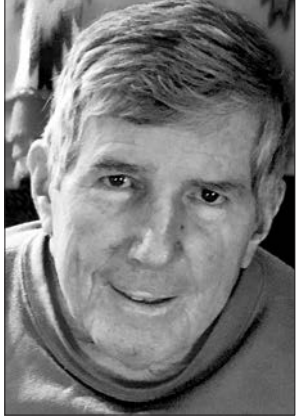


North Country Notebook

Of things that take to the wing, and the utter efficiency of rail



By JOHN HARRIGAN
COLUMNIST

I'm in the middle of moving my temporary downstairs office back upstairs---essentially, combining two offices into one. In the process, I've been finding some pretty good stuff, most of it in the form of clippings and Notes to Self.

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Every member of the state Legislature is assigned to at least one subcommittee. Often, the subcommittee work takes more out of the Representative than the main job itself.

At committee hearings on the good and evil of this bill or that, people from the general public can put their names on a "Want to Speak" sheet and indicate whether they support or oppose the bill. The chairman calls forth speakers from alternating piles in an



JOHN HARRIGAN

A Business Car seat beckons: Plenty of room to change sitting positions, a table for laptop or snack, and a food service car---featuring booths with tables and plenty of views---just a stretch of the legs away.

effort to be fair.

Legislators make great efforts toward politeness and decorum. In the New Hampshire House, after all, you're dealing with people of all ages and from all walks of life. You can be talking with a small-town merchant one minute and a PhD the next.

The other thing you're bound to deal with is a general ignorance of geography. This can manifest itself in, say, a debate on how long it takes to drive from the outer reaches of Pittsburg (our Pittsburg, the one without

the "h") to downtown Concord (three hours, and that's on a very good day).

Many's the time when a particularly critical committee hearing was scheduled for a day when, in Colebrook, we had half a foot of fresh snow on the ground and another foot coming. This was in the '70s, and (try to remain calm here) there were no cell phones.

So I'd make the long trip down, sometimes in four wheel drive, often stopping to clear the windshield, and at last gain the environs of the Legislative Office Building, and find a parking spot, and in my heavy wolf coat huff and puff my way to the second-floor hearing room only to find a note on the closed door: "Hearing cancelled due to snow."

So I would try to rationalize this, having just come down from Colebrook, and spend the day looking up friends and relatives and feeling glad that I'd never run for office.

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Speaking of politeness and decorum, what's with the Fish and Game Commission's rotten attitude toward the public? Not the Department---no, that's doing its job fine, although it's perennially out of money. It's the Commission---the 11 people (one from each county and one from the coastal area).

A couple of times citizens (in other words, taxpayers and voters) tried to ask questions or at least broach the subject of how we treat coyotes (abysmally, as a matter of fact, worse

than rats at the dump). At one meeting, a Commissioner vowed, quite audibly and proudly, that there'd be no discussion on coyotes as long as he held the chair. And people who had taken great pains to plan around kids and jobs to be there were denied the opportunity to speak.

New Hampshire Fish and Game has always been known for its politeness, fairness, and even (can you believe?) sense of humor. The commissioners of late, however, have inexplicably left more than a few members of the public and media with a foul taste in their mouths, something the hundreds of hard-working, good-humored people who make the Department go can ill afford.

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In my search through desktop rubble, I came upon some notes I'd written a while back for a column on woodpeckers. New Hampshire is home to five: the downy, hairy, three-toed, and pileated woodpeckers, and the yellow-bellied sapsucker.

I can easily understand how a budding ornithologist, bent on making all birds her field of expertise, gets hung up on the woodpeckers and never leaves.

Their behavior ranges from nice to nuisance to nefarious. They are, for example, the second-worse creators of messes around bird-feeders, first honors going to squirrels. (This is according to my own personal single-site survey.)

The flicker is technically a woodpecker. I guess we can all just go figure on that one. But the best-known, or perhaps the most romanticized woodpecker calling New Hampshire home is the pileated woodpecker, far bigger than the others and known for its strange cry and dippy-do flight. It looks very much like its slightly larger and mysterious cousin, the ivory billed woodpecker, which has long been considered extinct but which dedicated birders insist has been seen in the swamps of Mississippi and adjoining states.

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A column I wrote about a ride on the Downeaster, Maine's see NOTEBOOK, page A10

SUMMIT BY MORRISON AND THE MORRISON ASSISTED LIVING AND SKILLED NURSING CARE

Heart Health: Five ways to help prevent cardiovascular disease

BY SHANNON LYNCH
Executive Director

Cardiovascular disease accounts for 25 percent of all deaths in the United States -- about 630,000 annually according to the Centers for Disease Control and Prevention.

So, what are you doing to improve your cardiovascular health? Here are five steps you should be taking to prevent cardiovascular disease:

Eating Healthy
Exercising Regularly

Limiting Alcohol Intake

Not Smoking
Managing Stress

Eating Healthy: For many of us, the admonition from their parents at dinnertime about eating their vegetables still rings in our ears. But don't forget about eating fish, nuts, whole grains, fruits and berries. A healthy

diet is one of the most important ways you can reduce your risk of cardiovascular disease, which affects the heart and blood vessels and includes heart disease and stroke.

Enjoy a treat here and there, but also make sure to regularly choose foods low in saturated fat, trans fat and sodium. Almonds and walnuts are snacks that your heart will love, while fish high in omega-3 oil, such as salmon, tuna and trout, will keep your weight low and your arteries free of plaque. Avoid red meat, sugar-sweetened beverages and any foods with added sugar.

Eating healthy helps keep from gaining excessive weight, boosts energy, reduces your cholesterol and, usually, keeps your blood pressure at acceptable levels. Normal blood

pressure ranges from 120/80 to 140/90. Of course, for some people, high blood pressure and high cholesterol are a result of genetics. In those cases, your doctor will prescribe medications.

Exercising Regularly: Get out and exercise to strengthen your heart and improve circulation. The American Heart Association recommends at least 30 minutes of moderate exercise five days a week. If you've never been one to hit the gym, start slowly with a casual walk or maybe try some chair yoga exercises. When faced with a choice, take the stairs instead of the elevator. Every little bit helps. The key is to make exercise a part of your daily life.

Limit Alcohol and Avoid Smoking: The statistics are sobering: smokers have up to

four times the risk of developing cardiovascular disease, according to the American Heart Association. The AHA also recommends limiting alcohol intake to one drink per day for women of all ages and men older than 65, and two drinks a day for men 65 and younger.

Learn how to manage stress: Finally, don't fret the small stuff and find ways to cope with life's major stressors. Take a yoga class. Learn to meditate. Get into Zen. Settle down with a good book. Do a crossword puzzle. Find what relaxes you and do when life is stressing you out.

Incorporating a plan that includes a few simple steps will go a long way toward reducing the risk of cardiovascular disease.

Your heart will thank you.

Church Services DIRECTORY

St. Anne's Roman Catholic Church of

Good Shepherd Parish

345 Pleasant St., Berlin • 752-2880
Rev. Kyle F. Stanton, Pastor • Rev. Michael Sartori, Assoc. Pastor
Weekend Mass Schedule: Saturday evening 4:00p.m., Sunday Morning 7:00a.m. & 9:00a.m., Saturday night 6:00p.m.
Daily Mass Schedule Monday, Tuesday, Wednesday, Thursday & Friday 8:00a.m.
Holydays Vigil 6:00p.m., Feast 8:00a.m. & 12:05p.m.,
Confessions 3:00p.m. or by appointment

Bread of Life Church

Apostolic Pentecostal • 603-869-3127 • 835 Profile Rd., Bethlehem
Sunday Worship: 11:30 a.m. • Thursday Bible Study: 7:00 p.m.
Youth Group meets at 35A Mill St., Littleton at 7p.m. Fridays •
Bible Study Great Northwoods Welcome Center, Lancaster at 7:00p.m. Tuesdays
Pastor: James F. Sullivan

Harvest Christian Fellowship A Foursquare Church

219 Willow St., Berlin • 752-5374 • Pastor: Robert Haynes
Sunday Morning celebration begins at 10:30 am
with children's church and nursery provided • Wednesday Bible Study 6:30p.m.

Christian Science Society

Main St., Lancaster, NH • Sunday 10:00 am Service & Sunday School
Reading Room in Church 2nd & 4th Wednesdays • 10-2 p.m. (June - August)

West Milan United Methodist Church

Bible Study every Thursday at 7 p.m. at Andrew Mullins, 449-2159
Pastor William Simpson

Milan Community Methodist Church

Main St., Milan • Parsonage-3344 • Church- 449-2026
Rev. William Simpson • Sunday School and Sunday Worship 10:30a.m.

Gorham Congregational Church, UCC

143 Main St., Gorham • 466-2136 • Rev. William B. Jones, Pastor
www.gorhamhucc.org • Sunday Worship 10 am • Bible Study Wed. 4:30-5:30 pm
Holy Communion is celebrated the first Sunday of each month.
Welcoming all people who seek a relationship with God through Jesus Christ.

Heritage Baptist Church Independent-Fundamental

207 Jericho Rd., Berlin • 752-4523 • Rev. Dana C. Hoyt, Pastor
Sunday School 9:30, Worship 10:30, Evening 6:00 • Thursday Bible Study 7:00

Word of God Christian Church

Services at corner Hill & E. Side River Road, Dummer
449-6628 or 449-6765 • www.wordofgodchristianchurch.com
Sunday Worship & Prayer 9:45 am
Bible Study after service and Wednesday at 7 pm

Lamb's Chapel Christian Center

214 School Street, Berlin • 752-5773 • www.lambschapelberlin.com
Monday Worship & Prayer 7:00 pm; Monday Men's Fellowship 6:00 am
Sunday Worship 10:00 am; Thursday Bible Study & Worship 7:00 pm

Community Bible Church

593 Sullivan St., Berlin • 752-4315
Wednesday Youth & Group Prayer Service 7 pm
Sunday Family Bible Hour 9:45 am
Morning Worship 11 am • Evening Worship & Praise 6 pm

St. Paul Lutheran Church

101 Norway Street, Berlin NH 03570
Sunday Worship Service at 10:30 am • Wednesday Bible Study at 1:30 pm
For more information, call 603-752-1410

Holy Family Roman Catholic Church

7 Church St., Gorham • 466-2335
Rev. Kyle F. Stanton, Pastor • Rev. Michael Sartori, Assoc. Pastor
Weekend Masses Saturday 6:00p.m. & Sunday 11:00a.m.
Service of Holy Communion First and Third Saturdays at 4 PM
Lead by Paul Lutz, LLM
Reconciliation Saturday 5:15 - 5:45p.m. or by appt.
Weekday Mass Wednesday 5:00p.m.

The Salvation Army

15 Cole St., Berlin • 752-1644
Sunday - Sunday School 9:45 - 10:45 am
Monday - Friday Prayer 9 - 10 am

Riverside Assembly of God

Berlin/Gorham Rd. • 466-2851 or 466-5478 • Pastor Paul Lavigne
Sunday Worship 10:00 am • Sunday School 9:00 am • Wednesday 7:00 pm

First Baptist Church

79 High Street, Berlin • 752-6215 • Reverend Dean Stiles
Sunday School 9:45 am - Nursery available
Sunday Worship 11 am • Monday Night Bible Study 6:30 pm

The Church of Jesus Christ of Latter Day Saints (Mormon)

Top of Gorham Hill on the left • 466-3417
Geoff Parkerson, Branch Pres. • 752-6243
Sunday Meetings Sacramento 10 am • Sunday School 11:15 am
Prsthd & Rel Soc 12:15 pm