

Berlin Health Department faces uncertain future

BY JODY HOULE
Contributing Writer

BERLIN – Due to costs associated with maintaining and operating the Health Department that was assessed at \$100,000 in the red zone this year, the City is in the process of determining whether or not to continue operations at the department.

On Oct. 26, a public hearing was held and there was no public opposition in discontinuing it. The City Council welcomed public input and has not made a final decision yet which puts the future of the department in temporary limbo.

Grenier stated at the hearing that in the past, the department had enough revenue to sustain operations and has even made little profits but that trend is going the other way. However, he wishes the program to continue and is determined in coming up with

solutions. The department, he added, offers a necessary visiting nurses program to Berlin and surrounding towns.

Visiting nurses programs provides care for 150 to 229 patients each year – mainly Medicare patients. Many other services are offered including blood pressure screening, foot care clinics and flu shots.

Northwoods Home Health & Hospice and Personal Touch Home Care are the only other agencies that have a visiting nurse program. David Dubey of Coös County Family Health Services pointed out at the Oct. 26 hearing that when those two agencies are full capacity, the Health Department fills the gap for patients in need.

City Manager James Wheeler noted that in order for the department to properly function, the City needs to buy an

Electronic Medical Record System (MRS) and update staffing.

In September, the City reviewed a PowerPoint presentation of an assessment performed by Simone Healthcare Consultants out of Hamden, Connecticut.

The City hired the consultants to assess the pros and cons of keeping or discontinuing operations. Three options were presented: 1) Continue the department with Medicare services and health promotion services; 2) Continue

with only health promotion services and devise an exit strategy for Medicare services; 3) Discontinue all services of the Health Department.

Council members said it is difficult to foresee revenues and additional expenses. If option

one was implemented, it would cost the City approximately \$258,000 the first year and \$140,000 every other year. However, Simone's recommendations for option one are deemed to improve efficiency and see **HEALTH DEPT., page A9**

No plans this year to address problematic curb extension on Route 16

BY JODY HOULE
Contributing Writer

BERLIN – Jay Poulin of H.E.B. Engineering updated the City Council on the progress of the Route 16 construction project during a work session on Nov. 7. One aspect of the design was curb extensions, or “bump-outs” that have been installed with more to follow. One particular curb extension was installed on the corner of Cambridge Street and Main Street and many residents as well as council members expressed concern over the abruptness of it. The City asked if changes could be made to the curb extension to alleviate the potential hazard to traffic. Poulin said that any changes

would have to be made next year.

Poulin passed out a report that has the details and purposes of the curb-extensions. He noted that “they cause a significant change in the traffic pattern.” The purpose for the curb extensions was stated as a way to “provide an attractive streetscape and add safety by improving sight distance.” When traveling down the steep hill of Cambridge Street to access Main Street on Route 16, there was limited sight distance before the extension was installed. The curb extension provides an extra 100 feet of sight distance. Pamela Laflamme, Community see **CURB., page A9**



On Thursday, Nov. 10, some of the Veteran residents of Coös County Nursing Home attended an Honorary Veterans Dinner at the Middle/High School Cafeteria along with other local Veterans through the Project Youth's Gorham Middle Afterschool Program. Seated-Pete Bruno, Diane Laflamme, standing behind: Bryanna Harris, Isobel Micucci, Libby Fortin, Emma Bernier (members of NJHS).

GoSolar NH expands into Gorham

GORHAM--GoSolar NH is pleased to announce that we will be expanding our physical presence into northern New Hampshire, by officially taking on office and warehouse space in Gorham. While we have served the entire state since our inception, we've always only had physical office presence in the southern part of the state at our Rochester Headquarters. The expansion to Gorham enables us the opportunity to have office space in both the northern and southern part of the state



which will be great for the face-to-face interactions that we like to deal with when it comes to our customers and potential clients looking for answers to their solar

power research and implementation needs.

Our co-founder, Jake Ottolini, was born in Berlin and raised in neighboring town, Milan, so he's very familiar

with the area and is excited for this expansion on several levels.

“I love northern New Hampshire and am excited to uproot and bring my young family back to my stomping grounds. I'm passionate about bringing well-paying, jobs to the local economy, and for the opportunity to provide affordable clean, renewable energy in an area that was once known for the production stemming from the paper mills; a production that was not particularly clean and good for the local and neighboring environments.”

This is an exciting time for GoSolar NH. Growth is abundant, and having locations strategically located at polar opposite ends of the state makes for better availability with all of the businesses colleagues and customers.

Tomorrow just got a little brighter...

City fights against state education stabilization cuts

BY JODY HOULE
Contributing Writer

BERLIN — A New Hampshire house bill reducing education stabilization grants passed last year and Mayor Paul Grenier attended a meeting in Franklin last Tuesday representing Berlin to help fight against the legislation that will cut \$5.4 million of education aid to the city. The bill is set to gradually cut the stabilization grants by 4 percent every year for 25 years ultimately eradicating the



Mayor Paul Grenier attended a meeting in Franklin last Tuesday representing Berlin, along with several other town and city officials throughout the state, to discuss hopeful solutions to change new legislation that is cutting education stabilization grants by four percent each year, and that is aimed at completely removing the grants in 25 years. Berlin would lose more than \$200,000 in education aid each year, and \$5.4 million in all if the legislation stands.

grants. During a Nov. 7 City Council Work Session, School Department Bryan Lamirande, Business Administra-

tor, stated that Berlin is drawn against losing \$220,000 annually in education aid “if there is no change in enrollment.” He added that the stabilization grant started in 2012 and said that adequacy money that is not part of the stabilization will still be available to Berlin. Michael Rozek commented that the word “adequate” isn't defined “and it should be gotten rid of in favor of a more definitive law.” Councilor Lucie Remillard notes see **EDUCATION., page A9**

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Parade of Lights returns to Main Street Thanksgiving weekend

BY JODY HOULE

Contributing Writer

BERLIN – The annual Parade of Lights is returning to Main Street this year, and will illuminate the night and spread holiday cheer on Nov. 25. More floats are needed and it is strongly encouraged for anyone to participate to help keep the tradition going. To help boost interest, prizes will be awarded for best floats.

The Parade of Lights is presented by the Berlin Main Street Program, Kiwanis Club and the City of Berlin. This year, the Androscoggin Valley Chamber of Commerce got on board to help support it.

The event traditionally was held the day after Thanksgiving on Main Street. In recent years, it was held at the Service Credit Union Heritage Park. This year, the tradition is being brought back to lower Main

Street the day after we give thanks in true holiday spirit.

Paula Kinney at the Chamber was excited when she realized Berlin will be celebrating the 25th anniversary of the event. She hopes it's the best year yet.

"It may seem like a great deal of work to build a float, but after being in several of these parades, I can say that seeing the look on the children's faces as you march by is priceless," said Kinney. "So let's get in the spirit and kick off this holiday season with the best parade yet."

Some participants in the parade are lined up including Service Credit Union, GoTime Restrooms, Wintergreen Landscaping, Proquip Equipment, Absolute Powersports, and Fire, Police and EMS. However, more participants are needed.

The parade will begin



The 25th annual Parade of Lights returns to Main Street this year on Nov. 25.

JODY HOULE

at 7 p.m., and will move from Aubuchons Hardware on Glen Avenue to City Hall on Main Street.

More businesses, organizations, clubs, schools and individuals are needed for the parade. Floats do not have to be tractor trailer sized

– small floats are welcome. Individuals can decorate a vintage or antique car or an ATV/OHRV/UTV. Groups can walk with their company, club or organization. The more lights the merrier. The theme this year is "Songs of the Season." Because there is only one Santa, no impersonators are needed as he will be

in attendance.

There will be prizes for the best three floats. First prize is \$500, second prize is \$250, and third prize is \$100.

"Please consider helping us keep this tradition alive," said Kinney.

Walking adults must accompany alongside the floats to ensure safety for children. All floats

must have proper parking lights and be decorated in lights as well. Participants are recommended to stick to the theme "Songs of the Season." No materials can be thrown, but candy and other things can be handed out.

All floats must be on Glen Avenue near Veteran's Park no earlier than 5:30 p.m. and no later than 6:15 p.m.

Anyone who would like to participate in the parade can pick up an entry form at the Chamber and drop it off there or email it to berlinmainstreetprogram@gmail.com. For more information contact the Androscoggin Valley Chamber of Commerce at 752-6060 or the Main Street Program office at 752-6246.

The Knights of Columbus are holding a Christmas festival and a meet-and-greet with Santa Clause at the Heritage Park on Dec. 5. The time of the event is to-be-announced.

Pessamit Innu Chief of Quebec files motion to intervene in Northern Pass

BY NANCY WEST

InDepthNH.org

REGION — The Pessamit Innu First Nation of Quebec has filed a motion to intervene in the controversial Northern Pass Transmission application process that is pending before the state Site Evaluation Committee.

In a motion filed recently with the Site Evaluation Committee, Rene Simon, the chief of the

Pessamit Innu First Nation, said there are about 4,000 registered members. It is one of 11 aboriginal nations living in the province of Quebec.

"The Pessamit Innu have been living for 8,000 years in their Nitassinan (traditional territory) and still have the aspiration to respectfully prosper in harmony in this natural heritage," Simon wrote. "However Hydro-Quebec production activities have profoundly affected the integrity of our Nitassinan and have directly collided with our ancestral rights."

Simon's motion also included a presentation that was shown in Plymouth on Sept. 29 called "An Indefensible Privilege: Wiping Out Salmon in the Betsiamites River to Light up Cities."

Northern Pass and Eversource Energy filed a joint application seeking permission to build a 192-mile transmission line that will bring 1,090 megawatts of energy from Hydro-Québec's hydroelectric plants in Canada to New Hampshire and on to the rest of New England.

If approved, the high-voltage power lines would run from Pittsburg to Deerfield. Northern Pass claims it will create new jobs and needed tax revenue while reducing electric rates. Critics say the

jobs will be temporary and the profits will flow out of state while the new towers would ruin important scenic vistas. Any savings would be negligible, they say.

Martin Murray, spokesman for Northern Pass, said the project is aware of the petition but has not yet decided whether to respond to it. Michael Iacopino, the attorney for the Site Evaluation Committee, said the deadline to intervene passed months ago, but it might still be possible to do so.

The chairman of the Site Evaluation Committee subcommittee that will ultimately decide Northern Pass, Martin Honigberg, could allow the late motion to intervene if it doesn't interfere with the prompt disposition of the case, Iacopino said.

"I can't say whether he will or won't," Iacopino said. The subcommittee must make a final decision on Northern Pass by Sept. 30, 2017.

In the meantime, the state Public Utilities Commission has granted Northern Pass public utility status. Iacopino said there is nothing in the SEC rules that requires Northern Pass to become its own utility.

A news release issued last month by Northern Pass says, "The New Hampshire Public Utilities Commission

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The staff at the *Berlin Reporter* wishes everyone a safe and *Happy Thanksgiving.*



Cathy, Liz,
Tara & Jody

Gorham Turkey Trot 5K Family Run/Walk/Waddle

GORHAM-- your turkey in the oven, grab your running or walking shoes, a non perish-

able food item, and join us on Thanksgiving morning at the Edward Fenn School for our

third annual Gorham Turkey Trot 5K Family Run/Walk/Waddle. The event will begin

Thanksgiving morning with race registration at the Ed Fenn from 8 to 8:45 a.m. A preschool

age kids fun run will begin at 9 a.m. At 9:15, there will be a school age fun run. The 5K for walkers and runners will begin at 9:30.

The 5K course is a relatively flat stroller friendly course beginning and ending at the Ed Fenn School.

Top three male and top three female racers will be awarded along with all children participants.

While there is no race fee, Corrigan Screen Printing has created a long sleeved race shirt for purchase. Racers can purchase a race shirt by registering for the event by

Nov. 18.

This event was created with the intention of providing people in the North Country with an opportunity to get out and get active while also benefiting our local food pantries. We are hoping that families, individuals, the old, the young, accomplished runners or professional couch potatoes will all take part.

Volunteers are also welcome.

More information can be found on our Facebook page Run For You or email us a run-for-you1@gmail.com.

Berlin Recreation Activity

HOCKEY DEVELOPMENT LEAGUE: Still time to register! Berlin Recreation is inviting skaters ages 6-9 and 10-15 to hit the ice here at the Notre Dame Arena. Program has already started but still plenty of ice time to go! Ages 6-9 meet on Saturdays from 9:15-10:15 a.m. Fee is \$100 and skaters will get a minimum of 14 hours. Ages 10-15 meet on Saturdays, 8-9 a.m. and Sundays, 10-11 a.m. Fee is \$200 and skaters will get a minimum of 28 hours. Registration payment to be made at Berlin Recreation Center on First Avenue in Berlin. Any questions,

call 752-2010 or Missy at 723-3826.

3RD - 6TH GRADE SKI & SNOWBOARD PROGRAM: Registration open until Dec. 6 for the 2017 season of ski and snowboard lessons. Five week program held at Wildcat Mountain; 3rd & 4th Grade will go Fridays starting Jan. 6; 5th & 6th Grade will go Thursdays starting Jan. 5; \$100 for lessons (mandatory), \$50 for equipment (optional). Additionally, Wildcat has limited helmets for \$5 weekly or \$25 for the five weeks.

HOLIDAY YARD SALE: Saturday, Dec.10 from 8 a.m.-1

p.m.; \$10 for a 10 x15' space. Limited space available. Reserve your spot early! Great chance to sell your crafts and holiday decorations! Great fund raising opportunity for any organization. Call 752-2010 for more information but no reservations will be taken over the telephone.

D E C E M B E R SCHOOL VACATION EVENT:

COSMIC BOWLING WITH PIZZA, SODA & MAKE YOUR OWN SUNDAE: Wednesday, Dec. 28.

Any age or ability can participate in this cosmic experience! 11 a.m.-1 p.m. at Berlin

Bowling Center; \$10 for ages 12 and older; \$8 for ages 11 and younger. Register at Berlin Recreation Center with payment. Maximum of 40 participants so join soon!

LITTLE TYKES PLAYGROUND: Little Tykes returns with Instructor Missy Wedge! Crafts, story time, basic lesson plans, snack time and certainly fun in the gym for the potty trained 3-5 year old. Tuesdays and Thursdays, 8:45 - 11:45 a.m. beginning Jan. 10; \$72 per person for the six week program. Limited space - first come - first serve. Call 752-2010 if any questions.

TCCAP receives grant for Elder Financial Exploitation Prevention

BERLIN-- Coös County ServiceLink a program of The Tri-County Community Action Program, Inc has been named the recipient of an Opportunity Grant of \$13,500 by the Endowment for Health Board of Directors to fund the Elder Financial Exploitation Multidisciplinary Team Education & Prevention Program.

The project is designed to increase public education and awareness to the prevalence and dangers of elder financial exploitation. The program will provide direct educational opportunities to elders, caregivers, and their family. Outreach will begin with Police Departments, social service agencies and community partners that work with seniors. The goal is to establish a fully functional multidisciplinary team to increase communication and collaboration to enhance the ability to investigate and prosecute elder financial exploitation cases.

The Energy, Elder and Outreach Division of Tri-County CAP, with multiple locations in Coös, Carroll and Grafton County, includes Coos County ServiceLink Resource Center, Senior Meals Community Dining, Senior Meals on Wheels home delivered nutrition, Coos County RSVP: Retired & Senior Volunteer Program and Fuel and Electric Assistance Programs.

"Coos ServiceLink is enthusiastic about adding this service to the variety programs already offered," said Paul Robitaille, manager of "Stay tuned for more information regarding dates of classes, and please contact us if you have questions or concerns."



COURTESY PHOTO
Andrea Brochu, Energy, Elder and Outreach Division Director at Division of Tri-County CAP and Paul Robitaille, Coös ServiceLink Program Manager at Tri-County Community Action Program, Inc on Sullivan Street in Berlin, NH.

"Every opportunity for collaboration has been explored to bring this messaging and awareness to the clients we serve. TCCAP has the qualified staff to provide this education, outreach and collaboration to the County of Coös and we look forward to this opportunity," said Andrea Brochu, director of Energy, Elder and Outreach Services at Tri-County CAP.

"Our staff has done an excellent job, working outside of their own professional silos, to acknowledge that TCCAP has the ability and leadership to send this message across the entire

county of Coos. Community Action programs and staff have seen the first-hand losses by financial exploitation. We work every day to help improve the success and quality of life our clients, and are working on best practices to work to meet our community's needs," said

Rob Boschen Jr., CEO of Tri-County Community Action Program, Inc.

The Endowment for Health is a statewide, private, nonprofit foundation dedicated to improving the health of New Hampshire's people, especially those who are vulnerable and un-

see TCCAP., page A9



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New Hampshire's role in Thanksgiving as a national holiday

The good ol' state of New Hampshire has done it again, yet many of us are unaware of how we are tied to the making of Thanksgiving as a national holiday.

Everyone knows the first Thanksgiving feast took place in 1621, and lasted for three days, as a coming together of roughly 50 Pilgrims and 90 Wampanoag Indians in Plymouth, Mass.

The holiday, however, was never celebrated at the same time each year, and was more or less an unspoken feast that took place sometime in late fall.

Writer and Editor Sarah Josepha Hale (creator of the nursery rhyme "Mary Had a Little Lamb") a native of New Hampshire wrote about just this in her 1827 novel, *Northwood*.

An excerpt reads, "We have too few holidays. Thanksgiving like the Fourth of July should be a national festival observed by all the people..as an exponent of our republican institutions."

In the 1840's, Hale began to push for the nationalized holiday and began publishing editorials in her journal, *Godey's Lady's Book*. In addition to her editorials she sent numerous letters to law makers and town leaders to give Thanksgiving an official date to be celebrated each year. The tenacity of this New Hampshireite lasted through five presidents, until President Abraham Lincoln took her seriously.

During the height of the Civil War, Hale had the thought that a national holiday of gratitude could mend fences.

In an editorial written in 1859, she explains, "Everything that contributes to bind us in one vast empire together, to quicken the sympathy that makes us feel from the icy North to the Sunny South that we are one family, each a member of a great and free Nation, not merely the union of a remote locality is worthy of being cherished."

In September of 1863, still on her mission, Hale wrote to President Lincoln regarding her purpose "to have the day of our annual Thanksgiving made a National and fixed Union Festival."

On Oct. 3, just one month later, Lincoln proclaimed Thanksgiving as a national holiday and reserved the fourth Thursday in November as the day of celebration.

This Thanksgiving, let the story of Hale serve as a poignant reminder, that a day that aided in the softening of a nation 150 years ago, still serves the same purpose today.



COURTESY PHOTO

An image from the past

The Lefebvre and King store on Main Street in Berlin in the late 1880's.

North Country Notebook

A New Hampshire turkey story, just in time for Thanksgiving



By JOHN HARRIGAN
COLUMNIST

Wild turkeys have always been part of New Hampshire's wildlife scene. The big mystery is just how far north they ranged before subsistence hunting in settlement times wiped them out. By the Civil War, they were gone.

"About the northern end of Winnepesaukee has always been my guess," says Ted Walski, who not only knows his turkey history but has turned the state's restoration project into a wildlife success story known from coast to coast.

And it is truly a spectacular story—from the first failed release at Pawtuckaway in the early '70s, to the release of a hardier variety around Keene in 1975, to a point



COURTESY

Two turkeys in one shot: That's Ted Walski (top) with another turkey (bottom), sometime in the mid 1980s.



COURTESY

This was the historic moment when New Hampshire's reintroduction of wild turkeys began in 1975, a first attempt at Pawtuckaway that failed.

where today's population is an estimated 35,000 to 40,000. Today, the big black birds with the ironclad feathers and keen-eyed sentries are seen in every county and every town in the state.

And to think that it all started with a swap, fisher cats for turkeys.

(Caveat: My use of "fisher cat" will make professional wildlife biologists cringe. A fisher is not a cat, of course, but has been called "fisher cat" ever since the first Europeans stepped ashore. The term is still very much in the small-town-countryside vernacular, and so I happily use it.)

It was back around the winter of 1969-70, Ted recalls, that West Virginia wanted to restore its fisher population, and let its northern neighbors know that it wanted some. New Hampshire, meanwhile, had plenty of fisher cats, and similar intentions on wild turkeys.

Wildlife biologists up and down the seaboard, and indeed across the nation, tend to know each other, and quite soon a swap was arranged: 31 cannon-netted wild West see NOTEBOOK., page A13

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Editor: Tara Giles

Sales: Cathy Grondin

Office Assistant: Elizabeth Ball

Distribution Manager: Jim Hinckley

Information Manager: Ryan Corneau

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E-Mail: reporter@salmonpress.com

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A Century in Coös

A look back at this week in local history

COMPILED BY CATHY CARDINAL-GRONDIN

1916

A recount for the Presidential election set of New Hampshire.

Harry Hardwick of Malden, MA was killed when his gun was accidentally discharged. He was hunting with his son in a Connecticut Lake Camp.

Ernest Bernier, an employee of the Balsams, got lost hunting. He returned a day and a half later injured and with frost bite on one foot.

1926

The eagle eye of police chief Harry Howe of Groveton detected escaped prisoner George Serois walking the streets. He had escaped from Stewartstown al-

most a year ago and was working in the Groveton Mill under the name "Joe King".

Mr. and Mrs. Albert Emery of Stark celebrate their 50th wedding anniversary.

1936

The son of Deputy Sheriff Burleigh Kelsea of Colebrook was chosen as the strongest end

playing football player at UNH.

The first issue of Life magazine in on newsstands featuring a photo of Fort Peck Dam the site where President Roosevelt gave a famous speech.

The 16-year-old son of Mr. and Mrs. Burt Stinson of Stratford was see CENTURY., page A13

Relay For Life of North Country Kick-Off

NORTH COUNTRY--There have been some exciting changes in the American Cancer Society's Relay For Life program. It has become imperative that steps be taken to maximize the time, talent and dollars invested in our lifesaving mission, while ensuring a top-notch experience for the valued Relay participants.

With that being said, the ACS is merging the Berlin-Gorham event into the

North Country event for 2017. By coming together, it will allow for the two separate Relay events to become one, blending together the two committees, two groups of team captains, all of the very passionate team members and most importantly, the many Survivors into one larger Relay family.

Together, we will redefine what Relay can be to Northern New Hampshire. Be a part of making that

happen by joining us for our first combined Relay For Life of North Country Kick-Off on Tuesday, Nov. 22, 2016 at the Lancaster Town Hall. Kick-Off will start at 6 p.m. The theme for Relay 2017 is "A Day At The Beach" so expect some "beachy" decor to be present.

If you have wondered what Relay For Life is all about please plan on attending and bring a friend. This meeting is open to all

present and past team captains, team members, survivors, and those thinking about starting or joining a team. Volunteers are always needed and welcome in the planning stages of Relay as well as the day of the Relay event.

Relay For Life of North Country 2017 is scheduled to take place from 6 p.m., Saturday, June 24 until 6 a.m. Sunday, June 25. The event will once again be held at the Lancast-

er Fairgrounds.

For more information you may contact event co-chairs: Tracy Lockwood at lillyandhunter1@gmail.com, John Ayers at jayers@ne.rr.com, or ACS Community Manager Liz Riley at Liz.Riley@

cancer.org.

For Relay information visit www.relayforlife.org/north-countrynh. For more information about the American Cancer Society, call 1-800-227-2345 or visitcancer.org.

Get ready for a grand holiday shopping experience in Northern New Hampshire

LANCASTER-- Beat the crowds and shop stress free and tax free in New Hampshire's Grand North this holiday season! Businesses all across the Granite State's northern region are ready to welcome visitors for an amazing holiday shopping experience. Shop here to discover picturesque towns, friendly storekeepers, outstanding merchandise and exceptional customer service. And, remember, in New Hampshire shopping is tax free!

"Businesses all across the region have stocked their shelves with items to appeal to a wide range of tastes," said Cathy Conway, vice president of Economic Development for Northern Community Investment Corporation. "Our merchants offer ev-

erything from hand-crafted items by local artists to the very best in brand name goods. Come for the day or the weekend and browse our festively decorated shops to find unique items for every person on your list."

"We have a few suggestions to get you started and you'll find additional shopping ideas, along with dozens of other suggested activities and itineraries and dining and lodging options at www.nhgrand.com."

Simon the Tanner, on Lancaster's handsome Main Street, is a long-time favorite of both locals and visitors to the region. The popular outdoor outfitter stocks brand name clothing, shoes, outerwear and equipment for men, women and children. For an extra-good deal check out

their Outlet Store, just a few doors down from the main store. www.simon-thetanner.com

LL Cote Sports Center's 50,000-square-foot building in the heart of tiny downtown Errol is one-stop shopping at its finest. From hunting, archery, camping and sports equipment to clothing and footwear for the entire family, the store's extensive inventory stocks just about everything a person needs for a good time outdoors. www.llcote.com

An old potato storage barn in Northumberland is now home to a thriving antiques and collectibles business. Potato Barn Antiques is filled to the rafters with interesting finds, from tools, lamps and books to jewelry, glassware, and vintage

clothing. Check out the shop's holiday memorabilia for Thanksgiving- and Christmas-themed decorative items. www.potatobarnantiques.com

Fuller's Sugarhouse is famous for producing, as industry experts say, the world's best maple syrup and the Lancaster shop offers plenty of maple products: maple candy and, of course, their pure New Hampshire maple syrup, ideal for holiday cooking. The gift shop is stocked with New England-produced gift items, including jams, jellies, pancake mix, sauces, popcorn, hand lotion, soaps and pottery. Fuller's specialty is custom-made gift baskets, which can be shipped all over the world. www.fullersugarhouse.com.

Severance Thanksgiving Run is Nov. 24

WHITEFIELD--The Severance Wilderness 3-Mile Trail Run has become a North Country Thanksgiving tradition, with runners tackling a tough course through the Severance property on Jefferson Road in Whitefield. From its beginnings in 2003 with 21 entrants to now often host 60+ runners, the race draws running enthusiasts and their cheerleaders from all around the North Country, including Thanksgiving visitors to the area. Held this year on Thursday, November 24, admission to the run is a donation of nonperishable food item(s) or cash, which will be donated to the local food pantry.

"This year promises to continue the tradition of wet, hard, hilly running through the Severance wilderness," said Kurt Severance, who founded the race along with his brother Chris Severance, both former outstanding White Mountains Regional High School runners. "The trails are largely wide and open, but what makes this challenging is that the footing ranges from hard-packed gravel to logging roads to rocky, ankle twisting ground." Sections of the trail are wet and some is very wet. Given the time of year, the course may be snow-covered, and snowshoe entrants are always welcome.

The weather is unpre-

dictable, with one year providing a sunny, 55-degree temperature for the start and another year offering bitter cold, wind and snow. "We will hold the race regardless of the weather," said Severance. "Race amenities are few; you get what you pay for! But water and a warm camp fire will be provided at the finish, and my mom is making pumpkin and cranberry bread to share with participants and their families."

As Thanksgiving is always a big hunting day and the course runs into the woods, runners must wear red, orange or other "don't shoot me" colors.

Prizes will be awarded for 1st, 2nd and 4th place finishes for men and

women and the Carter Prize will be presented to the runner who complains the most. Awards include an assortment of home-baked goodies, including the famous Alberman County Fair apple dumplings, pumpkin pie and homemade fudge, all suitable for bringing home to Thanksgiving dinner.

The fire is going by 8 a.m. with the race starting at 8:30 a.m. on Thanksgiving morning at the Severance Wilderness (also the home of John and Roxie Severance), 554 Jefferson Road, Whitefield. For more information and to pre-register, contact Kurt Severance at (781) 985-2256 or racing@shnief.com.

Veteran's Wall on the Gorham Common

GORHAM--We are looking for people who may be eligible to have their names added to the Veteran's Wall on the Town of Gorham Common. To be eligible, the veteran must have been a resident of Gorham, N.H. when they were enlisted and served during a war time conflict (see eligibility dates below):

Aug. 2, 1990 to today
Panama: Dec. 20, 1989 - Jan. 31, 1990

Lebanon and Grenada: Aug. 24, 1982 - July 31, 1984

Vietnam War: Feb. 28, 1961 - May 7, 1975

Korean War: June 25, 1950 - Jan. 31, 1955

WWII: Dec. 7, 1941 - Dec. 31, 1946

WWI: April 6, 1917 - Nov. 11, 1918

If you know of anyone, please contact Jeff Stewart at 603-466-2101 or jstewart!gorhamnh.org. A copy of the veteran's DD Form 214 (discharge papers) must be provided, which indicated the veteran's record of service and home of record.

Snowmobile trails gearing up for winter season and New Hampshire trails highlighted nationally

CONCORD--The New Hampshire Bureau of Trails is announcing national recognition for some of New Hampshire's snowmobile trails. American Towns Media released its annual list of Best Snowmobile Trails (<http://bestsnowmobiletrails.com>) in the United States and Pittsburg's trails were ranked in the top 15. "This is a tremendous recognition for the work done by the local snowmobile clubs, in this case the Pittsburg Ridge Runners, the Bureau of Trails and local landowners to create a world-class snowmobile network here in New Hampshire," said Trails Bureau Chief Chris Gamache. "The club works tirelessly year-round to provide this opportunity for riders during the

winter season. New Hampshire may not be a large state but it has some of the best riding in the country!"

New Hampshire is gearing up for the upcoming riding season and almost all of the early season work is complete. Local snowmobile clubs and the Bureau of Trails have been taking advantage of the moderate fall temperatures to complete construction projects and get equipment ready for winter trail grooming. Despite poor riding season last winter the expectations for a good winter, from riders and businesses, is high. Snowmobiling in New Hampshire is a billion dollar a year industry. Weather permitting; trails will open up in mid-December.

Health Insurance Marketplace 2017 Open Enrollment

November 1, 2016 to January 31, 2017.

Four companies will be offering health insurance plans in New Hampshire.

Submit an application on healthcare.gov or call 1-800-318-2596 to see if you might qualify for financial assistance.

We Can Help!

Contact Brandon 752-3669 x 4037 or Bridget 752-3669 x 4016 at Coos County Family Health Services.



— OBITUARIES —

Ella Roy, 90

BERLIN--A Mass of Christian Burial for Ella Roy, 90, of Berlin, was celebrated on Nov. 15, 2016 at St. Anne Church of Good Shepherd Parish following prayers at the Bryant Funeral Home

in Berlin. Reverend Michael Sartori officiated. The readings were done by Jenah Arsenault and Jace Arsenault and the gifts were presented by Denise Palmer and Richard Arsenault. The

pall bearers were Alicia Palmer, Jacob Palmer, Dan Arsenault and Jenah Arsenault. Interment followed in St. Anne Cemetery where Rev. Sartori read the committal prayers.

BERLIN--Funeral Services for Barney "Rock-et" LaRoche, 100, of Berlin, were held on Nov. 12, 2016 at the Bryant Funeral Home. Reverend Kyle Stanton officiated and Stacie Weeks, Stephanie Riff, Bob McNeff and Rod Blackburn did readings

and words of remembrance. Interment was in the Old City Cemetery and Father Kyle read the committal prayers. Military Honors were provided by members of the US Army, the White Mountain Post #2520, the American Legion

Post #36 in Berlin and the American Legion Post #82 in Gorham. The American Flag was folded and presented to his son Francis LaRoche. Many relatives and friends attended the services.

Helene I. Leveille, 87

BERLIN--A Mass of Christian Burial for Helene I. Leveille, 87, of Berlin, was celebrated on Nov. 7, 2016, at St. Anne Church of Good Shepherd Parish following prayers at the Bryant Funeral Home in Berlin. Reverend Michael Sartori officiated. The pall

was place by her children: Suzanne Tilden; Aline Lacasse; Pauline Plourde and Donald Leveille and the crucifix was placed by Aline Lacasse and Pauline Plourde. The readings were done by her granddaughter and great granddaughter, Jennie Roberge and

Anna Roberge and the gifts were presented by her sons-in-law, Denis Plourde and Roger Lacasse. Her grandson Keith Lacasse read the words of remembrance. Interment followed in St. Anne Cemetery where Rev. Sartori read the committal prayers.

Chad Dingman appointed new Morrison Executive Director

WHITEFIELD — Lancaster resident Chad Dingman will join The Morrison nursing home and assisted living facility on Nov. 28 as its new nursing home administrator and Executive Director. He is stepping into the shoes of longtime administrator and Morrison Chief Executive Officer Roxie Severance, who will remain CEO and take on the position of Project Director, coordinating and overseeing the construction of The Morrison's new Senior Living Community, expected to open in 2018.

"Chad's outstanding background in nursing home administration is exactly what the Board of Trustees was looking for during this time of transition," said Chair Dave Haas. "Roxie has done an amazing job as administrator and CEO, but we need her to turn her talents to overseeing the construction that has begun on our new Senior Living Community. With so many decisions to make over the next year, we are confident that we have two strong leaders working to ensure that The Morrison continues to provide exceptional care for our current residents and will be in a position to provide senior living options for the future with the completion of the new facility."

Originally from Groveton, Dingman and his wife, Lindsey, who also grew up locally, returned to the area to raise their two-year-old daughter, Charley, wanting her to experience the close community they both grew up in and to be able to enjoy all of the recreational opportunities the region provides.

Dingman is a licensed Nursing Home Administrator. He



Chad Dingman

received a Bachelor of Science degree in Business Management from Plymouth State University (PSU), and is currently enrolled in a Master's degree program at PSU where he will receive his MBA in December 2017.

"The Morrison has a history of being a strong nursing home facility providing great care and positive outcomes," said Dingman. "I am looking forward to growing and expanding The Morrison's services among the people in my hometown area. It is an opportunity and a challenge I'm excited to undertake."

He began his nursing home career as Scheduling and Human Resources Manager for Genesis HealthCare in 2008, quickly advancing to Administrator of their Farmington, Maine and Rutland, Vt. facilities before assuming the Administrator position at St. Vincent de Paul Rehabilitation & Nursing Center in Berlin, a post he has held for the past two years. He has a particular interest in Alzheimer's/Dementia care and fostering best practices to holistically embrace the Resident Centered Care concept for which The Morrison is well regarded.

Dingman is a certified Six Sigma Greenbelt, a methodology that employs a set of techniques and tools for process improvement using a data-driven

approach to eliminate deficiencies. Using this approach, he was able to increase positive outcomes at each of the facilities where he has been employed, including improving staff retention and communication, reducing falls and developing a mentor program for LNA's to improve the orientation process and training of new LNA's. Under his leadership, the 80-bed St. Vincent de Paul facility advanced from a 4- to a 5-Star CMS rating, and received a Deficiency Free Health Recertification in 2016. While he was the Administrator of the Genesis Rutland facility, it was voted "Best of the Best" in nursing care in the greater Rutland area for 2013, the first time since the awards were initiated in 2001.

"We are so pleased to have someone of Chad's caliber come on board, and I look forward to working collaboratively with him and our staff in continuing to provide our nursing home residents and their families with the care and services they need," said Severance. "His health care and administrative background and his ties to the North Country make him a perfect fit. We hope that community members will stop by and meet Chad and learn more about the programs that The Morrison offers."



COURTESY PHOTO

Hobo Railroad in Lincoln announces 2016 Santa Express Train Schedule

LINCOLN – The Hobo Railroad in Lincoln, NH recently announced the schedule for their Santa Express Trains which kicks off the Friday after Thanksgiving, Nov. 25 and operates weekends at 1 p.m. through Sunday, Dec. 18, 2016.

All passengers aboard the Hobo Railroad's popular Santa Express Train receive a cup of hot chocolate and each family or group receives a box of Holiday Cookies to enjoy during the 1 hour and 20 minute holiday excursion. Children are given letters to complete for Santa which he and his Elves pick up as they make their way through the train and on the return trip to Hobo Junction Station, Santa and his Elves surprise each child on the

train with a special gift. Upon returning to Hobo Junction Station, guests are encouraged to pose for pictures with Santa and his Elves on the Platform.

"We look forward to announcing our Santa Express Train schedule every year," stated Paul Giblin, Director of Marketing & Business Development for the Hobo & Winnepesaukee Scenic Railroads. "The Santa Express Trains have been part of our annual schedule since the Hobo Railroad first opened nearly 30 years ago in 1987. For many of our guests, enjoying hot chocolate and holiday cookies with Santa and his Elves aboard the train has become a long-standing family tradition. In fact, in many cases we're see-

ing second and third generations returning to create their own family traditions."

Tickets for the Hobo Railroad's Santa Express Trains are \$20 for Coach Class seating and \$25 for First Class seating (ages 3 and up), while ages 2 and under ride for free. Advance reservations are strongly suggested and can be made either by visiting www.HoboRR.com or by calling (603) 745-2135 between 9 a.m. and 3 p.m., Monday through Friday. The Hobo Railroad is located in the village of Lincoln, NH, just off Exit 32 on I-93, directly across from McDonalds.

2016 Santa Express Train Schedule (all Santa Express Trains depart Hobo Junction at 1p.m.):
November 25, 26 & 27
December 3 & 4
December 10 & 11
December 17 & 18

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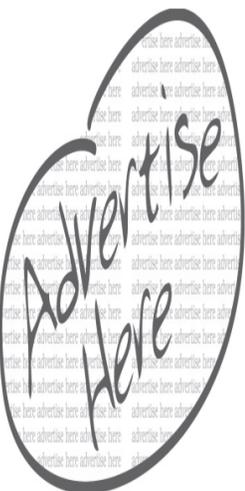
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|--|--|---|--|
| <p>Maidstone, VT</p> <ul style="list-style-type: none"> Large Private Parcel, +/- 56 acres Country setting, Paved Road Mountain View, Pond & Brook Hunter's Paradise, Access Road Fishing & Boating Nearby <p>\$81,200 (MLS #4484846)</p> | | <p>Lunenburg, VT</p> <ul style="list-style-type: none"> 3 Bed, 1 Bath Renovated Farmhouse +/- 1400 sq. ft., +/- 40 acres Family Room Addition, Metal Roof View of Local Mountains, Open Pasture Private - near end of dead end road. <p>\$224,900 (MLS #4499815)</p> | |
| <p>Northumberland, NH</p> <ul style="list-style-type: none"> Custom Cape, 3 Bed, 3 Bath, +/- 1,960 sq. ft. +/- 1.85 acres with 1000 ft on Ammonoosuc River Master en-suite, family room, 2 gas stoves Screened porch, wrap around deck, Percy Peaks <p>\$256,700 (MLS # 4438404)</p> | | <p>Jefferson, NH</p> <ul style="list-style-type: none"> 1978 Split Level, 4 Bed, 1 1/2 bath +/- 1.01 acres, privately sited 16'x32' in-ground pool, Shed Snowmobile trail nearby <p>\$112,000 (MLS #4447731)</p> | |
| <p>Lancaster, NH -</p> <ul style="list-style-type: none"> +/- 2.62 acres, Large Open Field View of Local Mountains Close to Town, Public Road Bordered by Stone Walls, Apple Trees <p>\$36,500 (MLS # 4483012)</p> | | <p>Lancaster, NH</p> <ul style="list-style-type: none"> Custom Contemporary, 3 Bed, 2 Bath, +/- 2,864 sq. ft., +/- 3.9 acres, Large Deck Cathedral Ceiling in Great Groom, HW Floors, Loft, Family Room Upstairs Sweeping View of Mountains, 2 Car Garage <p>\$269,500 (MLS # 4500116)</p> | |
| <p>Lunenburg, VT</p> <ul style="list-style-type: none"> Country Ranch, 3 bed, 2 bath, +/- 1300 sq. ft. +/- 1.5 acres, large level lot with fenced area Pellet Stove, Wired for Generator, Back Deck 1 Car Garage, Close to Neal Pond & Lancaster <p>\$128,000 (MLS #4498026)</p> | | <p>Lunenburg, VT</p> <ul style="list-style-type: none"> Sprawling farmhouse, 4 bed, 2 bath, +/- 2884 sq. ft. +/- 111 acres, fieldstone wood fireplace Formal living room, dining room, lots of built-ins Mix of pasture & woods, close to Lancaster, NH <p>\$179,900 (MLS #4387079)</p> | |

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| <p>LANCASTER: Beautiful New Englander on the nicest street in Lancaster, offers old world charm with many updates including new windows, refinished hardwood floors, and a fantastic 3-season porch. The house has 3 bedrooms and two full baths, a den, and a 'nook' for storage or office space. Built in 1900, and meticulously maintained, the home stays warm and comfortable with added insulation for great fuel efficiency. The property is walking distance to Lancaster Village, but there is plenty of land for gardens and play. \$174,500 (4508507)</p> | <p>LANCASTER INCOME INVESTMENT OR HOME: Whether as a home that can provide income and build equity, or a two unit investment property, look at this excellent value! Two apartments with 2 bedrooms each, nice living space with roomy kitchen and dining area, all in good condition in a great village location. \$89,000 (4425369)</p> | <p>LANCASTER: Situated on 3.11 pastoral acres with a wonderful "Kilkenny View", this lovely property offers both a residential and a commercial advantage. Now serving as a two unit property, it can be a single family home; a residence with income or an office/business space; or an attractive income/investment property. Nicely landscaped with spacious decks, each side has 2 bedrooms, a nice kitchen, dining and living space, and parking with both an attached 2-car garage and detached 2-car garage. A great opportunity at \$169,000 (4494226)</p> |
| <p>NORTH STRATFORD: This is a must see for persons looking for a small well maintained post and beam cabin that "has it all". Fully furnished, with 3 bedrooms a fully equipped kitchen, full bath, living room and a pellet stove. Easy access to snow machine trails. A gas grill and multiple tools are also included, as well as a Rinnai wall mounted heater. One can move in and not be in need of anything but food! \$79,000 (4517480)</p> | <p>WHITEFIELD: Elegant Victorian: Located on a large, deep lot with an easy walk to all services, this lovely home offers elegant woodwork and wonderful design features, a "summer" kitchen, a pantry, a service kitchen w/ great cupboards and counters, formal dining room, library/den, a grand foyer, two front parlors with lovely bay windows, 5+ bedrooms, 3 full baths, upstairs laundry and hobby room, 2nd floor reading room, a huge attic, a patio and 2 side porches, and attached barn with garage and work space. It is well insulated and cared for, but with certain updates a preference. Detailed remarks are attached. \$149,500 (4460063)</p> | <p>NORTHUMBERLAND: 5 acres located north of Groveton Village on US Rt 3. This is a long, narrow parcel between the RR and highway but with plenty of room for your home whether built or manufactured. The views are outstanding, and the location near trails and with easy access to the village. \$12,000 (4609171)</p> |

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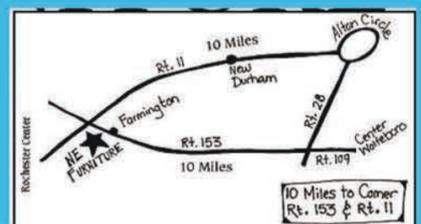
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Health Dept.

(continued from Page A1)

generate some revenue to help offset additional costs if there are enough patients in the program services.

Cons for eliminating visiting nurses services would give taxpayer relief according to Simone's assessment, but Mayor Paul Grenier said it would cost the City \$80,000 per year for

a nurse to provide services.

Councilor Peter Higbee suggested hiring part-time per-diem nurses but the City Manager said it would be difficult. Grenier noted that half of the community service director's salary and benefits come out of the Health Departments budget and that welfare department's budget would rise to \$36,000.

At the Oct. 26 public

hearing, many residents, nurses and healthcare professionals spoke in favor of keeping the Health Department fully operational and stressed that the visiting nurse program provides excellent care.

A decision is set to be made in December during the preparation of the City Manager's proposed fiscal 2017 budget.

Motion

(continued from Page A2)

(NHPUC) announced on Friday, Oct. 14 that Northern Pass has the technical, managerial, and financial expertise to operate as a public utility once the project is fully permitted, and that it is in the public good for the project to do so."

Click to see Northern Pass's press release on the PUC's determination.

Louis Archambault, a consultant for the Pessamit Innu, said they filed late because they only learned in September of environmental approval procedures in the United States.

"We were not even aware of the fact that we could be allowed to file a petition to intervene," Archambault said on Friday.

He said the issue was discussed during a visit to New Hampshire in late September and a group returned to Concord in mid-October to talk with attorneys.

"From there, we prepared the motion and filed it yesterday," Archambault said.

There is also a language barrier as documents need to be translated into English, French and Innu-Aimun.

In his motion, Chief Simon said Pessamit Innu will demonstrate that its "rights and substantial interests will be affected by the proceedings due to the undeclared impacts that the project will have on its traditional territory."

He said Northern Pass infringes on two international conventions ratified by Canada and the United States, the Convention for the Conservation of Salmon in the North Atlantic and the United Nations Convention on the Law of the Sea.

Pessamit Innu will demonstrate that the project will have an indirect and longterm impact on the Gulf of Maine Atlantic salmon listed with the U.S. Fish and Wildlife Service as an endangered species, the motion states.

And the motion says that 29 percent of Hydro-Quebec's installed capacity was "illegitimately acquired to the

detriment of the Pessamit Innu."

"These facilities (13 power stations and 11 reservoirs) were built without impact assessment studies, without Pessamit's consent and without compensation," the motion states.

The Pessamit Innu Reserve was established in 1861, 390 miles north-east of Montreal and 560 miles north of Concord.

TCCAP

(continued from Page A3)

deserved. We envision a culture that supports the physical, mental, and social well-being of all people, through every stage of life.

Since 2001, the Endowment has awarded more than 1,100 grants, totaling more than \$44 million to support a wide range of health-related programs and projects in New Hampshire.

The Endowment also uses its voice and influence to lead others toward health-related policy change. We often act as a catalyst and convenor to help move im-

Curb

(continued from Page A1)

Development Manager, reported that Planning Board Chair Tom McCue, who resides on Cambridge Street, views the curb extension as "very effective" in creating more site distance.

Another purpose is to install curb extensions where cars shouldn't be parked. Additionally, "they provide the shortest possible distance for crosswalks adding pedestrian safety" and slow down traffic.

Many have expressed concern that when travelling south, the Cambridge Street curb extension appears abruptly and suddenly narrows the road for traffic. Councilor Michael Gentili said he himself has "inadvertently" hit the curb extension with his rear tire when taking the turn off of Cambridge

Street.

Poulin admitted that some improvements could be made. He said that the winter will provide a chance to evaluate the performance of the curb extensions.

There was no striping yet when the curb extensions were first installed and there was limited lighting. Striping has significantly aided in directing traffic to avoid hitting one. Councilor Otis suggested making that particular extension longer and Mayor Paul Grenier asked for a "softer radius" and suggested moving the extension more than 18 inches. Councilor Lucie Remillard noted that the yellow line "works" and that the extension doesn't cause a hazard. The minutes from the meeting states that the Planning Board finds the curb extensions "reasonable."

portant issues forward, especially when others are unable to speak out. The Endowment for Health continues to shine the light on problems, bringing people together to plan and supporting their collective action to solve those problems. We are part of a community of organizations and individuals working together towards common goals, and using a set of common approaches to achieving those goals. Tri-County CAP is dedicated to improving the lives and well-being of New Hampshire's people and communities. We provide opportunities and support for

people to learn and grow in self-sufficiency and to get involved in helping their neighbors and improving the conditions in their communities.

Tri-County CAP is a multi-program agency with many projects and service locations. If you are unable to find the information you need about TCCAP or any of its programs on our website tccap.org, or please call our Central Office in Berlin at 603-752-7001 or call one of our community contact centers located throughout northern New Hampshire.

Councilor Peter Higbee said "I love the idea," but asked if the curb extensions could be altered with "a more forgiving beveled curve" so that drivers who take a sharp turn do not hit them and damage their vehicles. Grenier agreed. Poulin said that there is not enough adequate time to make the changes this year and any changes would have to be done in the spring.

Furthermore, Councilor Diana Nelson said that city plow trucks "will be able to maneuver around the bump-outs."

As far as streetscape, Poulin said that curb extensions will either have tree grates, grass or pavers.

There are plans to install additional curb extensions including at Peavey Lane, Hemlock Street and two at Maple Street.

Education

(continued from Page A1)

ed that in order to reverse the law it would require a "legislative process." Grenier asked Lamirande for school funding statistics.

The state revised its adequacy formula and the stabilization grants set in 2012 were to offset the effects of the changes made. The formula decreases reimbursements for special education and eliminated money for districts that have the lowest tax base per student. The stabilization grants were mostly for towns that are property-poor and have lower incomes. The new law passed this year, which will decrease aid by 4 percent each year, is aimed at eliminating the grants all together in 25 years. The fiscal 2016-17 grant for Berlin education shows a reduction of \$219,823 and the city stands to lose 5.4 million.

At the work session, Grenier reported that he was invited to attend a meeting by Franklin Mayor Ken Merrifield to address the issue and discuss solutions in amending the legislation. He got the council's approval to attend the meeting. The invitation letter to Grenier by Merrier and Selectmen Chair Wayne Crowley stated that the Franklin meeting is a forum designed to discuss possible legislative and legal "solutions needed to protect the fiscal integrity our schools and communities." Grenier agreed it needs to be sought

through a legislative process and with support from senators and representatives.

At the Franklin meeting last Tuesday, Grenier was accompanied by about 75 attendees including representatives from more than a dozen towns and cities within the state. The Berlin mayor spoke of Berlin being struck with a \$38 million loss in valuation while suffering the reduction in stabilization grants and increased county taxes all at the same time. He showed gratitude to the Berlin Board of Education for doing a "phenomenal job" but stressed that the cuts cannot continue.

Furthermore, the cuts are forcing possible reductions in police and fire services.

Franklin Mayor Merrifield proposed that towns and cities have two choices - to freeze the current aid levels through a legislative bill while exploring alternative solutions - or force action through litigation with a law suit. He stressed

the former should be the first choice.

Derry's School Board Chair, Dan McKenna, urged that a lawsuit could cause the state to amend the legislation and take away all school aid.

The consensus towards the end of the

meeting was to tread lightly with a less extreme method and to work with legislators.

Franklin City Manager Elizabeth Dragon said that she is going to work with several communities to come up with prospective legislative solutions.

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If you were recently married, send along a photo and small caption to run complimentary in the **North Country Bridal Guide** on newsstands mid-February.

Please submit to liz@salmonpress.news or cathy@salmonpress.com by January 6th 2017.

Questions contact Liz or Cathy at 788-4939



Church Services
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St. Anne's Roman Catholic Church of Good Shepherd Parish
345 Pleasant St., Berlin • 752-2880
Rev. Kyle F. Stanton, Pastor • Rev. Andrew K. Nelson, Assoc. Pastor
Weekend Mass Schedule: Saturday evening 4:00p.m., Sunday Morning 7:00a.m. & 9:00a.m., Saturday night 6:00p.m.
Daily Mass Schedule Monday, Tuesday, Wednesday, Thursday & Friday 8:00a.m. Holydays Vigil 6:00p.m., Feast 8:00a.m. & 12:05p.m., Confessions 3:00p.m. or by appointment

Bread of Life Church
Apostolic Pentecostal • 603-869-3127 • 35A Mill St., Littleton
Sunday Worship: 3:30 p.m. • Thursday Bible Study: 7:00 p.m.
Pastor: James F. Sullivan

Harvest Christian Fellowship A Foursquare Church
219 Willow St., Berlin • 752-5374 • Pastor: Bill Donahue
Sunday Morning celebration begins at 10:30 am with children's church and nursery provided • Wednesday Bible Study 6:30p.m.

Christian Science Society
Main St., Lancaster, NH • Sunday 10:00 am Service & Sunday School
Reading Room in Church 2nd & 4th Wednesdays • 10-2 p.m. (June - August)

West Milan United Methodist Church
Bible Study every Thursday at 7 p.m. at Andrew Mullins, 449-2159
Pastor William Simpson

Milan Community Methodist Church
Main St., Milan • Parsonage-3344 • Church- 449-2026
Rev. William Simpson • Sunday School and Sunday Worship 10:30a.m.

Gorham Congregational Church, UCC
143 Main St., Gorham • 466-2136 • Rev. William B. Jones, Pastor
www.gorhamuhucc.org • Sunday Worship 10 am • Bible Study Wed. 4:30-5:30 pm
Holy Communion is celebrated the first Sunday of each month.
Welcoming all people who seek a relationship with God through Jesus Christ.

Heritage Baptist Church Independent-Fundamental
207 Jericho Rd., Berlin • 752-4523 • Rev. Dana C. Hoyt, Pastor
Sunday School 9:30, Worship 10:30, Evening 6:00 • Thursday Bible Study 7:00

Word of God Christian Church
Services at corner Hill & E. Side River Road, Dummer
449-6628 or 449-6765 • www.wordofgodchristianchurch.com
Sunday Worship & Sunday School 9:30 am
Bible Study after service and Wednesday at 7 pm

Lamb's Chapel Christian Center
214 School Street, Berlin • 752-5773 • www.lambschapelberlin.com
Monday Worship & Prayer 7:00 pm; Monday Men's Fellowship 6:00 am
Sunday Worship 10:00 am; Thursday Bible Study & Worship 7:00 pm

Community Bible Church
593 Sullivan St., Berlin • 752-4315
Wednesday Youth & Group Prayer Service 7 pm
Sunday Family Bible Hour 9:45 am
Morning Worship 11 am • Evening Worship & Praise 6 pm

St. Paul Lutheran Church
Rev. Gail Bauzenberger, Pastor
St. Paul Lutheran Church is located on the corner of Norway and 7th St. in Berlin, NH.
Our Worship services are Sunday mornings at 10:30 am. No Sunday School during the summer months. For more information, call 603-752-1410.

Holy Family Roman Catholic Church
7 Church St., Gorham • 466-2335
Rev. Kyle F. Stanton, Pastor • Rev. Andrew K. Nelson, Assoc. Pastor
Weekend Masses Saturday 6:00p.m. & Sunday 11:00a.m.
Reconciliation Saturday 5:15 - 5:45p.m. or by appt.
Weekday Mass Wednesday 5:00p.m.

The Salvation Army
15 Cole St., Berlin • 752-1644
Sunday - Sunday School 9:45 - 10:45 am
Monday - Friday Prayer 9 - 10 am

Riverside Assembly of God
Berlin/Gorham Rd. • 466-2851 or 466-5478 • Pastor Paul Lavigne
Sunday Worship 10:30 am • Sunday School 9:30 am • Wednesday 7:00 pm

First Baptist Church
79 High Street, Berlin • 752-6215 • Reverend Dean Stiles
Sunday School 9:45 am - Nursery available
Sunday Worship 11 am • Monday Night Bible Study 6:30 pm

The Church of Jesus Christ of Latter Day Saints (Mormon)
Top of Gorham Hill on the left • 466-3417
Geoff Parkerson, Branch Pres. • 752-6243
Sunday Meetings Sacrament 10 am • Sunday School 11:15 am
Prsthd & Rel Soc 12:15 pm

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Colebrook welcomes Christmas with special weekend of events, Dec. 2-4

COLEBROOK -- The Christmas season kicks off in downtown Colebrook with a full weekend of festivities from Friday through Sunday, Dec. 2-4. Events begin with Late Nite Madness shopping on Friday,

continue with Santa's Workshop on Saturday, and conclude with the Kiwanis Club's Santa Comes to Town and children's party on Sunday.

Local businesses and the Colebrook Downtown Development

Association present Late Nite Madness on Friday, Dec. 2, when stores will offer special deals and stay open for shopping until 9 p.m. Cocoa and cookies will be served at the Twinkle Tent in front of Golden Locks,

which is also the place to embark on horse-drawn wagon rides from 5 to 8 p.m. Just a short walk up Pleasant Street, shoppers can warm up with a soup and bread supper at St. Brendan's Church, serving from 5 to 7 p.m. for \$5 per person.

The fun continues on Saturday, Dec. 3, with Santa's Workshop operating from 10 a.m. to 2 p.m. at the Tillotson Center. Sponsored by Kheops International, this event offers a chance to make some holiday

crafts and visit with Santa, Mrs. Claus and the North Pole's elves.

The Brady family will again offer horse-drawn wagon rides on Saturday, leaving from the Tillotson Center from 11 a.m. to 1 p.m. Also on Saturday, the Monadnock Congregational Church will hold its annual Christmas Bazaar and Tea from 10 a.m. to 2 p.m.

The Kiwanis Club of Colebrook caters to children on Sunday, Dec. 4, starting when Santa Comes to Town at 12:30 p.m. The Cole-

brook Fire Department escorts Santa and Mrs. Claus to light the town tree on Main Street, then continues to the Colebrook Elementary School for the children's Christmas party from 1 to 3 p.m.

The Kiwanis Club and the Key Club provide crafts, games and other activities, and every child who visits with Santa gets a keepsake photo and a stocking full of goodies. More information is available on-line at www.colebrook-kiwanis.org.

Local author pens third book, "Whispers of Change"

JEFFERSON--Mystery writer Jane Holmes has published "Whispers of Change", the third book in her Whispers of Life Series.

When a wealthy widow dies suddenly everyone believes it was a natural death caused by old age. Not so. At the deceased's request an autopsy is done. When the results are revealed all hell breaks loose. Who killed Eloise Vanderbrochen?

As Sam Garth, PI, investigates the murder he is surprised at the revelations he uncovers. This bizarre case takes the Stonehurst PD halfway around the world to apprehend the killer. When the murderer escapes, the Garth brothers jump into the fray to rescue another brother who has been taken hostage.

Can the Garths and the Stonehurst PD recapture this homicidal maniac before it's too late

and he kills again?

"Whispers of Change" is available from Sparrow Publishing for \$17.95 (shipping included). Send check to Sparrow Publishing, 52 Cedric Rd., Jefferson, N.H. 03583. It is also available through Amazon in paperback or i-book at the following link: www.amazon.com/dp/1519606443. The book will also be available at the Jefferson Christmas Festival on Dec. 10.

Weekly CALENDAR of Events

Ongoing Events:

LEGO Monday, 3:30-4:30 p.m. A variety of LEGO bricks and Suplos invites children to explore creativity while building sensory-motor skills in a cooperative environment. Gorham Public Library.

Plug-in to the Library, Tuesdays, 3:30-4:30 p.m. An electricity program for school-age kids that enhances academic skills through school-subject relevant toys and crafts. Gorham Public Library.

Who-Who is Reading?, Wednesdays, 3:30-4:30 p.m. School curriculum and routines introduced as fundamental components in the 1000 Books before Kindergarten literacy program for children ages newborn to 5 years of age.

Weeks Diabetes Support Group - The group meets the 3rd Tuesday

of every month at 7 p.m. in the Weeks Hospital Board Room. The hospital is located at 173 Middle Street Lancaster, NH. The group is for diabetes patients, as well as friends and family of people with diabetes. Please contact Casey Dowland at 788-5294 for more information. The Diabetes Support Group Newsletter can be found at weeksmedical.org.

Chronic Disease Self-Management Workshops "Better Choices, Better Health" is a free 2-hour 6 week peer supported workshop held each week for people living with chronic illness or caring for someone with a chronic illness. Connect with others who understand. Topics covered include nutrition, stress-management, exercise, and communication. Offered in Littleton, Haverhill, Berlin, North Conway and Plymouth. Contact

Becky at 259-3700 or bmccenany@nchnh.org for dates and locations of classes.

TOPS (Take Off Pounds Sensibly) meets Thursday evenings at the Lancaster Emergency Medical Services (LEMS) Building, 19 Mechanic Street, Lancaster. Weigh-in is 5-6 p.m., followed by a meeting at 6:15 p.m. Parking and entrance at rear of building. Call Bonnie at 802-892-6614 for more information.

Lancaster AA Meetings - Sundays 9:30 a.m. 3rd and 11th Step meeting at Weeks Hospital, 3rd floor conference room. Wednesday's 7 p.m. - 12 & 12 discussion group, Weeks Hospital 3rd Floor conference room; Thursday's 8 p.m. open discussion, at All Saints Catholic Church, Main St., Lancaster. Saturday's 7 p.m. Big Book discussion group, Weeks Hospital, 3rd floor conference room. Ongoing.

Groveton Weight Watchers meets Mondays at the United Methodist Church in Groveton at 6:30 p.m.

Weight Watchers meets Thursdays at the Christ United Methodist Church in Lancaster at 6:30 p.m.

The Presidential Gem and Mineral Society meets the 2nd Thursday of the month. There is a program, raffle and refreshments. Jefferson Town Hall 6:30 p.m. Open to all. For more info call Sharon O'Neill at 466-2395 or Dave Tellman at 837-9764.

Randolph Public Library-Open Monday and Wednesday from 3-8 p.m. and Friday and Saturday from 10 a.m. - noon.

Jefferson Christian Church Sunday Services, 8:30 a.m. at the see CALENDAR, page A11

Gingerbread House Contest

LANCASTER--The Friends of the Weeks Memorial Library in Lancaster will be

sponsoring their annual Gingerbread House Baking Contest as part of Lancaster's

Olde Time Christmas on Thursday, Dec. 1, 2016. There will be five categories: children through Kindergarten, children in grades 1-4, children in grades 5-8, high school grades 9-12, and family/adult. As usual there will be cash prizes. Houses made from kits are not accepted for judging, and most of the creations must be edible. All houses must be left at the library by 4:30 p.m. and judging will take place at 5 p.m. Anyone with questions is welcome to call the library at 603 788-3352 or e-mail at weekslib@ncia.net.

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Calendar

(continued from Page A10)

IOOF Hall, across from the Town Hall. Sunday School offered during these services. Everyone welcome.

Coös County Republicans meet on the third Thursday of each month at the Water Wheel in Jefferson at 7 p.m. For more info regarding topic and speakers: contact Eric, 348-1140.

Stark Heritage Center, Now Open Saturdays and Sundays from noon-3 p.m. through October, Call Dennis Wayne Lunn at 636-1881 for other openings.

Addiction Recovery Program - LDS Family Services of The Church of Jesus Christ of Latter-day Saints sponsors weekly Addiction Recovery Meetings. Addictions can include tobacco, alcohol, coffee, tea, drugs (both prescription and illegal), gambling, codependency, self-destructive eating patterns and compulsive spending. The program is based upon the Twelve Steps of

Alcoholics Recovery meetings are confidential, free and ongoing, and all discussion is held in strict confidence. Dress is informal and anyone is welcome. Group Leaders: Elder and Sister Putnam, 435-720-2856, gregput@live.com. Colebrook: Wednesday, 6:30 p.m., United Methodist Church, 26 Bridge Street, Colebrook. Starts Wednesday March 11, 2015

Randolph: Tuesday, 6:30 p.m., Randolph Hill #5, US Route 2, Randolph.

The First Baptist Church of North Stratford will again host monthly potluck suppers on the second Saturday of each month starting March 14. A variety of casseroles, salads, baked beans and pies will be served. Suppers are at 5:30 p.m. The price is \$7 adult.

North Country Toastmasters now meets at Bailiwicks Restaurant, 106 Main Street in Littleton. 6:30-7:30 p.m. Practice your communication and leadership skills in an easygoing, no pressure, supportive

atmosphere. Meet every 2nd and 4th Thursday at Littleton. Open to the public, ages 18 or older. Please contact e_brisson@yahoo.com or call Elaine at 802-473-0120 to go to northcountrynh.toastmastersclub.org for more information.

Narcotics Anonymous - Trinity Unity Methodist Church, Lancaster Road, Whitefield. Wed. 7- 8 p.m.

Groveton Farmer's Market at Caron's Gateway Real Estate on Fridays from Noon to 6 p.m.

Robots Arrive to Plug-in to the Library! Every Tuesday from 3:30-4:30pm, the Gorham Public Library runs an electricity program (Plug-in to the Library!) that is designed to teach school-age kids about the different types of energy. In addition to snap circuits; squishy circuits made with home-made play dough; LED lights; and other amazing electronic devices... the library now has two robots available during this program.

Recon 6.0 Programmable Rover robots may be programmed to get a snack and come back, patrol and protect one's surroundings, perform spy missions, etc. What a super opportunity for kids to get electrified, through playing with age-specific learning toys and inventing, while advancing core subject knowledge and skills (i.e. science, math, English, history-social studies). Contact Sue @ 466-2525 for more details.

Nessa Platt will be offering beginner's yoga classes at RizFit on Depot Street in Lancaster every Saturday at 9 a.m. The cost will be \$10 per class. Call ahead 603-631-4144 to pre-register and save your spot!

Connecticut Valley Sno-Riders Snowmobile Club meets monthly

at the Guildhall, Vt. town building on the third Saturday of each month

at 7 p.m. Meetings will be held February 20, March 19 and April 16, 2016.

New members and guests are welcome. For information, con-

tact John at 802-328-2182.

The Groveton Fish & Game Club's Sporting Clays begins May 4th and

every Wednesday, May through September. Arrive 15 minutes early

because we begin at 4 p.m. sharp. This is open to members and non-members and costs \$12, so bring your own shotgun and 50+ shells.

The Groveton Fish & Game Club will conduct Saturday Sporting Clays on

the first Saturday of each month beginning May 7th at 1 p.m. This is

open to members and non-members and costs \$12, so bring your own

shotgun and 50+ shells and break some clay birds.

Jefferson Historical Society Museum, located on Route 2 in Jefferson, NH (900 Presidential Highway) is now open from 1-4pm on Thursdays and Sundays. This year's special exhibit highlights the work of Mary Horan Carey, a Red Cross nurse during World War I. Admission is free and donations are welcome.

North Country Survivors of Suicide Loss Support Group, meeting the first Thursday of each month from 6:30-8 p.m. at Weeks Medical Center (hospital) in Lancaster. If attending for the first

time or for more information contact Richard Cotter at 603-219-8912 or Sara Cotter at 603-631-5629.

Berlin Material Girls Quilt Guild Meeting. First Monday of the month at 6:30 p.m., St. Kieran Arts Center, 155 Emery St, Berlin. Sew days are on Tuesdays. Come and join us! Like us on Facebook.

SAVE THE DATE!!
2nd Annual UMW Cookie Walk, Vendor & Craft Sale
Saturday, December 3rd

10:00 am to 2:00 pm
Christ United Methodist Church, Lancaster

To include: "Toasted Pine" special crafts; Becky Matthews (Christian author); several vendors; a great lunch; and our special **COOKIE WALK!!**

Something for everyone!

FREE QUICK-BOOKS TRAINING— Financial Reporting, Tuesday, December 6th or December 13th from 9 am to 3 pm (these are the same class so choose the date that works best for your schedule). QB ProAdvisors, Tammy Letson & Elise St. Cyr, from Crane & Bell will show you how to make sense of reports and learn how to customize them to your business needs. A representative from Crane & Bell and Passumpsic Bank will also participate in

see CALENDAR, page A13

St. Kieran Community Center for the Arts welcomes the North Country Chorus

BERLIN – Beautiful voices singing festive music will once again fill the hall at St. Kieran's as the Community Chorus gathers for three performances in December to benefit the arts center. The concerts are set to begin at 7 p.m. on Wednesday, Dec. 7 and Friday, Dec. 9. The concert on Sunday, December 11th will begin at 2 p.m. Admission tickets can be purchased in advance through www.stkieranarts.org for a minimal additional fee, at the center office or at the door for each performance: \$12 (adults) and \$8 (under 18).

The North Country Chorus is in its twenty-fourth season and is hard at work perfecting this year's program. The chorus provides a unique opportunity for choral enthusiasts in the North Country. After a one-year "break" from the stage, they, along with Director Christian Labnon, are looking forward to sharing their enthusiasm, dedication and passion for singing with you. Mr. Labnon studied vocal performance and pedagogy at Plymouth State University and operates a vocal studio in the local area. In addition to directing the North Country Community Chorus, Christian performers with Berlin Jazz and has performed as a vocalist with the Plymouth State Chamber singers on both the East and West Coasts of the United States as well as in Canada, Vietnam and Italy. He brings his experience with both accompanied and a cappella groups as well as musical theatre to the podium. With Derek Howry at the keyboard, this year's program includes a winning combination of pieces that will definitely appeal to everyone, whether you're 3 or 103! Among

the list are "Christmas Goes Baroque" (arr. Mark Wescott), "Good News, The Chariot's Comin'" (trad. Spiritual), "Down to the River to Pray" (from the motion picture O Brother, Where Art Thou?), and "I Sing Because I'm Happy" (arr. Kenneth Pagen).

We hope you can take time from your busy Christmas preparations to relax and enjoy the sounds of this amazing group of local vocalists. The doors open an hour before the concert. Come early and enjoy some social time, a snack and a beverage!

For more information about this community concert, to purchase a membership or loyalty

card or to make a donation to the annual or capital improvement funds, please contact the Arts Center at (603) 752-1028; visit the website, www.stkieranarts.org or the Facebook page at www.facebook.com/stkieranarts.

Programming at St. Kieran Community Center for the Arts

is made possible by the support of community corporate sponsors, The New Hampshire State Council on the Arts, the National Endowment for the Arts, the New Hampshire Charitable Foundation, The Neil and Louise Tillotson Fund, The Wyman Family Fund, and The Rydin Family Fund.

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Allen Wayside Clearance Center
 HAMPTON FALLS: 44 LAFAYETTE RD, ROUTE 1 • 603-926-0805

Notebook

(continued from Page A4)

Virginia turkeys for 31 wild-trapped New Hampshire fisher (cats), courtesy of New Hampshire Trappers' Association members, who stepped up to the challenge and were paid a token fee.

Ted and coworkers let these first birds go around Pawtuckaway State Park, in the southeastern section of the state.

"And then we had the two worst back-to-back winters in history," Ted ruefully recalls.

The next release featured a more rugged Alleghenies variety, and when these birds found themselves in the hills and farmlands around Keene, they took.

And then Ted, by now official Turkey Project Leader (as well as carrying other important-sounding titles) began live-trapping

and transplanting surplus turkeys each year, edging the circle outward and eventually hop-scotching all over the state's Southern Tier.

By the 1990s, people were seeing turkeys everywhere, even in the far northern reaches of the state--Stewartstown, Clarksville, Errol, Pittsburg; Hall's Stream, Indian Stream, Perry Stream, Clear Stream and clear to the Quebec and Maine lines.

Hunting and fishing license dollars, and taxes on equipment, helped fund turkey restoration and law enforcement, and hunters have reaped just rewards in the form of successful spring and fall hunts.

Agriculture no doubt helped turkeys gain a purchase north of the mountains that they could not have obtained prior to European settlement, and farming and

milder winters in recent times no doubt helped them further northward too.

For Ted, one remaining question is just how far north wild turkeys originally ranged. Perhaps an overlooked mention in a town history will surface.

In the meantime I asked Ted, who has been at this turkey thing just about as long as I've been writing, how much longer he's going to hang in. "Until they scape me off the floor," he said.

(This column runs in weekly newspapers covering two-thirds of New Hampshire from Concord to Lower Quebec and parts of western Maine and northeastern Vermont. Letters must include the writer's telephone numbers and town. Write to campguyhooligan@gmail.com or Box 39, Colebrook, NH 03576.)

Century

(continued from Page A4)

killed as the result of an accidental discharge of a gun.

1946

Mr. and Mrs. Arthur Drake of Berlin purchases Melzer's Store in Lancaster.

A 31-year-old Milford woman died as the result of a 22-hour ordeal in the woods in Pittsburg where she and two other women got lost.

The French kill 6,000 Vietnamese at a riot in Haiphong.

1956

Dr. Leroy Ford of Jefferson, President of the NH Medical Society, was presented a gold medal for 50 years of service.

Victor A. Howland, age 49 of Whitefield accidentally drowned in a well on Kimball Hill.

The North Country proudly send a 64-foot white spruce to New York to be displayed in Rockefeller Center.

1966

Mr. and Mrs. Peter J. Garland of Groveton announce the engagement of their daughter Sherry Rebecca to Ronney Grover of Errol.

The Beatles begin recording Sgt. Pepper's Lonely Hearts Club album.

The Whitefield Post

Office is the recipient of the 25th Anniversary Award by the US Treasury Department for its patriotic service.

1976

Kevin Kopp was named Director of Siwooganock Guaranty Savings Bank.

Glen "York" Stevens of Guildhall was robbed by a gunman while driving on Rte. 105 between Guildhall and Lancaster last Friday.

Pierre Couture, an eighth grader from Jefferson, will be the leader of this year's wrestling team.

1986

A large crowd showed up at the grand opening of LaVerdiere's Super Drug Store in Colebrook.

A single vehicle crash just west of Stark Village took the life of Kendall Norcott of Gorham.

Mike Tyson wins his first boxing match.

Mr. and Mrs. Roy Huntoon of Whitefield is pleased to announce the engagement of their daughter Shelly to John Fitch.

1996

Edward "Joe" Samson III, age 16, of Summer Street suffered significant injuries after the Jeep he was driving in crashed into some trees on Prospect Road.

An ice storm hits the

Calendar

(continued from Page A11)

this workshop to provide their perspective on what reports they require and why. Class held at Passumpsic Savings Bank, 117 Main Street, Lancaster, NH. Contact Becky at 788-4928 or rebecca.ring@craneandbellcpas.com to register.

This Week's Calendar of Events:

Tuesday, November 22

***Annual Pie Sale is expanded to include a baked goods table, a few crafts and some fudge. Held at the Groveton Methodist Church from 1 to 5 p.m. Stop in and find some goodies for Thanksgiving.

Saturday, November 26

***16th annual Christmas Craft Fair, Carroll Town Hall gymnasium, Twin Mountain, N.H., featuring artisans and entrepreneurs from

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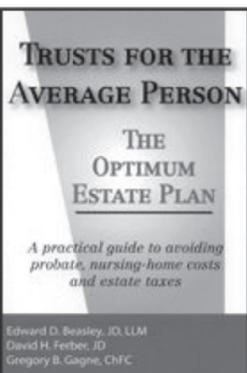
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SPORTS B

The Berlin Reporter

Wednesday, November 23, 2016

Hometown hero and hockey legend remembered

BY JODY HOULE
Contributing writer

BERLIN – Albert “Barney” LaRoche, 100, former Berlin Maroon hockey legend, was a hometown hero, a veteran, a coach and a successful business man. He turned 100 years young in July and lived a long, productive life. He passed away at his home last month on Oct. 31. A funeral service was held for him on Nov. 12.

LaRoche, respectfully known as “The Rocket,” was born on July 10, 1916 and was raised in Berlin where he has lived his whole life. Starting at the age of five, he practiced skating at the Green Street rink.

While he was in elementary school at St. Regis Catholic School,



(Right) Barney “The Rocket” LaRoche, helped lead the Berlin Maroons hockey team to five state championships and one national championship. He also coached the team as well as the Notre Dame High School Rams team that went on to win 16 state titles.



Hockey legend Barney LaRoche celebrated his 100th birthday at the Berlin VFW earlier this summer on July 10 with friends and family. He passed away on Oct. 31 at his home. Pictured here are LaRoche (left) and State Senator Jeff Woodburn (right) at the VFW.

a league was made up of four local Catholic schools. By the time he was a student at Berlin Junior High he was playing for the team.

Games were played on a rink where the Notre Dame Arena now stands. He later played at varsity level. At a very young age,

he worked at Brown Company paper mill to help provide for his family.

At 17 years old in 1933, he helped form the Berlin Maroons team alongside Wilfred Fournier. Shortly after, the team was known all over New England.

He was one of the original “Flying Frenchmen” who played on the Berlin Maroons hockey team and led the team to five New England amateur championships and a national championship. He was a key player and top scorer that led to amateur titles in 1941, '48, '49, '51 and '54. The team's first national AHA championship title came in the 1953-54 season against Housatonic, Conn. The Maroons gained loads of respect in 1948 when LaRoche helped lead the team to a national championship in Toledo, Ohio. “Hockey Town USA” became Berlin's nickname and the team was known all over New England as a force to be reckoned with. He played on the team until 1959.

LaRoche was drafted into the Army and served for a one-year stint between 1945 and '46 with the 6th Cavalry Group.

He went on to coach the Notre Dame High School Rams team for 17 years during which the team won 16 NHIAA state championships and one national championship.

Aside from hockey, he had his own business in 1948 – Barney's Chevron. He retired and sold the business in 1982. He was recognized and appreciated

see LAROCHE, page B10

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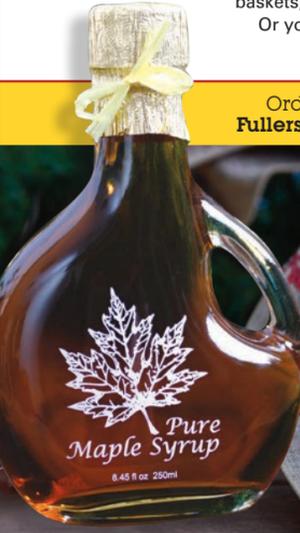
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On Oct. 23 Cort Roussel of Franconia made his first turns of the season at Cannon Mountain.

COURTESY PHOTO



COURTESY PHOTO

When king of the mountains, Cort Roussel isn't skiing you can find him jumping out of planes. Here Roussel makes a jump in early October while in Arizona.

Cort Roussel: King of the mountains

BY TARA GILES
tara@salmonpress.com

FRANCONIA — With ski season right around the corner, resorts and businesses that cater to winter tourism are steadily preparing for a successful season. The North Country relies heavily on this industry and does what it can to accommodate visitors, however there is something to be said for the quintessential local ski bum.

Franconia resident and business owner Cort Roussel is the epitome of a working class, die hard ski bum. Roussel has been on skis since the age of two and doesn't ever remember not skiing. He manages to run a successful business at Franconia Notch Vacations while also managing to hit the slopes every day. In addition to work and skiing, Roussel is a volunteer firefighter in Sugar Hill. The Franconia native is not happy until the snow is falling and when it does, even a flake, he's checking to see if it is enough to ski on.

This season his first turns were taken on Oct. 23 at Cannon Mountain. Roussel hiked to the top and skied Skylight then walked the all rock mid-section, then skied Avie top to bottom. Roussel proudly said, "I managed to ski that with no core shots or destroyed edges."

The earliest Roussel managed to ski for the start of a season was in 1990 at Killington on Oct. 1 while attending

Johnson State College.

This year, Roussel took advantage of Bretton Woods "First to Lift Serve" last week. Roughly 400 skiers showed up with a non-perishable food item, which served as their lift ticket for the day. Roussel said, "It's a super idea and the pile of food they collected was massive and the smile on the skiers and riders was just as large."

Roussel continued, "The sun was bright, the snow was soft, there was no ice, no wind and the temps were in the 30s. The views were 360' and every hard core friend was there to share in it all."

Roussel says he skis for the freedom, "Skiing is a space that in my heart of hearts I own. I am simply naturally comfortable on skis, while in so many other areas of life, not so much. I am freed of concerns of judgment when I ski."

As a child Roussel would use skiing as an escape, it was and still is his "happy place." Roussel said, "Simply keep up, or please get out the way."

As for balancing the rigors of running a business and finding time to play in the snow Roussel says, "Balance, isn't that what skiing is all about?"

New Hampshire's sate tourism logo of "Work, Live, Play" holds true with Roussel, "When the day's conditions are right and the work schedule allows, I go, even if it's just for an

hour. When day conditions do not allow, I'll go at night."

The office is just about five miles from Cannon so getting to the slopes takes little effort. Roussel also saves time by not going into the lodge, ever, not even to warm up. He opens the car door and his gear is on and he's ready to go. "That is just how Mom and Dad trained us." Roussel says the slopes are his gym and church.

One rule that sets Roussel apart from other business owners in the area is his fresh

powder rule, "I do have an office policy that includes "The Six Inch Rule", which states: "six plus inches of fresh snow on any given mid-week day, and we're out. No friends on a powder day. Please leave a message."

The five ski area pass holder doesn't have a favorite mountain but says he goes to where the conditions are best on any given day.

One thing to mention is that Roussel is a tele-skier, which he converted to in 1995. He grew up on hard bind-

ings and after making the switch, never looked back. "The comfort and diversity that tele-skiing offers is simply superior to being locked down. There's just more freedom in tele."

When he's not having his beard ice up and flying down the slopes, you can find Roussel jumping out of planes. As a skydiver Roussel says, "There is much overlap between the two worlds actually, though the skydive community takes it 'one step further' on all levels, (freedom, friendship, speed, and

outstanding and intense natural experiences). I guess it is fair to say, I enjoy intense situations that bring people together with and for a passion."

When asked if there are ever conditions he won't ski in, Roussel said, "A couple of seasons back I made the statement, "If I see -32 on the thermometer, it's all for sale, we're moving. I think this may still hold true, as such brutal cold is only good for keeping things dead that may not be so already and otherwise."

A once in a lifetime experience, for a second time?

SPORTING CHANCE

By JOSHUA SPAULDING



and some paperwork, the US Olympic Committee decided to give me a credential for the Sochi Games.

I had the chance to apply for credentials for the Summer Olympics that recently took place in Rio de Janeiro, but with a lack of local athletes, I wasn't as interested in heading to South America. With the amount of money it costs to make this trip, I didn't think the expense would justify the means. Additionally, a lot more people apply for Summer Olympic credentials than Winter Olympics, so my chances were smaller of even getting in.

But, I did apply to credentials for the 2018 Winter Olympics in Pyeong-Chang, South Korea and I got news a few weeks ago that my credential

application had been approved and, if all things work out, I will be heading around the world in February of 2018.

Last time this opportunity arose, I launched a fundraising campaign and had a lot of great people help me out along the way. So many readers and other community members helped me reach the fundraising goal and my company matched the money that I raised.

This time around, I am not 100 percent sure how I am going to handle putting the money together for this trip. My company has once again agreed to match anything that I raise to make the trip, for which I am eternally grateful.

However, the last time this happened, I framed it as a once in a lifetime opportunity for a local sports reporter and since this will technically make this a twice in a lifetime experience. So I don't know if I feel right raising money for the trip when last time I billed it as a once in a lifetime experience.

Yes, the Olympics are still more than a year away, but I will at least be thinking about it over the next few weeks as I figure things out. But needless to say, this is yet another exciting opportunity and I am thrilled to just get the

chance to think about this.

Finally, have a great day Kristi and Brian Hikel.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at sports@salmonpress.com, at 569-3126, or PO Box 250, Wolfeboro Falls, NH 03896.



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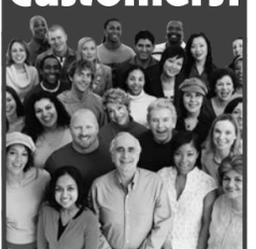


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'Tis the season for hockey

BY JODY HOULE
Contributing writer

BERLIN – It is the season for hockey in Hockey Town USA. Whether you are a spectator, hockey enthusiast or a player, Berlin has something for all ages. The FHL River Drivers fill up the bleachers at the Notre Dame Arena during their home games throughout the winter and early spring. The arena is all about hockey with programs for all ages and hosts several games throughout the season. The Berlin Recreation Department also offers a non-traveling league for ages 6-15.

The Federal Hockey League Berlin River Drivers are in their second year of play and have come a long way since last year. The team has revived hockey in Berlin to a degree and home games fill up the arena with hundreds of excited fans. For complete schedules and to order tickets, visit www.riverdrivershockey.com online.

The Notre Dame Are-

na offers a number of programs for all ages. The Berlin Youth Hockey programs has five age divisions and is a coed travel league for boys and girls: Mites, for ages 7 to 8; Squirrels for 9 to 10; PeeWees for 11 to 12; Bantams for 13 to 14 and Midgets for 15 to 19. For more information visit www.berlinyouthhockey.org.

The arena also offers a learn-to-skate program. It is an instructional for youth that teaches the basics of standing, gliding and pushing off with one foot and gradually progresses them to skate around cones and handle pucks with a stick.

There is also public skating on Friday nights from 6 to 8 p.m. and stick and puck sessions to practice hockey skills.

Men's pickup hockey nights are held at the arena on Wednesday and Friday nights.

On Monday nights, the NCHL (North Country Hockey League) showcases fast-paced action with six different



COURTESY PHOTO

The Notre Dame Arena is host to a number of men's, women's and children's games that go on all hockey season. Many programs are offered there for all age groups.

teams. Usual start time is 6:30 p.m. with three consecutive league games throughout the night.

On Sunday night, broomball games are played at the arena. There are four women's

teams and four men's teams. Games start at 5 p.m. and games with four leagues run consecutively.

The Roland Chabot Memorial Cup has two divisions – an open di-

vision and a 40 and over division at the arena that holds several tournaments in April.

The Recreation and Parks Department also offers youth programs. There is the hockey de-

velopment league for ages 6-9 and 10-15. It is a non-traveling team that allows youth and parents to stay at home while participating in the game of hockey. It's a feeder program that prepares youth for high school level hockey. Coaches Mike and Missy Wedge are volunteers who have taken over the management of the league. Games are played at the arena on Saturday mornings. There is still time to register. For more information call 752-2010 or 723-3826.

Fall sports came to an end for Berlin and Gorham high schools, and now the season of hockey, as well as basketball and skiing will soon begin. The Berlin/Gorham boys' and girls' high school hockey teams will play home games at the Notre Dame Arena. The Berlin High basketball home games will be held at the Berlin High School and Gorham games will be at the Gorham Middle High School.

WMRHS girls' hoop enters wave of change for 2016/2017

BY TARA GILES
tara@salmonpress.com

WHITEFIELD — The White Mountains Regional High School girls' basketball team will fall under the new direction of varsity coach Brent Covell. Covell is filling the shoes of long time coach Gary Jenness, otherwise known as the "Godfather."

Covell has coached the JV girls for the previous five years and is looking forward to his new role as the varsity coach.

Last season the girls' team had a record of 12 wins and six losses. They are coming off a 12-win season last year and a first round defeat at Bow. Last year's team improved each and every game. The girls worked hard throughout the summer, hosting a seven-week summer league and playing in a few tournaments where they did very well.

The Spartans will look to Kaitlyn Nelson, Lexi Welch and Lydia



PHOTO BY TARA GILES

Sophomore Lexi Welch looks to lead White Mountains this upcoming hoop season.

Beaulieu to take over the ball handling responsibilities left by All-State guard Alex Curtis.

Covell said, "The teams post play will still be with Brianna Watson and Makenna Force with newcomer Sadie Bushway working her way in. A lot of the scor-

ing will come from returners Kaitlyn Nelson, Makenna Force, Brianna Watson and Shanyce Wungkana."

Covell said that team defense is the ultimate goal, "learning how to communicate and work together on the defensive end will be crucial to the

success of the team. The sophomore and freshmen newcomers are sure to help the team as they are very composed as young players."

The Spartans plan to improve each month leading up to the playoffs and hope to host a home playoff game.

The team will host defending, undefeated champions Gilford on Dec. 2 at 6:30 pm.

Players lost to graduation: Alex Curtis, Mariah Fryman

Returning players: Shanyce Wungkana (senior), Autumn Anderson (senior), Kyleigh Stewart (senior), Kaitlyn Nelson (junior), Makenna Force (junior), Brianna Watson (junior), Lexi Welch (sophomore), Lydia Beaulieu (sophomore).

Newcomers: Sadie Bushway (sophomore), Bailee Lambert (sophomore), Catrina Boggess (sophomore), Jaycee Murray (freshman), Makenzie Treamer (freshman).

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Arsenault reaches 1,000-point plateau at PSU

CONCORD — Seniors Curtis Arsenault (Berlin), Ernie Johnson (Springfield, Mass.) and Jack Preston (Nashua) scored 14 points apiece as Plymouth State University defeated Rivier University, 84-60, in men's basketball action last Tuesday night at the New Hampshire Technical Institute (NHTI). Arsenault drilled a three-pointer off a kick-out from senior Nathan Clarke (Reading, Mass.) early in the first half to become the 28th player in program history to eclipse the 1,000-point mark.

The Panthers started to pull away late in the first half and a triple just before the buzzer from junior Collin Sullivan (Plymouth) put PSU in front 43-32 at the break. Plymouth State maintained control throughout the second half to win the Boys & Girls Club Classic match-up with Rivier for the fourth straight season.

Plymouth State connected on 33-of-69 from the floor (47.8 percent), while holding the Raiders to 21-of-61 (34.4 percent) shooting.

PSU controlled the interior, outrebounding Rivier 47-28 and holding a 40-20 advantage on points in the paint.

The Panther bench accounted for more than half the team's points, erupting for 45 points to Rivier's 20.

Arsenault wasted little time in reaching the career milestone. After freshman Tristian Givens (Windsor, Conn.) gave Rivier a 3-0 lead with a three-pointer, Arsenault responded with a triple of his own off a feed from Clarke to tie the game and give the senior 1,001 career points.

The two teams went back and forth through the early stages of the opening half. Jaylen Leroy's first career points came from long range to put PSU up 21-20 with 7:39 remaining



PSU ATHLETICS — COURTESY PHOTO
Curtis Arsenault scored his 1,000th career point for Plymouth State last week.

in the first half.

A pair of free throws from Rivier senior Kevin Francis (Cromwell, Conn.) brought the Raiders to within 34-30 with 2:24 to play in the half.

PSU answered with a 9-2 run, including Sullivan's long ball, to take a 43-32 lead into the break.

The Panthers maintained an 11-point advantage through the first six minutes of the second half, before a Leroy layup sparked an 8-0 PSU run.

Leroy added a jumper during the spurt, with Johnson and junior Max Coleman

(Londonderry) each scoring as well.

Leroy had a strong second half, scoring eight points in just 10 minutes on 3-of-5 shooting.

A layup from Arsenault pushed the lead to 21 points, 69-48, with 7:32 to play.

Freshman Nathan Hale (Nashua) scored his first career points off a jumper to give the Panthers a 77-52 lead with 2:27 remaining.

Hale added another bucket with just under a minute remaining to give PSU its largest lead, 84-58, before a Rivier layup wrapped up the scoring.

Curtis discusses busy first semester at UVM

BY TARA GILES
tara@salmonpress.com

BURLINGTON, Vt. — Alex Curtis, who graduated from White Mountains Regional High School this past June, now attends the University of Vermont in Burlington. Curtis, who runs track for the school, began her pre-season conditioning early this fall. While at White Mountains Curtis broke several school track records and holds two NH D-III state records in the 100 and 300-meter hurdles.

The winter track season begins in two weeks and Curtis is ready. Before her busy season is about to take off, the Democrat figured we'd touch base with Curtis to see what we can learn about the transition from high school sports to training at the college level.

When asked if practices are harder than in high school Curtis said, "Yeah, they are and I think its because I train with a really fast hurdler so practices where we are doing a sprint workout or stadium stairs, we are always pushing

each other and have the same competitiveness as we would during a meet. We also do more strength training than we did in high school, so I'm practicing several more hours during the week."

One thing that has helped Curtis make the transition was to stay calm, something she did during her high school days, Curtis said, "Its important to make strong relationships and not get too stressed out, that can really go a long way."

As for starting over with a new track program, Curtis said, "It was weird to start over with a new team and a new coach because I loved my old one, but my coach is so supportive and I work really well with her and my teammates are very fun and always cheer each other on."

Curtis went on to say, "At times it can get lonely being away from your family and friends and having to start all over socially, so having good friends and making a good connection with my coach and team has helped ease the home sickness."



COURTESY PHOTO
2015 WMRHS grad Alex Curtis on the right, poses with her roommate and fellow track runner. Curtis is currently attending the University of Vermont where she is majoring in business.

Curtis noted that even though UVM is a big school it doesn't feel like it. She explains, "It feels more like a little family, and having my sister five minutes away has made the transition much easier."

The trackster added, "My roommate Ava is an 800 runner. We are really close and do everything together, life would be so much harder if I didn't get along so well with

her."

In her free time from studying business, Curtis likes to walk around the famous Church Street and peruse the stores while drinking coffee. She says, "It's the perfect way to destress."

One thing Curtis found relieving was the fact that the food at UVM is great, "Breakfast is my favorite."

As for the difference see CURTIS, page B5

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Spartan wrestlers bring momentum to the new season

BY TARA GILES

tara@salmonpress.com

WHITEFIELD — The wrestling program at White Mountains has continued to grow over the past few years under the guidance of coach Patrick Austin. Austin worked hard to expand

the program at White Mountains and succeeded. Austin's son Liam Hayden along with teammate Fran Gesel, who both graduated from White Mountains last year played a large role in recruiting. Hayden and Gesel were state champs last year and each made it to the New England's. The junior high feeder program run

by Scott Kleinschrodt has also led to the success of the growing team.

The Spartan lineup this year consists of 18 wrestlers. The team is led by Senior Jared Cape, who placed third in the state last year and returning state champion sophomore Jon Austin.

Also in the lineup are two other state placers, junior Luke Beaulieu,

the runner up in 2016 and sophomore Paul Kleinschrodt, who placed fourth last year.

White Mountains also has three freshmen this year that did well in middle school wrestling, Noah Dutkewych, Kaiden Cunningham and Jaden Vashaw. The other experienced returning wrestlers are senior Mike Stark, junior Liam

Raven, sophomores Kevin Curnane, Garrik Berry, Dominic Berry, Brandon Armensen, Tristan White and Colton Bradley.

Austin said, "The first-year wrestlers that have joined the team are sophomores Anthony Dami and Dakota Wiers and freshman Josh Womble. The team will be able to fill the full

14-person lineup this year, which is a first in many years."

Lastly Austin said, "White Mountains will be very competitive this year having a full lineup and four returning state placers."

The Spartans' first dual meet will take place on the road at Winnisquam High School on Dec. 7 at 6 p.m.

Curtis

(continued from Page B4)

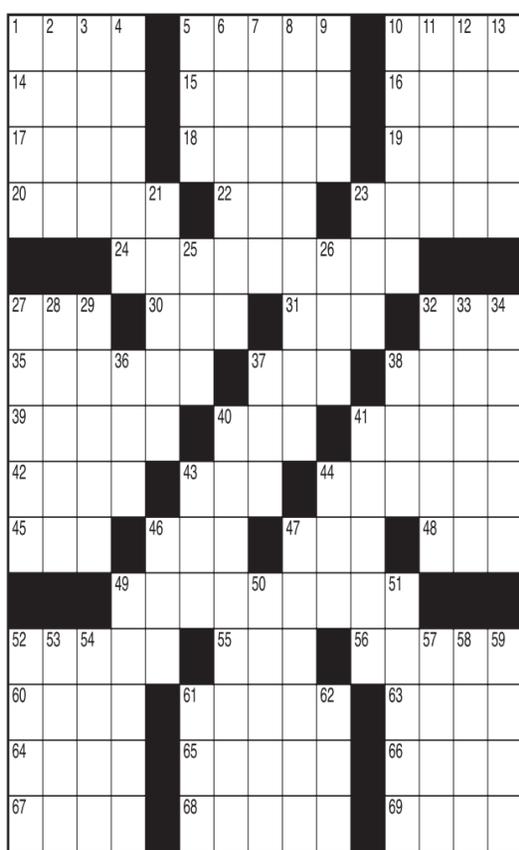
es between high school sports and college athletics Curtis said, "It is much more competitive both in practice and in meets. There is also more time that goes into it."

To prepare for college Curtis noted that time management is key, "There is so much free time that if you don't balance it wisely between school, friends and practice you can easily fall behind without your parents telling you to get your life together."

Curtis also mentioned that making decisions that feel right for you is important to a successful college career.

As for academics Curtis said the AP classes she took while at White Mountains truly prepared her for the work load that comes along with attending college. She added, "It made me feel more confident about my classes here."

TAKE A BREAK



ACROSS

- Sensitivity
- Greek island
- Up to the time of
- Wife
- Composer Ned
- Edging to street path (Brit.)
- Lose energy
- Biblical parable
- Celery (Spanish)
- Arm bones
- Japanese family emblem
- Customary practice
- Acceptance
- Very fast aircraft (abbr.)
- Cool
- Indian state
- Young boy or girl
- Astronomy unit
- Confederate soldier
- Famed German composer
- Alternate name
- Used to pave driveways
- Artery
- Type of powder
- Inquire too closely
- Northern Ireland
- Connects two points at right angles
- Hot drink
- A newt
- Engine additive
- Wealthy Connecticut town
- Not invited or requested
- Embrace
- Spiritual leader
- Wild or sweet cherry

- Day, actress
- Daughter of Ion
- Recline
- Type of acid
- City in Utah
- Lazily
- Music term
- Divulge a secret

DOWN

- Very short skirt worn by ballerinas
- Angle between leaf stalk and stem
- Popular in Nebraska
- Dessert
- Cognitive retention therapy
- Wandered
- Mistake
- Adolescent
- Medical term
- Russian tsar's edict
- Type genus of the Nepidae
- High school math class
- Double-reed instrument
- Painful places on the body
- Fiddler crabs
- Resinous substance
- Person of wealth (Brit.)
- Series
- North American plant
- Warble
- Pastries
- Group of eight
- Twyla __ dancer
- Pouch
- Singer Charles

- Cattle genus
- Eye infection
- Where couples go to marry
- Long bench with backs
- Unrestricted free agent
- Talks
- Causal agent
- Nincompoop
- Relating to the aura
- Person of conspicuous wealth
- Type of mottled fruit
- Essential
- Fertility god
- Folk singer Ives
- La __ Tar Pits, Hollywood
- Foot
- Digital audiotape
- Drunk

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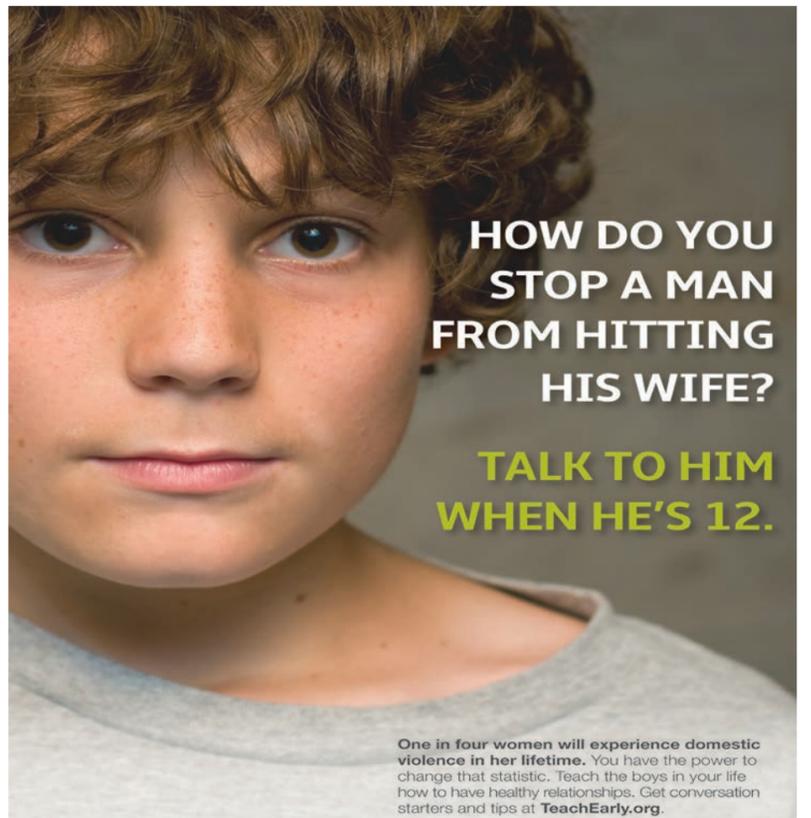
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Berlin City Auto Group is seeking an Accounting Clerk in Gorham NH!

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 Are you located in or near northern New Hampshire?
 If so Berlin City Ford may have the right opportunity for you!

Duties:
 1. Post the accounting of all deals sold by our NH & VT dealerships
 2. Assist in the submission and cancellation of all customer products

Candidates must be able to:
 •Demonstrate a consistent focus on detail and accuracy of work.
 •Handle multiple tasks simultaneously and efficiently
 •Remain upbeat even during busy times.
 •Compute and record numbers correctly.
 •Follow procedures for keeping records.

Qualifications:
 •Accounting Degree or minimum 5 years of accounting experience
 •Proficient with MS Office, including Excel, Word

All candidates are subject to a background check and drug screen!

Berlin City Ford: 485 Main Street, Gorham NH
 We have computers at both locations so come fill out an online application at <http://www.berlincity.com/careers>. or you can contact our career center at 303-209-3965 extension 101021.

Apply on-line at berlincity.com/careers

COOS COUNTY NURSING HOSPITAL PLANT MANAGER

We are seeking a dynamic, organized individual with extensive plumbing, heating, refrigeration, carpentry and/or electrical skills to run our Plant Operations. Knowledge of and experience with Life Safety Code and facility maintenance is a must.

Requirements:

- High school diploma or GED
- A minimum of 5 years of experience in facility maintenance or a related field.
- Licenses or certifications in heating, refrigeration, and/or electrical is required.
- Licensed Plumber preferred, but will consider other qualifications and experience.

This is a full time 40 hour per week position. Monday through Friday 7:00-3:00. plus an on call rotation for covering evening, night, and weekend emergencies.

We offer a great benefit package including:
 • Flexible Personal Time
 • New Hampshire Retirement
 • Health Insurance
 • Life Insurance
 • Education Assistance
 • Accident and Sickness Benefit
 • Longevity Steps

To learn more about the position, contact **Laura Mills, NHA** at (603)246-3321. Job applications are available in the Business Office Monday-Friday 8:00-4:00 or Online at www.cooscountynh.us/home/pages/county-employment-opportunities

Please submit Application and Resume/Qualifications to Coos County Nursing Hospital
 PO Box 10
 W. Stewartstown, NH 03597 or deliver to the Business Office.

An Equal Opportunity Employer

Last year, millions of parents learned they were their teen's drug dealer.

A new kind of drug abuse is killing our kids. What every parent needs to know.

43 PERCENT OF TEENS report having friends who abuse prescription drugs. Even more disturbing: our kids are accessing these drugs – absolutely free – right in our own homes. How big a problem is it? Unintentional drug overdoses in the U.S. now outnumber traffic fatalities, and Rx drug abuse is the sad reason why.

FREE DRUGS FROM PARENTS? Nearly four billion prescriptions are filled in this country every year. Some experts estimate 1/3 of these prescriptions are never used. (How many pills were unused from your last Rx?) But for many of us, it seems wrong to throw away those not-quite-empty bottles. And that's bad news for curious teenagers.

HOW KIDS ABUSE Rx DRUGS: It's no secret that many drugs have unintended alternate uses. Many teens know which painkillers can get you high, especially when mixed with alcohol. Many students cram for exams by misusing drugs that treat ADHD or sleeplessness. Sedatives, amphetamines, anti-depressants, barbiturates, OTC cough medicines with dextromethorphan...you may not know how to misuse them, but others do.

IS YOUR KID MISUSING? By senior year of high school, more than one in ten teens will have abused prescription painkillers. Eight percent will have abused

sedatives; another twelve percent will misuse prescriptions for ADHD. More kids misuse painkillers every year than use cocaine. Many kids think Rx drugs are "safer" than illegal drugs. And it's so much easier to avoid suspicion with Rx drugs.

IS YOUR HOME SAFE? The short brutal answer? No. Pharmacists keep drugs locked away, but the rest of us certainly don't. One industry group estimates that America's medicine cabinets contain over 200,000,000 pounds of leftover prescriptions.

THE NEW DRUG EPIDEMIC. In the mid-1970s, an international heroin epidemic pushed overdose deaths to 1.5 per 100,000

US population. The cocaine epidemic of 1989-93 doubled drug deaths to almost 3 in 100,000. Today's Rx drug epidemic has helped push the overdose rate higher: over 10 deaths per 100,000 population in 2010.

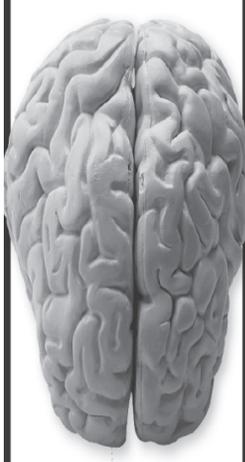
THE MEDICINE ABUSE PROJECT aims to raise awareness among kids, parents, health care professionals, law enforcement and government officials, and educators. Our goal: cut teen medicine abuse in half in five years, but two things have to happen: First, safeguard your meds. Second, talk to your kids.

SAFEGUARD YOUR MEDS NOW. Please remove all prescriptions from "public" spaces in your home. Clear out your medicine cabinets and closets, especially in bathrooms visitors use. It's hard to change the patterns of a lifetime, but we must start throwing away prescriptions when we're done with them.

TALK WITH YOUR KIDS. When you safeguard your house, tell your kids what you're doing and why. Ask what they see at school, and how it affects friends and classmates. And whenever you give your kids medicine, you have another perfect teaching moment. Be sure to say the single most important thing a parent can say to their child: "I don't want you to do drugs." And be sure to point out that misusing legal drugs can be just as deadly as using illegal drugs. Because it is.

Partnership for Drug-Free Kids
 Safeguard your medications. Talk to your kids. Visit drugfree.org to learn more.

THINK UNDERAGE DRINKING DOESN'T AFFECT A TEEN'S BRAIN?



THINK AGAIN.

Partnership for Drug-Free Kids
drugfreeNH.org
 1-800-804-0909

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Christmas Parties AT THE BARN

Historic post and beam barn with fireplace, seasonal décor and Christmas tree

PRIVATE EVENT
for 25 to 65 guests
Package price starting from \$39 per person:
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• Festively decorated room and tables
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• Tax and service charge
• Cash bar

JOIN-A-PARTY! DECEMBER 6TH OR 15TH
Got a small team but want a BIG party? Gather friends, family or colleagues and celebrate the season in style! JOIN-A-PARTY brings together small groups to share in a festive, all-inclusive Christmas party – without the big price tag! Now taking reservations for groups of 4 to 24 guests:
All-inclusive package \$59 per person:
• Dinner and dancing from 6-10pm
• Festively decorated room and tables
• Warm passed appetizers
• 3-course Christmas dinner
• Live music and entertainment
• Christmas fun with door prizes and give-aways
• Tax and service charge
• Cash bar

For more details visit christmasfarminn.com
603-383-4313 • events@christmasfarminn.com

ANYONE, ANYTIME CAN ASK FOR HELP.



As the parent of a son with a substance use disorder, I know how important it is to GET EDUCATED about addiction, enabling, codependency and recovery.

More importantly, if your family is impacted by this disease please FIND SUPPORT for yourself and loved ones.

Also, ask your doctor for a prescription for NALOXONE. It can save the life of someone experiencing an opioid overdose from heroin or prescription medications.

Anyone Anytime should have access to this lifesaving medication.

ANYONE. ANYTIME.
NEW HAMPSHIRE

Can experience addiction • Can ask for help
Can recover • Can save a life

www.anyoneanytimen.org

FOR HELP:  www.nhtreatment.org 

AnyoneAnytimeNH is an initiative of the New Hampshire Department of Health and Human Services

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**One Too Many,
once again?**



Don't Let Alcohol Put Your Life on the Rocks.

Drinking too much can negatively impact every aspect of your life, from your health to your job to your personal relationships with family members, partners and friends. April is Alcohol Awareness Month, an observance dedicated to raising awareness of the dangers of alcohol abuse. If you or someone you know has a problem with alcohol, help is available. Seek advice from a doctor or contact an alcohol treatment facility, and take the first step toward control and recovery.

TOP 10 GIFT IDEAS...



Hours
Mon.-Wed. 9:30 a.m.-5 p.m.
Thurs. & Fri. 9:30 a.m.-6 p.m.
Sat. 9:30 a.m.-4 p.m.

Greetings Jewelers

107 Main Street, Berlin, NH 03570 • 1-603-752-1520 • www.greetingsjewelers.com

CHOOSE CAR SEAT: BY AGE & SIZE

THE NUMBER OF PEOPLE WHO THINK THEY HAVE THEIR CHILD IN THE RIGHT SEAT.



THE ONES WHO ACTUALLY DO.

KNOW FOR SURE IF YOUR CHILD IS IN THE RIGHT CAR SEAT.

Ad Council VISIT SAFERCAR.GOV/THERIGHTSEAT NHTSA Child Car Safety

Warning Signs of Alcohol Abuse

- Drinking alone when you feel angry or sad
- Waking up with headaches or hangovers after drinking
- Inability to remember what you did while drinking
- Trouble getting to work on time due to drinking
- Inability to control your impulse to drink

If you or someone you know needs professional help for alcohol abuse or addiction, **please call 1-800-NCA-CALL (622-2255) or visit ncadd.org for more information.**

KIDS' CORNER

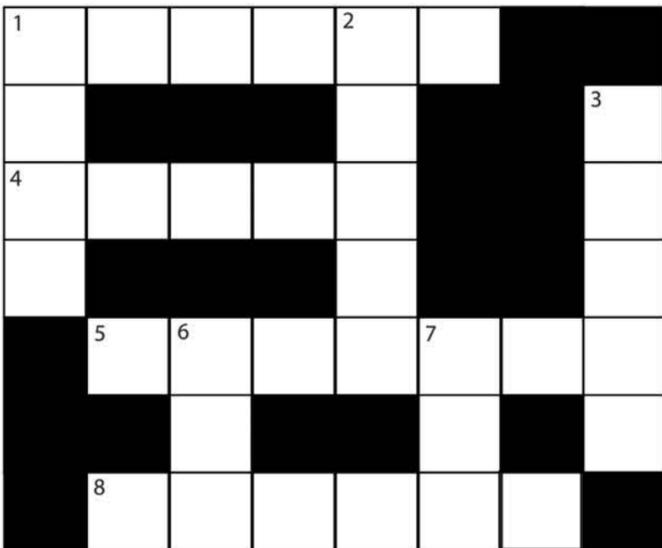
THIS DAY IN...



HISTORY

- * **1895:** ALFRED NOBEL SIGNS HIS LAST WILL, WHICH CREATES THE NOBEL PRIZE.
- * **1924:** THE FIRST MACY'S THANKSGIVING DAY PARADE IS HELD.
- * **2005:** THE FIRST PARTIAL HUMAN FACE TRANSPLANT IS COMPLETED IN FRANCE.

Crossword Puzzle



ACROSS

- Exhalation or inhalation of air from the lungs
- To avoid
- Using cigarettes
- Breathe in

DOWN

- Human form
- Change slightly
- Breathing organs
- Opposite of woman
- Sick

Answers:
 Across 1. Breath 4. Dodge 5. Smoking 8. Inhale
 Down 1. Body 2. Tweak 3. Lungs 6. Man 7. Ill

New word

EXPEL

force out or eject

GET THE PICTURE?



CAN YOU GUESS WHAT THE BIGGER PICTURE IS?

ANSWER: X-RAY

HEALTH FACT:

THESE ORGANS TAKE IN OXYGEN AND REMOVE CARBON MONOXIDE IN THE BODY



ANSWER: LUNGS

Did You Know?

SMOKING TOBACCO IS ONE OF THE MORE COMMON CONTRIBUTORS TO LUNG ILLNESSES.



How they SAY that in...

- ENGLISH:** Nose
- SPANISH:** Nariz
- ITALIAN:** Naso
- FRENCH:** Nez
- GERMAN:** Nase

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Concord, NH 03301
603.224.2727



Laroche
(continued from Page B1)
ed as Chevron dealer and received an award from N.H. Petroleum Council in 1978. LaRoche also coached the Maroons in 1965, '66, '67 and in '71. In the 1966-67 season, the team won the

national AHA championship against Muskegon, Mich. under LaRoche's guidance. During those years, Berlin's record was 61-37-7.

In 1993, LaRoche was recognized at the alumni hockey reunion for his contributions to Berlin hockey. In 2002 he was inducted into the New Hampshire Hockey Hall of Fame, and in 2006, was inducted into the New Hampshire Legends of Hockey Hall of Fame.

LaRoche turned 100 on July 10 and a celebration was held at the Berlin VFW on Saturday with family and

friends where he was all smiles.

Family members include his children; Francis LaRoche and wife Susan Dorval of Berlin; Lucy Weeks and husband Mike Lalumiere of Whitefield and Roxy Thompson and husband Morris of Gorham; nine grandchildren, 19 great grandchildren, 11 great-great grandchildren; a sister Leona Drapeau of Minnesota; nieces, nephews and cousins. He was predeceased by his wife Elinor (Armstrong) LaRoche; a granddaughter Hope LaRoche and three brothers, Eu-

gene "Gene" LaRoche Armand LaRoche and Romeo LaRoche and a sister Yvette (LaRoche) Roy.

A funeral service was held on Saturday, Nov. 12, at the Bryant Funeral Home in Berlin. Interment was held in the Old City Cemetery in Berlin. Donations may be made in his memory to the Berlin Health Dept. Home Health, 168 Main St., Berlin Northwoods Home Health and Hospice, 278 Main St., Lancaster, Berlin Youth Hockey, PO Box 571, Berlin, or to the Notre Dame Arena, PO Box 338, Berlin.



25 Anniversary
PARADE OF LIGHTS
FRIDAY, NOVEMBER 25TH
7:00 PM
Downtown Main St. - Berlin, NH
Theme: Songs of the Season
Prizes for Best Floats
1st - \$500 • 2nd - \$250 • 3rd - \$125

Sponsored by:



FMI 603-752-6060

Please Join The Conway Area Humane Society
Saturday, December 3, 11am-3pm at Profile Subaru in Conway, NH to "Share the Love"



Come meet the animals available for adoption, you may find your new best 4-legged friend!

Refreshments • WMWV 95.5 Live Remote • Raffle




Profile Subaru is located on White Mt. Highway just south of Conway Village

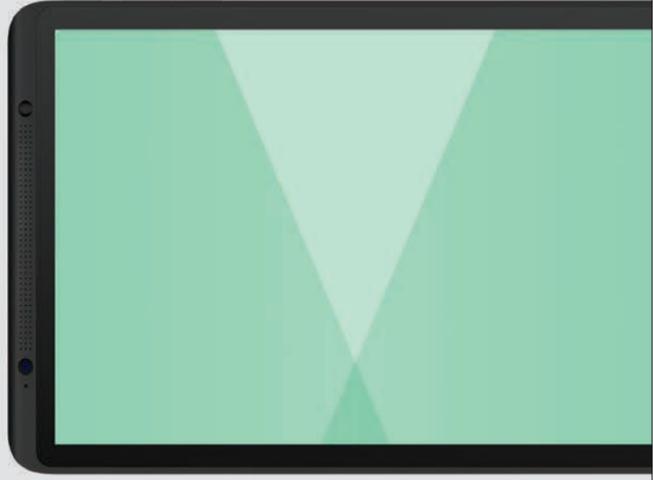
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