



## LOST COMMUNITIES OF THE SEACOAST

# The Native American enigma

By JOHN HIRTLE  
ATLANTIC NEWS STAFF WRITER

Nearly four hundred years have gone by since the first brave settlers landed on Seacoast's rocky shores. Out of the four original towns of Dover, Exeter, Hampton and Portsmouth came other towns which left to seek their own way like children leaving home. Each is a unique place, where people still live, work and raise families.

But not every community can succeed.

With its many successes, Seacoast has witnessed its failures - lost and forgotten communities and towns. There are far more than you might expect on such a tiny Seacoast.

### THE NATIVE AMERICANS

Of the first lost community, or rather communities on the Seacoast, we know virtually nothing of. Yet they survived and thrived longer than any European settlement in New England. In fact, they were the original settlers.

They were the Native Americans.

The first people in the region arrived perhaps 11,000 years ago, a few thousand years after the final glaciers of the last ice age began to melt, revealing New England. The Seacoast was very different then. Where today there are long beautiful stretches of sandy beaches and rocky seashores

was a long ridge overlooking a vast plain of forests and grasslands. Periodically, reminders of this past come to light, as a fisherman brings up a bone or tooth of a mammoth in his net, or a



**A NATIVE AMERICAN VACATION SPOT?** — Native Americans visited Hampton to take advantage of the ample shellfish and fish found in these waters. Like so many Native American sites on the Seacoast, one was found and partially excavated before construction began on the Seabrook Station.

— Atlantic News File Photo by John Hirtle

fierce storm uncovers one on the sunken forests which dot the coast in Rye and Kittery. We can only assume that under the depths of the water are also long lost and forgotten settlements of these first wandering Native Americans.

Before the first Europeans arrived, these nomads had settled down a bit. While still wandering the land, they had regions carved out for each group, with a scattering of seasonal campsites. Pottery was in use, as was some agriculture, requiring the Native Americans to adopt a more sedentary lifestyle.

Generally, their settlements were near the water, where they could take advantage of the ample fish and shellfish available. It is

from the piles of discarded shells and a few shards of pottery and stone tools that we know there were two semi-permanent settlements on the Seacoast - one right where the Seabrook Nuclear



Power Station now stands, and another at Odiorne Point State Park in Rye. By some estimates they were part of a population numbering into the tens of thousands for all of New England.

Then the first European explorers and traders arrived, and tragedy struck. Between 1616 and 1619 an epidemic of staggering proportions spread through the Native American population on the coast from Maine to Massachusetts. The Europeans called it Indian Fever. The Native Americans called it "the time of Great Dying". From the survivor's accounts, and medical knowledge of the day it is impossible to determine what it was, other than it was most likely a disease

brought over by the European traders. With a gap of thousands of years of isolation from Europeans, the Native Americans were vulnerable to such diseases, and may have reacted far more violently to a minor European malady than anyone could suspect. By some estimates, nineteen out of every twenty Native Americans in the region died due to this epidemic.

The result was that when the first colonists arrived, they were welcomed to a hauntingly deserted coast. The remaining Native Americans assisted these colonists, showing them how to survive and trading with them.

For a time it was a necessity for both sides- the plague that hurt the Native Americans was aggravated by warfare between the tribes, some of whom were aided by the French. The local tribes in turn were aided by the English, as they turned 'devil against devil' and allowed the Native Americans to war amongst themselves. An outbreak of smallpox among the Native Americans in 1633 didn't help matters either. For all intents and purposes, the Native American population along the Seacoast was slowly and steadily wiped out as European settlements spread like a wildfire along the coast and into the interior. The Colonist's values and demands slowly increased as they forcibly imposed their will on the Native American population.

By the time the Native American realized what was going on, it was too late to push the settlers out. The Native American tribes in the interior of New England had remained relatively unaffected by the Indian Fever either fought back or tried to remain neutral as the Colonists decided the best Indian was a dead one.

A long period of Indian raids and Colonist reprisals began in the mid 1600's, reaching a climax by the end of that century. The surviving Native Americans in New Hampshire either

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## AGENDA

### MEETINGS

**BIRTHMOTHERS SUPPORT GROUP** | Seacoast area birthmothers who have placed a child up for adoption are invited to attend monthly meetings of the Birthmothers Support Group of New Hampshire. Meetings are held the first Wednesday of each month at 7:30 p.m. in the community conference room at the Wentworth-Douglas Hospital, located on Central Avenue in Dover. Meetings for 2005 are currently scheduled for February 2, March 2, April 6, May 4, June 1, July 6, August 3, September 7, October 5, November 2 and December 7. For more information about this group call Tracy Evans at (603) 740-6359 ext. 2,3 or e-mail birthmothersofnh@yahoo.com.

**HAMPTON MONDAY CLUB** | Hampton Monday Club meetings are held at the First Congregational Church. Meetings typically include addressing club business, a program, and social time, and Monday Club members may invite friends to attend. For more information, call Rosemarie Schwartz at 926-4765.

**CIVIL WAR ROUNDTABLE OF NH** | The public is welcome to attend meetings of the Civil War Roundtable of New Hampshire (CWRTNH), which take place the third Friday of each month, with the exception of July, August and December. The next meeting will take place on Friday, January 21 at 7:15 p.m. at the Harvey Mitchell Library in Epping, with CWRTNH President/ Founder Duane Shafer speaking about "New Hampshire Troops at the Battle of Fort Wagner." There is no charge to attend. The Civil War Roundtable of New Hampshire is a non-profit 501(c) organization. Founded in May of 1991, the CWRTNH is dedicated to all aspects of the Civil War: Education, Preservation and Restoration. The CWRTNH is a group of men and women who share a common interest in the War Between the States and that period in American History that defined our nation as it is known today. Pre-meeting meals and conversation are often held at Telly's Restaurant (located on Route 125 in Epping) at 6 p.m., prior to the meetings' regular 7:15 p.m. start time. For more information, call Paul Oman at 679-8225.

**WOMEN'S GUILD MEETING** | The Women's Guild of the First Congregational Church of Hampton meets the first Thursday of the month at the church, which is located at 127 Winnacunnet Road in Hampton. All are welcome to attend. For more information, call 926-2837.

**RYE WOMEN'S ASSOCIATION** | The Rye Women's Association (RWA), which recently launched its 54th year of community service, has opened its membership (on a limited basis) to women from towns contiguous with Rye. Those who are interested in learning about the RWA may call Betty Tobey at 964-6591 for more information.

**WOMENBIZ ROUNDTABLE** | The Portsmouth WomenBiz Roundtable meetings, hosted by the Women's Business Center, are held the first Wednesday of every month at Fleet Bank, located at 848 Islington Street in Portsmouth. Roundtables are free; they run from 6:30-8:30 p.m. and presentation topics vary from month to month. The Women's Business Center is a nonprofit organization that promotes women's business ownership as a means to maximize personal potential and achieve economic independence. Visit the WBC online program calendar at [www.womenbiz.org](http://www.womenbiz.org) for the most up to date information.

**E.A.R.N. BUSINESS SUPPORT GROUP** | E.A.R.N. (Education and Referral Network) is a small business support group seeking to bring a wide variety of businesses together to network, educate, and refer business to one another. Anyone interested in attending is welcome to come to E.A.R.N.'s regular meetings, held every Wednesday from 7:30-9 a.m. at Synergy Health & Fitness Center, located on the grounds of Exeter Hospital, 7 Alumni Drive, Exeter. The meetings feature weekly speakers, promote networking, and help members to get more business. Be sure to bring plenty of business cards. For more information on the weekly speaker schedule, e-mail [mal@maryalicapoint.com](mailto:mal@maryalicapoint.com).

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## HEALTH NOTES

## STAY HEALTHY WITH SVNA

SEACOAST | The Seacoast Visiting Nurse Association conducts blood pressure screenings for Seacoast area residents at various times and locations. This service is free of charge, and no appointment is necessary.

Locations, dates and times are as follows: Seabrook, last Thursday of the month at 12 noon in the Seabrook Recreation Center on Route 1 in Seabrook; Hampton Senior Citizens meetings, second Thursday of the month at 11:30 a.m. at the Methodist Church on Lafayette Road in Hampton; every Tuesday from 1-3:30 p.m. at the SVNA agency office, 29 Lafayette Road, North Hampton.

SVNA also offers basic foot care clinics to Seabrook and North Hampton residents. Clinics are held on the third Thursday of the month at the Seabrook Recreation Center and on the second Wednesday of the month at the United Church of Christ in North Hampton. Individuals unable to perform their own foot care due to visual problems, difficulty with manual dexterity, etc., are eligible for these clinics. Individuals with diabetes or circulatory problems will require a physician's approval for participation. Appointments must be made in advance by calling (603) 926-2066, Monday through Friday from 8 a.m. to 4 p.m. The charge for this service is \$20.

Lastly, the SVNA's Diabetic Support Group meets the first Tuesday of the month at 5 p.m. at the agency office, located at 29 Lafayette Road in North Hampton. Anyone interested in learning more about this disease is welcome to attend these meetings.

For more information about the clinics or the support group, call the SVNA office at (603) 926-2066 or (603) 964-8082, Monday through Friday from 8 a.m. to 4 p.m.

## FREE PROGRAMS THROUGH FAMILIES FIRST

PORTSMOUTH | In addition to providing comprehensive primary health care services, Families First Health and Support Center in Portsmouth offers a wide variety of year-round parenting classes, parent support groups, parent/ child activity groups, and family groups.

Different topics are discussed at each weekly or monthly meeting, held at the Community Campus in Portsmouth. Most programs are free and include free child care with advance registration. Topics that will be discussed during regular weekly groups in February are as follows:

- **Babytime, Tuesdays, 10 a.m.,** Brain development; activities with a child development specialist; separation/ stranger anxiety; and creating a rich learning environment.
- **Terrific Toddlers, Tuesdays, 3 p.m.,** Making Friends; Action Games; Fun with Toys; Let's Pretend.
- **Adoptive Families, every second Tuesday, 6 p.m.,** February program is "General Support."
- **Custody Information Night, every first Wednesday, 6 p.m.,** Guardian ad litem Tim Cunningham answers questions about child custody in divorce and separation.
- **Step-Parents Group, every third Thursday, 6 p.m.,** topic for February is "Strengthening Your Couple Relationship," facilitated by Claudia Boozer-Blasco of UNH Cooperative Extension Service.
- **Parent Recharge, Thursdays, 9:30 a.m.,** Intro to Body/ Mind by Ari; Make Valentine's Day Cards; Indoor Winter Workout and Exercise; American Heart Month discussion.
- **Single Parents, Thursdays, 6 p.m.,** Valentine goody bags for parents; make-and-bake cupcakes; relaxing parent get-together (bring a dessert to share); accessing and navigating the Internet.

Many other programs and support groups are available through Families First. To sign up for a group or child care, call (603) 422-8208 (press 2). Learn more about Families First Health and Support Center, including its broad range of affordable health care services, at [www.FamiliesFirstSeacoast.org](http://www.FamiliesFirstSeacoast.org).

COMPILED BY LIZ PREMIO, ATLANTIC NEWS STAFF WRITER

## SPECIAL TO THE ATLANTIC NEWS

EXETER | Exeter Hospital has announced that its Center for Cancer Care recently was awarded accreditation with commendation from the American College of Surgeon's Commission on Cancer.

The rigorous review process acknowledges the Center's programming efforts from 2002 through 2004 and distinguishes it as a comprehensive community cancer center from 2005 through 2007.

"Receiving accreditation with commendation by the American College of Surgeons reflects the integrity of care offered at the Center for Cancer Care at Exeter Hospital," says Exeter Hospital's Director of Oncology, Jane Peterson.

The prestigious commendation recognizes the Center's efforts as above and beyond the standards in several areas, including Outcomes Analysis; Data Submission; Staging; Clinical Trials; Prevention, Early Detection and Outreach; Staff Education and Cancer-Related Improvements.

Exeter Hospital is currently the only accredited comprehensive community cancer center in the Seacoast area, and the only one to be awarded accreditation with commendation.

The most recent advance in radiation therapy at the hospital's Center for Cancer Care is the use of PET/CT (Positron Emission Tomography/ Computer Tomography) scanning in the treatment planning of radiation therapy patients.

A PET scan detects the metabolic activity of cancer cells in the body, while CT provides a detailed image of the body's anatomical structures. The combination of these two technologies reveals the exact location of

cancer in the body.

Since September, PET scanning has been utilized at Exeter Hospital, allowing clinical staff to offer a more advanced diagnostic tool for cancer patients. A mobile PET/CT unit, compatible with Exeter Hospital's radiation treatment equipment, is in use at the hospital one day per week.

"Having these advanced technologies available at Exeter Hospital eliminates the need for cancer patients to travel to an academic facility to receive leading edge cancer care," says Peterson.

The recent addition of PET/CT in radiation treatment planning puts Exeter Hospital ahead of other hospitals in the region that offer

radiation therapy. The use of PET/CT images in radiation therapy allows for more accurate targeting of the tumor in the radiation therapy planning process.

"The simulation and delivery of radiation therapy continues to become more advanced," says Matthew Katz, MD, Radiation Oncologist at Exeter Hospital. "Within the last two years, the popularity of the mobile unit has increased, offering more flexibility for health-care facilities."

As a former resident in Radiation Oncology at Sloan-Kettering Cancer Center in New York, Dr. Katz brings to Exeter Hospital extensive experience in the treatment of radiation therapy patients. In addition, Dr.

Katz was a radiation oncologist at Massachusetts General Hospital (MGH) specializing in breast cancer from 2003-04, and served as a member of the Multidisciplinary Breast Clinic at the Gillette Center for Breast Cancer at MGH.

Exeter Health Resources, Inc., is based in Exeter, and through its subsidiaries delivers medical services as well as a variety of other programs including physician services, home health services, medically based fitness programs, pediatric dentistry and acute care hospital services. For more information about Exeter Health Resources and its services, please call (800) 4-EXETER or visit [www.foreveryday.com](http://www.foreveryday.com).

## HEALTH

News from Exeter Hospital

## Center for Cancer Care awarded accreditation

# JOINT RELIEF

## Joint Relief III: "It Is What It Is"

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