

COMMUNITY



ARTIST OF THE MONTH — “Girl in Blue” (pictured) is one of artist Norma Garceau’s paintings currently on display in the Seacoast Artist Gallery, located at 121 Water Street in Exeter. — Atlantic News Courtesy Photo

Artist of the Month

SPECIAL TO THE ATLANTIC NEWS

EXETER | The Seacoast Artist Association (SAA) has announced that Rye artist Norma R. (Anthony) Garceau is the SAA’s featured Artist of the Month for January.

Garceau is a graduate of the Manchester Institute of Arts and Sciences. She has shown her work in many galleries and has attended numerous workshops over the years.

She has done window trimming and holds a degree in commercial art as well as fine art. She paints in oil, watercolor, and acrylic, and is currently experimenting with color markers.

Garceau’s work is currently on display in the SAA Gallery, located at 121 Water Street in Exeter.

For more information on this and other Seacoast Artist Association events, call (603) 778-8856.

Children’s programs at the Discovery Center

SPECIAL TO THE ATLANTIC NEWS

STRATHAM | The Sandy Point Discovery Center, located off Route 33 on 89 Depot Road in Stratham, has several children’s Bayventures programs planned for this winter. It is beautiful on Great Bay in winter, and a great time to be outdoors and have fun meeting new people and learning new things.

On Saturday, January 15, the Discovery Center presents Project Feederwatch, an interesting program for those who like to do some birdwatching. The Discovery Center has participated

in Project Feederwatch for several years and would like some help counting birds at the Center’s many feeders. Join in for a day of bird identification, counting and tallying some fine feathered friends, and enjoy some games and crafts too. This program is for children ages 7-11, and runs from 9:45 a.m. to 2 p.m. A snack is provided but participants should bring a lunch and dress appropriately for extended outdoor play. The cost is \$8 for Great Bay Steward members and \$10 for non-members.

Offered Tuesday through

Friday, February 22-25 is a program entitled “Animal Autographs.” Participants age 7-11 will look for animals and their “autographs” in different habitats around Sandy Point ... on snowshoes! In the past the groups have identified fisher tracks in the woods, otter tracks on the salt marsh and have even seen a bald eagle fly by while everyone was having a snack. Participants will take part in winter activities and games and make a craft to take home. No snow? No fear: The program will run (9:45 a.m. to 2 p.m.) whether or not there is snow on the

ground, and lunch is provided. Please remember to dress appropriately for extended outdoor play. The cost for one-day participation (the program is the same each day) is \$8 for Great Bay Steward Members and \$10 for non-members.

For more information about these programs, please call the Discovery Center at (603) 778-0015. The Sandy Point Discovery Center is the educational facility for the Great Bay National Estuarine Research Reserve and is funded by NOAA and administered by NH Fish and Game.

Take a ‘Winter Walk’ at the Great Bog

SPECIAL TO THE ATLANTIC NEWS

PORTSMOUTH | As part of their ongoing Shoreland and Wetland Conservation programs, the Seacoast Land Trust (SLT) will be hosting a winter walk at the Great Bog on Saturday, January 15, from 10-11:30 a.m.

The group will meet at the entrance to the Bog off Buckminster Way in Portsmouth. The event is funded in part by the New Hampshire Estuaries Project and is free and open to the public.

This winter walk should be of great interest for those who would like to experience the beauty of the Great Bog. Participants will join the Land Trust to explore the historic woods road and old farm foundations at the bog and learn about the various habitats supported by this parcel of conservation land.

The Land Trust’s series of Shoreland and Wetland Conservation Programs focus on these habitats and their conservation. Shore lands and wetlands not only provide habitat for many species of wildlife but also reduce floodwaters, stabilize shorelines, and filter sediment and nutrients. Protecting wetlands, shore lands and their upland buffers is a critical conservation goal.

The Great Bog was put into conservation in 2001 through the efforts of con-

cerned citizens, the City of Portsmouth, and the Seacoast Land Trust. The land is owned by the City of Portsmouth and the Seacoast Land Trust holds the conservation easement. Together they have worked to clean up the 194 acres of land at the bog and have started to restore the natural habitats.

Recently the Seacoast Land Trust received a grant from the New Hampshire Estuaries Project to develop a management and restoration plan for the bog. These efforts and other activities will be discussed on the walk.

In addition to working on conservation of the Great Bog, the Seacoast Land Trust is actively engaged in working to evaluate and protect the Berry’s Brook-Sagamore Creek watershed areas as well as the Winnicut Headwaters area. Recently, SLT helped to secure funding for a 23-acre parcel adjacent to the Brackett-Locke Massacre Marsh in Rye and concluded a conservation project in Hampton Falls.

The mission of the Seacoast Land Trust is to promote and effect the protection and stewardship of open land in the Seacoast. Seacoast area citizens and landowners are invited to get involved in the work of Seacoast Land Trust by sup-

porting the organization with donations and membership contributions, through volunteering on work projects, and by serving on committees or the board of directors.

For more information

about the Great Bog Winter Walk or about the Seacoast Land Trust, contact Executive Director Danna Truslow at (603) 433-0963; e-mail danna@seacoastlandtrust.org, or visit www.seacoastlandtrust.org.

Seabrook Library lists Winter Story Times

SPECIAL TO THE ATLANTIC NEWS

SEABROOK | The Seabrook Library is starting up its Winter Story Times, beginning the week of January 10 and running through February 18. Children can start 2005 off with some great books when they take part in these exciting programs.

Story Times for 3-year-olds and older meet on Monday evenings at 6 p.m. or Tuesday afternoons at 4 p.m. Story Times for 1-1/2 to 3-year-olds meet on Tuesday mornings at 11 a.m. or Friday mornings at 11 a.m. Babytimes will meet every Friday morning at 10:15 a.m. and last about 20 minutes.

Stories and More!, a Story Time program for first and second graders, will meet on Wednesdays from 3-4 p.m.

The Library Club for grades 3-4 will meet on Thursdays from 3-4 p.m. Registration for these programs has already begun; parents may register their children in person at the library or over the phone.

The Seabrook Library is located at 101 Centennial Street in Seabrook. For more information about these programs, call Children’s Librarian Melissa Gaspar at (603) 474-2044 or check out the library Web site at www.sealib.org.

Poker tourney funds college scholarship

SPECIAL TO THE ATLANTIC NEWS

KINGSTON | On Friday, January 7, there will be a Texas Hold ‘Em Poker Tournament held at the VFW Hall, located on Route 125 in Kingston.

The tournament will begin at 6:30 p.m., with registration starting at 5:30 p.m. A full bar will be available.

The first place winner will receive \$3,000 and all the players at the final table will win cash awards (awards based on attendance of 100 players). The buy-in for the tournament is \$100, and re-buys will be available for \$50. Live action

games and mini-tournaments will also be available.

All proceeds will benefit the Miss Kingston/ Seacoast Scholarship Organization, an official non-profit 501(c)(3) entity. The organization has been awarding college scholarships to the women of New Hampshire since 1987. This past July a total of \$4,000 was awarded at the annual event. This year’s winners, Miss Kingston Alecia Donahue and Miss Seacoast KeriAnn Lynch will be in attendance.

For further information, please call (603) 642-8017 or e-mail ttidd716@aol.com.

Tree pick-up funds mission trip

SPECIAL TO THE ATLANTIC NEWS

NORTH HAMPTON | The Senior High Youth from the North Hampton United Church of Christ will pick up and dispose of residents’ Christmas trees, in an effort to help raise funds for their mission trip in April.

The pick-up will take

place on Sunday, January 9, and the fee is \$5 (more for very large trees).

To arrange pick up, contact Steve Delcambre at (603) 502-8451; Dick Tharp at (603) 964-8194; or Brenda Tharp at bl.tharp@comcast.net.

NEW CAR ■ OLD CAR ■ USED CAR ■ PREOWNED CAR ■ LEASED CAR ■ ANY CAR
 Find it On-Line at **RPA** **AUTO GUIDE** *2005* Or Biweekly in the Pages of... **The AUTO GUIDE**
 To Advertise, Call (603) 926-4557

Cyan Magenta Yellow Black



HEALTH NOTES

OASIS CLUB FOR SENIORS

Special to the Atlantic News

EXETER | Fifteen years ago, Exeter Hospital expanded its volunteer program to offer area Seniors a variety of outreach activities. What started as a series of informal luncheons held once a month on the hospital campus evolved into a program that has more than 1000 members.

Exeter Hospital's OASIS Club (an acronym for Older Adults Services and Information System) provides many benefits. Members take advantage of health and support classes, educational presentations, computer classes, fitness programs, and even world travel.

Discounts to Synergy Health & Fitness help keep Seniors fit and active. Parties, clambakes and dinner theatres offer a variety of venues for socializing.

As the popularity of OASIS has grown over the years, so have the number of activities offered. Together, OASIS members have traveled to every state in the nation, have visited foreign countries, and have learned valuable computer skills.

To learn more about an OASIS membership, call (800) 4-EXETER.

OSTEOPOROSIS AWARENESS AND PREVENTION

Special to the Atlantic News

EXETER | Osteoporosis (the "silent thief") affects many people as they get older. While childhood is the best time to begin prevention strategies, it is never too late to implement changes to curtail bone loss as we age. There are several things that can be done to help prevent osteoporosis:

- A balanced diet rich in vitamin D and calcium
- Weight-bearing and strength-building exercise
- Avoiding excessive alcohol use and not smoking
- Bone density measurement, and strengthening medications when appropriate

An active lifestyle helps keep bones healthy. Two types of exercise are especially beneficial to preserving and increasing bone mass.

Weight-bearing exercise uses your own weight and gravity to strengthen bones in the lower body: the hips, legs and lower spine. Examples of weight-bearing activity include jogging, dancing and organized sports. Low impact weight bearing exercises are very effective and include walking and light gardening.

Strength-training exercises use weight and resistance to work and strengthen specific muscles. This kind of exercise helps improve balance, posture and flexibility. Examples include free weights, resistance bands and water workouts.

SIGN UP FOR PILATES CLASSES

Special to the Atlantic News

HAMPTON FALLS | The Hampton Falls Recreation Commission will be offering Pilates classes on Tuesday and Thursday evenings from 5:30-6:30 p.m. at the Hampton Falls town hall, located on Drinkwater Road.

Classes will start on January 11 and continue until February 17.

Students will learn the basics and fundamentals of The Method Pilates. All mats and equipment will be provided.

The cost of the program is \$60 for one class per week or \$107 for two classes per week. Pre-registration is required.

For more information or to register, please call Certified Pilates Instructor Kathy Cole at (603) 674-7664 or (603) 580-2046.

MOLDY FROM 13

costs.

"The old philosophy was 'make it tight' — it's a way to cut costs," he said. "But you need to ventilate, ventilate, ventilate."

Cuetara said that old farmers in Maine used to open all the windows in their houses every couple of days during the winter to ventilate, a practice that didn't find its way into the 20th century.

"That's the best thing that you can do — it freshens the house," said Cuetara. "It helps the house to work, it gets the germs out."

Cuetara noted that in New England, a very humid and moist region, mold spores are everywhere. A lot of people in homes or businesses shut all the windows and doors, especially during winter, Cuetara added.

"If you want to guarantee mold carrying through the air, do that," he said.

Nonetheless, mold is a fact of life in New England, according to Cuetara.

"I've had people call me up and say they want a

guarantee that there is not mold or mildew in their house," he said. "I say I can guarantee that there is mold or mildew."

Hampton Town Manager James Barrington agreed that ventilation is a big problem in a lot of old buildings.

"Eighty years ago, ventilation was opening the windows," Barrington said, noting that in a new facility ventilation will taken into account.

In some buildings, he noted — especially the Hampton courthouse — the problems extend further than ventilation problems.

"That court building is really not adequate," he said. "It doesn't even have proper access."

Operations at Exeter District Court have been moved to Rockingham County Superior Court, while a temporary location is still being sought for the Hampton's District Court.

Both Seabrook and Hampton have offered locations for the court.

Take precautions to prevent flu

SPECIAL TO THE ATLANTIC NEWS

EXETER | It's flu season, and for those who were unable to get a flu shot — whether due to the recent shortage of vaccines or not being part of an at-risk group — should take note of a number of precautions that can be taken to help prevent getting the flu.

One of the most important is handwashing. Hands spread germs very quickly; washing with antibacterial soap several times a day reduces the risk of spreading the influenza virus.

Other habits can be undertaken to help prevent contraction of influenza. They include:

- Avoid those who are sick. If you are sick, stay home. To avoid exposing those who are already medically compro-

mised, do not visit friends or family who are hospitalized.

- Cover your nose and mouth with a tissue when you sneeze or cough.

- Avoid touching your eyes, nose and mouth. Germs spread very quickly when you touch something contaminated and then touch these areas of your face. Exeter Hospital and its affiliates are working with state and federal agencies to help ensure that those who need a flu vaccine get it. For more information, call Exeter Hospital at (800) 4-EXETER.

ACHING BACK FROM 13

however, OK with me because they are all acute, mild and temporary. Pain can be acute and useful, or chronic and useless. The acute pains mostly protect and teach us, and we can usually avoid them. It is chronic pain that is the worry, pain that persists day and night, interferes with thinking, accomplishments, relationships.

These feelings I have are of little interest to my doctor. I mention them, but I can see a sleepy glaze begin to cover his eyes. He knows and I know there's nothing to do about this little problem.

To understand these feelings better, let's concentrate on the spine. We can think of the spine as primarily a stack of little tuna fish cans. Between each pair of cans is some soft material enclosed in an envelope, like a jelly doughnut. The doughnut lets the tuna fish cans move. The joint surfaces are cleverly angled to allow movement — leaning, bending forward or back — while maintaining stability.

The tuna fish cans are vertebral bodies, the jelly doughnuts are the intervertebral disks and the joints are the facets. This structure starts just below the skull and continues up the tail (if we had one). The structures are fused together at the pelvis. Ribs are attached along the chest. The spinal nerves leave the spinal canal — two for each vertebra.

All of this stuff deteriorates. The intervertebral disk's envelope gives away allowing the jelly to bulge, usual-

ly right onto the spinal nerve root as it leaves the spinal canal. If you bend forward, you push harder on the disks in the lower back, which pushes the bulge harder. This can hurt.

Most older people have these bulges; about 80 percent of people over 60 years of age have herniated disks. If your back hurts and an image shows herniation, don't assume that the latter causes the former, and you certainly want more information before you let anybody mess around inside you.

Some of the degeneration adds bone to the edges of bone. In the back, this extra bone adds to the hurt on stretching. It also takes up room that the nerves need. When the canal gets too narrow, the squeezed nerves can't work. The problem is called spinal stenosis (narrowing). This hurts more when you lean back but it can get to where it hurts if you don't lean forward. Some people can't walk very far; they have to sit frequently to let the pain subside.

Here's a good place for a warning: a more intense nerve squeeze and pain in the low back, into one or both thighs, numbness of the perineum and genitals and disorder of the bladder and anal function is a sign of acute cauda equina syndrome. It's a "Lassie, get help!" situation.

Ask. The doctor's eyes won't glaze over. James Tucker, MD, is a retired family practitioner. He lives in Exeter.



Vitamins - Minerals - Herbs - Aromatherapy
Natural Health & Beauty Aids
Staffed by licensed health care practitioners

Hannaford Plaza, 839 Central Avenue, Dover, NH 03820 - 603-740-8400
181 Lafayette Road, (Next Door to Philbricks Sales and Service)
North Hampton, NH 03862 - 603-379-8400

www.HerbalPath.com

open Monday thru Saturday 10 am - 6 pm

"We're dedicated to your health, Naturally!"

Herb of the Week: Echinacea

Echinacea is taken orally to stimulate the immune system and is effective against the common cold. It is also used topically in the treatment of wounds and burns. Echinacea is not recommended for use by people with multiple sclerosis, white blood cell disorders, collagen disorders, HIV/AIDS, autoimmune disorders, or tuberculosis.

YANKEE CANDLE

famous for fragrance™

25% OFF
Select
Fragrances!

While Supplies Last!

Cassidy's
Hallmark



Seacoast Shopping Center
Seabrook, NH • Open at 9am (603)474-3082