



JULY 2012

CARING ABOUT THE RIGHT THINGS

An interview with Marie Knowlton by Peter Majoy

In the Preface to her book, *Granny D's American Century*, Granny D stated that,
“For love and wisdom need representation in the world.
The job is open and pays awfully well, if you care about the right things.”

Herein is life's course for our Town of Richmond's
wellspring of caring about the right things. – Marie Knowlton.



Raised in a family whose father was sickly and whose mother held down two jobs, Marie graduated from Sacred Heart School in Gardner, MA, was taught by the Sisters of St. Joseph and for a time thought she would be a nun. Competing with four brothers, she learned how to keep her eyes on the prize later graduating from Antioch College with a Masters Degree. Marie worked twelve years at Yankee Publishing, eleven years for Cheshire County, and is now in her seventh year as the Town Administrator in New Ipswich. She

has been married for 36 years and she has a 26-year-old daughter living in Sarasota, FL. Caring about the right things has been a rhythm in her life which has also embraced much work within our wonderful Richmond community.

Since moving to New Hampshire in 1984, Marie has been very involved in the life and culture of our town, including being a Selectwoman, Auditor, Trustee of Trust Funds, Conservation and Master Plan Committees member, 250th Committee and 250th Grand Parade Chairwoman, Girl Scout Leader, Hostess of Candidates Night, and, of course, the Publisher of *The Richmond Rooster* which became, in time, a major expression of Richmond life and times. Her motto has been “Let it begin with me,” and, for sure, Marie has been trying to improve herself by caring about and improving the world around her, especially here in Richmond, NH.

Marie says that a GOAL for Richmond should be to “Be the Library” because it is welcoming, all may enter, it communicates everything it does, it services young, old, and in-between, it hosts events, it has a building, it has a budget, it is supported by everyone, it gives awards, it recognizes its staff and its patrons, it is non-judgmental, it celebrates itself, it doesn't boast, it is not controversial, it has high speed internet, it is in the center of town, it is easily accessible, open year round, and has numerous volunteers and supporters who strive to make it better. Clearly an ideal model for government.

Adding to the above universal goal, Marie adds the follow-

ing: (1) celebrate what we have; (2) inspire joy and celebration; (3) as Yoko Ono has suggested, remind people how to smile; (4) be self-sustaining and keep people in town; (5) refurbish the recreation field; (6) host pavilion events; assemble ball tournaments, horseshoes, and road competitions; (7) plant flowers around buildings and roads; (8) make hiking and biking x-c trails; (9) have game, music, and arts nights. Be sure there is something for everyone to enjoy.

Not overlooking some of the friction in town, Marie explains that people become set in their own ways and it becomes the fabric of their lives. Sometimes the fabric will weave smoothly with others, but when it doesn't, it generates social friction, or worse. In this context, Marie expresses her deep concern about the disrespect for the rights of women, in general,

while locally expressing her concern about the attacks on Selectwoman, Sandra Gillis, who has done an amazingly wonderful job as its Chairperson. Marie says that, "At this level I am prepared to stand beside Selectwoman Gillis or in front of her if I have to. Attacking Sandra is attacking me and all women. I stand."

Looking into the future for Marie means not planning, but living in the moment coupled with spontaneity. Things like getting in shape, increasing physical strength, reviving her brown belt in kick-boxing, being happy, having fun, and knowing she has a lot to bring to the table as far as municipal government is concerned – all float through her consciousness as she continues her life as a matter of "caring about the right things."

Notes from the Selectmen's Office

July 1, 2012

Happy Fourth of July! June was a very busy month, with lively Selectmen's meetings and a historic first Special Town Meeting on June 21st – thank you all for caring enough about your community to take your precious time to vote (talk about patriotism!). And on such a hot day!! Many attended the meeting itself and 353 people voted during polling hours – an amazing 45.8% of registered voters. What a remarkable get-out-the-vote effort!

The tally showed 93 people opposed the amendment. However, 73.6 % (260 people, more than the 2/3rds vote required) voted for the amendment. Thanks to you the bridge can be completed by May 14, 2013 without additional cost to the taxpayer.

Team Richmond. Only you can make a difference in town (obviously – see above!) and we encourage more of you to join Team Richmond. Your voice and your vote make a big difference, but your skills, expertise and advice are needed too! The Selectmen are spearheading Team Richmond and ask you to join us in volunteering for your town. Advised to be more specific about the roles and responsibilities of these teams, we present:

High Speed Broadband Internet Service Team: A group of people interested in bringing high speed internet service to all residences in town; Time commitment flexible; Meetings with members of group, service providers and other groups working on same issues; Identify and work with providers to connect residences; Advocacy skills a plus; Familiarity with both the

obstacles to and advantages of connecting to the internet a plus.

Perambulation Teams: Group of at least eight people who like to walk in the woods, find old markers, construct new markers, read maps and deeds, record findings and insure that the town meets its state requirement to perambulate the town. A volunteer has already done much of the research and will lead the perambulators. The Selectmen will do the notification of adjoining towns and at least one of us will walk each boundary with the teams. Two people, or more, will be needed to walk each of the four town boundaries. We estimate that it will take about two days to complete the perambulation – not necessarily two days in a row, though. Erection of new boundary markers may take longer.

Community Improvement Coalition: wide open mission aimed at keeping Richmond an attractive, welcoming, safe, livable and sustainable rural town without imposing burdensome zoning. There are already several groups working on aspects of this broad goal – and many of our standing committees with this goal need additional members - let's team up, add new people, set goals and develop projects to make/keep Richmond the best little town in NH. Time commitment: as much as you are able to give.

Interested volunteers, please call Roberta or Bev to volunteer for one or all of these teams, at 239-4232. Teams will be formed in the next month or two, to be ready to start work this fall.

Thank you for your support – you are always welcome to observe our meetings and can make an appointment to meet with us by contacting Roberta or Bev at 239-4232.

The Connor Team

Business Owners and Business Coaches



Business Advisers Making Your Success A Reality

CALL FOR YOUR CONFIDENTIAL, COMPLIMENTARY COACHING SESSION

EVERY CHAMPION HAS A COACH!

aconnor@advicoach.com
www.advicoach.com/aconnor
www.advicoach.com/mconnor

Richmond, NH.
Office: 603-239-3693
Cell: 603-930-0009
Fax: 866-270-4594



Complete computer services for Home and/or Office

Software
Hardware
Networks
Repairs

Complete systems set up at your location

Call (603) 239-7426
Wes Vaughan

Borrowing Authority Approved

Marie Knowlton

On June 21, 2012 in stifling summer heat 353 residents cast their vote. A 2/3 majority was needed and the final count put 260 residents in favor and 93 against. The voters voiced approval to give the town authority to borrow funding for the Fay Martin Road Bridge.

Moderator Peter Majoy opened the Special Town meeting precisely at 4:00 p.m. to a nearly full room. Selectwoman Gillis made a slide show presentation. She explained the events since the March 2012 vote that led to this special town meeting. Several residents asked pertinent questions about the design, the engineering firm and the State Bridge Aid.

When the questions and comments were complete the ballot box was opened and displayed to the crowd proving it was empty. The box was locked shut, set in place and the moderator announced, "The polls are open." A steady stream of voters came through for the next three hours – a true expression of democracy.

Vote counters worked in three groups of two counting bundles of 50 ballots at a time. Like most of Richmond the Vet's Hall lost power and the tally continued by the light of the setting sun. A peaceful end to a long process.

Editor's Note

John Bocalini

The Rooster would like to thank all the voters that turned out to the Special Town Meeting on June 21, 2012. Of the approximate 775 (46%) registered voters, 353 voted. The only article on the ballot passed 260 to 93 or by a 73+%. There is no doubt that the taxpayers spoke out.

Town Clerk News

Annette Tokunaga, Town Clerk

The Town Clerk's office will be closed Wednesday, July 4, 2012, in observance of Independence Day. For the week of July 2-5, 2012, the office will be open Monday 9-12, 1-4, 6-8 and Thursday 9-12. Wishing everyone a very happy Fourth of July!

Richmond Agriculture Commission

Sandy Holbrook

Save this date for us – August 9th from 4 – 7 p.m! You are cordially invited to join us on our first "Mystery Farm & Garden Tour." This tour will feature some of Richmond's most beautiful gardens, each one offering a unique insight of how a patch of land can be transformed into something beautiful and productive. Featured will be many varieties of perennials, annuals, herbs, vegetables, as well as shrubs, bushes and trees. Not only will you see beautiful gardens created by amateurs and master gardeners, but you will have an opportunity to see some farm animals as well. We ask that you call us ahead for reservations. We will be meeting at the pavilion for carpooling. At the conclusion of the tour, refreshments will be served at the pavilion.

If you have not been contacted by a member of the Richmond Agriculture Commission and wish to have your garden

RICHMOND AGRICULTURE COMMISSION

MYSTERY FARM & GARDEN TOUR

August 9th – 4-7 pm

Meet at the Pavilion for carpooling

Refreshments following Tour

RSVP – Call 239-6058

featured on the tour, please call Theresa Majoy at 239-6058 or Sandy Holbrook 239-4628 no later than July 15. We look forward to hearing from you!

Other news: FREE – Composted horse manure – bucket loading available. Call Heather Canfield 239-8936 to make arrangements for pickup.

Keep those photos coming. Visit our Facebook page. Contact Wes Vaughan [vcomtrek@gmail.com] if you have pictures to submit.

Richmond Library News

Wendy O'Brien

Calling All Dreamers for the Dream Big Summer Reading Program!

Readers of all ages are exploring the magic of the night this summer as the RPL presents "Dream Big – Read!" during our summer reading program. Throughout July every week there will be story hour for all ages at **10 a.m. on Wednesdays**, a make-and-take craft, and nocturnal animal quiz questions. The child who submits the most correct quiz answers will win a gift certificate to Toadstool Bookshops!

Each time you return to the RPL during the program, be sure to let a staff member know number of minutes your child has read during the week so that we may mark your child's reading log. We will be awarding summer reading T-shirts to the children who read for the most time in each age group. All participants will receive a special reading certificate at the end of the program.

We will be wrapping up a great summer of reading with a PJ party on **Tuesday, August 14th at 6:30 p.m. at the RPL**. Come in your PJ's and enjoy games, milk and cookies, and the awarding of prizes and reading certificates. Even Wendy will be in her PJs!

New this year! Young Adult Summer Reading Program – Own the Night!

We have developed our very first young adult reading program for grades 7-12. On **Thursday, July 12th at 6:00 p.m.**, drop by and pick up a dream journal and learn how to record your dreams! Next on **Thursday, July 19th at 6:00 p.m.**, we will offer a ghost story writing workshop. And finally, join us on **Tuesday, August 7th at 6:30 p.m.** to share your ghost story and have pizza! We have worked hard to update our Young Adult book collection so that there is something for everyone.

Thanks to Devon Garone and Fairfield South!

We extend a big thank you to Devon Garone and Fairfield South Farm for offering free pony rides in June. Many young equestrians were able to fulfill their dream of riding a pony! If you missed us in June, please stop by on **Richmond Day, Sunday, August 26th** (time TBA) for another great opportunity. Fairfield South also offers riding lessons as well as summer camp experiences. Thank you Devon!

Donations needed for Book Sale

Our annual outdoor book sale is rapidly approaching, and we are in need of quality used books to raise funds for library materials. Feel free to drop them off during library hours, or give us a call-we can come to you! Unfortunately, due to space constraints, we are no longer able to accept textbooks, encyclopedias, or *Reader's Digest* condensed books.

Things from the District July 2012

Neil Moriarty

Things are slow in the spring – however, some important activity makes the news.

HUGE Reduction in the Cost of Special Education (SPED) at Monadnock. A two year employee, Mr. Troy Kennet, our Director of Student Services (manages the SPED for the district), has indicated that he sees a hard savings of \$900,000 to \$1 million-dollar reduction in the cost of SPED in Fiscal Year (FY) 2012-2013 (July 1, 2012 to June 30, 2013). Additionally, he has redirected charges out of SPED of about \$3 million (that includes the afore mentioned savings). Student Services has also found SPED charges to Monadnock that is really Winchester's responsibility (this happened under the old SAU 38). MRSD is beginning to get SPED inline with the rest of the state of New Hampshire. Troy's approach to SPED is zero based at all six schools – there is no SPED! Each student is added to SPED (or other assistance program) as he or she qualifies for special help with a genuine need.

It is my opinion that one has to really wonder where our SPED/SAU 38 leadership was in this area before Troy got here? The Sullivan Withdrawal Committee meetings have started. The Selectmen from Swanzey and Richmond were absent (the committee consists of a board member and a selectmen from each district town); however, that did not delay the process. On the bright side of this exercise, after a couple years of not participating, Roxbury came up with a school board representative.

Even with this late start, the Sullivan Withdrawal Committee should finish its business in time for the March 2013 ballot. The committee will come up with a recommendation for Sullivan's withdrawal (Yes or No). The NH Dept. of Education will review the recommendation and determine if all MRSD voters will determine if Sullivan should withdraw. That question (Sullivan withdraw yes or no) will be on the MRSD ballot in March 2013.

The Current Surplus FY2011-2012 for MRSD is running about \$800,000, although more expense items may come in.

As always if you have a comment or suggestion – call me at 239 4031; Jim Carnie will also assist 239 4948 on any school matters.

Student Honors – 3rd Quarter 2012

Neil Moriarty

Ryan Spath, 9th grader at MRHS made honors in the 3rd quarter

Keene State Deans List students from Richmond:

Joseph Niccolo DeMasco

Ryan O'Donnell Hart

Samantha Ann Jackson

Congratulations to Richmond's young scholars

2012 Graduate

Jonathan Bloom and Sheila Blair's son, Oliver Bloom, was awarded a bachelor of arts, summa cum laude, from the Woodrow Wilson School of Public and International Affairs at Princeton University where he was elected to Phi Beta Kappa.

Being Scammed at 80

Betty K. Pelletier of New Ipswich NH

Answering a phone call at 9 a.m. on Wednesday April 4, 2012, I was greeted by a man I thought was my 20-year-old grandson. It was not! I then said my grandson's name in a questioning way. The "GS" or man then said, "I'm in Cabo San Lucas, Mexico, with a friend and staying in his parents time-share condo. After renting a car, we went to dinner, where wine was served. After dinner when leaving, we were involved in an accident, not hurt, but arrested separately by the Cabo San Lucas police. I was charged with DWI and another charge, then given a court lawyer and needed bail money, but not to call his parents."

I told him he should, but the "GS" wanted to get home so he could meet them face-to-face and that the bail money would



Family Owned & Operated for over 50 Years

Frazier & Son Furniture

233 Old Homestead Highway
(Rte. 32, just south of the Airport)
Swanzey, New Hampshire

LA-Z-BOY

1-800-494-3876 • 1-603-352-0337
New Hours: Mon-Fri 10-6, Sat 10-5, Sun 12-5

DAN'S BRICK OVEN BREAD

Available fresh,
Saturday mornings at:
Four Corners Store, Richmond
The Meeting Place, Fitzwilliam



Baked in a wood-fired oven right here in Richmond.
breadman@mva.net • 603.239.8242

\$ \$ \$ Toys Pottery Frames Cameras DANNY WAHL	WANTED TO BUY Vintage Photographs and Clothing Blue Decorated Stoneware Musical Instruments We are currently looking to purchase many different items, including but not limited to those listed above.	\$ \$ \$ Tools Old Radios Old Telephones Old Electric Fans 603-239-7200
--	--	--

get him home faster. The "GS" then gave me his court appointed "lawyer" by the name of Stanley Rosen, phone #1-438-992-9532, that he would explain the situation.

Said "lawyer" shortly contacted me on the phone on my "GS" behalf. The "lawyer" also told me he was employed by the Mexican Embassy. The "lawyer" then told me "GS" needed \$2,200 bail because "only he" could get his wallet from the impounded car, as only the rental signer could enter the car, also his charge would be wiped clean, and to make arrangements for rental car damage.

When I told him I could not get that bail the "lawyer" said he would get my "GS" bail lowered and call back. He called back saying he got the bail dropped to \$2,000 even. I then told him I could only go \$1,500. (nest egg from selling my coins, STUPID ME.)

He said he would speak with the judge. On his call back the judge would set bail at \$1,500 for "GS" and \$500 from the "lawyer" as in a personal check. I said o.k. (STUPID-STUPID ME)

The "lawyer" told me to get a money gram at Wal-Mart and send it to the "court person". His name was Oscar Vazquez Mantises. Cabo San Lucas, Mexico. He then told me if asked about the money to say it was a personal loan. It would then speed up "GS" release.

I was told when I got the money gram that there was a reference number #24927181 on it and he needed it. I called when I got home, gave him the number and was told that I would not hear from him unless something unforeseeable came up and that my grandson would call. In the late afternoon 2 calls came in with no voice. I had to wait until after supper when all my grandson's family was home from work to call his home and ask if he was there. I then heard him say his long time greeting "How are you doing Grammy? What's up, just got home?" It

was good to hear his voice.

Now to find something positive and good, in all this mess.

1. My grandson is well and happy;
 2. The \$1,500 could have been better used;
 3. My advice; know to whom you are talking, ask questions, don't volunteer information, give yourself time to check out situation, back away, talk to others you trust.
 4. That night after speaking to my grandson I called local New Ipswich, NH Police and took their advice: to contact the FBI. The next day I called Wal-Mart, they helped with the phone number to the MoneyGram people who confirmed money was picked up in Mexico ten minutes after I gave up the reference number. The next call was to "Big Bear Bingo" on Thursday night to warn all my friends so they could warn their friends and so on. To contact as many newspapers and news media as I could.
 5. To take this experience as a very expensive lesson in my life. I find after being scammed the only accepted possible thing I can do is to contact and warn as many people as possible.
- Sincerely Betty K. Pelletier

Summer Salad Supper & Service Auction

Alison Van Brocklin

Eat, bid, and by merry! The 19th Annual Super Summer Salad Supper and Service Auction will take place on Saturday, July 21 at the Richmond Veterans Hall, 105 Old Homestead Highway. The meal is always delicious, and the auction always a crowd pleaser. Come enjoy the fun!

Food is homemade and consists of a large variety of summer salads, rolls, and brownies a la mode for dessert. Dinner is served from 5:00-6:30 p.m. The auction starts at 6:00 p.m. Prices for dinner are \$7.00 for adults, \$3.00 for children.

John Pappas, from Knotty Pine Antiques in West Swanzy

FRANK'S SERVICE
 79 Winchester Rd
 Richmond NH 03470
 603-239-4941

Inspection, Oil Change, General Repair
 M - F 8:30 - 3:00
 Saturday by Appt.
Keys Made

Richard P. Drew LLC
Licensed Land Surveyor
Lot Staking Subdivisions
Boundary Plans
 266 Tully Brook Road, Richmond, NH 03470
 Phone: (603) 239-4701 Fax: (603) 239-7412
 Email: rdrew@dishmail.net

has again volunteered to be the auctioneer. Auction items have been obtained from numerous local businesses as well as from among the talents and services offered by local residents.

Who will be the top bidder for homemade candy turtles? You won't want to miss coconut cream pies from Sunflowers Restaurant and Catering! You may get a bargain on gift certificates to local eateries and stores, or many other donated items and services.

If you have items you would like to donate, please call Alison at 239-4494. Proceeds benefit the Richmond Community United Methodist Church (affectionately known as the Old Brick Church).

Richmond Community Park

Sandy Holbrook

You can find them [volunteers] at the Richmond Community Park...

One memory in which we all can relate to is playing at a community park as a child. If daring to go a bit higher on the swings wasn't challenging enough, then climbing to the highest point of the jungle gym did it. The merry-go-round only made moms dizzy – not the kids. As the years passed by, there were tennis courts or softball/baseball fields. If we were really lucky, we had access to a basketball court. Ah, remember those days? We can relive those days with our children and grandchildren right here in Richmond.

One of our most resourceful and hardworking volunteers remembers his childhood growing up in an athletic family and



Marcus Beauregard

wanted to continue to stay physically active. He wanted to give to Richmond residents the opportunity to share with their children and grandchildren what we all valued growing up ...the fun of playing in the Community Park. Thanks to Marcus Beauregard and his team of volunteers we can still swing high in the air, make a great shot from the far corner of the basketball court, or cheer the ringers at the horseshoe pits.

How did the Richmond Community Park come into existence? At Town Meeting in 1982 there was a warrant article that read: #41. *To see if the Town will vote to designate the Town Property, which includes the Shepardson Lot, and the area behind the Library, Fire Station and Civil Defense Building known as the Amidon Park Complex, as the Richmond Com-*



munity Park, with appropriate signage being placed to indicate the areas donated in memory of Leon H. Amidon and F. Ralph Whitney.

Marcus indicated that there are several small lots that make up the area referred to as our Richmond Community Park.



Down through the years at annual town meetings, sums of money would be voted on for the Park. As a result of the past 30 years' investment in the Community Park and the results of hard work by many hands, Richmond residents of all ages can enjoy a get-together under the Pavilion, play horseshoes, baseball, or basketball, while youngsters make good use of the slides, swings and jungle gym.

Thanks to visionaries Leon Amidon and Ralph Whitney, and folks like Marcus, and his recruitment of volunteers who kept these visions alive. According to Marcus, he, Peter Majoy, John Boccalini and Russ Provost spent one morning putting a

32 Monadnock Hwy., Rt. 12 South
Keene, New Hampshire 03431
OFFICE: 603.352.1872 x207
CELL: 603.313.2008
FAX: 603.352.0545
E-MAIL: blais@worldpatn.net

Fred Blais
Principal Broker

BLAIS
& ASSOCIATES
REALTORS
www.blaisrealestate.com

Gene White, Agent
Archie D. Jennings Agency, Inc.
Personal & Business Insurance
239-4971

P.O. Box 13 30-02 Warwick Rd.
Kulick's Country Mall, Winchester, NH 03470
E-mail: ADJA@myfairpoint.net



coat of preservative on the Pavilion. With the help of Ed Atkins and the Fire Department, brush piles were burned and the basketball hoops were straightened and secured. With the help of Hank Hallas, two horseshoe pits were built. Mark Beal provided brush-hogging services to keep the open areas mowed.

There is still work to be done, such as painting lines on the court, replacing the seats on the swings and adding more sand to the horseshoe pits. *What motivates Marcus to volunteer?* "It's sad to see things deteriorate when we are so fortunate to have these resources available to us. I want to see people enjoy the Park," replied Marcus. Give Marcus a call if you are willing to offer assistance to complete the unfinished projects. *What do you see in the future for Park enhancements?* Marcus's response includes lighting, portable toilets and maybe water.

Have you, your friends and neighbors thought about organizing teams for horseshoes, softball or shooting hoops? If yes, give Marcus a call at 239-8483. By the way, these facilities are not just for the male gender – are there women out there looking



for a good workout? You can organize some teams, too! That goes for the young adults and teenagers as well. The Richmond Community Park is there to enjoy and is a great compliment to the Town Beach in keeping all generations physically fit and active. How blessed we are for the visionaries of yesterday and the volunteers of today who stepped up to the plate to make things happen. Thank you, Marcus (and your team of volunteers), for all that you do for the Richmond Community Park!

To the editor

Why I'm Running for State Senate

On June 14 – Flag Day – I filed as a candidate for state Senate for District 9, which includes the towns of Bedford, Dublin, Fitzwilliam, Greenfield, Hancock, Jaffrey, Lyndeborough, Mont Vernon, New Boston, Peterborough, Richmond, Sharon, Temple, and Troy.

Flag Day celebrates the symbol of our great nation at a time when too many of our cherished traditions are being eroded. For the past eighteen months in New Hampshire, good government and consensus-building have been replaced by polarization and strident partisanship. That is why I'm running for the state Senate: to focus on improving economic opportunity, protecting personal freedoms, preserving public education, and restoring the long-standing New Hampshire traditions of civility, respect, and common sense in Concord.


I hope to have your support and I look forward to meeting you in the coming months. I am proud to have served my community of New Boston as town moderator for the past twenty years and I am proud to have been appointed by Governor John Lynch to serve the people of this great state as the chair of the Unemployment Compensation Advisory Council for the past seven years, but I would be honored to have your vote on November 6, to listen to your concerns once elected, and to rep-



TIMBERWOLF
EXMARK

GARY'S POWER EQUIPMENT
Gary Rokes
 MAILING: 60 FOREST LAKE ROAD
 PHYSICAL: 9 WARWICK ROAD
 WINCHESTER, NH 03470
 PHONE/FAX (603) 239-4953 (800) 499-4953
 email: garyspower@comcast.net

ECHO
STIHL



**LANDMARK
COUNTRY
LAND**, LLC

RICK LEWIS
 ~PRINCIPAL BROKER
 RICK@LANDMARKLAND.COM
 WWW.LANDMARKLAND.COM

PO Box 331
 221 MAIN STREET
 SECOND FLOOR
 CHARLESTOWN, NH 03603

PHONE: (603) 826-4603
 CELL: (603) 355-0720
 FAX: (603) 826-4174

"YOUR NEW HAMPSHIRE LAND EXPERTS"

resent you faithfully in the state Senate. Please visit my website, www.nyquistforsenate.com for campaign news and updates.
Lee Nyquist

Herbs Of New England

Judith M. Graves

Below is a small list of the herbs that grow in New England. I will only touch upon this subject as it could take reams of paper to delve into it with all that there is to know about Herbs of New England. Although this is only a small list it is a good start in recreating an Early New England Herb Garden and uses of yesterday and for today.

In the early 1600s it is recorded, that when Captain John Smith was charting the coast of New England, he landed on an island in the month of May and planted a garden of Sallats (salads). During the next few months he returned often to harvest his sallats.

As the New World was being settled, English herbalist John Parkinson (1567-1650) advised, 'Gentlemen of the better sort and will provide a parcel of ground to be laid out for their garden....' Later on ladies tended small vegetable and herb gardens. Usually there was a small plot near the kitchen to provide herbs to flavor foods and also for fragrance and medicine.

It was listed by Wm. Byrd in 1600s (1674-1744) some of the herbs growing in Virginias gardens were chives, dill, fennel, garlic, parsley, rosemary, etc. Still later in a nineteenth century cookbook, there were many recipes using these same herbs.

Herbs were not used for foods at first. The herb TANSY for instance, was likely to be grown closest to the kitchen door, because it repels flies, ants, and fleas. Dried bunches of tansy, rosemary, or lavender laid between stored woolens to keep moths away. Sprays of tansy, tarragon, thyme, or sage lay across growing cabbage plants to keep cabbage moths away. These same practices can be used today.

Pot herbs (herbs grown in pots) were in every well-supplied colonial kitchen. These were the herbs used to season foods, make teas, cure coughs, sore throats, and fevers, to clean a house, preserve foods, etc. In the fall bunches were hung to dry or placed in tin reflector ovens to dry, to be stored for the winter months ahead. A housewife used herbs for preserving, cooking, to freshen her home, and for medicinal purposes. Often the woman of the house was the only doctor her family would even have, and when a doctor was summoned it was expected that the housewife had the proper herbs available for the doctor to

make the concoctions needed to restore health.

The homemaker's garden might have produced a great variety as the list of plants grown and used by colonial housewives ran well over a hundred names. The lady would select the plants she felt would be most useful to her family's needs and plant in season.

Some herbs were found growing in this country already and were introduced to the Colonists by the Indians like BEE BALM, which makes Oswego Tea, and other herbs the colonists brought over on ships in seed form. Spices and sugars were imported.

The housewife was aware of what sort of herbs belonged in the kitchen for the pot or sallets, for household use, or for medicine. When she planted her garden she was aware of the old rhyme that tells us to 'sow two for the cutworm, one for the crow, one for the beetle and four to grow.' Other folk wisdom said, 'This rule in gardening do not forget, always sow dry and set wet.' Rudyard Kipling (1865-1936) remarked, "...and such gardens are not made by singing OH how beautiful, and sitting in the shade," and, "Oh Adam was a gardener and God who made him sees, that half a proper gardeners work is done upon his knees." So you see these were words of wisdom to be used even today.

Here are ten of the early New England herbs that were depended upon for many reasons by our forefathers. These same herbs today are a good start for any gardener as they grow well in our New England Herb Gardens here in New England.

Basil, chives, dill, lavender, marjoram, mint, parsley, rosemary, sage, and thyme are the top ten I would say grow well, have many uses and make great container herbs. Plant a small herb garden and use the herbs you grow in the many ways our forefathers did and find new tasty ways for today.

Today, we seldom plant herbs for necessity. Now we aim for color, beauty, challenge, and maybe a little for cooking and teas. Gardening can be very therapeutic and rewarding. Plus any dish is enhanced by the addition of herbs and can turn an ordinary meal into a banquet. With the increased interest in herbs today as alternative health products and healing, herbs are playing an important role in the future as well.

In closing I'd like to encourage you all to study further on the herbs of New England and begin your garden not only for beauty but for usefulness.

A NOTE: My book *Organizing Everything* is available at the Toadstool Bookstore in Keene. It is a great joy to me to have

Ceremonies from the Heart



Rev. Bonnie McCarthy, D. Div.
Richmond, NH 603-239-4088
www.ceremoniesfromtheheart.ws

Marriages
Life Celebrations
Baptisms

Proudly Serving Richmond Since 1972

Cushing & Sons

Drilling and Pump Services
24 Hour Pump Repair

631 Rt. 12 N
Keene, NH 03431
ph 800-831-8883
603-352-8866

631 Rt. 12 N
Keene, NH 03431
fax 603-357-8572
res. 603-358-0104

written this book. It is also available on Kindle with Amazon. Hope you enjoy it as much as I enjoyed writing it.

Things We Can Learn from a Dog

Submitted by Jean Tandy

(Author unknown from

Chicken Soup for the Pet Lover's Soul.)

Copyright 1998, Jack Canfield, Mark Victor Hansen,
Marty Becker and Carol Kline)

1. Never pass up the opportunity to go for a joy ride.
2. Allow the experience of fresh air and the wind in your face to be pure ecstasy.
3. When loved ones come home, always run to greet them.
4. When it's in your best interest, always practice obedience.
5. Let others know when they've invaded your territory.
6. Take naps and always stretch before rising.
7. Run, romp, and play daily.
8. Eat with gusto and enthusiasm.
9. Be loyal.
10. Never pretend to be something you're not.
11. If what you want lies buried, dig until you find it.
12. When someone is having a bad day, be silent, sit close by and nuzzle them gently.
13. Delight in the simple joy of a long walk.
14. Thrive on attention and let people touch you.
15. Avoid biting when a simple growl will do.
16. On hot days, drink lots of water and lie under a shady tree.
17. When you are happy, dance around and wag your entire body.
18. No matter how often you are criticized, don't buy into the guilt thing and pout. Run right back and make friends.

Out and About

John Boccalini

Sun. July 1, 11 a.m. – 5 p.m. **Mariposa Museum's 10th Anniversary Celebration!** Peterborough

Wed. – Sun. July 3- 7, 1 – 5 p.m. **Stardust Memories:** A new work by Frankie Brackley Tolman. Jaffrey Civic Center

Fri. July 6, 5 - 9 p.m. – **First Friday**, Peterborough

Fri. July 6, 7:30 pm – Peterborough Town House

OPENING NIGHT

Monadnock Sinfonietta performs music commissioned by
Martha Graham Norman Dello Joio – Diversion of Angels
Paul Hindemith – Herodiade

Huang Ro – Chamber Concerto No. 4 “Confluence”
*MacDowell Colony Fellow

Aaron Copland – Appalachian Spring (original ballet)

Sat. July 7, **Sundown – Annual Atlas Pyrovision** fireworks at
Conval field Peterborough

Sun. July 8, 3:00 p.m. **Monadnock Players**. Harrisville Community Church:

Virgil Thomson – Portraits for Violin Alone

Virgil Thomson – In a Bird Cage for Solo Cello

Reza Vali – Persian Folk Songs Set #9

Virgil Thomson – Sonata for Flute Alone

Max Reger – String Trio No. 2 in d minor, Op141b

Virgil Thomson – Sonata for Flute & Violin

Dan Welcher – Zephyrus *MacDowell Colony Fellow

Sun. July 8, 2 – 3:30 p.m. **Traditional Music & Dance from Iran**. Venue at Stonlea Barn, Stonlea Lane, Dublin, NH.

Wed. July 11, 6:30 p.m. **Met Live – Les Contes D’Hoffmann**. Colonial Theater

Thurs, July 12, 7 – 8 p.m. **Three Sopranos**. First Congregational Church in Winchendon Old Centre, 10 Old Centre, Winchendon, MA. <http://eventful.com/winchendon>

Fri. July 13, 7 – 8:30 p.m. **Bands at the Bowl** – Westmoreland Town Band – Potash Bowl Swanzey.

Fri. July 13, 7:30 pm – **Claremont Trio**. Peterborough Town House.

Wed. July 18 6:30 p.m. **Met Live – Lucia di Lammermoor**. Colonial Theater, Keene.

Wed.– Sat. July 18 – 29, 8 p.m. Sun. 7 p.m. – **The 39 Steps** (A Play) Peterborough.

Thurs. – Sun. July 19 – 22, **Hillsborough Balloon Festival and Fair**.

Fri. – Sun. July 20-22, 7 p.m. “**The Old Homestead**” Potash Bowl, Swanzey.

Sat. July 21, 9 a.m. – 3 p.m. **37th Annual Antiques Show**, Fitzwilliam.

Sat. July 21, 5 – 6:30 p.m. **19th annual Super Summer Salad Supper and Service Auction**, Richmond Veterans Hall.

Ongoing:

Mondays, 8 p.m. **Contra Dancing**, Nelson Town Hall, Variety of callers and musicians. Donation: \$3.

Tuesday, 5:30 p.m. **Soup supper**. www.ledgertranscript.com, Peterborough

Tuesday 8 –11 p.m., **Tuesday Night Pizza & Karaoke** with

HOLMAN CONTRACTING
Call for a free quote today ...
JOHN HOLMAN
www.HolmanLandscapetMaterials.com



Three New Services

- Tree Trimming
- Wood Chipping
- Stump Grinding

40 YEARS EXPERIENCE
Roads, Driveways, Site Prep, Septic Installation, Site Excavations, Trucking, Material Processing & Sales

Winchester Learning Center
A United Way Agency
Building the future ... one step at a time
**HIGH QUALITY CHILD CARE FROM
12 MONTHS THROUGH PRE-K YEARS**
www.TheWinchesterLearningCenter.org
5 Michigan Street • Winchester, NH 03470 • (603) 239-7347

CJ the DJ. Ed's Crossroads Pizza & Subs, Rtes 12 & 119, Fitzwilliam.

Every Wednesdays, 5:30 – 6:30 p.m. **Spaghetti Dinner.** www.ledgertranscript.com Unitarian Universalist Church. Free Wednesday, 9:30 – 11 p.m., **Open Mic Night** – Acoustic only please. Harlow's Pub, Peterborough.

Wed.– Sat. July 18-29, 8 p.m. Sun. 7 p.m. **The 39 Steps (A Play)** Peterborough

Thursdays, 7 p.m. through Aug 23, **Sumer Movie Nights** at the Jaffrey Woman's Club

Thursday, 8 p.m. – 1 a.m., **CJ the DJ Grumpy**, Don's Sports Bar and Restaurant, Hillsboro.

Fridays, 8 p.m. **The Amos Fortune Forum lectures** are held in the Meetinghouse located in Historic Jaffrey Center, 2 miles west of downtown Jaffrey, NH

July 6, Don Burness – Taking Care of Mary-Lou

July 13, Nancy Gettner – Fragile Gains: A Woman's Improbable Journey from a Brooklyn Tenement.

July 20, Bonnie Harris – What's Parenting Got to Do with It?

July 27, Margaret Wart and Nelson Ward DeWitt – Finding Family in the Aftermath of El Salvador's Civil War: Mysteries.

Blissful Combinations

Mark Holston

Reprint from Latino Magazine.com

Folk and popular music styles, when performed by uncommonly sensitive and resourceful performers, can be elevated from something commonplace into an expression that's truly a work of art. That's the case with this quartet of releases, which blend a desire for stylistic honesty with the highly personalized talents of their interpreters.

Ballad singer, Mili Bermejo owes her worldview to her Mexican composer father and her mother, a tango singer from Argentina. On *Love Songs of the Americas*, a collection of a dozen distinctive works, Bermejo wisely avoids the overly familiar torch songs of the bolero and *Great American Songbook* traditions for a less exposed but profoundly poetic repertoire. She spotlights pensive, often melancholy, creations of composers from Buenos Aires and New York, with detours along the way to Uruguay, Brazil and Cuba. Devoid of the kind of overt rhythmic pulse that fuels the two previously discussed discs, this session explores themes of love won and lost on the

singer's heartfelt terms. Standout tracks include Brazilian composer Egberto Gismonti's "Mais Que a Paixão" and "Te Amaré," by Cuba's Silvio Rodríguez. Bermejo's signature as a vocalist, performing in Spanish, Portuguese and English, is to give each song a reading so strikingly personal that it sounds as though she has actually lived the tales painted in the tunes' lyrics. The accompanying trio of bass, piano and cello provides the perfect backdrop – elegant and unobtrusive to a fault. Eugene Friesen's soulful cello work is the perfect complement to Bermejo's emotive stylizing.

Antiques Show & Sale

Rick Hoyt

The Fitzwilliam Historical Society will hold its 37th Annual Antiques Show on the historic Fitzwilliam, NH Town Common on Saturday, July 21, 2012. This outdoor show is held in an idyllic setting surrounded by the town's historic buildings and will feature more than 50 antiques dealers.

Come and see the quality and diversity of wares that will be offered for sale. The show will run from 9 a.m. until 3 p.m., rain or shine; admission \$6. Refreshments will be available. A special exhibit, "Wedding Bells," will be presented in the Amos J. Blake House Museum during this time. Admission to the Museum is free and tours are conducted by trained docents.

Located on Rte. 119, west of Rte. 12. All proceeds benefit the Amos J. Blake House Museum and the works of the Fitzwilliam Historical Society.

TWENTY YEARS AGO

The Williams Park Walk

Nicole Boudreau

One early morning in February, my Mom asked if my Dad, brother and I would like to take a walk at Williams Park. I was not too thrilled about it at the time, because I thought I had better things to do.

When we were ready to go, I stuffed my walkman into my new jacket pocket, along with a few tapes, and ran for the door. It was 11:45 on a semi-hot day; the perfect day for a walk. My dog Burt, who also decided to come, was overjoyed at the sight of a path in the woods. Burt quickly dodged ahead of us. At first the walk seemed like I thought it would be BORING! I suddenly realized that the woods were filled with the sounds of rustling leaves, singing birds, and a beautiful soft breeze. That was when I started to enjoy myself.



Patch's
Kindred K9
PET GROOMING
Boarding, DayCare, Supplies
603-585-6881
15 Old Troy Rd. Richmond / Fitzwilliam Town Line

www.HolmanLandscapeMaterials.com
Sitework, Septic Inst., Roads, Driveways, Treework
 14 Yards del. to Troy, Fitzwilliam and Richmond \$225
All other deliveries within 20 miles \$270
590 NH Rt. 12 South
Fitzwilliam, NH
PICKUP OR SCHEDULE A DELIVERY
CALL (603) 585-9600 OR (603) 242-3660

My dad showed us where he had camped when he was little, and in the Boy Scouts. The campsite was a small clearing surrounded by a sea of tall pines. Traces of campfires encircled in rough grey stones made me hungry for lunch. When I closed my eyes, I could almost see the Scouts around the sparkling fire. We moved on.

The path had many turns and uphill bikes. Even though everywhere there were trees, you had some kind of sense that you were going somewhere. Not just because of a squirrel running across the path every once and a while, or the dog coming up from around the corner – it's just hard to explain in words.

One very special stop we made was a small brook in a clearing. Around the brook was a picnic area and a small bridge to cross the brook with. The brook led into a half-dried up pond that was shallow enough for Burt the dog to walk across. We must have spent hours at that one place, but soon it was time to leave, and go on.

Farther into the woods, it began to get grassy on the trail because this was a path that wasn't traveled very often. We came upon one great hill that used to be a ski area. It was very steep, and the journey seemed endless, but hills don't go on forever. Skeletons of rusty old rope tow hung above our heads as if to be watching us. When we got to the top, we just sat there in the cool breeze, not talking, until my brother Joey broke the silence. Joey spotted an outhouse near the woods and asked if he could go and explore it

Finally, it was time to go back down the grassy slope, and finish our journey. It seemed to me that the way down was longer than the way up, but it wasn't. My hands were dirty, and my throat was dry, so when we came to an old-fashioned water pump I quickly washed my hand and took a drink. Joey and I took turns pumping the water for each other, then went to play on the playground.

It came to me that nothing but the J.B. Williams Park, can top the most beautiful thing in the world.

Beyond the trees where quietness grows,
there is enjoyment where nobody knows.

When you walk in to the small world of peace,
there is only beauty, no oil or grease.

The birds in the park always sing with pleasure,
Songs that say, "Beyond hope we can measure."

When you come to the clearing and babbling brook,
you will feel like you're captured in a fantasy book.

Then the big bill comes aloft and it's greatness

pushes you over happily – for it's mateless.
At the top the view is so fantastic,
you would think it's not real but it's plastic.
The walk back down is quiet and still,
nothing to bother you, not even a mill.
In leaving the beautiful park behind,
you leave with a feeling that's very kind.

Nicole Boudreau was awarded Cutler School Young Author, 1992.

Citizenship Questions

Neil Moriarty

This is the last of the new US citizen questions. The candidate must answer ten of (and only get six right).

1. Name one right guaranteed by the first amendment.
2. Who is the Commander in Chief of the U.S. military?
3. Which President was the first Commander in Chief of the U.S. military?
4. In what month do we vote for President?
5. In what month is the new President inaugurated?
6. How many times may a Senator be re-elected?
7. How many times may a Congressman be re-elected?
8. What are the two major political parties in the U.S. today?
9. How many states are there in the United States?

The tenth question is not on the citizenship list

Who is the only president to have a PHD?

Answers

1. Freedom of: speech, press, religion, peaceable assembly, and, requesting change of the government
2. The president
3. George Washington
4. November
5. January
6. As many as he/she wants to run – no limit
7. As many as he/she wants to run – no limit
8. Democratic and Republican
9. 50
10. Woodrow Wilson

Doc Martin's Last Episode, Perhaps

Frank Behrans

Now and then, a mini-series appears on television that is several notches above all the others. "MASH" was a comedy but a black one, that finally decided to kill the laugh track during

IN THE COMPANY OF
F·L·O·W·E·R·S

106 MAIN STREET
KEENE • NEW HAMPSHIRE • 03431
603 • 357 • 8585

We offer full service copies and full color printing. All at affordable prices.

 **Keene Sentinel PRINT SHOP**

NCR Forms	Placemats
Checks	Stationery
Continuous Forms	(Rapid Printing Now available)
Raffle Tickets	Newsletters
Books	Postcards
Catalogs	Newspaper Inserts
	Business Cards

60 West Street • Keene, NH 03431
(603) 352-1234 Ext. 1500
printshop@keen Sentinel.com

Full graphic design available.
We will customize any product for you

THE TOADSTOOL BOOKSHOPS

Enchanting Selections of Wonderful Books

Special Orders Welcome

Free Gift Wrapping

Mail Orders Accepted

Out of Print Search Service

We Ship Anywhere



12 DEPOT SQUARE, PETERBOROUGH, NH
M-F 10-6, SAT 10-5, SUN 10-4, 924-3543

COLONY MILL MARKETPLACE, KEENE, NH
M-SAT 10-9, SUN 11-6, 352-8815

LORDEN PLAZA, RT.101A, MILFORD, NH
M-S 9-9, SUN 11-5, 673-1738

scenes of surgery. "Doc Martin" is about a doctor that keeps a high comic tone throughout.

As all good things must come to an end (unless "Rocky X" is in the works), so it goes with the "Doc Martin" series. Yes, this is the immensely popular tale of the adventures and misadventures of a London surgeon, Martin Ellingham (Martin Clunes), who suddenly develops an overwhelming aversion to blood (!) and has to become a simple GP in a small Cornish village named Portwenn. There he meets (among so many others) the lovely school teacher, Louisa Glasson (Caroline Catz).

His relation to her is much like his relation to the rest of the village: he cannot refrain from telling what he thinks but never can say what he feels. (After their first kiss, he recommends a regimen of dental hygiene.) It turns out that he suffers from a form of Aspergers Syndrome. As Clunes plays the part, Doc Martin is the most lovable disagreeable person in the world.

And now Acorn Media has released a 2-DVD set of "Doc Martin, Series 5" that is slated to conclude the series. Here, two new characters are introduced. Since Martin's aunt, played by Stephanie Cole, passed away in Series 4, the character of Martin's aunt, played by Eileen Atkins, appears to take over the farm. It is fun to see how the actress creates a character that would be exactly what Martin's aunt would be like.

The other character is that of Louisa's long-absent and self-absorbed mother, played by Louise Jameson, who adds a very sour note to these last 8 episodes. In fact, most of the plots are centered on "who will take care of Martin and Louisa's baby?" The final incident of the series is far too serious to be funny. Also incidents of self-prescribed drugs provide the plot lines of the first and last episodes.

Now, Conan Doyle tried to kill off his Holmes when he felt enough was enough. The public demand changed his mind. "Doc Martin, Series 6"? Who knows?

Each of the episodes runs 46 minutes, the picture is widescreen, and there are subtitles.

Quotable Quote

Terri O'Rourke

There are risks and costs to a program of action. But they are far less than the long-range risks and costs of inaction.

— John F. Kennedy 1917-1963

Poor Cash Flow Management

Michelle Connor

There are five Business Dangers that can cause a business to fail... number three is poor Cash Flow Management. Cash flow problems affect every business at one time or another. The term Cash Flow means simply the movement of money into or out of a business. It's usually measured during a specified, finite period of time.

How can business owners handle this danger? Simply put, planning specifically a Revenue & Profit Plan. Projecting your revenue (sales) by month for the year will track what's coming in while also monitoring the expenses going out...easy math right? Cash In minus Expenses Out equals Cash Flow. Aggressively controlling those expenses is critical to improving cash flow. Seasonal businesses especially must be fastidious in their planning and perhaps add services that even out cash flow during the off-season.

Most importantly, pricing your products or services accurately will help to improve your margin. Then, hold on to your

Welcome to the Richmond Community Church



Pastor Arnold Johnson

Sunday Worship Services
9:00 a.m.

*We are a celebrational and compassionate people.
We champion the simple worth of all people.*

Come and join our Family!

Store Hours:
Sunday 9-6,
Mon-Sat. 8-7



meatingplace119@gmail.com

Phone: (603) 585-9630

Fax: (603) 585-9640

Corner of 119 and 12

Fitzwilliam NH 03447

money longer (negotiate longer terms with vendors) and bring in your sales sooner (ask for deposits on projects, shorten terms with customers). In other words, close the Cash Gap. Keep in mind, the checkbook is not your cash flow. It's just the cash position at that particular moment in time. Avoid the danger of poor cash flow management through careful planning and monitoring!

Gas Saving Tips

John Bocalini

Prices at the pump currently average \$3.84 for a gallon of regular unleaded. Here are some tips that can reduce your fuel bill and in some cases general wear and tear on your car and tires.

De-clutter: Every 100 pounds in the trunk of the car or the bed of your truck can account for a reduction in fuel economy by up to 2%. That saves seven cents per gallon.

Remove cargo carrier, bikes, kayaks atop the car when not needed saves 19 cents per gallon increasing fuel economy by 5%.

Driving responsibly: Aggressive stopping and starting accounts for a reduction of fuel economy by 5% (19 cents per gallon). High-speed, aggressive passing can reduce fuel efficiency by as much as 33% at highway speeds. For every 5 mph one drives over 60 mph, 30 cents per gallon is added to the gas bill.

Check the tires: Save up to 12 cents per gallon. Under inflated or over inflated tires change the way the car handles, adds drag and tire wear which reduces fuel efficiency by about 3% or 12 cents. Check the driver's side door panel or owner's manual for proper inflation levels.

Use grocery discounts: Many supermarket chains tie in-store spending to discounts at the pump. Depending on the program and one's typical grocery bill, savings could range from 10 cents to as much as \$1.50 per gallon.

Create a fuel-efficient route: Cut down on mileage by running errands on the same trip, and choosing more efficient routes.

Car Pooling: Talk to friends to see if you can share the car for work, shopping and the like. Every shared trip saves money.

Shop around: Prices on fuel can vary from one gas station to another. Make note of the prices as you drive around. Variations can be as much as 10 cents per gallon. Also, most vehicles do well on low octane fuel. Check the owner's manual for proper octane. This can save 10 to 20 cents per gallon.

Property Tax Relief

Annette Tokunaga, Town Clerk

If you are single and earned \$20,000 or less or are married and earned \$40,000 or less in 2011, you may qualify for tax relief from the State. Forms are available at the Town Clerk's office and on the State website at www.revenue.nh.gov. The forms must be postmarked by June 30, 2012. Call the clerk's office at 239-6202 for more information or for help filling out the forms.

Health Tips

John Bocalini

Here are ten tips that will help keep you healthier.

Stand Up, Stretch Out and Take a Few Steps

Standing up and stretching every waking hour can reduce your changes of heart disease, diabetes, and obesity. The genes in your body linked to the diseases can be "turned on" if you sit for hours on end, reports a study in Diabetes. So Stand up and take a quick lap during those TV, book and Web sessions. Park your vehicle a little further from your destination to get a little more exercise.

Pet Your Dog or Cat Often

Spending time with a pet is an effective way at reducing stress and lowering blood pressure.

Tape a Golf Ball to the Back of Your Pajamas

This will prevent you from sleeping on your back and help avoid blocked airways, and that leads to a host of troubles, including snoring and apnea.

Heads Up

Raise the head of your bed a few inches to aid digestion and avoid acid reflux.

Sit Up straight

Tilt up the rearview mirror in your car far enough to force yourself into an upright sitting position to see behind you. You'll improve your posture, and soothe your aching back. Avoid sitting with your torso at a 90-degree angle which strains your spine. According to researchers, the ideal angle is 45 degrees off vertical.

Avoid Spray Cleaners

Using household spray cleaners just once a week increases your risk of an asthma attack by 76 percent, say researchers. Use wipes instead and reduce chances for respiratory problems.

Take a Vitamin D Supplement

Reports indicate that taking 400 IU of vitamin D-3 a day reduces your risk of an early death by 7 percent. Many multivitamins contain 400 IU of D-3, but check the label.

Hair Fur Good Groom-Inn
"where furry friends leave feeling fine"
natural
organic
REIKI
PET GROOMING
dogs
cats
BOARDING
(603) 239-7511
10+ yrs. exp.
40 Bullock Rd
RICHMOND NH, 03470

MONADNOCK TECHNICAL SERVICES
157 FISH HATCHERY ROAD RICHMOND, NH 03470
(603) 239-4327
FAX: 239-8132
Lewis N. Whittum, PE
DESIGN • BUILD • ENVIRONMENTAL SYSTEMS
HVAC • INDOOR AIR QUALITY • TAB
www.4madtek.com

Steam Your Broccoli

Researchers recently discovered that steaming broccoli increases its concentration of glucosinolates (compounds found to fight cancer) by 30 percent. Boiling actually lowers the level. Steaming veggies is a better alternative to boiling in preserving the “good stuff” we can get from them.

Help Watch those Portions

Stop using oversize plates, bowls, and cups. Research shows you’ll put more food on them, but won’t be any more satisfied. Avoid eating out of the original container (especially ice cream) or you will eat more than you should eat. Needless to say, reducing you portion size reduces overeating and the risks of obesity, diabetes, heart disease, joint problems and a host of other complications.

Laugh

According to studies, Laughing causes blood vessels to dilate by 22 percent. This, in turn, reduces your blood pressure.

Police Report of Accident

Chief Brendan A. Bosquet

Richmond Police Chief Brendan Bosquet, speaking about the heroic acts of two individuals in rescuing a driver from the cab of his 18 wheeler following a serious accident near the intersection of Fitzwilliam Road and Tully Brook Road, on May

17th, shortly after 10:00 a.m. told us the rescuers were Andrew Bednar of Richmond, and Brian Hutchinson of Billerica, Massachusetts. The driver, from Milan, NH was not seriously hurt in the crash, although he had difficulty exiting the vehicle. His 2007 Sterling tractor trailer was totaled and so was the box trailer that was filled with wood chips. Mr. Hutchinson left the area before I arrived on scene, but Chief Kassotis was able to speak to both men before they departed the area. The pictures show how bad the accident was, and how the two men put themselves in harm’s way to aid someone they didn’t know. Bednar and Hutchinson helped the driver from vehicle and extinguished a small fire. Bednar will be honored for his actions and bravery.

Criminal Mischief

There have been two incidents of criminal mischief both on Route 32, just South of the entrance to the Town Hall, and at the intersection of Fitzwilliam Road and Fish Hatchery Road. Two street signs were shot with small caliber ammunition. If anyone has any information about this crime, please contact the Richmond Police Department at 603-239-6007, or via email at bbosquet@richmond.nh.gov. *Editor’s Note:* A similar incident occurred during the Christmas Holidays on Tully Brook Road.



Discover the Documented Chronology of the SBC, Inc. <https://sites.google.com/site/sbctimeline>



Sunset View Farm

Producing Quality NY Hay

Mixed Grass – Square Bales

Order Now for the 2012 Season

Doug Edwards **603 585-6547**

153 Old Troy Rd. Fitzwilliam, NH



Residential Trash Pick-up

Roll Off Container Rentals

Rototilling & Driveways



Our Business is “Picking Up”
(603) 239-6486



Chip & Lynn Adams
171 Fitzwilliam Road
Richmond, NH 03470





ED'S
crossroads

**Hand-Tossed
Specialty
PIZZAS**

Crossroads Special	The Veg	Chicken Bacon Ranch
Hawaiian Tropic	Pulled Pork	Buffalo Chicken
Meat Lover's	Italian Meatball	BBQ Chicken
Greek Veggie	BBQ Steak	Tuscan Meatball
Philly Cheesesteak	Margarita	Bacon Cheeseburger

Dine In, Carry-Out or We Deliver • **603-585-7077** • Tues. - Sun.

Delivery Available: Fitzwilliam, Troy, Rindge & Richmond
In The Crossroads Complex • Jct. of Rts. 12 & 119 • Fitzwilliam, NH

Got Questions? Get Answers.

**CONFIDENTIAL SERVICES
FOR WOMEN & MEN**

**Getting tested for HIV and other
STDs is fast, easy, and painless.**

603-352-6898



8 Middle Street, KEENE

EMERGENCY: POLICE/FIRE/RESCUE 9-1-1

Richmond Rooster Staff

Publisher/Editor: John Boccalini 239-6696

Design/Production: Eismont Design

Proofreaders: Peter Majoy, Jean Tandy,
Bob Weekes, Lew Whittum

Advertising Manager: Peter Majoy

Treasurer: Deb Coll

Distribution: Melissa Herman, Denise Crowl,

Contributors: Frank Behrens, Richard J. Dwinell,

Sandra Gillis, Pam Goodell, Judith Graves,

Sandy Holbrook, Kim Mattson, Bonnie McCarthy,

Elaine Moriarty, Neil Moriarty, Wendy O'Brien, Terri

O'Rourke, Russ Provost, Teresa Sillanpaa, Jean Tandy,

Annette Tokunaga, Bob Weekes and *The Rooster Staff*

Members Advertising Rates

Contact: Peter 239-6058

Business cards (up to 3.5 in. x 2 in.) \$12/month or

\$132/year: 1/4 page: \$30/month: \$330/year

Subscription Rates

Yearly: \$15 Town Residents: FREE

Stories printed are presented as fiction and are not intended to be considered as being historically accurate as to their content. Public notices, committee reports, articles, press releases, and letters to the editor are usually printed as received. *The Richmond Rooster* welcomes comments and article contributions.

Deadline is the 10th of each month.

Email – therichmondrooster@yahoo.com

Thanks to the 4 Corners Store for their support

Join Rooster Chat:

<http://groups.yahoo.com/group/therichmondrooster>

Rooster Online: <http://therichmondrooster.org>

Town Business Hours

105 Old Homestead Highway, Richmond NH 03470

Board of Selectmen:

Deborah Boncal, Sandra Gillis, Marie Knowlton

Mon. 7:00 PM – ?

Selectmen's Assistant: Roberta Frasier

Town Secretary: Beverly Hart

Mon. 10 AM – noon, 6 PM – 8 PM

Wed. 8 AM – 12 noon, 1:00 PM – 5 PM

Thurs. 8 AM – 12 noon, 1:00 PM – 4 PM

Town Clerk: Annette Tokunaga

Deputy Clerk: Pamela Goodell

Mon. 9 AM – noon, 1 – 4 PM, 6 – 8 PM

Wed. 9 AM – noon, 1 – 5 PM

Thurs. 9 AM – noon

Tax Collector: Steve Boscarino

Deputy Tax Collector: Denise Nolan

Mon. 7 PM – 8 PM, Wed. 2 PM – 4 PM

Planning Board: Richard Drew, Chairperson

Meetings held at Civil Defense Building

1st & 3rd Tues of the Month – 7:30 PM

Transfer Station & Recycling Facility:

Tues. 8 AM – 4 PM, Thurs. 8 AM – 7 PM

Sat. 8 AM – 5 PM

Town Library: Wendy O'Brien, Librarian

Tues. 4:30 PM – 8 PM, Wed. 9:00 AM – 12 PM

Thurs. 4:30 PM – 7 PM, Sat. 10 AM – 2 PM

Police (Non Emergency): 239-6007

Fire/ Rescue (Non Emergency): 239-4466

Fire Warden: Ed Atkins, 239-6337

Selectmen – 239-4232

Town Clerk – 239-6202

Tax Collector – 239-6106

Road Agent: Mark Beal 903-2184

Visit town on-line: <http://richmond.nh.gov>

The Richmond Rooster

180 Fay Martin Road

Richmond, NH 03470

BULK RATE
US POSTAGE PAID
PERMIT NO. 35
WINCHESTER, NH 03470

OCCUPANT
CARRIER ROUTE PRESORT
RICHMOND, NH 03470