

Got Clutter?

By Vicky Campbell



Back to School Tips for Kids

Labor Day not only represents a day of rest for the workingman, but also reminds us that the fun days of summer...are over. Our children go back to school and our schedules, which were full of fun things to do, are now filled with running here, there and everywhere just to keep up. Everyone, including your children, could use some help getting the craziness into some kind of daily plan. Here are some suggestions to help your children make a not-quite-so-hecktic return to the busyness of fall.

Parents, the first tip is to get a daily planner for your kids that can read and write. Strongly encourage them to use it to keep track of homework assignments, after school activities and work/chores.

Establish a routine. Make daily "To Do" lists or charts and check them off. All kids need to know what's expected of them. Kids, if you have a study hall or early release, maybe use that time to actually get as much work as you can, done so you

don't have so much to do later.

Don't procrastinate. Like Nike says, "Just do it!" Doing your homework on the go in the morning is too stressful and usually won't get you a good grade.

Get all your school things ready the night before so you're not running around in the morning looking for things. Besides, if you do, maybe you can sleep in a little bit longer!

By the way, get some sleep! Though we understand that you have a social life along with all of your many other things to do, you'll feel much better and focused being rested each day.

Parents, helping your kids establish good habits now will help them be successful in the future. Not every child is going to be interested in getting their lives organized, some grownups aren't, but perhaps you can gently persuade them into seeing why it's necessary. Help them set goals and help them reach them. Most of all, be a good example.

Fall 2007 Days of Sharing Partners in Health Family Council Clothing Giveaway

The Partners in Health Family Council clothing giveaway held at the Town Hall in Lancaster on Wednesday, August 22nd through Friday, August 24th serving Coös County and the surrounding area proved to be extremely successful. The total number of people served was 1440. This was an increase of over 229 people from the clothing giveaway in the spring of 2007 and an increase of 416 people from the fall of 2006. There was also a substantial increase in the amount of new items provided to families, who received a ticket at the door, which entitled them to select a new item of their choice. In addition, there were many new community volunteers, along with those who previously provided their services,

who provided countless hours in preparing for and working during the giveaway.

The estimated value of donations well exceeded \$20,000.00 to include; 14 new layette bags, 100 pairs of new winter boots, 200 new baby afghans, several dozen fleece and quilted blankets, dozens of pairs of new boys and girls pajamas, approximately 50 new children's jackets, and hundreds of new hats, scarves, and mittens. Included with this year's program were 415 new backpacks with school supplies totaling more than \$10,300.00, an increase of 265 over last year.

Following is a list of the towns and the number of people from each town served by this clothing giveaway.

Berlin 93, Bethlehem 20, Clarksville 5, Colebrook 37, Dalton 62, Gorham 1, Groveton 171, Jefferson 85, Lancaster 552, Littleton 55, Manchester 5, Milan 4, Pittsburg 13, Stark 10, Stratford 153, Twin Mountain 6, West Stewartstown 34, and Whitefield 53.

In Vermont we served Barre 2, Canaan 2, Gilman 4, Guildhall 7, Lunenburg 55, Maidstone 7 and Waterford 4.

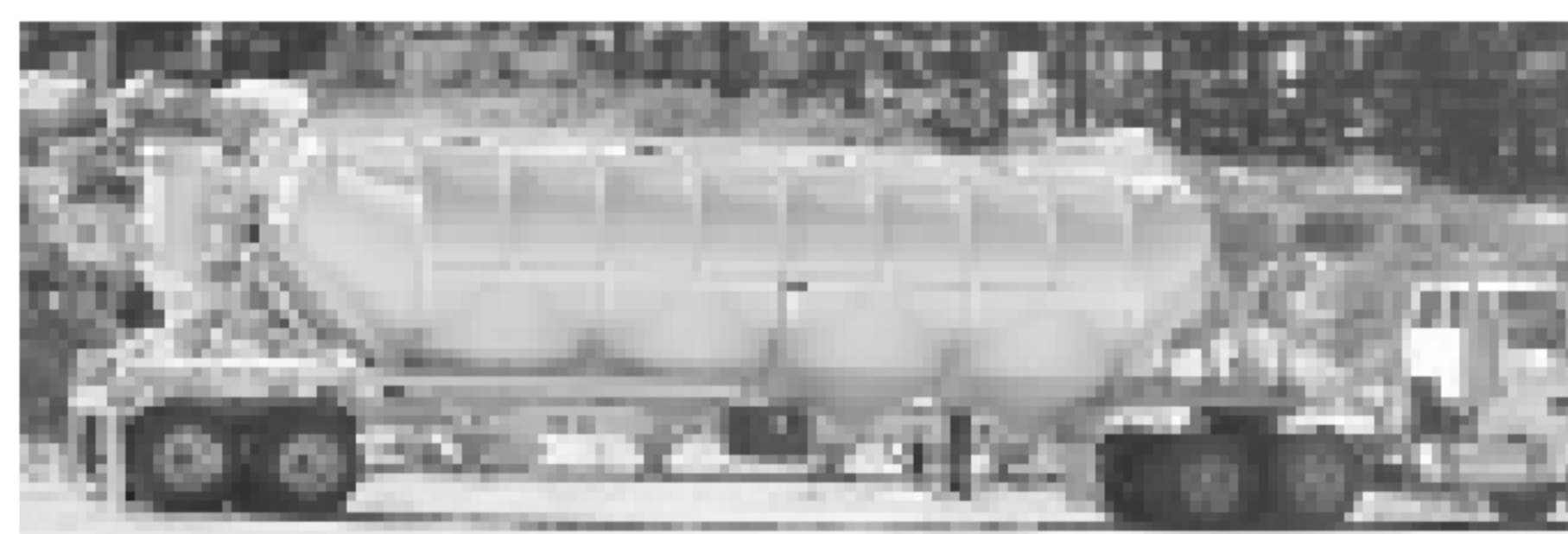
We had a total of 415 backpacks with supplies given away.

Read to your children. You'll enjoy it as much as they will!

The deadline for news and advertising for the next issue is Tuesday, Sept. 11.



Cutting the ribbon at the Grand Re-opening of the New Hampshire Central Railroad on Tuesday, September 4 in Whitefield are from left: Senator John Gallus, Benoit "Beno" Lamontagne of Colebrook, North Country's Regional Resource Specialist for the Department of Resources and Economic Development (DRED), David Presby, President and founder of Presby Environmental, Inc. and Presby Plastics, Inc., his wife Sheila, Ed Jeffrey, President of New Hampshire Central Railroad and owner of a locomotive and railcar repair facility in North Stratford since 1996, Melissa Ogle from Senator John Sununu's office, and Steve Huntington from Gov. Paul Hodes' office. In back from left are Bill Remick and Paul Theberge both from the New Hampshire House of Representatives. This section of railroad runs 23 miles from Whitefield to Groveton. The event marked the first time in nearly 10 years that the railroad has been fully operational. (Photo by Lyndall Demers)



This engine (right) was pulling two rail cars to Whitefield through Lancaster from Stratford on Tuesday, Sept. 4 for the ribbon-cutting ceremony at Presby Plastics in Whitefield. David Presby noted at the ceremony, that one of the rail cars being pulled by this engine is capable of hauling the equivalent of four truckloads (above photo) of materials that are shipped from his business in Whitefield. The savings in shipping costs are tremendous hauling by rail rather than trucking the materials. Mr. Presby's hope is that the track will, by next year, be connected to Vermont lines and beyond. (Photo by Lyndall Demers)



David Presby, (left) owner of Presby Environmental, Inc. in Whitefield, Senator John Gallus, and Ed Jeffrey, President of New Hampshire Central Railroad were standing at the front of the shiny yellow engine after the ribbon-cutting. (Photo by Lyndall Demers)

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