

Hadleigh Woods Gazette

July 2025

www.hadleighwoods.org

Volume 201

P·R·E·S·I·D·E·N·T·S M·E·S·S·A·G·E

To all Residents,

We will be having our semi-annual meeting on July 26th in the pump house parking area. Patrick Cavanaugh, Public Information Officer with New Hampshire 911 will be attending the meeting. He will help us understand more about 911 Cares and cover any concerns or question that you might have. Following the meeting we will have our third “Christmas in July” event. The invitation flier is included with this Gazette and has all the details about the event.

After getting much rain during the springtime, now that we need to water, we are having issues with the irrigation system. We usually do have issues when we initially start up the system, but this year has been unusually problematic. Our controllers are over 20 years old and we are looking into possibly changing them. I am considering using another company to service our system. I'm also investigating installing WiFi controllers. Even though we have an irrigation contractor, we still need someone in the community that has knowledge of our system. It is time that Gene and I pass our knowledge on to another generation. Anyone interested in learning and helping with our irrigation system please contact me.

Just a reminder that there are sign-up sheets in our library for doing column painting, lamp post work, etc.

Also, a reminder to register your dog with the Town Clerk (per chapter 466 of the NH State Law).

Attached to this issue of the Gazette is our latest neighborhood list. Please notify Gene if any corrections need to be made. This information is for our private use, please do not share with anyone outside this community.

To our new unit owners: Dave & Linda C. and Craig & Laurie L. Welcome to our community.

Richard M



Property Management of New England

Dear Homeowners,

We went from a raining typhoon lagoon season to hot and dry in a nanosecond. I hope you are all staying cool. The landscapers have been through the property trimming the shrubs and allowing the flowered ones to see their seasonal exposure. Some of the irrigation system's components needed tweaking this year. You may have seen some sprinkler heads that needed some attention. Luckily, the number of heads were not as significant as previous years. The new Hadleigh Woods sign mounted on the entrance wall at the flower garden looks great. Richard M selected a great one that really enhances the welcome to the property. The repair requests are not as heavy this year. The association has done a great job catching up with house trim, tree removal/care and general requests. Make the best of every sunny day.

Sincerely,
Ken Foley,
NextGen

Gray Catbird



If you're convinced you'll never be able to learn bird calls, start with the Gray Catbird. Once you've heard its catty mew you won't forget it.

Gray Catbirds are relatives of mockingbirds and thrashers, and that group's vocal abilities, copying the sounds of other species and stringing them together to make their own song.

Cool Facts:

- The Gray Catbird's long song may last for up to 10 minutes.
- The male Gray Catbird uses his loud song to proclaim his territory. He uses a softer version of the song when near the nest or when a bird intrudes on his territory. The female may sing the quiet song back to the male.
- The Gray Catbird belongs to the genus *Dumetella*, which means "small thicket." And that's where you should go look for this little skulker.

Habitat:

Gray Catbirds live amid dense shrubs, vine tangles, and thickets of young trees in both summer and winter. Human disturbance and development often create these habitats in the form of clearings, roadsides, fencerows, abandoned farmland, and residential areas.

Food:

In summer, Gray Catbirds eat mainly ants, beetles, grasshoppers, caterpillars, and moths. When fruits are available they also eat holly berries, elderberries, poison ivy, greenbrier, bay and blackberries.

Nesting:

Gray Catbirds usually nest on horizontal branches hidden at the center of dense shrubs, small trees, or in vines, including dogwood, hawthorn, cherry, rose, elderberry, honeysuckle, and blackberry. Nests are typically around four feet off the ground but may be on the ground or as high as sixty feet. Females build the nests, with males sometimes supplying materials. The final product is a bulky, open cup made of twigs, straw, bark, mud and sometimes pieces of trash. It has a finely woven inner lining of grass, hair, rootlets, and pine needles. Finished nests are about 5.5 inches across and 2 inches deep.

Nesting Facts:

Clutch size: 1-6 eggs

Number of broods: 2-3 broods

Egg length: 0.9-1.0 inches

Egg width: 0.5-0.6 inches

Incubation period: 12-15 days

Nestling period: 10-11 days

Egg description: turquoise green, sometimes with small red spots

Condition at hatching: naked, eyes closed, helpless and partially covered with dark brown or gray down.

Behavior:

You'll find catbirds hopping through low vegetation or flying short distances at a time. Male catbirds are territorial during Spring and Summer, singing from prominent perches and chasing away intruders including several other species of birds. Males and females defend their own territories during winter. In altercations, Gray Catbirds may fluff up the breast and rump feathers, spread their tail and open their bill toward the sky.

Conservation:

Their populations have been stable from 1966 to 2019. According to the Continental Concern Score, low conservation concern.

Credits/References:

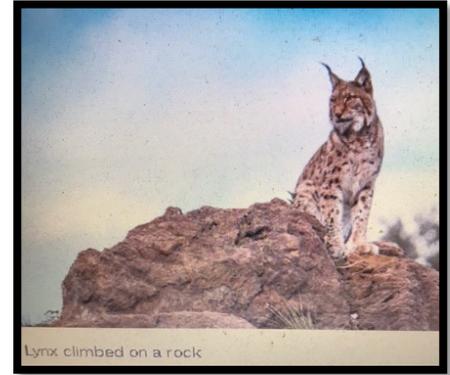
All About Birds-Cornell

Elaine G

New Hampshire Bobcats



As many of you have read the email from the Ombudsman, there was a bobcat sighting at Upper Hadleigh.



According to the NH Fish & Game officials, “Bobcats are increasing, ecosystem fragmentation could lead to more cats in people’s backyards. We have a lot of new developments going on, especially the southern part of NH, and that unfortunately just pushes wildlife into people’s yards.

Bobcats aren’t comfortable around people. They aren’t aggressive towards humans and would rather avoid us.

The important thing to remember is to stay back. If a bobcat is nearby, just quietly back away and take your pets inside. Do not let your cat or dog run the neighborhood or even your yard unattended. Bobcats are generally active at night and during twilight hours.

Bobcats eat a variety of animal species, including mice, rats, squirrels, chickens, small fawns, wild birds, feral cats and rabbits. It is very unlikely, but possible, that free-roaming cats or small dogs left outside unattended will be attacked.

Bobcat vs. Canada Lynx

Both lynx and bobcats belong to the same Lynx genus. Bobcats are the smallest cats in the species with stubby tails and distinct dark strips on the forelegs and tail. Lynx is larger and have a tuft of dark hair on the tips of their ears. Lynx has longer legs and bigger paws.

Credits/References:

NH Fish and Game

California Department of Fish & Wildlife

Elaine G

Free Printable Crossword Puzzle #6

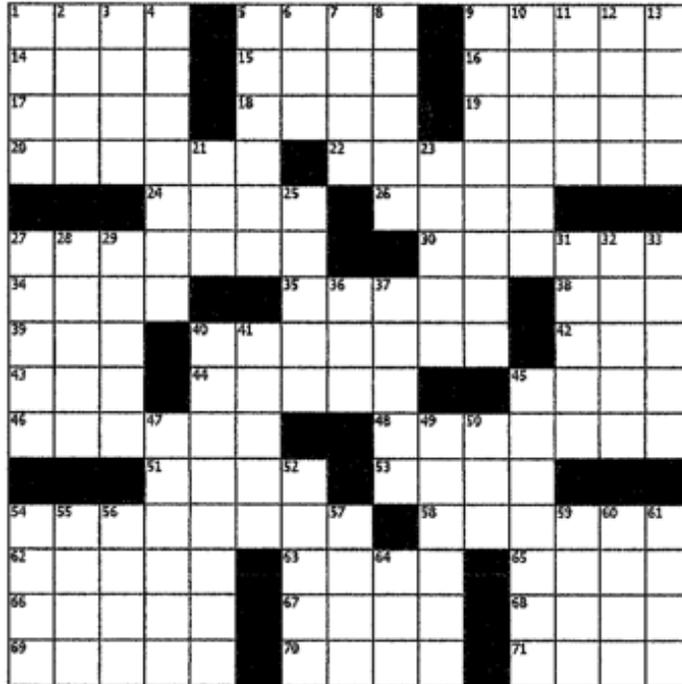
This is the Daily Crossword Puzzle #6 for Mar 31, 2025

Find the solution at

<https://onlinecrosswords.net/87405>

Across

- 1. ____ Moore of "G.I. Jane"
- 5. Oxlike beasts
- 9. Extra tire
- 14. Tehran's land
- 15. Coffee break
- 16. Holiday song
- 17. Butterfly's kin
- 18. Water pitcher
- 19. Singing voices
- 20. Landed property
- 22. Aversion
- 24. Johann Sebastian ____
- 26. Heartthrob Brad ____
- 27. Afternoon movie
- 30. Teetered
- 34. Touch on
- 35. Fire's remnant
- 38. Indignation
- 39. Four qts.
- 40. New ____, Louisiana
- 42. London's Big ____
- 43. ____ a boy!
- 44. Passport stamps
- 45. Circle segments
- 46. Halted
- 48. Instruct
- 51. Difficult journey
- 53. Fender nick
- 54. Appraised
- 58. Eye surface
- 62. Colander
- 63. Adjacent
- 65. Deserve
- 66. Tennessee ____ Ford
- 67. Harvard's rival
- 68. Squabble
- 69. Fall flower
- 70. Feed the kitty
- 71. Brashness



Down

- 1. Ten cents
- 2. Greek god
- 3. Actor ____ Dillon
- 4. Reside in
- 5. Athens' country
- 6. Novel
- 7. Employed
- 8. Disrobe
- 9. Disperses
- 10. Roof of the mouth
- 11. Skills
- 12. Origin
- 13. Different
- 21. Summer hue
- 23. Fire alarm
- 25. Feet parts
- 27. Sorcery
- 28. Decrease
- 29. Oklahoma metropolis
- 31. Heavenly scales
- 32. Upright
- 33. Compact
- 36. ____ culpa
- 37. Stationed
- 40. Supervisor
- 41. Carnival attractions
- 45. Cameron Diaz, e.g.
- 47. Musician ____ Wonder
- 49. Edict
- 50. One (Sp.)
- 52. Nairobi's country
- 54. Between ports
- 55. Knights
- 56. Transmitted
- 57. School official
- 59. ____ Valley (vineyard site)
- 60. Time periods
- 61. Picnic nuisances
- 64. Bottom-row key

Herb Induced Liver Injury

Shouldn't herbs be safe to eat and use?

Herbs used in cooking is generally considered safe and flavorful.

If you, any family member or friends are taking herbal supplements, you could fall into the latest trend with people ending up in the emergency room, doctor's office or even the hospital. The following herbal supplements could be hurting your liver: Ashwagandha, Black cohosh, Garcinia cambogia, green tea extract, red yeast rice and Turmeric/curcumin. Approximately 5% of the adult population are taking some kind of nutritional supplement thinking they are improving their health. Adults could be taking herbal supplements for the following reasons: weight loss, post-menopausal symptoms, muscle building, immune support, depression support, improve sexual performance and joint health and more. Adults, age 20 to the elderly, have seen an increase in the occurrence of liver damage. This is often confirmed with blood tests that show an elevation in multiple liver enzymes.

Manufacturers are not closely monitored through the development process or advertising routine. Supplements are not regulated by the FDA like drug might be monitored. Since there is minimal regulation, a manufacturer could add fillers so you are not getting the suggested amount indicated on a label, the product could be contaminated or adulterated in some manner, expired and end up being more harmful to you.

With social media influencers, clever advertisement (TV, Internet, paid programming), an herbal supplement user may have the tendency to self-diagnosis themselves then self-prescribe without understanding how the herbal will affect their body. If one takes multiple herbal supplements for different issues, many times the user could be getting a larger volume of an herbal without realizing this. There is no know recommendation amount for any herbal like there is for vitamins or mineral supplements. Probably the most common overused herbal is Black cohosh used by many menopausal women to help with "hot flashes".

If you are taking prescribed medications for blood glucose management, lipid lowering, renal conditions, stomach concerns, liver problems, taking herbal supplements could alter the function of the prescribed medication. I would suggest that if you want to take any herbal supplement, first talk with your primary health care professional and consider including a certified herbalist, botanist or pharmacist who understands the function, metabolism, breakdown of the herbal you want and medication you are taking. Be honest with your primary health care professional as to why you want to include herbal supplements into your medical management. Ask for updated liver function tests before taking any herbals to have a baseline to determine you do not have any undiagnosed liver issue.

LiverTox is a website that you might find helpful.

Have a safe and Happy July 4th weekend.

Claudette N.

Reference: Smart Brief, Academy of Nutrition and Dietetics, 5/22/25

Reference: NIH – Medical News Today.com



FIND the WORDS

Kindness – Faith – Healing – Sunshine – Clouds – Sky – Music – Flowers
 Lemons – Fireworks – Boating – Picnic – Happiness – Family – Bunnies – Bees

F	P	O	J	T	E	N	M	S	C	B	R	G
A	B	L	E	M	O	N	S	L	I	B	S	C
I	L	A	N	E	M	E	E	T	O	E	H	H
T	E	I	I	R	E	O	T	U	L	E	O	E
H	V	M	H	A	P	P	I	N	E	S	S	R
T	R	M	S	A	F	A	M	I	L	Y	O	R
O	O	M	N	F	L	O	W	E	R	S	G	I
R	S	S	U	B	N	N	N	S	K	Y	N	E
N	A	S	S	S	G	B	C	N	A	N	I	S
A	A	E	A	B	I	G	U	M	L	A	T	K
C	I	N	C	I	P	C	N	N	I	E	A	C
O	R	D	C	A	I	A	E	I	N	U	O	I
E	D	N	A	B	T	O	M	L	L	I	B	R
S	L	I	R	U	I	I	A	R	Y	A	E	E
M	S	K	R	O	W	E	R	I	F	R	E	S
E	A	O	S	R	E	W	O	H	S	S	E	H
H	R	N	S	D	U	O	L	C	K	V	I	B