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Newsletter e-mail: [greenfieldnhbos@verizon.net](mailto:greenfieldnhbos@verizon.net)

Volume 14.6

Greenfield's Community Newsletter

Dec. 2007/Jan. 2008

## BUDGET SEASON CONTINUES

### REMAINING TIME LINE FOR ANNUAL MEETING MEETING DATE - TUESDAY, MARCH 11, 2008

This time Line may be subject to  
change

Tuesday - January 8, 2008 - Last day  
for petitioned warrant articles

(per RSA 39:3) Departments must have  
warrant articles in by now also

Friday - January 11, 2008 - First day to  
hold a public hearing on any bond or  
note issues over \$100,000.00

Friday - January 11, 2008 - Yearly  
Reports for Town Report Due

Friday - February 1, 2008 - Notice in  
local papers of 2008 Budget Hearing

Tuesday - February 12, 2008 at 6:30 PM

- Public Hearing on 2008 proposed  
budgets. Budget Hearing to be held at  
Town Office

Monday, February 18, 2008 -  
Warrant & Budget must be posted at all  
polling places & at clerks office or town  
hall. Warrant shall state place, day and  
hour of election, hours polls are open &  
which items will be voted by ballot.  
RSA 39:5; 31:95; 669:2.

Tuesday, March 11, 2008 - Town  
Meeting for voting - adjourn meeting  
and reconvene on  
Saturday, March 15, 2008 @ 9:00 am.



*This Issue's Sponsor*

**THE GES PARENT-TEACHER  
ORGANIZATION**

*see back page*

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**To submit articles to the Spirit:**

E-mail text to: greenfieldnhbos@verizon.net or riverqueen@pobox.com, or drop off typed articles to the Town Offices. Send in serious or funny photos, articles, news of the town, poems, drawings, historical info, letters to the editor, etc., with the name of the writer and/or photographer. Thanks!

**Sponsor the Spirit**

If you'd like to sponsor an issue of the Greenfield Spirit, please call Deb at 547-3442. The cost is low, and it's a great way to get the word out about your business or group, as well as an easy way to support your community. Interest has been so great that we now have a sign-up form to keep everyone's turn organized. Please call the Town Office for rates and to get on the list.

**Ad rates and sizes are available from the Town Office.**

**DEADLINES**

**January 1st for Feb/Mar Issue.**

March 1st for the Apr/May Issue.

May 1st for the Jun/Jul Issue.

July 1st for the Aug/Sep Issue.

September 1st for the Oct/Nov Issue.

November 1st for the Dec/Jan Issue.

**SPIRIT DEADLINE**

**January 1, 2008  
for the February/March Issue  
Will cover events between  
February 1 to March 31.**

If you wish to get your news into the Spirit, make sure you send or deliver your information to the Town Office by November 1st. This is a firm deadline.

If you choose to send your information via e-mail, please send it to:

greenfieldnhbos@verizon.net  
or riverqueen@pobox.com.

If your article is a long one and you don't have e-mail, please supply a typed copy. If you have any questions, please call Deb Davidson at 547-3442 or Karen Day at 547-2985.

## **TOWN DIRECTORY**

### **TOWN OFFICES**

Executive Select Board meetings are weekly  
**Tuesdays at 6:00 pm unless otherwise posted.**

Offices open to the public - Mon.-Thurs 9am - 12pm (closed for lunch) then open 1pm -5pm  
Closed to public on Friday.

**Call for an appointment during closed hours.**

Select Board: Aaron Kullgren, Ch.,  
Karen Day and Jarvis Adams  
Debra Davidson, A.A.

Catherine Shaw, Accounting  
Tel: 547-3442

Fax: 547-3004

Email: greenfieldnhbos@verizon.net

### **TOWN CLERK (Registrations)**

Mon. 6:00 to 7:30 pm

Thurs. 9am to noon and 6pm to 7:30pm

1st & 3rd Sat. from 9:00 to noon

Town Clerk - Dee Sleeper

Tel: 547-2782 Fax: 547-2782

greenfieldnhct@verizon.net

### **BUILDING INSPECTOR**

Office open Wed. evening 7:00 to 9:00 pm

Insp's by Appt/as needed

Inspector - Peter Hopkins Tel: 547-3442

Home 547-3449 Cell: 582-9521

Email: pwhopkins4@netzero.com

### **CONSERVATION COMMISSION**

Meets 4th Wed. of the Month at 7:30 pm

Chair - Roger Lessard Tel: 547-3204

Email: mtking1@pobox.com

Open Space Committee-

2nd Wed. of the month at 7:30pm.

Carol Irvin, Chair Tel: 547-2037

### **HIGHWAY DEPT.**

Supervisor Wyatt "Duffy" Fox Tel: 547-3504

Email: greenfield.nh.dpw@verizon.net

### **LIBRARY**

Monday 1pm - 8:00 pm,

Wednesday 10 am to 8 pm,

Friday 12 to 5 pm, Saturday 10 am to 1 pm

Librarian - Gail Smith Tel: 547-2790

Trustees meet first Wednesday of each month at the Library at 7:00 pm

Email: stephensonlib@verizon.net

### **PARKS & RECREATION DIRECTOR**

Molly Anfuso Tel: 547-3442 or 562-6380

Email: greenfieldnhrec@verizon.net

### **PLANNING BOARD**

Meetings 2nd & 4th Mon. each month 7:00 pm

At the Town Offices. Normally the 2nd Mon.

meeting is for hearings and the 4th Mon. meeting is for other business.

Dario Carrara, Chair Tel: 547-0494

Email: dcarrara@localnet.com

### **RECYCLING CENTER**

Hours: Tuesday 8:00 to 12:00 pm

Thursday 1:00 to 5:00 pm as of Nov. 1st

Saturday 8:00 to 4:00 pm

Permits for residents at the Town Office.

Tel: 547-8617

### **SCHOOL BOARD REPRESENTATIVE**

Tom Welden

547-3238

twelden@conval.edu

### **TOWN RECYCLING COMMITTEE**

For more info: Call Neal Brown Ch. at 547-2023

### **TAX COLLECTOR**

Mon. 1:00pm to 7:30pm

Thursday 6:00pm to 8:00pm

3rd Saturday 9:00am to Noon

Tax Collector - Kathleen Valliere

Tel: 547-2782 Fax: 547-2782

Email: greenfieldnhtaxes@verizon.net

### **TOWN WEBSITE WEBMASTER:**

Catherine Shaw Tel: 547-3442

Email: greenfieldnhacct@verizon.net

### **WELFARE DEPT..**

Call for assistance Tel: 547-3442

### **ZONING BOARD OF ADJUSTMENT**

John Gryval, Chair Tel: 547-2844

### **BUDGET COMMITTEE**

2nd Tuesday of the month unless otherwise posted, 7pm. Bruce Dodge, Chair.

## **EMERGENCY NUMBERS**

### **POLICE/FIRE/AMBULANCE**

DIAL 911 or 352-1100

### **POLICE DEPARTMENT**

Brian Giammarino, Chief

Office: 547-2535 Dispatch: 547-2525

greenfieldpd@earthlink.net

### **FIRE DEPARTMENT**

Business Mtg. 1st Mon. of month at 7 pm

Training 2nd & 3rd Mon. of month at 7 pm

Chief: Jim Plourde Tel: 547-3501

Fax: 547-6396

Emergency Dispatch: 352-1100

Email: greenfieldfd@earthlink.net

### **FOR BURN PERMITS CALL:**

Charlie Stevenson - 547-6663

Cliff Russell - 547-2722

Vinnie Anfuso - 547-2500

Chris Kowaleski - 554-5959

## TOWN ENERGY COMMITTEE BEING ORGANIZED

The Board of Selectmen is soliciting volunteers to serve on a Town Energy Committee (TEC), which will be a sub-committee of the Conservation Commission. The purpose of the TEC will be to audit the existing town infrastructure's energy use, identify situations where energy is being wasted, research possible solutions, and present its recommendations to the BOS. Initially, the TEC will meet monthly (schedule to be decided by consensus of TEC members), combined with a series of investigatory visits to town structures. Anyone interested in joining the TEC should contact Roger Lessard at 547-3204 or mtking1 @pobox.com.

## OLD BENNINGTON ROAD ISSUES

All residents who are concerned about speed and signage on Old Bennington Road, are invited to join the Board of Selectmen on December 11, 2008 at 7pm to discuss these and any other concerns you may have.

## GREENFIELD HISTORICAL SOCIETY NEWS

The Historical Society has had a very active fall, so far. The September meeting had Rich Stadnick of Pup's Cider as our guest speaker. There was an enthusiastic crowd in attendance who listened intently to Rich and learned about the process of making hard cider. Some apples were brought in from old apple trees around town to be shown as examples that could be used for cider making. Older varieties make better flavored cider than the modern hybridized apple, we learned. After his talk people were able to glean more information from Rich and sampled some of the beverages from the Pup's Cider line of products.

An American Elm Tree was planted in the triangular field between Forest Road and Route 136, that the State Park owns, on October 6th. The tree is in memory of John Q. Thomas who surveyed and designed the layout of the Greenfield State Park. Members of his family as well as some Historical

Society members were on hand for the ceremony.

Two new "members" are now on hand to show different periods of clothing for those touring the museum. The two mannequins arrived in late September very eager to work. But they had no heads. Since then one head has been purchased and a member had a spare head that we borrowed.

Congratulations to the Sunset Lake Road residents! The Historical Society has been presented with photographs of all the houses on their road. What a great motivator for everyone to help the Historical Society update our files on the houses of Greenfield. We would appreciate photos of all the houses in town. The last time these files were updated Gerald Ford was President of the United States.

"Vintage Christmas" is a display of old Christmas decorations, cards, lighting presented by Paul Kachinsky and Brian Bergquist. These will be on display Saturday, December 1st and Sunday, December 2nd from 10:00 A.M. - 3 P.M. both days at the Historical Museum at 828 Forest Road. A talk on Christmas lighting will be given each day at 1:30 P.M. The display will include items from about 1920 circa to 1965. Those who saw this display last fall at the Peterborough Historical Society were impressed with the extent of their collection. It definitely brings memories of years past, making for great intergenerational conversation.

The museum is now closed for the season, except by appointment or special programs. We will open again next spring. This Historical Society thanks those who toured the museum from Greenfield and some even from other states.

New members are always welcomed. If you would like to join or renew your membership, you can call Lenny at 547-2198 or Jane at 547-2759. Our new mailing address is, Greenfield Historical Society, PO Box 316, Greenfield, NH 03047.

A lot is happening with the Greenfield Historical Society, become part of our history.

*Lenny Cornwell, president*

## THE GREENFIELD FOOD PANTRY NEEDS YOU!

For over 20 years, the Greenfield Food Pantry has supplied residents from Greenfield and the surrounding towns with food and personal care items. Neighbors stricken with a serious illness, or a job loss, or a devastating fire, or find they are in a temporary financial crunch can count on the Greenfield Food Pantry to be there to supply them with urgently needed food. The Greenfield Food Pantry is a part of the Fully Alive Ministries of the Greenfield Congregational Covenant Church.

During the past year, the number of families served by the pantry has more than doubled, to an average of 49 people in 16 families per month. Approximately seven days' worth of food is distributed to each family; the amount is tailored to the family size. Unless there are extenuating circumstances, it is requested that a family only utilize the pantry once a month. About one-fourth of the recipients are new to the pantry each month.

Approximately one-third of the food is donated by a wide variety of sources; the church, the community, businesses, the Boy Scouts, Crop Walk etc. Most of the breads are donated by Freihofer's. The remainder of the food is purchased at local supermarkets and at the New Hampshire Food Bank in Manchester which sells mostly surplus foods by the pound at a tremendous discount. The food available at the food banks nationally and the NH Food Bank specifically has been very low and inconsistent this year. Because of the increase in demand for food and the decrease in affordable food, the Greenfield Food Pantry has nearly exhausted its funds. Help is needed!

Money donations are very gratefully accepted and may be sent to:

Greenfield Food Pantry Fund  
Congregational Covenant Church  
P.O. Box 341  
Greenfield, NH 03047

Donations of food and health care items are gratefully accepted as well, and can be put in the basket at the post office or dropped off at the Food Pantry at 12

*continued on page 8*

## RECYCLING CENTER UPDATE

A new addition to the Greenfield Spirit, The Recycling Center Update, will inform and educate readers of what is new in recycling, improvements at the Recycling Center, and answer questions that everyone has to help us all become better recyclers. This issue's article will discuss used motor oil.

### Why should you recycle your used motor oil?

The answer to that is simple. It's the right thing to do. If you just dump it down the drain that's polluting. If you use it to start your outdoor burning, that's polluting too. If you just throw it into the compactor, you are not recycling.

### What does the Recycling Center do with used motor oil?

We use it to heat the building. Instead of spending the money to buy heating fuel we keep warm for free by burning the oil in a special non-polluting furnace. The more used oil that comes into the Recycling Center the less money we spend to heat the building.

### How do I prepare the oil I want to bring to the Recycling Center?

Just put it into any plastic container. Oil jug, milk bottle, plastic pail, or liquid soap jug are all fine or ask the

Recycling Center attendant for a 5 gallon oil jug.

### What if there is other "stuff" in it?

Anything other than used motor oil is considered contaminated oil. Contaminated oil is considered hazardous waste. Water, gasoline, and other debris will contaminate the oil. Please do your best to avoid anything getting into the oil.

### I only have a little right now, so I'll wait till I have enough to make it worth my while.

As soon as you have oil to be recycled, you should bring it to the Recycling Center. Do not store it until you have a lot to bring in. Storing used oil will increase the possibility of it becoming mixed with other contaminants or getting spilled and polluting our environment.

When you bring it up to the recycling center you can give it to the attendant, or set it on the table between the glass table and the door into the building.

If you have any more questions about used oil just ask the attendant who will be happy to answer your questions and help you recycle your used motor oil.

Keep Recycling! Remember recycling saves you tax dollars.

## Greenfield Fire Department Safety Tips

*Brought to you by EMT-I Jim Murphy*

### A chill in the Air - Cold Weather Safety Tips

Ya! I know that it is only mid Fall and still quite warm during the day, yet IT is just a couple of pages away in the calendar. Winter is a fact of life here in Greenfield.

The combination of cold weather and the soaring fuel costs creates significant challenges for all of us during the heating season. Here are a few hints that may come in handy in the coming months.

#### Safety tips:

Ice is not safe to walk on until there is more than 3 inches of clear or dark ice. White ice can be "false ice" and not safe to be walking on.

Keep walk ways clear of snow and ice. Fall related injuries increase in the winter. If you fall, relaxing as you fall will lessen your chances of being injured. Also trying to fall on your side is helpful to minimize injury.

Proper clothing is a must. Several layers of clothing are more efficient than a single heavy layer. Stay away from cotton as the first layer. Cotton holds moisture, which will allow heat loss to be 10 times faster when wet than when dry.

Individuals who smoke will become colder quicker than those who do not. Nicotine constricts the blood vessels in the fingers and toes, thus increasing the risk of cold-weather injuries such as frost bite. Alcohol has the opposite effect. It opens the blood vessels which permits greater heat loss.

#### Heating tips:

All fossil fuels - such as heating fuel oil, propane, natural gas, kerosene, coal and wood - produce a deadly gas while burning called carbon monoxide. It is a colorless, odorless byproduct of burning fossil fuels. Some synthetic materials such as plastics, can give off carbon monoxide when they are heated to a high temperature with-

out actually burning.

Some of the new heating devices that are designed to be vented directly through a wall to the outside, must be kept clear of snow and obstructions to prevent carbon monoxide from entering your home.

-Heating appliances need to be properly ventilated to the outside air.

-Have your chimneys checked annually.

-Have the fuel furnace serviced regularly.

-It is always smart to have an appropriate fire extinguisher on hand.

Be especially careful if you use a space heater that is portable- not vented directly to the outside. The house needs to have a vent to the outside - a cracked window, as an example.

If you smell gas or fuel, be safe and call us to check it out.

# STEPHENSON MEMORIAL LIBRARY NEWS

## NOTES FROM THE CHILDREN'S LIBRARIAN and UPCOMING EVENTS

**GREAT NEWS!** Our library has received the Libri Grant! 70 new books will be arriving late fall and our library was the only NH library in this round! Keep looking on our sign for the READ-IN we will schedule when the books are all here and catalogued. People who attend the read-in are the first to check out the new books.

A special program for families is scheduled for Friday, December 14 at 6:30

Debbie O'Carroll will present:

### **Celebrate the December Holidays!**

"...an exciting and colorful program that will captivate children ages 4 to 12 with mystifying stage magic, lively dance and enchanting tales. The audience will actively participate in Debbie's merry celebrations of Christmas, Hanukkah, Las Posadas, The First Day of Winter, Dewali, New Year's Eve, St. Stephen's Day, Three King's Day and more as they learn about the different

holidays that light up this special month." Calling all amateur magicians! Join us for a Magic Roundtable Friday, December 28 at 2:00 p.m. Admittance is one trick that you will teach the group. (Bring any supplies you need and please no sawing in half!) You leave having learned a few from others. For more information call Mrs. T. at the library. A new storytime has been added to the schedule! After-School Storytime meets Mondays at 3:30 p.m. Stories will be read for all ages and a craft or activity will follow.

Keep Wednesday mornings free for Toddler Lap Times and Preschool Storytimes at 10:00 and 10:30 a.m.

Chess club resumes on a different day. We will now meet once a month on the first Monday at 6:30 p.m. We will supply snacks. Please bring your chess sets.

## LIBRARY INFORMATION AND GROUP MEETINGS

### **THANK YOU TO:**

The 14 generous people who donated to the matching funds for the Libri Grant that we have received.

### **HOLIDAY ADOPT-A-BOOK PROGRAM:**

The adult and children's collection needs your help. Our budget is too thin and the year is too long. Please consider adopting a book or two for the library's shelves. Stop by and browse the book tree and we'll bookplate your choices. Then you will be the first to read them. Thank you in advance.

**BOOK GROUP:** The book group will not meet in December. Our next meeting will be on January 30, 2008. Nori Odoi has volunteered to become our new group leader. Nori brings great enthusiasm to our group. We look forward to a very exciting and interesting year.

**BRIDGE OR CRIBBAGE CLUB:** We have patrons interested in joining a bridge or cribbage club. If you would like to play, too, please contact us.

**DISCUSSION GROUP:** We also have someone interested in participating in a discussion group. Topics for discussion could include current events or literary figures, anything which is of interest to the group. Please contact the library if you are interested.

**WISH LIST:** Book cart, help in cleaning the storage room downstairs.

**WIRELESS SERVICE:** Wireless service is now up and running at the library.

**MEETING ROOM:** The awesome new downstairs meeting room is finished! We are looking forward to an open house on a date to be announced.

Thanks to Peter Wensberg's dedication and love for this library, we can now offer a wonderful, light, airy meeting place for library activities and other programs. Peter was able to secure funds through a grant to help with the completion of the room. West Rindge Builders once again did a fine job of creating this new space. The room is handicapped accessible.

## NEW BOOKS

Shoot Him If He Runs  
by Stuart Woods  
Songs Without Words  
by Ann Packer  
The Tenderness of Wolves  
by Stef Penny  
American Bloomsbury  
by Susan Cheever  
Body: The Complete Human  
by National Geographic

## HIGHLIGHTING COOKBOOKS

This is a great time of year to try some new recipes. With so many cookbooks to choose from, you can make wonderful soups, home-made bread, main dishes or desserts.

### **SOUP- A WAY OF LIFE**

by Barbara Kafka

What could be more appealing than a pot of warm, comforting soup simmering on the stove? Just serve with a loaf of homemade bread and a simple salad for a delicious cold-weather supper.

### **THE ALL AMERICAN COOKIE BOOK**

by Nancy Baggett

A wonderful book for both beginners and more advanced bakers. Many tips on how to improve your baking skills. Instructions are well written. Your librarians will be glad to taste test!!

### **BREAD ALONE**

by Daniel Leader & Judith Blahnix

The "Bible" of bread books. Basics of bread making and a variety of recipes. An innovative cookbook that revitalizes the ancient tradition of bread making.

**STOP IN, WARM UP, CHECK IT OUT! GAIL & CHRIS**



## Greenfield Parks and Recreation Department

Molly Anfuso, Director

Contacts: [greenfieldnhrec@verizon.net](mailto:greenfieldnhrec@verizon.net)

[www.greenfield-nh.gov](http://www.greenfield-nh.gov)

cell: 562-6380 office: 547-3442



### A NOTE FROM MY OFFICE...

It seems like I just closed the beaches for the summer and am sitting here typing while listening to holiday music. Time is flying by, so hopefully during this busy season, you can take the time to remind yourselves that family is what it's all about. May you and yours have a happy, joyous and safe holiday season.

### REMINDERS....

EMERGENCIES AND VANDALISM IN PROGRESS SHOULD BE REPORTED TO THE GREENFIELD POLICE DEPT. BY DIALING 911.

### MARK YOUR CALENDARS

#### HOME SPUN HOLIDAY SHOPPE AND VISIT SANTA

**SATURDAY, DECEMBER 8TH**

Come to the Greenfield Elementary School for a craft fair, a SANTA SECRET WORKSHOP, where kids can go in without their parents and do some shopping for their family members all on their own, and a sing along. VISIT SANTA, who will arrive on a big red FIRE TRUCK to the school at 10 a.m. FREE TO THE PUBLIC.

#### OLD FASHIONED CHRISTMAS TREE LIGHTING

**FRIDAY, DECEMBER 14TH**

The library will be holding a special holiday performance on Friday evening from 6:30 - 7:30. After, please join us on the library lawn for the old-fashioned tree lighting that has taken place in Greenfield for a very long time. Old fashioned caroling and refreshments will be provided afterwards. Don't miss out!

#### DID YOU KNOW?

The track at Oak Park is ½ mile around. For those avid runners and walkers, we plan on plowing the track for you again this winter.

#### SENIOR CITIZEN COFFEE HOUR

**SATURDAY, JANUARY 19TH,  
AT 10:30 A.M.**

This is a great time for seniors to meet other seniors from Greenfield and to eat, drink, and be merry all at the same time. Coffee will be held at the Greenfield Commons Community Room, which is the complex located on Forest Road next to the Fire Station.

~NEW~

#### STAYING STRONG FOR SENIORS STARTS THURSDAY, JANUARY 10TH FROM 11-12 NOON.

Taught by Barbara Metivier M.Ed., this is a movement program for strength, flexibility, and balance tailored for senior citizens. Open to all seniors, classes will be held at the Greenfield Commons Community Room starting every Thursday, with the development of a second class during the week. Please wear supportive shoes to class. For more information, please call Barbara direct, evenings after 6 p.m. 547-2780. FREE TO ALL SENIORS.

#### BALLET FOR AGES 3 - 6 YEAR OLDS MONDAYS

Instructor: Laura Horne

Ballet instruction is for ages 4 - 6 year olds wishing to learn the art of ballet. There will be a December recital. Classes are held at the Greenfield Meeting House. For specific ballet related questions, please contact Laura at 673-4672.

#### ATTENTION TEENS AND PRE- TEENS, GET YOUR GROOVE ON AND LEARN HOW TO HIP HOP DANCE!

Miss Kim's Ballet and HIP HOP Classes are here! All classes will be held at the Greenfield Meetinghouse.

7-9 Combo (7-9 yr. olds)

(Ballet, Tap, Jazz)

Hip Hop 8-11 year olds

Hip Hop 12-15 year olds

In order to hold a class session, we will need a minimum amount of students, so please let me know if you are interested.

Cost will be determined based on session length.

#### COMING SOON! GREENFIELD ANNUAL WINTER CARNIVAL AND CHILI COOK-OFF

Just what would winter be without Greenfield's Winter Carnival and Chili Cook-off? Stay tuned to the next issue of the Greenfield Spirit for a complete schedule of events planned for this February.

HAPPY NEW YEAR!

## Greenfield Parks and Recreation Department

Molly Anfuso, Director

Contacts: [greenfieldnhrec@verizon.net](mailto:greenfieldnhrec@verizon.net)

[www.greenfield-nh.gov](http://www.greenfield-nh.gov)

cell: 562-6380 office: 547-3442



### **HEALTH BENEFITS OF PARKS AND RECREATION**

Park and recreation services play a vital role in creating active and healthy communities. However, you may not be aware of the direct contribution that parks and recreation play in shaping community health. Here are some facts that can be used to convey the health and physical activity benefits of parks and recreation. These facts are the result of rigorous scientific studies across different age groups, communities, and across a variety of park and recreation services.

#### **Did you know that...**

2/3 of older adults who visit parks report moderate or high levels of physical activity during their visit?

Active users of public parks have a lower body mass index (a ratio between weight and height) than did people who use parks passively or not at all?

People who visited for longer periods of time (one hour or more) had significantly lower systolic blood pressures than those who only stayed for short periods of time (less than one hour)?

Socially involved people are 2 to 5 times less likely to suffer heart disease?

Park users who were more physically active and who made frequent contact with friends through their leisure time were less likely to report feeling depressed?

Users of a community-based senior wellness program had significantly higher endurance levels, even after controlling for their level of physical activity?

Stress relief, clearing one's mind, and exercise were the most common benefits that older adults attributed to their park visits?

People who visited parks with companions (as opposed to visiting alone) reported significantly higher levels of physical health?

Citizens who had better access to parks, visited parks more frequently, and engaged in physically-active park behaviors also made fewer visits to their doctor (for reasons other than a regular check-up)?

People who visited parks more frequently were more likely to have a positive perception of their general health?

50% of older adults who participated in light to moderate aerobic park activity reported being in a better mood after visiting parks?

Research subjects who drove through a simulated park environment recovered more quickly from stressful situations than those who drove past a simulated environment dominated by built structures?

Older adults who engaged in a broad repertoire of park and recreation activities were more likely to report higher levels of perceived physical health?

Each additional mile walked or run by a sedentary person would save U.S. society an average of 34 cents in medical and other costs?

Girls who participate in sports help increase bone density to combat osteoporosis in later life?

Every mile walked adds an average of 21 minutes to a person's life?

### ***Food Pantry continued from page 3***

Depot Drive, which is open on Saturday mornings between 10 and noon.

Volunteers are also appreciated, to donate time, distribute food, and stock shelves. To volunteer, call 547-3626 or 547-2155.

For additional information about the food pantry, you can go to the church's website at: [www.greenfieldchurch.org](http://www.greenfieldchurch.org) or contact Gail Curtis, Food Pantry Ministry Coordinator, at 547-2155.

**Thanks to all for your  
continued support!**

## **2ND ANNUAL HOMESPUN HOLIDAY SHOPPE**

The 2nd Annual Homespun Holiday Shoppe will be Saturday, December 8th from 9-2 at Greenfield Elementary School. The event will feature Santa (and photos with Santa), homemade craft-type items for sale (vendors are invited to contact us if they want a booth), a White Elephant sale room (where children can purchase inexpensive donated gift items for their family members), a luncheon (hot foods for sale), and a holiday sing-a-long to wrap up the event. PTO is sponsoring the event - proceeds will go toward enrichment activities for GES students. Anyone interested in having a vendor table should contact Laura Riendeau at 732-2615 or Sue Kim at 547-2156.

## **CROTCHED MOUNTAIN RESPONDS TO COMMUNITY NEEDS**

In a recent report submitted to the Charitable Trusts Unit of the New Hampshire Attorney General's Office, Crotched Mountain Rehabilitation Center (CMRC) has calculated that it spent \$5,375,977 during its 2006-07 fiscal year to address community needs. The report is submitted annually, as required by state law, and is posted on the organization's web site: [www.crotchedmountain.org](http://www.crotchedmountain.org).

"This amount reflects the total value of free and subsidized services for 12 different 'community benefits,'" states president, Donald L. Shumway. Community benefits include a range of programs and services designed to meet

the health needs of the communities Crotched Mountain serves – principally people with disabilities throughout New Hampshire and beyond, as well as families living in local communities in the Monadnock region.

Specific accomplishments among the community benefactors include: 1) Children's Specialty Hospital, which provided rehabilitation and expert medical care for 25 short-stay and post-operative patients; 2) Brain Injury Center, providing rehabilitation and enabling community reintegration for 31 inpatient adults daily; 3) Dental Clinic & Health Center, which delivered 618 inpatient appointments combined annually; 4) Outpatient Clinic, which provided 5,875 appointments for 853 people of all ages; 5) Internship & Volunteer Programs, which supported 112 interns and one college alternative break group throughout the year; 6) Aquatics, which rendered 32,147 individual therapeutic and recreational uses; 7) offered Professional Education & Training for 84 healthcare practitioners; 8) Information & Referral, which provided assistance, counseling, and technology access to 11,600 individuals; 9) School Partnership Program, which strengthened the capacity of local schools to educate 42 students with disabilities throughout New Hampshire; 10) Wonderworks, which provided child care for up to 63 children of employees and local families on a daily basis; 11) provided Financial Assistance to 6 outpatients; and 12) Community Enrichment, which provided financial support and in-kind donations totaling \$14,321 for local health-related projects and community endeavors.

"Our community benefits address a number of identified needs in our communities, including access to dental care and nutrition; fitness and safety; specialty medical services, such as physical and occupational therapy, speech/hearing, and assistive technology; mental health; professional and community education; child care and early intervention; family support; and transportation," continues Mr. Shumway. These community needs were identified through a series of comprehensive assessments conducted in November, 2000 which, by law, were reviewed and updated in 2003. Because

it serves two distinct communities, Crotched Mountain conducted its own independent research to survey the needs of people with disabilities and also teamed up with a group of local health and human service organizations, led by Monadnock Community Hospital, to determine the health needs of the general population living in the greater Peterborough area.

"This year we estimate Crotched Mountain will deliver over \$4.6 million worth of community benefits, distributed throughout the 11 different programs and services," stated Mr. Shumway. "We invite interested members of our communities to review our community benefits plan, which is posted on our web site, and offer us their input."

Crotched Mountain is a charitable organization employing more than 900 people. Its mission is to serve individuals with disabilities and their families, embracing personal choice and development, and building communities of mutual support. Crotched Mountain provides specialized education, rehabilitation, community, and residential support services for more than 2,000 consumers, including individuals with disabilities and the elderly, living in New England and New York. For more information about Crotched Mountain's community benefits, contact: [communitybenefits@crotchedmountain.org](mailto:communitybenefits@crotchedmountain.org).

## **Thank you**

On October 13th my husband and I spent a delightful evening attending the Monadnock Idol Talent Contest sponsored by the Greater Peterborough Chamber of Commerce.

Of the three top place winners, two were from Greenfield. They were Lizzie Grisafi (2nd place) and Karissa Vincent (3rd place).

These young women displayed an incredible amount of talent and are to be commended for their hard work and dedication.

For anyone who had an opportunity to attend this contest, you well know what we are saying. For those who did not attend, you missed a wonderful performance. Thank you, girls, and best of luck in your endeavors.

*Ben and Adele Hale*

# JUST FOR FUN

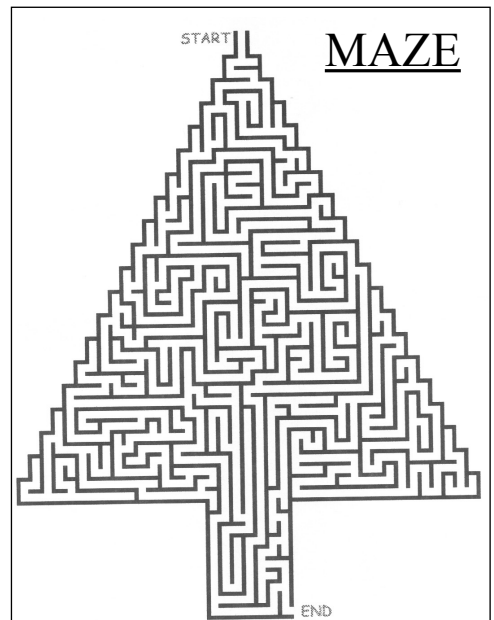
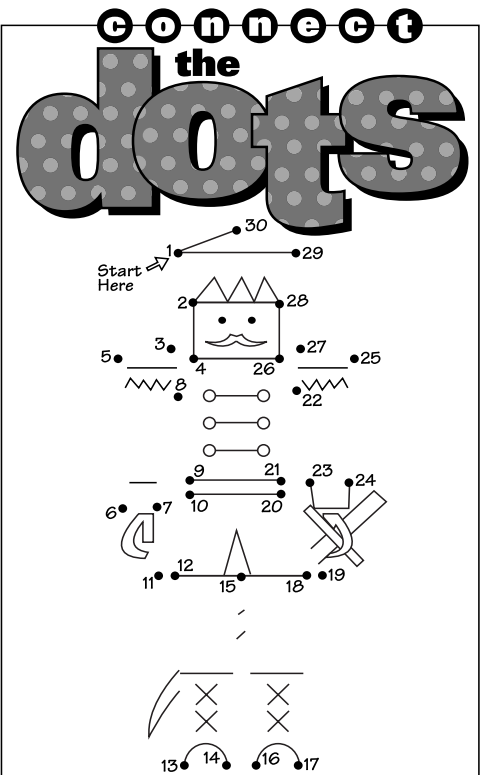
## HOLIDAY SEASON

N E R D L I H C H G I E L S Z S O R N A M E N T S P  
 S T C M M D T G N I D D E L S K H O T C O C O A G P  
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RUDOLPH  
 BELLS  
 CANDLES  
 CANDY CANES  
 CAROLS  
 DECORATIONS  
 EGGNOG  
 FAMILY  
 REINDEER  
 HOLIDAY  
 CHRISTMAS  
 FRUITCAKE  
 GIFTS  
 GREETING CARDS  
 HOLLY  
 ICICLES  
 LIGHTS  
 MISTLETOE  
 ORNAMENTS  
 POINSETTIA  
 SANTA CLAUS  
 SKATING

SLEIGH  
 SNOWFLAKES  
 SNOWMAN  
 STOCKINGS  
 TOBOGGAN  
 TOYS  
 TREE  
 WREATH  
 SLEDDING  
 NEW YEAR  
 CELEBRATIONS  
 VISITING  
 RELATIVES  
 ELVES  
 MRS CLAUS  
 PARTIES  
 COOKIES  
 PEACE  
 LOVE  
 KINDNESS  
 EXCITEMENT  
 FUN

THANKFUL  
 CHANUKAH  
 AULD LANG SYNE  
 BALSAM  
 CHILDREN  
 COMMUNITY  
 CRANBERRY SAUCE  
 FRIENDS  
 FROSTY  
 HOME  
 HOT COCOA  
 JOLLY  
 KWANZA  
 MENORAH  
 NOEL  
 RENEWAL  
 SHOPPING  
 SNOWBALLS  
 TINSEL  
 SKIING



## WORD SCRAMBLE

### New Year's

s i k s

s o a t t

t r y p a

n c e a d

w e r e n

Answers on page 12

## GIVERS' CORNER

### THE GIVERS' MISSION:

*To build - through fund raising and volunteering - a partnership with the community of Greenfield and to assist the community in meeting its needs.*

### MEETINGS:

We meet over breakfast at the SIDE TRAX. at 8:30 AM on the third Wednesday of every month. We'd be pleased to have you drop in and get acquainted. Breakfast will be on us! You also can find out more about us by calling Neal Brown at 547-2023

### THANKS FOR SUPPORTING OUR ANNUAL HOLIDAY WREATH SALE:

We hope that you are as pleased with your wreaths as we were with your patronage. The sale was a great success, and the proceeds will go a long way to support the GIVERS projects in 2008. We'll do our best to make your investment work for Greenfield.

### ENERGY UPDATE

#### WOODBANK "POLICY":

For the benefit of Greenfield residents who may not be familiar our Wood Bank, it works as follows:

(a) The Bank is intended specifically for use by Greenfield residents and by Crotched Mountain Foundation (CMF) employees formally recommended by the CMF administration.

(b) The wood is intended primarily for the urgent use by those who cannot afford to buy it.

(c) Greenfield residents seeking wood should call and discuss their needs with Deb Davidson, the Town of Greenfield administrator, at 547-3442.

(d) If the individual is eligible, Deb will recommend that he/she call Neal Brown, our Woodbank Manager, at 547-2023 to make arrangements for obtaining wood.

(e) As of this publication date, the first-time allotment will not exceed 1 cord. The amount and frequency of subsequent allotments will depend on demand, availability and the individual's circumstances. The details can be worked out on a case-by-case basis with the Woodbank Manager.

(f) Recipients are encouraged to arrange their own means of pick-up and transport. If this is not possible, the Woodbank Manager will work with the recipient to find a way to get the wood to its destination.

### "NON-WOOD" EMERGENCY ENERGY/FUEL ASSISTANCE:

We donated the proceeds of this Fall's stovewood sale to the Private Donation Fund of Southern NH Services (SNHS) with the stipulation that the funds be used exclu-

sively for the emergency or urgent energy needs of qualified residents of Greenfield. To benefit from this fund, one:

(i) must be a Greenfield resident;

(ii) must already be a registered "client" of SNHS, and

(iii) must be experiencing an energy "emergency" - i.e., the individual or his/her family will lack sufficient heat without additional assistance from SNHS. Specifically, money from this SNHS fund can provide emergency deliveries of oil, coal, wood, kerosene, or propane to people who cannot afford to pay for them. In appropriate cases, SNHS also can provide funds from this source to address fuel delivery issues stemming from delinquent utility or energy bills.

To inquire about assistance, one should call one of the following SNHS offices.

SNHS will determine eligibility and take care of the rest of the application process.

### SOUTHERN NH SERVICES

PETERBOROUGH (03458):

46 Concord St

603-924-5756

877-757-7048 (Toll-free)

HILLSBOROUGH (03244):

4 Church St

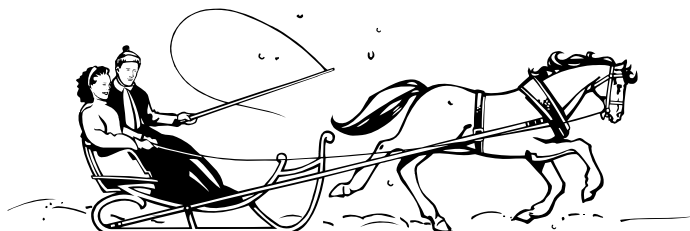
603-464-5835

### ARE THERE ANY MORE CHAIN SAW VOLUNTEERS OUT THERE?

Many, many thanks to Greenfielders Dave Martin and Bob Marshall for their volunteer work on our timber "pile". They gave a big lift to the GIVERS' wood warrior, "Cookie" Smith, and they "saw" to it that the pile was significantly smaller than they found it. But, we still have a fair way before we're out of the "wood"s, and Cookie would welcome another round of help to get us there.

So, despite these bad puns, if there any saw jockeys out there who would consider giving us a few hours, please call Neal Brown anytime at 547-2023 (H) or 508-259-9735 (Cell).

MANY THANKS FOR YOUR INTEREST IN THE GIVERS..



## CROTCHED MOUNTAIN CELEBRATES "AMERICA RECYCLES DAY"

The National Recycling Coalition has declared November 15th as America Recycles Day and the Crotched Mountain Rehabilitation Center is celebrating by example. Since 1991, the clients and staff of Crotched Mountain have worked together to make recycling a priority.

"A great portion of our discards here at Crotched Mountain are recoverable," states recycling coordinator Susan Mansfield. "The mission of our on-mountain recycling program is to divert those resources from our waste stream, to create vocational opportunities for our students and clients, and to generate revenue from the sale of processed material. We sell to local buyers so that the money recycles to support our local economy as well."

In the past three months Crotched Mountain Rehabilitation Center has recycled:

- \* 29.6 tons office paper, magazines, newspaper, fiberboard and cardboard
- \* 20.5 tons of scrap metal
- \* 80 cubic yards of aluminum, tin cans, and plastics #1 & #2

As a result, the recycling program has generated more than \$5,000 through the sale of commodities and saved the organization more than \$7,000 in waste disposal fees.

The recycling proceeds are used to fund school activities. Paula Lombardi, a career development teacher, works with an average of 10 students per day collecting and processing materials at the recycling center. She explains that "Crotched Mountain also works with several community recycling programs by deconstructing non-deliverable third-class mail which would otherwise be sent to a landfill."

To learn more about America Recycles Day, visit the National Recycling Coalition web site: <http://www.nrc-recycle.org/americanrecycles.aspx>.

To learn more about Crotched Mountain's recycling program, contact Susan Mansfield at (603) 547-3311, ext. 366, or visit their website: [www.crotchedmountain.org](http://www.crotchedmountain.org).



### FRIDAY NIGHT & SATURDAY MOVIES CROTCHED MT. MEDIA CENTER

**Movies are each Friday at 6:15 PM and 1PM on some Saturdays. Everyone is welcome (children need to be supervised by an adult) and the cost is free!**

Due to unavoidable circumstances, the listing of December/January movies is not available at this time. For current movies, please call 547-3311 for more information.

## BIRD FEEDING

*Brought to you by the Conservation Commission*

Have you ever thought that you'd like to feed the birds in the winter? If so, here is some information that may be of help to you.

### Seed

The variety of bird seeds and mixtures on the market is staggering. In most locations, however, the best all-around attractant is black-oil sunflower seed. This seed has a high meat-to-shell ratio; it is high in fat; and its small size and thin shell make it easy for small birds to handle and crack. (Striped sunflower seeds are larger and have thicker seed coats.)

### Suet

Suet is a good choice for attracting insect-eating birds such as nuthatches and woodpeckers. Most suet is beef kidney fat, which is inexpensive and available at many meat counters. Suet also can be purchased as processed cake that includes seeds, berries, and other ingredients. Be careful if you offer suet in hot weather; it may become rancid if it has not been specially processed.

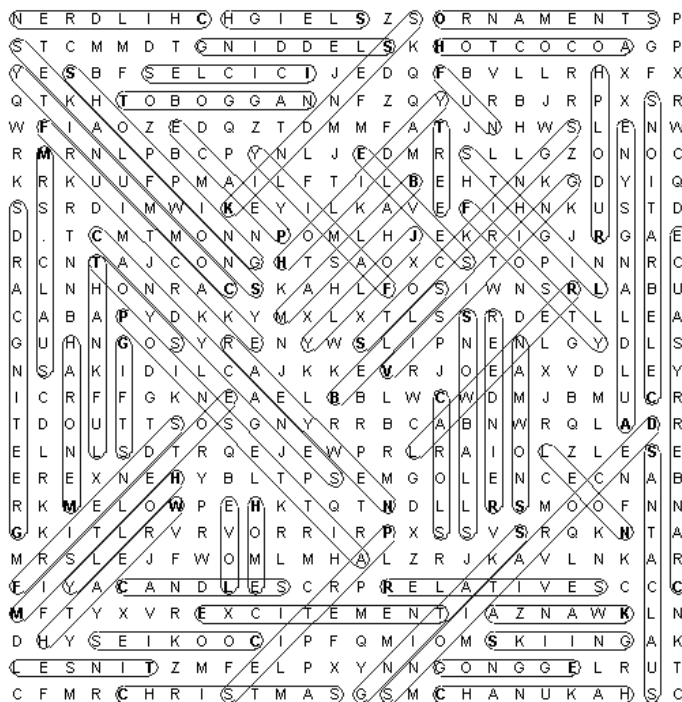
### Other foods

Be creative and see what you can attract with a variety of foods. Try popped popcorn (without salt or butter), hulled sunflower seeds, peanut hearts, soaked raisins, pieces of fruit (orioles like oranges), fruit seeds (melons, apples), grapes, or mealworms.

### Grit

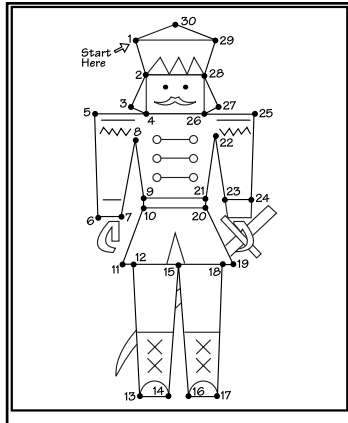
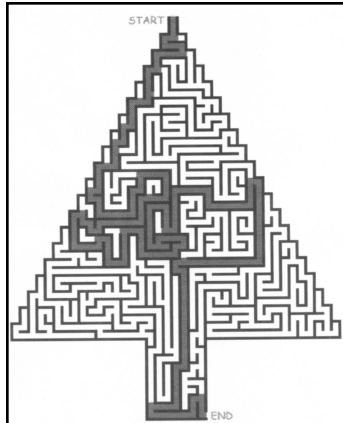
Birds "chew" their food in their muscular, stomach-like gizzards. To aid in the grinding, birds swallow small, hard materials such as sand, small pebbles, ground eggshells, and ground oyster shells. "Grit" will therefore attract many birds as a food supplement. You can purchase grit at most feed and pet stores. If you decide to provide eggshells, be sure to sterilize them first. You can boil them for 10 minutes or heat them in an oven (20 minutes at 250 degrees). Let the eggshells cool, then crush them into pieces about the size of sunflower seeds. Offer the eggshell in a dish or low platform feeder, separate from your seed feeders.

## JUST FOR FUN ANSWERS



## Word Scramble Answers:

Kiss, Toast, Party, Dance, Renew



## SPIRIT SUBSCRIPTION

Many people, who have moved away from Greenfield, have expressed an interest in receiving the Spirit to keep up with what is going on in town and to learn about their friends. Of course, printing and mailing the Spirit is an expense for the town, so we have decided to make it possible for non-residents to buy a subscription to the Spirit.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

The cost for a one year subscription to the Spirit is \$6.00. Please send this form and a check made payable to the Town of Greenfield to:

The Spirit  
Town of Greenfield  
PO Box 256  
Greenfield, NH 03047

## Greenfield Community Food Pantry and Clothes Closet

Open Saturdays, 10am - Noon

Located at 12 Depot Drive

Food and Clothing available to anyone in need.  
Contact Gail Curtis, Coordinator, at 547-2155.

To Donate Food:

Leave non-perishable foods in the drop-off boxes available at the Greenfield Post Office, Delay's, at the Church and at Ministry Offices.

Sponsored by

**The Greenfield Congregational Covenant Church**

Ministry Office: 12 Depot Drive, PO Box 341

Office hours: M, T, W, F 9am to noon

Tel: (603) 547-3626 Email: [gccc@greenfieldchurch.org](mailto:gccc@greenfieldchurch.org)

Sunday Worship Services 10am

ALL ARE WELCOME!

## Bird feeding continued on page 11

### Water

Birds need water for drinking and bathing, so they are attracted to water just as they are to feeders. Birds seem to prefer baths that are at ground level, but raised baths will attract birds as well. Change the water every day to keep it fresh and clean.

If the bath is on the ground, arrange a few branches or stones in the water so that birds can stand on them and drink without getting wet (this is particularly important in winter).

In freezing climates, a birdbath

heater will keep ice from forming. Never add anti-freeze; it is poisonous to all animals including birds.

### Other tips

\* Birds may be wary of new foods. If you add something new to your bird-feeding station, offer it in a familiar place.

\* If you buy a lot of seed, store it in a cool, dry place, in a rodent-proof, metal can. Check the seed often for mold. Dispose of any seed that is questionable.

\* Do not feed birds any foods that con-

tain chocolate. An ingredient of chocolate-theobromine-is toxic to birds just as it is to dogs and cats.

\* Do not use seed that has been stored for an extended period of time; it may grow mold, which can contain harmful toxins.

### Feeder care

Birds can become ill from leftover bits of seeds and hulls that become moldy, as well as from bird droppings that accumulate on feeder trays. Therefore, you should clean your feed-

*continued on page 13*

**GES PTO continued from back cover**

Naturally, we welcome your participation and help, but many people do not have the time or energy to assist with our events. We understand. But you can still help from the comfort of your own home! If you buy groceries or have a Target credit card, you can raise money for GES PTO activities. We have listed some things that anyone can do.

(1) Stop & Shop A+ BonusBucks Program: If you have a Stop & Shop Card or key tag, you can go to [www.stopandshop.com/aplus](http://www.stopandshop.com/aplus) and enter your 13-digit Stop & Shop Card number, first three letters of your last name, and the School ID for GES (04697). If you don't have internet access, you can also enter this information on a card at the store's customer service desk. Then, every time you shop with your Stop & Shop Card, you will earn cash for our school.

(2) Hannaford Helps Schools Program: If you purchase certain products when grocery shopping, the cashier will give you a Hannaford Helps Schools Certificate worth \$3.00 - please turn it in to GES, and we can redeem it for cash for our school.

(3) Shaw's Receipt Rewards Program: Save all of your Shaw's receipts and turn them in to GES. We can turn in original receipts and receive 1% of eligible purchases for the school.

(4) Target Take Charge of Education Program: If you have a Target credit card, you can go to [www.google.com](http://www.google.com) and search for target take charge of education. Then designate GES (School ID 71824) to receive 1% of all purchases made on your card. Last year, GES received \$91.66 from Target; only 10 cards had been registered. New Boston Central School received over \$2000 from this program with 85 cards enrolled.

(5) Boxtops for Education: Collection boxes for these little Boxtops for Education labels are located in the library and post office. Saving these labels off certain products really adds up - last year, we earned \$698 for our school through this program!

Maybe you do have the time and energy to help out the GES PTO - and now that you have heard all that we do, you are interested in assisting with an activity! We welcome community members at all of our events. This year, we have been making a special effort to collaborate with the Greenfield Parks and Recreation Department - offering our volunteers to organize and staff events like the Halloween Party, the Winter Carnival, and the Blueberry JAMboree. Please contact the GES PTO President, Ginni Johnson, at 547-8334 or Vice President, Michelle Klint, at 547-8898 to get more information on how you can help us continue to provide lots of enrichment activities and family fun for our GES students.

**Bird feeding continued from page 12**

ers about once every two weeks, more often during times of heavy use. For best results wash your feeder thoroughly in soapy water, then soak or rinse it in a solution of one part bleach to nine parts water. Dry the feeder thoroughly before refilling. Hummingbird feeders should be cleaned everytime you refill the nectar, which should be every three to five days.

Also remember to rake the ground below your feeder to prevent accumulation of waste. Moldy or spoiled food is unhealthy not only for birds but for your outside pets. Bird food scattered on the ground also can attract rodents. Consider moving your feeders periodically to limit the accumulation of waste

**Avian Predators**

You can expect a visit from a hawk. At first you will probably welcome the close-up view, but if your hawk stays around and scares your feeder birds away, what can you do? The best solution is to take your feeders down for a few days. The hawk will get hungry and move on.

**Cats**

Cats are the most numerous pet in North America. Unfortunately, they kill hundreds of millions of birds each year. Ground-feeding and ground-nesting birds and fledglings are at greatest risk. Feeder birds are also easy prey. If you own a cat, we strongly recommend that you keep it indoors to reduce this needless loss. Your cat will benefit too; statistics show that indoor cats live longer, healthier lives.



**PARK PLACE  
PROPERTIES**

**NEW HOMES  
ADDITIONS  
REMODELING**

**547-0494**

**Dario Carrara, Owner**

## Greenfield Tradespeople: To include your FREE Business listing, call 547-3442

### **Aaron Chacos Carpentry**

Decks, Roofs, Framing  
688 Forest Road  
547-3020 or 801-7485

### **AccuType+, LLC**

Professional Virtual Office Support  
Typing and Transcription 547-2618  
accutypeplus@earthlink.net

### **Allrose Farm**

Handmade Luxury Textiles  
East Road - 547-3849

### **Alyssum Proctor - Realtor**

Broker/Associate  
Proctor & Greene Real Estate  
547-3020 or 801-7485

### **Amanda Mattil**

House Cleaning Service  
547-6301

### **A-Quality Services-Stonemasons**

Fireplaces, Stonewalls, Waterfalls,  
Ponds & Cultured Stone  
547-3096

### **Belmore Farm**

Route 136 Near Oak Park  
Fresh Produce in Season

### **Ben Hale - Coin Appraiser**

large or small collections. U.S. and foreign  
547-3403 or bennybunny43@yahoo.com

### **Brad Thomson Flooring**

Wood Floors Installed  
Sanded & Finished - 547-2117

### **Brenda Wesoly**

Tax Preparation Service - 547-2670

### **Brian Wakeman**

Wakehandyman Services  
Home& Yard maintenance  
289-6617 - wake@sihf.net

### **Bruce Dennis**

Fine Interior Painter and Scribe  
Artistic attention to detail. Surface specialist,  
tonal & glaze effects. 547-2564

### **Bruce Gagnon and Sons**

Carpentry, Painting, Roofing, Remodeling,  
Plowing, Sanding  
547-6666

### **Carbee's Corner**

Restaurant, Bakery and Gifts  
547-3322

### **Carolyn Woods Grisafi**

Indep. Sales Consult.- Longaberger  
baskets & pottery, wrought iron and  
home decor. 547-2008

### **CC Gas & Oil, LLC**

Installation and Service  
Heating and Appliances  
Licensed and Insured - C. Cuddemi - 547-2700

### **Chris Borden**

Sewing and Stitchery  
Repairs and Creations - 547-2025

### **D&D Plastering**

Ceilings, Additions, Houses  
Quality work since 1979  
Many local references - Call Bill 547-2163

### **Dario A. Carrara**

Park Place Properties LLC  
New Construction and Remodeling  
Insured - 547-0494

### **David Lloyd**

Website design and hosting,  
tutoring and troubleshooting.  
547-8618 www.davidlloyd.ws

### **David G. Knowlton**

Quality Carpentry and Renovations  
30 years experience  
547-2121

### **Delay's Market**

Groceries, gasoline, subs - 547-3414

### **Designs Online**

Graphics and Updates  
http://designs.net 547-3030

### **Don Haney, Realtor, EA Bishop Co.**

924 3331 ext 10  
547 3713 home/620 2972 cell  
donaldgrnfl@aol.com

### **Doherty's Detailing**

Complete Auto Detailing  
In & Out  
Bill Doherty 801-0564

### **Downunder Gun Thunder**

Paul R Cowled - Firearms sales by appt.  
cowled@verizon.net  
Greenfield - 603-562-6525

### **Eric the Butcher**

Quality cutting deer, sheep, moose, etc.  
On or Off Site - Rabbits available  
Leonardi's - Forest Road - 547-3369

### **Four Season Massage**

Student Massage Therapist  
Aravella Morales  
547-3124 or 831-0806

### **Fran McMahon**

Excavating - Building Wrecking  
Land Clearing + Chipping  
547-6425 or 620-1302

### **Fred Simmons**

Music for weddings, fairs, events  
547-3730

### **Forget Me Not**

Antiques and Collectibles  
22 Slip Road, Friday/Saturday 9AM - 5 PM  
547-3403 or BennyBunny43@verizon.net

### **Josh and Barry Fulton**

Fulton Repair  
ServiceTruck/Trailer Equipment  
Repairs & Welding 547-3538

### **Jeremy Gagnon**

Gagnon Landscape Services  
Mowing, Fall Cleanups  
547-8655

### **Gail Curtis**

"Making Dreams Reality"  
Broker/Associate ERA Masiello  
547-0649 www.gailcurtis.com

### **Greenfield Auto Service**

General Car Repair, Front end Alignment,  
Foreign or Domestic  
Tom Wozniak - 547-6308

### **Greenfield CC Church Clothes Closet**

Donated clothing at low prices.  
Open Sat.10-1pm 12 Depot Drive  
Call Sandy Buchanon at 547-6827

### **Group Strength Training Class**

Tue & Thur @ 4:15pm, Greenfield Elementary  
School, 1 x per week \$52, 2 x per week \$93  
Call Heather Boucher, 563-8201

### **Vincent Anfuso**

Greenfield Forge  
Knife Maker & Traditional Blacksmith  
547-2500

### **George Rainier**

Greenfield Gardens  
Seasonal Produce, Eggs and  
Starter Plants 547-2108

### **The Greenfield B & B Inn**

Vic and Barbara Mangini  
Forest Road - 547-6327

### **Horse Tenders**

Experienced Farm Hands, Farriers,  
Trainers, Tenders. Kokal Farm  
horsetenders@adelphia.net - 547-5293

### **Jarvis Adams Plumbing & Heating LLC**

Service Calls-New Homes-Renovations-Pumps  
Water Systems/tests-Bio Clean for Septic Care  
547-2706

### **JDH Restoration**

Remodeling, Post & Beam  
Home & Barn Repairs  
562-6690

# Greenfield Tradespeople: To include your FREE Business listing, call 547-3442

**Jim Grant: Hired Hand for Rent**  
Light Carpentry, Painting, Yard Work,  
Elderly discounts 547-8856

**Jim Teates TV & Satellite**  
PO Box 340 - Greenfield  
603 547-6629 Phone & Fax -  
jttv7147@yahoo.com

**Joseph Ferry**  
General Contracting & Carpentry  
547-3309

**Kemp's Used Auto Parts & Trucking**  
Russell Station Road  
547-2768

**Lachance Appliance Service**  
Servicing ALL Major Household Appliances  
547-2229

**Laura Putnam**  
Your Neighborhood Realtor  
ERA The Masiello Group  
lputnam@masiello.com 547-3331

**L.G. Cadorette and Family**  
Logging, Cordwood  
"Logging the Old Fashioned Way"  
547-3468

**Linda Gray, Remax Omega**  
Realtor/Appraiser  
For All Your Real Estate Needs  
547-2447 or lindagray1@remax.net

**LS & NM Repair Services**  
Auto repair, welding, small engines, tractors,  
trailers, and snowplowing.  
547-3766

**Lyris Lifesharing Community**  
at Ploughshare Farm  
serving folks with special needs  
Day Program & Residential 547-2547

**Mechanical Innovations Inc.**  
High Efficiency & Renewable Energy  
Contractors - 547 2251  
www.heatnh.com

**Melvin Rossi**  
Trucking and General Contracting  
547-3351

**Monadnock Tent Rentals**  
John Hopkins  
562-6690

**New England Forest Products, Inc.**  
315 Sawmill Road, Greenfield  
547-3207 or office@neforestproducts.com  
Web: www.neforestproducts.com

**North Country Print Works**  
COMPLETE service for your website: Design,  
Improvement, Advertising.  
Grow your own market and sales. 547-3234

**Norah's Depot ChildCare Center**  
Before and After School Care, Nursery &  
Pre-school programs. 20 months-12 yrs.  
Part time & full time. 547-8322

**Pamela Graesser**  
"I Do Weddings"  
Justice of the Peace - 547-6472

**Patrick Foy/Loan Officer**  
Cousins Home Lending, Inc.  
Prompt, courteous service tailored to your  
specific mortgage goals. 547-5576

**Petr Lord, Justice of the Peace**  
Personal & Distinctive Weddings  
petrlord@ittledoofarm.com

**Rejuvenate with Massage Therapy**  
Lydia Kennedy, LMT, RN  
547-3486

**Richard Metivier**  
Metivier's Small Engine Repair  
Servicing, Repair, Used Equipment  
547-2780

**Ron Lucas Carpentry**  
Home Building, Design, Remodeling  
sfmaggie@worldpath.net  
547-3395

**Shepard's Automotive**  
& Towing LLC  
81 Russell Station Road - 547-3821

**Side Trax Cafe**  
Breakfast, Lunch, Dinner  
& Take-Out - 547-3244

**Joe Brady**  
Silver Birch  
Satellite Communications  
547-2841

**Spring Pond Farm Alpacas**  
Alpaca yarns, socks & other  
products for sale.  
81 Muzzey Hill Road 547-2964

**Stonegate Farm and Flowers**  
Wholesale & Retail Perennials, Garden Design,  
Exotic Conifers. 84 Driscoll Rd - 547-3395  
stonegate@peoplepc.com

**Souhegan Valley Tractor Service**  
Field Mowing, Driveway Grading,  
Mini Excavation, Tree & Brush Removal  
Call John at 801-5919 or 547-3142

**OFFERING GRATIS: Student Massage**  
Therapy by Mike Deschenes  
400 New Boston Road  
Contact: Mdeschenes5@hotmail.com

**Susan Wray, Realtor**  
Prudential Verani Realty  
Friendly & Professional Service  
547-8710 swray@pruverani.com

**Ten Talents**  
Natural Colored Sheep: Livestock  
Yarn, Roving, Lambskins, Meat  
Conrad & Ellen Dumas 547-2621

**Thom Gagne**  
Hardwood, Laminate, Engineered Floor  
Installation & Repair -  
547-3111

**VoiceYoga Classes**  
Tuesdays 5:30 - 7pm, 7-8:15pm  
10 wk sessions, \$120  
Call Nanette Perrotte, 547-3373

**Warren A. Aldrich Installations, LLC**  
Drapes, etc. installed, Wallpaper & Painting.  
Other creative home projects.  
562-7731 and 547-2085

**Winrose Farm**  
Free-Range Pork and Poultry  
www.winrosefarm.com  
547-3390

**Wonderworks Learning Center**  
Preschool & Pre-K Program  
Childcare 6 wks-12 yrs  
547-3311 ext. 324

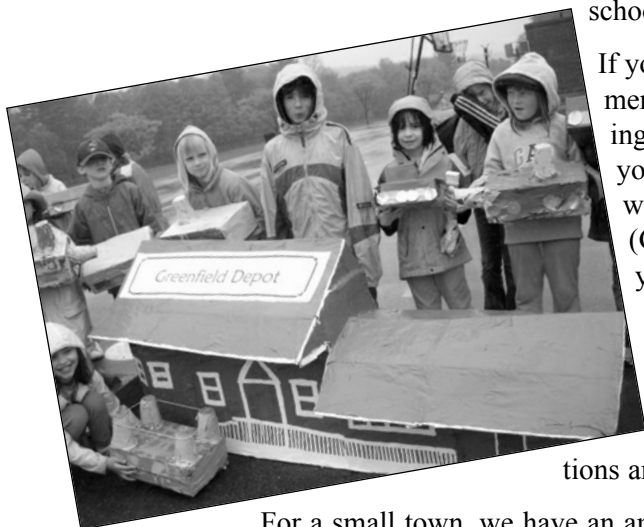
**Yankee Farmer, Route 31**  
The Seigars Family  
Plants, Trees, Bushes, Fruits,  
Flowers, Vegetables. 547-6421

**Your ad listing could be here!**

**Just send us your  
information and we'll print it for free.  
Make sure you only give us 4 lines  
(between 10-15 words). Thanks.**

## THE GREENFIELD ELEMENTARY SCHOOL PARENT-TEACHER ORGANIZATION (PTO)

Think back to your childhood (think way back...further back for some of us). What was the name of your elementary school? Who was your favorite teacher? What was your favorite part of the school day? What could have made your school experience better?



If you are like the majority of us, you can actually remember your elementary school and even picture your first grade teacher's face (amazing, when you think you were probably 6 or 7 years old). And maybe you can remember some special moments from school. Now, when was the last time you stepped into your local elementary school (GES)? Can you name the principal or a teacher at the school? Do you know what special things go on at GES?

Unfortunately, once we embark on our lives beyond elementary school, we often do not go back unless we have children or grandchildren entering school. Some people see schools as places where teachers teach, and they don't realize that their contributions are needed and welcomed.

For a small town, we have an amazing elementary school, folks! GES was awarded a 2007 Blue Ribbon Award for the countless hours (over 1300 hours!) that volunteers spent helping out at the school during the 2006-07 school year. PTO volunteers account for over half of those hours.

We host "Family Fun Nights" (free evenings for families to enjoy activities together like Safety Night, Movie Night, and BINGO). These nights offer opportunities for students and families to have fun and learn new things. The PTO also organizes free after school activities for GES students. Some of these activities include opportunities to make holiday crafts, go snowshoeing, and make giant papier-mache puppets.

Maybe you have stopped by the school already to check out one of our major annual events like the Homespun Holiday Shoppe in December (where you can buy or sell homemade items, and kids can get photos taken with Santa or shop for very inexpensive gifts for their loved ones at our White Elephant Sale). Another major event in June is Spring Fling, where we offer low-cost family activities like a bouncy house and dunk tank, cake-eating contests, pony rides, a strobe light dance room, and refreshments. Our goal with Spring Fling is not to make money but to allow local families to have fun together. Also, the PTO was pleased to participate in Greenfield's First Annual Blueberry JAMboree this past July, offering free activities for children.



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### SPONSOR THE SPIRIT

If you'd like to sponsor an issue of the Greenfield Spirit, please call Deb at 547-3442. The cost is low, and it's a great way to get the word out about your business or group, as well as an easy way to support your community. Interest has been so great that we now have a sign-up form to keep everyone's turn organized. Please call the Town Office to get on the list.

*Next issue deadline: January 1, 2008*

Town of Greenfield  
Box 256  
Greenfield, NH 03047

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