hands-on, custom-created exhibits for children ages 1-12. Children can explore a wide range of subjects from dinosaurs, music, and aeronautics to world cultures, art, and natural history. Open year-round, the museum specializes in creating family learning experiences and works closely with schools, service agencies and educators. The museum also hosts a variety of free performances, workshops, classes and special events for families. For more information, please call the museum at 603-742-2002 or visit www.childrens-museum.org.
New Web Sites and Apps that Teens are Using—Goodbye Facebook?
By Jean Dumais

We’ve all heard of Facebook and Twitter. These are still two of the more popular social networks, with 94 percent of teens using social media on Facebook in 2012, and 22 percent on Twitter. But new sites and apps are gaining in popularity. Teens now are just as likely—perhaps more—to be using Instagram, Vine, Snapchat, Ask.fm, Kik, and a slew of other new social media sites and messaging apps.

Instagram
Instagram is a photo and video sharing app for Apple and Android devices. With Instagram, you can add cool filters and effects to your photos and short videos, and share them. Other Instagram users who follow you can then comment and “like” your photos. Instagram profiles are public by default, but you do have the option to make your profile private—meaning you must approve someone to be your follower and view your photos. But even with a private profile, some information such as your name, username, and the short bio at the top are still public. Sometimes teens will include links to other social media profiles in their bio. While Instagram is intended for those over 13, many kids do create Instagram profiles, even referring to it as “Facebook for kids”.

Vine
Vine is a video creation app where all the videos are six seconds or less. The videos or “vines” as they are called play in an endless loop. The videos are shared with other Vine users who you follow and can also be shared on Facebook or Twitter. Vine profiles are public by default but you can use your profile to “protected”, where only your followers can view your posts. There is an “Explore” feature where you can randomly peruse public users’ videos. While most of the White House being created are silly, stupid, inane, or insane, some make creative use of the stop-motion animation style. Every new endless video self-destructs in a matter of seconds. The app may offer a false sense of security for teens who think they can send an embarrassing picture without consequences, as it is possible for someone to take a screenshot of the image before it disappears. For privacy, you can use a setting to only allow friends (those you have added to your list of friends in Snapchat) to send you “snaps”. You can also block a friend from sending pictures to you. This app is rated 12+ in the iTunes app store. If you download the app and indicate you are less than thirteen years old, you get SnapKidz, a kids-only version.

Ask.fm
Ask.fm is a Web site where you create a profile in the known universe (not just other ask.fm users) to ask a question. Some questions may be innocent like “Are you scared of airplanes?”. Other questions are typical teen and tween inquiries: “Who do you like?” and “Who’s your best friend” but it can quickly go downhill from there. “What are you wearing?” was innocent compared to other questions I saw on the site. Those asking questions may remain anonymous, so there is no accountability. You can set your profile to not allow anonymous questions, but I’ve noticed that most teens don’t use that setting. There is an app version of Ask.fm, rated 12+ in the app store.

Kik
Kik is a free texting app available for iPhones, Android, Windows, and BlackBerry phones. Kik is rated 17+ in the iTunes app store, and this is due to its reputation as a means of “sexting”, or sending nude or otherwise inappropriate photos. Certainly not everyone who uses Kik uses it for this purpose. But if a teen’s Kik username is publicized on the internet (perhaps through another social media profile) they could be on the receiving end of unwanted messages. You can block other Kik users by their username.

It’s a good idea to know which sites and apps your children, teens, and grandkids are using. You may want to check in with them to see who they are communicating with on these sites and apps. You may even want to download them yourself to gain a better understanding of how they work.

Holiday Parades
Who doesn’t like a parade? Greenland may not have one, but neighboring towns do:

Hampton Christmas Parade
Saturday, December 7, Lafayette Rd (Rte1), North Hampton to Hampton, NH. “Vintage Hampton Christmas Parade” is this year’s theme for the annual Christmas parade sponsored by Experience Hampton Inc. The parade will begin Saturday December 7 at 1:00 p.m. at the North Hampton/Hampton town line and will travel down Rte. 1 through downtown Hampton ending in front of the Hampton Town Hall on Winnacunnet Road.

Exeter Holiday Parade
Saturday, December 7, 5:30 p.m. to 8:00 p.m., Portsmouth Ave to Water St. The 56th Annual Holiday Parade is guaranteed to be bigger and better than ever this year as the Town of Exeter celebrates it’s 375th anniversary. The parade starts at the ORSAM facility on Portsmouth Avenue and makes its way up past Swasey Parkway on Water Street.

Portsmouth Holiday Parade
Saturday, December 7, 6:00 p.m., Plaza 800 (Islington St) to South Mill Pond via Market Square. This year’s theme is a “Celebration of Lights” in honor of the Memorial Bridge. The Tree Lighting ceremony begins at 5 p.m. in Market Square with music from the Portsmouth Middle School Band, concluding at 5:30 p.m. with the official tree lighting.

Rye Holiday Parade
Sunday, December 8, 1:00 p.m., Webster at Rye on Washington Road to Rye Junior High School. The town’s annual holiday parade will celebrate the “old-fashioned New England holiday” this year.

Stroll into History
Strawbery Banke Museum will celebrate “Once Upon a Winter’s Eve” during the 34th annual Candlelight Stroll, December 7-8, 14-15 and 21-22, 2013.

The event takes place from 5:00 to 9:00 p.m. on Saturdays and 4:00 to 8:00 p.m. on Sundays. Visitors will experience a variety of holiday preparations across cultures and across time.

On these special weekend evenings, the museum grounds glow with hundreds of lighted candle lanterns, the houses are adorned with thousands of handmade decorations crafted from live greens and dried flowers and herbs collected from the Museum gardens, and the air is filled with the sound of holiday music and scent of woodsmoke. Festive holiday activities for all ages, and refreshments will be available.

For more information, please visit www.strawberybanke.org.
### Community Calendar

#### DECEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 27 - December 5</td>
<td>Chanukah</td>
<td></td>
</tr>
<tr>
<td>December 2 - 6</td>
<td>Holiday Drop-In Craft Week</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Saturday, December 7, 2013</td>
<td>9:00 a.m. - 2:00 p.m. Christmas Fair</td>
<td>CCC Parish House</td>
</tr>
<tr>
<td>Saturday, December 7, 2013</td>
<td>1:00 p.m.</td>
<td>Hampton Holiday Parade</td>
</tr>
<tr>
<td>Saturday, December 7, 2013</td>
<td>5:00 p.m.</td>
<td>Holiday Tree Lighting Ceremony</td>
</tr>
<tr>
<td>Saturday, December 7, 2013</td>
<td>6:00 p.m.</td>
<td>Portsmouth Holiday Parade</td>
</tr>
<tr>
<td>Saturday, December 7, 2013</td>
<td>5:30 - 8:30 p.m.</td>
<td>Easter Holiday Parade</td>
</tr>
<tr>
<td>Sunday, December 8</td>
<td>1:00 p.m.</td>
<td>Rye Holiday Parade</td>
</tr>
<tr>
<td>Thursday, December 12, 2013</td>
<td>2:00 - 3:30 p.m.</td>
<td>Children Holiday Party (Pre K through Grade 4)</td>
</tr>
<tr>
<td>Tuesday, December 10, 2013</td>
<td>6:00 - 7:30 p.m.</td>
<td>Family Holiday Traditions</td>
</tr>
<tr>
<td>Tuesday, December 17, 2013</td>
<td>6:00 - 7:30 p.m.</td>
<td>Making Holiday Decorations</td>
</tr>
<tr>
<td>Monday, December 23, 2013</td>
<td>2:00 - 4:00 p.m.</td>
<td>Alzheimer’s Café</td>
</tr>
<tr>
<td>Tuesday, December 23, 2013</td>
<td>2:00 - 4:00 p.m.</td>
<td>Alzheimer’s Café</td>
</tr>
<tr>
<td>Tuesday, December 24, 2013</td>
<td>Christmas Eve (Library closes at 2:00 pm)</td>
<td></td>
</tr>
<tr>
<td>Wednesday, December 25</td>
<td>Christmas Day</td>
<td></td>
</tr>
<tr>
<td>December 26 - January 1</td>
<td>Kwanzaa</td>
<td></td>
</tr>
<tr>
<td>Tuesday, December 31, 2013</td>
<td>New Year’s Eve (Library closes at 2:00 pm)</td>
<td></td>
</tr>
<tr>
<td>Tuesday, December 31, 2013</td>
<td>4:00 p.m. - Midnight First Night Portsmouth</td>
<td>Downtown Portsmouth</td>
</tr>
</tbody>
</table>

#### JANUARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, January 1, 2014</td>
<td>New Year’s Day (Library Closed)</td>
<td></td>
</tr>
<tr>
<td>January 13 - 17</td>
<td>Winter Drop-In Craft Week</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Monday, January 20, 2014</td>
<td>Martin Luther King Jr. Day (Library Closed)</td>
<td></td>
</tr>
<tr>
<td>Monday, January 27, 2014</td>
<td>2:00 - 4:00 p.m.</td>
<td>Alzheimer’s Café</td>
</tr>
</tbody>
</table>

#### FEBRUARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 3 - 7</td>
<td>Valentine Drop-In Craft Week</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Monday, February 17, 2014</td>
<td>President’s Day (Library Closed)</td>
<td></td>
</tr>
<tr>
<td>Monday, February 24, 2014</td>
<td>2:00 - 4:00 p.m.</td>
<td>Alzheimer’s Café</td>
</tr>
</tbody>
</table>

---

**Community Calendar**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, December 2, 2013</td>
<td>6:30 - 8:00 p.m.</td>
<td>Friends of the Library Meeting</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Monday, December 4, 2013</td>
<td>7:00 p.m.</td>
<td>Selectmen Meetings</td>
<td>Town Hall</td>
</tr>
<tr>
<td>Monday, December 9, 2013</td>
<td>9:30 a.m.</td>
<td>Families First Toddler Playtime</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Monday, December 16, 2013</td>
<td>5:00 p.m.</td>
<td>Cribsage</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Tuesday, December 10, 2013</td>
<td>12:00 - 1:30 p.m.</td>
<td>Senior Luncheon</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Tuesday, December 17, 2013</td>
<td>10:00 a.m.</td>
<td>Families First Baby Time</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Tuesday, December 24, 2013</td>
<td>6:00 - 7:30 p.m.</td>
<td>Parenting Classes</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Wednesday, December 25, 2013</td>
<td>9:30 a.m.</td>
<td>Families First Terrific Two’s Playtime</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Thursday, December 26, 2013</td>
<td>7:00 p.m.</td>
<td>Planning Board Monthly Meeting</td>
<td>Town Hall</td>
</tr>
<tr>
<td>Thursday, December 26, 2013</td>
<td>10:00 a.m.</td>
<td>Family Storytime (except Dec 26th)</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Friday, December 27, 2013</td>
<td>11:00 a.m.</td>
<td>Friday Morning Group</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Friday, December 27, 2013</td>
<td>9:30 a.m.</td>
<td>Families First Preschool Playtime</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
</tbody>
</table>

---

**ONGOING PROGRAMS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Monday</td>
<td>Friends of the Library Meeting</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>2nd and 4th Monday</td>
<td>Selectmen Meetings</td>
<td>Town Hall</td>
</tr>
<tr>
<td>Monday</td>
<td>Families First Toddler Playtime</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Monday</td>
<td>Cribsage</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>2nd Tuesday</td>
<td>Senior Luncheon</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Families First Baby Time</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Parenting Classes</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Families First Terrific Two’s Playtime</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>1st and 3rd Tuesday</td>
<td>Planning Board Monthly Meeting</td>
<td>Town Hall</td>
</tr>
<tr>
<td>1st, 3rd, and 5th Thursday</td>
<td>Families First Parent Recharge</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
<tr>
<td>4th Thursday</td>
<td>Senior Luncheon</td>
<td>Portsmouth Community Campus</td>
</tr>
<tr>
<td>1st Thursday</td>
<td>Caregiver Support Group</td>
<td>Portsmouth Community Campus</td>
</tr>
<tr>
<td>Thursday</td>
<td>Family Storytime (except Dec 26th)</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Friday</td>
<td>Friday Morning Group</td>
<td>Weeks Public Library</td>
</tr>
<tr>
<td>Friday</td>
<td>Families First Preschool Playtime</td>
<td>Families First, Portsmouth Community Campus</td>
</tr>
</tbody>
</table>

---

**DECEMBER**

- **Chanukah**
- **Holiday Drop-In Craft Week**
- **Christmas Fair**
- **Hampton Holiday Parade**
- **Holiday Tree Lighting Ceremony**
- **Portsmouth Holiday Parade**
- **Easter Holiday Parade**
- **Rye Holiday Parade**
- **Children Holiday Party (Pre K through Grade 4)**
- **Family Holiday Traditions**
- **Making Holiday Decorations**
- **Alzheimer’s Café**
- **Alzheimer’s Café**
- **Christmas Eve (Library closes at 2:00 pm)**
- **New Year’s Eve (Library closes at 2:00 pm)**
- **New Year’s Day (Library Closed)**
- **Winter Drop-In Craft Week**
- **Martin Luther King Jr. Day (Library Closed)**
- **President’s Day (Library Closed)**
- **Valentine Drop-In Craft Week**
- **Alzheimer’s Café**
- **Alzheimer’s Café**

---

**JANUARY**

**FEBRUARY**

- **New Year’s Day (Library Closed)**
- **Winter Drop-In Craft Week**
- **Martin Luther King Jr. Day (Library Closed)**
- **President’s Day (Library Closed)**
- **Alzheimer’s Café**
- **Alzheimer’s Café**

---

**Proudly Serving Seacoast NH**

**New Hampshire Dry Basement**

Hampton, NH

Baseline Waterproofing

Patented Wet Basement Solutions

www.nhdrybasement.com

603-793-2260

---

**Got a Great Greenland Photo or Story? Please send it to greenlandgrapevine@comcast.net prior to October 1 for our next issue.**