



The Something to Crow About RICHMOND ROOSTER April 2017

Town Election, Town Meeting, and A School Election

The forecast was for 12 to 18 inches of snow throughout the state. Heavy snowfall was predicted to start late morning in the south at a rate of two to three inches per hour, with as much as four inches per hour at times and possible whiteout conditions. In addition, wind gusts of 30-40 mph were predicted. Parts of the state were under a blizzard warning. And, although some municipalities rescheduled their local elections to another day due to safety concerns, the Town of Richmond was one of many that held its local election on Tuesday, March 14, 2017, as prescribed by NH State Law, RSA 669:1.

The polls opened with a line of people invigorated by the challenge of braving the weather and Richmond's rural, hilly roads. Snow swirled around the Veterans Memorial Hall, collecting in ever-growing drifts. The parking lot was plowed multiple times throughout the day. Walden Whitham, town moderator, shoveled the steps and walkways several times. At the end of the day, 166 of the 843 registered voters voted. This was 32 voters less than the previous year's election, which was held on a beautiful spring day.

There was one contested race on the ballot this year – Selectman for a three-year term. William R. Daniels won with 82 votes. Kathryn D McWhirk, the incumbent selectman, lost, having garnered 70 votes. All other offices on the ballot were uncontested. Both amendments to the zoning ordinances passed. Complete election results are available at the Town website and at the town clerk's office.

Richmond voters defeated all budgetary requests on the Monadnock Regional School District ballot. Article Nine received 101 votes. This Article asked voters to delete a portion of a school policy that prohibited Board members from privately taking any action contrary to the Board's decision on any matter. Neil Moriarty, who was the sole candidate for the School Board from Richmond, received 112 votes. No one was on the ballot for the Budget Committee representative from Richmond.

At the close of the polls, there were 27 write-in votes. When all ballots were tallied, there was a three-way tie between Douglas Bersaw, Daniel Connell, and James Carnie. They each received three votes. According to school clerk, Michelle Cloutier, to settle the three-way tie in the voting of our School Board committee Representative, they each drew a card from a deck of cards, highest wins. Jim Carnie drew a 3, Doug Bersaw drew a 6, and Dan Connell drew the queen of spades, but he later withdrew from the winning position. Bershaw was sworn in for the MRHS budget committee.

Town Meeting was held on the following Saturday, March 18. The day dawned with a cold, clear winter's sky. Only 66 voters participated at the meeting. All articles passed. Prior to adjournment, Ed Atkins thanked Kathy McWhirk for her years of service, and Kathy received enthusiastic applause. Maureen Blackledge was passionate in her disappointment that the Town Election was held on Tuesday, rather than being rescheduled as some municipalities had done. Walden Whitham, Town moderator, responded that the decision to conduct the Election on March 14 "weighs on my shoulders." He then went on to explain that there is no legal provision in the statutes to hold the Town Election other than on the prescribed day and to have rescheduled it would have called into question the legality of the Election results. After inviting all in attendance to donate for, and partake of the baked goods in the kitchen, Walden adjourned the Meeting one hour and 32 minutes after calling it to order.

Many thanks to everyone who worked at the Tuesday Election and the Saturday Town Meeting. And thank you to all who voted Tuesday and to those who set aside a Saturday morning to participate in the voting of the Town's budget.

Dog Licenses

Annette Tokunaga, Town Clerk

Dog licenses expire on April 30. If you have recently added a dog to your family, you need to license it. Please

bring the rabies certificate and any documentation verifying if your dog has been spayed or neutered.

If you licensed your dog last year, you can license it online, provided the rabies vaccination is current. If you have any questions, please call 239-6202.

Thank You

John Bocalini

Many thanks to Kathryn McWhirk for serving as Selectman for the past three years. In addition, Peter Mulhall and Kathleen Whitham will be continuing as Trustees. Welcome!

Richmond Public Library – Goodbye and Hello

Wendy O'Brien

We would like to say a sad goodbye to Jan Weekes, who has been a Trustee at the Library for six years. Jan oversaw the renovation of the entire Library interior, as well as the move of the Richmond Town Archives to a safe location in Keene. She has been instrumental in the Library's work in the community and will be greatly missed. We would like to welcome our new Trustee, Jerry Mills. Jerry brings his wealth of experience in Richmond's history as well as his fluffy dog Sheriff for the kids to read to at the Library. In addition, Peter Munhall and Kathleen Whitham will be continuing as Trustees. Welcome!

First Saturday Coffee Hour/Painting with Susan Opal Wyatt

Come join us on Saturday, April 1st at 10:30 am for delicious goodies made by Elaine Moriarty and friends.

We hope that you will come by to see our beautifully refinished floor, as well as visit with your neighbors! Susan Opal will offer a painting class for children.

Story Time/Knitting Circle

At 10:00 am on Wednesdays we are having a lively time with both a story hour for kids as well as knitting/crafting time for adults. We have stories, snacks, and easy crafts for kids of all ages. Join us for help with those difficult knitting questions and enjoy time with other crafters.

Save the Date!

On Wednesday, May 3rd at 7:00 pm at the Veterans Hall we are hosting a Humanities to Go Lecture by Steve

Taylor. In conjunction with the recent renovation of the Tramp House across from the Library, we thought that Mr. Taylor's lecture, "Poor Houses and Town Farms," would be most appropriate. Come learn about the issues that our state has faced in the past in helping those in need, some of which comprise a dark chapter in New Hampshire's history. Refreshments will be served.

New at the Library-Genealogy Databases!

The Board of Trustees is pleased to announce that the RPL now has access to two popular genealogy databases, Ancestry.com and HeritageQuest. Ancestry.com is well known for its access to both records from the United States and 80 other countries, including birth, marriage, death, census, and military records. Heritage Quest has detailed United States records, including federal census, Revolutionary War, and Freedman's Bank records. To access these databases you will need to come into the Library, but you can save and email your search results to your home email account. Come find out about your heritage!

March Update

Jim McConnell – State Representative
Cheshire 12 – Richmond and Swanzy

This month the House finished work on most of the bills on our calendar. Until the end of June, the end of the legislative calendar, the House's work will taper off. The Senate is beginning to send bills to the House which we will address more or less as they are received.

All of my resolutions and bills have now been, at least for the time being, dealt with. This year I submitted two resolutions and five bills.

House Resolution 7, my proposed US Constitutional Amendment was adopted on a 211 – 75 vote. I've set up a web site www.realreformamendment.org to support it and am working to ensure that federal candidates running in 2018 have to address it.

House Concurrent Resolution 3, which seeks to rescind New Hampshire's calls for an Article V Convention, was retained and may be considered again at a later date.

My three pipeline bills were all defeated. One sought to strengthen eminent domain protections and another sought to change the guidance to the Public Utilities Commission. The most important of the three sought to bar electric ratepayers from entering into capacity contracts which have the effect of subsidizing

the construction of natural gas pipelines. It was defeated by a vote of 176 – 157 after coming out of the Science, Technology & Energy Committee with a vote of 13 – 8 against the bill. *Happily, the Supreme Judicial Court of Massachusetts has ruled this funding approach illegal and that effectively blocks any such capacity contracts in any of the New England states as their electricity costs are all linked.* That having been said, I am anxious to ensure New Hampshire also bars this funding option and will ensure this bill is reintroduced at the first opportunity.

My bill to reduce pesticide exposure where children play is being retained by the Environment & Agriculture Committee and will be further considered later this year. I believe it, or a close approximation of it, will probably be recommended and enacted into law next year.

The last of my bills sought to allow Social Media subscribers the option of deleting their information from the Social Media website. Our Legislative Services Department believes this bill was the first of its kind in the nation and, while it was defeated, its introduction got the industry's attention and I hope will ensure that opting out becomes a more available option than it has been to date.

Two other bills are of note.

Senate Bill 128 seeks to back away from the utility restructuring law (RSA 374-F) enacted to “harness the power of competitive markets.” This bill would open the door to stranded costs, unnecessary pipeline construction and a return to the vertical structure utilities have traditionally operated under. *I vigorously oppose this bill.*

Senate Bill 136 updates RSA 121, which governs the acquisition of New Hampshire land by the Federal Government. This bill is timely as the US Fish and Wildlife Service is buying up property throughout New England to create a giant wildlife refuge extending from Long Island Sound to Canada centered on the Connecticut River. Last year, a similar bill passed the Senate and House only to be vetoed by Governor Hassan. Governor Sununu has indicated he will sign it when it reaches his desk. I am a co-sponsor of this bill.

I can be reached at 903-3878, which is my cell phone. I have decided it is much more efficient to use my cell phone as I'm frequently away from my desk and I'd rather take a call than return one. My personal

email is mcc@mindspring.com. Please use my personal email as my legislative email is inundated from both out of state interest groups and individuals and I'd like to make sure that you, my constituents, can reach me when you want to and not get lost in the shuffle.

Things and Thoughts from the District –

Neil Moriarty

Do you have a problem and do not know where to get help? Try calling 211. This a help system that can get you to a variety of help sources/agencies.

Thanks to all of you who voted for me. As always questions or comments are welcome; see below. Write-in election of Budget Committee member resulted in a 3-way tie and was not resolved by my deadline.

I will continue with this column as long as I can make time to do it. Note the title of the column “Things and Thoughts from the District.” There are opinions in this column you don't have to agree with, but I stand behind what I write.

Richmond's Lydia Randall was part of Monadnock Ladies Basketball Team Div. III CHAMPS. Should UCONN ladies be looking over their shoulder?

Warrant Article Results:

Article One: Accepted the Default Budget with a no vote. YES 562 NO 786

Article Two: Mt Caesar Project defeated. YES 669 NO 686

Article Three: Health and Safety passed. YES 706 NO 648

Article Four: Before and After School defeated. YES 572 NO 770

Article Five: Money for Special Ed Trust defeated. YES 668 NO 681,

Article Six: Teachers Contract defeated. YES 452 NO 887

Article Nine: ACCEPTED. Ask School Board to delete words from policy. YES 808 NO 466

Articles Seven and Eight are non issues.

I thank the district for its support of Article Nine – Let's see if the School Board will accept the taxpayers vote.

Repeat from March 2017: STEM is: Science, Technology, Engineering, Math. And because it still spells something, you can add ART and get STEAM. *I don't*

agree that ART is a very good career path for the average student. I did get negative comments on my comment on ART as a career path. Both comments came from someone who felt they (in one case, it was the spouse) had been successful in the arts. Note that it refers to the average student.

I did a little (make that very little) research. Now these figures come from different sources so you can't really compare them. National Endowment for the Arts (NEA) says 1.4% of the workforce is in Arts, of which 39% of them are in design. Congressional Research Service says 4.8% of the workforce is a Scientist or Engineer. 11.4% of our workforce is in Technology. Although math is used almost everywhere, only about 3,500 list themselves as Mathematicians. When the question was asked, "What job can I get if I major in Math?" – the answer was, "Any one you want!"

By the by, the singer Adele went to ART school; (BRIT School for Performing Arts and Technology) the Beatles did not, for the most part, the Beatles could not read music!

When I was in high school I had no idea what I wanted to do. Thank you, Mr. Crowley, for leading me to a great start, and I thank all the others that helped me along the way!

Additionally, there are over 500 Liberal Arts colleges in the USA – that are not promoting either STEM or STEAM. Given you believe that anyone that uses a colored pencil has an art background – so be it.

As for the kids at Monadnock, do your research and pick something that turns you on that is going to consume 40 hours or more a week for 42 years of your life. Given it's ART (using Neoga definition), then know the issues before you start; or major in math – Yes, that is my opinion!

Thank you for reading my article, if you have thoughts, comments, concerns, contact me at 603-239-4031; cmoriarty@ne.rr.com; or 782 Old Homestead Highway.

Conjurer Ballou

Bob Weekes

From time to time I have written *Rooster* articles about members of the extended Ballou families that moved here from Rhode Island and settled Richmond during the seventeen and eighteen hundreds. "Ballou Dell" was their chosen neighborhood (the locus of *Gaskill's Haven*, a book written by Harold Dickenson in 1962).

This was a series of Ballou farms that stretched north from the top of Monument Road to Fish Hatchery Road and up along Benson Road to Grassy Hill.

James Ballou, Jr., cousin of Richmond's Hosea Ballou, moved in 1803 from his house and gift farm atop Devil Stair Hill (where the Eliza Ballou Monument and cellar hole are located), to become the second owner of our 1775 house on today's Quaker Lane. He lived here for five years with his family, including daughter Elizabeth (Eliza). Following her father's "untimely" death near our house (see following narrative), Eliza moved west with her mother and siblings. In later life she married Abram Garfield and gave birth to son James who became the 20th president of the U.S. After living in the White House and surviving her son's death by an assassin's bullet, Eliza died in January, 1888 at the age of 87.

Two months after her death, her cousin Adin Ballou of Hopedale, MA, published *An Elaborate History and Genealogy of the Ballous in America*. In it he reported on the lives of many of Richmond's Ballous. He described this work as a "huge production, a book much larger than any of us anticipated, containing more than 12 octavo [6 x 9 inch] pages, over 9000 names, and numerous artistic illustrations..."

My continuing research into my house's roots recently uncovered this book and its story about James Ballou, Jr., which I am excerpting here in its entirety [along with a few bracketed notes of my own] for those interested in Richmond's early history. Although lengthy, it presents a picture of a colorful Richmond character, one who has been written up by the Historical Society of Cheshire County as a clairvoyant who predicted the day of his death which occurred 209 years ago this very month.

James Ballou\The Astrologer

"James Ballou was a man of rare and peculiar abilities. He was uncommonly well educated, though chiefly by self-tuition, was a successful teacher of youth in early manhood, after marriage settled near his father on one of his gift-farms, in the southwesterly [Note: actually southeasterly] section of Richmond, but later removed nearer the center of the town [along the old "Lunenburg Road," today's Quaker Lane] and engaged in merchandise. Russell Whipple, his nephew, in one of his letters to Mr. Peck, said 'Uncle James Ballou was a man well educated, and a school-teacher for several years. He

lived and died respected, and had not an enemy in the world. In regard to Fortune-telling, he had a peculiar gift from a child. He was what is termed clairvoyant. In some instances he astonished learned men by foretelling future events.' It was in this role of Fortune-teller that he won his chief distinction. How far his natural gift of clairvoyance extended, we have never been satisfactorily informed, probably far enough, to form the basis of his professional fame; for he was long the oracle of consultation to thousands scattered over an area of between fifty and one hundred miles in diameter, made up of romantic youth who longed to peer into their future marriage relations or worldly luck, and of older people who had lost property by thieves or some strange mishap. [Note: he developed a reputation for helping people locate lost property]. In fine, a multitude greedy from various causes for marvelous revelations. To his original faculties he added a considerable knowledge of Astrology from books, and indeed used to say to his confidential friends, that this science and its mathematical deductions were his most reliable resources in working out problems. He was well skilled in mathematics generally. Besides all this, he was a quick reader of human nature, and knew how to adapt himself readily to all sorts of people, characters and cases.

"He was at once a shrewd, genial and amiable man, and did not scruple to put in guess-work, mystification and cunning devices, when he could do so to advantage without harming his customers. Many of them were doubtless ignorant, credulous and superstitious. With such he played off appearances and some harmless tricks. He had his conjurer's robe, wand and hieroglyphics, masks and hocus-pocus, astonishing some, amusing others, and striking the more susceptible with awful emotions. But being really benevolent and kind hearted, he was careful to wrong no one. Nor does he

appear to have much enriched himself by his profession. He kept open doors for the entertainment of his clients from abroad, a sort of public house, with a stable for their horses, a bar of choice liquors, a good table for refreshment, and respectable lodgings [Note: James Ballou, Jr. was one of Richmond's early tavern keepers as I reported in my presentation entitled "There's a Tavern in the Town" given at the Richmond Public Library in March of 2014]; but was generally moderate in all his charges. He got his sobriquet of "Conjurer" among the multitude probably from his paraphernalia and mystical ceremonies; many supposing him to be a great master of the "Black Art" with power even to "raise and lay [viz., put down] the Devil" at discretion. [Note: taverns and public houses of the time frequently offered "entertainment" to their guests, their way of competing with other places offering lodging for customers.] He used to visit his Rhode Island cousins, of whom the writer's father was one, and to amuse their families with laughable stories of his professional exploits and experiences.

"The writer was then too young to have personal remembrance of him or his stories, but has often heard his mother repeat the substance of several. Among them are the following. 'One day,' said the Astrologer, 'a queer looking maiden lady rode into our open door-yard on a little dappled mare. On dismounting and delivering her pony for stable care, she told me she had come forty miles to consult the great Fortune-teller on an important matter, indicating that her stay must be short, and she must return as soon as possible. She therefore wished an immediate private consultation. I inferred from the urgency of her manner that some murder, robbery or theft had been committed at her home, or that some valuable article of property had been lost. On seating her in my reception room [Note: I speculate this would have been our home's "good parlor"], she looked



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furtively around, and inquired if that was my most private apartment. I took her into one more retired and less exposed to intrusion or overhearing. And now came out, in an anxious, half-suppressed tone, her momentous errand.

“Shall I ever be married?” I concealed my astonishment, glanced inoffensively at her uncouth physiognomy, and felt that it was a hard case. For nature had knocked her forehead one way and her chin the other, set her bleary eyes askew, twisted her sharp nose badly, and given her lank face a skin as brown as a dried shad.’

“Well, what was to be done? I went through my customary formulas, and ciphered out her destiny as quickly as possible. I gave her as hopeful a forecast as the nature of the case permitted, and sent her off with the most comfortable assurances my ingenuity could deduce. I never heard from the fair maiden again.’ This was told with such sarcastic gravity, such lurking twinkles of fun, and such ineffable airs of drollery, that all present were convulsed with laughter.

“But this was nothing to another [tale], narrating one of his grim farces as “raising the Devil.” Early one forenoon a large coachload of dashing young fellows, mostly from Boston, arrived at the Astrologer’s residence. They were ranging through the up country regions with their coach and four, to air themselves, discover rare sights, hunt up pleasure, and have a grand good time. They had heard marvelous things of Ballou, the famous conjurer, and come somewhat out of their way to test his prowess.

“They were full of money, and ordered for themselves [Note: presumably in our house’s keeping room] and horses the best fare that could be afforded. They were served accordingly. Their hair-brained mirth and dare-devil impudence taxed the patience and wit of their host rather severely; for they smashed furniture, hurled tumblers through windows, and were bent on a costly frolic, significantly slapping their pocket books, and giving the conjurer to understand that they should make good all damages. Meantime he was planning how to sober them before they left. The whole day, excepting those portions consumed in luscious refreshment, was spent in horoscopic evolutions and revelations, until, one by one, all had had their fortunes told. The sun was near its setting, bills were lavishly paid, and their coach horses harnessed for departure, when suddenly one of the company cried out, ‘There now, we have forgotten one thing we agreed on, which was to

have Ballou raise the Devil. Damn it, we can’t go till we have seen that.’ Whereupon all joined in a vociferous demand. ‘Mr. Ballou, you must raise the Devil for us before we leave.’ The Magician’s countenance instantly assumed an aspect of frowning awe which cowered his roistering rowdies at once into civility. His hour had come for revenge. ‘Young gentlemen,’ said he, in a solemn tone, ‘you know not what you ask; it is an awful thing! You would not be able to endure the sight!’ ‘O yes we can,’ responded several faltering voices. ‘Well then, will you conform to requisite conditions, be seated and not utter a word during my incantations?’

“They nodded assent. He tipped a sly wink to his brother Russell Ballou, who acted as his accomplice in such cases, seated his expectants in a semi-circle around the outside of the room, and arrayed himself in his magical attire, covered with divers wondrous hieroglyphics. Then with his stately white and black wand, fitted with chalk at one end and charcoal at the other, he drew a black and white circle several feet in diameter, on which were denoted the twelve signs of the zodiac. Then, with a most awful gravity, he touched sign after sign, and pronounced the incomprehensible jargon of his hocus-pocus. The latent superstition of his auditors was now fully aroused, and some of them were already pale. ‘The charm works,’ said he, ‘I shall succeed in a moment. You will presently hear his signal overhead, and note the strange sound of his cloven-foot, with uneven step descending the stairway. Prepare yourselves; and if his appearance should prove too horrible for endurance, some one of you call out for me to ‘lay’ him, and I will do it. I can do it only on your urgent demand.’

“The arch fiend’s signal was immediately heard, and the indescribable thump-a-thump of his cloven-hoof soon followed, to the evident terror of the now subdued metropolitans. His Satanic majesty was rigged in all the monstrous paraphernalia of a mighty goblin. Such a face, mouth, eyes, horns, etc., might have done honor to the nethermost infernals. He reached, with fearful tread, the lower entry, [Note: the door from our stairs to the keeping room] and the door creaked on its hinges. Slowly it opened, and Diabolus revealed his horrid form. They all recoiled with a shudder, and before he had fairly entered they had seen enough. All but one of the party seemed paralyzed, and he cried out aghast, ‘Lay him! Lay him!’ No sooner said than done. The Magician waved his potent wand, and the spectre

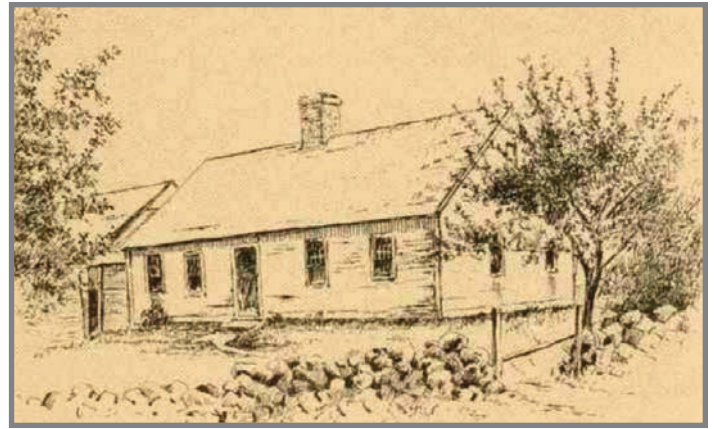
was gone. Mr. Ballou, who had given this story in his own graphic style, closed it thus. ‘Those saucy fellows were thoroughly sobered. Not another impertinent word came out of their mouths. They begged to be allowed to remain with me and under my protection till morning. Their horses were unharnessed and re-stabled for the night. They were shown to their, lodgings, and a stiller house for one night I never had. They rose with the sun next morning, paid their bills handsomely, and politely left me with all the deference due to one who had at his command the powers of darkness.’

“He had an inexhaustible fund of tales and anecdotes to repeat, was social and humorous, delighted to amuse his friends with his narrations, and would laugh them off in a certain refined way without noise, by shaking his partially corpulent sides, amid the general mirth of his auditors.

“The most remarkable of his astrological predictions was that of his own death. We have it, on several concurrent and reliable testimonies, that he actually did this to the very day. On the morning of the predicted day he was in his usual health. His men were preparing the greensward of a certain field for plowing, by digging and dragging off several large stones. He shouldered his plowshare, after breakfast, and walked to a neighboring blacksmith shop to get it sharpened. [Note: it likely was the blacksmith shop of his close neighbor, Jaazaniah Barrett, ¼ mile away where Quaker Lane meets Route #32, at the house where Shirley and Roy Heise lived for many years]. The blacksmith was familiar with him, and also with the prediction of his death. He had hardly laid down the plowshare, with his request to have it sharpened, when his blacksmith friend said to him, ‘How is this, Mr. Ballou? I thought this was to be the day of your death.’

““So my repeated calculations uniformly resulted,’ answered the Astrologer. ‘They have proved correct in most cases. But I never felt better than today, and really hope I have made some mistake in my figurings.’ He went home with his sharpened plowshare, and out into the field where his diligent employees were hauling out stones. One heavier than the rest battled their efforts to turn it over on to the drag. On the spur of the moment he joined in the hard lift to load it, but burst a blood-vessel, bled profusely, was conveyed to his bed and died before night!

“He had large views of God and human destiny, and



James Ballou, Jr. home on Quaker Lane (from Bassett's History of Richmond)

had no fears of his disposal in the great hereafter. He did not live to be old, but ended his mortal career in the ripeness of middle age having but just passed his 47th birthday. His last years seem to have been clouded with pecuniary adversity. He went into mercantile partnership with his cousin, Mr. James Cook, under the firm name of “Cook & Ballou,” near Richmond Centre. Trade was not in the line of his mission. They failed, not far from 1804. He did his utmost to settle honorably with his creditors, but could not overcome the entail of embarrassments. He died April 30, 1808, and his widow, who settled his estate, was able to pay only about 20 percent of the claims against the same. But no one breathed reproach, or aught but respect for his memory, and sympathy with his family. In 1810 the widow, with her five surviving children, removed to Worcester, Otsego Co., N. Y., where they resided until the autumn of 1814. They then removed to Muskingum Co., Ohio, and settled. There Mrs. Mehitabel [Ingalls Ballou], the widowed wife and mother [of Eliza], d. Dec. 4, 1821. She is said to have been eminently worthy of her relationship to her departed husband.” [Note: James Ballou, Jr. is buried in Richmond’s South Cemetery, his gravestone bears the inscription “J.R. April 30, 1808,” the day of his death].

QUOTABLE QUOTE

Terri O’Rorke

I enjoy the spring more than the autumn now. One does, I think, as one gets older.

—Virginia Woolf, English writer, 1882-1941
[goodreads.com/author/show/6765.Virginia_Woolf](https://www.goodreads.com/author/show/6765.Virginia_Woolf)

Easy Health Tips

John Boccalini

- Standing up and stretching every waking hour can reduce your chances of heart disease, diabetes, and obesity. Take a walk around the house. Park your vehicle further from your destination to get more exercise.
- Spending time with a pet is an effective way to reduce stress and lowering blood pressure.
- Tape a tennis or golf ball to your back to prevent sleeping on your back and avoid blocked airways that leads to a host of troubles, including snoring and apnea.
- Raise the head of your bed a few inches to aid digestion and avoid acid reflux.
- Sit up straight. Tilt the rearview mirror up 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° angle which strains your spine. The ideal angle is 45° off vertical.
- Avoid spray cleaners which increases your risk of an asthma attack. Use wipes instead and reduce chances for respiratory problems
- Take a Vitamin D 400 IU supplement, which reduces your risk of an early death by 7%.
- Steam your broccoli with its concentration of glucosinolates (compounds found to fight cancer) by 30%. Boiling lowers the level. Steaming veggies is better than boiling to preserve the "good stuff."
- Use smaller plates, bowls, and cups. Don't eat out of the original container (especially ice cream) or you'll eat more than you should eat. Reducing your portion size reduces overeating and the risks of obesity, diabetes, heart disease, and joint problems.
- Laughing causes blood vessels to dilate by 22%. This, in turn, reduces your blood pressure.
- Don't forget to focus your eyes at distant objects to help keep your eyes healthy.

Richmond Egg Hunt

Karen Daugherty

Spring is near! Please meet at the Richmond Pavilion, behind the Fire Station, on Saturday April 1, at 11am sharp! We will have an egg hunt, hot chocolate, and donuts. Feel free to bring your own Easter basket or we will provide some shopping bags. Brought to you by the Richmond Parks and Recreation Commission. Happy Easter!

RICHMOND EGG HUNT

Saturday,
April 1st
11am sharp!
Behind the Fire Station

Bring your own basket, and room for
Donuts & Hot Chocolate!

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Richmond Recipe Book

Jeani Eismont

I would like to compile a recipe book of old, historic, and favorite recipes from all the residents of this wonderful town. If each one of you has one or more of your favorites, or if you have sources for old recipes that were used in Richmond or New Hampshire, please send them to me at jeani@eismont.com. We can use this as a fundraiser for the 4-Corners development. So far, I have received only one apple pie recipe. Come on folks, send me some recipes.

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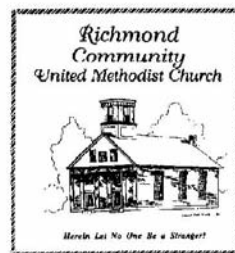
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The RICHMOND ROOSTER

180 Fay Martin Road, Richmond, NH 03470



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Terri O'Rourke, Annette Tokunaga, Bob Weekes,

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

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Town Business Hours

105 Old Homestead Highway, Richmond NH 03470

Board of Selectmen:

Chris Daugherty, Carol Jameson, William Daniels

Mon. 9 AM – 12 PM, 3 – 7 PM, 5:30 – 7 PM for business

7 PM – ? for public concerns)

Tues. 9-12 (Selectmen meet first Tuesday ONLY)

Wed. 9 AM – 1 PM, Thurs. 9 AM – 1 PM (unless posted)

Town Administrator: Heidi Wood

Assistant Town Administrator: Susan Harrington

Town Clerk: Annette Tokunaga

Deputy Town Clerk: Jennifer S. Thompson

Mon. 9 AM – 12 NOON, 1 – 4 PM, 6 – 8 PM

Wed. 9 AM – NOON, 1 – 5 PM, Thurs. 9 AM – 12 NOON

Tax Collector: Steve Boscarino

Deputy Tax Collector: Kerry A. Boscarino

Mon. 6 PM – 8 PM, Wed. 9 AM – 12 NOON

Tues. 2 PM – 5 PM in the week taxes are due

Planning Board:

Meetings held at Veterans Hall.

1st Tues. of the month – 7:30 PM

and 3rd Tues. if needed

Transfer Station and Recycling Facility: 239-8136

Tues. 8 AM – 4 PM, Thurs. 8 AM – 7 PM

Sat. 8 AM – 5 PM

Town Library: Wendy O'Brien, Librarian, 239-6164.

Tues. 3 PM – 7 PM, Wed. 9 AM – 12 NOON

Thurs. 3 PM – 7 PM, Sat. 10 AM – 2 PM

Police (Non Emergency): 239-6007

Fire/Rescue (Non Emergency): 239-4466

Fire Warden: Ed Atkins, 392-2027

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>