



Charter Academy students commemorate the Holocaust

BY TARA GILES
tara@salmonpress.news

LANCASTER — The North Country Charter Academy students in Lancaster have been studying the Holocaust since school began in September.

NCCA teacher Scott Kleinschrodt explained his goal for the year long project: “One of our two goals was to look at this from a historical perspective as well as to study a bit of human behavior and talk about how we can avoid something like this happening in the future. Another goal was to begin to have young people with different ideas have civil conversations and to tie this in to what’s happening in our world today.”

To culminate the project, the students will offer a showing of



TARA GILES

Students at the North Country Charter Academy in Lancaster are presenting to the public a showing of Schindler’s List at the Rialto Theatre on April 30 at 6 p.m. Here they are pictured with their teacher Scott Kleinschrodt during an interview about their project. Left to right: Kaden Covill, James Duguay, Scott Kleinschrodt, Pheobe Sandillo, Isaiah Tillson, Kendrick Cass, Penelope Rowell and Sara Sullivan.

the movie “Schindler’s List” at the Rialto Theatre in Lancaster at 6 p.m. on April 30. The students will also offer

a presentation of their own to all those who attend. Incidentally, Holocaust Remembrance Day will occur on May 1,

explaining the timing of this event.

On a Thursday morning last week, this Editor sat down with the

students who explained more about their project. Student Patrick Hopkins explained that Hitler wanted the youth on his

side for the simple fact that the youth is who will control the future.

Hopkins said, “We now know that we need to learn about this time in history so it will not happen again.”

Fellow student Penelope Rowell added, “We can’t ever physically control the actions of another, all we can do is educate. I feel that we can’t simply teach people about what happened, we need to make connections and make these lessons more tangible.”

She added, “These things are still happening today overseas. We need to show others how these horrific acts effect economy and people as well.”

Kleinschrodt pointed out other in *Holocaust*, PAGE A12

Delaney stumps in Lancaster



COURTESY

Democratic Presidential candidate John Delaney was in Lancaster on April 15, discussing the issues with locals.

BY NICHOLAS MEACHEN
Contributing Writer

LANCASTER — Granite Grind cafe was buzzing with politics Monday the 15th. Presidential candidate John Delaney visited the town of Lancaster as he campaigns for the 2020 election.

Delaney has been an entrepreneur, a business owner and CEO of two major companies, an author, and a Congressman from Maryland. Basing

his candidacy off renewable energy, healthcare, and beating President Trump, John Delaney seemed to have sparked interest in those who attended just last week.

Many applauded his ideas about taking on the global climate crisis, which Delaney pointed out is the most prominent global issue at hand today. Delaney also shared the idea of researching and engi-

Delaney, PAGE A12

Progress continues on Carroll municipal building

BY ANGEL LARCOM
angel@salmonpress.news

CARROLL — On April 15, Carroll’s selectmen called a special meeting to discuss financing options for the Municipal Building Project that was voted through by residents at town meeting. The projected \$4.4 million complex is slated to house all of Carroll’s public services including the police department, fire and rescue, the town library, the historical society and all branches of the town hall.

In 2018, voters rejected the building committee’s proposal by a two-vote margin. A new plan went before taxpayers last month. With a final count of 212 in favor and 107 opposed, Article 8 received the necessary supermajority to move forward. Project Manager Allan Clark recommended that the Town choose the Bank of New Hamp-

shire to finance the project. After careful review of RPF’s (Requests for Proposals) from multiple banks, Clark said the Bank of New Hampshire delivered the lowest fixed interest rate of 2.99 percent, to hold for the entire 21-year life of the loan. Clark then stated that the Board would need to determine if the town would like to do monthly, quarterly, semi-annually or annual payments once the project is complete with a 20-year amortization schedule. Additionally, Clark asked the Selectmen for authorization to negotiate details and expedite the funding process with the Bank of New Hampshire. He also requested authority to contact the town’s legal counsel to prepare any documents that the bank may need. Selectman Dave Scalley inquired whether payment fre-

Progress, PAGE A12

Whitefield sees increase in water rates

BY TARA GILES
tara@salmonpress.news

WHITEFIELD — Last Monday, the town of Whitefield held a public hearing in regards to an increase in the water rate. As a result residents will pay an increased base fee of \$140 annually. With respect to water usage, residents will see an increase of \$1.90 from \$4.65 to \$6.55 per 1,000 gallons actually used. With respect to sewer usage, residents will see an increase of .50 from \$5.35 to \$5.85 per 1,000 gallons actually used.

The hearing was not attended by many and was very short according to Whitefield Selectman Peter Corey.

Explaining the situation in more detail, Corey said, “We raise the water rates every year and we always have a public hearing before we do so. It was a significant increase as a result of the bond coming due for the work that we have been doing.”

The project’s total cost is \$6.5 million, and the bond is \$3.6 million.

Corey said, “We took a look at what our obligations are and how much we need to raise through water bills in order to cover the bond. We need to ensure that significant funds are raised to cover operating costs and leave a bit for any unforeseen circumstances.”

Corey explained that the rates in the future could fluctuate depending on people’s usage, how much money is spent and any other issues that may surface.

The town’s first big project was to replace the water mains as well as water meters and to construct boosting stations.

“Some additional work needs to be done on the water mains and those should be finished next year,” said Corey.

He went on to say, “The Good news, is that we’re getting about ten million dollars worth of work for \$3.6 million so residents are fortunate in that regard. Unfortunately, that is the reality of what it takes to provide clean water.”

Corey explained that the rates in Whitefield have been extremely low for decades, adding “The rates in town have been unrealistically low for many years, literally decades, and as a result there was no re-investment in the system so nothing was getting maintained.”

The rates are explained in further detail on the town’s Web site.

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Celebration of Life planned for Helen Andolina

COLEBROOK — The family of Helen Andolina invites all who knew her to join in celebration of the joy she brought to her family, friends and clients. Come share the memories on Saturday, May 18, 2019 from 1 to 4



Helen Andolina

Irene Gagnon, 79

LITTLETON — On March 21, 2019, Mrs. Irene Gagnon was called Home to the Lord for Heavenly Mercy and Eternal Peace and Life.

Born in Littleton on Oct. 31, 1939 to Medora (Laveau) and Leo Bilodeau, Irene was the third child of six. Mrs. Doria Ross of Lake George, N.Y. is her eldest sister, followed by Mrs. Dolores Cardinal of Whitefield, Mrs. Sandra Jewett of Live Oak, Fla., and Donald Bilodeau of Alamogordo, N.M.

Mr. Robert Bilodeau, her brother, age 71, of Littleton, predeceased her in 2017.

Irene called the tiny town nestled in the White Mountains home for the majority of her life, attending Littleton schools, becoming a member of St. Rose of Lima Catholic church where she took her first communion, as well as working several occupations throughout her years, including at the Stamp and Coin company however the occupation she talked most highly about was her time as a housekeeper for John and Ruth Colby, Mrs. Mildred Lake-



Irene Gagnon

way, Ms. Fran Heald, as well as her time at The Daughters of Charity of the Sacred Heart of Jesus Convent, all in Littleton.

She married William J. Richards of Lyman in 1961, together sharing their children Mr. Jeffrey A. Richards of Hendersonville, N.C., and Ms. Lisa M. Richards of Littleton. She enjoyed the Lyman countryside, and would visit it frequently, sharing the many stories of her time on Doris Nihan's little farm. Irene shared many childhood memories of her "mama" and "daddy" including going to the Jax Jr. movies with her dad and flower gardening with her mom. Irene also enjoyed crocheting doilies but enjoyed most creating

p.m. at The United Methodist Church, 28 Bridge St., Colebrook, NH 03576. A light luncheon will be served. Inquiries should be directed to 520-9974.

baby clothes for her kids and friends. She also treasured her time with her grandkids, spending many hours preparing holiday dinners. She enjoyed puzzles and board games. Irene met Joseph Gagnon in 1991, marrying shortly after. Together they travelled up and down the coast of Maine and New Hampshire enjoying the ocean. They built their home in Littleton, cherishing the outdoor gardens and their views of the Presidential Range. Joe predeceased her in 2004.

Irene leaves behind her son, Jeffrey, and daughter Lisa along with three grandchildren, Calie Mae Roberts of Franklin, N.H., Aidan Moore of Littleton, N.H. and Kaelynn Moore of Littleton, N.H. along with her son in law Jeffrey Moore; two great-grandchildren, Marli Mae Roberts and Ava Grace Roberts and their father James Roberts. Irene also leaves behind the many, many friends she made while residing at Cardinal Care Assisted Living in Hendersonville, N.C. Her "sass" and "laughter" and love for her baby dolls will surely be missed by all.

A graveside service will be conducted on June 22 at 11:30 a.m. at the Glenwood Cemetery next to her mom and dad and her third child. Mr. Aaron Cox will be delivering the eulogy.



Services planned for Walter Berry

EAST CONCORD, Vt. — A graveside service with military honors for Walter Francis Berry who died on Jan. 17, 2019, will be held April 27 at noon in the

Overlook Cemetery, East Concord. Following services the family would like to invite everyone to Walter's home for refreshments and a chance to visit. The ad-

dress is 66 Maple Street, East Concord, Vt.

Please go to www.baileyfh.net for more information or to send an online condolence.

Ronald E. Bilodeau, Sr., 78



Ronald Bilodeau

LUNENBURG, Vt. — Ronald E. Bilodeau Sr., 78, of Oregon Road, died Tuesday morning, April 16, 2019 at the Northeastern Vermont Regional Hospital, St. Johnsbury.

Mr. Bilodeau was born in Berlin on Nov. 19, 1940, the son of Edmond and Marie Anne (Boucher) Bilodeau. He was raised in Berlin and Jefferson, where he attended local schools. For a brief time, he lived in Nashua, and was employed at the Bemis Bag Company. While there he met Betty L. Smith and they were married on June 24, 1961. They settled in Lunenburg, where Ronald started working for Fairbanks Morse in St. Johnsbury. He retired there after 37 years of employment.

Ronald was an avid

fan of the New England Patriots and NASCAR. He enjoyed fishing, hunting, and spending time with family and grandchildren.

Surviving family members include his wife, Betty L. Bilodeau of Lunenburg; two children, Pam Theriault of Lunenburg, Ronald E. Bilodeau, Jr. of North Stratford; three grandchildren, Lee and Corey Theriault of Lunenburg and Hallie Bilodeau

of Littleton; a brother, Norman Bilodeau, and wife Ruth Ann of Jefferson; three sisters-in-law, Shirley M. Arthur of Nashua, Joan Martel of Lawrence, Mass., and Pauline Bilodeau of Lunenburg; a brother-in-law, Frank Leduc; and many nieces and nephews.

He was predeceased by siblings Francis Bilodeau, Leonard Bilodeau, Theresa Boutin and Rose Ann Sigouin.

Visiting hours were held Friday afternoon, April 19, from 1 to 3 p.m. at the Bailey Funeral Home in Lancaster. A service followed at 3 p.m. at the funeral home.

Please go to www.baileyfh.net for more information or to send an online condolence.

Laurence Daniel Gates, 60

remainder of his line.

Danny was preceded in death by his life partner, Costume Designer and Playwright Howard Crabtree, in June 1996 and his mother, Jean Gates, in October 2016.

He is survived by his son, James Wilkens of Littleton; his father, Larry Gates of Concord; his brother, Bill (Karla) Gates of Amherst; another brother, Randall Gates (and Lou McLaren) of North Ferrisburgh, Vt.; and a sister, Reana Nice of Telford, Pa. He also leaves two nieces, two nephews, one grand-niece and one grand-nephew.

Danny's time in Jefferson was marked by flowers and goats and finding ways to serve his community. He founded Cold Moon Springs Creamery and sold his goat cheese to restaurants in Boston and New York City. He worked at the Lantern Motor Inn and had fabulous gardens as well as those he maintained at Santa's Village. Drivers on North Road would often slow down driving past his home trying to catch a glimpse of what color he had arranged in his many gardens. For several years he organized a garden tour for the Lancaster Congregational Church where he arranged with other gardeners to open their

gardens for an afternoon tour.

Danny always made himself available for the Street Fair and the Olde Tyme Christmas events in Lancaster. He brought his goats for a petting zoo and helped with the hay wagon rides. Danny was a Deacon at the Lancaster Congregational Church and each Easter Breakfast found him flipping pancakes and serving his famous corned beef hash. Danny spearheaded the beautification of Jefferson by helping children plant seeds and filling barrels to decorate the center of town and he worked with the Weeks Memorial Library by selling donated books on line to help fund the Book Endowment Fund.

Danny's ashes will be transported to Liberty, Missouri where they will be interred with those of Howard Crabtree. A community celebration of Danny's life is scheduled for May 1 at 1 p.m. at the Lancaster United Congregational Church of Christ.

Arrangements are under the direction of Bailey Funeral Home in Lancaster. Please go to www.baileyfh.net for more information or to send an online condolence.

Our Corner Store announces May Bag Sale

WHITEFIELD — Our Corner Store, located at 4 Main St. in Whitefield, will be holding a bag sale Friday and Saturday, May 10 and 11. April showers bring May flowers (and many more flowers in the coming months) so think bright, floral colors. Warmer weather is around the corner and we have plenty of warm weather items (shorts, bathing suits, blouses, shirts, etc.) Cost is \$5 a bag. Come in for the values; leave with a song in your heart and new clothes for summer – and maybe a Mother's Day gift as well (hint, May 12).

The store has been blessed with wonderful success thanks to donations of community members, hours worked by willing volunteers, and all the folks coming in to shop. Donations of gently used clothing and household articles and furniture are always welcome during store hours and will bring joy and assistance to others.

Our Corner Store is overseen by an ecumenical board of directors who are affiliated with multiple churches and denominations in Whitefield, Littleton, Lunenburg, Bethlehem, Lancaster, and Jefferson. Recipients of funds are non-profit community service groups in the area and individual community members who find themselves in need of emergency assistance.

Hours of operation are Monday through Saturday from 10 a.m. to 5 p.m. We are closed on Sunday. For more information, please call the store at 837-8877.

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DEMOCRAT STAFF DIRECTORY

PRESIDENT & PUBLISHER
FRANK G. CHILINSKI
(603) 677-9083
frank@salmonpress.news

BUSINESS MANAGER
RYAN CORNEAU
(603) 677-9082
ryan@salmonpress.news

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

EDITOR
TARA GILES
(603) 575-9124
tara@salmonpress.news

MANAGING EDITOR
BRENDAN BERUBE
(603) 677-9081
brendan@salmonpress.news

PRODUCTION MANAGER
JULIE CLARKE
(603) 677-9092
julie@salmonpress.news

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WMRSD LEADERS & LEARNERS- Your COMMUNITY CONNECTION

At Lancaster Elementary School
The Lancaster School hosted their 6th Annual STEAM Night on Wednesday, April 17, from 5:30-7 p.m. Many families and friends visited the school where they were able to view and interact with a wonderful assortment of student STEAM projects. Grades preschool through eighth and the Encore teachers showcased their students' hard work in projects that involved science, technology, engineering, the arts and mathematics. Visitors traveled from room to room to see student work on tessellations, car restraints, windproof homes, recycled racers, and musical instruments; which are just a few of the topics that were presented. On display in the hallway was beautiful art work created by Lancaster students during the 2018-2019 school year. Mike Carmon, from WMSI (White Mountain Science) was able to join the Lancaster School for the evening. Approximately 20 students from grades 3-6 took part in a 10 week engineering after school program provided by WMSI. Students participated in activities that ranged from building simple robots to coding their own games.
The Lancaster PTO

sponsored the Dino-Mite book fair which was held in the school library. There was a wonderful turnout and they would like to give a big thank you to everyone who visited. The Lancaster School will benefit from the proceeds of this event. The eighth grade would like to also thank everyone who stopped by their food table. The eighth graders had a bake sale during the evening to help raise money for their class rafting trip. This was a nice addition to the evening.
Thank you to our wonderful Lancaster community for your ongoing support to the students and staff at Lancaster School.

At Whitefield Elementary School
On the afternoon of Tuesday, April 16, Math Teams from five schools around the North Country came together for their annual math meet at The Whitefield School. Berlin, Colebrook, Gorham, Profile, and Whitefield each brought approximately ten students to compete.
As schools arrived, student ambassadors from Whitefield escorted teams to the library where they were welcomed with homemade snacks, fruit, and drinks from the Culinary Arts

class. Three students from each team were then taken for ten minute competition rounds in different categories while the remaining students worked on various math problems in the library. After five rounds and a team round, the points were tallied. Whitefield students placed in the middle of the pack with a total of 100 points, and the winner was Gorham with 134 points.
The afternoon was a collaborative event with many different staff helping to score, proctor, and coordinate. However, a special thank you goes to Mrs. Carr for coaching our mathletes and Mr. Munroe for overseeing the food for the event!

At White Mountains Regional High School
There are a lot of exciting things happening at the WMRHS Sugarhouse this spring! The Maple Sugaring students have learned the entire process of maple syrup production including identifying trees, tapping, sap collection methods, boiling, filtering and packaging the finished product. They have also realized the importance of food safety when making a product for sale. After April vacation, classes will be cleaning and storing all the equipment,

and learning more about Value Added Products, Maple Laws, the Industry, and Marketing.
It's always a wonderful treat to have visitors to the sugarhouse, and this year, the high school students were able to share what they have learned by hosting two visiting groups from local elementary schools. The kindergarteners from WES and the full school body from Mount Royal North Academy came for the sugaring experience. Students from the Agricultural Sciences and Animal Sciences classes joined the Maple Sugaring students in planning the events. Some real leaders emerged as they took charge of mapping out a schedule and deciding what would work well for our young guests. The visiting classes were divided into groups and rotated through several experiences including tapping a tree, gathering sap, seeing the boiling process, and interacting with the animals at the barn. The "big kids" were the guides, explaining the activities to the "little kids". Each visit finished with the students coming into the classroom for donuts

dipped in warm syrup and the reading of a story about maple sugaring. These days were a wonderful experience and will be sure to be remembered fondly by our learners of all ages!
Looking for last minute updates, press releases and other exciting District happenings? Follow

WMRSD on Facebook and Twitter. Quarterly, be on the lookout for the District newsletter: The District Dialogue which is sent out electronically to families of White Mountains Regional School District can be found in print version at our local businesses.

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COUNSELORS AT LAW

Geoffrey J. Ransom
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Clean out your medicine cabinet this Saturday



Leading Up to National Prescription Drug Take Back Day on Saturday, April 27, North Country Health Consortium (NCHC) staff members, Mariah Coulstring (left), Drug Free Community (DFC) Coordinator of the Haverhill Area Substance Misuse Prevention Coalition (HASMPC), and Greg Williams (right), regional Substance Misuse Prevention (SMP) Coordinator, met at the Drug Enforcement Administration (DEA) Manchester District Office to strategize with other prevention specialists throughout the state for the bi-annual initiative. Mariah and Greg are pictured in front of the DEA Manchester District Office with DEA Special Agent overseeing the state of New Hampshire, Jon DeLena.

REGION — Clean out your medicine cabinet! Saturday, April 27 from 10 a.m. – 2 p.m. is National Drug Take Back Day and participating police departments throughout the North Country are calling on residents to drop off their expired, unused, and unwanted prescription medications to their local drop box located at the following police stations: Berlin, Bethlehem, Carroll, Colebrook, Gorham, Groveton, Haverhill, Lancaster, Littleton, Lisbon, and Whitefield.
Accepted items for drop boxes at all locations are prescription drugs and over-the-counter medications. Illegal drugs, needles, lotions or liquids, inhalers, aerosol cans, thermometers, and hydrogen peroxide will not be accepted for collection. People depositing medications at drop box sites should keep medicines in their original containers and must be the prescription holder of the medicines for disposal.

Twice a year across the country, the Drug Enforcement Administration (DEA) declares Prescription Drug Take Back Day. Leading up to each bi-annual Take Back event in April and October, prevention specialists and advocate groups across the state, meet at the DEA Manchester District Office to strategize for their respective regions. Representing the North Country, staff members from the North Country Health Consortium (NCHC)—including the regional Substance Misuse Prevention (SMP) Coordinator, Greg Williams, and Drug Free Community (DFC) Coordinator of the Haverhill Area Substance Misuse Prevention Coalition (HASMPC), Mariah Coulstring—joined other Prevention workers and advocates to plan for the upcoming April 27th Drug Take Back Day. Along with Take Back Day activities, other safe drug disposal ini-

tiatives that the group discussed include the Deterra® Drug Deactivation System, a drug disposal pouch provided by the Rx Abuse Leadership Initiative (ralinh.org), which gives people an easy method to deactivate and dispose of unused, expired or unneeded medications in their own home.
“The state of New Hampshire together collected 11,880 pounds of unneeded medications during the last Drug Take Back Day in October, 2018,” said Williams. “Eight hundred fifteen pounds of that came from the North Country. Let’s beat those numbers together, as a state and region!”
For the 15th bi-annual National Prescription Drug Take Back Day on Saturday, April 27 from 10 a.m. – 2 p.m., community members are encouraged to deposit their unwanted and expired prescription and over-the-counter medications at a participating North Country police station: Berlin, Bethlehem, Carroll, Colebrook, Gorham, Groveton, Haverhill, Lancaster, Littleton, Lisbon, and Whitefield.

North Country Health Consortium is a non-profit public health organization based in Littleton that collaborates with health and human services providers in northern New Hampshire. For more information about participating in National Prescription Drug Take Back Day, acquiring a permanent prescription drug drop box in your local community, or other Substance Misuse Prevention efforts, contact: gwilliams@NCHCNH.org or 259-3700, ext. 295. To learn more about NCHC, visit: NCHCNH.org.

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VIEWS AND COMMENTS

Always look on the bright side

Every day, we wake up with the best intentions — at least, we like to think that most of us do. Each new day brings with it specific challenges. Many times, those challenges come by way of a misunderstanding or a shifted perspective. We have come to realize that often, there is more to a story than we can see at its surface. Just being aware of that one simple fact can change the way a situation is viewed. Oftentimes, it's easier said than done, however the more we choose to remain optimistic the better. What might seem catastrophic in the moment is usually nothing more than a small frustration that has an easy fix and will pass. A wise man once said, "Don't sweat the small stuff, and it's all small stuff."

This isn't to negate the fact that larger issues do surface and take some time to sort out; however, we need to remind ourselves that we are all surrounded by well intentioned, intelligent people; people who are willing to be helpful, generous, rational and kind through productive conversations will always find the pot of gold in any situation.

Remembering to check a knee jerk reaction before gathering all of the facts is crucial to your ability to remain optimistic. Again, this is not always easy, but once mastered can change everything.

Believe it or not, optimism is a choice and offers surprising benefits. Choosing to look on the bright side of life (Monty Python fans, we know you're singing) can lower your risk of heart disease and stroke while also extending your life.

One study revealed that individuals who spent five minutes a day thinking positive thoughts about their future, increased their ability to be optimistic in just two weeks. Before turning in at night, list five things that you are grateful for and five things that you are looking forward to. Every time you stop at a traffic light, tell yourself something that you like about yourself. This works especially well if you are in the middle of a singalong to your favorite tune, concert of one. "Led Zeppelin is good, but man do I have a voice." Keeping pessimists in your life at a distance is always a good idea.

When a negative thought does creep through your mind, that's ok. Recognize it, and decide how realistic it actually is. To offset those thoughts, try spreading positivity yourself. While at work, offer a co-worker an 'atta boy' or 'atta girl' for a job well done. If your child has been hard at work on a school project, tell them how proud you are. Send a letter to someone who has had a positive impact on your life. When you bestow positivity on others, it has a lasting effect on your own life.

One way to practice being more optimistic is to flip every negative thought with a positive one despite how creative you need to get. For example, if you're thinking 'I'm going to be late for dinner and I don't feel like cooking' you can flip that by reminding yourself about the wonders of the microwave and take out. If a rainy day has you feeling groggy, remind yourself that those are the best days to read all day, catch up on Game of Thrones and not feel guilty about missing all of that sunshine.

We'll give it a whirl of our own. Here are five things we are grateful for and looking forward to. A solid group of co-workers, who work hard everyday, summer hikes with trail mix that includes M & M's, a community who works together, outside barbecues with ice cold lemonade and shrimp cocktail and road trips to the ocean on a sunny day.

In the words of a quote from Rodolfo Costa, "Learn to adapt. Things change, circumstances change. Adjust yourself and your efforts to what it is presented to you so you can respond accordingly. Never see change as a threat, because it can be an opportunity to learn, to grow, evolve and become a better person."



Photo Courtesy

Kynzleigh was enjoying a day of fun during the Whitefield Recreation's annual Easter festivities last week.

READERS' FORUM

We must oppose Casella's landfill in Dalton

To the Editor:

I am writing to express my utter dismay at the thought of Casella Waste Systems being permitted to purchase up to 1,900 acres of pristine land in the beautiful North Country of our beloved state with the intent of creating a garbage landfill, abutting Forest Lake State Park!

I am nothing more than a very concerned citizen, who moved to this beautiful peaceful, and serene part of the country five years ago to plan for my retirement with my wonderful wife. We happen to live near Forest Lake, and chose this area because of our love of outdoor activities, and to think that a garbage landfill will be permitted by our elected officials and state representatives adjacent

to this pristine body of water is unconscionable. Please, what can we do to stop this madness from happening? The citizens of the North Country spoke out against the Northern Pass and its detrimental impact on the environment, we need the same to happen with this matter as well.

I am working to reach out to others, who may or may not live here, but love the quality of life in this vacation destination, to contact as many decision makers as possible to try and nip this in the bud before it destroys such a delicate ecosystem. The regional impact would be devastating on many levels, as Forest Lake flows into Burns Pond as well as the Ammonoosuc River. It should also be noted that garbage trucks,

many hauling in waste from neighboring states (how do our politicians even allow for THAT to happen?) would have a major impact on traffic, whether they drive thru Littleton or Whitefield.

I did attend the recent Planning Board meeting in the town of Dalton this month relative to Casella Waste Systems' effort to purchase the land adjacent to Forest Lake State Park as their next proposed landfill. Despite much bullying and cajoling of the planning board members by the landowner and the representatives of Casella Waste Systems, their application for a lot line adjustment (a sneaky end-around to avoid the notification of abutters for the proposed landfill, including the Division of State Parks), was denied,

as it was deemed to be an application for a subdivision by the board. I would believe that Casella Waste Systems and their deep pockets won't be dissuaded and will surely follow up with another tactic to get what they want.

Please, I know I am just one person, but it would be devastating on many levels should Casella Waste Systems be permitted to create and operate a landfill in Dalton, abutting such a state treasure as Forest Lake State Park. I just wanted to let you know that I adamantly oppose the effort to create and operate a garbage landfill abutting Forest Lake State Park.

THANK YOU,
JON SWAN
DALTON



COMPILED BY TARA GILES

A Century in Coös

A look back at this week in local history

1919

Groveton - Pearl Hayes has resigned as stenographer at the G. T. station at Island Pond, and is at the home of her parents, Mr. and Mrs. F. B. Hayes.

1929

Whitefield - Cash Ludgate, wire chief of the Coös Telephone Company of Littleton, assisted by R. A. Thomson and Herbert Lewis, are installing 41 additional telephones in the Mountain View House. There is now a long distance telephone in every

1939

Editorial - Americans for the most part and England and France applauded the President's plea for peace. Mussolini had his say and he didn't make it unanimous. We shall soon hear from Hitler. The President's plea was excellent and a fine gesture. It lost much of its force, naturally, because Hitler and Mussolini knew the dove of peace was figuratively sticking its tongue out at them, and that the Pres-

1949

Stephen Emerson of East Lancaster has the largest producing rock maple tree in Coos County. This year 11 buckets were hung on the tree. The sap, when tested by the County Forester, had a four percent sugar content.

1959

Between three and four hundred persons visited the Groveton Elementary School at Open House on Sunday afternoon, when they saw four of the most modern elementary rooms in addition to the old building. Bright and cheery, the rooms are in pleasing colors and have one wall made almost entirely of glass.

1969

Lancaster - Mrs. Newton B. Whitcomb and Mrs. John Small returned Friday from a three weeks vacation in Hawaii and visited the island of Hilo, Maui, Kauai and Oahu, flying by jet all the way. They returned home via San Francisco, California and toured the city.

1979

Lancaster - If everything goes as planned,

in about a year's time, Mr. and Mrs. Edward C. 'Mike' Willey Jr. should be opening a brand new nursing home. Construction here of an all new \$1.9 million facility is expected to begin this summer on a 10-acre site adjacent to the present Kent Nursing Home, on North Main Street, which is owned and operated by the Willeys.

1989

Bud Hikel and Joe Barton were New Hampshire's northernmost runners participating in the Boston Marathon last week after training together around North Country roads for months.

1999

The new addition of the William D. Weeks Memorial library in Lancaster was dedicated last Saturday. Cutting the ribbon was Librarian Barbara Robarts.

2009

Lancaster - One jury took just 31 minutes to convict, but a second jury, after more than four hours of deliberation acquitted Christopher Palermo, 31, formerly of Pittsburg, of any responsibility for an April 2007 bomb threat in Pittsburg and Colebrook. The new verdict was rendered on April 22.

It's easy to use the Democrat – here are some helpful tips how:

PRESS RELEASES

Send press releases with date, time, location and phone number to Editor at e-mail: tara@salmonpress.news. We can receive them by mail at PO Box 29, Lancaster NH 03584 or by fax at 603-788-3022.

PRESS RELEASE DEADLINES: B Section: Friday 9 a.m.

(Sports, Business) A Section: Monday 9 a.m. (News, Letters to the Editor, Obituaries) (PLEASE NOTE THAT ADVERTISING DEADLINES ARE DIFFERENT THAN NEWS DEADLINES.)

ENGAGEMENTS & WEDDINGS

E-mail or mail the information and photograph to tara@salmonpress.news. Those run about once a month. You can also stop in the office and deliver the text and we can scan the photo.

LETTERS TO THE EDITOR

E-mail, mail or fax the letter containing 600 words or less. Include your name and phone number for verification by Monday 9:00 a.m. to tara@salmonpress.news. (Unsigned letters will not be published except in rare cases.)

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North Country Notebook

Here’s the dirt on gravel: A road that turns into mud



By JOHN HARRIGAN
COLUMNIST

I live on a dirt road. Some people prefer calling it a “gravel” road, but the reality is that there’s always going to be a certain amount of clay in it, which can turn even the best gravel into dirt. The common terminology, ever since I was a little kid, has been “dirt.” If you say “gravel” you can be accused of putting on airs.

Sometimes it takes you almost a lifetime to figure things out. Clay, for instance, is nothing more than finely ground silt, the grinding machine being the glaciers, which for centuries ground ledges and rocks into stones, pebbles and silt. To me, the fact that we can find any deposits of clear gravel at all, given the vagaries of silt, is a minor miracle.

When the meltwater from the glaciers slowed down, as in a broad and gently dropping valley, much of the fine silt settled to the bottom. The tremendous weight of succeeding layers of gravel compressed the silt into clay. This is the clay the Coashaukees used to paint their faces, and the settlers used to make bricks.



JOHN HARRIGAN

The town road crew winged the snow back to make room for more snow or just expose what was already here to the sun. For a while it looked sort of like the Himalaya, but a few days later, the peaks were gone.

Here and there, layers of silt in hills and ridges created what the earth science people call perched water tables. Much of the rainwater and snowmelt on the hill I live on emerges as

springs and seeps at fairly predictable elevations, often far from its source. As a close-by example, water from a briefly saturated water table once bubbled up each spring smack where a neigh-

bor’s driveway meets the road. I think it went away after the town fixed most of the classic mud holes by putting frost mats down, worthy of another story itself (oh, for the drama and impromptu stuck-in-the-mud parties of yesteryear).

+++++

There are certain rules on manners and behavior that apply only to dirt roads. They are not written down anywhere that I know of. Some of them may date from horse and buggy days.

Today, the volume of vehicles and the way they pound up and down the road make pot-holes a sure thing. One who prefers not to wreck his suspension, exhaust and possibly his motor-mounts is entitled to slow down and wander all over the road to steer around the pot-holes.

Tailgating in such a situation (i.e., following too closely) is considered even ruder than usual, sending the message, in effect, “My time is more important than yours,” or maybe “Someone else

is paying for this vehicle,” yet it happens. This is when it makes sense to just pull over and wave them on by.

Even these days, when so many manners seem to have fallen by the wayside, they usually wave back to say “Thanks” as they roar by. Somehow, mad as I am about the tailgating, I feel bad when they don’t.

+++++

It is next to impossible to keep a vehicle clean if you live on a dirt road, even when your vehicle is garaged, or in my case, barned. The implausibility of cleanliness seems a small thing when compared to the privileges of living on a dirt road, which for some reason I cannot bring to mind at the moment.

A friend stopped by the other day and mentioned, amid tales of other adventures, that he’d gone down below the notch a week or so ago.

Colebrook probably has a big enough trading-area population to support a car wash but doesn’t have one, so he had stopped in Lancaster to wash his truck. He was going a long way south, all the way to Massachusetts. Imagine. “Down there, people are apt to point at you and stare if your vehicle is dirty,” he said.

I had never heard that one. But a bit earlier, I’d seen a story about safety officials cracking down on farm kids driving tractors, so I guess anything is possible.

(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

JEFFERSON

Wilma Corrigan | 586-4488

This past week, we learned that Esther Leiper-Estabrooks did not get the honor of becoming State of New Hampshire Poet Laureate for a five year stretch, but thank goodness that didn’t crush her will to poetry. She has done a spring poem for April, for May and June. Realizing that there are some readers who have been enjoying her monthly poem we will publish the poem for each month for all of you. The first of last week we received another coating of white on our land, and forest, thus I go along with her poem for April.

The Urgency of Verdancy” May Grass and Leaves Come Soon! (A Shakespearean Sonnet for April 2019)

Leaf litter tangles around the forest trees while here or there an aged birch trunk leans — plus air is dampened by a windy breeze

and I confess being tired of snowy scenes

I hoped to spot some moose come ambling by or hikers who attempt this mountain top—soon birds will chirp—but now the sullen sky

has filled large puddles with slick leaves and slop.

Why this day started clear, but now rain clouds

seem happy to let huge drops fall, or worse, while fog has thickened making eerie shrouds...about the trail whose rough rocks I traverse...still today, hardly one small branch has stirred: the woods all

stilled, as if by magic word. We will print the other sonnets on the months they are for.

On Saturday May 4, the New Hampshire Historical Society’s annual meeting at 30 Park St., Concord, 10 a.m.: Business meeting afterwards will have a morning talk on discovering New England Stone walls, for century’s generations of farmers and masons have built stone walls across NH. Stone walls served to separate different parts of farms keeping cows, sheep and other livestock out of areas where they were not wanted.

They also served as a place to deposit the seemingly endless number of rocks found in New Hampshire Fields. Kevin Gardner explains how and why New England came to acquire thousands of miles of stone walls in their significance to the New England landscape.

Kevin Gardner is a writer, teacher, tradesman and lifelong resident of Hopkinton, New Hampshire. For more than 40 years he is been a stone wall builder and a family business widely known for traditional New England stonework, particularly for historic restoration antique structures. He is the author of the Granite kiss: Traditions and Techniques of building New England stonewalls and the stone building: How to make New England Style Walls and Other Structures the Old Way.

Kevin has also published poetry, songs and essays including the land of stone and examination of several historic sites in the Monadnock region. In the anthology where the mountain stands alone.

For 25 years Gardner was an award winning performance critic feature writer and producer for New Hampshire Public radio. He’s also a long time professional actor director and teacher of theater. He’s been guest director at Plymouth State University and a performance evaluator for the New Hampshire State Council of the arts. He taught at the new Hampton school and the New Hampshire Institute of Art and St. Paul’s Summer advanced studies program.

Then in the afternoon at 12:45 p.m., there will be another talk by Steven Alden on mapping New Hampshire wall-to-wall. In January 2019, the New Hampshire geological survey at the New Hampshire Department of environmental services launched a new initiative, Love uses technology with New Hampshire history. The New Hampshire Stonewall mapper uses light detection and ranging images to map the states historical stone-walls even in forested areas. UNH granite developed and is hosting the crowd sourcing application which enables the public to help with the initiative. Over-time project developers hope to build a network of volunteer mapping

wall-to-wall across the state. Steven will share the vision and technologies behind the New Hampshire Stonewall mapper and speak about how the project can help support efforts to preserve these ironic symbols of our state heritage. After earning a degree in anthropology from the University at Albany State University of New York, Steven turned down a promising career in archaeology to spend the last 32 years running a New Hampshire based computer services and consulting firm specializing in nonprofit fundraising. Throughout this time Alden is maintaining lifelong interest in history. He is currently president of the Lyme, and was the founder of Lyme’s seller whole project and is been actively involved in the New Hampshire Stonewall mapper project since its inception and has met many miles of stone walls.

Humor

As time goes by, your memory can change into quite a problem to you, practical matters first...

“Doctor” the patient said, “I’m becoming more and more forgetful. I started forgetting where I parked the car in parking lots, but now I’m forgetting where I parked it when I’ve put it in my garage.”

The doctor said, “Hmmm...before we start treatment, maybe you should pay me in advance.”

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Matthew also states that Joseph “Knew her not till she brought forth her first son,” and Mary told the angel of the Lord “I have not known a man” in Luke 1:34. To deny the virgin birth not only denies the inspiration of Scripture but would make Mary an adulterous woman and Jesus an illegitimate child.

In the eyes of the Jews at that time when a man and a woman were betrothed to each other they were considere

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LITTLETON, NH 03561

- ◆ STEPHEN U. SAMAHA
of Counsel
- ◆ MARK C. RUSSELL
- ◆ JODY A. HODGDON

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Amilee C. Rogers, 92

HARRISVILLE — Amilee C. Rogers, 92, passed away peacefully at her daughter’s home in Clarksville on Tuesday, April 16, 2019, after a months-long period of declining health.

Born on May 20, 1926, Am, as she was known, was a native of North Carolina. She was educated in the Asheville school system and graduated from Sand Hill High School in 1943. She spent her early years in the Asheville area, moving to Washington, D.C. area for wartime employment with the FBI where she met her husband. After the war, the Rogers’ relocated to the town of Harrisville, which they called their “hometown.”

For more than 15 years, Mrs. Rogers was employed by GTE Sylvania, both in Danvers, Mass. and Hillsborough. Prior to that, she was employed by the FBI in Washington, DC, and the YMCAs in Keene and Philadelphia, Penn.

She was a member of the Harrisville Community Church, where she served as church organist, deaconess, council member, and church secretary/treasurer.

Mrs. Rogers was a 16-year member of the Harrisville Fire Department, and served as the



Amilee Rogers

company secretary from 1987 until her retirement from the department in 2000. She was the first woman to be voted an Honorary Life Member. She was also a member of the Cheshire County Forest Fire Wardens Association, and co-editor of the Southwestern New Hampshire Fire Mutual Aid publication, “The Trumpet.”

She also served in Harrisville town government for many years as a member and Chairman of the Supervisors of the Checklist and also as Deputy Tax Collector.

Amilee had a great appreciation and love of music. She was an ardent outdoor person, enjoying hunting, fishing, camping and golf.

In 2000, she and her husband moved to Manchester to reside in what is now the Birchhill Retirement Community, which was the beginning of an 18-year activity-filled segment of her

life. During her long residence, she became known and appreciated for her volunteerism, especially in the music appreciation segment, indoor golf, the Tavern operation, resident council officer, Country Store operation and fundraising.

She is survived by her husband of 72 years, Edward H. Rogers; a son, Philip E. Rogers of Napoleon, N.D.; a daughter, Janet Greer of Clarksville; four grandchildren (Edward Foss, Michael Rogers, Luanne Young, and Joshua Greer); and seven great-grandchildren.

There are no public calling hours or services scheduled. A private family service will occur at a later date.

Expressions of sympathy in memory of Mrs. Rogers may be made to one’s choice of the Harrisville Fire Department, 699 Cheshem Rd., Harrisville, NH 03450; or to the Harrisville Community Church, 219 Cheshem Rd., Harrisville, NH 03450.

Condolences may be offered to the family online by going to www.jenkinsnewman.com.

Arrangements are under the direction of Jenkins & Newman Funeral Home, Colebrook.



COURTESY

Ready for the Fireside Fiddlers’ concert at McIntyre School Apartments in Whitefield on April 27 starting at 1 p.m. are, from left: Joanne Gilman, Gordon Gray, Lyndall Demers, Paul Cormier, Joyce Ball, Tom Bishop and Terese Churchill.

Fireside Fiddlers to perform at McIntyre School Apartments

WHITEFIELD — Fiddle music will fill the big hall at McIntyre School Apartments on Saturday afternoon, April 27, starting at 1 p.m. Members of the Whitefield Adult Recreation Program (WARP) have invited the Fireside Fiddlers to perform on the stage at this venue. The auditorium, which used to be the school gym, will hold a large crowd and will allow for dancing.

The Fireside Fiddlers is a group of fiddlers from Groveton, Randolph, and Lancaster in New Hampshire, and Barton, Vt. They will be accompanied by JoAnne Gilman of Lunenburg, Vt. on bass and guitar, and Tom Bishop of Waterford, Vt., on banjo, and bass. Fiddlers in the group are Joyce Ball, Terese Churchill, Paul Cormier, Lyndall Demers, and Gordon Gray.

The group got together originally, at the invitation of Patrick Ross, a popular local fiddler, who thought it would be nice to get a group of fiddlers together to play some traditional fiddle music. That first meeting was in Patrick’s living room in Groveton back in March 2010. The project became a way to raise money to help restore the Tillotson Center in Colebrook. Patrick and his family have since moved out of the area, but the other fiddlers still get together to play at various events. The group misses two members who passed away in 2017—Dick Rosser and Roland Cotnoir. They were inspirations to us all to keep on playing!

There have been new songs added to the group’s repertoire, to go along with the old favorites—many of which have been previously recorded.

The group has recorded two CDs. Fireside Fiddlers’ first CD debuted in July 2011 when they had the honor of being the first musical group to perform on the stage at the Tillotson Center in Colebrook. That recording had over 20 tunes on it and included “Red Wing” and “Tennessee Waltz.”

Their second CD was one of Christmas favorites, including “Joy To The World,” “Rudolph the Red-Nosed Reindeer,” “Jingle Bells” and other classics. That CD was released on Dec. 8, 2013. There will be CDs for sale at this concert.

The group is looking forward to playing in the big hall at the McIntyre School Apartments. Bring your friends and family and enjoy an afternoon of old-time fiddle music.

Admission for the afternoon concert is \$3 per person. Refreshments will be available. Anyone with questions about the afternoon may call Patti Mann at McIntyre School Apartments at 991-2587.

Edna Lucille Styles, 93

GROVETON — Edna Lucille (Mayberry) Styles, of Groveton, died at her home just 18 days after her 93rd birthday, with her family by her side.

Edna was born on April 1, 1926 in Lancaster, the daughter of Perley Max and Alice Emma (Merriam) Mayberry. She was a graduate of Groveton High School and received her degree in teaching from Keene Teachers’ College. Edna taught in Nashua and Hollywood, Fla. until 1958, when she moved back to Groveton, married her husband Robert and started their family.

Edna loved cooking, knitting Christmas stockings and other gifts for family, BINGO, reading, and traveling; she spent many winters in Melbourne, Florida, with their “snowbird friends.” When her beloved girls were growing up, Edna enjoyed having the girls and their friends join her at lunchtime to watch “The Young and the Restless.”



Edna Styles

It was nothing for Edna to have a dozen or more teenagers in for lunch. Edna’s home always had an open door where she was often visited by nieces, nephews, grandchildren, great grandchildren, and friends.

Edna is survived by her three daughters and their husbands (Rebecca “Becky” and Murray “Rick” Rogers of Stark, Stephany and Hal LaPointe of Anchorage, Alaska and Patricia “Patty” and Danforth “Dan” Peel of Stark); nine grandchildren; 19 great grandchildren; and one great-great grandson.

She was predeceased by her husband of 48 years, Robert Bruce

Styles; one son, Robert Bruce Styles II; one brother, Raymond Mayberry; and one sister, Patricia Mayberry Hodgkins.

At Edna’s request, there will be no calling hours or services at this time. A graveside service will be held on June 29, 2019 at 10 a.m. in the Northumberland Cemetery with Fr. Timothy Brooks, pastor of the St. Paul’s Episcopal Church in Lancaster, officiating.

In lieu of flowers, the family requests memorial donations be made to the Style Family Memorial Scholarship Fund, c/o Passumpsic Bank, 40 State St., Groveton, NH 03582.

To send the family your condolences, please visit, www.armstrongcharnonfuneralhome.com

Carriage Lane Players present “Barefoot in the Park”

COLEBROOK — In celebration of its five-year anniversary, the Carriage Lane Players are bringing back to town its very first play, “Barefoot in the Park.”

Four shows are planned for the week-end of April 26 (at 7 p.m.), April 27 (at 2 p.m. and 7 p.m.) and April 28 (at 7 p.m.) Tickets for all shows are \$20 per person.

The Carriage Lane Players’ presented “Barefoot in the Park” as the theater group’s first play in 2014—opening what has become a remarkable five years of growth. Started as a small, fledgling group, the Carriage Lane Players have brought in numerous community members to be a part of such shows as “Boeing, Boeing,” “Steele Magnolias,” “Death-trap,” “Don’t Dress for Dinner,” “The Odd Couple-Female Ver-

sion,” and “See How They Run.” Under the artistic direction of Becky Bunnell, the group is bringing back “Barefoot” with three out of the five original members of the cast: Naomi Going and John Quigley as “Paul and Corie Bratter,” and Steve Bunnell as Victor Velasco. Playing the part of Corrie’s mother is Colleen Clogston, who has also performed in four other Carriage Lane Players productions: “Boeing, Boeing,” “Steele Magnolias,” “The Odd Couple-Female Version” and “See How They Run.” Michelle Lassonde is portraying the telephone repair person “Harriett Pepper” in “Barefoot.” Lassonde made her debut to the Carriage Lane Players shows in “The Odd Couple-Female Version,” and was also in “See How They Run” in 2018.

The story is of Paul and Corie Bratter who are newlyweds in every sense of the word. He’s a straight-as-an-arrow lawyer and she’s a free spirit always looking for the latest kick. Their new apartment is her most recent find-too expensive with bad plumbing and in need of a paint job. After a six-day honeymoon, they get a surprise visit from Corie’s loopy mother and decide to play matchmaker during a dinner with their neighbor-in-the-attic, Velasco, where everything that can go wrong, does. Paul just doesn’t understand Corie, as she sees it. He is too staid, too boring, and she just wants him to be a little more spontaneous. Running “barefoot in the park” would be a start.

The Carriage Lane Players have partnered with the Great North Woods Commit-

tee for the Arts to turn the former Shrine of Our Lady of Grace in Columbia into a community theater and performance venue—a project in the works since 2003. The group has been working on building the set for “Barefoot” at the new Great North Woods Center for the Arts, and is looking forward to hosting productions on-site once the theater room is completed. In the meantime, they have secured use of the Tillotson Center, located behind the Colebrook Post Office (off Route 26). Tickets for the show are available for sale at Fiddleheads on Main Street in Colebrook, at the Tillotson Center, off Route 26 (near the Colebrook Post Office), Colebrook; or can be purchased by credit card (246-8998.)

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Empower Coös Program awards first grants

REGION — The salty-sweet scent of popcorn permeates the air as audience members make their way through the Kaufmann Theater at the Tillotson Center in Colebrook on a Saturday afternoon. Young children, parents and grandparents, friends and neighbors — some 150 people in all — fill the plush red seats well before the lights go down and the curtain opens on “Schoolhouse Rock — LIVE!”

This performance is the culmination of 17 rehearsals over several weeks. But the show represents the work of more than those rehearsals and the dozen kids on the stage today. This show — cast, produced, and directed by the Tilly Players — is the culmination of years of youth theater instruction in the community, which started with a summer camp for elementary school kids in 2006 and has grown to include a junior Drama Club and, most recently, the Tilly Players.

Support from the Neil and Louise Tillotson Fund, in a grant awarded by the Empower Coös Youth Grantmaking Program, is helping to fund the further theater education and endeavors of

the Tilly Players, a group of middle school and high school theater enthusiasts who have grown up through the programs offered by Colebrook’s summer recreation program and the drama club.

Both the Tilly Players and the Empower Coös Youth Grantmaking Program are in their inaugural years. And both strive to inspire teenagers and young adults in Coös County and surrounding communities to step into leadership roles.

“We wanted to put young people in charge of decision-making,” said Kirsten Scobie, director of the Neil and Louise Tillotson Funds of the New Hampshire Charitable Foundation. The Empower Coös Youth Grantmaking Program is an initiative of the Neil and Louise Tillotson Fund. “We invited 11 young adults from the area to serve on this committee. We gave them a budget, a guided curriculum and some basic guidelines, and they developed program goals and criteria, then used those to award grants. What they built is awesome.”

The priorities for grant funding through the program include increasing extracurricular activities for youth be-



COURTESY

tween ages 12 and 22 and strengthening community engagement — both aspirations that the Tilly Players embrace.

“We started with a drama camp and we had too many kids,” said Melissa “Mooch” Shaw, Colebrook’s Recreation Director. “Then we started a drama club, and we had too many kids. Then those kids got older. The Tilly Players is the progression step from the drama club.”

It all started in 2006, when a summer camp counselor started a drama program for the summer campers. That program continued to grow, and the drama club, for kids in grades 2-8, started in 2015. Last fall, with Shaw’s support, several club members who had aged out of that program formed the Tilly Players, with an eye toward continuing and expanding

theater options in the community.

“I went to see a show when I was three years old,” said Colebrook Academy sophomore Bryn Pearson. “Apparently, I ran up to Mooch after the show and asked when I could be in one.”

Now, Pearson and about two dozen other middle and high school students from Colebrook and surrounding communities run the Tilly Players. They do their own casting and directing, make the props and design the costumes, and plan to put on two shows a year — between studies, sports and other obligations.

“The kids are in charge,” said Shaw. “It doesn’t make sense for me, as an adult, to go pick a show these kids are not going to have any interest in doing.”

So, while she is on-

The Tilly Players

hand to help as needed, the Tilly Players run the show.

The Tilly Players also help mentor the younger thespians, deciding what shows the Drama Club should tackle, directing those plays, creating the choreography — basically taking a performance from casting through curtain call.

“It’s really fun to work with them,” Colebrook Academy freshman Olivia Barba, who directed the Drama Club’s spring show with Pearson, said of watching the younger kids gain confidence on the stage, learn to sing in front of a theater full of people, and put on a successful performance. “It’s really rewarding.”

The \$4,000 grant from the Empower Coös Youth Grantmaking Program will be used to help the Tilly Players bring theater pros to town for workshops on directing and stage management; to fund travel to other theaters — both high school and professional — to see how other productions are run; and to establish a scholarship fund for kids who face financial obstacles but want to be involved in theater.

Building community, creating continuity, and

fostering youth leadership are the goals for both the Tilly Players and the Youth Grantmaking Program.

“We were given a lot more power than I thought we would be given,” said Jessica Church, a sophomore at Profile School and member of the youth grantmaking committee. “I knew that community was important. But I didn’t know that young people were so important to the community.”

Other grants awarded through the Empower Coös Youth Grantmaking Program include \$10,000 to the Boys and Girls Club of the North Country for development of an after-school environmental education program; and \$5,000 to After School Kids in Whitefield for after-school programming.

The Neil and Louise Tillotson Fund is currently accepting applications new members of the Empower Coös Youth Grantmaking Program. The deadline is May 6. The committee that will make grants in 2020 will begin meeting in September of 2019. For more information, visit www.nhcf.org/EmpowerCoosYouth.

WMRHS to screen documentary “Intelligent Lives”

WHITEFIELD — “Intelligent Lives,” a documentary by award-winning filmmaker Dan Habib, has its North Country premiere at White Mountains Regional High School on May 16 at 5 p.m. This special screening will also include a resource fair and light refreshments.

“Intelligent Lives” stars three pioneering young American adults with intellectual disabilities — Micah, Naieer, and Naomie — who challenge perceptions of intelligence as they navigate high school, college, and the workforce. Academy Award-winning actor and narrator Chris Cooper contextualizes the lives of these central characters through the emotional story of his son Jesse, as the film unpacks the shameful and ongoing track record of intelligence testing in the U.S.

New Hampshire-based filmmaker Dan Habib, the producer, director and cinematographer of “Intelligent Lives,” will present the documentary at White Mountains Regional High School. Following the screening, Habib will engage in a post-film discussion with the audience. The screening and discussion is free and open to the public.

“People with intellectual disabilities are the most segregated of all Americans,” Habib says. “Only 17 percent of students with intellectual disabilities are included in regular education.

Just 40 percent will graduate from high school. And of the 6.5 million Americans with intellectual disability, barely 15 percent are employed.”

The U.S. percentage of students with disabilities reported nationally hovers around 13% each year. In comparison, the State of New Hampshire’s most recent annual report identifies that 17.22 percent of its students are being provided special education services. In the rural communities in the North Country, that figure dramatically increases:

SAU #3 (Berlin) 21.17 percent
SAU#20(Gorham) 23.37 percent
SAU#36(WMRSD) 20.90 percent
SAU#58(Groveton) 22.69 percent
SAU#84(Littleton) 18.13 percent

This means that more than one out of every 5 students in a classroom has a disability that requires an Individualized Education Plan (IEP), providing for specially-designed instruction and instructional accommodations.

SAU #20 (Gorham) has only a slightly higher rate of students who are economically disadvantaged in comparison to the State of New Hampshire rate of 27.42 percent. All other North Country districts range between 46-55% of their students living in economically disadvantaged households. This means that inclusion of persons with disabilities region-

ally is further limited by these economic and workforce challenges.

“Intelligent Lives” is a catalyst to transform the label of intellectual disability from a life sentence of isolation into a life of possibility for the most systematically segregated people in America.

Advance registration is strongly encouraged. Go to <https://www.eventbrite.com/e/intelligent-lives-tickets-59784043684> to register and learn more.

The Special Education Parent Advisory Council (SEPAC) for the White Mountains Regional School District formed as an interested core of parents during the early part of the 2018-19 school year. Their purpose is to form district-wide and community partnerships that establish better understanding of, respect for, and support of children’s special education needs to improve outcomes and promote inclusion of students with learning differences. This screening is a signature event to begin community awareness and engage more families as partners in this mission.

Dan Habib is the director and producer of “Intelligent Lives,” and the creator of the award-winning documentaries “Including Samuel,” “Who Cares About Kelsey?” “Mr. Connolly Has ALS,” and many other films. Habib is a filmmaker at the University of New Hamp-

shire’s Institute on Disability. His films have been broadcast internationally, nominated for Emmy awards and translated into 17 languages. Habib gave the TEDx talk, “Disabling Segregation” and received the Justice for All Grassroots Award from the American Association of People with Disabilities. In 2014, Habib was appointed by President Obama to the President’s Committee for People with Intellectual Disabilities.



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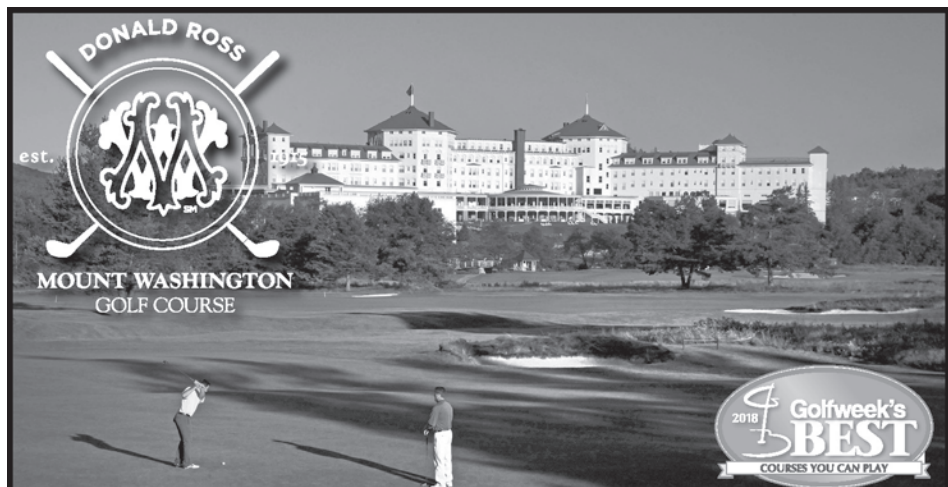
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WHITE MOUNTAINS REGIONAL HIGH SCHOOL HONOR ROLL

WHITEFIELD — White Mountains Regional High School has released its honor roll for the third quarter of the 2018-2019 school year.

Freshmen
High Honors: Kaden Matthew Bailey, Carissa Leigh Challinor, Madison Rae Crane, Abigail Lou Friedman, Solveig Hammon, Camille Ann Marceau, Ella Adrianne Myles, Delaney Rose Robinson, Justin Jacob Wentworth
Honors: Katryn Rosellen Cormier, Grace Michelle Frink, Charlotte Anne Gooden, Caleb J Guilmette, Tyler Benjamin Hicks, Lexus Jade McIntosh, Alyssa Corrine Mendez, George Jacob Randall, Jenna Elizabeth Renes, Olivia Jean Scalley, Olivia Scout Shallow, Clementine Scobie Southworth, Gianna Benedicta Temkkit, Sasha Ruth Tupick

Sophomores
High Honors: Kaleb Jadin Casner, Jonathan Stuart Dean, Karley Ann DeFosse, Haley Olivia Lincoln, Laura R. Nadeau, Austin M. Staley, Brayden Christopher White
Honors: Charles Leonardo Astuto, Rita M. Gesel, Delaney Michaela Haines, Leilani Kim Heng, Emily Faye Kopp, Riley-James Robert St. Pierre, Joshua Jackson Stark, Jayden EB Treamer, Dylan James Woodburn, Julia Alice Zanes,

Juniors
High Honors: Amber Marie Gillespie, Sarah C O'Neil, Madison Leigh Overhoff, David M. Southworth, Therese A Temkkit
Honors: Emily Jayne Beckett, Kaiden D. Bedell, Dylan Michael Cavallaro, Jackson Michael Page Curtis, Shannon Rae Duffy, Noah Alexander Dutkewych, Sarah Catherine Gauthier, Halle Hicks, Erin Lynn Johnston, Hannah Beth Lemire, Maci Ann MacKillop, Jaycee Joy Murray, Domanique Marie Paschal, Taylor M. Roy, Kevin Schanlaber, Travis D. Shearer, John Franklin Silva IV, Mason Richard Stuart,
Spencer Daniel Valdez, Jonah Walters, Miles Turner Wharton, Owen Brad Willey

Seniors
High Honors: Justin N. Clifford, Kate Aubin Ingerson, Brittany R. Roy
Honors: Madison Raelynn Bean, Lydia Lorraine Beaulieu, Dustin Michael Benoit, Dominic Harold Berry, Garrik Kenneth Berry, Austin N. Breton, Braxton Roger Brown, Michael Steven Charpentier, Riley Saunders Corrigan, Rebecca M. Coulter, Alexandra May Crapo, Ashleigh Eileen Eaton, Alicia Elizabeth Gallo, Isabella Gaetjens-Oleson, Halle Lauryn Glidden, Samuel Ethan Heyliger, Garrett S. Lachance, Ashley Jeanne Lauze, Ronald Charles MacKillop III, Benjamin Hunter MacKillop, Kodi Hawk Mason, Zeke Emmett Pribbernow, Destiny Marie Ruelle, Andrew Bert Smith, Sunjay Sood, Silas Scobie Southworth, Owen Nicholas Staley, Lexi M. Welch, Dakota James Wiers

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LANCASTER ELEMENTARY SCHOOL HONOR ROLL

LANCASTER — Lancaster Elementary School has released its honor roll for the third quarter of the 2018-2019 school year.

High Honor Roll
Grade 8: Emerson Bedell, Josephine DeAngelis, Mae Gesel, Lauryn Jones, Madeleine Lorenz, Hannah Smith, Victoria Whitcomb
Grade 7: Mariah Allyn, Robert Breault, Amos Colby, Katryna Dube, Jude Percey, Neil Savage, Brayden Shallow, Ava Simpson, Robert Southworth, Jackson Stanford, Jaden Szurley
Grade 6: Liberty Frink, Sophie Marceau,

Reese McFarland, Aubrey Merrill, Mia Robinson, Emma Simpson, Lila Staley
Grade 5: Axcie Hamilton, Lillian Ingerson, Addyson Kenison, Kaya Nkwen-Tamo, Madeline Rexford, George Welch
Grade 4: Olivia Lorenz, Wyatt Parsons, Charles Schmidt, Trevor Simino

Honor Roll
Grade 8: Alyssa Benway, Tala Hammon, Eli Percey, Ami Robinson, Brendon Whittum, Ayr-iana Young-Baker
Grade 7: Aden Bean, Lily Colby, Vance Dupont, Madyson Farrow, Riley Hanna, Dakota

Hatfield, Griffin Kenison, Breanne McCarten, Ethan Ramsay, John Randall, Ainsley Savage, Corey Silver, Connor Simino, Daniel Stinson, Jr., Justin Valdez
Grade 6: Emily Breault, Zoie Brown, Sean Donovan, Morgan Forest, Kamryn Ledger, Ciara Robinson, Simon Schmucker, Leeannah Sirois, Noah Wiers
Grade 5: Hailey Allyn, Lily Bangs, Harper Brooks, Kenna Frith, Aubrie Grootenboer, Henry Judge, William Kenison, Kiara Koxarakis, Cooper Landry, Talon McMann, Carson Miller, Ayden Morris-sette, Alex Nelson, Ja-

cob Provencher, Reese Robinson, Kayleigh Savage, Jacob Silver, Emree Stewart, Aunahka Valdez, Erik Young
Grade 4: Peyton Arelano, Sophie Bennett, Jeremy Benoit McKearney, Camden Bingham, Chase Bishop, Landon Brown, Blake Cyr, Mariyah George, Conner Gross, Keaton Koxarakis, Lance Labens, Cooper Ladd, Mackenzie Morgan, Samuel Perry, Isabelle Posthumus, Mason Reynolds, Maren Riff, Sophia Rouillard, Greta Schmucker, Brody Stinson, Sage Williams

WHITEFIELD SCHOOL HONOR ROLL

WHITEFIELD — The Whitefield School has released its honor roll for the third quarter of the 2018-2019 school year.

Grade 3
Honors: Frank Achilles, Chase Ashby, Rachel Bolduc, Easton Bowen, Oliver Brewer, Connor Dorr, Sadie Dunn, Chase Gauthier, Carter Grimard, Rhys Hagan, Abbigail Hill, Jackson Mariano, Eliza Serino, Lia St. Cyr, Annabelle Walker, Carly Willey
High Honors: Caleb Cote, Tanner Davenport, Faith Packard, Cole Vashaw

Grade 4
Honors: Zoey Bowen, Kolton Butler, Max Colby, John Deniz, Simone

Egli, Mia Gagnon, Aurora Haines, Tyler Hanf, Eliza Homan, Liam Langevin, Gabriella Lynch, Elizabeth Mooney, Makenna Paul, Kennady Prosper, Clare Smith, Torrance Surlles
High Honors: Chase Pilotte

Grade 5
Honors: Margarette Bolduc, Madelynn D'Agnese, Hayley Dimmitt, Adrianna Dube, Daylyn Dupuis, Makendra Gonyer, Andrew Harden, Jordan MacKillop, Devon Mailhot, Stinson Myles, Logan Samson, Tristin Sherwood, Ashton Sottile, William Stone Jr., Jaydah Sullivan, Jaide Sweeney, Miura Tattersall, Kadyn White, Alden Willey, Declan

Wooley, Harrison Young
High Honors: Elaina Ames, Daye Emmons, Cobey Hall, Alexander Harden, Aiden Planz, Morgan Walters

Grade 6
Honors: Tristen Butler, Delaney Dube, Axel Fjell, Akaylah Riley,
High Honors: Andrew Deniz

Grade 7
Honors: Giles Bean, Scott Black, Willow Browne, Devin Cavallaro, Alexis Egli, Gavin Gardiner, Mackenzie Glidden, Ethan Heng, Shea Loughnane, Gabriella Moran, Logan Read, Ian St. Cyr, Savannah Stone, Marlyn Valentin, Martinus vanBergen, Avery Woodburn, Eric

Wright, Hallie Wright
High Honors: Trevor Armstrong, Elaina Bennett, Ciera Challinor, Grace Fowler, Yonah Friedman, Madison Glidden, Kailea Ladeau, Kennedy Overhoff, Madison, Savoy, Rachel Travers, Marjorie Young

Grade 8
Honors: Justin Baez, Zoey Grimard, Trevor Hinerth, Katelyn Lincoln, Skylar Moyer, Hannah Ryan, Kaitlyn Wheeler
High Honors: Clara Blakslee, Kimora Gooden, Noah Mahabir, Abigail McCusker, Emily Quinones, Ayanna Ronish, Ahlena Uribe

Wheelock heads back to Colebrook

Kimberly Wheelock

COLEBROOK — On Tuesday, April 16, the Colebrook School Board of Directors hired Kimberly Wheelock as school principal of the PreK-12 Colebrook School; the Colebrook Academy students are transitioning into the Prek-8 building in the fall.
Before becoming a principal, Mrs. Wheelock spent the first two years of her teaching career at the Colebrook Academy. She went on to teach at Groveton High School for fifteen years, and she has been principal of Barton Academy & Graded School for the

past two years.
Mrs. Wheelock received her BA in Secondary English Education from Vermont College in 2000. She received her Master's in K-12 Literacy in 2013 from the University of New England, graduated the National Institute of School Leadership program in 2014, and she received her Curriculum and Principal Certificate from Plymouth State University in 2015. She is dual certified in Vermont and New Hampshire as School Principal and Curriculum Director.
Despite being happy

in her current position, she could not pass up the opportunity to be in Colebrook again.
"It's exciting to be back in a place that helped shape me as an educator. I have great memories of staff, students, and the community of Colebrook," Wheelock stated.
Mrs. Wheelock starts her new job July 1, and said "I have an unwavering belief that all students can achieve, and I look forward to working with a dedicated staff, school board, community, and superintendent in the common pursuit of student success."

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COURTESY

The North Country Charter Academy students in Lancaster met with K. Heidi Fishman, who wrote the book “Tutti’s Promise” about her mother, who was a survivor of the Holocaust. Fishman lives in Norwich, Vt.

Sadie Kennett named to Elmira College Dean’s List

ELMIRA, N.Y. — Sadie Kennett of North Stratford has been named to the Elmira College Dean’s List for the Winter 2019 Term. Full-time undergraduate students registered for at least 12 computable credit hours and earning a term grade point average of 3.6 or higher at the end of Term I or Term II are placed on the Dean’s List at the College.

Founded in 1855, Elmira College is a private, residential, liberal arts

college offering 30-plus majors, an honors program, 17 academic honor societies, and 20 Division III varsity teams. Located in the Southern Finger Lakes Region of New York, Elmira’s undergraduate and graduate student population hails from more than 20 states and nine countries. Elmira is a Phi Beta Kappa College and has been ranked a top college, nationally, for student internships. The College is also home to the

Center for Mark Twain Studies, one of four historically significant Twain heritage sites in the U.S., which attracts Twain scholars and educators from around the world for research on the famous literary icon. Proud of its history and tradition, the College is committed to the ideals of community service, and intellectual and individual growth.

Catch the ‘buzz’ on Social and Emotional Learning

WHITEFIELD — The White Mountains Regional School District System of Care office, in partnership with the Family Resource Center, Mindful Practices and the Coös Coalition for Young Children and Families, will be offering a free parent and caregiver informational night, “What is all the buzz around SEL (Social and Emotional Learning),” on Tuesday, May 7 from 6-7:30 p.m. at the Whitefield Elementary School in Whitefield.

Parents and caregivers will be provided an overview of social and emotional learning and updates on the work happening in SAU 36 and the larger North Country region around SEL practices. Parents and caregivers will equally have an opportunity to learn some hands-on, everyday SEL practices from our SEL coach, Erika Haaland that can be replicated at home. SAU 36 teachers will be on hand to provide examples of how social and emotional learning is happening in their classrooms. Staff from the Family Resource Center will be present to provide information on their programs and resources available to families.

This parent and caregiver informational night is geared primarily for families of preschool through middle school populations. Free food and childcare will be provided and fun raffles will occur. For more information, please contact Kelly L. Dussault, System of Care Program Manager at 837-9363, ext. 112 or kdussault@sau36.org.



JODY WHITING

Martin Meadow Pond in Whitefield was the perfect place to catch the sunset last week.



COURTESY

Whitefield Elementary School would like to recognize Madelynn D’Agnese and Maggie Bolduc for participating in the New Hampshire Elementary Choir on Saturday, April 13. They rehearsed all day with singers in grades four to six from all over New Hampshire and gave an outstanding concert for their families.

Smokin’ T’s

OPENING May 23rd for regular days of Thursdays to Sundays through October 6th, 11 to 7 or until the food runs out! We will be having our regular menu to include Pulled Pork Fries & Nachos, Brisket and Pulled Pork Sandwiches, Smoked Chicken, Homemade Smoked Pepper Jack Macaroni and cheese, Apple Coleslaw, Fresh salads, Moink Balls and more...

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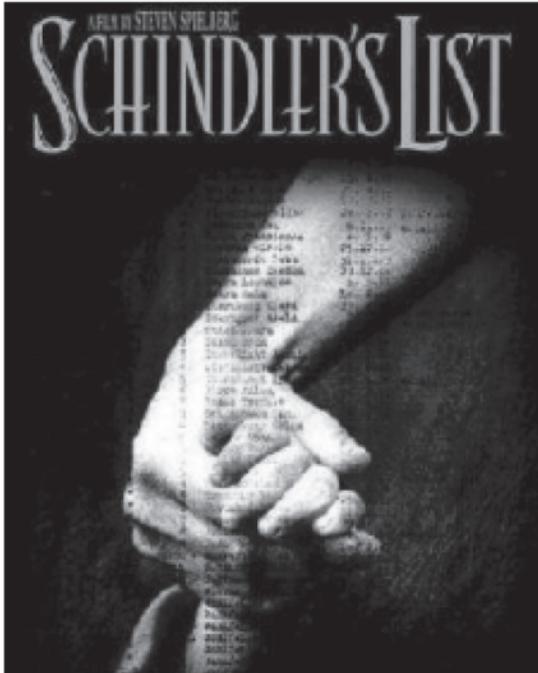
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Infiltrator acquires Presby Environmental Inc.

WHITEFIELD — Infiltrator Water Technologies, a leading manufacturer of products for the decentralized water and wastewater industries, today announced the purchase of Presby Environmental Inc. Presby Environmental manufactures the Enviro-Septic®, Advanced Enviro-Septic®, Enviro-Fin™ and other wastewater treatment technologies.

“We are excited to be able to expand our products with the proven Presby Environmental product line. The family of Presby Environmental products complements Infiltrator’s core business and helps to strengthen our industry leadership position. The combination of Infiltrator and Presby Environmental supports our vision to re-imagine and revolutionize onsite water management” said Roy E. Moore, Jr. President & CEO of Infiltrator Water Technologies.

About Infiltrator Water Technologies

Infiltrator Water Technologies manufactures and sells multiple product lines that meet stringent environmental and regulatory requirements for decentralized wastewater and water systems. The Infiltrator team built three of the

world’s largest injection molding machines in-house which produce a number of the largest in injection molded parts in the world. Through its subsidiary, Champion Polymer Recycling, Infiltrator is a leader in the use of “green materials” including post-consumer and post-industrial recycled plastics for the manufacture of products at our ISO 9001 registered manufacturing facility in Winchester, KY. The company competes on innovation through 150 granted or pending patents. Infiltrator is a portfolio company of Ontario Teachers’ Pension Plan.

The Ontario Teachers’ Pension Plan manages \$191.1 billion in net assets. Teachers’ is the largest single-profession pension plan in Canada. An independent organization, it invests the pension fund’s assets and administers the pensions of 311,000 active and retired teachers in Ontario. Teachers’ is headquartered in Toronto with operations in London and Hong Kong and an office in New York City. For more information, including Teachers’ annual reports, visit <http://www.otpp.com>.



Alicia Prater — Courtesy

White Mountains DAR honors Good Citizens

At their first meeting of the year on Saturday, April 20, the White Mountains Chapter of Daughters of the American Revolution honored this year’s DAR Good Citizens with a luncheon at Whitefield Library. Each year the chapter chooses Good Citizens from among the seniors at four local high schools, who then compete for scholarships at the state and national level. In attendance were the 2019 White Mountains Good Citizens (left to right) Anthony Dami (White Mountains Regional High School), Logan Lopus (Lisbon Regional), Chapter Regent Kate McCartney, Joseph DePalma IV (Littleton High School), and Thomas Oliver (Profile High School). After advancing at the chapter level, Joseph DePalma was named the New Hampshire State Good Citizen. His essay is currently competing at the Northeast Division level. For more information on this program or joining DAR, visit www.dar.org.



Hal Goolman — Courtesy

The Lancaster Elementary School playground is now underwater due to recent flooding in the area.

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Courtesy

Installations of the newly elected officers for 2019-2020 to the American Legion Auxiliary Dupont-Holmes were held April 10. Pictured, left to right: Alt. Director Diane Vigue, Unit President Julie Dale, 1st Vice President Carole Boisclair, Secretary Linda Dupont, Treasurer Jennifer Stewart, Historian Barbara McCauley, Chaplain Mary Newton and Acting Sargent At Arms Michelle Vernon.

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WHO THINK
THEY HAVE
THEIR CHILD IN
THE RIGHT
SEAT.



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WHO
ACTUALLY
DO.

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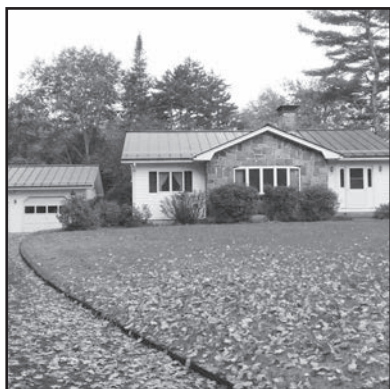
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Littleton: Lovely and spacious in-town 4 bedroom home boasts all the charm and character of yesteryear. Modern touches such as open concept living, pellet stove heating, located centrally in town, you can conveniently walk to shops, the theater, the park, pool, schools and more.
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Jefferson: If new, efficient and private appeals to you, then this realtor owned home may be the home for you. This 3 bedroom home has been completely remodeled, new stainless steel appliances, BBQ on your new deck and relax in your private backyard. Conveniently and beautifully located.
MLS# 4744835 - \$159,000



Bethlehem: Land, Land, Land!!!! Located on 30.9 acres with frontage on both Maple St and Hazen Road. Vintage New Englander with 6 Rooms, 3 Bedrooms, 1 Bathroom with 1728 feet of living space. Attached storage area on two floors, wood burning fireplace. Deal of the Week!
MLS# 4746235 - \$74,000



Bloomfield, VT: This lovely home is sited a nice 1+ acre lot with frontage on Daley Brook, which runs through the property. There is also a detached 12' x 20' finished cabin that includes a kitchen with a gas range, living room and a loft bedroom. It's generator ready. Live off the grid!
MLS# 4706665 - \$115,000



Littleton: This private 12.92 +/- acre lot is a great place to build your new home or get-away. Nestled in a private setting yet close to Littleton's downtown amenities. Beautiful rock walls that border the property. Wooded lot with a cutout for the driveway already in place.
MLS# 4696534 - \$49,900

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LANCASTER: Nicely located on Burnside St. with a great back yard and a lovely landscape, this 3 bedroom, 2 bath home is bright, open and in great condition. There is a nice living room with gas insert in the fireplace, a picture window for natural light and distant view, and it is all open to the dining/kitchen area with sliders to the rear deck and yard. You can live on one floor, but the basement is partially finished with a family room, full bath, connected laundry and two car garage with direct entry. A great value at \$169,000

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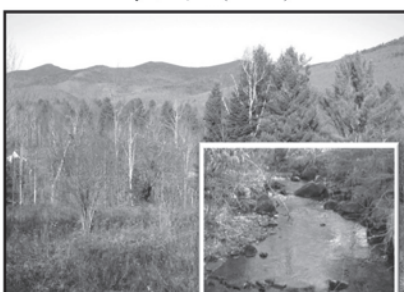
Randolph Hill Road: Situated on 243 nicely landscaped acres with a pond and spectacular Presidential Views, this charming 5 bedroom, 2 1/2 bath country home, built in 1838, is extraordinary. It includes a big country kitchen with vaulted family room, formal dining and living rooms, a large master suite on the first floor, a small study and an inviting sunroom with natural light and solar warmth. Outbuildings include a one bedroom cottage with kitchen/living/dining area, a Bunk House, and a 3 car garage. This is a beautiful home in a treasured community. \$395,000 (4741602)



LANCASTER: Located on the edge of town, yet close enough for easy access to all local amenities, this charming ranch offers the convenience and ease of single level living. It has a bright and efficient eat-in kitchen, family room, formal living and dining with beautiful hardwood floors, master with attached 3/4 master-bath, 2 additional bedrooms, 1.5 baths and a partially finished basement with direct entry garage. The house is situated on a double lot with large deck and plenty of space for gardens and play. Offered at \$179,000



LANCASTER: Cozy Ranch home privately situated on 2.78 acres with lovely views of Mt. Cabot right from the front porch. It offers an open a kitchen/dining/living space with 2 bedrooms, washer/dryer in the bathroom, plus a bonus room and workshop area in the full basement. The yard is flat and has beautiful perennial gardens, blueberry bushes, and multiple out buildings for all your work and storage needs. \$154,900 (4707751)



LANCASTER: 3 ACRES, more or less, beautifully located "out east" on Bone Brook, off McGary Hill Road, with excellent views of the Pilot Range and the Kilkenny National Forest. The ample waters of Bone Brook flow for several hundred feet along one boundary, and the land is open field or pasture. This is an excellent site, with other land available. \$34,900 (4636340)



JEFFERSON: 5.02 acres located with frontage on View Top and Whipple Roads, with excellent mountain views. Look across open meadows to Starr King and the Kilkenny Range above the Israel River Valley, or with clearing, the Presidentials might be seen above Jefferson Meadows. This parcel is wooded, beautifully located and nearly adjoins the protected lands of the Wildlife Refuge. \$49,500 (4728113)



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Delaney

(continued from Page A1)

neering pieces of equipment that remove carbon dioxide from the air and put it back into the ground. He reassured the audience that these pieces of advanced equipment do exist, but they are too small and need to be enlarged to make a significant impact on the climate.

Delaney also caught the ears of the audience when he stated that “...the young people of today are the first generation to not do better than their parents.” He tied this point in to the dramatic technological advancements of the last twenty years. The amount of global connectivity is astounding he said, but with this connection to the world comes a disconnection with each other. If this rate of technological advancements continues fifty million jobs will be displaced said Delaney.

Healthcare was a huge topic Delaney talked much about throughout the event. He proposed that the U.S. government should adopt a type of “opt-in opt-out” method. With this system Americans could choose to go with a type of government healthcare program, or opt-out of this and choose to be insured through a private insurance company.

At the end of the event, I got the chance to ask Delaney a few questions that were not touched upon. First, I asked how he, as president, would revamp the public education system and bring such a vital system into the twenty first century.

“Well I think we basically need to reimagine public education,” Delaney said.

Bringing pre-K to every child in America is the first step, as it is the most important part of childhood development. Delaney continued to say that every adult should have the opportunity to attend some form of high education weather this be college, community college, or a form of technical school.

I then asked Delaney how he felt about the new wave of Democratic Socialists who are appearing across the board in Washington, including some 2020 candidates. Delaney believes that America is a strong free market economy that has great social programs. He also added that while he does not believe in Democratic Socialism he does not totally denounce it.

Delaney went on to quote late President John F. Kennedy, saying “We shouldn’t seek the Republican answer, we shouldn’t seek the Democratic answer, we should seek the right answer.”

My final question for Delaney was how he would utilize and balance his skills as an entrepreneur, Congressman, and business owner to serve him best as president if he won the election. His response was that not only does he know how to create jobs in America from being a CEO, but he also knows how government works and how to get big things done from being a Congressman.

While some audience members seemed skeptical of Delaney’s big and bold ideas, many of those who listened to Delaney were intrigued by his centrist views and liked the energy he brought to the table. John Delaney has been viewed as an underdog candidate who doesn’t match up to many of the other candidates he’s up against. Nonetheless, the 2020 election is well over a year away, and every candidate has a long way to go.

The author is a student at Profile High School currently serving an internship with Salmon Press Newspapers’ North Country bureau.

BY STEVE BISSONNETTE
Contributing Writer

REGION — For this article, our reporter interviewed a parent of a bullied child. To protect their privacy of the family, names are omitted (but have been provided to the editor of this publication).

“The first I knew about it was when I got the call,” child ‘X’s father said. “It was in the middle of a work day; my wife called and said I had to come to the school right away. My son had attempted suicide, he tried to hang himself but it didn’t work.”

Stanford Children’s Health lists suicide as the number one killer of people aged 15 to 24, and the typical success rate of an attempt is one in 25 – it is higher for youths. While there are many variables that play into a child making the decision to end their lives, for Child X, bullying played a significant role.

“I had no idea my son was being bullied. I didn’t know he was being taunted at school, including being physically assaulted by a bigger classmate. What I really didn’t know was what was happening after school ...it used to be that if you got picked on at school you could go home and get away from it, but it’s not like that now. These kids go on these social media sites

Bullying in the digital age

and game rooms – those are the worst – and they pile on to whatever kid they’ve decided to attack. Every stupid idea one of them comes up with, and they can be kids or adults from anywhere in the world, the others can pick right up on it ...I got picked on in school, but it wasn’t like this.”

According to reports, 81 percent of teens believe that it is easier to get away with online bullying, and one in four teens report being bullied ‘more than once’. Only one in 10 of them will report bullying, 90 percent of teens admit to having seen it and ignored it, and 84 percent say they have seen others tell cyber bullies to stop. The vast majority of bullying occurs on cell phones, which most teens now have.

“The day he did this, I knew something was wrong. I picked him up at school and he wouldn’t talk to me ...I was a little angry with him because of his attitude,” said the parent.

Aside from verbalizing their intent to commit suicide, teens who are contemplating this may withdraw from friends and family, engage in risky behavior, lose interest in school or friends, stop taking care of their appearance, and experience headaches, stomach aches and fatigue.

“If I could say one

thing to families going through this, and I know a lot of families are, it would be to listen to the damn doctors – not your friends and family. We had people telling us that all my son needed was to get outdoors more, they told us to take away all his internet, give him more discipline, they said all the doctors want to do up here is drug the kids – we listened to a lot of that ...it’s what we felt too. It’s been four long years of regular hospital visits, therapy, and fighting the doctors about the meds ...in the end I think we just made it worse,” he said.

The parents of Child X said that, despite their strong dislike of pharmaceuticals and distrust of the system in general, they eventually relented and allowed their son to receive the medicine being recommended by his doctor and therapist.

“We saw that what we were doing wasn’t working ...and he was about to turn 18; we needed to get him on the right path before (then).”

In their son’s case, the medicine helped.

“I don’t understand a lot of this stuff, but I understand more than I ever wanted to. I used to be the most unsympathetic individual you could imagine; I didn’t believe in all this mumbo jumbo about things like depression ...I’ve seen it. I hope no other parent has to wake up

in the morning, afraid to open their kids bedroom door, it’s a real thing ... for my son, getting him the right treatment was like clearing the path for all the other things to work. Now he’s doing things that we couldn’t get him to do ...he’s acting like a 19 year old and I think he’s going to be fine.”

For parents, there is no greater defense than being aware of what your child is doing online.

“I thought he was just playing video games with his friends ...they have chatrooms in a lot of those games, that’s where a lot of stuff goes down,” the father explained.

A simple internet search yields many great resources to guide parents in managing their child’s online lives.

“Our son’s school was helpful too, but they can only do so much,” he said.

Other teens can also help fight the problem by saying speaking up every time they witness it. Bullies, loud as they may be, are usually cowards.

Most importantly, Child X’s father says, “Don’t ignore the signs, don’t blow it off as kids being kids.”

Progress

(continued from Page A1)

quency would reduce the amount of interest due on loan. Clark confirmed it would lessen it. The Board of Selectmen voted unanimously 3-0 to move forward with the Bank of New Hampshire and establish a monthly

loan payment schedule to keep the interest payments as low as possible. Scalley made a motion to authorize Clark to negotiate with the bank and to reach out to the town’s legal counsel with the caveat that the board would have the final say in decisions. The motion

passed unanimously. This project will have an impact of seventy cents per \$1000 on taxpayers, which would translate to an additional \$70 in annual payments per \$100,000 in property value. The projected budget includes a five percent “just-in-case” buffer.

According to Building Committee minutes, the existing Town Hall building is appraised at \$277,000, and the Fire Station at \$175,000. Reports are available for interested members of the public.

Holocaust

(continued from Page A1)

stances in the United States as well as in Cambodia and other places where Holocaust like actions occurred, saying “We have to look at how some of this happened before so we can learn to avoid it.”

So far, the class has had 20 lessons on the subject.

“We all have different opinions. One thing we learned is how to be respectful of everyone’s opinion and I think this group was very success-

ful in doing that,” said Kleinschrodt.

Rowell added, “There were some debates and there was some friction but we always had productive conversations.”

Student Isaiah Tillson related some of the events that led up to the Holocaust to what is happening today, according to his point of view, commenting “Our president is holding immigrants and separating families. This is how things started out with the Nazis.”

Kaden Covill pointed out to Tillson that

the President has since made attempts to reverse the laws in regards to families being separated.

When discussing the positives about the project, James Duguay said, “This topic really did unite all of us and taught us to adapt and work as a group and to accept other’s opinions while still having our own.”

Sara Sullivan, added to that thought, “I feel like I learned how to form an opinion based on actual facts and learned how to adapt to

different things going on by asking certain questions.”

Tillson said, “I learned how to control my emotions about other’s opinions.”

One topic discussed with the group was how they handled any disturbing footage and what moments stuck with them.

Sullivan said, “We watched a video of an old man who had survived the Holocaust and he was crying so hard, and that really hurt to watch. He was sharing his sto-

ry and still getting so choked up years later.”

Rowell said, “We read a passage about a family who was living underneath a store hiding out. The store owner protected them while risking his own life.”

Kendrick Cass talked about the soldiers, saying “We were watching an interview with a soldier where he said that this is just his job. The fact that he became so numb to it was something that really resonated with me.”

“I found a picture of

Nazis looking for Jewish families, and in it they were throwing newborn babies in the backs of cars. I don’t understand how humans can treat other humans that way,” said Tillson.

Throughout the course of the lessons, author K. Heidi Fishman visited the students where she talked about her book, ‘Tutti’s Promise’ in which she writes about her mother who was a survivor of the Holocaust. The author lives in Norwich, Vt.

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Weeks Library Children’s Spring Calendar

LANCASTER — Spring has sprung and the weather is improving. The Weeks Memorial Library has a variety of programs for children during these warmer days.

Beginning Monday, April 29 at 3 p.m. and running for five weeks will be Magic School Bus Science. Each week, we will read a book and conduct experiments related to the book. This program is for children in Grades three to five.

Tuesday, May 7 and June 6 at 3 p.m. will be BINGO for Books for children Grade one and up.

Doll Club will be held Saturday, May 11 at 10 a.m. This month, we will be making Mermaid outfits for our dolls. This program is for children ages five and up.

Tuesday, May 14 at 3 p.m. is Rookie Readers for children in Grade K-2, for beginner readers and book lovers.

We will hold a Patriotic Story Hour on Tuesday, May 21 at 3 p.m. This is a special story hour to celebrate our country and is for children in Grade K-2.

Math Fun will be held on Tuesday, May 28 at 3 p.m. for children in Grade K-2. Math Fun teaches math skills with fun, hands-on activities.

On Tuesday, June 17 at 3 p.m., we will hold Summer Reading Readiness. This is a special program to kick off the summer reading program. We will have snacks and crafts related to this year’s summer reading program: Universe of Stories. This program is for children in Grade K and up.

WonderPlay, every Tuesday at 10 a.m., is a program for ages birth to three that promotes language and movement. It is full of fingerplays, songs, movement and a story. After each session the children are invited to have a goldfish snack. Come join a great group!

Wednesdays from 3 p.m. is Lego Club. Children are invited to let their creative juices flow and build. Story hour for children ages three to five years is Thursdays at 10 a.m. Each week, we will have books, songs, and a craft based on a theme.

Fridays from 3 p.m. is

Game and Puzzle Day for children of all ages. Play a game with a friend or challenge yourself to a puzzle. Pre-registration is required for all after-school programs and Doll Club.

Please Note: There will be no programs the week of June 9. Summer Reading Program begins Monday, June 23 with a variety of fun activities and performers scheduled throughout the summer. Reading logs can be picked up the week of June 17. Registration is required for all afterschool programs and doll club. Please note the library will be closed Monday, May 27 in observance of Memorial Day. Children under the age of 8 must be accompanied by an adult, unless registered for a program.

For more information please contact Ronnie Zajac, Youth Services Librarian, at the Weeks Memorial Library 788-3352 or email: wml@myfairpoint.net. Check out our Web site: www.weekslib.org and Facebook.

Weeks Memorial Library Teen/Tween Spring Calendar

LANCASTER — Every Monday evening at 7pm is Teen/Tween Time at the Weeks Memorial Library. Teens and tweens are invited to come and enjoy the library and its offerings. We will kick off the spring season with Fresco Paintings on April 29. We will be using Plaster of Paris to create works of art. Mother’s Day Craft will be on May 6. We will create vases from recycled materials and flowers from paper. May 13 is Puzzle Night. How are you at seeing the big picture? We will challenge ourselves with puzzles of all shapes and sizes. May 20 is Forensic Science. We will look at our fingerprints and try to solve a mystery. June 3 is Summer Reading Fun. We will celebrate the beginning of the summer reading program: Universe of Stories.

For more information please contact Ronnie Zajac, youth services librarian, 788-3352 or email: wml@myfairpoint.net.

Please note the library will be closed on Monday, May 27 in observance of Memorial Day. Registration is required for all events to insure we have materials for all participants.

Please keep an eye out for our summer schedule, which begins June 24, and be a part of the summer reading program.



COURTESY
Left to right: NCP4SEL Advisory Team Members Jessica Riendeau, Jessica Loiacono, Kelly Dussault, Kerry Sheehan, Mollie White, Shelli Roberts, Jackie Daniels, Kelly Noland, and Lori Langlois.

Partnership guiding regional effort on social and emotional learning

REGION — A collaborative effort has emerged in the North Country as a result of schools and related family/child-serving organizations recognizing the need to make social and emotional learning a greater priority. Concerned stakeholders began convening a year ago and were initially focused on ways to support and respond to students who are impacted by trauma and adverse childhood experiences (ACEs). While trauma-sensitive practices remain an element of the work, the group broaden its efforts under the umbrella of social and emotional learning from birth through adulthood. With districts throughout the region participating, as well as several community agencies, the effort has been dubbed the North Country Partnership for Social and Emotional Learning Practices (NCP4SEL).

The first goal of NCP4SEL is to achieve region-wide adoption of the five core competencies recommended by the Collaborative for Academic, Social, and Emotional Learning (CASEL). Those core competencies are self-awareness, self-management, social awareness, relationship skills, and responsible decision making. In the CASEL framework, practices and strategies targeting each of these competencies are considered for the classroom, school, home, and community settings. The partnership is currently drafting a guidance document to help educators, parents, and others working with children to identify developmental indicators for the various age spans. Accompanying those indicators will be recommended practices and strategies to teach and support the development of social and emotional competencies.

The advisory committee working on the SEL guidance for the region consists of Jackie Daniels, Lisbon Principal; Kelly Dussault, SAU 36 System of Care Coordinator (core team); Lori Langlois, Executive Director of North Country Education Services (core team); Jessica Loiacono, SAU 36 School Board; Kelly Noland, SAU 84 Director of Student Services; Danielle Oakes, Parent; Jessica Riendeau, SAU 7 Project Aware Coordinator; Shelli Roberts, currently Bethlehem Principal as soon to be Director of Student Services at SAU 36 (core team); Jim Ross, Woodsville Elementary Principal; Kerry Sheehan, SAU 36 Curriculum, Instruction & Assessment Director; Lynda True-Carter, SAU 20 School Counselor; and Mollie White, Executive Manager, Coös Coalition of Young Children & Families (core team).

The core team recently presented at the statewide New Hampshire School Administrators Association Best Practices in Student Behavioral Health Conference. They are sharing the work of the regional partnership at a national SEL conference in Nashville, Tenn. in June. More information on the partnership can be found at ncedservices.org/ncsel.



COURTESY

Finished siding is now being installed on the south side of the new Lancaster Patient Care Center at Weeks Medical Center. Concrete also has been poured in the Corridor Connector, which will link the new center to the hospital. Construction is on schedule.




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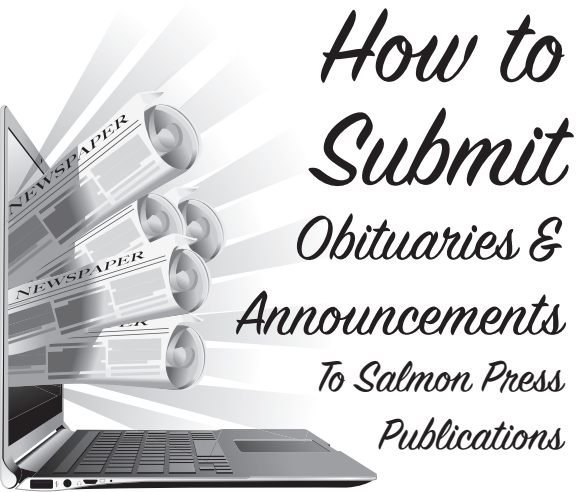
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Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com

Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor
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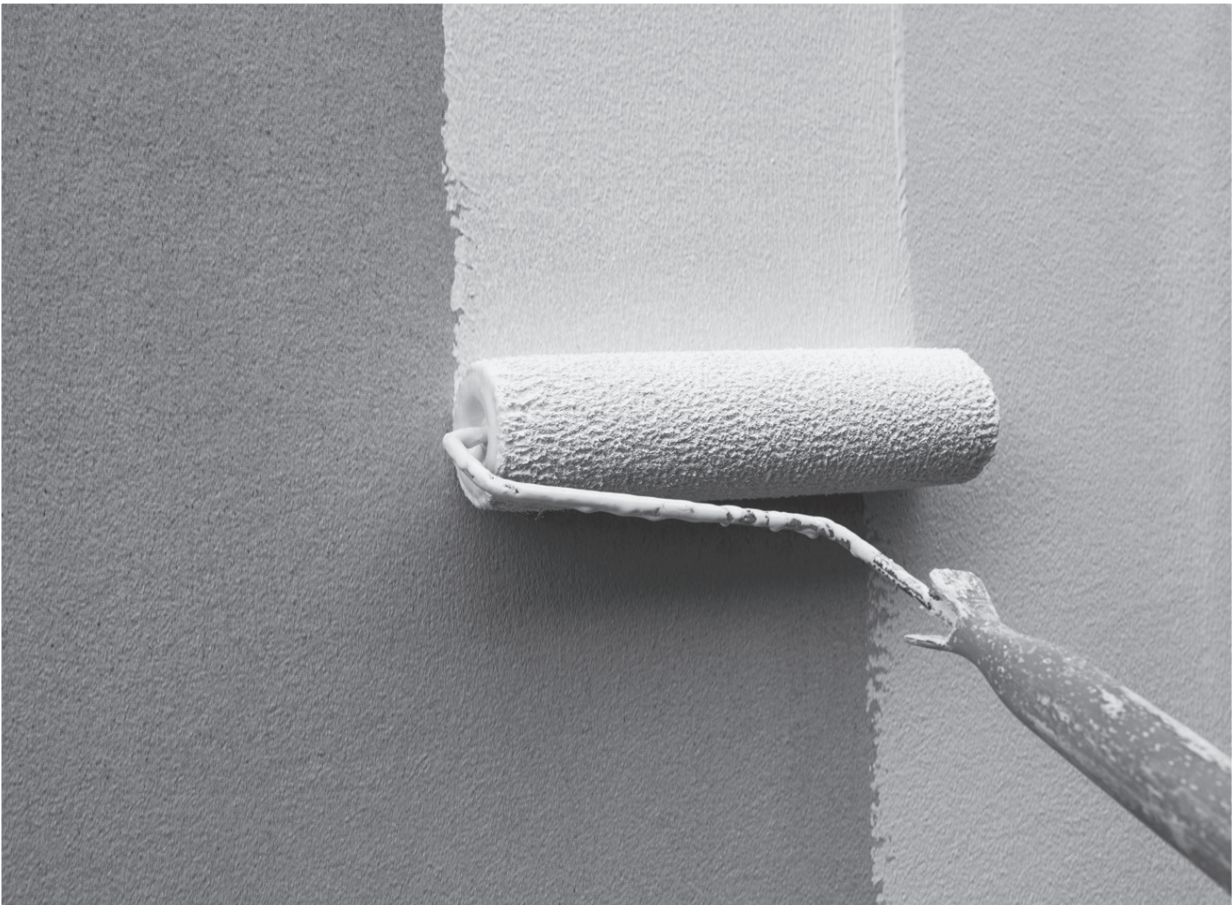
Spring HOME IMPROVEMENT

When it can be smart to hire a painting pro

Few things can revitalize a home more readily than a fresh coat of paint.

Thanks in part to the affordability of paint and its ease of application, painting is something that even novice DIYers can typically handle. According to the marketing advice guru Brandon Gaille, it is estimated that residential interior paint only lasts around three years before it needs to be updated. Exterior paint can fade, chip and peel due to various environmental factors. As a result, many homes can likely use a fresh coat of paint in at least one room.

As DIY-friendly as painting can be, when attempting to paint the interior or exterior of their homes, homeowners may learn that some painting projects are best left to the professionals. Painting requires skill, patience and a knowledge of how various paints — including finishes for particular applications — will hold up. Novice painters may do more harm than good by dripping paint on expensive carpeting or floors or fail to recognize the nuances



that indicate a spot-on painting job.

Professional painters have spent hours upon hours learning the ropes of what works — and what does not. Painters often understand that painstaking preparatory work is crucial to getting pristine finished results. Walls and ceilings must be properly repaired and prepared even before a base coat is applied.

Professional painters also have an eye for details. And because professional painters make a business out of doing interior and exterior surfaces, they understand which techniques can improve efficiency. That means a professional job can typically be completed much more quickly than a DIY project.

Even though some people think they'll save money by paint-

ing their own homes, that's not necessarily true. Professionals already have all the equipment necessary, unlike novices who may need to make repeated and potentially costly trips to the hardware store for supplies. Plus, if mistakes happen, DIYers have to spend additional time and money fixing them.

Safety can be a large motivator for turning painting over to a pro. Navigating exterior areas or tall interior ceilings can be challenging and may require scaffolding or tall ladders DIYers do not have. Risk of falls or other injuries increase with lack of experience.

Painting can give a home a facelift, and oftentimes it is smart to turn the work over to professionals to ensure the job is done just right.

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Spring HOME IMPROVEMENT

How to control crabgrass before it appears

Homeowners who enjoy tending to their lawns know that grass is vulnerable to a host of problems, many of which appear at a time of year when lawn enthusiasts want to showcase the fruits of their lawn-and-garden labors.

Crabgrass is a common problem that appears in summer. According to Lowes, crabgrass plants produce thousands of seeds between midsummer and early fall. While the first frosts of late-fall or early winter kill the crabgrass plants, the seeds produced by the plants remain dormant throughout winter and then begin to grow as the ground temperature warms up with the spring and summer thaw. As a result, controlling germination, which is the development of a plant from a seed or spore after a period of dormancy, is the key to preventing crabgrass from becoming an unsightly blemish that can harm your lawn in summer.

A proactive approach to crabgrass can save homeowners the headaches of dealing with this unwanted guest taking over their grass. The following tips, courtesy of Lowes, can help homeowners reduce the likelihood of their lawns being overcome by crabgrass as summer hits full swing.

- Recognize that routine lawn maintenance may not be enough. Even lawns that receive sufficient TLC can fall victim to crabgrass. A proactive, crabgrass-specific approach to lawn maintenance is the most effective way to control the problem before it pops up.

- Apply a pre-emergent herbicide. Pre-emergent herbicides kill crabgrass seedlings as they germinate. While these herbicides are highly effective, they must be

applied at precisely the right time. The right time to apply them depends on weather patterns. For example, Lowes notes that homeowners who live in regions that might have experienced warmer than usual winters will probably need to apply the herbicides earlier than usual. While the manufacturer instructions should always be followed when applying

herbicides, it's essential that homeowners take weather patterns into consideration as well.

- Wait until the ground temperature rises above 60 F. Applying herbicides when the ground temperature is below 60 F might render the products ineffective. Gauging soil temperature can be tricky, but Lowes advises monitoring shrubs

and trees on the property. Once shrubs begin to bloom and trees bud, herbicide can be applied.

- Wait when treating newly seeded lawns. Pre-emergent herbicides might kill new grass seedlings, so homeowners with newly seeded lawns should wait until they have mowed their lawns three times before applying a herbicide.

- Emphasize uniform application. If a herbicide is not applied uniformly across the lawn, crabgrass can establish itself and ultimately spread to the rest of the lawn.

- Do not thatch or aerate after applying a herbicide. Thatching or aerating a lawn after

applying a herbicide might break the product's chemical barrier, thereby rendering it ineffective.

Crabgrass can quickly spread on an untreated lawn. A proactive approach that prevents its growth can keep lawns looking great through summer.





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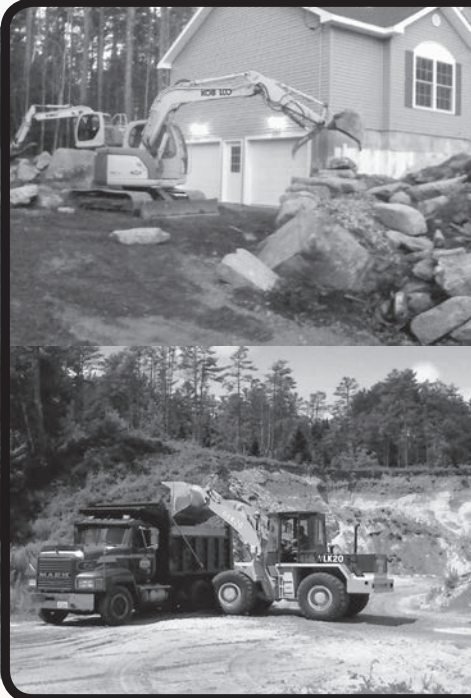
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Spring HOME IMPROVEMENT

Simple ways to prevent dog-related lawn damage

Dogs love spending time outdoors. Dog owners with yards know that dogs benefit greatly from some exercise in the backyard. While that time might be great for dogs, it can take its toll on lawns.

Dog urine and feces can adversely affect the look and health of a lush green lawn. Nitrogen is essential to healthy soil, but only at certain levels. When those levels are exceeded, the result can be lawn damage. According to The Spruce Pets, an advisory site that offers practical tips and training advice to pet owners, this is what happens when pets frequently urinate on grass. Urine is naturally high in nitrogen, so



when pets urinate on lawns, the grass might turn yellow or brown due to the excess nitrogen content. Nitrogen also is present in lawn fertilizers, further exacerbating the problem for pet owners who fertilize their lawns.

In addition to urine damage, dogs can trample frosted grass, contributing to problems that may not become evident until spring, and get into areas like gardens where they wreak additional havoc.

Pet owners who want to let their dogs run free in the yard but don't want damaged grass may be tempted to put their pooches in diapers or confine them to crates when letting them outside. But such an approach isn't necessary. In fact, some simple strategies can be highly effective at preventing dog-related lawn damage.

- Speak with a landscaper about planting new grass. Certain types of grass, such as Bermuda grass, can withstand dog damage better than others. Local climate will dictate which types of grass are likely to thrive in a given area, so speak with a professional landscaper about the viability of planting new grass.
- Install fencing. Pet owners with expansive yards can install fencing that allows dogs to spend time exercising outdoors without granting them access to the entire property. Large dogs will need more room than small ones, but try to build fenced-in areas that allow dogs to run freely and get the exercise they need to stay healthy.
- Work with a dog trainer. Dog trainers might be able to work with dogs so they only urinate in certain areas of the yard, greatly reducing the damage they can cause to a lawn. Trainers also might help curb digging and clawing behaviors that can damage lawns as well as gardens.
- Consider hardscaping. Hardscaping might be most effective for pet owners with small properties. Hardscaping does not include grass and can add visual appeal to a property while saving pet owners the headaches of dealing with dog-related lawn damage.

Dogs need time outdoors, and homeowners can take various steps to protect their lawns from dog-related damage.



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Spring HOME IMPROVEMENT

Are backyard chickens right for you?

Raising backyard chickens has been a growing phenomenon for several years. Many cities have passed laws legalizing backyard chickens, encouraging many to raise chickens as a rewarding hobby.

One of the biggest benefits to raising back-

yard chickens is that their eggs are fresher and often tastier than store-bought varieties. Hens can lay one egg per day. Multiply that egg per hen, and break-fast is always available. Another benefit to chickens is they produce a natural fertil-

izer that can be used in gardens. “The Old Farmer’s Almanac” says chicken manure can be composted, aged and eventually added to the garden. In about six months, a person will accumulate about one cubic foot of manure per chicken. Egg shells

and other compostable material can be added to create an even richer formula.

Chickens also can help control bugs around the yard, offers the experts at Tractor Supply Company.

Before investing in backyard chickens, people should determine if chickens will fit with their lifestyle. Costs and care are a big consideration.

Each chick will cost anywhere between \$3 to \$5 a bird. Then there’s feed to consider. The most expensive item will likely be the coop. The experts at The Happy Chicken Coop, a resource for raising chickens and starting coops, says handy men and women can build homemade coops, but ready-made ones will cost a few hundred dollars. The coop will need to offer around four square feet of space per chicken (or what’s recommended for the breed).

Despite being seemingly independent birds, chickens need people to be active caregivers. They require feed and water daily. The chickens will need a caregiver while you vacation. People who are frequently away from home should reconsider chickens.



Chickens also are prone to worms, parasites and lice. They need to have rear feathers trimmed to stay clean and sanitary, and they will require an area where they can “dust” and self-groom. The Centers for Disease Control and Prevention advises not to cuddle and kiss chickens like pets because they can carry salmonella. Not every

coop is completely varmint-proof, and some chickens may succumb to predators. Squeamish or sentimental folks may find chickens aren’t the right fit. Chickens require commitment and care that many people can provide. It is essential to do one’s homework to ensure that backyard chickens are a sound investment.

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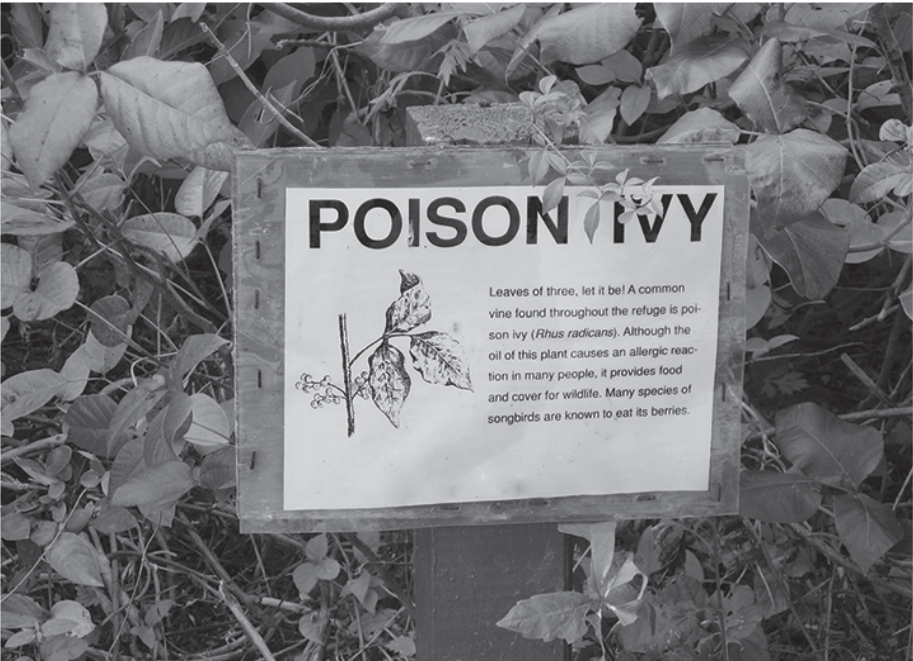


Spring HOME IMPROVEMENT

How to identify poison ivy

Poison ivy is an unwelcome guest on many properties. Unfortunately, many people don't recognize the presence of poison ivy on their property until it's too late and they've already fallen victim to the uncomfortable, itchy red rash that is the plant's hallmark.

According to Poison-Ivy.org, a website providing information about poison ivy, poison oak and poison sumac, the rash from poison ivy may first appear as just a slight itchy spot. But that spot will gradually get worse and can even cover your entire body with giant red sores if left untreated or if it goes undetected for too long. That only highlights the importance of learning to recognize poison ivy on a property and taking the appropriate mea-



sures to prevent anyone from coming into contact with it.

Is all poison ivy the same?

Many people may be surprised to learn that all poison ivy plants are not one and the same. Poison-Ivy.org notes that there are dif-

ferent types of poison ivy in different places, so curious homeowners should visit the site to determine how to identify the type of poison ivy specific to where they live. Eastern Poison Ivy grows on the ground, climbs

and sometimes appears as a shrub. And despite its name, Eastern Poison Ivy grows from the east coast to the midwest, affecting people in middle American states like Kansas and Nebraska. Eastern Poison Ivy

also can be found in some parts of Texas and Arizona.

What are some telltale signs of the poison ivy plant?

Eastern Poison Ivy is the most widespread poison ivy plant, and these are some of its characteristics. (Note: People who live outside of regions where Eastern Poison Ivy grows can learn about the characteristics of plants in their area by visiting www.Poison-Ivy.org).

- Poison ivy plants always have leaves of three. No poison ivy plants have more than three leaves.

- Poison ivy always grow left, then right. That means that the stem/branch of leaves closest to the root of the plant will always lean left. Subsequent stems/branches of

leaves can lean right. Stems/branches of poison ivy leaves are never side by side.

- Poison ivy plants never have thorns.

- The edges of poison ivy leaves are never saw-toothed or scalloped.

- Poison ivy leaves will appear differently depending on the season. In spring, Eastern Poison Ivy leaves will appear red. As spring turns into summer, the leaves will gradually appear more green. Come fall, the green leaves will look as if they were brushed with red, with some leaves featuring patches or spots of red.

The poison ivy rash can be very uncomfortable. Learning to identify poison ivy plants can help people avoid the rash.

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Factors to consider when choosing and applying mulch

Homeowners may associate mulch with springtime lawn and garden care, but mulching in fall can benefit a lawn as well. According to the Morton Arboretum in Illinois, mulch protects roots against extreme temperatures, and not just those associated with summer heat waves.

Mulch is often connected with its ability to help soil retain moisture during especially warm times of the year, when mulch promotes strong roots that can help lawns and plants survive periods of extreme heat. But when applied in the fall, mulch also inhibits freezing and thawing in winter, reducing the likelihood that plants will be injured.

While applying mulch in fall can be beneficial to lawns, homeowners should first consider a few factors.

• **Timing:** The Morton Arboretum notes that mulch being applied as winter protection should not be applied too early in the

fall, as doing so may delay the soil freezing process. Homeowners should wait until after a hard frost in the fall to apply winter mulch. In many places, hard frost will not appear until late fall.

• **Texture:** The Morton Arboretum recommends medium-textured mulch. Fine particles may pack down and retain moisture that will evaporate before it reaches the plant roots. Materials that are too coarse may be incapable of holding sufficient amounts of water to benefit the soil.

• **Nutrients:** Humus is an organic component of soil that forms when leaves and other plant materials decompose. Organic mulches provide humus and decompose over time, adding nutrients into the soil. The Morton Arboretum recommends that homeowners use organic mulch that was composted or treated prior to application so any weeds, insects or microorganisms are killed.

• **Application:** Cor-



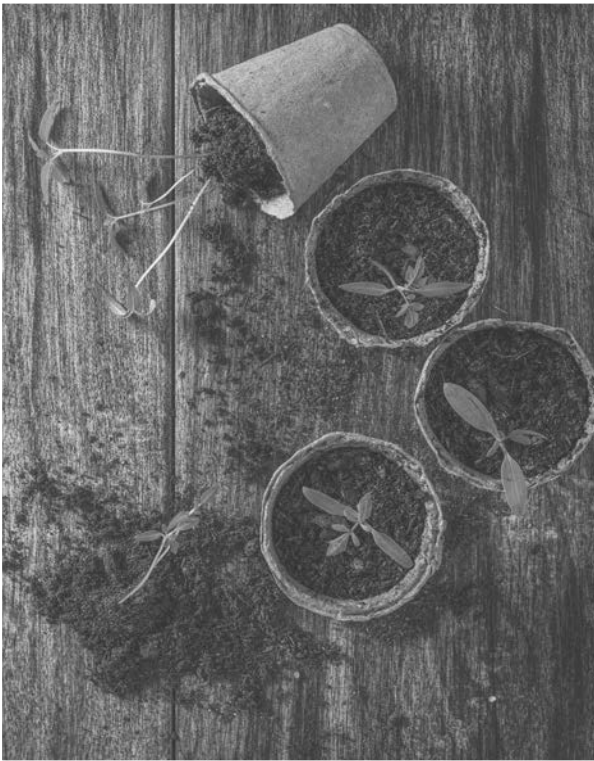
rect application of the mulch is essential. Applying too much mulch can adversely

affect lawns, plants and soil. In addition, excessive application can cause decay

and make lawns and plants more vulnerable to disease. Homeowners uncertain

about when and how to apply mulch in the fall can consult with a lawn care professional to devise a plan that ensures their lawns and gardens hold up against winter weather.

Mulch may be widely associated with spring lawn care, but applying mulch in the fall can benefit lawns and gardens as well.



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Ronish scores big for Spartan track

BY TARA GILES
tara@salmonpress.news

PENACOOK — The WMRHS girls' track team had a great day in Penacook despite huddling under umbrellas in between events. Junior Taima Ronish scored big for the team, placing tops in all of her events to include the hurdles and the triple jump.

Junior Taylor Roy did well, placing seventh in the pole vault, flying over the bar at six feet, 11 inches.

Jennifer Fowler placed 25th in the shot put with a throw of 23 feet, two inches. Team-mate Isis Kelm placed 27th with a toss of 22 feet, 11 inches. Sarah Gauthier, a junior, took 33rd place throwing the shot



Ellie Burke of White Mountains launches the javelin at Saturday's meet at Merrimack Valley.

put 21 feet, one inch and Kelsey Graham placed 36th (20 feet, eight inches).

In the triple jump, Ronish placed third,

leaping 32 feet, one inch. Kadi Bedell was 15th with a jump of 28 feet. Jada Hare took 25th with a jump of 22 feet, seven inches.

Fowler placed 24th in



JOSHUA SPAULDING

Taima Ronish clears a hurdle during action Saturday at Merrimack Valley.

the discus with a throw of 59 feet, two inches. Mya Dube placed 38th with a throw of 44 feet, two inches and Gauthier placed 41 with a distance of 42 feet, three inches.

Roy placed high in the javelin, taking seventh with a distance of 81 feet, one inch. Ellie

Burke placed 28th (57 feet, 11 inches). In the high jump, Bedell took 10th place clearing four feet, four inches. Abby Friedman, new to the event, placed 13th, clearing four feet, two inches.

On the track, Ronish placed first in the 100-meter hurdles, crossing in

17.65. Blayne LaChance ran a personal best in the 800 meters, crossing with a 2:36, placing 12th. In the 200-meter dash, Lena Dodier finished in 29.31, placing 13th out of a field of 72 runners.

The team will compete at Coe-Brown on Saturday.

Spartan tracksters show well at Merrimack Valley



JOSHUA SPAULDING

Senior Zeke Pribbernow had a great day at the high jump in Merrimack Valley, clearing the bar to a third place finish.

BY TARA GILES
tara@salmonpress.news

CONCORD — The WMRHS track team headed to Merrimack Valley on Saturday for a rainy day spring meet. Despite wet conditions, the athletes netted some solid performances and even banked some personal bests.

Zeke Pribbernow had a great day throwing javelin, placing third with a throw of 136 feet, six inches. Brother Forrest Pribbernow wasn't far behind, tossing 107 feet, three inches, placing 15th. Justin Clifford placed 31st with a throw

of 87 feet, five inches. Cole Aldrich was 501st with a toss of 72 feet, five inches.

Zeke Pribbernow did well in the discus, placing seventh with a throw of 105 feet, one inch. Clifford was 29th (79 feet, eight inches), Brandon Arnesen took 33rd (74 feet, 11 inches), Hunter Judge was 46th (63 feet, 10 inches) and Avery Hazelton placed 50th (60 feet, six inches).

Will Lucas placed 21st in the long jump, landing in 15 feet, nine inches. Dylan Cook was 47th, jumping 12 feet, seven inches and Judge placed

52nd with a jump of nine feet, five inches.

Junior Jack Parker took second in the high jump, clearing six feet, two inches. Zeke Pribbernow took third, clearing five feet, eight inches and Lucas placed 16th with a jump of five feet.

Arnesen placed 15th in the shot put with a distance of 33 feet, nine inches. Clifford took 40th (27 feet, five inches) and Hazelton was 48th (26 feet).

Miles Wharton ran the 1,600-meter race finishing with a time of 5:51. In the 110-meter hurdles, Logan Rines placed 14th,

crossing in 21.18. In the 100-meter dash, Forest Pribbernow took fifth place with a swift time of 12.20. Nick Travers placed ninth with a 21.38.

In a new event for the meet, Hunter MacLeod and Sunjay Sood placed sixth and seventh in

the 2,000-meter steeplechase. Sood crossed in 7:30 and MacLeod finished in 8:13.

In the 200-meter race, Dylan Cook placed 53rd with a 27.87, Andrew Cook was 57th (28.35) and Cole Aldrich took 59th (28.61).

In the 400-meter race, MacLeod placed 12th with a 56.74.

The team will compete at Coe Brown Academy in Northwood this Saturday.

Weather wreaks havoc on local sports schedules

BY TARA GILES
tara@salmonpress.news

REGION — Severe flooding in the area as well as inclement weather has caused several cancellations or postponements with games, track meets and tennis matches. Below is a region wrap up of the few events that have taken place.

On April 19, the Groveton Eagles baseball team traveled to Woodsville where they suffered a tough 11-0 loss. The team will play at home today against Pittsburg-Canaan at 4 p.m.

On the same day, the Groveton girls' softball team also suffered a loss against the Engineers. The final score was 5-1. On April 29, the team will face Profile on the road for a 4 p.m. game.

The WMRHS baseball team will travel to Hopkinton today for the team's first game of the season.

The Spartan softball team, reigning DIII champions, picked up a 6-0 win against Gilford on April 16. The team had a total of 10 hits including a two-run home run off the bat of Avi Challinor. Pitcher Hailie Hicks banked 19 strikeouts. The following day the team netted another 'W' as they defeated Plymouth 3-1. Hicks threw 13 strikeouts and only let the Bobcats have four infield hits. On April 29, the Spartans will head next door to face Littleton for a 3 p.m. game.

The Spartan boys' tennis team faced Moultonborough on April 12 on the road where they won 8-1. On April 17, the team faced the Crusaders, where they brought home a 6-3 win. Noah Enos, Ben MacKillop, Silas Southworth and Sam Heyliger each won their matches. The Spartans will have a re-match with Littleton at home on April 30.

The WMRHS girls' tennis team fell 8-1 against Gilford on April 5 and had the same fate on April 12 after suffering a 6-3 loss to Moultonborough. The team will face the Crusaders in Littleton on April 30 at 4 p.m.

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Three to be inducted into Mt. Washington Road Race Hall of Fame

PINKHAM NOTCH — Three outstanding veterans of the Northeast Delta Dental Mt. Washington Road Race will be honored on June 15 by their induction into the Mt. Washington Road Race Hall of Fame. In a ceremony following this year's running of the all-uphill footrace, the Mount Washington Road Race Hall of Fame will pay tribute to the achievements of Sumner Brown of Belmont, Mass., Fred Ross III of Vernon, Vt., and Rebecca Stockdale-Woolley of Chaplin, Conn. Each has enjoyed a long and exceptionally distinguished career as a competitor in this race to the summit of the highest peak in the northeastern United States.

The Hall of Fame committee and race organizers will also honor two new members of the 300-Mile Club, Gaeton Breton of Sherbrooke, Quebec, and Keith Woodward, of Stowe, Vt., for having completed the

race 40 or more times.

The 2019 Northeast Delta Dental Mount Washington Road Race, which starts at 9 a.m., attracts 1,300 runners who will make their way for 7.6 miles up the 158-year-old Auto Road. The Mt. Washington Road Race Hall of Fame was formed in 2010 to recognize outstanding performers in, and contributors to, the race.

Brown, 75, of Belmont, Mass., has been highly successful in his long history at Mt Washington and has clocked a lifetime personal best for the race of 1:10:53. He set the age-group record for men ages 45-49 in 1989, lowed it the next year, and then smashed the age 50-54 record in 1994 when he placed 18th overall in 1:12:27 – a record that stood for 15 years. In subsequent years, he set the 55-59-year age group record, ran the second-fastest time ever in the 60-64-year age group, and, in 2009, broke the record

for the 65-69-year age group. He holds the single-age record for age 63 and the fourth fastest time ever in the highly competitive 65-69 age group. Between 1984 and 2010 he finished the race 25 times. Most impressively, he has recorded 11 finishes on Mt. Washington in under one hour and 15 minutes.

Ross, 71, Vernon Vt., has recorded the most finishes of anyone in the history of the race with 42, and he became the first member of the race's 300-Mile Club. Ross also has the longest active streak of consecutive finishes with 41. In 2017 and 2018 he was the top finisher in the 70-74-year age group. He has also directed races including the Mt Equinox race, which was held in the 1970s and gave runners a chance to tune up for Mt Washington. Ross's connection to the race (and the mountain) run deep. He proposed to his wife at the finish of the race, and they later

married at the Tip Top House, at the mountain's summit. Ross is also a multi-time participant in Alton Weagle Day that takes place each Memorial Day weekend at the Auto Road.

Stockdale-Woolley, 68, of Chaplin Conn., ran the race 16 times between 1998 and 2018, regularly dominating the competition in her age group. She set the record for the 45-49-year age group in 1998 and again in 1999 (1:23:54), and for ages 50-54 in 2001, 55-59 in 2006, and 60-64 in 2011 and 2012. She holds the record for the 65-69-year age group, which she set in 2016 at 1:40:29 and then broke in 2018 with her time of 1:40:26. She also holds the single-age records for ages 55, 64, 66, and 67. Of the 16 times she raced, she placed first in her age group 13 times, finishing second twice to three-time Mt. Washington champion and Hall of Fame member Jacqueline Gareau (2000, 2005) and once to

Gareau's fellow Canadian and top age group runner Louise Voghel (2015).

The Mount Washington Road Race Hall of Fame (MTWHOF) recognizes athletic performance in the Northeast Delta Dental Mt. Washington Road Race or efforts to assist the race or promote it. Consideration is given to athletes, advocates, race staff members and volunteers. Inductees are chosen by a vote of the Hall of Fame committee and Hall of Fame members from a list of nominees compiled by Dec. 31 of the preceding year.

The Hall of Fame committee also oversees the 300-Mile Club, which was created in 2018 to recognize runners who have completed 40 or more Mt Washington road races. Breton, 71, of Sherbrooke Quebec, and Hall of Fame member Woodward, 68, of Stowe, Vt., who also was the race's overall winner in 1983, completed their

40th race in 2018 and become the second and third members of the 300-Mile club.

The Saturday afternoon Hall of Fame induction will precede the race's award ceremony. The induction ceremony will start at 1 p.m. in the large tent at the base of the Auto Road, on Route 16 just north of Pinkham Notch. The public is invited.

Regularly updated information about the Mt. Washington Hall of Fame is available at <http://mwrrhalloffame.com/>. Other HOF sites include Facebook ([facebook.com/mwrrhof](https://www.facebook.com/mwrrhof)), Twitter (twitter.com/mwrrrecords) and the Records/Hall of Fame blog (mtwashingtonrecords.blogspot.com).

For other information about the race, visit www.mountwashingtonroadrace.com.

Bicycle Hillclimb scheduled for Aug. 17

PINKHAM NOTCH — Regarded by elite cyclists as more difficult than the steepest ascents in the Tour de France, the Mt. Washington Auto Road Bicycle Hillclimb is raising its profile further with the expansion of its purse for winners. Beginning this year, the annual bicycle race to the summit of the highest peak in the northeastern United States will award prizes not only to the first male and first female finisher but also to the runners-up and third-place finishers. As in previous years, the top man and top woman will each win \$1,500. Now the second-place male and

female riders will each win \$750, and the two who take the third position on the awards podium will each receive \$500.

Also new this year is a \$500 prize for the first man and first woman to complete the race riding fixed-wheel (single-gear) bikes.

The 2019 Mt. Washington Auto Road Bicycle Hillclimb will take place this year on Saturday, Aug. 17. Registration is open now and will remain open until the field is filled, at its capacity of 635 riders. Any cyclists prepared to pedal 7.6 miles to Mt. Washington's summit are invited to sign up at

<https://www.bikereg.com/mwarbh>. Entrants may also participate in the Practice Ride, held on July 14 and limited to 300 riders. Questions about registration may be sent to joliver@tinmountain.org.

For competitive cyclists in this all-uphill race, the new prize structure is a significant enhancement. Traditionally, the top three finishers stand together on the three steps of the podium to receive acclaim for their remarkable performance, but until this year at the Auto Road, only the rider on the top step received a check along with the applause. This

year all three will.

Each year a number of riders tackle the Auto Road's extreme grade on bicycles with only one gear. These bikes have the advantage of lighter weight, because they do not carry derailleurs, but on the other hand do not offer the versatility of shifting gears as the road's grade varies from three percent to as much as 22 percent at the finish. The new prize recognizes the distinct challenge of climbing Mt. Washington on a fixed-wheel bicycle.

The race will continue to award a prime -- a cash prize for the male and female riders who are first to reach the

one-mile mark (so long as they eventually finish the race). This extra incentive adds a particular challenge on Mt. Washington, where a fast early start can be followed by six miles of relentless grinding up the mountain's steep slope. The prime is \$750.

The Mt. Washington Auto Road Bicycle Hillclimb is the main annual fund-raising event for the Tin Mountain Conservation Center in Albany, which provides environmental and recreational education for children, schools and families in communities in the White Mountains and the Mt. Washington Valley. Of the \$350 entry

fee, \$150 helps to cover the cost of staging the race. The balance is a tax-deductible charitable contribution to Tin Mountain's programs. This year, riders have the option of registering for \$150 and then raising the remaining \$200 in donations.

The race starts in six waves, beginning with the elite riders at 8:30 a.m. and followed by five more waves at five-minute intervals. In the case of extremely adverse weather on Aug. 17, the race will be postponed until Sunday, Aug. 18.

Bruce Giden/Magnum

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There are four things different between Picture A and Picture B. Can you find them all?

A



B



Answers: 1. Text missing from frame 2. No clock on wall 3. Extra rose in vase 4. Rose on table in background

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- 1667: A BLIND AND IMPOVERISHED JOHN MILTON SELLS THE COPYRIGHT OF "PARADISE LOST" FOR JUST £10.
- 1865: CORNELL UNIVERSITY IS CREATED BY THE NEW YORK STATE SENATE.
- 2006: CONSTRUCTION BEGINS ON THE FREEDOM TOWER IN NEW YORK CITY.



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- SPANISH: Decorar
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- FRENCH: Décorer
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Solve the code to discover words related to jazz music. Each number corresponds to a letter. (Hint: 3 = t)

- A. 17 22 19 4
Clue: Musical group
- B. 12 9 6 2 5
Clue: Notes strung together
- C. 3 11 9 12 1 15 3
Clue: Brass instrument
- D. 6 24 9 3 23
Clue: Region of US where jazz originated

Answers: A. band B. music C. trumpet D. south

SUDOKU

9		2						6
					2			5
			9					8
	7	1	2	8		9		3
	9		1	5				2
		3						
3		5						
		4	6					
			8	1		4		

Level: Intermediate

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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

2	6	9	8	1	5	4	3	7
7	8	4	6	3	9	2	5	1
3	1	5	4	2	7	6	8	9
8	2	3	7	9	6	5	1	4
4	9	6	1	5	3	8	7	2
5	7	1	2	8	4	9	6	3
6	5	7	9	4	1	3	2	8
1	4	8	3	6	2	7	9	5
9	3	2	5	7	8	1	4	6

ANSWER:



Send us your listings by 9 a.m. on Friday
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Ongoing Events:

Grandparent/Caregiver Support Group facilitated by the Gorham Family Resource Center. Second and fourth Thursdays of the month, 5-6:30 p.m. Offering support for grandparents/relative caregivers raising grandchildren/family members. St. Barnabas Episcopal Church, 2 High St., Berlin. FMI 466-5190.

Story Hour at the Whitefield Public Library, every Thursday, 10-11 a.m. (excluding holidays). For children ages three to five and their caregivers.

The Coös County Small and Beginning Farmers meets on the 3rd Thursday of each month. The next monthly meeting will be in the basement of the Colebrook Public Library, from 6:30 to 8 p.m.

Volunteers needed for Colonel Town Recreation Playground Fundraising Committee. Meetings held the second Tuesday of each month at Colonel Town Recreation Center, 16 High St., Lancaster, 788-3321.

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@nchcnh.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.

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 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.

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 Bailiwick’s 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.

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 @



Barbara R. Robarts

With the proliferation of Easter candy on store shelves, library staff decided to host what they hope will become an annual affair: a Peeps diorama contest. Entries have been collected over the last couple weeks, and are available for viewing at the library. Each diorama maker had to use Peeps as the main characters in the display which would reflect a book or portion of a book they had read. Everyone is invited to visit the library and view all the local creativity. You might even be tempted to check out the book.

During the spring and fall seasons, publishers and authors increase their publication of new fiction, perhaps for summer reading and Christmas purchases. Many of the authors the

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, contact John at 802-328-2182.

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.

Open Mic, the 3rd Saturday of every month, at Christ United Methodist Church, Main St., Lancaster. For more information, call 603-631-4890.

A Notch Above Photography Club meets the 2nd Saturday of each month at 1 PM in the conference room of the Bethlehem Public Library, 2245 Main St., Bethlehem, NH. The club is open to everyone interested in photography regardless of skill level. We meet for informal discussion, tutorials and photo critiques, and we schedule periodic field trips and nature hikes. New members are welcome. Contact doctortim@wildblue.net for more information or find us at Meetup.com. Join us for fun, fellowship and learning.

Messianic gathering, Saturdays, 10:30 a.m., 475 Whitefield Rd., Bethlehem. Join us for

teaching and a time of fellowship. For more information, call 444-1230.

This Week’s Calendar of Events:

April 24: OWLS Program, 8 a.m., North Country Community Recreation Center, 33 Rec Rd., Colebrook.

FIT-4-EVAH, 9:30-10:30 a.m., North Country Community Recreation Center, 33 Red Rd., Colebrook.

April 18: OWLS Program, 8 a.m., North Country Community Recreation Center, 33 Rec Rd., Colebrook.

Aquacize with Carol Bouchard, 8:30-9:30 a.m., North Country Community Recreation Center, 33 Rec Rd., Colebrook.

April 26: OWLS Program, 8 a.m., North Country Community Recreation Center, 33 Rec Rd., Colebrook.

FIT-4-EVAH, 9:30-10:30 a.m., North Country Community Recreation Center, 33 Red Rd., Colebrook.

Aquacize with Carol Boucahrd, 6 p.m., North Country Community Recreation Center, 33 Rec Rd., Colebrook.

Carriage Lane Players present “Barefoot in the Park”: 7 p.m., Kaufman Theater, Tillotson Center, 14 Carriage Lane, Colebrook.

April 27: National Drug Take Back Day, 10 a.m.-2 p.m. Locations include the Berlin, Bethlehem, Carroll, Colebrook, Gorham, Groveton, Haverhill, Lancaster, Littleton, Lisbon, and Whitefield Police Departments.

Carriage Lane Players present “Barefoot in the Park,” 2-4 p.m., Kaufman Theater, Tillotson Center, 14 Carriage Lane, Colebrook.

“Who Sings This Tune” A benefit event for UCVH, 2 p.m., Outback Pub, 869 Washington St., West Stewartstown.

Carriage Lane Players present “Barefoot in the Park”: 7 p.m.,

Kaufman Theater, Tillotson Center, 14 Carriage Lane, Colebrook.

Canaan Rec Park Committee Variety Show, 7-9 p.m., Canaan High School gym, Canaan, Vt.

April 28: Carriage Lane Players present “Barefoot in the Park,” 2-4 p.m., Kaufman Theater, Tillotson Center, 14 Carriage Lane, Colebrook.

April 29: Parent & Child Aquatics, 5:30 p.m., North Country Community Recreation Center, 33 Rec Center Rd., Colebrook.

April 30: OWLS Program, 8 a.m., North Country Community Recreation Center, 33 Rec Rd., Colebrook.

Career Fair, 8 a.m.-3 p.m., Omni Resort at Bretton Woods. Registration & Set-up, 8-8:45 a.m., Student Fair 9-11 a.m., General Public 11 a.m.-3 p.m.

Parent & Child Aquatics, 5:30 p.m., North Country Community Recreation Center, 33 Rec Center Rd., Colebrook.

Aquacize with Carol Boucahrd, 6 p.m., North Country Community Recreation Center, 33 Rec Rd., Colebrook.

May 1: OWLS Program, 8 a.m., North Country Community Recreation Center, 33 Rec Rd., Colebrook.

FIT-4-EVAH, 9:30-10:30 a.m., North Country Community Recreation Center, 33 Red Rd., Colebrook.

North Country ATV Club, 6-8 p.m., Stratford Nighthawks Club House.

Colebrook Ski-Bees, 7-9 p.m., Colebrook Country Club.

PLEASE FORWARD CALENDAR ITEMS FOR CONSIDERATION FOR THE COÖS COUNTY DEMOCRAT AND BERLIN REPORTER NO LATER THAN ONE WEEK PRIOR TO THE DESIRED PUBLICATION DATE TO BRENDAN@SALMONPRESS. NEWS or call 603-279-4516, EXT. 101.

Weeks Memorial Library

library regularly buys have just issued their annual series volumes. Jacqueline Winspear has added to her Maisie Dobbs series with “The American Agent,” Anne Perry continues her Daniel Pitt mysteries with “Triple Jeopardy,” and Donna Leon returns with detective Guido Brunetti in her Venetian series “Unto us a Son Is Given.” C.S. Harris places her new Sebastian St. Cyr historical mystery, “Who Slays the Wicked,” in 1814 London with the Regency-era nobleman-turned-death investigator to solve another murder. Alexander McCall Smith has started a new series with “The Department of Sensitive Crimes,” in a genre he calls Scandi Blanc. Part of the Swedish Criminal justice system, Ulf “the wolf” Varg, Anna Bengtsdotter who is in love with Ulf’s car and maybe Ulf too, and Erik Nykvist who loves fly fishing combine to solve cases in Malmo, Sweden.

Anne Hillerman who aptly continues her father Tony’s work on Navajo culture and southwest with another Joe Leaphorn novel called “The Tale Teller.” Also new in the mystery section is Eliot Pattison’s “Bones of the Earth,” which combines Tibetan and Chinese history and culture, Anna Raybourn’s “A Dangerous Collaboration” (another Veronica Speedwell adventure), and Maine author Gerry Boyle’s “Damaged Goods.” In a lighter vein are “Final Exam,” a Witch City mystery by Carol Perry, and “Mrs. Jeffries Delivers the Goods” by Emily Brightwell. The extensive Mrs. Jeffries series books have been flying out of the library on interlibrary loan recently. Perhaps a new British TV series in the making? Another Maine author Jane Brox has produced an exploration of silence in a book of the same name. In her

investigation Brox discusses silence both as a solace for the contemplative and as punishment, beginning in the monastic world of medieval Europe and continuing to study the use of silence in the modern day prison system. Dave Cullen is well known for his definitive work called “Columbine,” after the high school shootings, and he now turns to “Parkland,” interviewing the students who, in the midst of their own PTSD and day-to-day struggles after the shootings there, announced a March for Our Lives which became the fourth-largest protest in American history. Cullen travelled on the Road to change tour bus and met with families and friends as the students themselves fight to change society and save other young people from gun violence in America.

WHITE MOUNTAINS
COMMUNITY COLLEGE
BERLIN, NH

Nursing Adjunct Faculty
Positions Available

WMCC is seeking clinical adjunct instructors to teach in our Nursing Program this fall. A Masters Degree in Nursing and a minimum of two years of acute care experience required. Apply online at <http://www.wmcc.edu/about-wmcc/white-mountains-community-college-job-page>.

EEO



White
Mountains
Community College

Help Wanted
The Christmas Loft

259 Main St., North Woodstock

We are wanting to expand both our SALES and MANAGEMENT teams for the upcoming season. Looking for a few special people that love Christmas and enjoy working with the public must be flexible, some nights and weekends as well as some holiday weekends required. Register experience preferred but willing to train.

Stop in to fill out an application for any questions
feel free to message the store manager at:
Jillian@christmasloft.com
603-745-2444

MOUNTAIN VIEW GRAND
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Mountain View Grand Resort & Spa is currently hiring!
101 Mountain View Road, Whitefield, NH 03598

We have many full-time, part-time, seasonal and year-round positions available across all departments.

Fixed schedules are available.

Full-time benefits include health, dental and life insurance, 401(k) and paid time off.

Career Information & Online Application:
www.mountainviewgrand.com/employment.htm



**Northern
Human Services**
Changing Lives

**Registered Nurse/Nurse
Trainer NHS,
Common Ground**

Direct Support Providers – Full and Part Time Direct Support positions available at our Whitefield and Littleton locations. These Direct Support positions provide support to adults with Developmental Disabilities to live fuller lives, become more independent, and to participate in their communities. Experience is helpful, but is not necessary. We will happily train the right person! Full Time RN - We have an opening for a Full Time nurse with interest in or background in Developmental Disabilities. Flexible weekday schedule, both in and outside of the office. If you enjoy a busy, varied work routine we would be interested in talking to you about this opportunity! Northern Human Services offers a supportive work environment, ongoing training, and an excellent benefit package, including paid time off and paid holidays.

Please submit a cover letter and resume to:
Northern Human Services, Common Ground
Attn: Mark Vincent
PO Box 299 Whitefield NH 03598
email to mvincent@northernhs.org
or fax to 603-837-9061.

This position requires a valid driver's license, proof of adequate auto insurance, completion of driver's and criminal background checks. This agency is an equal opportunity provider and employer.

TWO FULL-TIME POSITIONS AVAILABLE:
IMMEDIATE OPENING FOR A
HYGIENIST and a
CERTIFIED DENTAL ASSISTANT

We would love to welcome you to be a part of our well-established caring family dental office. We work together with a team approach to care and like to have fun here. Benefits include competitive wages, vacation, health insurance, uniform allowance, 401K, and a yearly Holiday Bonus. Knowledge of Eaglesoft and digital x-ray preferred. Hours are 7:30am to 5pm Monday through Thursday. If you are interested in either of these positions send your cover letter and resume to:

Dorothy Baxter, Office Manager
St. Johnsbury Dental Associates
One Place Notre Dame, Ste. 1 – St. Johnsbury, VT 05819
Fax: 802-748-8770 or e-mail it to: dbaxter@stjdental.com

**WHITE MOUNTAINS
REGIONAL SCHOOL DISTRICT**

2019-2020 School Year
Professional Staff

Special Education Teacher (LES)
Special Education Teacher (WMRHS)
School Counselor (LES)
Humanities Teacher
Long-Term Substitute Teacher (9/9 to 11/22/19) - WES

*All applicants must apply on Schoolspring.com
Paper applications will not be accepted.*

**Substitutes Needed for Teachers, Nurses,
Paraprofessionals, Custodians, Cooks**

For further information, contact:

Roxanne H. Ball, Adm. Assistant to the
Superintendent of Schools/Human Resources
White Mountains Regional School District
SAU #36
14 King Square
Whitefield, New Hampshire 03598
TEL.: 603-837-9363/FAX: 603-837-2326
Email: rball@sau36.org

The Morrison
Assisted Living and Skilled Nursing Care

Rehab Therapist

The Morrison Skilled Nursing Facility is seeking per diem rehab therapists to join our growing rehab team. If you are a compassionate and caring PT, OT, PTA or CODA and are looking to work in a rewarding environment where you can make a difference in people's lives, including your own, call, email or stop by to learn more about these per diem positions.

Morrison Skilled Nursing Facility
6 Terrace Street
Whitefield, NH 03598
603-837-2541
hrcclerk@morrisonnh.org

The Morrison is a 57 bed skilled nursing facility with a 5 star rating offering in patient and out-patient rehab services to our community members.

The Morrison is an equal opportunity employer and provider.

www.morrisonnh.org



**Northern
Human Services**
Changing Lives

Position: -----Community Integrator
Starting Wage: -----\$11.50 per hour
Location: -----Community Services Center,
69 Willard St., Berlin, NH 03570

Qualifications:

- High School Diploma/GED
- Valid Driver's License
- Auto Insurance
- Clean background record checks

Responsibilities:

- Provide support to individuals in volunteer and work settings
- Support individuals to develop meaningful social connections within our community and participate in activities
- Assist and teach individuals to develop independent living skills including cooking, cleaning, grocery shopping and community activities
- Provide clear documentation
- Knowledge of basic computer skills helpful

Full Time Staff Benefits Include:

- Health, Life, Dental and Vision Insurance, 11 paid holidays, generous vacation/sick time, extended medical leave, tuition assistance, mileage reimbursement, 403b contributions, and more!

*Interested Candidates should mail resume to,
or pick up application at:*
Community Services Center
C/O Program Director
69 Willard Street
Berlin, NH 03570
603-752-1005

This position requires a valid driver's license, proof of adequate auto insurance and the successful completion of driver, criminal and background record checks. This Agency is an Equal Opportunity Employer and Provider.

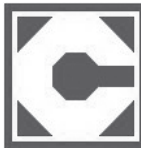
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RECREATION**

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POOL: **SUMMER SAFE HAVEN PROGRAM**
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If interested, please contact
Eddie Wood via phone or email.

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recreation@colonetown.com



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Email Resume: info@abexcavating.com
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603-788-5110

We are an equal opportunity employer



**Northern
Human Services**
Changing Lives

**\$500 Sign-On
BONUS!**

**Part-Time
Consumer Directed Assistant**

We are looking for an outgoing, outside of the box thinker who enjoys animals to work with a young man in the Jefferson area. This is a part time position, up to 28 hours per week, to include weekends, providing supports through volunteering as well as personal care, and daily living skills are needed. If this sounds like you, please send resume, include contact info, to Rhonda Vappi, Northern Human Services, 87 Washington St., Conway, NH 03818, or Fax to 603-447-8893, or e-mail to: rvappi@northernhs.org. This position requires a valid driver's license, proof of adequate auto insurance, and the completion of criminal, driving and background record checks. This agency is an Equal Opportunity Employer, and Provider. (40-702)

The Morrison
Assisted Living and Skilled Nursing Care

RN-LPN

The Morrison is seeking full-and part-time RNs and/or LPNs. If you are looking to work in a rewarding environment where you can make a difference in people's lives, including your own, call, email or stop by to learn more about these positions.

We offer competitive wages, shift differential, health, dental, disability, 403b retirement, annual/leave, holiday pay, flex spending, EAP and weekly pay.

Morrison Skilled Nursing Facility
6 Terrace Street
Whitefield, NH 03598
603-837-2541
hrcclerk@morrisonnh.org

The Morrison Skilled Nursing Facility is a caring, compassionate, resident-centered, 57 bed award winning industry leader with a 5 star rating.

The Morrison is an equal opportunity employer and provider.



www.morrisonnh.org

PATROL OFFICER

The Berlin Police Department will soon have Patrol Officer positions available. We are a progressive agency seeking career-oriented individuals to join our dedicated law enforcement team in responding to the needs of the community. Become an integral part of the community you serve! Entry-level salary: \$38,656 (non-certified) to \$52,166 (certified), commensurate with experience. Competitive benefits package. Applications and additional information may be obtained at the Berlin Police Department, 135 Green Street, Berlin, NH 03570, (603)752-3131 or at <https://www.berlinnh.gov/sites/berlinnh/files/uploads/application.pdf> Please submit completed application and resume to the above address or to Deputy Chief Buteau at danbuteau@berlinpolice.org. Applications will be accepted through Friday, May 3, 2019.
EOE

COÖS COUNTY NURSING HOSPITAL
W. Stewartstown, NH
EMPLOYMENT OPPORTUNITIES

NURSING ADMINISTRATION

Director of Quality/Infection Preventionist:
The Director of Quality is a salaried Registered Nurse position that works a minimum of 36 hours per week.

- 1. Directs the facility's quality improvement programs and activities.
- 2. Develops and implements the facility's infection control program.
- 3. May provide direct nursing care as necessary.

- Must be licensed as a Registered Nurse in the State of NH, **BSN preferred**.
- Must have seven (7) years of experience in a healthcare facility with at least three (3) of those years in long term care. Supervisory experience preferred.
- Must be knowledgeable of nursing practices and procedures as well as laws, regulations, and guidelines pertaining to long term care.
- In depth knowledge of infection control principles preferred.

Please submit **cover letter and résumé** to Laura Mills, Nursing Home Administrator (603) 246-3321 ext. 1218. Laura.mills@cooscountynh.us

NURSING

Registered Nurse (RN) or Licensed Practical Nurse (LPN):
Day Shift Charge Nurse 36 hours/week
Four days per week: Three days 7AM-3PM, one day 7AM-7PM
Works every other weekend.

NEW NURSING STUDENT LOAN REPAYMENT PROGRAM AVAILABLE!

LICENSED NURSING ASSISTANT (LNA):
Day Shift LNA 32 or 24 hours/week
Evening Shift LNA 32 or 16 hours/week
Night Shift LNA 24 or 16 hours/week
All LNA positions work every other weekend.
Contact Kirsten Lyons, DON (603)246-3321. Kirsten.lyons@cooscountynh.us

DIETARY

Dietary Aide:
Days/Evenings 30 hours/week 6AM- 2PM, 12PM- 7PM
Evenings 24 hours/week 11AM- 7PM, 4PM- 7PM
All Dietary positions work every other weekend.
Chantal.rioux@cooscountynh.us

- We offer a **great** benefit package including:

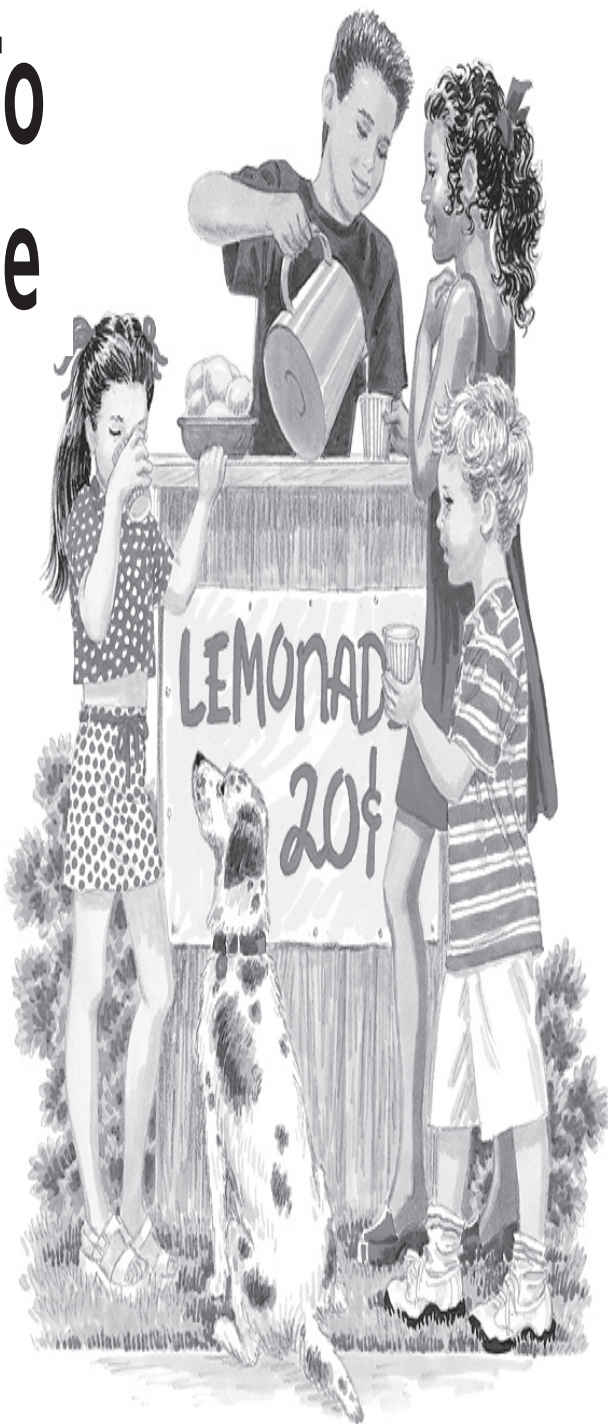
 - Predictable work schedule
 - Flexible Personal Time
 - Health Insurance (Positions of 30 hours or more.)
 - NH Retirement (Positions of 35 hours or more.)
- Longevity Steps
 - Life Insurance
 - Education Assistance

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Hope to meet you soon.

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Temporary Position
Facilities Specialist
Sometimes, opportunity knocks with a hammer.

Spring is here, and our Facilities team could use extra help with maintenance in and around our Franconia buildings and grounds.

Talented with tools?
Find out more at garnethill.com/careers.
Hope to meet you soon!

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The Morrison Communities

JOB FAIR

Saturday, April 27
11:00 am to 1:00 pm
Summit by Morrison, 56 Summit Drive, Whitefield, NH 03598

The Morrison Communities which includes The Morrison Skilled Nursing Facility, Sartwell Assisted Living, and Summit by Morrison is a growing company looking for compassionate, hardworking individuals to join our team! Current available positions include:

- LPN
- RN
- LNA
- Residential Aide
- Cook
- Rehab: PT, OT, PTA, CODA
- Dietary Aide
- Weekend Receptionist
- Maintenance Technician
- Laundry Aide

Full time, part time, and overnight positions are available. The Morrison Communities offer competitive pay and benefits.

Those interested in joining The Morrison Communities team should bring a resume and proof of identity to the April 27 job fair. Hiring managers will be available to conduct interviews. Tours and refreshments are available for attendees.



This institution is an equal opportunity provider and employer.



Mountain Lake
Camping Resort
Lancaster, NH

HELP WANTED
POSITIONS:

- Pool slide attendant
(Lifeguard skills not necessary)
- Housekeeping
- Grounds work
- Campsite cleaning

Call the Office at
603.788.4509 or email
mtnlakecampground@gmail.com
to set up an appointment.



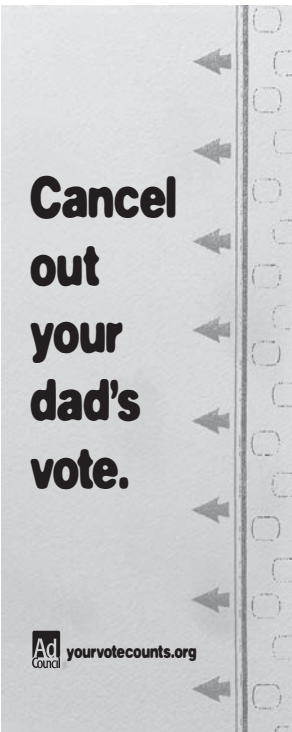
- FULL TIME OPPORTUNITIES**
- SPEECH/LANGUAGE THERAPIST – Day Shift
 - MT/MLT – Day Shift, M-F
 - ULTRASOUND/ECHO TECHNOLOGIST – Day Shift
 - RN M-S – Day Shift
 - RN M-S – Night Shift
 - RN CHARGE – Night Shift
 - RN CHARGE/M-S Night Shift
 - RN CHARGE/E.D. Night Shift

- PART TIME OPPORTUNITIES**
- CENTRAL STERILE TECHNICIAN
(32) hours Day Shift, M-Th, 7am-3:30pm
 - RADIOLOGY TECHNOLOGIST -
(32) hours Day Shift

- PER DIEM OPPORTUNITIES**
- UNIT SECRETARY
 - LNA
 - ED TECHNICIAN
 - CENTRAL STERILE TECHNICIAN
 - SURGICAL TECHNICIAN
 - RN

Apply Online at www.ucvh.org
Upper Connecticut Valley Hospital
181 Corliss Lane, Colebrook, NH 03576
Phone: (603)388-4236
ucvh-hr@ucvh.org

EOE



Registered Nurse/Nurse Trainer
NHS, Common Ground

NHS Common Ground has a full time opening for a Registered Nurse with interest in and or background in Developmental Disabilities and Mental Health. The successful candidate will work closely with the agency and the state to oversee medications of clients in accordance with state regulations. This position requires that you make regular visits to the homes of persons receiving agency services. Candidate will enjoy a busy, varied work routine, both inside and outside of the office. Excellent communication and listening skills are essential, as is prior experience and comfort working with individuals with developmental and psychiatric disabilities. Proof of valid, current RN license is required. We offer flexible week-day hours, a supportive multi-disciplinary work environment and the opportunity to utilize your nursing and people skills in a Human Services setting. Northern Human Services offers an excellent benefit package. We would love to talk to you about this opportunity the many benefits that we have to offer.

Please submit a cover letter and resume to:
Northern Human Services, Common Ground
Attn: Mark Vincent
PO Box 299 Whitefield NH 03598
email to mvincent@northernhs.org or fax to 603-837-9061.

This position requires a valid driver's license, proof of adequate auto insurance, completion of driver's and criminal background checks.

This agency is an equal opportunity provider and employer.



Employment Opportunities

Registered Nurse - Medical/Surgical Unit

Full-Time, 36 hours (12 hour shifts), Rotating shifts, weekends/holidays, (primarily night shift) 7P-7A
• NH Registered Nurse or eligible for licensure

Hospital Educator/Hospital Coordinator

Part-Time, 32 hours, Rotating shifts/weekends
• Monitors level of compliance with mandatory education for all Hospital staff
• Assists with the Hospital orientation program
• Develops competencies for clinical work areas
• Provides professional educational support and guidance
• Functions in an administrative capacity to ensure quality patient care and efficient Hospital operation.
• NH Registered Nurse license required

Call Center Representative

Full-Time, 40 hours, day shift assignment - Monday through Friday
• Coordinates provider schedules, incoming phone calls and faxes
• Schedules and registers patient appointments
• Telephone etiquette and computer skills required

Point of Service Representative – Outreach (North Conway area)

Full-Time, 40 hours per week, Monday through Friday
• Coordinates provider schedules
• Schedules and registers patient appointments
• Greets patients/visitors
• Communication and organizational skills
• Prior experience in medical office and knowledge of medical terminology a plus!

Certified Medical Assistant

Full-Time, 40 hours, day shift, Monday through Friday and Part-Time, 32 hours, day shift, Tuesday through Friday
• Under RN or Practitioner supervision, performs quality patient care to practice Pulmonology patients
• Utilizes the electronic medical record to record vitals, past medical, family and social history, review of systems, medications, allergies and quality measures

Laboratory Assistant

Part-Time, 32 hours, day/evening shifts, rotating weekends/holidays
• Obtains specimens and independently performs lab tests in the CLIA waived and moderate complexity category
• Associates Degree in a life science or prior experience in the performance of phlebotomy and waived laboratory testing preferred
• Familiarity with computer applications required

If interested, please apply online to:
Human Resources Department
ANDROSCOGGIN VALLEY HOSPITAL
59 Page Hill Road, Berlin, NH 03570

www.avnhn.org

An EO Employer-M/F/Veteran/Disability/Sexual Orientation/Gender Identity

WASH YOUR HANDS!

IT'S THE BEST WAY
TO STOP SPREADING GERMS

WHY

- MOST (98%) INFECTIONS ARE SPREAD BY HANDS
- CLEAN HANDS HELP PREVENT YOU FROM GIVING YOUR GERMS TO SOMEONE ELSE

WHEN

- AFTER USING THE BATHROOM
- BEFORE TOUCHING ANY FOOD
- BEFORE YOU EAT ANYTHING
- AFTER SNEEZING, BLOWING YOUR NOSE, COUGHING, OR TOUCHING YOUR FACE
- AFTER PLAYING WITH TOYS USED BY OTHERS

HOW

- USE SOAP AND WARM WATER IF YOUR HANDS LOOK DIRTY
- USE WARM WATER AND SOAP
- RUB HANDS ALL OVER FOR A COUNT OF TWENTY
- DRY THEM WITH A PAPER TOWEL
- IF YOUR HANDS DON'T LOOK DIRTY YOU CAN USE ALCOHOL-BASED HAND RUB



New Hampshire Department of Health and Human Services
Division of Public Health Services
www.dhhs.nh.gov





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Lancaster, N.H.
has Farm Fresh Eggs
\$3.00/dozen

OLD NH FISH and Game, ca. 1890, bearing laws, penalties and seasons on moose, caribou, furbearers, fish, etc. measures 12"x18" May be seen at the Coos County Democrat, 79 Main St., Lancaster, NH. Price, \$4; if mailed, \$10. Call 603-788-4939 or email lori@salmonpress.news

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30 words for 1 week.

Lost Ads

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www.salmonpress.com
24/7

Still Lost!

Shane - Shetland Sheepdog
White/Tan/Black
10 Years old
We are hoping someone may have him or have seen him?
-Lost in Laconia NH-
August 27, 2016
Do not chase. Old and New Leads appreciated.
For more info see
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Call Owner 603-365-1778
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Recovery
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Mon-Fri 8:00-4:00

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Deadline:
Monday 10 am

Pets/Breeders

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nonprofit. Sign up on line
www.RozzieMay.org or call
603-447-1373

General Help Wanted

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NEEDED** - Want to work outside
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We're hiring! R.M. Piper, Inc. is
one of New Hampshire's leading
general contractors in heavy,
highway and bridge construc-
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Experience is not required, but
a good work ethic and depend-
ability are. Min age 18, must be
willing and able to travel within
NH. We offer excellent wages,
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opportunities! For more informa-
tion or to apply (603)536-4154,
jobs@rmpiper.com All new hires
are required to pass a physical
and drug screen. EOE

Delivery Driver Position. Non-CDL.
1 year recent experience required.
Med Card/clean license. Email for
details: pnd2009@roadrunner.com

Full Time Technician wanted for
set-up, pick-up & delivery of
recreational products. Must have
clean driving record. Call 603-
253-6688 or forward resume to
cdasilvanorth@myfairpoint.net

Maintenance Assistant,
Groundskeeper and Landscaper
Wanted.

YMCA Camp Belknap, a boys
summer camp in Tuftonboro, is
hiring for both year-round and/or
seasonal positions. Seeking
applicants of all experience
levels who are capable of
performing various "handy"
tasks. Please email contact
details and resume to
admincb@campbelknap.org.

Personal Care Attendant wanted in
Dalton for personal care, house-
keeping, errands, laundry, meal
prep, stand by for transfers and
showing and non medical trans-
portation. Must have valid license,
insurance and inspection.
Pay is \$10.25-10.75/hr. Please call
Ashley at 603-568-4930 for more in-
formation.

Tent Installers & Maintenance
positions now available. Work
outside! Join our motivated party
rental team. Starting pay \$12/hour
for 40+ hours May-October. No
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to lift 70 lbs. Applications available at
Abbott Rental 502 Union St Littleton,
and online at www.abbottrental.com.
EOE

Professional/ Technical

Licensed Plumbing & Apprentice

Benefits include paid
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retirement plan with company match,
company vehicle.
We are seeking licensed plumbers
with experience in commercial set-
tings. Pay is commensurate w/ expe-
rience. Good driving record.

Contact McGee Company Inc. 603-
788-3633.

Professional/ Technical

**OUTPATIENT MENTAL
HEALTH CLINICIAN**
Northern Human Services
White Mountain Mental Health

Must be either a licensed clinician in
the State of New Hampshire or a
graduate of master's degree
program leading to licensure. Recent
graduates encouraged to apply.
Candidates for LCMHC, LICSW or
LADC/MLADC will receive weekly
supervision as required for licensure.
Dually licensed candidates
(LCMHC/LDAC) will find a setting
that values both specialties.

NHS offers generous earned time
(three weeks year one; four weeks
year two), eleven paid holidays,
health insurance, and an agency
contribution (no match required) to a
403B.

Entry Salary \$48,000 - \$55,000,
depending on licensure status and
experience.

****White Mountain Mental Health is
an approved National Health
Service Corps site. Licensed
Clinicians may apply for generous
loan repayment.****

All positions at NHS require a valid
driver's license, proof of adequate
auto insurance, and the completion
of criminal and background checks.
This agency is an Equal Opportunity
Employer, and Provider.

Send cover letter and resume to:
Northern Human Services
Attn: Bobbi Lyndes-Langtange
29 Maple Street
PO Box 599
Littleton, NH 03561
Email: blyndes@northernhs.org
Phone: 603-444-5358
Fax: 603-444-0145

Professional Services

ALL NEW: HERE-4-YOU

Cleaning (businesses & residences),
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Call ahead for more info &
to schedule! 603-991-3387.

Real Estate



Equal Housing Opportunity

All real estate advertising in this
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The Federal Fair Housing Law
which makes it illegal
"to make, print, or published any
notice, statement, or advertisement,
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dwelling that indicates any prefer-
ence, limitation, or discrimination
based on race, color, religion, sex,
handicap, familial status or national
origin, or an intention to make any
such preference, limitation or
discrimination."

(The Fair Housing Act of 1968 at 42
U.S.C. 3604(c))
This paper will not knowingly accept
any advertising which is in violation of
the law. Our readers are hereby
informed, that all dwellings advertised
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an equal opportunity basis.

To complain of discrimination call
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For The Washington DC area,
please call HUD at 275-9200.
The toll free telephone number for
the hearing impaired is
1-800-927-9275.

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Commission for Human Rights**
at 603-271-2767
or write
The Commission at
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Concord, NH 03301

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and first, references required.
\$650/month. Call 603-631-6575.

LEGAL PROBATE NOTICE THE STATE OF NEW HAMPSHIRE 1ST CIRCUIT - PROBATE DIVISION - LANCASTER 4/5/2019 THRU 4/18/2019 APPOINTMENT OF FIDUCIARIES

Notice is hereby given that the
following fiduciaries have been
duly appointed by the Judge of
Probate for Coos County.

All persons having claims
against these decedents are
requested to exhibit them for
adjustment and all indebted to
make payment.

Hedberg, Gloria T., late
of Stark, NH. Theodore W.
Hedberg, 2 Meserve Road,
Durham, NH 03824. #314-
2019-ET-00057

Dated: 4/19/2019

**Get the word out!
Call (603) 279-4516
salmonpress.com**

TOWN OF CARROLL SUPERVISORS OF THE CHECKLIST

The Supervisors of the Checklist will
be in session on Saturday, May 4, 2019
between 11:00-11:30 a.m. at the Carroll
Town Hall in Twin Mountain for
corrections and register new voters.

Supervisors of the Checklist

Jane Pearce
Dianne Hogan
Linda Finn

Town of Whitefield NH REQUEST FOR PROPOSAL (RFP)

Demolition Of 5 and 11 North St Whitefield NH

Town of Whitefield NH invites and welcomes proposals
for their **5 and 11 North st Demolition project**.
Please take the time to carefully read and become
familiar with the proposal requirements. All proposals
submitted for consideration must be received by the
time specified below under the "FINAL SUBMISSION
DEADLINE."

**Complete project description and desired outcome
is available on the town website.**

Please use the reference **RFP ID: 20198** when inquiring
about this project.

QUESTION SUBMISSION DEADLINE: June 30, 2019

FINAL SUBMISSION DEADLINE: July 12, 2019, 3pm

Questions may be submitted in written form no later
than June 30, 2019 to:

RFP Contact Name: Robert Larson
Contact Address: Dept Public Works
Whitefield, New Hampshire
03598
Telephone Number: 603 631 4006
Email Address: dpwdirector@whitefieldnh.org

Coös County is accepting bids for the purchase of the following vehicle

2009 Ford Van E350, mileage 33,416.

- White exterior.
- Gray interior leather.
- Braun "Century 2" lift, 800 lb. capacity.
- 12,469 lift cycles.
- Capacity for 2 wheelchairs and 4 passengers.
- For more information or to view the vehicle,
contact Mike Holt, Environmental Services
Manager at 603-752-2343.

Sealed Bids with "Bid written on envelope, are due
by 4 pm on May 6th and must be sent or delivered to:

Jennifer Fish, County Administrator
Po Box 10, West Stewartstown, NH 03597

*Coös County Commissioners reserve
the right to reject any or all bids.*

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‘Taint the same

BY GEORGE MATTHEWS
Groveton

Brook Road, Lancaster, early 1950’s. It’s cold! The thermometer reads -42 Fahrenheit, down from -35 Fahrenheit yesterday. My father, Fred, is coming in from outdoors when I get up to get ready to go to school.

He has a steel hubcap from the car in his hand. (What the heck is a hubcap?) He goes to the wood stove, grabs the coal shovel and scoops the hubcap full of red hot wood coals, takes it back outside and places it on a rock under the oil pan of his old Chevy. He then, shuts the hood and puts a robe over the hood. The coals are to warm

and thin the oil, and the robe is to retain the heat around the engine. None of this is wise; the old engine drips oil creating a fire hazard. This is a man taking calculated risks to get done what he must! Dad also talked about pouring kerosene into the crankcase to thin the oil, (Most unwise!), but I never saw him do

it. Proper preparation, thinner oil, proper tune ups and eventually a tank heater for the en-

NORTH COUNTRY
MEMORIES
ALTHUR L. PARKS
GROVETON

gine helped out in the future. There is a trend in the media these days to give temperatures in a “feels like” quantity to sensationalize the weather report. While-10 Fahrenheit, with a wind of 10 miles an hour, is indeed most unpleasant; it does not feel like -40 Fahrenheit.

Brook Road has a brook alongside (neat, huh!) and since both water and cold air flow to the lowest place, this results is in a very cold area. When I was growing up I saw many readings below -35, sometimes for a week at a time, staying below zero during the day. There were even occasional readings that started with a 5! (I know few believe that these days, but check with your favorite old codger for verification.)

Around here, those temperatures mean a clear, starry night with a clear, very still, bright morning. The snow crunches oddly and loudly under your boots. When you jump onto the seat of your old pickup it feels like landing on a cold stone wall. The ice is making loud snapping noises in the brook, the creak of porch floorboards and the snap of frost moving nails in the house walls tell you it was very cold. Also sounds from your neighbor shutting doors and banging car hoods can be heard even though the nearest neighbor is a quarter mile away!

You stick the key into the ignition, make sure that all electrical devises are off, push the clutch in, (most cars had manual transmissions and there was no need to turn all those gears) hold your breath and turn the key. Uhh, uhh, boom! Yes! Ease the clutch out so as to not stall the motor and then turn on the heater blower. It always growls and squeals, but the engine belts are squealing anyway drowning out the blower. The engine valve train rattles until the oil warms up.

Now, you can’t move the shifting lever but you knew that last night

and left the car facing out, in first gear. This means that you can ease the clutch out and drive until you can shift into second, and eventually third which were all you have. The tires have flat spots frozen into them and feel like they are square. Parking facing out also facilitated a “jump” or a tow if all else failed. Pretty much all these symptoms go away after the first mile or so.

In our case, half way to town, around the McGee farm we could see down into valley where there were many houses all of which had columns of “smoke” going straight up as there was little or no wind at those temperatures.

Alternative plans included going out every couple of hours to start the car and letting it come up to temperature, letting it run all night, bringing the battery inside for the night or if you could afford an engine heater, plugging it in on especially cold nights (every night would be unthrifty) thus eliminating the need for much of the above.

If things didn’t go right and a “jump” start was needed the batteries had to be connected properly, my brother Bill told me “red to positive cause I always do”! That doesn’t make any sense yet it always worked for me. Also, batteries that have been “cranked” a lot produce an explosive gas that can blow up, throwing dangerous acid and casing parts everywhere. Study this.

Common sense every day winter habits included keeping the fuel tank full and adding “dry gas” to the gasoline and using light weight engine oil in winter. Also, it was common to check on your neighbor as he would check on you. On weekends it wasn’t uncommon that the first to get started went next door and started his car, and then both went on in a growing party that could get quite large and enjoyable!

By the way, I don’t ever remember school being called off!

SAVE the DATE!

Littleton Regional Healthcare’s 28th Annual North Country Women’s Health Conference

SUNDAY & MONDAY • MAY 12–13, 2019

OMNI Mount Washington Resort
Presidential Conference Center & Spa
ROUTE 302, BRETTON WOODS, NEW HAMPSHIRE

We have many exciting things in store for the 2019 Conference!

Same great location—
The OMNI Mount Washington Resort
Presidential Conference Center & Spa!

Spend the night and enjoy a fun-filled evening!
We have some terrific activities and events planned.
Sunday, May 12, 2019 4–7 pm (optional)

A sampling of speakers and topics includes:

• **Back by popular demand! Jana Stanfield**—Humorist, songwriter, and educator. Jana combines laughter, wisdom, and her million-selling songs into an interactive experience that generates fun and positive action.

• **Coach Yourself:** Could you use a life coach, but feel you can’t afford one? Learn some of the secrets life coaches use with their clients to help yourself design the life you deserve.

• **Herbal Medicine** – Learn about ways simple herbs can improve your health

• **Stay Dry and Strengthen Your Pelvic Floor**

• **Pretty Feet** – Care and repair your toenails

• **Opioid Addiction and Women**

• **Osteoarthritis:** Taking good care of your joints throughout your life cycle

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The North Country Health Consortium/ Northern New Hampshire Area Health Education Center is collaborating with Littleton Regional Healthcare to offer continuing education credit for nurses. Look for Continuing Nurse Education (CNE) information in the conference brochure!

North Country HEALTH CONSORTIUM
NCHCNH.org

Littleton Regional Healthcare

603.444.9000 / 800.464.7731 / littletonhealthcare.org

What’s Happening at
Plymouth State University

STUDENT SHOWCASE OF RESEARCH & ENGAGEMENT

Hartman Union Building (HUB), Thursday, May 2, 2-5 p.m.

The Student Showcase of Research & Engagement features student projects from a variety of disciplines, including the sciences, arts, and humanities. This event is free and open to the public to come and interact with our students and discuss their projects, research, and scholarly achievements.

Plymouth State is proud of our legacy of engaged teaching and learning, and the Integrated Clusters learning model extends this by emphasizing reciprocal partnerships that benefit both students and the community. The projects, research, scholarship, and creative works on display demonstrate the power of these collaborations to improve skills and preparation, support the region, and give students a space in which to integrate information and skills across multiple disciplines.

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