

# THE Bradford Bridge

COMMUNITY NEWS FOR NEIGHBORS BY NEIGHBORS

Volume 25, Number 1, Issue 274

January 2014

## Bradford Town Hall Revitalization A Plan for the 21<sup>st</sup> Century

The Bradford selectmen along with concerned citizens have been hard at work since last March to develop a solid proposal for revitalizing Bradford's town hall. Bradford is in desperate need of adequate space to conduct business and hold meetings. The current town offices in the Community Center were intended to be a temporary solution to the problem of where to locate the town's necessary offices. Using the existing town hall building, which is basically sound, is the most affordable solution. The updated design for the town hall has taken into account suggestions and concerns that surfaced during last year's town meeting, and has been endorsed by the selectmen and the Planning Board. The final cost will be determined once the design documents have been created but it is expected to be less than last year's project.

Since the last town meeting, selectmen initiated another Request for Proposals (RFP's) to revitalize the town hall. Bruss Construction Company's response was selected based on their demonstrated experience working on other historic and municipal buildings. From the start, Bruss Construction has been keenly aware of the issues and will be responsive to the needs and concerns expressed by the town regarding the restoration of the town hall. The revised plans include a handicap accessible, turn-key project versus a phased-in project. According to Michael Bruss, it is not feasible to do this project in small phases as the entire project addresses life/safety, deferred maintenance, and cosmetic issues.

The main body of the town hall, including its foundation, has been found to be structurally sound and in need of only minor corrective work. However, the rear section of the building requires a new foundation. Energy upgrades and retrofits can be done while still maintaining the historic character of the Bradford town hall. The space above the stage requires thermal air barriers so that heat is not sucked out of the building. Right now the building acts like a giant chimney. The selectmen are looking into utilizing an automatic wood pellet furnace to heat

*continued on page 4*

## Improving Bradford

The Bradford town history book, "200 Plus" describes the large building on the corner of Rte. 114 and Main St. as having housed the tin shop of Charles H. Marshall, then renovated into two upstairs apartments. The downstairs was remodeled into the dress shop of Annie Smith, later Mrs. John Flanders and again for Petticoat Lane with Maude Keller as proprietor. It was also the town's first funeral home under the firm of Harry L. Holmes and Son of Henniker. The original woodshed became a third apartment



*Demolition starts*

*continued on page 5*

# The Bradford Bridge



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### Subscription Information

To receive The Bridge by mail, please send a \$20 check to cover mailing costs to the above address.

### Advertising

The Bradford Bridge is a free community newspaper supported by advertisers. To place an ad, call Maureen O'Keefe at 938-2941. The firm deadline for all ads and articles is the 20th of the month.

### Submissions

The Bradford Bridge is written by neighbors, for neighbors. Anyone is welcome to submit articles and/or photographs of interest to the community. We reserve the right to edit submissions.

### Selectmen's Office Hours 938-5900

Mon - Thurs: 7:30 am - 5:00 pm  
Friday: 7:30 am - noon  
Selectmen meet every Monday  
from 5:30 pm - 7:30 PM  
Special Meetings will be posted  
24 hours in advance

Town Clerk/ Tax Collector  
Office Hours  
938-2288

Monday: noon-7:00 pm  
Tuesday: 7:00 am-11:30 am  
12:30 pm-5:00 pm  
Friday: 8:00 am-11:30 am and  
12:30 pm-5:00 PM  
Saturday: (2nd & 4th) 9-Noon

Planning Board Circuit Rider  
Wednesday  
call 938-2253 for appointment

Town offices are temporarily  
located at BACC

## From The Editor

For several months, this citizen has been working in a new job and missed out on some of the wonderful events that have been happening around town. New neighbors with bright ideas are working hard to spiff up Main Street. The committees formed last year have been busy with revitalization projects and the Town Hall Restoration project has been revamped, the committee membership expanded with more input and ideas from a broad range of citizens with fresh ideas and perspectives. There is a palpable sense of enthusiasm and cooperative good will that's in the air.

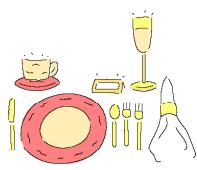
Happy New Year to all! May 2014 bring good fortune and health to all our friends and neighbors and harmony in the world torn by poverty and war.

Beth Rodd, January Editor

### From the Town Clerk:

Town Elections are coming up on March 11<sup>th</sup>, 2014 – If you wish to run for one of the following offices please sign up at our office on any of the following days **January 24th, 25th, 27th, 28<sup>th</sup> and 31<sup>st</sup>, 2014.**

- Moderator** - For 2 years
- Selectman** – For Three Years (1 Opening)
- Trustee of the Trust Funds** – For Three Years (1 Opening)
- Trustee of the Brown Memorial Library** – For Three Years (3 Openings)
- Scholarship Committee** – For Three Years (2 Openings)
- Budget Committee** – For Three Years (2 Openings)
- Planning Board** – For Three Years (2 Openings)
- Zoning Board** – For Three Years (2 Openings)
- Cemetery Commission** – For Three Years (1 Opening)



## PROGRESSIVE DINNER

SATURDAY, JANUARY 25, 2014

5:00PM TO ??

**APPETIZER – SOUP – SALAD – MAIN COURSE - DESSERT**

**DONATION: \$30.00/ PERSON**

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## Selectmen's Highlights

### Independence Day:

Perry Teele and John Mock were appointed and empowered to oversee the 4th of July celebration for Bradford including the parade and fire works.

### Generators:

Selectmen signed a contract for a generator grant for the fire station.

A contract for inspection and repair of the generators at the Community Center and Police Department was authorized in the amount of \$435.00 each per year.

### Building Code:

A rate of \$6.00/thousand per project was approved in addition to a \$25.00 fee for the building permit.

### Budgets:

Selectmen forwarded the operating budget to the Budget Committee and began work on proposed warrants for Town Meeting.

### Cell Tower:

Mark Goldberg reported that the cell tower is complete and they are waiting for Verizon to come in.

### Highway Department:

Selectmen unanimously thanked the Highway Department for a fine job clearing the roads during the recent snow storm.

### Tree Removal:

Selectmen approved removing trees along the driveway to the BACC. Cost will be split between the town and the abutter. Road Agent Barry Wheeler will oversee the work.

### Building Demolition:

Claire and Michael James were thanked for removing the building on the corner of Route 114 and Old Warner Road. This not only eliminates a serious safety issue, but improves the appearance of the intersection.

### Computer Issues:

Selectmen approved using surplus funds to move town records to a dedicated server. This will resolve the current problem of using a shared workstation.

### Transfer/Recycling:

After considering the town's recycling policy and the success of the recycling program, selectmen rescinded a decision to allow a dumpster to be jointly used by the Fire and Highway Departments. Pick-up of the trash will be organized and Transfer Station personnel will assist the recycling as required.

Tires can no longer be accepted by Wheelabrator and the Town must now pay for their disposal. Selectmen approved a charge of \$5.00 per tire.

*Minutes of all meetings are on file at the Town Office and online at [bradfordnh.org](http://bradfordnh.org).*



## The Bradford Business Association

The Bradford Business Association held their Holiday Party and meeting on December 8th at the Candlelite Inn and plans were made for 2014. It is not too late to get into the Member Guide being published mid-January as time was extended due to interest from current and new members. It is possible as the group rebuilds that a second guide may be published in the summer so all area businesses and artisans who join can be included. The first Business After Hours for 2014 will be held at Valley Transportation/Valley Fire Equipment, 2345 Route 114 on Wednesday, January 29th from 5:30 to 7:30PM and all are welcome to come have refreshments, network and take a tour. The BBA was pleased to sponsor refreshments at the annual Christmas Tree Lighting at the library as an example of how different groups can work together for a common cause and help make our town better. Happy New Year,

Laura Hallahan



the building and perhaps running a conduit to heat the library and the fire station from the same source. This has been done in other locations for municipal buildings with a significant savings over the cost of fuel oil being realized. The following aspects have been considered and are included in the updated revitalization plan:

- The area that was the police station will be removed and no longer included in the planned floor space.
- Adequate and secure space for town offices and to conduct town business is provided.
- A large meeting room downstairs is included.
- Proper storage and easy access to important town files and documents is included.
- A new foundation with granite veneer installed for the rear section of the building on the parking lot side will be completed.
- The Town Hall will be made completely handicap accessible with sloped walkways, an elevator, and an upstairs bathroom.
- A back stairway will be constructed to code.

- Security doors will be installed to limit access to town offices when private functions are held upstairs.
- Any doors that can be used will be retained, but the hardware will be upgraded to meet current building codes.
- Existing wood floors and tin ceilings will be repaired and maintained and wood paneling will be replicated and/or retained in both the large meeting room downstairs and in the upstairs auditorium.
- Upstairs sprinklers are included as part of the revised plan.

Much thought and many hours of planning went into creating the current proposal. For many years, the town has spent its money on short-term, inadequate solutions or failed proposals. The plan put forth by Bruss Construction Company creates viable space to conduct town business and to hold large meetings. It is a long-term solution that will carry Bradford through the 21<sup>st</sup> Century. The Bradford Town Hall is listed on the National Register of Historic Buildings, and it certainly deserves the town's immediate attention. The best way to preserve and maintain

historic buildings is to update them to usable, viable 21<sup>st</sup> century buildings.

Bradford's elected officials have endorsed this proposal. The plan has been shared with the office staff for input and suggestions. Now is the time for the citizens of Bradford to learn as much as they can about the Town Hall Revitalization Project.

Submitted by,  
Kathy McKenna



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Improvements - continued from p. 1



Corner of Old Warner Road and Route 114, post demolition



East Main Street has been improved with the demolition of the burned and abandoned Sanborn house. No information about the small building on the left could be found in print but Laurie Buchar remembers well “sitting on a stool, legs swinging and eating pieces of Evie Tonk’s cherry pie” with her father circa 1960. Let us know if you have any memories of this building to share

*Left: the Sanborn property, pre- and post demolition. .*



**Don't Forget!**

The Bridge is online at [bradfordbridge.com](http://bradfordbridge.com)  
Old issues going back to 1999 are also available  
See the Bridge in color!



### Bradford Historical Society

Let's put the **Old Post Office** back on Main Street!

The Historical Society is hoping to raise \$5,000.00 towards moving this town landmark from its present site at the entrance to the Transfer Station to our Historical Village campus near the Smithy and Tin Shop on East Main Street. This building was built in 1918 by postmaster Leon Perkins near the railroad depot where the Pizza Chef now stands, but was moved during renovations. It currently houses most of the town archives and artifacts. Show your interest in preserving the past by donating any amount towards the moving fund. Donations can be sent to Bradford Historical Society, Box 551, Bradford, NH, 03221.



**What's new at the Old Tin Shop?** Join the Bradford Historical Society on Wed., Jan. 22nd at 7:00 pm for a presentation about recent renovations to this building on East Main Street. There are many jobs available for anyone eager to help us preserve the past. Refreshments will be served to celebrate our progress!



### Letters To the Editor

A Big Thank You

Yes, Community Spirit is alive in Bradford. On behalf of the Town Hall Restoration Committee, a big Thank You to all who made pies for the sale at the town hall and to everyone who made a variety of delicious desserts for the St Peter's Lodge spaghetti dinner with all proceeds to benefit the Town Hall Restoration project. Thank you.

Marge Cilley

To the Editor,

Thanks to Claire and Michael James for their substantial volunteerism in Bradford. In the short time they have lived here, they have embraced our town's efforts to improve the business climate and appearance of Main Street. Please welcome them to Bradford and join in on the excitement by volunteering yourself!

Laurie Buchar





## Library Lantern

by Meg Fearnley

First of all, we want to thank Santa for visiting us once again. It was a magical evening. Just as we were about to light the library tree, it began to snow! A hearty thanks to Laura Hallahan and the Bradford Business Association for providing refreshments. Check our Facebook page for lots of photographs of the event.

Librarian's Choice movie night is Friday, January 17 at 7pm (weather permitting). *The New York Times* calls this month's selection a "tranquilly beautiful film about a lost Vietnam, a peaceful, orderly place not yet touched by wartime."

The library is closed on Monday, January 1 and Monday, January 20 (The Chess Group meets again in February).

A selection of new books added to your library in December:

### Adults

*Tatiana* / Martin Cruz Smith

*Mirage* / Clive Cussler, with Jack Du Brul

*Stella Bain* / Anita Shreve

*Takedown Twenty* / Janet Evanovich

*Philomena : A Mother, Her Son, And A Fifty-Year Search* / Martin Sixsmith

*Three Can Keep A Secret* / Archer Mayor

*American Mirror : The Life And Art Of Norman Rockwell* / Deborah Solomon

*This Is The Story of a Happy Marriage* / Ann Patchett

*Out On a Limb : What Black Bears Taught Me About Intelligence And Intuition* / Benjamin Kilham

### Children & Teens

*Fairy Tale Comics*

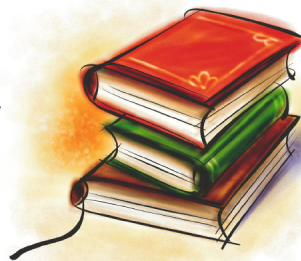
*Locomotive* / Brian Floca

*The Great American Dust Bowl* / written & illustrated by Don Brown

*Thomas Jefferson Builds a Library* / Barb Rosenstock

*Don't Spill the Milk* / Stephen Davies, Christopher Corr

Library Hours  
Monday, 10-8  
Wednesday, 10-7  
Saturday, 10-3  
Sunday, 11-3



## Funds Raised for Town Hall

A series of successful fund raisers in December netted more than \$1800 towards restoration of the Town Hall. Under the leadership of Mel Pfeifle, holiday greens and decorations were sold at the Town Hall. Marge Cilley organized the sale of home-made pies and a spaghetti supper hosted by St. Peter's Masonic Lodge. There were many enthusiastic helpers involved. A big thanks to all.

For January, Sandy Paul and Marge Cilley are organizing a Progressive Dinner. Visit five Bradford homes, enjoy some of Bradford's finest cuisine, share an evening with friends and join your neighbors to support this project. Saturday, January 25 starting at 5 PM. Get your tickets early. Call Sandy 938-5486 or Marge 938-2253.

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## 10 QUESTIONS

by Phyllis Wilcox

*This month we met with Dan Pettiglio, owner and operator of “Kearsarge Fitness” located on Route 103 in Bradford. Some of you are probably familiar with the “Fitness Center” but many do not know about Dan and the facilities that he has brought to our small town. Also, you may be surprised to hear that Dan brings a background of wrestling, art, and illustration to Bradford. Dan Pettiglio is a graduate of the “killer Kowalski Institute of Professional Wrestling.” During his nine year career he competed against the likes of Hulk Hogan, Tor Kamoto, Ken Patero, the Wild Samoans and the Iron Sheik.*

**Q. Dan, you were born in Exeter, New Hampshire. Your dad was a bricklayer and ran heavy equipment. Your mom was a bookkeeper at a bank. You were interested in sports but unfortunately developed asthma and couldn't participate in sports associated with school and growing up. Tell me about that period of your life?**

The socialization of sports was denied to me because of my asthma. I was really in awe of my older brother who was a good athlete and four years my senior. I began to read a lot, comic books and fiction. I also began to draw comics.

**Q. Your asthma lessened as you grew older but you realized that it was too late for you to catch up with your friends who were all engaged in sports and teams in school. You stumbled upon a set of weights that belonged to your brother and were growing dusty in the basement of your home. You began lifting weights which led to other things.**

At the age of twelve I discovered that I could do more and when I found the weights it opened a new avenue for me to pursue. I began with light

weights and gradually began to get stronger and figure out what to do with my life.

**Q. You were also interested in art and comic books. How did all this come together for you?**

I couldn't do sports stuff so I would read comic books. I tried to imitate the comic book heroes, Bruno Samartino was a big wrestling hero and I enjoyed watching him on television. I decided to look for a school that had a wrestling team since Exeter didn't have a team at that time. I knew that there were other schools that offered what I wanted.

**Q. When your health improved you joined a wrestling class in Boston called “The Killer Kowalski Institute of Professional Wrestling.” You were 19 years old in 1979 and you said that you had found a place that was comfortable for you and the future looked bright. In addition you somehow managed to combine your love of art and interest in comic books.**

Walter “Killer” Kowalski was an interesting philosophical guy. In between wrestling matches he would read about philosophy. He was also a vegetarian and like a second dad to me. I worked with him four days a week and all day on Saturday's training for my first match. It was a full time intense effort.

**Q. Your next years included a life with many interesting turns. You worked in construction, had a job with “Nike” and wrestled in the United States, Canada and Mexico. How did you manage to combine everything?**

It was tough while I was wrestling

full time. I was always on the road. I worked one entire summer in British Columbia. I had to drive every day from one town to the next. All the matches were onenighters. I always stayed in hotels and never really had a home base. You have to follow a regular routine from one town to the next. I wrestled everywhere from Legion Halls to community centers and sometimes civic centers. My biggest match was at the Baltimore Civic Center. It was a 14,000 person arena, my hero Bruno Samartino was the main event. It was so great to wrestle on the same program as my mentor and hero. I worked the assembly line at the Nike factory for two or three years in Exeter. Everyone worked at shoe shops and at that time Nike was a development facility in Exeter. When Nike moved out of town to Oregon I became a full time wrestler. I didn't win my matches at first. Wrestling full time was tough.

**Q. You said that wrestling full time turned into a pay per view industry and you decided to turn your efforts back in the direction of art school.**

It was 1986 and I noticed that a lot of promotions were closed. Many people in the wrestling game were getting injured. I knew enough to keep in shape. I did it for seven or eight years but in my early 30's I decided to stop wrestling and turned my energies back to art. I decided to move to Dover, New Jersey where I found “Joe Cubert's School of Cartoon and Graphic Arts.” It was a three year course. It was an intensive apprenticeship program. Over the years my personal life was on hold. I didn't think of marriage and family. I was too involved with my life and the different directions that it took.



**Q. Your personal life changed when you met your wife Dawn. You also mentioned that you became a father and grandfather at the same time? That must have been a unique experience for a man who had no time for domesticity?**

I met my future wife Dawn on Hampton Beach about eleven years ago. It was off season and we were the only walkers. We clicked immediately. She had two grandchildren. We now have three, two boys and a girl. It was instant domesticity for me. She also had a fifteen year old son. On the whole it was a good arrangement. Our son played football in high school and we attended all his games. It was something that I had never been able to do while I was growing up. It was the beginning of a different life for me. For the first time I was in one place instead of traveling and hotel life.



**Q. When did you decide to buy land and build a fitness center? What made you decide to live in Bradford?**

Dawn is a Certified Public Accountant (CPA). We decided that we could combine our two occupations in one building. Dawn travels sometimes but she has an office in the Center. We share a desk and it has worked out very well. At the time we bought the land I was working at "Mountainside Racquet and Fitness" in New London. I would open the club early in the morning and decided to become a personal trainer. I knew about the importance of staying fit. The human body needs to move and fitness was part of my life.

**Q. Where do your clients come from?**

About one third of the clients come from Bradford and Newbury and other adjoining towns. Some of them stop on the way to work. We probably have a few more women than men as clients but it is pretty even. I think that more people are beginning to realize the importance of movement and fitness.

**Q. Where do you see your future life?**

I hope to continue doing what I am doing now. It seems to be a place where I am comfortable and doing what I think is important. We enjoy our life here in Bradford.

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## JANUARY CALENDAR

**Wed. Jan. 1st**

**HAPPY NEW YEAR!**  
**Mt. View Senior Center Closed**  
**No Meals on Wheels Today**  
**Library Closed**

**Thurs. Jan. 2nd**

12 Noon - Senior Dining  
 1:00 PM - Mahjong Group

**Fri. Jan. 3rd**

8:45 AM - Mt. View Sr. Ctr. Fitness  
 11:30 AM - First Friday Brunch  
 raffle, live music, door prizes

**Sat. Jan 4th**

8:30 AM - 5:30 PM – Girl Scouts

**Mon. Jan. 6th**

8:45 AM - Mt. View Sr. Ctr. Fitness  
 1:00 PM - Bridge  
 4:00 PM – Watercolor Class  
 5:30 PM – Selectmen’s Meeting

**Tues. Jan. 7th**

9:00 –12 noon– Community Outreach  
 10:00 AM - Stitches from the Heart  
 12:00 Noon - Senior Dining  
 1:00 PM - Mahjong Group  
 7:00 PM – Main St. Revitalization

**Wed. Jan 8th**

6:00 PM - Yoga  
 6:30 PM – Budget Committee  
 7:00 PM – Zoning Board

**Thurs. Jan. 9th**

12 Noon - Senior Dining  
 1:00PM - Mahjong Group  
 4:30 PM - BACC/P&R Committees  
 6:00 PM - Bible Study

**Fri. Jan. 10th**

8:45 AM - Mt. View Sr. Ctr. Fitness

**Sat. Jan. 11th**

9:00 AM – Writing Group

**Mon. Jan. 13th**

8:45 AM - Mt. View Sr. Ctr. Fitness  
 1:00 PM - Bridge  
 4:00 PM – Watercolor Class  
 5:30 PM – Selectmen’s Meeting  
 7:00 PM – Rural Heritage Connection

**Tues. Jan. 14th**

10:00 AM - Stitches from the Heart  
 12 Noon - Senior Dining  
 1:00 PM - Watercolor Class  
 7:00 PM – Planning Board

**Wed. Jan. 15th**

4:00 PM – Special Group #5  
 6:00 PM – Yoga

**Thurs. Jan 16th**

10:30 AM – 12 Noon - LSVNA  
 Blood Pressure clinic  
 12 Noon - Senior Dining  
 1:00 PM - Mahjong Group  
 1:00-3:00 PM - Foot Care Clinic  
 LSVNA Call 526-4077 for appt.  
 7:00 PM – Town Hall Restoration

**Fri. Jan. 17th**

8:45 AM - Mt. View Sr. Ctr. Fitness  
 9:30–11:30 AM Foot Care Clinic  
 LSVNA at North Apts.  
 10:00 AM -Friday at the Movies:  
*It Happened on 5th Avenue*  
 1947 Classic 115m  
 12:00 - noon Brunch  
 1:00PM - Mahjong Group  
 7:00 PM – Librarian’s Choice  
 Film from Vietnam BML

**Mon. Jan. 20th**

**Martin Luther King Holiday**  
**Senior Center Closed**  
**No Meals on Wheels today**  
**Library Closed – no Chess**  
**Town Clerk/Tax Collector closed**  
**No Selectmen’s meeting**

**Tues. Jan. 21st**

9:00 – 12 noon – Community Outreach  
 10:00 AM - Stitches from the Heart  
 12 Noon -Senior Dining  
 1:00PM - Mahjong Group

**Wed. Jan. 22nd**

10:30 AM –12 Noon LSVNA  
 Blood Pressure Clinic  
 Warner Senior Room  
 6:00 PM – Yoga

**Thurs. Jan 23rd**

12 Noon - Senior Dining  
 1:00 PM - Mahjong Group  
 6:00 PM - Bible Study

**Fri. Jan. 24th**

8:45 AM - Mt. View Sr. Ctr. Fitness

**Sat. Jan. 25th**

9:00 AM – Writing Group  
 5:00 PM – Progressive Dinner  
 Benefit Town Hall Restoration  
 Call 938-2253

**Mon. Jan. 27th**

8:45 AM - Mt. View Sr. Ctr. Fitness  
 9:30-11:30 AM - Foot Care clinic  
 Warner Pharmacy. 526-4077 for appt.  
 1:00 PM - Bridge  
 5:30 PM – Selectmen’s Meeting

**Tues. Jan. 28th**

10:00 AM - Stitches from the Heart  
 12 Noon - Senior Dining  
 1:00PM - Mahjong Group  
 1:00 PM - Watercolor Class  
 7:00 PM – Planning Board

**Thurs. Jan. 30th**

12 Noon - Senior Dining  
 1:00PM - Mahjong Group


**Fri. Jan.31st**

8:45 AM - Mt. View Sr. Ctr. Fitness  
 1:00PM - Mahjong Group

*For the MVSC call Phil at  
 938-2104 with your ideas  
 or questions*

*To schedule rooms at the BACC  
 call Jim Valiquet at 938-2522*

All events take place at the Bradford Area Community Center (938-6228) or the Mountain View Senior Center (938-2104) unless otherwise noted. Please call to confirm dates and times in case there has been a change to the submitted information.

 **Abbreviation Key**

BACC-Bradford Area Community Center  
 BBC-Bradford Baptist Church  
 BML-Brown Memorial Library  
 FGC-Fish & Game Clubhouse  
 Gillingham Drive  
 KAP-Kearsarge Area Preschool  
 KRES-Bradford Elemen. School  
 MVSC-Mountain View Senior Ctr  
 TH-Bradford Town Hall

## Senior News

### “Laughing-In” the New Year

So, we all know that January 1st brings with it many New Year’s resolutions involving diet, exercise, organization, etc... But there is also a week-long resolution you may have never heard about called “Someday We’ll Laugh about This Week.” Its purpose? Not to take life so seriously; to emphasize humor; and to put day-to-day troubles and issues in perspective. We all have a tendency to focus on the negative factors in our lives rather than the positive. In fact, studies show that it is the perception of a negative thing that can cause us to stress over it, whether or not it actually is something negative. Stress levels can be reduced through changing perspectives and diffused by humor. Studies have also

shown that laughter can help relieve pain, bring greater happiness, and even increase immunity; a great stress management tool. Oftentimes, laughter comes unexpectedly but why not increase your chances of laughing by hanging out with funny friends, watching silly movies, playing a fun game (in my house, its “Balderdash” or “Pictionary Man”). And the challenge this week...look back at a situation that was stressful for you; perhaps embarrassing, which at the time you never ever thought you would laugh about—try to find the humor in it or at least spin it differently. Laugh away! Then check your local senior center for fun games or laughter yoga, or suggest something new and fun like charades or

karaoke and you, too, will be “laughing-in” the New Year! Elder Services—Community Action Program Belknap Merrimack Counties Inc.

**First Friday Brunch**  
January 3rd  
11:30 AM

**Door to Door Transportation and Meals-on-Wheels Merrimack County Service Link**  
1-866-634-9412

### Ongoing Events

Children’s Storytime - Mondays at 10 am and Wednesdays at 10:30 am at BML  
Cemetery Commission - 2nd Thursday at 6PM/Call 938-2119 for info  
Conservation Commission - 3rd Tuesday at 7PM, BML  
Fish and Game Club -1st Monday 7PM at Fish and Game Club  
First Friday Bunch -11:30AM at MVSC, reservations appreciated/  
call 938-2104 for info  
Historical Society - Saturdays, 10 am-noon, or by appointment, call 938-2119  
Library Trustees -1st Wednesday at 6:00PM BML  
Planning Board - 2nd and 4th Tuesday at 7PM, BACC  
Rural Heritage Connection - 2nd Monday, 7PM, BACC  
Selectmen’s Meeting - Every Monday 5:30PM, BACC  
Zoning Board - 1st Wednesday, 7:00PM, BACC

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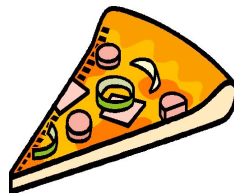
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## Thoughts from the Principal's Desk - January 2014

The Kearsarge School District is working on the implementation of the Common Core State Standards. I recently had a parent ask me how I feel about the Common Core. First let me say that I am 110% supportive of this initiative. Public education has been taking hits for many years for our lack of rigor and competitiveness internationally. These concerns were legitimate. The truths are that the common core standards are not perfect and should be seen as a work in progress. However, they are a great start to address real educational concerns facing our nation. The Common Core State Standards (CCSS) are far better than what we had and better than anything else anyone has to offer. So yes, I believe the CCSS are a major step forward for all children attending public schools.

The CCSS are much clearer and go deeper than our state's former grade level expectations. There will be less confusion for students, teachers and parents about what each child is expected to know and be able to do

at each grade level. The expectations have been raised for both students and staff, which is a good thing.

Now, no matter what school, what town or even what state in which children learn the expectations are the same although there are still a few states that have not adopted the CCSS.

The main purpose of the CCSS is to better prepare our students for success at the college level and/or a career. Too often, after graduation students are left unprepared for the next transition.

I know there are those who that do not support this shift. However, I truly

believe that adopting the Common Core and supporting teachers with the implementation and the teaching of these learning objectives will better serve our students and our nation. For more information you can google CCSS, check the CCSS on our district web page or speak to any teacher/administrator in our district.

Something else you may hear your child mention is the term GRIT. Our district is slowly integrating the concept of GRIT into your child's education. GRIT is knowing the harder and longer I keep trying, the more likely I will succeed. GRIT helps us to determine how to respond when things get difficult or go wrong. With GRIT, consistent success is NOT the goal.

The real goal is for students to feel appropriate frustration so they can learn how to work through it. GRIT teaches students to self-monitor their emotions and helps them to develop the critical attributes of tenacity and perseverance. More will follow on the teaching of GRIT.

One thing I love about the Kearsarge District is that we are always seeking to do a better job of educating all students and no improvement has ever been made without some changes.



*KRES students enjoy winter activities*



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Bradford, N.H.

**From the Police Department**

*Chief Jim Valiquet*

With all the on line purchases, social media and holiday emails, we need to keep an eye on our computers and email accounts. There are a number of things to watch for to tell if someone has hacked into our email account. If friends tell you they have gotten strange emails from you or if you receive an email from yourself, this would be a sign someone has captured your address book. If this happens, let friends and contacts know not to open strange emails from you as you may have been hacked. Other signs of someone being in your account are finding sent messages you did not send or parts of the activity lists missing, for example sent mail, spam, or intake messages erased. Some hackers get paid for "clicks" on certain sites. So if they can get into your account and use your contacts to "click" on a particular site, they will in turn get paid. Some use malware and capture your password. Now they have your email address and your password. How many of us have used the same password to access for example an "Amazon" or "Walmart" account. First thing to do is change your password and security questions and answers. Do not use the same passwords from your email and social media accounts that you use on secure or commercial accounts. Especially those accounts where your user name is your email address.

Passwords should be strong. What is meant by that is it should be at least eight characters with both upper and lower case letters, number, and special characters (if allowed). Regularly check your accounts and watch for any signs of problems. In many cases financial institutions will cover account thefts if reported in a certain time period. You will need to check your bank or credit card provider for the required reporting time. This requires that you check your accounts regularly for wrongful use or debits. We hope everyone had a great holiday and wish the best in the New Year. If you know anyone in town that emergency services should stay in contact with, especially during storms and power outages, please contact the Bradford Police Department at 603-938-2522.



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## Are you curious about Seasonal Depression?

### Common Symptoms & Causes of Seasonal Affective Disorder

Some of the most common signs of Seasonal Affective Disorder include:

- Oversleeping
- Extreme fatigue or sluggishness
- Lack of interest in normally pleasurable activities
- Increased appetite, carbohydrate craving, overeating and weight gain
- Suicidal thoughts (during more severe episodes).

As days grow shorter and nights longer in the fall and into the winter, our circadian rhythm, the physiological process that helps regulate the body's internal clock, may be affected. This seasonal shift can disrupt our sleep-wake cycle. In prolonged darkness, levels of the bio-hormone melatonin will increase, making us more prone to sleep and depression. Additionally, with reduced sunlight serotonin, one of our natural brain neurotransmitters is reduced. This, too, can lead to senior depression.<sup>3-5</sup>

### What can be done to treat Seasonal Affective Disorder?

Lots of people admit they've felt "down" during the shorter days of fall and winter. However, the "winter blues" or "blahs" are less severe than Seasonal Affective Disorder and are not a clinical depression. These last for a shorter time and are not associated with the hopeless, low feelings that are associated with Seasonal Affective Disorder.

The American Psychiatric Association's guidelines on major depressive disorders recommend the entire range of depressive treatments for Seasonal Affective Disorder.<sup>3</sup> These include:

- Exercise
- Counseling
- Antidepressant therapies (your Primary Care Provider can guide you).
- Light therapy (Note: Light therapy is considered to be an adjunct to antidepressant therapies for severe forms of SAD.<sup>3</sup>)



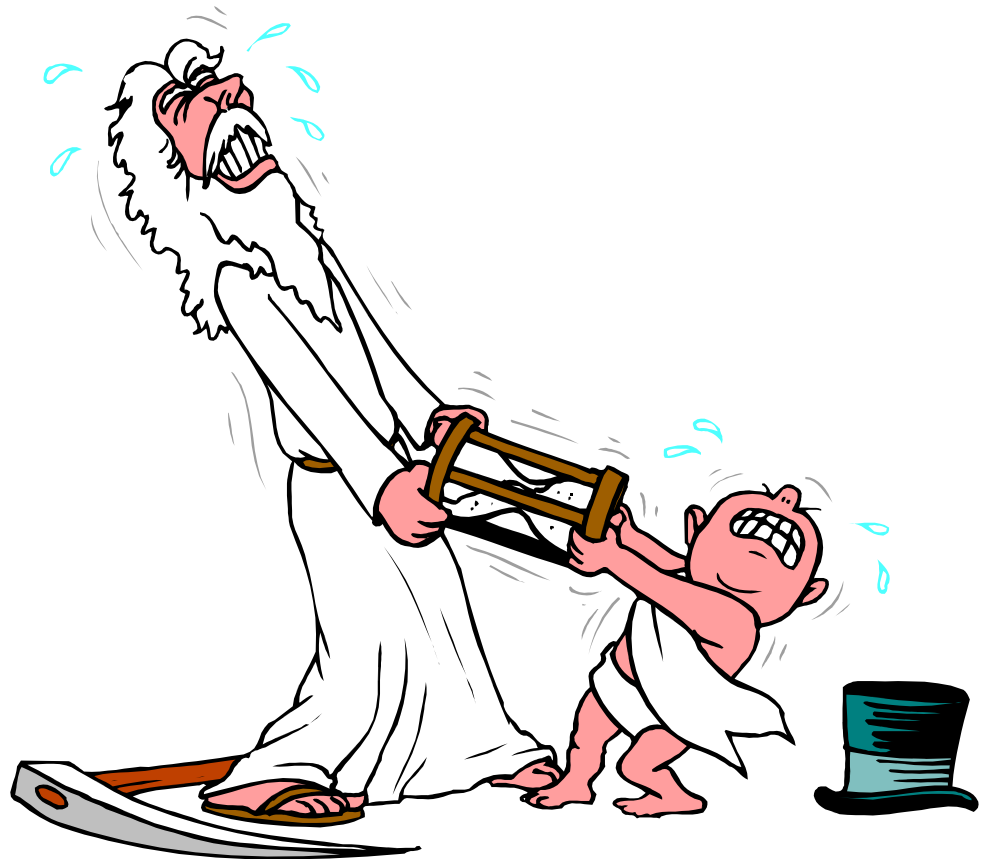
### Bridge Contributors Needed

The Bradford Bridge is looking for writers who would like to contribute to our town paper. Do you like to write? Do you have a specialty? Can you hunt and trap or do you know the best way to help a toddler get to sleep? Do you exercise regularly and why? Do you have financial advice we could benefit from? There are a host of topics our readers would enjoy and the Bridge is asking for your help. Would you like to write a column each month or just send us an article every 6 months?

Send us your writing, your poems, your opinions, your photographs with captions and we will print them. Help us continue to publish a fine newspaper going into our 22<sup>nd</sup> year. We would like to hear from you! Send entries to [contact.us@bradfordbridge.com](mailto:contact.us@bradfordbridge.com).

The Bradford Bridge Advisory Board

# Happy New Year from the Bradford Bridge!



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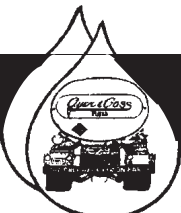
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## Property Taxes



by Laura Hallahan

Tax rates have been set and property owners are either pleased that their taxes have stayed roughly the same or possibly even gone down or are upset about an increase that will surely impact their financial outlook for 2014. Buyers study property taxes carefully because they need to know what they will be paying in addition to their monthly mortgage payment and insurance premium. Bradford's rate went down 27 cents to \$22.42 per thousand but many other towns went up, including Andover, Henniker, Newbury, Newport, Springfield, Sutton, Warmer and Washington. New London had a mere 2 cent increase and Sunapee stayed the same.

Property taxes are the principal source of revenue for local governments. It is almost always computed as the fair market value of the property times an assessment ratio times a tax rate. Unlike other taxes, the property tax always produces the required revenue for municipalities' tax levies. Bradford is due for a town-wide revaluation in 2015 and it will be interesting to see how market values have changed since 2010 and how that will impact the overall revenue potential of the town.

Looking at the country as a whole, all six New England states are in the top 20 of the highest property taxes with New Hampshire taking the lead in second place overall after New Jersey with a percentage of home value paid in property taxes of 1.86%. Connecticut was 7<sup>th</sup> overall, Vermont 9<sup>th</sup>, Rhode Island 12<sup>th</sup>, Maine coming in at 18 and Massachusetts in 20<sup>th</sup> position. You would think "Taxachusetts" would be higher up but remember all the other taxes you have to pay to live in the Bay State. Of course there are pockets of extremely high property taxes in the larger states and cities, Malibu, California and the counties right around New York City to name a few. The lowest property tax rate burden goes to Louisiana at 0.18% and interestingly enough, Hawaii is attractive at 0.26%. It is all relative, of course, because the cost of living, food, etc. in Hawaii is notoriously high. One thing is for sure as Ben Franklin said many years ago, nothing is certain in life but death and taxes, so we have to pay the piper no matter.

## Recent Sales in Bradford

- 75 Marshall Hill Road, 1970 Mobile Home on 1.40 acres for \$30,000
- 2174 Route 114, 1850 Farmhouse on .20 acres for \$45,000
- 127 Old Warner Road, 1955 Ranch on 2.20 acres for \$77,000 (foreclosure)
- 223-1 East Washington Road, 2009 Ranch on 4.29 acres for \$105,000
- 9 Davis Road, 1980 Gambrel on .76 acres for \$125,000 (foreclosure)
- 46 French's Park Road, 1953 waterfront Cottage on .22 acres for \$207,000
- Carter Hill Road, 14.40 acres of raw land on a class VI road for \$17,000

Inventory is down with 28 active and 0 pending residential listings ranging from \$144,900 to \$1.25 Million, 28 active and 1 pending land listings ranging from \$26,000 to \$2.5 Million, 3 active and 0 pending commercial listings ranging from \$199,900 to \$650,000 and 0 active and 0 pending multi-family listings in Bradford. Only one residential listing is a foreclosure or short sale.

**RING IN THE NEW!**



## Great News!!

On November 18, 2013, The Ausbon Sargent Land Preservation Trust closed on the 124-acre Baptist Pond Conservation Easement Project in Springfield, NH, thanks to the generosity of the Baptist Pond Trust, the Burton D. Morgan Foundation, the Lake Sunapee Protective Association, the Springfield Conservation Commission and many private donors.



Photo by Beth McGuinn

On November 18, 2013, the Hodges and Garfield families donated a conservation easement on the property including ½ mile of frontage on Baptist Pond and 1 mile of shared boundary with the Star Lake Farm Property. This added to the 2,100 acres of contiguous land conserved in the southern part of Springfield. This significant block of forestland, farm fields, ponds, lakes and wetlands provides important wildlife habitat for many species, including the nesting loons on Baptist Pond and Star Lake.

***Thanks to all whose generosity made this a reality.***

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Santa lends an eager ear to Iris LaMoreaux's wishes at Brown Memorial Library. Despite wintry weather, many local families were treated to stories, gifts and carols. Refreshments were provided by the Bradford Business Association.



Cora Duncan snuggles with Santa at Brown Memorial Library for the annual holiday celebration sponsored by the Friends of the Library.

### Church Happenings

Focus Factor Jan. 5,12,19 & 26  
4-5:30 pm in the church office building

Community Food Pantry open Jan. 15  
5:30-6:30 pm

PLEASE JOIN US!

Women's Breakfast—Jan. 11 at 8 am in the church office building

Men's Breakfast—Jan. 4 at 8 am in the church office building



Men's Fellowship—Jan. 29 at 6:30 pm home of Fred Hubley

Bible Study—Gospel of Mark—Thursdays beginning Jan. 9 at 6:30 PM in the church office building

Mom's Group (let go of that stress) starting Jan. 7 at 10 am in the church office building



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Bradford has a few comical residents who bring barrels of beer caps to the transfer station to entertain Ken and me with the melodic tune that is made when they pour the caps into the steel can container. Enthusiastic recyclers have interesting stories about how they make something unique out of items that would otherwise be discarded. Some stories are a little over the top and generate a laugh.

Even though recycling lids, caps, and tiny steel items may seem insignificant and, therefore, lead some to discard them in the regular trash, every little bit adds up. Tipping fees are reduced pennies at a time and add up to save the taxpayers money at year's end. Recycling bits and pieces of steel cuts the amount of natural resources consumed and polluted, and a healthier environment is obtained for us all.

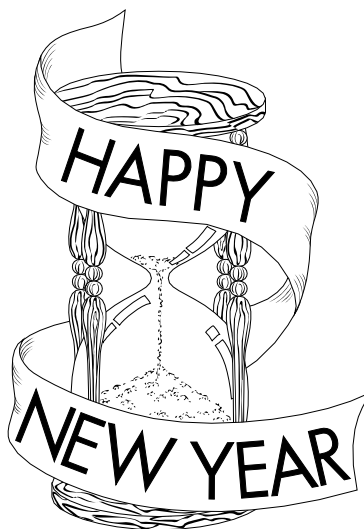
Lois Kilnapp, Manager  
Bradford Transfer and Recycling  
Center

### Deadline Extended for Covered Bridge Designs

Calling all Bradford students from Grade one through college. You have until Tuesday January 21 to submit designs for a covered bridge that crosses Melvin Brook Bridge on Breezy Hill Road. The winning design will be announced on January 27.

Cash prizes will be awarded in for age categories and for the overall winner.

Contest Entry Forms can be picked up at Brown Memorial Library and the Town Office. Any questions can be addressed to Town Administrator, Cheryl Behr.



#### Alert to Advertisers

To ensure that your ad is printed as you (and The Bradford Bridge) wants it to appear, it must be submitted in "press quality" PDF format, at least 300 pixels per inch (ppi). The Bridge cannot be responsible for the reproduction of your ad if this format is not provided. Also, keep in mind that trying to fit too much text in a small ad can lead to less than satisfactory results. Firm deadline is the 20th of the month.

Your understanding and help in this matter is appreciated.

### Bradford Revitalization Committee Survey

#### Community Feedback

Please return this survey to the town office, the transfer station or go online to complete the survey. Deadline is January 31, 2014. <https://www.surveymonkey.com/s/JV55ZZX>

The link is on the *bradfordnh.org* website.

1. About how long have you lived in Bradford?
  - Years
  - Months
  
2. How promising is the future of Bradford?
  - Extremely promising
  - Very promising
  - Moderately promising
  - Slightly promising
  - Not at all promising
  
3. What changes would most improve our town?
  
4. What types of activities would you participate in if they were available in Bradford?
  
5. Do you have any other comments, questions, or concerns?