



Hadleigh Woods Gazette

July 2026

www.hadleighwoods.org

Volume 213

P·R·E·S·I·D·E·N·T·'·S M·E·S·S·A·G·E

President's Message,

Our semi-annual association meeting will be held on July 11th at 11am followed by our "Christmas in July" event. Remember to bring your chairs and something for the Yankee Swap.

We began having semi-annual association meetings a number of years ago because a number of people were already escaping the winter weather and living in the warmth of Florida when we have our annual meeting. At this meeting the Board discusses where we are year-to-date.

We lost both of the umbrellas for the picnic tables from the recent storms we experienced lately. Instead of replacing those old and ineffective umbrellas, I chose instead to purchase another canopy which will give us more coverage from the elements during our outdoor activities.

If you have a tank-less water heater it is important that you have it serviced yearly. If you have a water heater, I would highly recommend that you change the sacrificial rod about every three years. Don't know what that is? A "sacrificial anode rod" is a metal rod suspended inside a water heater that corrodes in place of the steel tank. By attracting corrosive elements through galvanic action, it prevents the tank from rusting and can effectively double the lifespan of your water heater.

See you on the 11th.

Richard M



Dear Homeowners,

In June, I viewed each of the decks and sent recommendations for repairs where needed. Thank you for all your positive responses noting that many of the repairs were already scheduled or updates for the decking in process. If you need a contractor, we can provide a couple names. The insurance policy will renew with minimal increase which is a great deal in today's market. There will be significant pruning of shrubs and trees. Many thanks for Claudette N and the Landscape Committee for the great work and observance of areas that need care. Quotes for sealcoating were obtained for possible sealcoating of the driveways this year. We have a dry spell ahead of us. Upgrades to the irrigations system by wifi control is in the works. Enjoy this great stretch of summer. The next Gazette will be getting close to the hot time of year and the quick spring to the fall.

Sincerely,
Ken Foley, NextGen

LANDSCAPE NOTES

Nassar Landscaping has started to trim our shrubs. Please be aware as they are approaching your unit, if you have any decorations that could be in their way, please move them.

The mowers were here on 6/27/26 so they can enjoy an extended July 4th weekend. They should return the week of July 6th.

The gardens at Hadleigh Woods are looking very colorful. Many of the perennials could be divided, if you are interested in adding any perennial to your garden, please contact me now.

We can make arrangements to meet, dig & divide at the right time.

Claudette N

July 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

10 a.m. – 2 p.m. Salem Farmer's Market , Moves to parking lot near Dick's House of Sports			1	2	3	4
5	6	7	8	9 6 p.m. "Relative Soul" Enjoy 60', 70's, 80's music. Kimball Library, 5 Academy Ave, Atkinson, NH (Bring your own chair)	10	11 11:00 a.m. Hadleigh Woods – Christmas in July At Pump House parking lot. All neighborhood board meeting, Yankee Swap and eats. Open 9:30 a.m. – 1:30 p.m. Windham Landfill, Marblehead Rd, Windham
12	13	14	15 6 p.m. Brook Bergeron, WHS grad , to attend Berklee College of Music. Windham Town Common, (behind the senior center)	16	17	18 10 a.m. – 2 p.m. Craft Supply Swap At Nesmith Library 7th Annual Palace Theatre Garden Tour. Visit: Palacetheatre.org/Events/2026-garden-tour
19	20	21	22	23 6:00 p.m. The Island Castaways Band Trop rock band (Jimmy Buffet inspired music) Kimball Library 5 Academy Ave, Atkinson, NH Bring your own chair	24	25 Open 9:30 a.m. – 1:30 p.m. Windham Landfill, Marblehead Rd, Windham
26	27	28	29	30	31	

Bobcats



Hi Folks, since there was a Bobcat sighting at Hadleigh Woods, I thought I would do an article on this beautiful, interesting animal.

BOBCAT Description

The most common wildcat in North America, the bobcat is a yellowish-brown or reddish-brown (more gray in the winter) color with indistinct dark spotting and streaks along its body. The species gets its common name from its characteristic stubby, or “bobbed” tail. The tail is 4-7 inches in length with 2 or 3 black bars, while the underside is white. Their upper legs have dark horizontal bands. The face has thin, black lines stretching onto a broad cheek ruff and have tufted ears.



The males have a larger bodyweight and physical size than females. Bobcats stand 19-22 inches at the shoulder and 28-49 inches in length on average. Male bobcats in New Hampshire average 27 pounds, while females average 17 pounds.

LIFE SPAN

Bobcats are reported to have an average life span of 2-5 years in the wild with a low number of living up to 15 years. It is reported that a bobcat can live up to 32 years when held in captivity.

RANGE & DISTRIBUTION

Bobcats are distributed from coast-to-coast in the United States and from Southern Canada to Mexico through 12 subspecies. The subspecies occupying New Hampshire is known as *Lynx rufus gigas*. The bobcat has expanded their range and population throughout the United States over the last decade. Bobcat populations are found throughout New England though Rhode Island is considered to have the lowest population of the region.

In New Hampshire, bobcats are thought to historically have had the greatest presence in the southwest corner of the state. Bobcats reside in all New Hampshire counties. Based on observation reports occurring over the previous 20 years, bobcat numbers appear to have increased in New Hampshire.

HABITS & HABITAT

Bobcats live in scrubby or broken forests (hardwood, coniferous, or mixed), swamps, farmland, semi-deserts, scrubland, and rocky or bushy arid lands. Their home ranges vary in size depending on sex, season and prey distribution and abundance. Bobcats mark their territory with urine, feces, anal gland scent, and scrapes on physical markers, such as trees. Individuals have one natal den and other auxiliary dens for protection located throughout their home ranges. Dens can be found in caves, hollow logs, brush piles, rock ledges, or stumps. Bobcats are ambush predators that frequent wildlife paths to prey on rodents to white-tailed deer. Their diet includes mice, squirrels, woodchucks, moles, shrews, raccoons, foxes, domestic cats, grouse, various bird species, reptiles, porcupines and skunks. The bobcat can fast during periods of limited food availability, though take advantage of environmental conditions, such as snow depth during these times, to kill large prey, such as deer, turkey and potentially livestock.

Adult bobcats are solitary except during mating periods. Males are sexually active year- round, but females are typically in heat in February and March. A female and dominant male may mate several times after a series of “chases”, and the female may mate with other males in his absence.

Bobcats have a gestation period of 2 months and females give birth to a litter between late April and early May. Litters average 2-3 young, known as kittens, though literature reports birth rates can vary from 1-7 young. Bobcat young begin exploring their habitat at one month and are weaned at 2 months. By Fall, young are hunting individually though they stay with their mother until one year of age.

Bobcats are vocal when threatened or during mating season. When in danger, a bobcat will emit a deep growl. The species is loudest when yowling during breeding season.

Today, bobcat sightings have become common, with observations being reported throughout the state. Severe winters can exert influence on bobcat status, since bobcats are modestly adapted to deal with the presence of prolonged deep snow.

CREDITS: New Hampshire Fish and Game

Elaine G



*This picture was taken in the backyard
of 36 Hadleigh Road on 6/16/26 at 8:00 pm*

Why We Feel Hungry and Full

Have you ever wondered why you feel hungry before a meal, full afterward, and sometimes hungry again soon after? Or why dieting can make you think about food all the time? The answer is not a lack of willpower. It is biology.

Our bodies use hormones to control hunger and fullness. These hormones send messages between the gut, fat tissues, pancreas and brain to help regulate how much we eat and when we stop. This hormonal system developed to keep humans alive when food was scarce. Today, with food available everywhere, the same system can feel confused or frustrated. Understanding how it works can help make sense of appetite and eating behavior.

GHRELIN. Ghrelin is the hormone most closely linked to hunger. It is made in the stomach and increases when it is time to eat. Ghrelin levels are highest before meals and fall after eating. When ghrelin increases, it makes us feel hungry and encourages us to seek food. It also makes food seem more appealing by acting on reward centers in the brain. This is why hunger can make cravings stronger, especially for high calorie foods. Ghrelin levels rise when we diet, skip meals or don't get enough sleep. This is one reason why calorie restriction often leads to stronger hunger and increased thoughts about food. Ghrelin is not trying to sabotage you; it is doing its job by pushing the body to restore energy.

LEPTIN. Leptin works very differently from ghrelin. Leptin, instead of responding to meals, leptin reflects how much energy the body has stored over time. It is produced by fat cells and sends a message to the brain about whether energy stores are sufficient. When leptin levels are high, appetite should decrease and energy use should increase. When leptin levels fall, hunger rises. During weight loss, leptin drops, which is why appetite often increases and staying at the lower weight can feel difficult. Many people with obesity have high leptin levels but do not respond the signal properly. This is known as leptin resistance. The brain acts as if energy stores are low, even when they are not, leading to continued hunger.

INSULIN. Insulin is best known for controlling blood sugar, it also plays a role in your appetite. It is released by the pancreas when you eat, especially in response to carbohydrates and protein. In the brain, insulin helps signal fullness and energy availability. Over time, problems with insulin sensitivity can interfere with this process, making appetite harder to regulate. Insulin, like leptin, provides information about the body's overall energy status rather than immediate hunger.

GUT HORMONES. Several hormones released from your digestive system help control how much we eat during a meal.

Peptide YY (PYY) is released from the lower intestine after eating, especially after a meal that contains protein. PYY slows digestion and reduces appetite, helping us feel satisfied.

GLP-1 (glucagon-like-peptide-1) is another important hormone released after meals. It helps slow how quickly food leaves your stomach and sends fullness signals to the brain. GLP-1 also helps the body release insulin. Some newer weight-loss medications work by increasing the effects of GLP-1, making you feel full sooner and longer.

Cholecystokinin (CCK) is released quickly when you eat foods containing fats and proteins. It helps bring meals to an end by creating early feelings of fullness but are not long lasting.

Amylin, released along with insulin, also helps slow digestion and increase satiety during a meal.

All these hormones help control portion size and meal timing.

THE BRAIN. All hunger and fullness signals are processed in the brain, mainly the hypothalamus. This area compares signals that increase hunger with signals that reduce hunger. It also connects with areas involved with pleasure, sleep and stress. This helps to explain why appetite is affected by more than food alone. Poor sleep raises hunger hormones & lowers fullness hormones. Stress can change eating behavior. Highly processed foods can override normal fullness signals by stimulating reward pathways in the brain. Appetite is influenced by biology, environment and daily habits all at the same time.

Hunger is normal, not a weakness. Understanding how appetite works allows for a more realistic and compassionate approach to weight loss and maintenance. Understanding the natural signals your body is sending is crucial. Avoiding ultra-processed foods that mess up brain signals is crucial as well.

Credit: Environmental Nutrition, June 2026.

Claudette N

Free Printable Crossword Puzzle #4

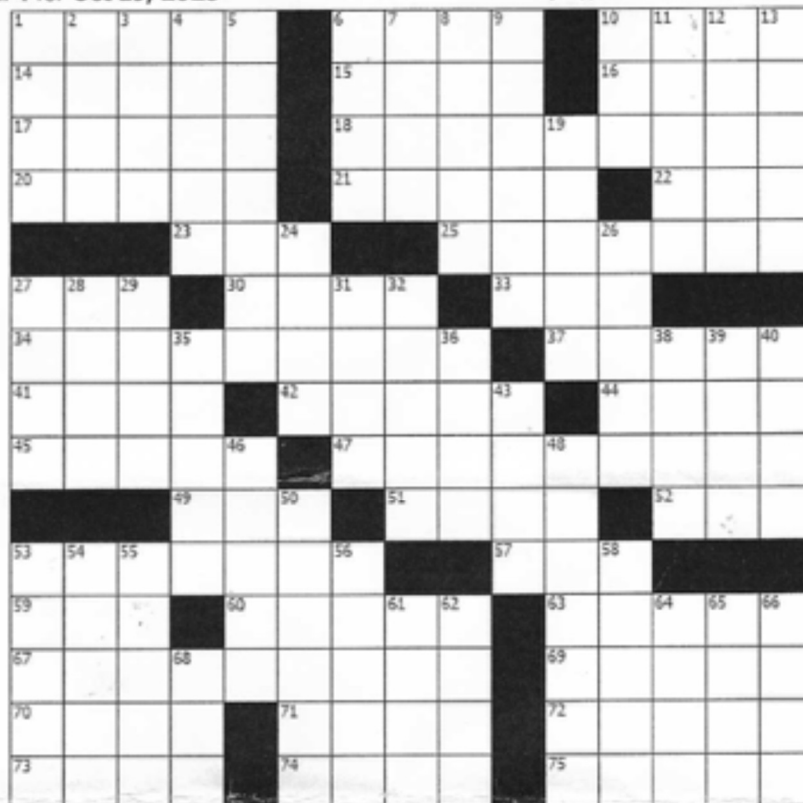
This is the Daily Crossword Puzzle #4 for Oct 29, 2025

Find the solution at

<https://onlinecrosswords.net/86034>

Across

1. Slumber
6. Asian desert
10. The hunted
14. Concerned one
15. English river
16. Possess
17. Love, in Rome
18. Sweats
20. Fundamental
21. ____ Banks of baseball
22. Wind direction (abbr.)
23. Eternally, in verse
25. Accompanies
27. Metered vehicle
30. Artist Salvador ____
33. Knock
34. Penance
37. At no time
41. Horseback sport
42. Plane's captain
44. Took a cab
45. Of the eye
47. Drenched
49. Chump
51. "The Way We ____"
52. Naval off.
53. Arms depot
57. Siesta
59. Clamor
60. Pseudonym
63. Speech problems
67. Ready for use
69. Narrow channel
70. Manner of walking
71. Jogging gait
72. Say
73. House additions
74. Breaks bread
75. Carved pole



Down

1. Wound covering
2. Tibetan monk
3. Greek god
4. Scary
5. Come before
6. Gawlk
7. Concluded
8. Supported
9. Demand
10. ____ Beta Kappa
11. Less frequent
12. Occasion
13. Positive responses
19. Pie nut
24. Sloping walkway
26. "Carmen," e.g.
27. Guitarist's aid
28. On the peak
29. Lightning flash
31. Hawaiian necklaces
32. Relative by marriage (hyph.)
35. Clatter
36. Shopping bag
38. Ballot
39. Biblical locale
40. Nail polish shades
43. Rotate
46. Panama ____
48. Unidealistic one
50. Roof of the mouth
53. Traditional saying
54. Opponent
55. Garden pest
56. Heavenly scales
58. Type of bean
61. Oodles (2 wds.)
62. Groups
64. Narrow board
65. Baseball's ____ Rose
66. Flower part
68. The I in TGIF



FIND the WORDS

International – Eos – Humid – Lakefront – Canvas – Hurricane – Generator
 Climate – Change – Anniversary – Heartland– Aurora – Borealis – Population – Day

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

Activity Committee News



On June 15 Hadleigh Woods neighbors gathered at Mary Ann's Diner in Windham for breakfast. I believe we had a turnout of 24 people. The wait staff did a great job. They were quick and courteous. Great conversations, laughter, and fun was had by all.

FOR OUR NEXT EVENT:

Hope you'll join us at the pump house parking lot on July 11th, 11:00 a.m.

Please email Pat S. to RSVP. Thank you.

WHO KNEW.....

1. that Pennsylvania produces 80% of the pretzels in the US.
2. that Colorado, Utah and Vermont have the most active citizens and jockey for the healthiest state to live in each year.
3. that "cruise control" in most automobiles is not safe to use in the rain.
4. That many new Dads gain 4-5 lbs. of weight after their newborn arrives home because they are becoming more involved with child rearing.
5. that male Sea Horses and Sea Dragons carry all the fertilized eggs.
6. that Consumer Reports rates the Grabber Buddy Grabber Reacher Tool as the best one with a rating of 74. \$12.00

If you have any interesting tidbits of information, please send to Pat S, see the neighborhood list for the email address.

"Happy 250th Birthday America"

