

A Cat's In the Garden

By Arianne Fosdick, Volunteer Management Program Assistant,
UNH Cooperative Extension, Grafton County



Master Gardener and southeastern Grafton County resident Carol White (otherwise known as Cat) has spent many afternoons in gardens. As a vegetable and flower gardener for the past 63 years, she is no stranger to the rituals involved in getting a seed to turn into a plant and a plant to turn into a meal. Rituals that include hours of kneeling over weeds, daily, blank-minded watering sessions, and a devoted covering and uncovering of plants around nights that threaten frost. Eager to share this knowledge and experience with her community, Cat initiated Alexandria's first community garden in spring 2009. With funds from the NH Master Gardener Association, volunteer labor, and lots of determination and hard work, the 2009 gardening season was a success. Such features as the renowned "salad bars," which are really two whiskey

barrels filled with lettuce, cherry tomatoes, and herbs, made the gardens a routine break point for cyclists, children on summer vacation, and people on their way home from work.

Though this year's garden could boast harvestable lettuce and salad mix, blossoming tomatoes and squashes, and tall, sturdy, bean plants in June, Cat admits that it has not always been "skittles and beer." The original soil was mainly sand and rock, which demanded that much of their first year effort and funds went into bagged compost and soil additives. Last year's gardening rollercoaster was at its peak as everyone watched the tomato plants thrive due to all of these soil amendments, but it plummeted when the appearance of late blight forced Cat to pull and discard their beautiful, fruit laden plants.

The tomatoes are in a new spot

this year and everyone's fingers are crossed against another late blight epidemic. So far the garden shows little sign of pest or disease damage of any sort. The biggest problem is that in order to escape the delinquent pumpkin patch the police department had to find a new parking spot for their cruiser a fact that will delight the Alexandria School children when they come to harvest the pumpkins again this fall. Cat is growing the ever-bearing strawberries in special synthetic mulch which lets water through but keeps the plants cool, an idea she picked up at a strawberry growers' festival in Florida this past winter. It is this creativity and willingness to try different things that helps keep the project going. Cat is wary about getting too big though. With the existing beds there is enough to keep Cat and the occasional volunteer in a tight race against the weeds, and enough to allow for the lucky person who stops by at just the right time to leave with some fresh, local ingredients for their next meal. To date Cat has given away 38 quarts of greens, 57 zucchini, 48 summer squash, 10 cucumbers, 16 head of cabbage, ? a bushel of Swiss chard, and immeasurable handfuls of strawberries and cherry tomatoes.

All of this produce comes from the 968 square feet of veggies that Cat has "wrapped around the town hall", and she hopes that seeing what she has been able to do in a relatively small area will show people that it doesn't take acres of land to grow a few vegetables.

These gardens are located in front of the Alexandria town offices. Stop by to see the edible landscape for yourself. For more information about this project, the Grafton County Master Gardener Program, or other community gardens in Grafton County call the office at (603) 787-6944.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.

LITTLETON PARKING PASSES AVAILABLE

LITTLETON – The Littleton Area Chamber of Commerce has brought yet another great reason to stop by the newly renovated Littleton Opera House Welcome Center: You can now purchase your parking passes for the White Mountain National Forest in Littleton.

Coordinating with National Forest officials for over a year, chamber officials are excited to provide this service to users of the National Forest. "When we received the news that the Trudeau Road station would be closing, we jumped at the chance to be able to carry the passes and provide the service to the area" said Chad Stearns, Executive Director. This is an important service to the area, and we are proud to ensure that passes are still available locally".

Since 1997, the Forest has used recreation fees to maintain high quality recreation facilities and trails. Passes available for purchase at the Opera House Welcome Center include 1-7 day Recreation Passes, Annual Recreation Passes, and 2 Car Household Annual Passes.

"This is just another great reason to come to Littleton" said Jim Alden, Vice President of the chamber, Marketing committee member, and a driving force behind bringing the service to Littleton. "Whether residents want to buy there passes before going a trip to the National Forest, or guests to the area want to buy a pass while on vacation, providing this service brings people to town, and gets customers that much closer to area businesses doorstep".

The Littleton Area Chamber of Commerce is a non-profit organization that strives to work with both members and the community on social and economic development. For more information, please contact the Littleton Area Chamber of Commerce at 603-444-6561, www.littletonareachamber.com.



Weekly Distribution

Franconia

Best Western
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Northrop's Market

Bath

The Brick Store

Littleton

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Aubuchon Hardware
Applebees Restaurant
Hampton Inn
Shaw's Supermarket
Asian Gardens
Meadow Seafood
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Dunkin's Donuts
Teddy's Place
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Littleton Food Cooperative
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Exit 41 Travel Inn
Parker's Market
Simon's Market
Deluxe House of Pizza
WM Laundry (Union St)
Alburrito's Mexican
Restaurant

Bethlehem

Village Store

Whitefield

Mac's Market
Laundromat
3 North Mini-Mart
Spring House Chinese

Lancaster

Munce's Convenience
Big Apple Mobil
Coos Motor Inn
Simon the Tanner
Subway
McDonalds
Go Go Gas

St. Johnsbury, VT

White's Market
St. J Family Dollar Store
Go Go Mart
East Garden
Welcome Center
Wash Tub
Gilmore Chrysler Ford
Cumberland Farms
Coles Redemption Ctr.
Portland St. Laundromat
Pettyco Junction
Price Chopper

Concord Vt

Mooselook Restaurant

Lunenburg Vt

Lunenburg Variety

Woodsville

McDonalds
Dunkin' Donuts

Wells River

TJ's Lunch
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Lincoln-Woodstock

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Parker's Motel
Indian Head Resort
Inn of Lincoln
Woodward's Resort
Sport Thoma (Rt. 3)
Irving Gas (Rte. 3)
Alpine Plaza Laundromat
Wayne's Market
Fadden's General Store
Peg's Restaurant
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White Mt. Attractions
Deer Park
Munce's Convenience Store
Rodger's Ski & Sport
Comfort Inn
McDonald's
GH Pizza
Kanc Country Store
Buonopane's Place
Goodies Mobil
P & C Supermarket
InnSeason Resort South Mtn.
Rivergreen Resort
Village Shops
Mr. W's Restaurant
Encore Thrift/Half Moon
Honey's Convenience
InnSeason Resort
Pollard Brook
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Campton-Thornton

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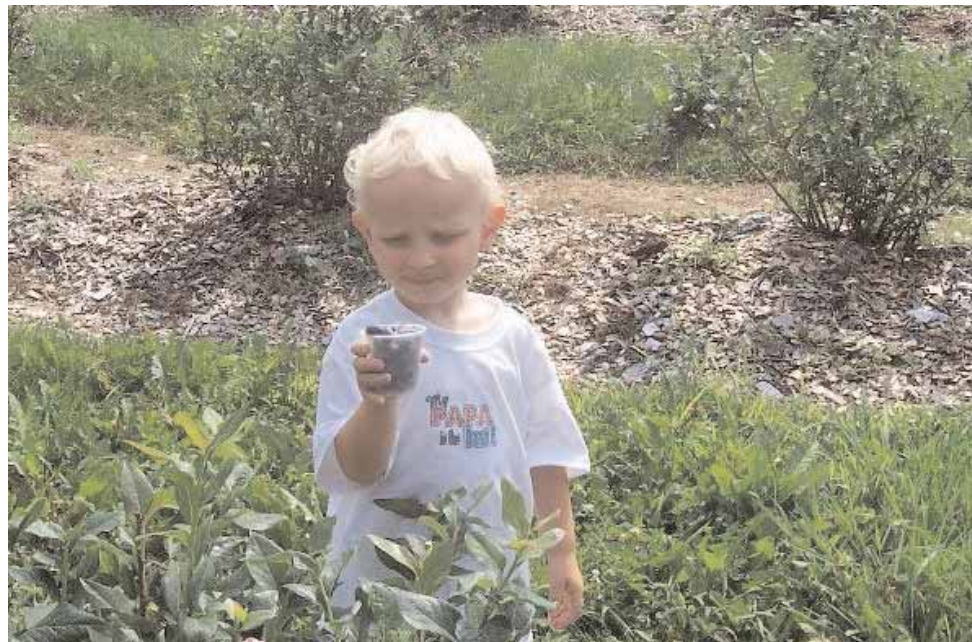
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George's Seafood & BBQ
Tenney Mtn. Pizza

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Dunkin Donuts
Irving
Mobil
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True Value Hardware
Cumberland Farms
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The Incredible Berry! Blueberries and Nutrition



Blueberries contain a large amount of antioxidants. Research has shown that eating blueberries can help you lose weight by reducing food cravings. In the study, those who consumed an extract of blueberries reduced their food intake by eight percent. Blueberries have also been shown to reduce cholesterol. Along with cranberries, blueberries help to prevent urinary tract infections because of a nutrient they contain called proanthocyanidin, which lines the urinary tract and prevents bacteria from sticking. Tests have also shown that blueberry consumption slows age-related memory loss.

With just 80 delicious calories per cup and virtually no fat, blueberries offer us many important nutrition and health benefits.¹

Blueberries are an excellent source of vitamin C.

In fact, a serving contains about 14 mg or almost 25% of daily requirement for Vitamin C. Vitamin C is needed for the formation of collagen and to maintain healthy gums and capillaries. It also aids in the absorption of

iron and promotes a healthy immune system.

Blueberries are a good source of dietary fiber.

Government surveys tell us that there is not enough fiber in our diet. A diet high in fiber contributes to heart health, helping to keep cholesterol in check. Fiber also aids in digestions and helps maintain regularity.

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Blueberries contain substances that have antioxidant properties. Antioxidants help neutralize free radicals which are unstable molecules linked to the development of a number of diseases including cancer, cardiovascular disease and other age-related conditions such as Alzheimer's. According to the USDA database of the antioxidant activity of selected foods, blueberries rank among the highest on a per serving basis.



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Town Of Lincoln Meeting Schedules

The Board of Selectmen - meet almost every Monday evening at 5pm at the Town Hall.

The Planning Board - meets on the second Wednesday of each month and (if necessary) fourth Wednesday of each month at 6 p.m. in the Conference Room of Lincoln Town Hall.

The Zoning Board of Adjustment - meets as needed in the Conference Room of Lincoln Town Hall

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1858 Maple St • 869-5401
Sunday Worship: 10 am
Pastor: Steven M. Palmer

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39 Strawberry Hill • 869-5465
Regular Worship Services
www.bethlehemsynagogue.org

Durrell United Methodist

Main Street • 869-2056
Sunday Worship: 11 am
Pastor: Richard Hanson

CAMPTON

Campton Baptist Church
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Saturday Service: 5:30 pm
Sunday Worship: 10 am
Children's Church: Sun. 10 am

Congregational Church

Sunday Worship: 9:30 am
Pastor: Rev. Russ Petrie • 536-2536

New Hope Fellowship

Sunday Worship: 10 am
at Days Inn Conference Room
Pastor: Ray Blandi • 726-4300

New Life Church

349 Owl St. • 968-7251
Sunday Worship: 10 am
Pastor: Rev. Shirley Marcroft

CARROLL

Victory Baptist Church
134 Lennon Rd. • 444-1370
Sunday School 10 am
Sunday Services 11 am
Pastor: Daniel Boyce

FRANCONIA

United Church of Christ
44 Church St • 823-8421
Sunday Worship: 10:30 am
Interim Pastor: Bill Briggs

Our Lady of the Snows

Roman Catholic
Main St. • 444-2593
Saturday Mass: 6 pm

HEBRON

Hebron Union Congregational Church
16 Church Lane • 744-5883
Sunday Worship: 11 am
Pastor: Rev. John Fischer

LINCOLN

St. Joseph Church
Roman Catholic
Church St • 745-2266
Saturday Mass: 5 pm
Sunday Mass: 9:30 am

LISBON

Lisbon Bible Church
Non-Denominational
21 Woolson Rd. • 838-6184
Sunday School 9:15 am
Sunday Worship: 10:30 am

Church of the Epiphany

Episcopal
School St. • 869-5465
Sunday Worship: 9 am

Church of the Nazarene

Sunday Worship: 10:30 am
at Lisbon Regional School Library
Pastor: Tracy Davis • 838-5138

St. Catherine of Siena

Roman Catholic
Highland Ave. • 747-2038
Sunday Mass: 9 am
Daily Mass: Thurs. 8 am

Lisbon/Landaff Shared Ministry

U.M.C. & Congregational U.C.C.
Brick Church Main St. • 838-5008
Sunday Worship: 10 am
Pastor: Rev. Lyn Winter

LITTLETON

All Saints Church
Episcopal
35 School St. • 444-3414
Sunday Worship: 8 & 10 am
Rector: Rev. Kurt Wiesner

Crossroads Church

1091 Meadow St. • 444-2525
Sunday Worship: 10:30 am
Pastor: Mark Clements

Christ Church

Anglican
74 Cottage St. • 444-0002
Sunday Eucharist: 9:00 am
Rector: Rev. Curt Hanners, Ph.D

Faith Bible Church

Christ Centered
365 Union St. • 444-2763
Sunday Worship: 8 & 11 am
Pastor: Mac Starring

First Congregational U.C.C.

189 Main St. • 444-3376
Sunday Worship: 10 am
Interim Pastor: Dr. Gene Mockabee

First United Methodist Church

18 Main St • 444-5567
Sunday Worship: 8 & 10 am
Pastor: Rev. Sam Newton

Light of Christ Fellowship

Advent Christian
45 Lafayette Ave. • 444-1381
Sunday Worship: 10:30 am
Pastor: Randy DeTrude

New Life Assembly of God

475 Whitefield Rd. • 444-1230
Sunday Worship: 10:30 am
Pastor: Rev. Ernest Wilkins

NCUUS (North Country)

Unitarian-Universalist Society
Sunday Worship: 4 pm
Held in Fellowship Room at All Saints
Church, School St.

St. Rose of Lima

Roman Catholic
High St. • 444-2593
Masses:
Sat. 4 pm and Sun. 8 & 10:30 am

White Mountain

Christian Church
70 Redington St. • 444-6517
Sunday Worship: 10 am
Pastor: Jim Anan

N. HAVERHILL

United Methodist Churches of N. Haverhill & Woodsville
July: N. Haverhill Sunday 10 am
August: Woodsville Sunday 10 am

N. WOODSTOCK

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School St. • 745-3184
Sunday Worship: 9 am
Priest in Charge: Teresa Gocha

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319 Highland St. • 536-1966
Sunday Worship: 10 am
Pastor: Glenn Youngans

Church of the Holy Spirit

Episcopal
Sunday Worship: 8 & 9:30 am
Pastor: Rev. Susan Ackley • 536-1321

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Sunday Worship: 9:30 am
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Sunday Worship: 11 am
Pastor: Rev. Brian Fullerton

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46 Langdon St. • 536-4700
Masses:
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Father Leo LeBlanc

Unitarian Universalist Fellowship Starr King

Sunday Worship: 9:30 am
Pastor: Rev. Sarah Stewart
536-8908

United Methodist Church

334 Fairgrounds Rd. • 536-1941
Sunday Worship: 9:30 am
Pastor: Rev. Edward Charest

SUGAR HILL

Sugar Hill Community Church

Non-Denominational
Rt 117 • 823-9908
Sunday Worship: 11 am
Pastor: Ned Wilson

THORNTON

Thornton United Methodist Church

22 Church St. off Cross Rd.
between Rt. 3 and Rt. 175
Sunday Worship: 9 am
Pastor: Richard Hanson

TWIN MOUNTAIN

Saint Patrick Church

Roman Catholic
Off Route 3 at Intersection of
Rt. 3 & 302
Sunday Mass: 7:30 am

WHITEFIELD

Advent Christian Church

3 School St. • 837-2555
Sunday Worship: 10:30 am

Trinity United Methodist

25 Lancaster Rd.
Sunday Worship: 9 am
Pastor: Rev. Al Bunnell

WOODSTOCK

Pemi Valley Church

Rt. 3 • 745-6241
Sunday Worship: 9 am
Pastor: Rev. John Muehlke, Jr.

WOODSVILLE

St. Joseph Church

Roman Catholic
21 Pine St. • 747-2038
Masses:
Sat. 5 pm and Sun. 7:15 & 10:45 am
Pastor: Rev. Jeffrey P. Statz

ST. JOHNSBURY, VT

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Matthew 6:26

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When Advertising, Persistence Pays Dividends

The first time a person looks at an ad, they do not see it.
The second time they do not notice it
The third time they are not conscious of its existence.
The fourth time they faintly remember having seen it before
The fifth time they read it.
The sixth time they turn up their nose at it
The seventh time they read it through and say "Oh brother"
The eighth time they say, "Here's that thing again."
The ninth time they wonder if it amounts to anything
The tenth time they will ask their neighbor if they have tried it.

The eleventh time they wonder how the advertiser makes it pay.
The twelfth time they think it may be worth something.
The thirteenth time they think it must be a good thing.
The fourteenth time they remember they wanted such a thing.
The fifteenth time they are tantalized because they can't afford it.
The sixteenth time they think they will buy it someday.
The seventeenth time they make a memorandum of it.
The eighteenth time they swear at their poverty.
The nineteenth time they count their money carefully.
The twentieth time they see it, and they buy it.

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A WEEKLY FEATURE FROM THE WHITE MOUNTAIN SHOPPER

The Pycolog was published monthly by The Parker Young Company, and The Marcalus Paper Company from 1919-29 and 1941-48.

Included, along with the activities in The Parker Young and Marcalus Paper Mills and the lumbering operations, are details on nearly every aspect of area life. Extensive Coverage of Lincoln and the residents during WW II; School Events, Graduations, etc; Coverage of all local Sporting Teams and Events; Winter Activities; Stories about the Region's Tourist Attractions; and much, much more.

The Upper Pemigewasset Historical Society offers a nearly complete run of this publication on a set of three DVDs. The price of the set is \$99.50 postpaid. Contact: Upper Pemigewasset Historical Society P.O. Box 863 Lincoln, NH 03251 (603) 745-8159 library@lincolnnh.org

LINCOLN HIGH SCHOOL

On Friday morning, May 29 the high school met with the sixth, seventh and eighth grades to hold their annual Memorial Day exercises in the auditorium. The exercises were opened by singing one stanza of America. Mr. Sherman Adams gave the address, which was greatly appreciated by the students and teachers. A salute to the flag was then given, followed by the singing of the national anthem.

In the afternoon of Memorial Day our baseball team played the North Woodstock baseball team at Lincoln. We defeated them by the score of 14 to 5. We made many errors, but the hitting of all the L. H. S. boys made up for them.

Miss Eleanor Parker of North Woodstock, a graduate of Mt. Holyoke College, has been elected to the faculty of Lincoln high school. She will replace Miss Shay, who has been a member of the staff for two years. Miss Parker has been teaching at Madison high school since her graduation from Mt. Holyoke College in 1941. At Lincoln she will teach English and French. She is much interested in music and dramatics and will assist in both at L. H. S.

Miss Mabel Bartlett of Salisbury, Mass., a graduate of the University of New Hampshire in the class of 1943, has been elected to teach home economics in the L. H. S. next year. Miss Bartlett was a member of the Home Economics Club and the Theta Upsilon Sorority at the University. She did practice teaching at Rochester high school. Miss Bartlett will replace Mrs. C. Witcher, who has been teaching in Lincoln high school for four years.

Thursday afternoon, June 10, the

seniors held their Class Day exercises in the auditorium. It had been planned to hold them outdoors but owing to inclement weather the change had to be made. We were able to carry out the tree planting exercise outdoors.

The following was the program: Welcome, Kathren Walsh; Class History, Alice Leonard and Hazel Clark; Class Gifts, Carolyn Salem and Robert Audrey; Class Will, Catherine Connery and Madeline MacDonald; Tree Planting Exercise, Kathren Walsh and Eugene Superchi; Class Song, written by Carolyn Salem.

In the evening of the same day graduation exercises were held in the high school auditorium. The program was as follows: Invocation, Rev. William Sinclair; Welcome and Introduction of Speaker, Carolyn Salem; Graduation Address, Hon. Sherman Adams; Valedictory, Catherine Connery; Awarding of Prizes, Headmaster Carl E. Harriman; Presentation of Diplomas, Superintendent F. Lester Trafton.

There were three perfect attendance awards given to the high school pupils this year: two freshmen, Betsy Herrick and Marjorie Goss, and one junior, Roger Downing. Five awards were given for outstanding work in typing to the following freshmen: Betsy Herrick, Marjorie Goss, Arlene Durant, Donald Winkley and Dean Downing.

The Balfour award, given to the student showing outstanding ability in studies, participation in athletics and other school activities, and being outstanding in school citizenship, was awarded to Carolyn Salem.

The Becker award, given to the senior who during four years has shown most proficiency in commercial subjects, was given to Catherine Connery.

The baccalaureate service was held

in the auditorium, Sunday afternoon, June 6 at 2:30 o'clock. Rev. J. E. Cahalane, pastor of St. Joseph's Church, gave the address to the senior class. Hon. Sherman Adams sang a solo, accompanied at the piano by Miss Marella Ramage of Syracuse, New York. Mr. Adams' selection was "Omnipotence" by Schubert.

Monday evening, June 7, the seniors held their class banquet at the Lincoln hotel. All the members of the faculty were their guests. Following the banquet the seniors and their guests were invited to a dance at the hotel given in their honor by Mr. and Mrs. James L. Audrey and Mr. and Mrs. Sherman Kendall.

On June 4, our baseball team was defeated by the North Woodstock team by the score of 10 to 4.

BABY CLINIC

The regular Child Health and Toxoid Clinic was held at the Lincoln high school June 1 and 2 from two to four each day. "The examiners were Drs. Handy and Copenhaver, assisted by Miss Agnes Moses, R. N., from the State Board of Health, Mrs. Nora Parent, Mrs. Clyde Ramsay, R. N., Mrs. Roland Lane, Mrs. Lawrence Smith and Mrs. Sherman Adams.



CORPORAL ROBERT ALAN GILMAN
Killed in an automobile accident May 2, 1943 at San Diego, Calif.



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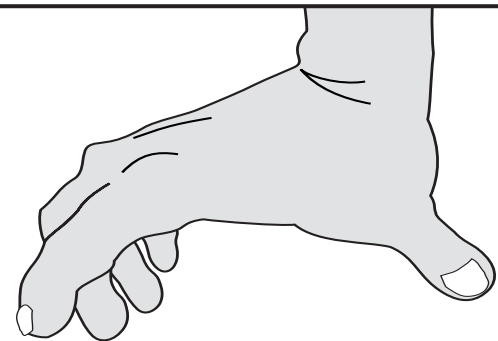
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