

## **Sullivan Community Newsletter**

**Vol. 44 No. 6**

**Sullivan, NH**

**May – June**

### **SPRING ROADSIDE CLEAN-UP & LUNCH! May 3 - 9A Meet at the Town Hall**

We need help cleaning up Sullivan's roadsides! Sullivan is a beautiful little town - it's sad that people don't have more respect for it and the wildlife.

**Meet at the Town Hall at 9 am** for road assignments and get a few of the familiar blue bags. Afterwards, a complimentary noon lunch, sponsored by the Sullivan Conservation Commission, will be served in the fellowship hall at the church. The food is good and the company pretty good, too! Potluck side dishes and desserts are always welcome! For those new to town, it's a great opportunity to meet your neighbors!

If you can't make it on the 3<sup>rd</sup> but would like to help, the PO, Library & Town Hall all have a few of the blue bags. Also, please take a minute to fill out the of the volunteer forms, which helps us keep track of who participated, so we can thank them. They are also a liability release form for the town. Filled bags may be left in the salt shed at the town barn.

### **SULLIVAN CENTER INDOOR YARD SALES! May 23 & 24**

#### **Sullivan Fire & Rescue Yard Sale**

Sullivan Fire & Rescue will be holding their 21<sup>st</sup> annual fundraising yard sale on Friday and Saturday May 23<sup>rd</sup> and 24<sup>th</sup> from 9AM until 3PM at the fire station. Donations of all types (except oversized furniture and electronics) will be accepted starting May 1<sup>st</sup>. To arrange pick-up or drop-off, please contact Bonnie Blanchard at 603-847-9680 or leave a message at the fire station at 603-847-9020. The event will be held rain or shine. Thank you for your continued support!

#### **Sullivan Congregational Church**

The Sullivan Congregational Church will hold an indoor yard sale on Friday, May 23<sup>rd</sup> from 9am to 3pm and on Saturday, May 24<sup>th</sup> from 9am to 2pm. Always a new assortment of items – some furniture, household items, clothing, fabric, vintage items, books - and who knows what else? We still have many boxes to unpack! If you have items to donate, call Gaynelle Pratt (847-3271) or Becky Cummings (847-3477). Stop by and see what's available - it just may be just what you have been looking for!

**FOOD** - Coffee, soda, hot dogs and more will be available!

#### **Library Plant & Book Sale – Saturday, May 24 only**

The Sullivan Library will hold its annual Plant & Book Sale on May 23 from 9am to 2pm at the library.

After this tough winter, it's time to "enjoy gardens"! Come to the Friends of the Library sale and select hardy Sullivan-grown plants for your garden. A fine selection of perennials and other plants will be available for \$3 each. The book sale will be in the library with a variety of books for you to select. Come take a look!

### **Town of Sullivan Memorial Day Observance *All Gave Some, Some Gave All***



- When: Sunday, 25 May 2025, 1100 Hours
- Where: Civil War Monument \*
- Who: All are welcome\*\*
- What: Pledge of Allegiance, Prayer, Remarks, Wreath-Laying, Rifle Salute, Taps. Refreshments provided by Sullivan Congregational Church in the church hall immediately after the ceremony.

*\*The ceremony will be held in the church if it is raining.*

*\*\*Veterans and Scouts are encouraged to wear uniforms and/or caps.*

## “LIBRARY FOOTNOTES”

### From Your Big Free Library...

It's May and we are finalizing our **Summer Reading Program** plans!! We hope that you will join us in the activities this year. Our Summer Reading will kick off in Gilsum at the annual Rock Swap on June 28-29. Meet us there and try to find one of your librarians or Miss Lenoir (the director of the Gilsum Library) for some extra points. There will be lots of fun Summer Reading activities throughout the month of July, including a scavenger hunt, bingo and various activities you can do here at the library or take home with you to do on your own time. Make sure to follow us on Facebook to learn more.

The **2<sup>nd</sup> Saturday Book Group** will meet on May 10 to discuss *The Secret, Book, and Scone Society* by Ellery Adams. If you have read it and would like to discuss it with us, please come and join in. The next book to be handed out will be *Everyone Brave is Forgiven* by Chris Cleave.

If you are looking for some new seeds to try out in your garden, come see us at the library as we have an offering of seed packets, our own **“Seed Library”** for you to choose from (free of charge!). Come in and see if you can find something new!

As we are entering the summer season, don't forget that the library has **Museum Passes** to The Fort at No.4, the McAuliffe-Shepard Discovery Center and the Children's Museum in Keene. Come see us to find out more!

### Hi! - from the Little Free Library on Centre Street

I want to say thank you to all the book donations the library has received. It is amazing. Easter and Earth Day have gone by, and I'm not sure when Spring happened. There were a few days of mud season. We are moving into hopefully a sunnier Summer. I look forward to the warm days and seeing more children venturing out and about as school comes to an end. Echo & Clover always watch (and bark) out the front window when there is someone at the library. They love visitors. Please, always feel free to stop by the library and see what's new. You never know what extra fun stuff will be out there.

## FOOD PANTRY NEWS

Anyone in town is welcome to come to the pantry. It is open the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month from 5:30 – 6:30pm. Upcoming dates are May 8 & 22 and June 12 & 26. No registration is required. If you have an urgent need for food and/or would like food delivered, please contact co-coordinator Gaynelle Pratt at 603-847-3271.

With warmer weather, the Sharing Shed will soon be open. It's located in one of the horse sheds behind the church and is a great way to share extra produce with friends and neighbors in Sullivan. Visit the Sullivan Pantry Facebook page for updates on the Pantry and Sharing Shed. <https://www.facebook.com/sullivan.food.pantry>.

Many thanks to those in town who donate to the food pantry and/or assist in other ways. We appreciate the Post Office staff, both for their pantry contributions and for providing space for donations and the congregation of the Sullivan Church for contributing to and hosting the pantry in the lower level of the church. Donations of non-perishable food items, toiletries, and paper goods are always welcome.

Gratitude goes also to **Feeding Tiny Tummies**. Director Jen Dassau and her team provide significant donations each food pantry week. We are fortunate to have their resources available. They assist food pantries in Stoddard and Marlow as well. You can help! Shop and/or donate to their “Pre-Loved Thrift Shop” on Morin Avenue, which is located just after 305 Park Ave., right behind Hannah's Books. The shop is open 7 days a week. Check the shop schedule at their website, <https://feedingtinytummies.my.canva.site/feedingtiny-tummies>. All proceeds from the shop go to support the Feeding Tiny Tummies Project.

## YARD SALE PREVIEW at the Church Plus some Coffee & Conversation! May 18 3pm – 5 pm

Stop by the Sullivan Church on Sunday, May 18 between 3 and 5 pm for a sneak preview of their Memorial Day Yard Sale! Check out a few of the boxes, maybe make an early purchase and visit with friends & neighbors. Light refreshments are complimentary!

### PUBLIC CPR TRAINING...



Sullivan Fire and Rescue conducted a CPR class for the public at the beginning of April. We were happy to see several members of the community come out and learn this important lifesaving skill. It is often family members, friends, or everyday bystanders who are the first people to witness someone going into cardiac arrest. In other words, someone like YOU. Learning this skill, and knowing what to do before medical responders arrive can make the difference between life and death. Sullivan Fire and Rescue would like to salute those that took the time to become the first link in “The Chain of Life”.

Public preparedness is part of our mission at the fire department. If anyone is interested in attending a future class, CPR or some other first aid skill, we would be happy to make it happen. Feel free to contact us through the town web page, our department Facebook page, leave a message on our department answering machine, or stop by on Wednesday night at 7:00 PM when the department trains at the station. Hope to see you there!

## From the Archives

by Chris Pratt

I have been going through photographs at the archives. In the East Sullivan collection, I came across several images of the old woodworking mill that had been the center of East Sullivan's mill village. It stood at the corner of Valley Road and Centre Street. One of the photos was taken in 1934 when the building was at the end of its usefulness. Its windows are missing glass and many of the mullions. The roof is swayed and it looks like the piers holding up the structure are about to collapse. Several posters and hand bills are tacked to the side of the building. Unfortunately, the photo is blurry so one cannot identify what they say, except for one that proclaims in large letters, "Cremo."

Cremo was a brand of cigar. The company was established in the mid-1890s and, by the 1920s and 1930s, it was a leading manufacturer of cigars in the U.S. They were noted for their advertising which included not only billboards, but painting their label on the sides of buildings in cities and on barns in rural areas. They also sponsored a radio program called The Cremo Singer which featured a young crooner named Bing Crosby who was at the beginning of his career.

We are familiar with online advertising which features annoying pop-ups and distracting animations while we are trying to read an article. That is the modern equivalent of the billboard. Some of us are old enough to remember numerous billboards along our highways that could be equally distracting for a driver. In rural areas, the sides of barns would be painted with a simple message proclaiming a product for your consideration. In the days before the automobile, the fences and buildings along railroads would often contain billboards or wall paintings to catch the eye of the people on passenger trains.

Some of these billboards and paintings have been preserved by historical societies because of their significance in the development of a community. One example I found was a building that featured a Cremo wall painting. If one looks carefully, one can see that it is painted over an older advertisement for Coca-Cola. Moreover, Cremo cigar boxes and handbills are collector's items now.

This is a long prelude to asking the question, why would the Cremo Cigar Company place a billboard on the side of a broken-down mill in a small town like Sullivan? The answer, as they say, is "location, location, location."

Since it was laid out in 1830, the road between Keene and Hillsborough, passed through East Sullivan on the west bank of Otter Brook. That is, it was where Valley Road is now. At the intersection, one turned onto Centre Street to cross the bridge over the brook and then turned again at the next house (142 Route 9) and proceeded along Old Concord Road. The Cremo billboard was positioned so that the driver's eye would see it as they made the turn.

A few years before the Cremo photo was taken, the State of New Hampshire changed the highway's route by building a new bridge to shift the road to the east bank of Otter Brook. This realigned the highway into a straight line onto Old Concord Road. Thus, East Sullivan was bypassed and an unsafe bottle neck was removed from Route 9.



The mill was taken down, and the billboard was not preserved. Thus, the old photograph is our only record—like so many things that are in our past.

## APPLE HILL CENTER *for* CHAMBER MUSIC

**Apple Hill is kicking off "NH Gives" with a lively celebration at Colby Hill Inn in Henniker  
Sunday, June 8 from 12:30-4 p.m.**

We're proud to partner with this community-minded culinary destination as the featured nonprofit during NH Gives week. Colby Hill Inn is one of three Gold-level certified farm-to-table restaurants in the state. The Garden Tea Hat Party features fare created by owner Bruce Barnes, former Senior Executive Chef of the World Bank in Washington, D.C. Think vintage, gardens, spring hats, high tea, libations, and - of course, chamber music! - the event proudly features The Apple Hill String Quartet and the opportunity to support our mission.

Tickets are on sale now at <https://bit.ly/June8KickOff> - grab your hats and join us to welcome spring in style!

Apple Hill's renowned **Tuesday Night Summer Concert Series** begins in June. Be inspired by our music, enjoy the pre-concert dinner, and admire the mountain views at sunset.

Dates are:

June 17, 24

July 1, 8, 15, 22, 29

August 5, 12, 19

Programs will feature the Apple Hill String Quartet along with renowned guest artists from around the world. **Reserved seats in the Concert Barn are \$35, and outside seating is always free.** More information can be found at <https://applehill.org/concerts/concerts-apple-hill/>

## Bits & Pieces

**Final Pancake Breakfast** - We are looking forward to our final pancake breakfast of the year at Nelson School on **Saturday, May 17th** from 8-11AM. This breakfast will be hosted by students from several grade levels, with help from their families. For \$5, breakfast includes pancakes and sausage with maple syrup, coffee, and juice. There will also be a 50-50 raffle

### **Congratulations, Amanda Roberge!**

From the National Association of Social Workers & the Southern NH Chapter - ★ Congratulations to Amanda Roberge, our Master of Social Work (MSW) Student of the Year at Colby Sawyer College. Roberge, who works at Brattleboro Family Medicine was hailed as a model for colleagues, students, and faculty. She'll graduate soon.

### **Is Your Dog Registered?**

The State of New Hampshire requires that every owner or keeper of a dog four months old or older shall annually cause it to be registered, numbered, described, and licensed for one year in the city or town in which the dog is kept. Regardless of when the license is obtained, the license shall be effective from May 1 of each year to April 30 of the subsequent year. Up-to-date rabies certificates must be provided, if not already on file. RSA 466:1

**Congratulations, Don Arguin**, 60, for finishing the Boston Marathon once again – 3:34.32!

### **Sullivan 2025 Master Plan is Complete!**

Hard copies are available to view at the Town Clerk's office and in the Town Archives at the Library. It will soon be posted on the Sullivan webpage.

### **Public Notice**

The Sullivan Public Library Board of Trustees will hold their monthly meetings on May 15, June 19 and July 17, 2025 at 11:30 AM at the library. The purpose of the meetings will be to formally receive any donations, hear reports, and conduct any other business related to the administration of the library. As always, the public is welcome.

### **Permits to Burn...**

Every person, firm or corporation who kindles or causes to be kindled any fire or burns or causes to be burned any material, except when the ground is covered with snow, **SHALL** obtain a written fire permit from the Forest Fire Warden in the town or city where the fire will be kindled. Note: Sullivan Fire Warden's phone numbers are listed on the back page of this newsletter.

**Summer Break for Sullivan's Sewing, Crafting, Coffee Group** - The last get-together for the Sullivan sewing, visiting, crafting, S & B group this spring will be on Monday, May 5. The group will resume again in the fall.

### **Free Seating for Apple Hill Concerts!**

Outside seating is always free for Apple Hill's Tuesday Night Summer Concert Series. More information can be found inside this newsletter or at <https://applehill.org/concerts/concerts-apple-hill/>

**T-Mobile Service in Sullivan** – Some locations in Sullivan still do not have good reception and it has been suggested a booster on a high spot in town would help. Are you a T-Mobile customer who could use a boost? Contact <https://howmobileworks.com/submit-a-site/>. There are several locations that would be a good host for this, including the steeple of the Sullivan Congregational Church, where it would be out of sight.

**Concerned residents regarding G-2 Holdings gravel operation** are invited to meet on Thursday May 8, 7PM in the Town Hall.

## **Household Hazardous Waste Collection!**

*A great opportunity to clean toxic wastes from your basement, workbench, garage, and cupboards.*

### **Spring 2025**

Sat. May 10 Wed. May 14 Sat. May 31  
Sat. June 14 Wed. June 18 Sat. June 28

**All collections run 8:00 AM - 1:00 PM**

Keene Recycling Center, 55 Old Summit Road, Keene

<https://keenenh.gov/public-works/household-hazardous-waste-information>

### **What to Bring**

Products marked toxic, poison, corrosive, irritant, hazardous, flammable, danger.

If you think it's hazardous, bring it up.

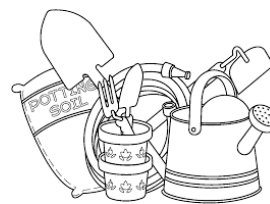
**What Not to Bring:** empty containers (can be recycled), latex paint, ammunition, fireworks, radioactive materials, makeup & toiletries

**Other Information:** Containers must be labeled as to their contents. No containers larger than 10 gallons will be accepted. 603-352-5739

*Collection takes approximately 10 minutes from time of arrival.*

## Tips from a Master Gardener: Better Lawns & Gardens with Less Work

Submitted by Leslie Casey



the weather will  
garden off to a

It is mid-April as I write this, and spring is coming on slowly, to say the least. Soon warm, and things will begin to happen fast. Here are some tips to get your vegetable strong start that will pay dividends all season!

### Hardening Off Seedlings

In my previous article I talked about starting garden plants from seed. More on this can be found in the UNH Extension fact sheet, "Starting Plants Indoors from Seed." Those beautiful seedlings will eventually go to live outside, but not so fast! "Hardening off" seedlings before putting them out in the garden can make all the difference in your transplant success rate. What is hardening, and why is it important?

Hardening is the process of acclimating plants, so that they can withstand the changes in environmental conditions that occur when they are moved from a protected environment (greenhouse or home) to the garden. The outdoor environment, especially early in the season, presents several stressors for plants, such as wind, temperature extremes, lower relative humidity and strong sunlight. These stresses may stunt plants or even kill them. Hardening exposes plants to stress gradually, causing an accumulation of carbohydrates and thickening of cell walls that strengthen the young plants.

Start hardening plants 1 to 2 weeks before planting in the garden. If possible, seedlings should be moved to a 45° to 50°F temperature outdoors in a location with filtered or indirect light, protected from wind. Bring them inside at night if freezing temperatures are predicted. Start moving the seedlings into sunlight for short periods each day, gradually increasing the length of exposure. Don't overwater.

After proper hardening, the seedlings of cold-hardy plants can be transplanted outdoors, and light frosts will not damage them. Warm weather plants such as tomatoes and basil should not go into the garden until all danger of frost is passed and soil has warmed to at least 60°F. For us, that is usually around Memorial Day. One trick that I have found is to immediately mulch with chopped straw up to the first true leaves. That helps protect delicate stems from being snapped by wind, and from damage by frost or sunburn.

### Flea Beetles

Perhaps you notice small holes appearing on the leaves of spring plantings, especially cabbage-family crops, potatoes, tomatoes, eggplant, beets and spinach. Those are likely caused by flea beetles, which can inflict a lot of damage to plants. While the adults are chewing the leaves, the larvae are attacking the roots. The UNH Extension resource, "*Flea Beetles*," provides an excellent overview of approaches for preventing and treating flea beetle attacks. Key strategies include fall garden cleanup to keep adult flea beetles from wintering over, weeding in fall and spring to deprive larvae of food sources, and using floating row covers to protect new transplants.

### Growing Tomatoes

Tomatoes are one of the most popular crops for home gardeners. UNH Extension has an excellent fact sheet on growing tomatoes, with information on choosing the right varieties and how to avoid common problems such as insect damage and fungal diseases. I would also recommend the UNH Extension resource, "*Pruning Tomato Plants*," for great tips on supports for your tomato plants, and how to prune the plants to keep them healthy and improve yields.

**Septoria leaf spot, early blight and late blight** are common fungal diseases of tomatoes. Septoria leaf spot (*Septoria lycopersici*) and early blight (*Alternaria solani*) overwinter on plant debris in the soil. Symptoms of infection usually begin on lower leaves exposed to soil and rain splash. Septoria is usually the more severe of the two because it can eventually cause plants to lose all their leaves. Late blight, caused by *Phytophthora infestans*, does not overwinter here, but it arrives via storms, usually late in the season. It can kill plants very quickly. If you suspect a fungal disease is affecting your tomatoes, it is important to identify the disease in order to manage it effectively. To help identify problems, contact the Infoline at 1-877-EXT-GROW (1-877-398-4769) or fill out the online Ask UNH form - <https://extension.unh.edu/ask>. You can also submit photos and samples to the UNH Plant Diagnostic Laboratory for answers.

I hope you have enjoyed these tips. If you have gardening questions, email me: [LCasey29@hotmail.com](mailto:LCasey29@hotmail.com). I will try to find you the answer or I will forward your question to one of our UNH Extension experts.

## FROM YOUR FIRE DEPARTMENT



### SEIZURES

In keeping with the topic of medical emergencies, we are going to cover seizures this time. Seizures occur when there is a disruption of the electrical activity in the brain. Depending to the level of disruption, the patient may experience violent, uncontrolled muscle movements, or they may appear to zone out and stare off into space.

Many conditions can cause a seizure to occur. The main ones are epilepsy, diabetic emergencies, head trauma, alcohol and drug overdoses and reactions, strokes, poisoning and brain tumors. Seizures can also occur with infants and some young toddlers that are running high fevers (febrile seizures). Jerking movements and rigid body posturing are the hallmark of seizure, but there are several other symptoms that occur which can help identify a seizure: sudden loss of consciousness or responsiveness, foaming at the mouth or drooling, upward eye rolling, and loss of bladder and bowel control. (see next page)

You will not be able to do anything for the actual seizure, however, there are several things you can do to help the patient with the symptoms. Move nearby objects away from the patient, or move the patient to an open area, and place something soft under their head. This will help prevent injury from uncontrolled movement. Do not try to hold the patient down or restrain them. Never attempt to place anything in the patient's mouth. They may break the object and create choking hazards, or, break their teeth. If possible, time how long the seizure lasts.

Many seizures do not require professional medical attention. Here are a few guidelines for when to call 911 for help. 1) If the seizure lasts more than 5 minutes or there are multiple seizures in a row. 2) If the patient is pregnant, diabetic, or this is their first known seizure. 3) If the seizure is trauma related, or if the patient received a serious injury as a result of the seizure (injury from a fall or injury from striking and object due to uncontrolled movement). 4) If the seizure occurs while in water. 5) If after the seizure the patient is having difficulty breathing, or they are experiencing an abnormally long recovery time.

In the event no one is around that knows the patient, or no one knows the conditions leading up to, or during the seizure, do not delay calling 911. It is better to get help started than to wait and see. In addition, the patient, if they are alert enough, will know the most about their condition, so call 911, if they request help.

Once the seizure is over, the patient may not be alert or may be very groggy. The most important thing to do is protect and monitor their breathing. If they do not have any trauma related injuries, lay them down on their side with something under their head (their arm and hand will work) so any saliva, vomit or blood will drain out of their mouth and not go down their throat. Provide bleeding control (direct pressure) for any wounds they may have received. If they do not have a head injury, it is alright to allow the patient to sleep.

Another consideration is that the patient will often void their bladder/bowel when they have a seizure. This may be a source of embarrassment if the seizure occurs in public. When possible, move the patient to a secluded area away from onlookers. If that is not possible, cover them with a blanket, tablecloth, or coat. Do not leave the patient until they are fully alert or medically trained responders arrive.

## NELSON SCHOOL NEWS



We are having a busy end to our year here at Nelson School! There are many activities happening as we move toward the end of our year.

**Field Trips** - In addition to our usual classroom learning, we will have a number of community learning experiences coming our way! In May, we will be taking our first trip to **The Harris Center**. Students will be engaging in a variety of activities, depending level and program needs. In June, our Grades 3&4 classes will be **releasing the turtles** that they have raised over the course of the year at an approved site in Harrisville. We are so thankful to our friends at the Harris Center for another wonderful year! Our Grades 1&2 classes will be heading to **Stonewall Farm** in Keene for some programming, and our Grade 5 students will be spending an entire day at **Keene Middle School** learning all about what 6th grade will be like. We feel fortunate to work with communities that support these experiences.

**Special Programs** - On Tuesday, May 13th, we will have our annual Spring Arts Night, with an added Academic Showcase to highlight and celebrate student learning this year. We will also have two special musical program visits this spring. In late May, we will welcome Keene High School students to share their Spring Voices performance with us; and a week later, our students will welcome the Ashuelot Concert Series for a classical music performance. This has been a treat in past years, and we are excited to bring the Ashuelot Concert Series to our students once more. Finally, our Grade 5 students will be putting on an adaptation of William Shakespeare's *A Midsummer Night's Dream* in early June. Students are thrilled to be working on this, and are very excited for the show.

We are looking forward to our **final pancake breakfast** of the year on Saturday, May 17th from 8-11AM. This breakfast will be hosted by students from several grade levels, with help from their families. For \$5, breakfast includes pancakes and sausage with maple syrup, coffee and juice. There will also be a 50-50 raffle. Everyone from the Nelson and Sullivan communities are welcome to attend! All proceeds benefit the students who work at the breakfast or who have donated items to its success, and will be used toward their respective class trips when they reach 5th grade.

Our date for the **5th Grade Class of 2025 graduation is Friday, June 13th**. We are proud to announce that five students from Sullivan will be graduating this year: Walker Donohue, Lachlan Lemoine, Lila McNichol, Jeb Shepard and Zane Wilcox. We wish all of our graduates success in the next step of their education and beyond!

Believe it or not, we are also already planning for our **new Kindergarteners** to arrive next year. If you have a child entering Kindergarten in Fall 2025 and have not already contacted the school to let us know, please call our administrative assistant, Joy Birdsey, at 603-847-3408 at your earliest convenience. We will have a Jump-Up day program for incoming Kindergarten students on Tuesday, May 27th. We will provide more information on the registration process and upcoming events when you contact the school.

Very recently, we have started working with a non-profit organization called **End 68 Hours of Hunger**. This program is designed to help give children access to food over the weekends when they are not benefiting from the school snack and lunch program. Each Friday, starting on May 2nd until the end of the year, we will be sending a bag of food home with students whose families have shown interest in participating. If your family would benefit from this program - even if you are not enrolled at Nelson School - please reach out to the school. We can work with you to ensure children are not struggling to have access to food.

The arrival of May signifies the "final push" of the school year, with **a few important dates of note**. Friday, May 23rd will be an Early Release Day, with students dismissed at 11:30. There is no school on Monday, May 26th in observance of Memorial Day. Our last day of school will be a half day for students on Wednesday, June 18th, 2025. We are wishing everyone a fantastic summer and already can't wait to see our students at the end of August!

Thank you for your continued support,  
Nicole Gordon - Principal, Nelson School

wonderful

hands-on,  
school-wide field  
on their grade

# WHAT'S COOKIN'?

By Bonnie Blanchard



The season for picnics and backyard barbecues is finally here. What gathering would New England baked beans? The ingredients are inexpensive, and you may already have. While baked beans take a long time to make from start to finish, very little time is hands well worth the wait. While the classic macaroni and potato salads are always a welcomed addition to the menu, why not create new favorites. The great thing about any salad is its flexibility. Don't like raisins? Any dried fruit will work. Don't have almonds? Substitute any nut. Simply adding chicken or tofu to any of these salads will elevate them from a side dish to a complete meal. I hope these recipes will inspire you to dust off the picnic table and fire up the grill!

be complete without them in your pantry. on. The results are

## Baked Beans

1 lb. dry small white beans      ½ cup molasses  
6 cups water      ¼ cup sugar  
½ lb. salt pork cut ½" dice      ¼ tsp black pepper  
1 small onion diced

Rinse beans and place them in a large pot with water. Cover pot and set aside to soak overnight (8 hours). Add additional water if needed to cover the beans. Bring to a boil (uncovered), lower heat and simmer until the beans are tender. Drain beans, reserving the cooking liquid. Place salt pork, onion and beans in a 2-quart bean pot or casserole. Combine molasses, sugar, pepper and 1 cup of reserved bean liquid. Pour over beans and stir thoroughly. Add just enough of the reserved bean liquid to cover the beans. Cover pot and bake at 300°F for 2 hours. Add additional reserved bean liquid if needed and stir. Continue baking 1 1/2 to 2 hours. Bake uncovered for the last ½ hour. Serves 8

## Marinated Kale Salad

5-6 cups kale washed and cut in thin strips      zest and juice of 1 lemon  
½ cup raisins      ¼ cup olive oil  
½ cup whole almonds      ½ tsp salt  
¼ cup sunflower seeds      ½ tsp black pepper  
1 tbsp agave nectar

Mix kale, raisins, almonds and sunflower seeds in a glass bowl. In a separate bowl whisk the lemon juice and zest, olive oil, salt, pepper and agave nectar to make the dressing. Pour over the kale mixture and toss to coat evenly. Refrigerate for 6 hours minimum tossing occasionally.

## Asian Noodle Salad

1 3 oz. package ramen noodle soup mix\*      1/3 cup dry roasted peanuts  
1 14 oz. package coleslaw cabbage blend      ½ cup Ken's Asian Sesame salad dressing  
4 green onions sliced diagonally      1 tbsp creamy peanut butter

Break noodles into small pieces in a large bowl. Add coleslaw blend, onions and peanuts. Mix lightly. Whisk dressing and peanut butter until blended. Add dressing to salad and toss to coat. Refrigerate for 1 hour minimum prior to serving. 4 to 6 servings  
\*discard seasoning packet or save for another use

## Wild Rice Salad

2 packages Near East Long Grain Wild Rice      1/3 cup sliced green onions  
1 cup raisins, chopped dates or raisins      ½ pint cherry tomatoes cut in half  
½ cup chopped pecans  
Dressing  
½ cup olive oil      2 cloves garlic minced  
2 tbsp lemon juice      1 tsp salt  
2 tbsp cider vinegar      ½ tsp black pepper  
1 tsp dried basil      1/3 cup chopped parsley

Cook rice according to the instructions on the package. Cool 20 minutes. Add raisins, onions and pecans to rice. In a separate bowl, whisk all dressing ingredients until emulsified. Combine dressing with rice mixture. Refrigerate for 4 hours, mixing occasionally. Add tomato halves just prior to serving.

"A recipe has no soul. You, as the cook must bring soul to the recipe." Thomas Keller

## REGISTER TO VOTE, CHANGE YOUR PARTY AFFILIATION, UPDATE VOTER INFORMATION!

Sullivan Supervisors of the Checklist will be in session on Saturday, May 10 from 11 to 11:30 at the Sullivan Public Library for new registrations and changes to the checklist. Bring proof of residency, age, any name change and citizenship.

SULLIVAN CONGREGATIONAL CHURCH  
Sunday service 9:30 am 847-9030  
Pastor Christopher Cornell  
Phone 603-852-0895  
Facility Rental: Wendy Pelletier  
603-209-0333  
Preferred contact is email  
[pelletier.wendy.s@gmail.com](mailto:pelletier.wendy.s@gmail.com)

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[ziebahvac@gmail.com](mailto:ziebahvac@gmail.com)

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[www.sullivancountrystore.com](http://www.sullivancountrystore.com)

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**FOOD PANTRY**

Rear, lower level of church

2<sup>nd</sup> & 4<sup>th</sup> Thursdays 5:30-6:30 pm.

Contact Gaynelle Pratt 603-847-3271.

**NEWSLETTER INFORMATION**

The Sullivan Newsletter is published 6 times a year.  
It is mailed free of charge to Sullivan residents and  
interested landowners/taxpayers. Subscriptions are \$5  
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Make checks out to Sullivan Newsletter. Mail to PO  
Box 110; Sullivan, NH 03445 or drop it off at the town  
hall with the town clerk or administrative assistant.

Deadline for the next newsletter June 20. News  
items may be left in the Sullivan Library Book Box,  
mailed to PO Box 110 Sullivan 03445 (labeled  
Newsletter) or e-mailed (preferred) to:

[bcummings@myfairpoint.net](mailto:bcummings@myfairpoint.net)

Editor: Becky Cummings 603-847-3477

Assistant Editor: Gaynelle Pratt

**SULLIVAN NEWSLETTER**

PO Box 110

Sullivan, NH 03445

**SELECTMEN & TOWN CLERK/TC**

**NEW HOURS!**

The Selectmen now hold their meetings on alternate  
Tuesday evenings at 6:30pm, rather than on  
Mondays. The Town Clerk/Tax Collector will change  
evening hours to alternate Tuesdays to coincide with  
the Selectmen, but opening at 6pm.

**TOWN CONTACT NUMBERS**

Town Hall 603-847-3316

[selectmen@townofsullivannh.com](mailto:selectmen@townofsullivannh.com)

Town Clerk 603-847-3316

[townclerk@townofsullivannh.com](mailto:townclerk@townofsullivannh.com)

Town Highway Dept. 603- 847-3366

[highway@townofsullivannh.com](mailto:highway@townofsullivannh.com)

Sullivan Planning Brd 603-847-3100

[planning@townofsullivannh.com](mailto:planning@townofsullivannh.com)

Sullivan Fire Station 603-847-9020

Sullivan Library 603-847-3458

[sullivanpubliclibrary@gmail.com](mailto:sullivanpubliclibrary@gmail.com)

Sullivan Country Store 603-847-3853

Sullivan Church 603-847-9030

Sullivan Post Office 607- 258-3439

Nelson School 603-847-3408

Keene Middle School 603-357-9020

Keene High School 603-352-0640

Sheriff (non-emergency) 603-352-4238

EMERGENCY 911

For Burn Permits

Fire permits are required for all outside burning  
including campfires and the burning of brush.

Sullivan's Forest Fire Wardens:

Al Henry - Warden 603-762-4231

Mike Blanchard - Deputy Warden 603-762-0941

Erik Kazlouskas - Deputy Warden 603-903-2881

Robert "JR" Guyette - Deputy Warden 603-852-2815

Paul Bolduc - Deputy Warden 603-498-2578

Please note: we make every effort to ensure the  
accuracy of the information in this newsletter.  
However, you should always call ahead or check the  
website to confirm dates, times, location and other  
information.

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