



Hadleigh Woods Gazette

May 2026

www.hadleighwoods.org

Volume 211

P·R·E·S·I·D·E·N·T·S M·E·S·S·A·G·E

President's Message,

We have been running our sprinkler systems on a schedule of 2 zones each evening for 6 days since the establishment of our association. We are presently testing a new schedule for our irrigation system. Many people have questioned the amount of time that we water. "We don't water enough!" has been the common complaint.

Nassar Landscaping agrees that we should water more often. As any of you that have been doing any gardening will tell you, we have granite rocks just below our meager soil amount. Watering longer only goes deeper into the granite rocks without helping the vegetation.

Our new schedule will run 3 zones each evening for 6 days. To mitigate running out of water during these cycles, the run times will be shortened. Previously we were averaging 1,640 gallons per day running 2 zones each cycle for a total of 9,684 gallons per week. The new schedule of running 3 zones will average 2,020 per day for a total of 12,720 gallons per week. So, you can see, we will be watering much more and more frequently. Unfortunately, this will result with more salt usage. I will be making adjustments as we closely monitor our water tank level.

Our controllers are still not working correctly, and we will be replacing them this year.

With the upcoming issue of installing a remediation system for PFAS, we will need to expand the pump house building. There is simply no room for additional equipment. We are already busting at the seams now.

Wishing you all a pleasant and warm May.

Richard M



Property Management of New England

Dear Homeowners,

This is the time of year when all the planning in the winter months starts to happen. Here are some items that are coming up and have been done:

Bellmore Catch Basin Cleaning will be cleaning the street drains in May
The irrigation system will be activated and a new wifi connection implanted.
Spring cleanup and sand removal was completed.
Pre-emergent crabgrass application was applied.
Plow damage (minimal) will be completed.
Hard pruning of shrubs.
Misc. Repairs have been and will be made to the units from the winter season damage such as missing trim, column and screen damage.
Lamp post heads are being selected for a new option.

The Board always welcomes volunteer support. Your efforts will be appreciated.

Sincerely,
Ken Foley, NextGen

LANDSCAPE NOTES

1. April brought less rain, lots of cloudy skies and cooler than normal temperatures, so May flowers will probably be popping up later than usual.
2. In honor of the 250th birthday of the United States, American Flag buntings will be hung along the railings at the Gazebo from around Memorial Day to shortly after the 4th of July.
3. Weather permitting, Nassar Landscaping should be fertilizing the lawns. If you are a dog owner, I would recommend that you try to keep your dog off the fertilized lawns for 24 hours.
4. As we all know, Hadleigh Woods has an abundance of rabbits. If you have flowers planted in your lamp post area, front window garden or in a planter on your front stoop, the rabbits may start nibbling at your plants. If you see this, you can try a commercial product like “Liquid Fence” or “Repels All” or anything similar. Spray on your plants to discourage them and repeat after it rains. They love tulips and not so fond of strong scented flowers.
5. May is also known as “NO MOW MAY”. This means some neighbors will not mow their lawns to encourage an early nectar season and pollen for pollinators (bees and butterflies).
6. It’s the start of turtle nesting season in NH. I have already 4-5 seen several tiny turtles not make it across Hadleigh Road. As they get bigger, please make sure you are not going over our speed limit of 20mph, to provide them a chance to make it to their destination.

HAPPY PLANTING. HAPPY SPRING.

The Landscape Committee

May 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>April 15, 10:30-noon. Lighthouses of New England, The Residence at Salem Woods, 6 Sally Sweet Way, Salem NH. R.S.V.P. 603-890-0580</p>					1	2
3	4	5	6	7	8	9
<p>10 a.m. – 2 p.m. Salem Farmer’s Market, Moves to parking lot near Dick’s House of Sports</p>			<p>6 p.m. Spring Foraging Class: What is Safe to Eat, at the Nesmith Library, 8 Fellows Road</p>			<p>8 a.m. -noon Windham Yard Sale</p> <p>9:30 a.m. - 2 p.m. Landfill. 30 Marblehead Rd.</p>
10	11	12	13	14	15	16
				<p>Noon - 5 p.m. K of C Blood Drive, 37 Main Street, Salem Call 800-733-2767</p>	<p>5:30 p.m.? Pot Luck Dinner at Carol & Larry’s home. RSVP by email to Carol per the neighborhood list. In the email, please tell me what you will bring.</p>	<p>9:30 a.m. - 1 p.m. Windham Garden Club Plant Sale, 61 Kendall Pond Road</p>
17	18	19	20	21	22	23
						<p>Memorial Day Weekend</p> <p>9:30 a.m. - 2 p.m. Landfill. 30 Marblehead Rd.</p>
24	25	26	27	28	29	30
30						

Bald Eagle



The National Bird of the United States. The Founding Fathers chose the Bald Eagle to be the national bird in 1782.

With the statewide breeding population surpassing 100 pairs for the first time in 2023, it's hard to believe that as



recently as 1987 there were no Bald Eagles nesting in New Hampshire. Populations of our national bird were already in decline long before DDT appeared on the scene, but this pesticide was something of a nail in the coffin built through persecution and habitat loss. Through eating contaminated prey, eagles accumulated enough DDT to impact their reproductive success, largely by causing eggshells to thin. In 1949, a pair nesting at Lake Umbagog was the last in the state for almost 40 years. DDT was banned in 1972, and as the regional population (esp. in Maine) began to rebound, it was only a matter of time before the Bald Eagle returned to breed in New Hampshire. In 1988 a pair returned to the same tree at Umbagog last used in 1949, and the

following year they successfully fledged a single chick. This remained the only nest for a decade, but the late 1990s saw the beginning of the steep growth we see today. In fact, the population is currently doubling every 5-10 years and shows no sign of slowing down. A similar trend has been playing out with state's winter population. There were always a few eagles on Great Bay or the major rivers even when none were nesting, and their roosting sites were carefully protected and monitored to minimize disturbance. Now they are a common sight wherever there is open water, and many pairs remain on their nesting territories year-round.

Bald Eagles are opportunistic foragers, feeding on carrion (decaying flesh of dead animals), as well as prey they kill themselves. The latter are primarily fish, waterfowl, and other water birds like gulls. Most are captured from the air, during which a flying eagle suddenly stoops upon a target to grab it with its talons. The species opportunism extends to aerial piracy, in which the eagle will harass another bird- such as an osprey, heron or another eagle- to force it to release its catch.

Lake Umbagog is located in Coos County, NH and Oxford County, ME. One of the most pristine lakes in NH. It lies in the towns of Errol, NH and Upton, ME.

Credits: NH Audubon

These birds aren't really bald, but their white-feathered heads gleam in contrast to their chocolate-brown body and wings. Look for them soaring in solitude, chasing other birds for their food, or by the hundreds in winter.

COOL FACTS

- Had Benjamin Franklin prevailed, the United States emblem might have been the Wild Turkey.
- Immature Bald Eagles spend the first four years of their lives nomadic exploration of vast territories and can fly hundreds of miles per day.
- Bald Eagles can live a long time. The oldest recorded bird in the wild was at least 38 years old when it was hit by a car in New York in 2015. It had been banded in the same state in 1977.
- Bald Eagle talons can pick up 15 pounds and are about half the size of a human hand, and covered in thick, knobby skin. Talons can get up to 3 inches long, made of keratin, just like our nails. Just one of those toes could break the biggest bone in the human body, the femur.
- The average wingspan of a Bald Eagle ranges from 6-7 ½ feet.
- Female Bald Eagles are larger than the male, but share the same coloration.
- Bald Eagles grow to about 2.5-3 feet in height.

HABITAT

Bald Eagles typically nest in forested areas adjacent to large bodies of water, staying away from heavily developed areas when possible. Bald Eagles are tolerant of human activity when feeding, and may congregate around fish processing plants, dumps and below dams where fish concentrate. For perching, Bald Eagles prefer tall, mature coniferous or deciduous trees that afford a wide view of the surroundings.

FOOD

Fish of many kinds constitute the centerpiece of the Bald Eagle diet (common examples include salmon, herring, shad and catfish), but these birds eat a wide variety of foods depending on what's available. They eat birds, reptiles, amphibians, invertebrates such as crabs, and mammals including rabbits and muskrats. They take their prey live, fresh or as carrion. Bald Eagles sometimes gorge, ingesting a large amount of food and digesting it over several days. They can also survive fasting for days, even weeks.

NESTING

Bald Eagles nest in trees except in regions where only cliff faces or ground sites are available. They tend to use tall, sturdy conifers that protrude above the forest canopy, providing easy flight access and good visibility. In southern parts of their range, Bald Eagles nest in deciduous trees, mangroves and cactus. It's unknown whether the male or the female takes the lead in selecting a nest site. Nests are typically built near the trunk, high up in the tree but below the crown (unlike Osprey nests).

NEST DESCRIPTION

Bald Eagles build some of the largest of all bird nests- typically 5-6 feet in diameter and 2-4 feet tall and ranging in shape from cylindrical to conical to flat, depending on the supporting tree. Both sexes bring materials to the nest, but the female does most of the placement. They weave together sticks and fill in the cracks with softer material such as grass, moss or cornstalks. The inside of the nest is lined first with lichen or other fine woody material, then with downy feathers and sometimes sprigs of greenery. Nests can take up to 3 months to build and may be reused (and added to) year after year.

NESTING FACTS

Clutch Size: 1-3 eggs

Number of Broods: 1 brood

Egg Length: 2.3-3.3 inches

Egg Width: 1.9-2.5 inches

Incubation Period: 34-36 days

Nestling Period: 56-98 days

Egg Description: Dull white, usually without markings.

Condition at Hatching: Covered with light-gray down; eyes brown; gape, legs and skin pink.

BEHAVIOR

Bald Eagles are powerful fliers- soaring, gliding, and flapping over long distances. In one of several spectacular courtship displays, a male and female fly high into sky, lock talons, and cartwheel downward together, breaking off at the last instant to avoid crashing to earth. On the ground, Bald Eagles walk in an awkward, rocking gait. Capable of floating, a Bald Eagle may use its wings to "row" over water too deep for wading. Though often solitary, Bald Eagles congregate by the scores or even the hundreds at communal roosts and feeding sites, particularly in winter. These groups can be boisterous, with birds jostling for position and bickering over prey. During breeding season, you may see Bald Eagles defending their territories from a variety of intruders, including raptors, ravens, coyotes and foxes. When feeding at carcasses, Bald Eagles may push Black and Turkey Vultures out of the way. Bald Eagles are often harassed or chased by their fellow raptors and by songbirds including blackbirds, crows and flycatchers.

CONSERVATION

The Bald Eagle's recovery is a spectacular conservation success story as numbers have increased by nearly 4% per year between 1966-2019. In June 2007, the bird's recovery prompted its removal from the Endangered Species List. Continuing threats to Bald Eagles populations include lead poisoning from ammunition in shot prey, collisions with motor vehicles and stationary structures, and development-related destruction of shoreline nesting, perching, roosting and foraging habitats. They are still vulnerable to environmental pollution, as evidenced by the 1989 Exxon Valdez oil spill in Prince William Sound, Alaska.

The Bald Eagle is the living and enduring symbol of our freedom and democracy. Like our own nation, the majestic bird has faced and overcome many challenges.

Credits: All About Birds-Cornell Lab

Elaine G

A Tale of Two Nitrates

What are nitrates and nitrites? Both are simple compounds made from nitrogen and oxygen but structurally different. Our body can produce nitrates but we also can get them from food, medication or groundwater.

Most of us are familiar with the nitrates found in processed foods like bacon, cold cuts, hot dogs, etc. Did you know that nitrates are found naturally in certain vegetables such as leafy greens (especially beetroot, celery and spinach)? Naturally occurring nitrates found in vegetables will also be in the presence of protective antioxidants like Vitamin C or E. Naturally occurring nitrates (with an “a”) can be converted to nitrites (with an “i”) by naturally occurring bacteria in the mouth. After absorption, these nitrites can then be converted to either nitric oxide or nitrosamines.

Nitric oxide, a healthy nitrate, helps to maintain blood flow by increasing arterial elasticity, helps to lower blood pressure, improves heart health and helps to release a variety of hormones and help to improve exercise performance and in wound healthy. Nitrosamines, a risky nitrate, are associated with a higher risk of developing colorectal cancer.

Nitrosamines are less likely to form when antioxidants are present. Antioxidants are plentiful in fresh or frozen vegetables. A good reason to eat more vegetables! Try more leafy greens (spinach, arugula, lettuce, kale and all chards), these are highest sources for healthy nitrates. Also, consider root vegetables like beetroot and beet juice as well as celery, parsley, radishes, leeks, cabbage, broccoli, carrots, cauliflower, cucumber, endive, fennel and pumpkin.

Nitrosamines can form outside the body when nitrates in foods are exposed to high heat, like cooking bacon or grilling & charring your grilled foods. Consumption of red meats, processed foods (hot dogs, sausage, salami, beef jerky, corned beef, pepperoni, ham, etc.) and “burnt//charred” foods is consistently associated with a higher risk of colorectal cancer.

Why are nitrates added to foods? Nitrates and nitrites are added to foods to prevent spoilage by decreasing bacterial growth and to maintain or enhance color. You might find celery powder or Vitamin C added to process foods, but these do not seem to decrease your risk of colorectal cancer.

I know that most of you have seen commercials for “beet supplements” such as “TOTAL BEETS”, “SUPER BEETS” or “HumanN Super Beets”. These supplements are not without risk if you are prone to gastrointestinal issues (bloating, diarrhea, acid reflux), have a history of kidney stone formation(oxalates), chronic kidney disease and medication interaction.

It is usually safe to eat your vegetables and less expensive than to purchase processed foods and supplements.

References: Tufts Newsletter, May 2026, UT MD Anderson.org 1/16/2024.

Claudette N

Free Printable Crossword Puzzle #6

This is the Daily Crossword Puzzle #6 for Oct 6, 2025

Find the solution at

<https://onlinecrosswords.net/70934>

Across

- 1. Salon treatment, for short
- 5. Nautical
- 10. Robin's abode
- 14. Inspiration
- 15. Limber
- 16. At one time
- 17. William or Sean
- 18. Wrathful
- 19. March date
- 20. Give a right to
- 22. Take offense at
- 24. Intense beams
- 27. Helpers
- 28. Virtuous
- 31. In the know
- 33. Beer's kin
- 34. First game
- 37. Skidded
- 41. Figured out
- 43. Bliss
- 45. Folk knowledge
- 46. Author ____ Christie
- 48. Very tiny
- 49. Keepsake
- 51. Stationed
- 53. Staircase part
- 56. Swipes
- 59. Easing of pain
- 61. Come before
- 65. Egg-shaped
- 66. Math proportion
- 69. For all time
- 70. Silent
- 71. Roberts and Clapton
- 72. Not ever, in verse
- 73. Look closely
- 74. Thickly populated
- 75. Recipe abbr.

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21					22	23				
			24				25	26		27				
28	29	30					31		32					
33				34	35	36				37	38	39	40	
41			42					43		44				
45					46		47				48			
			49	50						51	52			
53	54	55				56		57	58					
59					60				61			62	63	64
65					66	67	68				69			
70					71						72			
73					74						75			

Down

- 1. Smoking device
 - 2. Biblical locale
 - 3. Tenant's monthly bill
 - 4. Capital of the Philippines
 - 5. Hammers' targets
 - 6. Consent
 - 7. Through
 - 8. Computer key
 - 9. Sly glance
 - 10. Least quiet
 - 11. Discontinued
 - 12. Setting
 - 13. Exams
 - 21. Hawk's weapon
- 23. Corn unit
 - 25. Jogged
 - 26. ____ potato
 - 28. Shopping center
 - 29. Butter's rival
 - 30. Raise
 - 32. Curve
 - 35. Mountaintop
 - 36. Margins
 - 38. Ordinances
 - 39. Enlightened one's words (2 wds.)
 - 40. Colored
 - 42. Store owner
 - 44. Expensive fur
- 47. Social insect
 - 50. Poem of praise
 - 52. Mountaineer's climb
 - 53. Walk heavily
 - 54. Musical show
 - 55. Please greatly
 - 57. Heroic tales
 - 58. Got out of bed
 - 60. Dancer ____ Astaire
 - 62. Nights before holidays
 - 63. Bottomless
 - 64. Makes mistakes
 - 67. "We ____ Family"
 - 68. Soft metal



FIND the WORDS

Hemisphere – Barbecue – Maypole – Golden – Gate – Agriculture – Almanac
 Cookout – Renewal – Kabobs – Observe – Cucumber – Blooming – BlueJean

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

Activity Committee News



On April 15 Hadleigh Woods neighbors met at Pika's Grill and Ice Cream restaurant. The food and ice cream were ample and delicious. Great conversations, laughter, and fun was had by all.

Hope you join us at our Pot Luck dinner.

WHO KNEW.....

1. That New Hampshire has 5 lighthouses. One is Portsmouth Harbor Lighthouse in New Castle and active since 1771, White Island Lighthouse on the Isle of Shoals in Rye and three on Lake Sunapee, Loon Island Light, Burkehaven Light Beacon and Herrick Cove Light.
2. That dish towels hanging on your oven handle are a significant cause for kitchen fires and a constant source for germs each time it hits the floor when you open your oven door.
3. That 25-30% of households do not have a fire extinguisher. Of the 65-70% of the households that do have an extinguisher, 38% of these homeowners are not confident on how to use them properly and 30% do not know where they are in the home.
4. That 66-71% of US homeowners have at least one pet.
5. That 73% of U.S. adults have been impacted by an online scam. The most common include fake traffic tickets, bogus vacation rentals and toll scams
6. That the caffeine content of a 20oz coffee to go is:
Peet's Major Dickason's Blend... 468 mg
Starbuck's Pike Place Medium Roast...414 mg caffeine
McCafé's Premium Roast... 295 mg
Dunkin Original Blend Medium Roast ...291mg