



Klobuchar visits Lancaster

By Angel Larcom
angel@salmonpress.
news

LANCASTER — Minnesota Senator and Democratic Presidential hopeful Amy Klobuchar visited the Polish Princess Bakery in Lancaster on July 6. She was introduced to a packed crowd by her New Hampshire State Director, Scott Merrick, and spent nearly an hour describing her track record, her stance on a variety of topics, and answering questions from attendees.

Klobuchar started by speaking of her rural upbringing, embracing what she called the values of hard work, fair play and personal re-

sponsibility.

“We are at a point right now where four more years of this guy, and our democracy is at risk,” she said. “We can survive the first four years.”

The daughter of a sports columnist and an elementary school teacher, and the granddaughter of a miner, Klobuchar was the first woman to represent the state of Minnesota in the Senate. Elected to the Senate in 2007, Klobuchar is now a ranking member of the Senate Rules Committee.

She said her focus has always been on working families, improving the lives of people in the heartland, and creating rural economies that al-

low younger generations to stay home instead of heading to cities for survival.

“I promise to have your back, and I promise that I will govern the same way I run this campaign, with integrity,” Klobuchar said, as she referenced a conversation she once had with President Carter about presidential responsibilities.

“We tell the truth, we obey the law, we keep the peace. That is the bare minimum of what we should do as a president,” she said.

Klobuchar, who had marched in the Franconia Old Home Days parade earlier that same day, continued, “This week is about our in-



ANGEL LARCOM
Minnesota Senator and Democratic Presidential hopeful, Amy Klobuchar, visited the Polish Princess Bakery in Lancaster on July 6.

dependence and our freedoms, and we have someone in house right now who laughs when he is asked about foreign meddling. Hundreds of thousands have lost their lives on the battlefield, protecting our democracy or other democracies around the world.

This isn’t one bit a joke.” “We need someone with bold ideas, vision, understanding and the experience to get the job done,” she added. “We need someone who can win and unify our party.” At the end of her speech, Klobuchar an-

swered a handful of questions about misogyny, her plan of action should she get elected, the rising cost of prescription drugs and green economic growth. She spoke on immigration reform, economic Klobuchar, PAGE A16



ANGEL LARCOM
Casella employees and community members gather outside the Dalton Town Hall on the evening of July 2, as Casella hosts the second of two informational sessions regarding a proposed landfill near Forest Lake. Casella will again host informational sessions on July 17, a few days before a public hearing on July 23 to discuss emergency zoning ordinances in Dalton.

Controversy over landfill escalates

By Angel Larcom
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news

DALTON — The dispute over a proposed 180-acre, three-phase landfill near Forest Lake in Dalton continues to escalate, and another party has added their voice to the mix.

A town meeting has been scheduled by the

Dalton Select Board for July 30 so that residents may vote on the establishment of emergency zoning ordinances. Meanwhile, community outreach on both sides of the debate continues to increase in the region and several groups have begun to emerge.

While organizations like Save Forest Lake are forthright about who

they are and what they stand for, others, such as the North Country Alliance for Balanced Change, have chosen to approach the topic more quietly.

In recent weeks, a third group called Save Dalton NH has emerged with the specific goal to prevent zoning ordi-

Landfill, PAGE A16

BY TARA GILES
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LANCASTER — At a recent selectmen’s meeting in Lancaster, the board approved the sale of a 2013 police cruiser to the town of Dalton for a price of \$5,000.

In other police news, officer Brian Matson gave his two week notice and Chief Tim Charbonneau is looking to hire a school resource officer for Lancaster Elementary School.

In other town news, Eversource submitted a pole license to be approved. All Board members signed the dotted line.

Town Manager Ed Samson brought up the Portland Pipeline and said that the assessment agreement expired in

2018. The company is requesting that the Board extend the agreement for 2019 at the 2018 assessment. Selectmen Leon Rideout said that with nothing running through the pipes now, the value of the property has decreased. A resident asked if it was possible to have a stipulation in an abatement like the Portland Pipeline request that can require them to pay back what they are getting for a break. Samson said that when and if their situation changes and production increases their assessment will increase. The pipeline is located at the bottom of Corrigan Hill near Reed Road where it is identified with yellow markers. A motion was made by Leon Rideout to extend the 2018 assess-

ment for one more year, all voted in favor.

Selectman David Stickney shared a few words on how he and the rest of the Board are impressed with Police Chief Charbonneau, commenting “Tim is a good guy who is doing a top notch job. There is such a big difference in the interaction between all the town departments that had not been there for years.”

He added, “When Tim Brown needs him to come and direct traffic for the Highway Department, he’s there right away. They all help each other so much, it’s such a different atmosphere.”

Stickney said that while the atmosphere is light, when the bell rings

BOS, PAGE A16

Executive Council says no to MacDonald

BY TARA GILES
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LITTLETON — Gov. Chris Sununu expressed severe disappointment

after the Executive Council voted last week to reject his nomination of Attorney General Gordon MacDonald to become the next chief

justice of the New Hampshire Supreme Court.

MacDonald was slated to replace outgoing Chief Justice Robert Lynn, who will retire in

August. The state has a mandatory retirement age for this position of 70.

On July 10, the Executive Council met at the

Littleton Opera House, where the vote took place. The room was quite full prior to the vote, then grew sparse after the tally was an-

nounced. MacDonald would have been the first individual to be Council, PAGE A16



On July 10, New Hampshire Governor Chris Sununu was at the Littleton Opera House for a meeting with the Executive Council.

TARA GILES

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LANCASTER — Gariel E. “Gary” Collins, 77, of Summer Street, passed away Thursday, July 11, 2019 at the Dartmouth Hitchcock Medical Center in Lebanon.

Born May 6, 1942 in Lancaster, the only son of Everett and Madelene (Gathercole) Collins she had lived in the same

house on Summer Street all his life. He was married to Barbara Ann Baird for over 34 years, she passed away in 2000.

Gary worked for North Country Ford for 22 years, and retired in November of 2004. He had served in the New Hampshire National Guard. Watching tele-

vision and going fishing were some of his favorite things to do.

Survivors include a son Kevin M. Collins, and three grandchildren Kayla Collins, Preston Collins and Payge Collins along with several cousins.

A graveside service will be held at the Sum-

mer Street Cemetery in Lancaster at a date to be determined by the family.

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.

TWIN MOUNTAIN — Henrietta Gavett, 80, of Twin Mountain died peacefully on Saturday, July 6, 2019.

The daughter of the late Laurence and Sarah (Schenck) Gavett, Henrietta was born on July 13, 1938 in New Jersey. After graduating from Hightstown High School, she worked at Elms Nursing Home in Canterbury, N.J. before pursuing her dream of becoming a nurse. She graduated from Ann May School of Nursing in Neptune, N.J.

Henrietta held several positions at Jersey Shore Medical Center, also in Neptune, including 19 years as a nursing

supervisor, before retiring in 1995. Since her retirement, she spent much time on family, church functions, and volunteering at Weeks Medical Center. She also loved to work outdoors.

In addition to her parents, Henrietta was preceded in death by one brother, Donald Gavett, and one sister, Ann Danser.

She is survived by two sisters, Beverly (and

Bob) Rutherford of Twin Mountain and Elaine (and Steve) Lebedin of Belle Meade, N.J.; one brother, Robert (and Geri) Gavett of Cherry Hill, N.J.; nine nieces and nephews; and 13 great-nieces and nephews.

Visitation will be on Thursday, July 24 from 7 to 9 p.m. at Ross Funeral Home, Whitefield Chapel. A funeral mass will be held on Thurs-

day, July 25 at 10 a.m. at St. Patrick’s Church in Twin Mountain, followed by an interment at Straw Cemetery. Afterwards, there will be a repast in St. Patrick’s church hall. In lieu of flowers, donations may be given to the charity of the giver’s choice. To offer your condolences to the family, please visit www.rossfuneral.com.

Rev. Bruce E. Gordon, 87



Bruce Gordon

JEFFERSON — Rev. Bruce E. Gordon, 87, entered his rest on June 23 at his home in Jefferson surrounded by his family.

ministry with pastorate in King of Prussia, Pa.; Kearny, NE; Merri-mack; and most recently in Jefferson, where he pastored what is now Faith Presbyterian Church until his retirement in 2000. He is survived by his wife, Brenda (Winther), sons Brett, Brad and Brian, eight grandchildren, eight great grandchildren and his brothers, Kent and Greg.

A graveside service was held at the convenience of the family.

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.

Additional Obituaries, see page A-6

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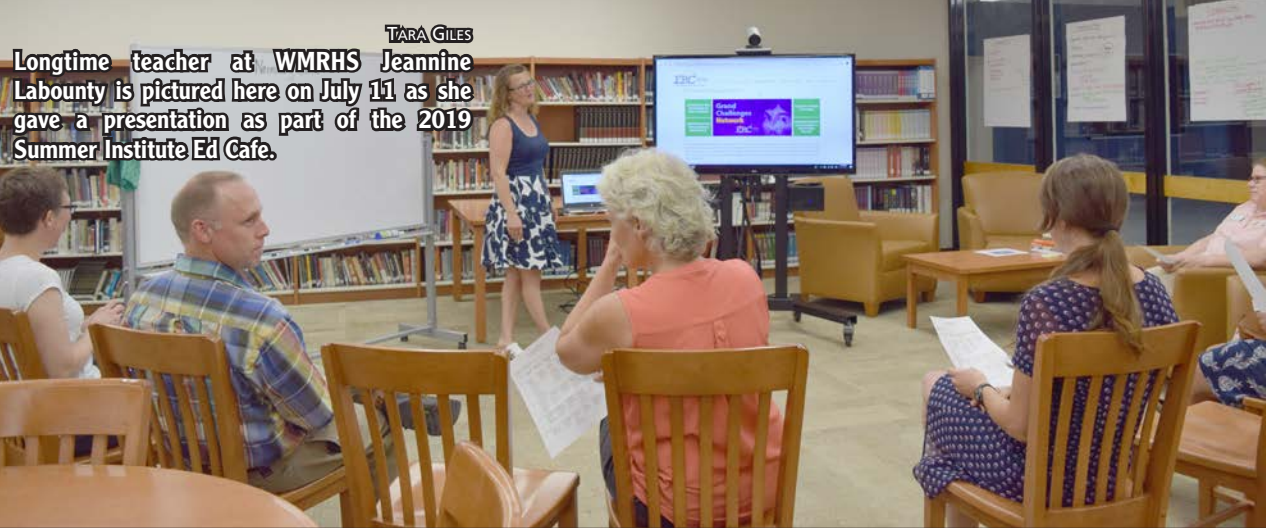
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Work continues through the summer for WMRHS faculty



TARA GILES
Longtime teacher at WMRHS Jeannine Labounty is pictured here on July 11 as she gave a presentation as part of the 2019 Summer Institute Ed Cafe.

BY TARA GILES
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WHITEFIELD — The teachers and staff at the White Mountains Regional High School have been busy in their attempt to break ceilings when it comes to education.

A group of 21 teachers participated in a Summer Institute to work on the pillars of the school's redesign lead by Principal Mike Berry. On Thursday, July 11, the staff presented an 'Ed Cafe' to co-workers, students and several members of the community.

The Ed Cafe consisted of five stations where teachers could share information and engage in dialogue with the community.

To a crowded library, Berry welcomed all in attendance, "This is a week that has been two years in the making behind the scenes. Essentially, we wanted to create classrooms that were inquiry based to create curiosity. We wanted to create classrooms with a legitimate partnership with local community, politicians, businesses and parents."

Berry explained that his goal is to show students that learning doesn't just take place within the walls of the high school.

"Our goal is to create good people and engaging and dynamic classes," he added.

The five pillars the redesign process is structured around include, curriculum development and design,

strengthening and enhancing partnerships with higher education institutions and community partners, improving use of space and time, development of an electronic portfolio and expanding competency-based grading and reporting.

Berry explained, "Over the years at WMRHS, we have successfully embraced the 'Do it Yourself' idea to professional development. We feel this empowers our faculty and produces real results. We hope to have an ongoing relationship with the Barr Foundation to support continued and intensified professional development, collaboration and documentation."

STEAM math teacher Jeannine Labounty discussed how students have been asked to seek answers to their own questions based on things that pique their interest as well as things that are happening in their own back yards. Labounty mentioned the latest hot topic in the area, which is the potential of a landfill coming to Dalton and how that could affect Forest Lake, "From this launching point we can focus on how Forest Lake could be impacted and create an investigative project."

Community members questioned Labounty on how much real life math is actually taught such as the use of spreadsheets.

To that, Labounty

said, "The traditional math elements don't necessarily work for all kids. Traditionally a student will take algebra, geometry then move on to calculus with many students being left behind. We can now teach them how to organize a spreadsheet, this is a real world skill that makes sense to more kids."

Labounty talked about how the classroom dynamics are changing in that teachers are sharing space, commenting "We are working on taking away barriers, so it's no longer hide away and teach. Instead we are having conversations about what is working and the different strategies teachers are using."

She added, "This is an exciting time in education as we continue the work to do more, for more kids."

English teacher Molly Campbell talked with community members about how English is now being combined with social studies in the form of humanities.

"We don't just read books and talk about them. Instead we structure around major themes we think are important to kids such as the idea of power," Campbell said. "We transition from individual power to group power to national power so they understand how that works in society and in real life."

She also said that history is no longer being taught in chronological order. Campbell noted

that in her humanities classes advanced students are placed with college prep students. This mix has been more positive than not for both the students and faculty.

Stacey Zemla the new STEAM Art Integrationist discussed her role, "I want to get kids thinking about art advocacy. I'm looking for local places where we can put some of our creations on display and other local artists who are willing to work with us."

Of the week, Berry said, "This has been an intellectually challenging week for our teachers. We are working hard to continue the evolution of what learning and teaching look like at White Mountains Regional High School. It has been truly inspiring to see how diligently the staff worked throughout the week and the dedication they have to improving their craft."

Berry noted, "The student population of White Mountains Regional High School is underserved and underprivileged in comparison to most of New England as a result of the economic climate and demographics of the North Country. Because of this, the faculty and administration at WMRHS feel obligated to do more for more students. Our goal is to create more meaningful educational opportunities and personalized pathways to graduation for a larger portion of our population than a traditional school model

would, or that our previous model did."

Flex periods and free blocks have been added so students can own their own learning.

"We have built structures to support students and have implemented new ways to track and assess student learning,

such as school-wide exhibitions and actively including public audiences for performance assessments," Berry said. "In these ways, we strive to ensure that all students thrive and learn in our unique environment so we can do more for more students."

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Weathervane Theatre presents “Spring Awakening In Concert”

WHITEFIELD — The Weathervane Theatre, a professional, award-winning, equity theatre in Whitefield, NH, proudly introduces its new initiative - Interns In Concert - with a concert version of the 8 time Tony Award-winning musical Spring Awakening. Headlined by the Weathervane Intern Program (WIP), this new initiative introduces North Country to these exciting up-and-comers and listen to one of Broadway's best new scores.

Interns In Concert was conceived by Weathervane Theatre Producing Artistic Director Ethan Paulini, who said:

"I could not be more excited to share this landmark musical with Weathervane audiences through this unique new initiative. Casting in a rep season can be challenging and can sometimes make presenting works that focus on a particular demographic difficult. Our Intern program is a vital part of what we do here at the Weathervane and to be able to showcase them in this way will, no doubt, leave our audiences



Left to Right: Standing: Drew Elhamalawy, Pat Agonito, Noah Casner, Michelle Zink-Muñoz, Mia Mooko, Lily Lord, Vanessa Vacanti, Connor McNinch. Seated: Julia Bogdanoff, Nicholas Cooper, Marisa Kirby, Brooke Solan, Theo Brown.

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VIEWS AND COMMENTS

Don't sweat
the small stuff

Most individuals take time during the summer months to unwind and sort of reset after a busy fall, winter and spring. Summer vibes are usually all about taking things slow and soaking up as much sunshine as possible before Old Man Winter heads back into the neighborhood. Many people who suffer from “burnout” welcome the longer days and warmer weather; however, sometimes these three months of frisbee throwing and hanging by the lake aren’t enough.

With the go, go, go culture that has taken over our society, many people find themselves burnt out, to their detriment. Experts say people can reverse that feeling of burn out and we decided to share what we have found with our readers.

If work is taking its toll on you, you may need to make some changes there. Experts say that oftentimes, simply talking it out with a co-worker or supervisor can help to get things off your chest, especially if the consensus is to create a healthier work environment. Some people have found that the only way to cure burnout is to change positions, however without proper techniques every job, could eventually burn you out.

Managing stress properly is huge; however, not everyone knows exactly what that entails. Healthy eating, exercise and proper sleep are the easiest things one can do to ease stress in other aspects of your life. Most people who are overworking themselves claim that time is an issue. There is no time to exercise, no time to sleep, no time to eat healthy. A society that was able to put a man on the moon, however, can surely come up with ways for all of us to find the time to put ourselves first without letting our job duties fall by the wayside. This could include little tricks such as parking your car far from the entry of a place to extend the walk, taking the stairs or even placing your computer on a counter so that your sitting time is lessened. Everyone knows what works best for themselves, so often times a bit of creativity and resourcefulness is needed.

A vacation can help ease burnout symptoms, but often, a week isn’t enough time to truly combat burnout. If you are at a severe risk of burning out, experts say to stop working for at least two weeks and cut yourself off completely from the office. According to those in the know, they say most employers will understand that this break will result in a better employee after they return. If two weeks isn’t in the cards, at least take one day a week to yourself with no phone calls, no emails or anything work related.

Finding a release is imperative, whether it’s going for a run or simply tuning out with a good movie or an old fashioned game of solitaire. If you let stress build and build without letting off some steam, that could lead to unintentional outbursts and severe irritability.

Try not to let yourself become dependent on alcohol and caffeine. Everything in moderation. We’re not sure, but we do believe the Red Bull trend has settled a bit.

Switch things up by asking for different responsibilities. When things get mundane they can become less interesting. Having fun while also getting the job done can make a world of difference. Even working away from the norm, and changing up the scenery can be a game changer. Find a nice coffee shop or a park and try to avoid working from home at all costs. If you work from home, you will begin to associate the same feelings about work, in the home.

SEE EDITORIAL, PAGE B5



Project manager Dennis Bacon recently gave a tour of the new Lancaster Patient Care Center at Weeks Medical Center to building campaign committee members. Work on the interior of the new facility is moving rapidly with drywall and finishing touches, such as the main stairway, nearing completion. The new medical building is on schedule and will open for patients in December.

COURTESY

READERS' FORUM

Response to Dalton landfill pitch

To the Editor:
I woke up on my 90th birthday and somebody told me “Give it one more try” ... and so I’m trying.

Twenty-five years ago, John Casella took a big gamble and bought the Bethlehem town dump which like many others in New Hampshire was an environmental disaster. There was no lining so water polluted by trash could go wherever the underground system took it. There was no engineering to capture harmful gases like Methane, so our air carried toxicity wherever the winds decided to blow.

It was, however, a great site for a landfill for two reasons:

1. It was surrounded on three sides by the White Mountain National Forest and since the prevailing winds and weather usually run west to east, any toxicity would run into 30,500 acres of trees and not into Bethlehem or our neighbors situated above and to the West of the site.

2. It was only 5.5 miles off Route 93 and access to the site was entirely through the forest eliminating any traffic impact.

There are those in my town who think Casella

is a disaster, any landfill is a potential disaster and they just do not want any part of it. For the first 18 years, they talked the town into suing Casella spending over \$3 million of our money and over \$3 million of his, until finally in January of 2012 a brave Board of Selectmen negotiated a 10 year agreement with Casella which resulted in the best Waste Management System in New Hampshire, \$450,000/year in free curbside pick up of Recyclables and Non-Recyclables, \$250 thousand/year in a free transfer station and swap shop, \$250,000/year cash as Host Community Fee and \$400,000/year cash in taxes. This adds up to \$1.350 million which is over 50 percent of our total Municipal Budget.

Five years into this agreement, a new Board of Selectmen negotiated a new 20 year agreement which doubled the benefits to the town to \$54 million or \$2.7 million/year or 100 percent of our Municipal Budget. Casella also developed a new Waste to Natural Gas system which converts toxic Methane and makes it useful instead of burning it in the atmosphere.

Why then is Bethlehem so willing to kick

out its largest business and Dalton so willing to fight his move to their town? It’s called Nimbysism. We all have an emotional reaction to certain “Ichs” in our life and human sewage and municipal waste are among them. If our town proposes to put the Town Water and Sewer facility on our street or the Town Landfill one street over, we will fight to the death...whether or not the 500 environmental engineers in the State Department of Environmental Affairs say it’s safe, will create no odor or toxicity and we’ll pay you for the privilege.

So, to my friends in Dalton, let me say you are wrong if you think Casella will harm in any way Forest Lake. Our 500 environmental engineers back me up and they will not “permit” if they have any doubts and then they will “regulate” in case any negative unforeseen circumstances arise. You do have a legitimate traffic concern as the 90 waste trucks per day will come through the heart of Twin Mountain, the heart of Whitefield and Bethlehem’s second main artery ... but not through Dalton. You also are to the East of the landfill and lower than the landfill, but ask

the residents of Trudeau Road ... they do not notice bad odors and their water is just fine.

Now to my friends in Bethlehem, you will miss Casella. You will miss his free services and the benefit to your environment that he provides. You will especially miss his cash, because you already have the highest tax rate in your area and it will go higher. Plus, you will end up with the environmental risk of two landfills, because you are right below and to the east of the proposed Dalton landfill and you will get not only the 90 truck per day waste traffic, but the 1400 Bethlehem homes will all take 1,400 weekly round trips over secondary roads, because you will not be able to afford the convenient pick-up.

I have put up six signs in Bethlehem with my phone number on them. If you missed them, the number is 869-2582. If you want to avoid this loss in our family and are willing to vote Yes ... call me and I’ll do my best to give you a vote ... and financial stability for 20 years plus the best Waste Management System in New Hampshire.

CLIFF CROSBY
BETHLEHEM

Join in a conversation
about landfill

To the Editor:

We invite the Dalton community to come together for an extended conversation with members of Save Forest Lake to hear our collective concerns about the negative impact a 180 acre garbage landfill (that we feel) will have a devastating impact on life as we all know and enjoy it in the North Country. No presentation, just neighbors discussing with neighbors. We’re all in this together!

We feel that by empowering the Town of Dalton with Emergency Temporary Zoning, via the Special Town Meeting on the 30th of July, we can prevent this landfill from becoming a reality. Dalton can STOP this landfill from becoming our collective nightmare. We are not about “fear thy neighbor,” just the opposite, we love our community and want to save it. We do not want to become a landfill town. The North Country deserves better.

Please, join us and let’s talk about what kind of future we envision for Dalton and the North Country. July 26, 6-8 p.m. Town of Dalton Municipal Offices/Gymnasium.

JON SWAN
ORGANIZER
SAVE FOREST LAKE
DALTON

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

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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.

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Statistics are boring.
Don't be one.
The best place for a helmet
is on your head.



1919
A recurrence of the anthrax epidemic of 1915 has caused consternation among farmers. The first case of the present outbreak was discovered by Dr. Hill in the herd of Alden Cram at Scotts on June 19th. Then the disease spread until 12 horses and three cows were lost, all owned by farmers near Scotts and in Dalton. Much of the area affected in 1915 has escaped the present ravages of the disease.

1929
Grange locals - Neigh-

A Century in Coös

A look back at this week in local history

bors and friends of Frank Moulton contributed nearly \$300 towards his heavy loss of five cows killed by lightning.

1939
Thrill lovers everywhere need no introduction to Captain 'Jimmy' Smith, the handsome young auto-mobile stunt star who brings his well known 'Squadron of Death' to the Lancaster Fair on Sunday, Sept. 3.

1949
Bears in pairs are no fun, a couple fishing recently in Lunenburg, Vt., decided after being

hemmed in by two of them. Unarmed except with fish rods, Mr. and Mrs. George Whitehead of Lyndon, Vt., encountered the two bruins. The bears seemed unperturbed by brandished rods and inclined to linger and one of them followed the Whiteheads some distance as the couple made a hasty retreat down a side road. The Lyndon couple are now wondering if the bears are telling their friends about the two big ones that got away.

1959
A Lancaster serviceman has won a prize in the Altus (Okla.) AFB

Incentive Awards Program for his suggestion to build an engine stand adaptor for the J-57-19 jet engine's center section. A/2c Robert C. Clark, who is assigned to the 11th Field Maintenance Squadron, won \$25 for his suggestion.

1969
White Mountains Zoo in Lancaster opened Friday afternoon and the response of visitors has been highly favorable. Despite the rain on Saturday and Sunday there were quite a few there to see some 140 or more animals and birds from five continents that are on display.

1979
GROVETON - Recent showers did nothing to abate the water shortage that has plagued the

town in recent weeks. The town's two year old, rock-lined 1,200,000-gallon reservoir is nearly 90 percent empty.

1989
LANCASTER - Weeks Hospital has named Patricia Rogers as the new Director of Nursing.

1999
TWIN MOUNTAIN - Dozens of men, women

and children representing many Native American tribes gathered for Sagakwa in Twin Mountain over the weekend. The festival, now in its ninth year, celebrates Native American culture and heritage.

2009
NORTHUMBERLAND - Selectmen in Northumberland planned to broach the subject of holding a special town meeting at their Monday night session, throwing the idea out to the voters and department heads after receiving grim news on their budget revenue.

READERS' FORUM

Push to impose zoning is premature

To the Editor:
It is my feeling that folks have been misled to some extent by all of the scare tactics that have been presented to them. The instant need for zoning or temporary zoning is really not there at this time. It is really premature at this point, as DES hasn't even been presented with a request for a landfill site, and it won't be acted upon by DES (the state) until

they are. It is my understanding that this will not happen in the near future. As I have personally experienced the extremes that zoning can impose on the individual, I do not want to live with zoning for years waiting for something to take place that may or may not even happen. I hope that the citizens of Dalton are aware that unless they want to live under zoning re-

strictions for years, they need to vote "No" at the special town meeting on Tuesday, July 30 at 7 p.m. Please try to attend the informational meeting on Tuesday, July 23 at 7 p.m. Let's keep Dalton free, as it has been for as long as I can remember (more than 75 years). Respectfully,
DONALD MOONEY
DALTON

Living the dream

To the Editor:
"Living the dream." When the question of "how things are going" was asked of new faculty at a recent mentors meeting, that was my answer. And I mean it. As a teacher new to WMRHS and SAU36, but not new to teaching, I have felt and been incredibly well supported from the moment that I was hired. From being invited to curriculum conversations last spring to targeted professional development to a central office staff and adminis-

trative team willing to answer all my questions, I was welcomed with open arms from the beginning. It got even better once the school year started, because I was able to get to know and work with the district's amazing students and faculty. Students have been appropriately respectful towards and curious about the "new math" teacher. Through my work with them in the classroom, advisory and study hall, I am starting to learn their stories and understand their interests and

passions. I look forward to getting to know them better with each passing school year. My teaching colleagues have inspired me with their deep commitment to living the school's motto — "doing more for more kids." The starting question seems to consistently be: "what is in the best interest of kids?" And, while our answers understandably may vary, there is a culture that allows us to collaborate together on working towards common action. The new model of having math and science teachers sharing an office has been one of most productive and rewarding professional experiences of my 20-plus-year career in education. Each night around the dinner table, my family has a practice of each sharing "good things" and "thank you's." Often, what I share includes..."at work, I am living the dream..."

SHANE MACELHINEY
WMRHS

Editorial

FROM PAGE A4

Your home is your sanctuary and you need to protect it. Oftentimes, people take better care of their vehicles than they do themselves. To keep a car running smoothly, you need to upkeep with maintenance, use top of the line fuel and keep the miles low. In the book "Don't Sweat the Small Stuff, and It's All Small Stuff" by Richard Carlson, he talks about how when you die, your 'In Basket' won't be empty. His point is that we all feel the need to get everything done. We stay up late, get up early, just to get everything done. By doing this, he says we put off having fun or spending time with loved ones. Keeping a full 'In Basket' means that your time is in demand, with projects to complete and phone calls to return. Carlson reminds his readers that no matter what you do or who you are, nothing is more important than your own happiness and sense of inner peace and that of your loved ones. He reminds us that when we die, there will still be things left to finish, and that someone else will do it, so there is never a reason not to step back, take in a deep breath, and smell the proverbial roses every once in a while.

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DR. LEE attended Yong Loo Lin School of Medicine, National University of Singapore in Singapore earning his MB and BS degrees. He completed his Residency & Fellowship at the Cleveland Clinic Foundation in both Internal Medicine and Pulmonary and Critical Care Medicine.

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- American Association of Sleep Medicine (FAASM)
- Academy of Medicine, Singapore (FAMS)

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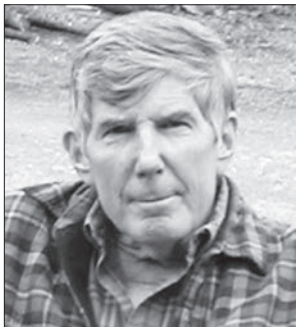
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North Country Notebook

Black flies, and who knows why turkeys do the things they do?



By JOHN HARRIGAN
COLUMNIST

Sudden, brief rain squalls rolled through the area over the weekend, and I was glad I wasn't haying any more. Others were, and went racing by with lowbed trailers of round bales.

I decided to weed my garden, not a big job because it's not a very big garden. Just a row of radishes, some lettuce, and by and by, cucumbers and carrots.

I'm in no hurry, and it's a good thing because I was late and slow putting the seeds in, even though Mother Nature gave me plenty of time. Plenty, at least, for life halfway between the Equator and the North Pole.

The further north you go, the shorter the seasons. Everything is compressed. People in South Carolina think we are crazy for living in northern New England. I love it here but don't really understand how people manage to get by in the Far North, even though I've been there.

+++++

The winds were stiff

and all over the place while I was in the garden. A stiff breeze will sometimes keep the black flies at bay, especially when the wind keeps changing directions. Still, while I was still in the protection of the shop I doped up, old-time parlance for putting repellant on.

Black flies are sneaky, and will let the wind fool you. They are so fast they can change direction when the wind does, and fly in the lee, and thus get the hovering time they need to land and latch on to hair or skin.

I sprayed my hat, a ridiculous piece of apparel I would not want to be seen in public in, but of course I am. There we are, after all, out there in full view, the both of us, looking silly.

Long ago, I learned to spray a little repellant on two fingers, and use them to apply it around eyes and ears. I also dope up arms and pants cuffs. All this usually gets me enough time to do whatever task is at hand without getting chewed half to death.

Why not a hat-net instead? I've tried them, including some of the most recent and best, and just can't tolerate them dominating my field of vision. And I certainly don't mind jumping into the shower.

+++++

I still call it bug dope, but it's a far cry from the

old stuff. Today's repellants are said to have the minimum DEET needed, last much longer in water, and are easier on the skin.

Rudy Shatney used to mix up his own repellent, out of pine tar oil and citronella and a third (maybe fourth) mysterious ingredient I've forgotten. Many of the old woods-guides had their own repellent recipes, allegedly sworn to by generations. The people who were fighting deer flies and black flies before Europeans got here are said to have used bear grease.

Plastic steering wheels became common at about the time I started using Rudy's bug dope. He had an old Dodge I drove around to do camp chores, and the first (and last) time I ever tried to drive it with bug dope on my hands it melted the steering wheel.

+++++

I got a call from an old friend as I was writing this, about as old as they come--we were boyhood friends and neighbors. He and his date were driving up the road to their home in Stewartstown when they got a good long look at a full-grown bear with a very long tail.

"We thought at first we were seeing a five-legged bear," Skip joked.

Long-tailed bears, as the old saying goes, are not rare but are indeed uncommon. In old-



er times, when people would slow down to look at such curiosities, they were placed on exhibit, and sometimes even trained to dance.

+++++

As we drift toward the Dog Days of August, I close with a photo sent my way by longtime reader and fishing friend Lou Ferland, who always signs his mail "Dr. David "Lou" Ferland, Chief of Police (Ret.), Adjunct Professor-Southern NH University."

Lou and I are part of a loose and varied group that has fished for years at Tim Pond, Maine, a body of water said never to have been stocked, meaning that it has its

own native strain of fish. The photo, fittingly I think for us both, is of a turkey, happily and inexplicably plopped atop one of Lou's feeders.

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Back Pack program seeks public’s help

BY TARA GILES
tara@salmonpress.news

LANCASTER — The local Back Pack program is asking for the public’s help as the need for children suffering food insecurity is growing at rates that are not sustainable without more funding. The program feeds more than 191 area children, and includes over 400 emergency meals provided during summer vacation.

The program ensures that local school children will be fed over the weekend. On Friday afternoons the children are sent home with a back pack filled with enough food to help get by. Food items include cereal, snacks and bread to name a few. The bags are packed by community and church volunteers and are delivered to schools in Stratford, Groveton, Stark, Lancaster and Whitefield.

The average cost for the program is \$6.75 per student, per week which includes non-perishable food items and a milk voucher. The program is funded by the Neil and Louise Tillotson Fund, along with other local businesses however the donation amounts are too small for the growing

problem. Every donation is extremely appreciated by those who run the program, they are simply looking to meet the needs of the children as the epidemic grows.

The headquarters for the program are located at the St. Pauls Episcopal church in Lancaster. Donations can be made through their Web site, www.stpaulslancaster.org.

Alice Poole, a volunteer said, “In Coös County, the needs of school children suffering food insecurity is an invisible, but a growing problem. In 2014, under the auspices of St. Mark’s, Groveton and St. Paul’s, Lancaster a group of retired teachers and others familiar with struggling families were concerned.” P

oole added, “They expected improvements in the local economy would soon be realized enabling many more families to achieve security. Meanwhile, to meet the needs of vulnerable children lacking access to healthy food at home, they cooperated with first the Groveton Elementary school and then others to supply students eligible for free breakfast and free lunch under the Title I Pro-

gram with bags of food to take home each weekend and holiday.”

Poole explained that children, teachers, administrators and parents expressed gratitude for this Back Pack program, and one by one more schools requested access to Back Packs.

“Each time the volunteers agreed to meet the needs of their most vulnerable neighbors,” she said.

In spite of New Hampshire’s statistics on employment and other indicators of economic stability, for Coos County the reality is quite different.

“Although food insecurity is invisible to many residents, for others feeding a family remains a desperate challenge. During 2018-19 school year Back Packs were delivered weekly to 55 students in Whitefield, 92 in Lancaster, 38 in Groveton, 13 in Stark and 55 in North Stratford,” said Poole.

Program Director Richard Carlson, added, “There is an issue on funding with some of our major contributors who are re-analyzing how they are supporting food insecurity in the North Country. With the opioid crisis where it’s at, a lot of our funding is now being spread across that epidemic as well so we want to give the community a broad knowledge of the level of need.”

Carlson said that 52 percent students in the North Country qualify for the program.

JEFFERSON

Wilma Corrigan | 586-4488

July 4th was one of the nicest days anyone could have hoped for — no rain, not overbearing hot, and plenty of activity with lots of travelers to enjoy the festivities.

Jefferson’s day began at 10 a.m. with the approximate 20 units that made up the very nice parade. The firemen in uniform took the place of Honor Guard to lead the parade. Edie Tucker of Randolph followed supporting her seat as State Representative to district 5, Coös County.

Winners were, Best Theme- 1st place the United Methodist Church “United we Stand Under God” on the back of a truck dressed in Jesus time attire. Most Patriotic-1st place Mr. Greeley with his red pickup truck decorated in Fourth of July theme. Most Original- 1st place to Jack Janes a summer resident, had a golf cart all decked out in red, white and blue trimmings. Funniest- 1st place Jackie Lowe with her ATV pulling a small wagon with her collection of horses on it. Children Unit- 1st place, Santa’s Village baseball team standing on a low bed pulled by Ingerson’s trucking. Animal Unit- 1st place Kevin Conway of Yawnoc Farm with his two brown steers and 2nd place to Bob and Randy Wilson of Littleton who entered two black steers in training to become oxen. Other Category- 1st place to four motorcycles led by Rev. Dean Stiles of the United Christian church who were riding for all Veterans of the military, especially the ones that lost their lives in Randolph. 2nd place Cameron’s Seal counting trucks and the Vintage Fire Truck from Santa’s Village . Other participants were Patrick Winslow on his 1943 S. AF B-17 Johnny Zero Bomb Casing that had been made into a bicycle for him, and his brother Stephen Winslow on is Buddy L golf cart; Nancy Greenley in her 1968 MGB convertible representing

the Waumbek Cottage Historical Houses; Ken and Lauren Jacquart in their pick up truck playing patriotic music, Chester Savage family with a black and red ATV decorated for July 4th, plus the town of Jefferson’s Fire Truck, Rescue Truck and the Tanker Truck with firemen giving some of the children a ride in them in the parade.

The fishing derby took place at the fish pond across from the Old Corner store following the parade. There were plenty of fishermen on hand and the cheering crowd looked like New York City on New Year’s Eve waiting for the ball to drop, they were everywhere. The winners of this event were, ages two years and younger, Tie George Mitchell, age two, a ten inch fish and Levi Ramsay, age two, a ten inch fish. Ages 3-4: Hayden Gross, age three, caught a 14 and a half inch fish, age 5-6: Colton St. Cyr, age 5, caught a 14 and three quarter inch fish. Age 7-8: Cooper Gross caught a 14 and a quarter inch fish. Age 9-10: Charlie Garland, age 10 caught a 14 inch fish. Age 11-12: Chris Daberek, age 11, caught a 14 and a half inch fish. The biggest fish was caught by Colton St. Cyr, 14 and three quarter inches long. The smallest fish was caught by Aiden Whipple at seven inches. There was nobody in the over 80 years category to fish as the oldest fisherman. We wish to say thank you very much to everyone who worked hard to put our Fourth of July program together and to all the participants that made it such a joyful one, ‘Our Many Thanks!’

Humor

Advice for parents. A recent study shows that time out is bad for children. Some readers are doubtful however because the entire study is written in crayon.

The Welterweights play Rockin’ the Park Friday

LANCASTER — This Friday brings The Welterweights to the Rockin’ the Park stage at 7 p.m. The Welterweights are alt-country-infused rockers from Vermont led by singer/songwriters Lowell Thompson and Kelly Ravin. Ravin is the former singer and guitarist of the band Waylon Speed that opened for the likes of Lynard Skynyrd, My Morning Jacket, and Junior Brown & Futurebirds. Ravin’s voice and songwriting style have been likened to Jason Isbell, the Drive By Truckers, Steve Earle, and Sturgill Simpson. For this concert the Welterweights will be a duo with Ravin and Thomp-

son.

Food will be available for sale starting at 5:30 p.m. from Vulgar Display of Poutine. VDP serves a creative array of food inspired by different cultures – including, of course, their delicious, authentic Quebecois-style Poutine.

Rockin’ the Park takes place each Friday from July 12 through Aug. 2 in Centennial Park in Lancaster as a celebration of local music, local food, and community. Rain location will be at the Lancaster Town Hall.

Rockin’ the Park is put on by Taproot Farm & Environmental Education Center, a Lancaster non-profit organization focused on healthy food, healthy environment, and healthy com-

munity. Taproot’s other initiatives include The Root Seller Marketplace, North Country Gleaners, The Lancaster Community Garden, and a diverse slate of education programs, including a nature-based summer camp currently running at White Mountains Regional High School.

The Rockin’ the Park series is sponsored by Dental Herb Company, Garland Mill Timberframes, Passumpsic Savings Bank, and the Polish Princess, and is supported by Arts Alliance of Northern New Hampshire.

More information on Taproot can be found at www.taprootnh.org, and on Facebook and Instagram.



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Brendan Berube at (603) 279-4516, ext. 101

with any questions regarding the submission process.

What kind of music do the churches of Christ use?

Isiah 1:18 “Come and let us reason together”

The churches of Christ only use a Capella singing in their worship. It is the only music to be used in the New Testament church (Ephesians 5:19; Colossians 3:16).

Singing without the aid of mechanical instruments follows the pattern of worship laid out by the Scripture and the early church. In the Old Testament the use of instruments was commanded (Numbers 10:10; 2 Chronicles 29:25) for the Israelite to worship God. Jesus and the Apostles did not carry the use of instrumental music into the time of the church; nor should we.

Instruments do not, and cannot, speak to the heart but only to the emotions. The kind of worship that pleases God is not one that pleases us, but Him.

Above all, God wants his followers to be obedient to the instructions He has given. If we cannot find any command, or example, or a way to infer something was done in the New Testament then we should not do it either.

We invite you to join us every Sunday for Bible study at 10:00 am and for worship at 11:00 am. We are located at 490 Main Street in Lancaster, NH next to the fair grounds.

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Mike Sullivan

Great North Woods Center to stage live radio play



The cast and crew of “Vintage Hitchcock: A Live Radio Play.” From the left, Tom Jordan, Rebecca Bunnell, Nancy Smith, Steven Bunnell, Steven Ross, Michelle Lassonde, Laurie Daley, Donna Jordan and Charles Jordan. Three Alfred Hitchcock vignettes will be presented one after another at the Great North Woods Center for the Arts in Columbia. There are four opportunities to see this live play this month. Tickets are now on sale.

COLUMBIA — Get ready for something totally new from the Carriage Lane Players when the troupe takes to the stage with a recreation of an old-time radio program with actors doing multiple voices, complete with sound effects, performed in front of a live audience. It all takes place over the course of three days this month, July 26, 27 and 28, at the new Great North Woods Center for the Arts on Route 3 in Columbia. This old-time radio show takes place in a 1940s-era radio station—WBFR. All of the characters are “actors” from 1946, arriving at their hometown radio station for their

evening jobs to perform a production of “Vintage Hitchcock: A Live Radio Play,” by Joe Landry. Three vintage Hitchcock shows will come to life with “The Lodger” (Act 1), “Sabotage” (Act 2) and “The 39 Steps” (Act 3). This is a triple feature and include vintage commercials—spotlighting a slew of characters portrayed by only six actors. The cast of “characters” includes your announcer, Winston J. Collingwood (played by Charles Jordan), a World War II war correspondent now back home and returning to civilian life; Stage Manager/Sound Manager Gilbert Finklestein (played by Steve Ross),

who is well-versed in creating sound effects; Assistant Sound Manager Nellie Blondestein (played by Nancy Smith), who has some very intense experience with sound effect; Show Director Barbara Benton (played by Donna Jordan), who is the well-known model for the famous Rosie the Riveter posters; actor Amelia Bly (played by Michelle Lassonde), who has a tawdry vaudeville reputation; Ethyl Ratchett Goodbody (played by Laurie Daley), who has just returned from a USO tour overseas; Winston J. Collingwood II (played by Thomas Jordan), the famous newspaper delivery boy who assists in

his family’s newspaper empire; the esteemed Garrison Feeler (played by Steve Bunnell), who loves to give out his autograph and talk about his starring role in B-horror films; and Vanessa Van Huston (played by Becky Bunnell), a child actress looking for her big break now that she is all grown up. Alfred Hitchcock was known famously for his later films “Psycho” and “The Birds,” as well as his long-running television show, “Alfred Hitchcock Presents.” These three vignettes were crafted by this master of suspense. “The Lodger,” subtitled “A Story of the London Fog,” captures a dark and shadowy world in which newsboys yell out their stories of the latest murder by the Avenger, just as a mysterious stranger shows up at the Bunting’s rooming house. In “Sabotage,” London is the setting. It begins with an explosion that puts the entire city in the dark—and ends with a bomb that threatens to cause widespread panic in a very public place. The finale is “The 39 Steps.” A masterful blend of horror, comedy and romance; this vignette

was a template for the infamous Hitchcock film, “North by Northwest.” The Carriage Lane Players have collaborated with the Colonel Town Players of Lancaster to borrow the group’s large WBFR sign, “on air” and “applause” signs, which those who have attended a Colonel Town Players live radio show will be familiar with. In addition, posters—which can be seen in multiple locations around the region—were sponsored by the News and Sentinel. The Colebrook Chronicle has sponsored several advertisements of the event. The group is also looking to host “War of the Worlds” and “It’s A Wonderful Life” as radio plays later this year. “Vintage Hitchcock” will take place outdoors at the Great North Woods Cen-

ter for the Arts, 1993 U.S. Rte. 3, in Columbia, on July 26 at 7 p.m., July 27 at 3 and 7 p.m., and July 28 at 2 p.m. Tickets for all shows are \$20 per person. The audience will be provided with tent covering and seating (bug zappers are in place as well), and will enjoy watching the actions of the sound effects team as they attempt to keep up with the actors and the storylines of each vignette. Tickets can be found at www.carriagelaneplayers.weebly.com, at Fiddleheads on Main Street in Colebrook, or at the door. Seating is limited and purchase of advance tickets is recommended. For more information, call 246-8998 or 331-5034.



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Sunday August 4th, 10 - 4

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Sat	Sun
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See further up here.

Calling all artisans, crafters and vendors!

DEADLINE FAST APPROACHING TO RESERVE A SPOT AT 2019 MOOSE FESTIVAL

COLEBROOK — In late August, the North Country will play host to the 28th Annual Moose Festival. This North Country tradition is expected to draw thousands of people from the North Country as well as from southern New Hampshire, Maine, Vermont, Massachusetts and Canada.

Friday’s activities return to Main Street in downtown Colebrook. “The Moose Festival is a wonderful, family friendly event,” said Jodi Gilbert, event Co-Director. “We are thrilled to provide attendees with access to dozens of talented artisans, crafters and vendors.”

The Moose Festival is an open, non-juried event that welcomes artisans, crafters, non-profits and food vendors of all types. The registration deadline is Friday, August 2nd. Space is limited on Friday, so reserve early.

To reserve a space, visit www.moosefestival.com and download the vendor application form or call 237-8939.

The event takes place on Friday, Aug. 23 from 3 – 8 p.m. on Main Street in downtown Colebrook, NH and on Saturday, Aug. 24 from 10 a.m. – 3:30 p.m. in Canaan, Vt., at the Recreational Park.

The Moose Festival is a fundraiser for the North Country Chamber of Commerce which

strives to serve its members by way of business advocacy, promotion of regional attractions and involvement in initiatives to foster economic growth. To learn more about the Chamber visit: www.chamberofthenorthcountry.com

About the North Country Chamber of Commerce

Including the NH communities of Clarksville, Colebrook, Columbia, Dixville Notch, Lemington, Millsfield, North Stratford, Norton, Pittsburg, Stratford and West Stewartstown and Vermont communities of Averill, Beecher Falls, Bloomfield, and Canaan, VT, the North Country Chamber of Commerce strives to serve its members by way of business advocacy, promotion of regional attractions and involvement in initiatives to foster economic growth. Our office is open Monday through Friday from 9 a.m. to 4 p.m. and is in the Citizen’s Bank building in downtown Colebrook. To visit, please take the elevator to the left of the front entrance. We are located on the second floor.

To learn more, please visit www.chamberofthenorthcountry.com.

Weeks State Park to host “Drawing from Nature” series

LANCASTER — Weeks State Park will host a program titled “Drawing from Nature” July 20 and Aug. 3 from 10 a.m. to 1 p.m. with Instructor Heidi Chester.

This program is about drawing from nature on the Weeks State Park grounds. The rain date for both times is Aug. 17.

Attendees will meet at the summit lodge grassy area.

Attendees will meet for two three-hour courses lead by local artist Heidi Chester. Heidi will provide information and demonstration on topics such as journaling, landscape perspectives, composition and shading as well as various media techniques. Group and individual instruction.

These courses are intended for adults of any level of art experience.

Children under 12 are welcome if they have an adult in attendance. Attendees provide their own supplies from a list emailed to them when they call in advance to register. Maximum of 25 attendees per session. \$25 fee* covers both sessions.

Pre-registration required. Contact Heidi@boydanddoyle.com or 731-5278 to sign up.

No person shall be denied the opportunity to participate in this program because of inability to pay.

Heidi has a Bachelor’s Degree on art. Previously, she has worked professionally in advertising design and commercial illustration. Currently, she paints and sells glassware to gift stores all over the northeast. She’s an avid gardener and amateur naturalist.

Northumberland Library welcomes local author for book signing

GROVETON — Local author Nancy Gray of Graymist Farm, Groveton, is pleased to announce another book signing event hosted by the Northumberland Public Library on Saturday, July 20 from 11 a.m. to 1 p.m. at the library, located at 31 State St., Groveton.

Gray is the author of two books, “The Dairy Diaries” (2009) and “The Dairy Diaries Vol. II” (2017), about her experiences as a wife, mother, and farmer. She is excited to present her newest volume, “A Harvest of Memories,” which is a collection of her monthly columns from the Coös County Democrat’s Farm & Forest pages.

Written over a decade, from 1994 to 2005, these stories offer a glimpse into the life and work of the Grays’ family farm over the years, and chronicle life at Graymist Farm by month and season, highlighting the successes and challenges, the sad and happy times in the lives of a typical farm family. Gray has also written a children’s book, “Kowz & Co. Activity Book,” which features a variety of games and puzzles dedicated to educating young people about cows and dairy farming.

There will be an opportunity for Q & A, as well as signing books that will be available for purchase. Admission is free, and to celebrate July being National Ice Cream Month, the first 10 attendees will receive a coupon for a free ice cream from Village Cones in Northumberland!

For more information about the book signing event, contact the Northumberland Public Library, 31 State St., Groveton, at 636-2066.

For more information on Nancy Gray’s books, contact her at 636-1294 or graymistgn@gmail.com.

Small and Beginner Farmers meet tomorrow night

COLEBROOK — The Coös County Small and Beginner Farmers chapter will be having its monthly meeting to discuss a number of topics. One of the topics will be ways to support to the local veterans service organization Warriors at 45 North, as well as many other agenda items.

GriefShare program offered to local community

COLEBROOK — Monadnock Congregational Church is gearing up to offer a second 13-week session of GriefShare.

This nondenominational program features Christ-centered, biblical teaching that focuses on grief topics associated with the death of a loved one. The DVD seminar features nationally respected grief experts and real-life stories of people, followed by a small group discussion about what was seen on the DVD.

Many grieving people find they are only beginning the work of healing when friends or family have returned to their daily life routines. Past participants have related how helpful the information and follow-up discussions were to them.

Your bereavement experience may be recent or not so recent. You will find encouragement, comfort, and help in grieving the death of a spouse, child, parent, sibling, other family member, or friend. No matter what the cause of our loved one’s death, this is an opportunity to be around people who understand what you are feeling. You will learn how to recognize the symptoms of being stuck in grief and that you do not need to live in bondage as a slave to certain emotions. You will learn valuable information about facing your new normal in life and renewing your hope for the future. Grief-related books/materials are made available for participants to borrow.

Would you like to know more before signing up for the 13-week session? Community members who have experienced the death of a family member or friend are invited to attend a mock session on Tuesday, July 23 at 6 p.m. at Monadnock Congregational Church in Colebrook to become familiar with the program’s style and content. This, we hope, will provide a first-hand opportunity to understand the program.

The next 13-week session will begin mid to late August. Dates and times are still being solidified. Watch for a future article for this information.

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The meeting will take place on Thursday, July 18. The meeting will be in the basement of the Colebrook Public Library from 6:30 to 8 p.m.

The public is welcome to all meetings.



LANCASTER Weather Summary

By Dave Haas

July 7 – July 13

TEMPERATURE:	
High Week	84 7/10
Low Week	45 7/8
High 1 Year Ago	87
Low 1 Year Ago	44
Normal High	79
Normal Low	54
Record High	94 2010
Record Low	33 1969
Degree Days This YTD	11
Degree Days Last YTD	11
Avg. Degree Days YTD	23
Note: Degree Day Year Begins July 1 & Ends June 30.	

PRECIPITATION:	
Total Week	1.16
Total This Month	4.07
Normal This Month	2.28
Total This Year	27.09
Normal For Year To Date	22.56
Total. Snow This Month	0.0
Normal Snow This Month	0.0
Total Snow This Winter	0.0
Normal Snow This Winter	0.0
Note: Melted Precipitation Year Begins Jan 1 & Ends Dec. 31	

Salmon Press

2019

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COURTESY

In June, Groveton American Legion Auxiliary Fredonwarell Unit 17 attend their yearly convention which was held in Manchester, NH. Pictured here is the group that went. Second Vice President Peggy Doyon, Secretary Kim Caron, President Sally Frizzell, Chaplain Sally Lewis, Treasurer Bonnie Knapp and First Vice President Debbie Lewis. While at convention the unit brought home many trophies. Collins Trophy-District 8- Best All Around Reporting, Lt. Moreau Trophy- Unit in Dept. submitting the Best Foreign Relations Report, Fletcher Burbank Photo History Class 2 100-199 members unit in Department best photo history. District 8 Trophy Unit submitting best Foreign Relation report in District 8, Larty Award, Unit submitting the best Americanism Report in District 8, Anna Joy Trophy Unit in the Dept. submitting the best Americanism Report, Class A Cup Unit in Dept having the highest percentage of the previous year's membership on May 15th 100 members, Feather Trophy Unit in Department submitting the Best Community Service Report, Unit 82 Gold Star Mothers Trophy, Unit in District submitting the Best Community Service report, Certificate of Participation Submitting a Beautiful Prayer Book, Certificate of Participation Successfully promotion Giving 10 to Education, Signed by National President Kathy Dungan.

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New CRAG art reception July 19

COLEBROOK — You are cordially invited to attend the opening reception for CRAG’s (Connecticut River Artisans Group) latest exhibit show, “Make A Scene.”

This show will feature works by multi-medium artists and artisans of the CRAG group. The reception to celebrate the new exhibit is Friday, July 19 from 5 to 7 p.m. at the CRAG gallery in Fiddleheads, 110 Main St. in Colebrook.

Whether artist interpretations are literal or conceptual, it is always intriguing to see how each uniquely expresses their interpretation of the current theme.

The exhibit will be on display from July 13 to Aug. 22.

The receptions are casual and offer complimentary wine, cheeses, fruit and refreshments as well as a chance to see the new exhibit and meet local artists and artisans. It’s an enjoyable evening of art, conversation and fun! If you are an artist or artisan (of any medium) and would like more information about CRAG, please visit our website at www.connecticutriverartisans.com. For information about exhibit schedules, membership or to learn how to sponsor an exhibit, please call Bette Guerin at 237-9302.

Community Baptist Church hosting Gospel Music Festival

WHITEFIELD — Community Baptist Church in Whitefield will hold its annual North Country Gospel Music Festival on Saturday, July 27 at 6:30 p.m. There is no admission fee. A freewill offering will be taken.

Performing this year is Scott Brunt with his deep bass voice, who will once again also serve as the M.C. His father, Gary Brunt, will also share his singing talents.

Also returning are local favorites “Comfort Country,” a bluegrass/country group that also does old-time gospel.

Returning after several years is the Maine based group “Kindred Hearts.”

The church is located at 27 Jefferson Rd. (across from the Whitefield Post Office). The church is handicapped accessible but the restrooms are not. For further information, call 837-2469 or check the website at www.cbc1816.church.

Weeks Memorial Library hosts program on space

LANCASTER — Take a look at the night sky and constellations with museum science educator Bobby Farlice-Rubio on Thursday, July 25 at 2 p.m. at the Weeks Memorial Library. He will discuss current events while looking more closely at the moon prepping everyone for July 20 Lunar Landing Celebrations.

How does the moon move, and why does it change appearance? The moon is the most easily recognized object in the night sky, as well as the most misunderstood. It changes shape, location and timing, creates eclipses, and is the only other planetary object humans have landed on and explored.

For more information please contact Ronnie Buckman at the library, 788-3352.

Real Estate



Dummer: This unique, 2 story camp is a great location for your North Country Adventures! ATV and Snow-Mobile Trails are in close proximity (just down the road). Fish the Androscoggin River, or the ponds and streams that are close by. **MLS# 4763645 - \$59,900**



Milan: ATV Enthusiasts and Outdoor Enthusiasts... Enjoy this rustic, 3 season, open concept camp w/abutting lot. ATV from this property to the mile and miles of trails that the North Country of NH has to offer. Cedar Pond is just across the road. **MLS# 4713415 - \$58,500**



Milan: Great place to get-away too or live year-round. Heated by woodstove. Amazing porch that goes all around the home! Garage to store the toys with deck above it. Lovely back yard. ATV from your garage to the trails. Home being sold furnished. **MLS# 4723934 - \$54,900**



Odell: Looking for a private camp on the water? Would be a perfect hunting & fishing camp as well as a snowmobile camp. Camp comes furnished. Has an enclosed porch that overlooks Little Bog Pond. Leased land. Don't miss out on this opportunity! **MLS# 4746889 - \$54,900**



Northumberland: Nestled on 5.93 acres, this cozy camp w/snowmobile trails nearby. Offers a large family room with ample space to gather around the wood stove. Enjoy the beautiful mountain view and wildlife from the covered porch! **MLS# 4649417 - \$53,000**



Shelburne: Fully Furnished!! Private, beautiful location to get away! Enjoy fishing for trout in your babbling brook, hiking the many trails surrounding the area, relax on your enclosed porch. Beautiful fireplace. Great for an outdoor enthusiast. **MLS# 4712983 - \$55,000**



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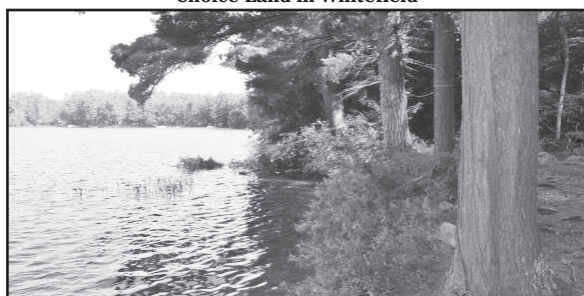
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Injured hiker rescued on Gulfside Trail in Thompson & Meserves Purchase

THOMPSON & MESERVES PURCHASE — At approximately 2 p.m. on Tuesday, July 9, Janis Dietz, 63, of Reading, Mass. was hiking on Gulfside Trail in Thompson and Meserves Purchase. While navigating down from Mt. Jefferson toward Mt. Clay on a steep downhill spot on the

trail, Dietz slipped and fell approximately four feet sustaining significant, but non-life threatening injuries. Her hiking companions were unable to make a call for help, but not long after her fall a passerby was able to make a cell phone call to 911. A coordinated response began from Androscoggin Valley

Search and Rescue (AVSAR), Appalachian Mountain Club (AMC) and Conservations Officers. An Advanced EMT from Androscoggin Valley Search and Rescue was able quickly get to Dietz with help from one of the Cog Railway Trains. This Advanced EMT was able to assess and stabilize Dietz's injuries while rescuers

responded to their location. Rescuers carried Dietz approximately 1.7 miles up to the Mt. Washington Auto Road where she was transported to an awaiting ambulance at the base. At approximately 9 p.m., Gorham EMS transported Dietz to Androscoggin Valley Hospital for treatment of her injuries.

Bronson Leclerc of Gorham named to Champlain College Trustee's List

BURLINGTON, Vt. — Bronson Leclerc of Gorham was named to the Champlain College Trustee's List for the Spring 2019 semester. Students on the Trustee's List have achieved a 4.0 grade point average for two or more consecutive semesters. Founded in 1878, Champlain College is a small, not-for-profit, private college in Burlington, Vermont, with additional campuses in Montreal, Canada, and Dublin, Ireland. Champlain offers a traditional undergraduate experience from its beautiful campus overlooking Lake Champlain, and more than 90 residential undergraduate and online undergraduate and graduate degree programs and certificates. Champlain's distinctive career-driven approach to higher education embodies the notion that true learning occurs when information and experience come together to create knowledge. Champlain College is included in the Princeton Review's The Best 384 Colleges: 2019 Edition. It was named a "Most Innovative School" (for the fourth year in a row), ranked among the top 100 Regional Universities in the North, and is featured as "One of the Best Undergraduate Teaching Programs" and a "Best Value School" by *U.S. News & World Report*. The Fiske Guide to Colleges for 2020 calls Champlain one of the "Best and Most Interesting Schools" in the United States, Canada and Great Britain. Champlain is also a 2019 College of Distinction. For more information, visit: www.champlain.edu.

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LANCASTER: This pastoral scene is one of the many features which will draw you to this lovely property "Out East". The twelve acres are nicely located with nice view potential, good southern exposure, and a drilled well and septic system now serving a 3 bedroom, 12 X 60 manufactured home. In addition to the small barn pictured, there is another storage building 18 X 10, lots of pasture, yard and garden areas, and plenty of woodland for winter heat, privacy and protection, and year-round enjoyment. **\$89,000**

BERLIN: Nicely located at the end of the street, without traffic in one of the city's nicest neighborhoods, this lovely ranch home has been proudly and carefully maintained since the day it was built. Offering one floor living to avoid the frequent use of stairs, it offers a master and two other bedrooms, 1 and 1/2 baths, a large, bright and open kitchen/dining/living room, and a delightful sunroom overlooking the private back yard. The walk-in, level entrance basement includes a large den/family room recently finished, laundry, storage and workshop space, along with a one car garage with direct entry. We are proud to present this very comfortable, neat and clean home. **\$179,000**

DALTON RIDGE: Privately tucked away on over 13 beautiful acres, with breathtaking panoramic mountain views and lovely southern exposure, this unique home is a must see. Spanning 4 levels with an open-concept floor plan, 4 bedrooms and 5 baths, this would be the perfect family retreat. Each of the 3 guest bedrooms has its own attached 1/4 bath, offering convenience and privacy, with the large master suite having a full bath with jacuzzi tub and sauna. The main living space is open with floor to ceiling windows allowing light, passive solar and views from every angle, with sliding glass doors on three sides leading out to the lovely balconies. A centrally located stone fireplace, open on 4 sides, offers warmth on chilly days, as well as a fun grilling section on the side open to the kitchen. The ground floor consists of a game room with gas fire place, 1/4 bath, workshop and direct access to the attached garage. Offered at **\$459,000, (4761457)**

Dalton Ridge: Located on 957 acres with outstanding views, this extraordinary home was designed by architects to blend with the landscape. Features include a living room with fieldstone fireplace, library and glass doors to the patio and view. There is a private sunroom/den, an open kitchen/dining area, three bedrooms with a lovely master suite and double bath. There is a family room/study in the lower level and an attached 2 car garage connected by a mudroom. **\$389,000 (4749004)**

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FOOD

Berry-filled dessert great for patio parties

Entertaining comes easy when the weather is pleasant. Many people welcome the chance to host in warm weather, and with hosting comes the need to provide tasty foods and refreshing beverages.

While grilling is often the method of choice when hosting warm weather gatherings, following up tasty grilled fare with an equally pleasing homemade dessert can set any soiree apart. "Strawberry Rhubarb Crisp" from "Crock-Pot: 365 Year-Round Recipes" (Publications International, Ltd.) from Crock-Pot test kitchens creates a cobbler-esque dessert chock-full of comforting flavors. It can be enjoyed on its own, or topped with a dollop of cream or ice cream.

STRAWBERRY RHUBARB CRISP

MAKES 8 SERVINGS

4 cups sliced hulled strawberries
4 cups diced rhubarb (about 5 stalks), cut into 1/2-inch dice
1 1/2 cups granulated sugar
2 tablespoons lemon juice



1 1/2 tablespoons cornstarch, plus water (optional)
1 cup all-purpose flour
1 cup old-fashioned oats
1/2 cup granulated sugar
1/2 cup packed brown sugar
1/2 teaspoon ground ginger

1/2 teaspoon ground nutmeg
1/2 cup butter, cut into pieces
1/2 cup sliced almonds, toasted

Coat a Crock-Pot® slow cooker with nonstick cooking spray. Place strawberries, rhubarb, 1 1/2 cups granulated sugar and lemon juice in the crock and mix well. Cook on high 11/2 hours, or until fruit is tender.

If fruit is dry after cooking, add a little water. If fruit has too much liquid, mix cornstarch with 2 tablespoons water and stir into liquid. Cook on high an additional 15 minutes, or until cooking liquid is thickened.

Preheat the oven to 375 F. For the topping, combine flour, oats, sugars, ginger, and nutmeg in medium bowl. Cut in butter using a pastry cutter or two knives until mixture resembles coarse crumbs. Stir in almonds.

Remove the lid from the Crock-Pot slow cooker and gently sprinkle topping onto fruit. Transfer the stoneware to the oven. Bake 15 to 20 minutes or until tipping begins to brown.

PC197112

Homestyle Japanese ideal for experimental home cooks

Japanese food may seem like a cuisine that can only be enjoyed in Japanese restaurants, but home cooks willing to take a chance and try something new can enjoy this popular take on food in the comfort of their own kitchens. "Hayashi Raisu (Beef and Onions in Tomato Gravy Over Rice)" is commonly eaten at home in Japan, so it naturally makes a great dish for home cooks to try. The following recipe is courtesy of Amy Kaneko's "Let's Cook Japanese Food!" (Chronicle Books).

Hayashi Raisu
Beef and Onions in Tomato Gravy Over Rice
Serves 4

3/4 pound beef rib eye, very thinly sliced (almost shaved; for ease, freeze for 1 hour before slicing)
1/2 teaspoon salt
1/2 teaspoon ground pepper
1 teaspoon plus 1 tablespoon sugar
3 tablespoons unsalted butter
1 1/2 yellow onions, cut into 1/4-inch-thick slices
1/2 cup sliced fresh white mushrooms
2 1/2 tablespoons all-purpose flour
1 cup dry red wine
3/4 cup tomato purée

3 tablespoons Worcestershire sauce
1 chicken or beef bouillon cube or 1/2 teaspoon granulated chicken stock base

Place the beef in a large bowl and sprinkle with the salt, pepper and 1 teaspoon of the sugar. Using your hands, massage the seasonings evenly into the beef. Set aside.

In a large frying pan or wok, melt 2 tablespoons of the butter over medium-high heat. When the butter is foaming, add the onions and cook, stirring often, until translucent and soft but not browned, 4 to 6 minutes. Transfer the onions to a Dutch oven or other heavy pot.

Add the remaining 1 tablespoon butter to the frying pan and return to medium-high heat. When the butter is foaming, add the meat and cook briefly, stirring constantly to prevent the pieces from sticking together. Add the mushrooms and, when the beef is almost cooked, after about 3 minutes, sprinkle in the flour and mix well. Add the wine, again stir well to combine with the beef and mushrooms, and then transfer to the pot holding the onions.

Place the pot over medium-high heat and heat until the mixture bubbles. Reduce the heat to medium-low, add



the tomato purée, the remaining 1 tablespoon sugar, the Worcestershire sauce, and the bouillon cube and mix well. Cook, uncovered, for 15 minutes to blend the flavors.

Taste and adjust the seasoning with salt and pepper, then serve hot.

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Golf for beginners

Millions of people hit the links to play golf recreationally, and many young stars of the game are inspiring others to try their hand at this difficult sport. There has never been a better time to play golf. However, to the uninitiated, golf can be complicated. There are many different rules and all sorts of equipment to learn and lingo to follow. In fact, the experts at Golf Digest say that some people can be scared off even before they hit the green. Fortunately, all it takes is a little research to get started on learning about and ultimately embracing the game of golf. Here are six ways to get started.

1. Start off on a practice range and not on the golf course. The range is a great place to acclimate oneself to the game and practice your swings.
2. Hook up with someone who can show you the ropes. Going it alone can tame feelings of embarrassment from being new to the game. However, having someone in your corner guiding you can make it easier to learn and love the game. Work with a local golf pro or enlist the help of a friend or family member with some golfing experience.
3. Learn all you can about the clubs, including which kinds are used for various types of shots. While a golfer is allowed to carry as many as 14 clubs in a bag, you will not need that many when first starting out, nor do you have to invest thousands of dollars in a set of clubs. It's possible to find used clubs online if you want to try the sport before committing.
4. Lean toward more loft when selecting clubs. Look for drivers that have at least 10 degrees of loft and fairway woods that start at 17 degrees, offers Golf Digest. This will make it easier for beginners to get the ball into the air and can reduce sidespin so shots fly more straight.
5. Pay attention to short shots as well as the long ones. Spend as much time practicing with wedges and the putter as the driver to really tighten up all of your shots.
6. Learn the proper grip and stance by working with a coach. Invest in a glove to avoid callused hands, as you'll be spending significant time practicing.

With these tips, novice golfers can get on the road to developing a great golf game relatively quickly.

Littleton Parks & Recreation

GOLF TOURNAMENT

September 15, 2019

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Kobuchar

(continued from Page A1)

healthcare bills, and creating 100-day plans.

“You have a sprint, but you also have a marathon,” she summarized. “We cannot waste one day when we get in the White House. My hope is that we turn out voters like we never have before.”

With degrees from Yale University and the University of Chicago Law School, Klobuchar served at two different Minnesota law firms before becoming county attorney and eventually, a Senator.

While she received enough individual donations to attend the most recent Democratic debates, she told the standing-room-only crowd that she must now achieve a count of 130,000 unique donors to be allowed to participate in the next round of debates this fall. The stop in Lancaster was her third of the day, having previously made an appearance in both Franconia and Littleton.

BOS

(continued from Page A1)

they do their jobs.

“There’s no reason you can’t have fun at work,” he said.

He went on to say, “Tim is a true leader. One person can either make or break it. During the parade, he even opted to walk the street rather than ride in a cruiser so that he could be more visible.”

Council

(continued from Page A1)

come chief justice without ever serving as a judge. Naysayers in the community also had concerns about his ties to the far right, particularly his views regarding abortion.

Of the vote, Executive Councilor Mike Cryans said, “I had come out earlier opposed to MacDonald under the grounds that he didn’t have the judicial experience necessary not only for the Supreme Court, but for all the court systems.”

Cryans added, “I was concerned about his stand on students’ right to vote, as well as women’s rights.”

Fellow Democratic Councilors Andru Volinsky and Deborah Pignatelli also voiced opposition to the nomination, saying that the position of Chief Justice requires balance. Republican councilors Ted Gatsas

Landfill

(continued from Page A1)

nances from being established in the town. This group established an informational website in late June that is masked with private domain name registration and does not clearly indicate who is behind the message.

Save Dalton NH also distributed campaign yard signs that did not clearly indicate who the responsible party might be. According to a letter from the New Hampshire State Attorney General’s office addressed to Dalton Selectman Anna Gilbody dated July 3, 2019, Gilbody had identified herself as belonging to the group responsible for the Save Dalton anti-zoning yard signs.

In the letter, Gilbody was informed that a failure to identify funders for the political campaign signs was a violation of NH RSA 664:14,

which requires all political advertising to be signed at the beginning or end with the name and addresses of the natural person or entity responsible for it. The letter went on to state that a failure to adhere to the RSA would result in a cease and desist order or other enforcement action.

Since that time, the Save Dalton signs now say “Paid for by Douglas S. Ingerson.” Ingerson is the owner of the 180-acre parcel being considered for a future landfill by Casella Waste Management.

Amidst all of this recent activity, Casella Waste Management recently hosted a two-session informational cookout at the Dalton Town Hall on July 2. The corporation has scheduled another round of events at the same location for Wednesday, July 17 at 11 a.m. and 5 p.m. where Casella employees will

again make themselves available to answer community questions.

According to the Dalton town website, the cookouts were not sponsored by the town government. Casella representatives requested use of the public space and the company was allowed to do so, due to Dalton’s existing building use policy. According to Jon Swan, the founder of Save Forest Lake, the addendum statement about municipal space was added after the Town received pressure regarding the town sponsoring such an event.

Meanwhile, the organizers of Save Forest Lake have launched a radio campaign on multiple local FM stations. According to Swan, Save Forest Lake now has approximately four hundred supporters and donations over the last week have covered the costs for two weeks of ra-

dio advertisements.

Coincidentally, the North Country Alliance for Balanced Change (NCABC) announced on their website that the Forest Lake Association voted unanimously at their annual meeting on June 22 to oppose the proposed landfill. The NCABC also states, “While preventing a landfill from being built in environmentally sensitive wetlands is our immediate concern, we should also be thinking about how to stop or reduce the need for landfills in general.”

A Public Hearing is scheduled for 7 p.m. on July 23 to discuss emergency temporary zoning and planning ordinances. A Special Town Meeting is scheduled for 7 p.m. on July 30, so Dalton residents may vote on emergency zoning and planning ordinances. Both meetings will be held at the Dalton Town Hall.

and Russell Prescott each voted in favor.

After the vote, a visibly upset Sununu accused the Democratic faction on the Council of playing politics, stating, “That’s what I’m taking home from this more than anything...that we have changed the paradigm, that we have changed our system going forward and politics is clearly in the words of our own councilors going to be a litmus test.

on by the Littleton Senior Center, which Cryans said was thoroughly enjoyed.

Littleton Area Senior Center volunteers Mary Swyner and Jeanette Howland were presented with proclamations for their service to the community. David Sundman of the Littleton Coin Company was also presented with a proclamation for his work in keeping the 75 year old business up and running and was commended for his service on various boards in town.

Cryans offered a reading from Robert Frost’s “The Road Not Taken,” noting that “This was Hugh Gallen’s, favorite poem, the former Governor of New Hampshire from Littleton, so it was a real Littleton day.”

Dick and Debbie Alberini welcomed all in attendance in their



On July 10, Dick and Debbie Alberini of Littleton were on hand in their Pollyanna garb at the Executive Council meeting at the Littleton Opera House. The Alberini’s gave the welcome address to all in attendance.

Pollyanna era garb and opened the historical society museum for all to enjoy.

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I personally think that political extremism is a breach of the public trust.”

Sununu then told the Council that he would refrain from making further nominations.

In a subsequent statement, he said, “It is clear we need to take a pause on the judicial nominating process and not move forward with any nominees until I have confidence that there’s appropriate perspective from the council on their responsibilities to the process and to the state.”

Sununu was greeted by protesters outside of the Opera House. Several North Country teachers held signs in opposition of Sununu’s decision to veto the budget proposed by the state Senate, which cut crucial aid to schools in the North Country. A compromise to the budget is still being worked on. Others were seen holding signs that said ‘Save Forest Lake’ in opposition to Casella’s plan to build a landfill in nearby Dalton. Sununu did not address the protesters, nor did he speak of either issue while at the meeting.

Of the day’s events, Cryans said, “I was very pleased to see the overall turnout and happy to bring the council meeting to Littleton. It gives people from outside the area to see the success that Littleton has had.”

A breakfast was put



Protesters were outside the Littleton Opera House on July 10 in hopes of getting the attention of New Hampshire Governor Chris Sununu. Signs included those in opposition to Sununu’s state budget veto as well as Save Forest Lake signs held in opposition to Casella’s plan to build a landfill in Dalton.

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Weathervane

(continued from Page A3)

cheering!”

Based on Frank Wedekind’s play of the same name, Spring Awakening depicts a dozen young people making their way through the thrilling, complicated and mysterious time of sexual awakening. The production is music directed by Andrew Morrissey and directed/choreographed by WIP Director Marisa Kirby.

“Tackling a concert version of a musical production was unique to me. While I knew we wouldn’t fully stage the show, I wasn’t interested in having performers just stand at mics and hold scripts. The biggest challenge was to find that balance between

a concert and a fully staged performance. Our production focuses heavily on the music while incorporating some dialogue and choreography to propel the story along. I want our audiences to have something to see as well as hear. I couldn’t be more pleased with this group of actors and their dedication to this work,” said Kirby.

The group of actors Kirby refers to are this year’s 12 interns representing 8 different top theatre schools and 9 different states selected from a nationwide search. Founded in 1991 to immerse early career artists in practical theatre arts training, the Weathervane Intern Program has become one of the most competitive in the country. In addition

to Interns in Concert, the Intern Company will be featured in Weathervane’s 54th Mainstage season in “Irving Berlin’s White Christmas,” “Bright Star,” and “Sister Act.” They also headline the Patchwork Players series. At 11am every Friday through Aug. 23, the Patchwork Players present original musicals for family audiences. Focusing on themes of confidence, courageousness, and family, this year’s Patchwork Players series utilize music, dance, and even food to teach important life lessons. Visit weathervanetheatre.org for more info.

2019 Intern Company: Patrick Agonito (Emerson College), Julia Bogdanoff (NYU), Theo Brown (Boston Conser-

vatory), Noah Casner (NYU), Nicholas Cooper (NYU), Drew Elhamalawy (Shenandoah University), Lily Lord (Boston Conservatory), Connor McNinch (Emerson College), Mia Mooko (Pace University), Brooke Solan (Syracuse University), Vanessa Vacanti (SUNY Fredonia), and Michelle Zink-Muñoz (Indiana University).

Interns In Concert joins Irving Berlin’s White Christmas, Six Dance Lessons in Six Weeks, and Lady Day at Emerson’s Bar and Grill already playing in alternating repertory.

NOTE: Spring Awakening contains strong language and adult themes and is for mature audiences only. 16+

About the Weathervane

The Weathervane Theatre was founded in 1965 by Gibbs Murray and the late Tom Haas and is under the leadership of Producing Artistic Director Ethan Paulini. For over half a century, it has presented high quality professional productions of plays and musicals. One of the few remaining alternating rep companies in the United States, the Weathervane is recognized as a historical institution nationwide, boasting among its alumni Elizabeth Stanley, Tally Sessions, four-time Tony nominee Judy Kuhn and recent Tony Award Winner Ari’el Stachel.

Tickets for Spring Awakening are now on sale (\$25 or \$20 for

subscribers). Patchwork tickets (\$6) are sold at the door. Call 603.837.9322 for group sales. Mainstage tickets (\$37-\$39) available by calling 603.837.9010 or visiting our website www.weathervanetheatre.org. The Box Office is open Monday - Saturday at 389 Lancaster Rd. Whitefield, NH. Performances are at 8pm with 2pm Saturday matinees starting July 20 and 2pm Thursday matinees starting August 22.

Weathervane can be found on Facebook at /weathervanetheatre and all other social media platforms @weathervanenh. Patchwork Players can be found on Facebook at /WVPatchwork

National Forest announces 2019 Artist in Residence

C A M P T O N — The White Mountain National Forest and the Arts Alliance of Northern New Hampshire are pleased to announce that May Babcock, a papermaker and multi-disciplinary visual artist based in Providence, Rhode Island, has been selected as the White Mountain National Forest Artist in Residence for 2019.

In her work, Babcock explores contemporary landscapes – gathering sketches, plant fiber, and materials from specific sites and using them in the studio to create prints, sculpture, installations, and artist books inspired by place. She combines hand papermaking, printmaking, sculpture, historical photography process, and book-arts techniques. During her residency on the White Mountain National For-

est, Babcock will draw the landscape, photograph, and learn about the area’s plant ecology, hydrology, and geological history.

“I plan on safely removing non-native plant species and processing them into handmade paper pulp paintings,” she says. “The artwork resulting from the residency will, I hope, communicate the complexity of this region.”

Babcock’s three-week residency will start in mid-August, and will include opportunities for the public to engage in plant education and hands-on papermaking.

White Mountain NF Recreation Program Leader, Marianne Leberman remarked, “Identifying and learning about turning plants into paper by hand alongside an expert artist is a unique way for the public to engage with the Forest.

We’re excited that May’s residency will link the ecology and artistry of the Forest.”

Babcock’s work has taken her to national parks, wilderness, and urban settings for arts and educational residencies using non-native plants to make paper and artworks that explore place. She has worked with Southside Community Land Trust, a system of urban community gardens in Providence, R.I., Guadalupe Mountains National Park in west Texas, and the Absaroka-Beartooth Wilderness in Montana.

Babcock’s residency also ties in to the history of papermaking in the region.

“May’s knowledge about the history of papermaking, from its roots as a 2,000 year old handcraft to industrial papermaking and the emergence of papermak-

ing as an artistic discipline in the 1970s will provide rich opportunities for discussion and local connections,” adds Arts Alliance Executive Director, Kate Griffin.

For more information and updates about the Artist in Residence program, visit the Arts Alliance website (www.artsalliancennh.org) and the White Mountain National Forest website (www.fs.usda.gov/whitemountain).

Follow us on Facebook & Twitter @WhiteMountainNF

TOWN OF CARROLL PLANNING BOARD 92 SCHOOL STREET TWIN MOUNTAIN, NH 03595

PUBLIC HEARING NOTICE August 1, 2019

The Town of Carroll Planning Board will meet at 7:00 PM on August 1, 2019 at the Carroll Town Hall to review a Site Plan Application for Boulder Mountain View (Boulder Motor Court), James Phillips & Melissa Burke, Map 418, Lot 001, 5 Harmony Hill Road, Twin Mountain, NH. James Phillips & Melissa Burke are looking to replace 10 existing cabins and replace them with 9 “Park Model RV’s” & one Carriage House. They are looking to rent daily, weekly &/or monthly. If the application is accepted as complete at this time, a Public Hearing may be held immediately after.

The application may be viewed in the town office during regular office hours.

Zoned Residential-Business (RB)

Town of Carroll Planning Board

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Please call 603-788-5095 to schedule an appointment.



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SPORTS B

Wednesday, July 17, 2019

COÖS COUNTY DEMOCRAT

PAGE B1



COURTESY

The sunset at the Lancaster Fairgrounds on June 22 was the perfect back drop for the North Country Relay for Life event.

North Country Relay for Life raises \$49,000

BY TARA GILES
tara@salmonpress.news

LANCASTER — On June 22, at the Lancaster Fairgrounds, the North Country Relay for Life event took place. This event was a chance for the community to come together to celebrate those loved ones lost to cancer, survivors and those who are still fighting.

Prior to the start of the event, the WMRHS JROTC Color Guard presented the colors.

Each team has a person on the track for the overnight event to represent the fact that cancer never sleeps. Each event kicks off with a survivors' lap followed by a luminaria ceremony. That ceremony takes place when the sun

goes down to remember those who have passed away. Each sand-filled bag is lit with a candle and a name of the person being remembered. A Fight Back Ceremony is last, where participants make a personal commitment to save lives by fighting back against the disease.

Relay, PAGE 2

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***It's Not Too Late to Enroll
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from 3 to 6 pm
at the
Littleton Academic Center,
646 Union Street,
Littleton, NH

**Learn about degree and
certificate programs**

Navigate the application, financial
aid and registration process

Light refreshments will be available

For more information call the
Littleton Academic Center at
603-444-1326

Fall classes begin August 26, 2019



White
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Sports Editor - Joshua Spaulding - 279-4516 (phone) - 279-3331 (fax) - josh@salmonpress.news

Summit Salute being held Sunday

PINKHAM NOTCH — The third annual Summit Salute will be held this year on Sunday, July 21, at the Mount Washington Auto Road in Pinkham Notch. This annual event is for all veterans, active service members and their families. The event is aimed at providing veterans, service members and their families the time and environment to connect with each other and other military families. The event starts at 2 p.m. and participants will be treated to hike, bike and play at the Mt. Washington Auto Road in addition to event activities such as military resources, an amazing cookout, music and prizes and a guest speaker, Colonel Mike Buckley, father, husband, Army Colonel retired, master cyclist, hiker and veteran advocate. The event is free and only open to veterans, service members and their families. The day ends with an opportunity to ride to the summit for sunset (weather permitting), there will be a minimal charge for the summit ride. This event is provided by Volunteers for Veterans Inc., a non-profit, 100 percent volunteer organization out of Gorham, supported by the generosity of donors such as the Mount Washington Auto Road, who help to make this amazing event possible. “Volunteers for Veterans Inc.” was started by two north country veterans, Al and Kate Duncan, who know the value of coming together with others who have served. Many local volunteers pitch in to cook, set up and manage the Summit Salute as a way to give back to those who have served this country. The event is held rain or shine under a huge tent. Registration is required. To register, go to: <https://conta.cc/2XPv6Nv>. Questions? Contact Volunteers for Veterans at Summitsalute@gmail.com or call Al and Kate Duncan at 239-227-9108. Details can also be found on Facebook at Volunteers for Veterans Inc.



CHECK OUT ALL
THE LATEST
IN LOCAL SPORTS!

COREY MCKEAN
Corey@salmonpress.news

PLYMOUTH — A 2003 graduate of Profile High School and 2007 graduate of Franklin Pierce College as well as four-year member and captain of their baseball team, Clay Jenkins has taken the reins of the Plymouth State men’s baseball program over the last four years and has noticed one thing in specific, that Northern New Hampshire high school baseball has produced its’ fair share of quality baseball players over the last 15 years, with many playing at the collegiate level and even a few going on to play professionally and that the best local North Country players are finding their collegiate playing careers continue very close to home.

Within only a few years of being the head coach at Plymouth, Jenkins has shown that he wants the very best North Country baseball players to stay as close to home as possible.

“Ryan McIntosh from Lincoln has been coaching with me since my first year (2016). We have always talked about all of the great ballplayers who have come from North Country schools, players we played both with and against. There were time periods where if you collected the best North Country players and assembled them at the same Division III baseball program, that team would compete for national championships,” explained Jenkins.

With both Jenkins and McIntosh coming from Northern New Hampshire schools, they have a unique insight

into what it takes to develop from a raw New Hampshire talent into a mature collegiate ballplayer.

“Our coaching philosophies are foundationally built on development and becoming the best ballplayer that is within you” says Jenkins. “We both personally know what it takes to come out of small Class S (Division IV) schools, and then needing to survive in baseball worlds much larger than where we came from. The transition can be overwhelming, and we never would have ended our playing careers on such positive notes had we not developed and improved throughout the journey.

“Being able to relate to North Country players, and then take that one step further by providing them with relative programs for player-development, makes PSU baseball the perfect home for North Country baseball players,” added Jenkins.

With NHIAA Division IV team, Littleton, and NHIAA Division III team, White Mountains Regional winning four state championships combined in the last four years, (LHS 2016 and 2018) (WMR 2018 and 2019) the proof lies within the results that Northern New Hampshire baseball is still strong. With many athletes playing multiple sports throughout the year, Jenkins notices how well-rounded these northern athletes are which is a considerable reason why Jenkins likes to keep the North Country talent close to home.

“Northern NH is currently full of great base-

ball players and great baseball coaches. There are a few North Country players who would be ready to compete at our level immediately” says Jenkins of the North Country talent. “The biggest difference I’ve noticed between players from Northern NH and other locations is the well-roundedness of the North Country player. Typically they are two or three-sport athletes, work part time jobs, and do well in the classroom. This successful variety prevents them from mastering baseball, and sometimes puts them behind the incoming player from southern New England who has dedicated their whole life to improving at specifically baseball,” Jenkins explained.

Jenkins has nothing but high hopes and will continue to push for continued success for the PSU baseball program. Many baseball players at Plymouth play in high-level prospect leagues throughout the summer and four have currently signed professional contracts in Jenkins’ time at Plymouth, most recently 2019 graduate and First Team All American Josh Goulet of Nashua. As the Plymouth State baseball program continues to improve and be recognized on the regional and national levels, Jenkins hopes to have as many North Country baseball players as possible representing that success.

Notable North Country players that have played at PSU in the last 10 years:

Gavin Cook - Littleton - 2019 graduate - captain, catcher - Will be on ros-

ter in 2020 while obtaining his master’s degree.

Tyler Brown - Littleton - 2020 graduate with two more years of baseball eligibility remaining. “Ace of staff, throwing in low 90s and only getting better and better.” Plays in the prestigious NECBL (New England Collegiate Baseball League) in the summers.

Derek Walker - Littleton - 2022 graduate - “Arguably the most valuable newcomer to our team last year. Extremely bright future on the mound with steady improvements in every aspect of pitching.”

Braxton Brown - White Mountains Regional - Entering freshman year at PSU. “We are extremely excited to have Braxton be a large part of our pitching staff right way.”

Ryan McIntosh - Lincoln - Four years on PSU baseball coaching staff. 2013 graduate - captain, infielder - impressive all-around baseball player. “Raw northern NH talent who turned himself into an extremely well-rounded and impressive college baseball player. Now he’s a self-taught incredible developmental coach.”

Ryan Richard - Berlin - 2019 graduate. LEC (Little East Conference) All Conference Player.

Luke Merrill - Pittsburg - 2012 graduate and LEC All Conference Player.

Curtis Arsenault - Berlin - 2017 graduate and member of PSU basketball team four years.

Nick Englert - Lincoln - 2009 graduate.



On June 22, people gathered for the North Country Relay for Life event that took place at the Lancaster Fairgrounds. The event raised several thousand dollars to help aid in the fight against cancer.

Relay FROM PAGE B1

All teams participating in the North Country event raised over \$49,000. The chair of the event is Melissa Womble. Co-Chair is Vickie Moore.

Donations will be accepted until August. On

her team page, ‘Next of Kin,’ Womble explained why she participates in the event. “I know there are a lot of worthy causes to support, but I think participating in an event that helps save lives from cancer is about as worthy as it gets. That’s why I decided to raise funds and walk in an

American Cancer Society Relay For Life event.”

She added, “Nearly everyone has been touched by cancer, either through their own personal battle or through the battle of someone they love and this disease has taken too much from too many. I’m participating in the

Relay For Life event because I know I am making a difference in the fight to end cancer by raising funds and cancer awareness.”

Womble said that not only is the event a way for her to join her community to fight back against cancer but says it’s a way to inspire oth-

ers to get involved.

The funds raised go towards cancer research, cancer patient programs and services.

“By walking in a Relay For Life event I joined more than four million global volunteers who are dedicated to finishing the fight against cancer. This was

my opportunity to honor the cancer survivors in my life, remember friends and family I have lost and to raise funds to support the American Cancer Society’s lifesaving mission,” Womble said.

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July 17: 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.

Wind Down Wednesdays, 5-8 p.m., Corner of High Street & Route 26, downtown Colebrook.

Big Screen Classics — “Raiders of the Lost Ark,” 6:30-8:30 p.m., Kaufman Theater, Tillotson Center, 14 Carriage Lane, Colebrook.

“Lady Day at Emerson’s Bar and Grill,” 8 p.m., Weathervane Theatre, 389 Lancaster Rd., Whitefield.

July 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.

July 19: 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.

Richard Alferi’s “Six Dance Lessons in Six Weeks,” 8-9:30 p.m., Weathervane Theatre, 389 Lancaster Rd., Whitefield.

July 20: Berlin & Coös County Historical Society Barn Sale, 8 a.m.-3 p.m., East Side River Road, Milan.

“Lady Day at Emerson’s Bar and Grill,” 8-9:30 p.m., Weathervane Theatre, 389 Lancaster Rd., Whitefield.

July 21: The Bolshoi Ballet On Screen: “ ‘Carmen’ Suite/Petrushka,” 2-5 p.m., Kaufman Theater, Tillotson Center, 14 Carriage Lane, Colebrook.

July 22: Parent & Child Aquatics, 5:30 p.m., North Country Community Recreation Center, 33 Rec Center Rd., Colebrook.

July 23: OWLS Program, 8 a.m., North Country Community Recreation Center, 33 Rec Rd., Colebrook.

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.

July 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.

Patchwork Players present “The Adventures of Tommie Sawyer,” Great North Woods Center for the Arts, 1993 US Route 3, Columbia.

Wind Down Wednesdays, 5-8 p.m., Corner of High Street & Route 26, downtown Colebrook.

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 bmcenany@nchnh.org for dates and locations of classes.

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

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

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 Bailiwicks Restaurant, 106 Main Street in Littleton. 6:30-7:30 p.m. Practice your communication and leadership skills in an easygoing, no pressure, supportive atmosphere. Meet every 2nd and 4th Thursday at



BY BARBARA R. ROBERTS

Since today, July 17 is the anniversary of the debut of Handel’s Water Music it seemed appropriate to mention the library’s extensive collection of music CDs. Although most of the music is classical, the library does have local music by the Fireside Fiddlers, harpist Bill Tobin, and St. Johnsbury’s Maple Leaf Seven. There is also Celtic and folk music, holiday music, mood music, and much more. Although the cataloging is not yet complete on the more than a thousand titles, library staff has a file and can check for specific composers, performers, and genre.

It’s time to highlight some of the newest non-fiction in the li-

Weeks Memorial Library

brary. For those of you who are looking for a new way to eat, one of the new and popular diets features Mediterranean cooking. Proponents of the diet encourage cooks to base every meal on fruits, vegetables, grains, olive oil, nuts and seeds with seafood eaten often, chicken occasionally, and other meats and sweets rarely. America’s Test Kitchen has issued “The Complete Mediterranean Cookbook,” with 500 “foolproof” recipes for anyone who might want to try this way of eating. Also new are several recent cookbooks by the American Diabetic Association which will replace several of the older and out-of-date books including “The Mediterranean Diabetes Cookbook” by Amy Riolo.

The American Academy of Pediatrics has just published the third edi-

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 homemade play dough; LED lights; and other amazing electronic devices...the library now has two robots available during this program. Recon 6.0 Programmable Rover robots may be programmed to get a snack and come back, patrol and protect one’s surroundings, perform spy missions, etc. What a super opportunity for kids to get electrified, through playing with age-specific learning toys and inventing, while advancing core subject knowledge and skills (i.e. science, math, English, history-social studies). Contact Sue @ 466-2525 for more details.

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

Connecticut Valley Sno-Riders Snowmobile Club meets monthly

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

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

New members and guests are welcome. For information, 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.

The Groveton Fish & Game Club, Inc. on Lost Nation Rd., Groveton has begun its sporting clays season. Be there by 4:45 p.m. to sign in and begin at 5 p.m. on any Wednesday.’ Bring your own shotgun, eye & ear protection and 50-plus shells. This is open to all but juniors require adult supervision.

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 drtimnh@outlook.com for more information or find us at Meetup.com. Join us for fun, fellowship and learning.

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.

tion of “What Every Parent Needs to Know about ADHD.” Mark Wolraich and Joseph Hagan provide the most recent research on this disorder and its many subtypes. Also new in the medical section is Mary Wilson’s “Antibiotics: What Everyone Needs to Know,” published this year by oxford University Press. For hobbyists, “The Ultimate Tool Book” claims to have every tool you will ever need to own as well as many do-it-yourself projects. Louise Crowther supplies 40 patterns for knitting animal dolls, their clothes and accessories in “Knitted Animal Friends.” Extraterrestrial life Is astrophysicist Alan Boss’s field of study. In “Universal Life,” Boss studies the last two decades in the search for habitable planets, and shares the results of NASA’s Kepler space

telescope which began its mission in 2009 to look for earth-like planets in the northern constellations of Lyra and Cygnus. The Kepler has proven that almost every star in the sky has a planetary system with potentially habitable worlds. According to Boss the next decades, with both ground- and space-based telescopes, will be able to prove the existence of life beyond earth. Boss presents a fascinating look at an exploding science. Looking in the other direction is Robert Macfarlane, whose “Underland” presents a look at the world beneath our feet, covering everything from prehistoric art and Bronze Age funeral chambers to the fungal networks of trees and hiding places for nuclear waste.

Notice of Public Hearing

Dalton NH on July 23, 2019 @ 7:00 PM at the Municipal Building Gymnasium to discuss “Shall the Town adopt the provisions of RSA 674: 24-29 entitled ‘Emergency Zoning and Planning Ordinance’?”

Ordinances may be read @ townofdalon.com and at the Dalton Town Office.

All are encouraged to attend.

Town of Stratford Advertisement for Bid

The Town of Stratford is now accepting bids for the replacement & staining of a new Deck on our Train Station/Library Building. The estimated size is 13 ‘ X 77’ and 4’6” X 24’. This is located at 74 Main St. Proof of Insurance is required.

Bid to include name, address, telephone, amount, and explanation of work to be done and list of materials. Write “Train Station/Library Deck” on envelope. Please submit to the Selectmen's Office no later than 12:00 pm on July 26, 2019.

For a list of specs, questions or to set up an appointment to look at the deck, you may call or stop into the Town Office. 922-5533 1956 US Rt. 3, PO Box 366 Stratford NH 03590

Town reserves the right to reject any and all bids.

Town of Stratford Advertisement for Bid

The Town of Stratford is now accepting bids for the Staining/Treatment of a 20' X 40' post and beam pavilion next to the Town Library/Train Station located at 74 Main St. Proof of Insurance is required.

Bid to include name, address, telephone, amount, and detailed explanation of work to be done and list of materials.

Write “Pavilion-Staining” on envelope. Please submit to the Selectmen's Office no later than 12:00 pm on July 26, 2019

For questions, you may call the Town Office 922-5533. 1956 US Rt. 3, PO Box 366 Stratford NH 03590

Town reserves the right to reject any and all bids.



250TH ANNIVERSARY CELEBRATION 2022

There is a Celebration 2022, 250th Anniversary meeting for the Town of Carroll, that is held every third Thursday of the month. We want to invite everyone to join us. There are only a few people that are involved right now and we need you to join us at the Town of Carroll Town Hall at 7:00 PM. We want to make this a year round celebration. But we need your help. A few people cannot do this. We need your ideas, energy, creativity and enthusiasm!

We are looking for a logo, slogans and a mascot for the Celebration. So all you creative people start thinking and designing! We need your logo ideas by the end of December 2019. This is open to one and all.

Our new email is celebration2022@townofcarroll.org.

There will be a fundraiser “Yard Sale” on August 17th at the Twin Mountain Fire Department.

We are looking for donations.

(No clothing please and only clean items.)

Thank you all and can't wait to see all the new faces on Thursday, July 17th!

Rena Vecchio Bonnie Moroney

LEGAL PROBATE NOTICE THE STATE OF NEW HAMPSHIRE 1ST CIRCUIT - PROBATE DIVISION - LANCASTER 6/27/2019 THRU 7/11/2019 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.

Gauvain, Gus M, late of Whitefield, NH. Albert Bernard Pryor, 42 Community Camp Rd., Lancaster, NH 03584. #314-2019-ET-00129 Gilbert, Barbara Shirley, late of Lancaster, NH. Terri L Peterson, 43 Mechanic Street, Lancaster, NH 03584. #314-2019-ET-00152

Dated: 7/12/2019



Looking for New Customers?



FROM THE LAKES REGION TO THE GREAT NORTH WOODS.

- The Baysider
- Meredith News
- Berlin Reporter
- Gilford Steamer
- Granite State News
- Littleton Courier
- Record Enterprise
- Winnisquam Echo
- Newfound Landing
- Coös County Democrat
- Carrol County Independent



CALL 603-279-4516 TO PLACE YOUR AD TODAY!

NOTICE TOWN OF GUILDHALL INVITATION TO BID

1. Sealed bids will be received by the Town of Guildhall, Vermont, hereinafter referred to as the "Owner," for performing the work described as "Information Technology Managed Services" dated 6/27/2019 and detailed more fully in the "Request for Proposal for Information Technology Managed Services", on or before 7:00 o'clock, in the PM, July 24, 2019 at the Guild Hall (Town Office), PO Box 10, 13 Courthouse Dr., Guildhall, VT 05905, at which time said bids will be publicly opened and read.
2. All bids must be made on the "IT Managed Service Proposal for the Town of Guildhall, VT" form which is available from the Town Clerk by:
 - A. Email: townclerk@guildhallvt.org
 - B. Phone: 802-676-3797 (voice mail when office is closed)
 - C. In Person: Tuesdays 9 am – 3 pm or Thursdays 12 – 6 pm.
3. A bidder may withdraw any proposal submitted prior to the hour set for the closing of the bids provided the request is signed in a manner identical with the proposal being withdrawn.
4. The Town of Guildhall will be responsible for payment in accordance with the terms of the contract to be executed with the successful Bidder.
5. The Guildhall Selectboard reserves the right to reject any or all bids.

Town of Guildhall, VT. By: George Blakeslee Title: Town Clerk

Call our toll-free number 1-877-766-6891 and have your help wanted ad in 11 papers next week!

Your Community Health Partner Since 1975

ACHS is GROWING... and so can YOU!

ASST. CLINICAL MNGR / RN
Support the ACHS clinical manager with daily leadership and staff development. Ensure best practice for clinical procedures and quality control. Provide clinical support and exceptional customer service to patients.

LICSW
Help ACHS patients reach their full potential by providing counseling and a full range of behavioral health services. You must hold a LICSW, and or PhD/PsyD and be licensed or license eligible in NH.

RN/LPN/CMA/RMA
Assist providers in delivering quality health care to patients with superb customer service. Experience preferred, but we're willing to train the right candidate.

MEDICAL RECORDS SPECIALIST
Love data and numbers? Create and distribute key reports from our Electronic Health Record System (EHR). Work with data from a variety of sources using efficient document management tools.

PATIENT ACCESS SPECIALISTS
Enhance the patient visit by ensuring excellent customer service from intake to check-out. Provide critical tasks to support a busy medical office. Must enjoy the public.

For a rewarding career with the potential for growth opportunities, competitive pay and benefits please visit:
Ammonoosuc.org

Ammonoosuc Community Health Services
Littleton • Franconia • Warren • Whitefield • Woodsville www.ammonoosuc.org

EOE

HYGIENIST and CERTIFIED DENTAL ASSISTANT NEEDED
Be a part of our well-established caring family dental office. Work together with a team approach who and like to have fun here!

Benefits:
Competitive wages • Vacation • Health insurance • Uniform allowance • 401K • Yearly Holiday Bonus

Requirements:
• 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

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

Foreclosure: 4-Season Camp on 10.87± Acres

AUCTION 

Friday, July 19 @11AM
2588 Abbott Hill Road, Newark, VT



Wood frame cabin with water, sewer and power on 10.87± acres. Two bedrooms, living room, kitchen and ½ bath. Close to Jobs Pond and recreational fishing. Close to VAST trail.

Thomas Hirschak Company
THCAuction.com • 800-634-7653 (NH Lic. #6153)



Alvin J. COLEMAN & Son, Inc.
Established 1940

9 NH Route 113, Conway, NH 03818-9505
Office (603) 447-5936 • Fax (603) 447-5839

TRUCK DRIVERS WANTED

- CDL Qualified
- 2-years experience
- Construction experience a plus

Please call:
(603) 447-5936 Ext. 307

Gorham, Conway, Ossipee, Concord, & Bethel Me

WHITE MOUNTAINS COMMUNITY COLLEGE
BERLIN, NH

FULL-TIME POSITIONS AVAILABLE:
Director of Enrollment Management (Counselor II)
Nursing Faculty (Level dependent upon qualifications)

PART-TIME POSITIONS AVAILABLE:
Cook (Academic year, Mon-Thurs mornings)
Library Aide (Academic year, Mon-Thurs evenings)

ADJUNCT INSTRUCTORS NEEDED TO TEACH COURSES IN THE FOLLOWING AREAS:
GIS – IT – NURSING

View job description and apply at
<http://www.wmcc.edu/about-wmcc/white-mountains-community-college-job-page>
FMI: Gretchen Taillon, Human Resources
gtaillon@ccsnh.edu
EEO


NCH | Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

***SIGN ON BONUS!**
Full-Time
***RNs**
with two years' experience or
***MT / MLT**

Additional Full-Time Opportunities

Radiologic Technologist	Coding Supervisor
Ultrasound / Echo Technologist	

Part-Time Opportunities

Perioperative RN	Hospital Information Clerk
------------------	----------------------------

Per-Diem Opportunities

Certified Surgical Technician	LNA
ED Technician	Unit Secretary
RN	Perioperative RN
Patient Access Representative	

APPLY ONLINE
WWW.UCVH.ORG

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

EOE

**Northern Human Services**
Changing Lives

Summer Employment Opportunity And Full time employment.

Position: Community Integrator
Rate of pay: \$11.50 per hour starting wage
Location: Community Services Center, 69 Willard St. Berlin, NH 03570

- Qualifications : High School diploma, Valid driver's license, Successful completion of background checks and auto insurance.
- Responsibilities: Support individuals to live meaningful lives while working, volunteering and learning independent living skills.

Full time benefits include:
Health Insurance, opportunity for Dental and Vision care, 11 paid holidays, generous vacation sick time package, extended medical leave, tuition reimbursement opportunity, mileage reimbursement & retirement contribution. Interested applicants should forward a resume or pick up an application at:
Community Services Center
C/O Program Director
69 Willard ST. • Berlin, NH 03570 • 603-752-1005
We are an equal opportunity employee and provider

TEMPORARY POSITION

REGISTERED DENTAL HYGIENIST

Coos County Family Health is looking for a Registered Dental Hygienist to work 16-20 hours per week for a approximately 3 months.

Candidates must be efficient, flexible, detail oriented and possess strong teamwork skills.

Previous experience and certification required.

Please submit application, cover letter and resume by July 24, 2019 to:
Human Resources Department
Coos County Family Health Services,
54 Willow Street
Berlin NH 03570
An Equal Opportunity Employer

**TRIVIDIA**
MANUFACTURING SOLUTIONS

Now Hiring Part-time Help
*****\$11.00 per hour*****
Great part-time opportunity
Monday – Friday
No nights, No weekends!

We are looking for **reliable, hard-working** individuals to join our production team on a part-time basis. Mon – Friday, 7:30 – 3:30, **AS NEEDED.**

Must be able to work standing up for 8-hours and occasionally lift up to **40 pounds.**

Please visit our Career page at <http://www.trividiams.com/contact/careers/> and select **Packaging Operator, Secondary**

All candidates are subject to a criminal background check and drug screen.

**TRIVIDIA**
MANUFACTURING SOLUTIONS

Machine Operators
Now Hiring
1st Shift 7:00 a.m. – 3:30 p.m. M-F
***** \$13.50 per hour *****
Generous Benefits Package / Great Hours

Top of the line benefits package includes medical, dental, prescription drug and vision insurance, along with a 401(k) retirement plan with company match. Furthermore, we provide full-time employees with 5 paid sick days, 12 paid holidays, and two weeks paid vacation!

Full-time position responsible for the filling and packaging of a variety of quality products on a fast-paced production line.

Professional, collaborative and accepting work environment that strives for manufacturing excellence, every day, with over 100 active employees in our Lancaster location.


Must have a high school diploma or equivalent and be 18 years or older. Previous manufacturing experience is preferred but we remain optimistic in training the right candidate.


All candidates are subject to a pre-employment criminal background check and post offer drug screening. Trividia is a tobacco free facility.

Join our team today!

If you are seeking a career with Trividia Manufacturing Solutions, Please visit our Career page at <http://www.trividiams.com/contact/careers/> and select Machine Operator.

Trividia is a tobacco-free facility. All candidates are subject to a pre-employment drug screen and criminal background check.

**north country healthcare**

**Androscoggin Valley Hospital**

Employment Opportunities
****full benefits****

Licensed Nursing Assistant – Medical/Surgical Unit
Part-Time, 30 hours (full benefits), rotating shifts, weekends, and holidays


- Assists with patient mobility, and daily personal care
- Current NH registration as a Nursing Assistant
- BLS certification

Clinical Office Nurse – Specialty Practice
Part-Time, 32 hours, day shift, 4 days per week, no weekends, no holidays

- Triage patients, assists with immediate plan of care
- Assists providers with procedures and other clinical tasks
- Updates and maintains the patient's electronic medical record
- NH Registered Nurse license required
- BLS and ACLS certifications

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



Tuba City
Regional Health Care Corporation

Have a Career that Changes Lives

Live and work on the beautiful Navajo Reservation,
near national parks and forests, canyon country,
ski area a day trip away.


The unique community of Tuba City offers a culturally rich
environment and a rewarding career in an underserved area.

Emergency Physicians

CAREERS

- Very close, collaborative medical staff
- Loan Repayment Program through NHSC
- \$25K Sign-on bonus

For more information contact
TCRHCHHR@tchealth.org or 928-283-2432



COMMUNITY ACTION
TRI-COUNTY CAP

Family Worker
Tri-County CAP Head Start
Plymouth/Whitefield Area Programs

Applicant must hold or obtain within eighteen months
of hire, at a minimum, a credential or certification in
social work, human services, family services, counseling
or a related field.

The Family Worker will split their time between two
sites. They will work with the teacher teams at both the
Plymouth and Whitefield Sites, to provide family support
services through home visits with all enrolled families. The
Family Worker will also support families with health screenings,
parent education and parent group activities.

This is a full-time 35 hrs/wk for a 40.5 wks/yr benefited position.
Medical benefits available after 60 days & paid school vacations
and sick leave as accrued. Starting pay is \$13.65 per hour.

Interested candidates please apply with a letter of introduction,
copy of transcripts and resume post marked by July 26th to:
Tri-County Head Start, 610 Sullivan St., Berlin, NH 03570
or email to bgilcris@tccap.org

EOE



COMMUNITY ACTION
TRI-COUNTY CAP


Associate Teacher
Tri-County CAP Head Start
Littleton Area Program

Applicant must currently have an Associates or
Bachelor's degree in ECE (which includes 3 credits in
Child Growth and Development) or be enrolled in a
program leading to one of these credentials with a
minimum of nine credits in ECE, 3 of which must be
in Child Growth & Development.

This is a full-time 40hrs/wk for a 42 wk/yr benefited
position. Starting pay is \$14.33 per hour. Medical
benefits available after 60 days & paid school vacations
and sick leave as accrued.

Interested candidates please apply with a letter of
introduction, transcripts and resume post marked by
July 26th, to: Tri-County Head Start, 610 Sullivan St.,
Berlin, NH 03570
or email to bgilcris@tccap.org

EOE



Granite State
Independent Living
gsil
Tools for Living
Life Independently

Granite State Independent Living (GSIL),
is a statewide non-profit organization based
in Concord, NH. GSIL is a home care and
community-based organization dedicated to
maximizing independence for individuals with
disabilities and/or chronic health care needs.
Granite State Independent Living is looking for a
full-time Long-Term Services Coordinator in the
Littleton, NH area who will be responsible for
the overall delivery and quality of consumer care
and services for consumer and agency directed
services. Provide supervision and training of
assigned in home care professionals.

Qualifications:

Bachelor's Degree and/or 2 years minimum
experience in the non-profit or for-profit healthcare
or human service industry or commensurate mix of
education and experience. Supervisory experience
and LPN or LNA experience preferred. Working
knowledge of the needs of individuals living with
disabilities and other chronic conditions.
Excellent verbal, written, organizational and
interpersonal skills.

Benefits:

GSIL offers a competitive benefits package which
includes, Medical, Dental, Life, Short & Long-Term
disability insurance, 403(B) retirement plan,
paid time off and Tuition assistance.
Granite State Independent Living is an
Equal Opportunity Employer.

**TOWN OF CARROLL
RESIDENTS
WEDNESDAY, JULY 24, 2019
7:00 PM
TOWN HALL**

**THE FUTURE OF
THE TOWN HALL &
FIRE STATION**

**We have a committee to
try to plan for the future of
the Carroll Town Hall (and the
Fire Station) but need YOU if you
are wondering about what will
happen to these town buildings.**

Lots of people have expressed
concern -- please join the committee
- or just give your thoughts.
Talk with us, share your ideas.
We're all in this together!!
Everyone is welcome.

***This is the time to let your
voice be heard!***



WHITE MOUNTAIN OIL & PROPANE

Sales & Marketing Manager

White Mountain Oil & Propane is currently
seeking a **Sales & Marketing Manager**
based out of our North Conway, NH offices.

This is a year-round full-time
permanent position.
We offer a full benefits package including paid
vacation, holidays, health & dental insurance,
401 (K), and profit sharing.

**Responsibilities include: Managing outside
sales force and inside support staff, all
product pricing and marketing and advertising
for a well-established, local company.**

Interested experienced applicants should
email or mail a resume to:

Attn: Sales & Marketing Manager
PO Box 690, North Conway, NH 03860
Fax: (603) 356-7181

jobs@whitemountainoil.com
No phone calls please

White Mountain Oil & Propane is an equal
opportunity employer
www.whitemountainoil.com



North Country Hospital
Where caring runs deep.

**Come and Join Our Team!!
WE HAVE OPPORTUNITIES FOR
FULL TIME RN'S & LPN'S IN KEY ROLES**

**Emergency Room
Operating Room
Inpatient Medical Surgical Unit
Maternal Child Health Unit
FLEX Pool RN
Primary Care Newport**

POSITIONS AVAILABLE IMMEDIATELY!

North Country Hospital is seeking qualified nurses who
are enthusiastic, excited about nursing and possess the
ability to weave together compassion and computers,
clinical knowledge and technical know-how.


We have high expectations of you as one of our nurses.
We need you to:

- Function as a key member of the healthcare team
- Provide high quality care to clinical standards
- Give critical feedback and insights to help
North Country Hospital constantly improve

Our compensation, benefits and, education and training
opportunities are excellent. If you are passionate about
nursing and want to work with others who are like
minded, please contact us today.

EOE.

Interested candidates may apply
Online at www.northcountryhospital.org
For additional information contact:
Tabitha Cole, Recruitment Coordinator
Human Resources
North Country Hospital
189 Prouty Drive,
Newport, VT 05855
802-334-3210 Ext. 405
Email: tcole@nchsi.org



**Northern
Human Services**
Changing Lives

Early Childhood/Special Educator

The Family-Centered Early Supports & Services
Program (early intervention) is currently seeking a
35-hour per week licensed educator to provide special
instruction for infants & toddlers (birth to three)
in Carroll County. This individual will work directly
with families & FCESS staff in the child's home
environment. Developmental screenings/evaluations
& service coordination/case management
functions will be performed.

Individual must be self-directed, highly organized,
& maintain boundaries with families. Some travel with
position -100% reimbursable. Flexible scheduling,
excellent benefit package, and vacation accrual.

Bachelor's Degree in Early Childhood,
Special Education, &/or related field required.
NH Teaching Certification in early childhood,
special education or related field required. Experience
with ages birth to three preferred.

This position requires a valid driver's license, proof of
adequate auto insurance, and completion of driver's and
criminal background checks. Northern Human Services
is an Equal Opportunity Employer and Provider.

To apply-Send cover letter and resume to:
Karen Willett
Program Director -FCESS
Northern Human Services
71 Hobbs Street, Suite 102
Conway, NH 03818
To Fax - 603-4474358 or
e-mail: kwillett@northernhs.org



TOWN OF WOODSTOCK
**PUBLIC WORKS
DEPARTMENT**

**OPENING: FULL-TIME LABORER- ENTRY
LEVEL POSITION**

PAY RATE: \$15.00/HR PLUS BENEFITS

APPLICATION DEADLINE: UNTIL FILLED

POSITION DESCRIPTION: Woodstock
Public Works is seeking applications for a
Full-Time Laborer.

- Duties include laborer work for cemetery,
parks, and highway maintenance,
including winter operations
- 40 hours per week
- Must be 18 years of age and have a valid
NH-CDL driver's license
- 6 - month probationary period
- Pre-employment drug/alcohol screening,
physical, criminal background and
DMV checks are a condition of
employment.

**Applications will be available
at the Woodstock Town Office**
located at 165 Lost River Road or at the
Public Works Garage located at
24 Kancamagus Highway.

The Town of Woodstock is an Equal Opportunity Employer.

JUMBO

**will take your message to over 200,000
readers in ELEVEN weekly newspapers!**

ROOFERS & LABORERS

Team atmosphere. Must be hardworking, honest, and punctual. Must have your own transportation, a clean driving record and own the required tools needed to perform your daily duties. Pay range \$14-\$20 per hour.

Benefits: Paid Holidays, Dental + Vision, Earned Paid Time Off.



This is a DRUG-FREE workplace. Contact: (603)356-8231



NFI North, Inc.

Inspiring and empowering people to reach their full potential

NFI North (NFI) Array of Services is seeking a skilled Clinician to provide individual and family therapy and support services for children and adolescents and their families in the northern region of NH.

This is a unique position in NFI's expanding service array working with an integrated team that provides a wide array of therapeutic services to youth and families throughout the North Country Community. NFI's mission is to inspire and empower people to reach their full potential so they can live successfully within their home and community. We have helped those at risk to achieve amazing results such as finding joy in their life, having fun together and developing meaningful relationships and employment.

Master's Degree in social work, psychology or related field required as well as have experience working with youth and families. NH license preferred. We assist those seeking licensure with supervision and training while employed with us.

This position provides in home services to youth and families participating in our Davenport School and array of community based services. This includes a flexible schedule with some weekends and evenings to conduct individual and family therapy. Reliable transportation needed for travel as indicated. On call is on rotation with the team.

Annual Full Time Salary: \$46,000 or higher based on education, experience and credentials. Consideration given to part-time or full-time candidates.

We provide supportive work environments that allow for creativity, a sense of empowerment, and opportunities for advancement. NFI North offers competitive salaries and a comprehensive benefit package including health and dental insurance, generous time off including three weeks paid vacation plus sick and holiday time, tuition reimbursement, retirement match, excellent training and career growth. NFI North is a proud partner with Southern New Hampshire University's (SNHU) College for America. Not only do we offer our employees access at incredibly low and affordable rates, you can also enroll your immediate family members.

Please send resume and cover letter to: Program Director, NFI North, 249 Main Street, Littleton, NH 03561 or email nfinorthhr@nafi.com. Visit www.nfinorth.com EOE/AA



COÖS COUNTY NURSING HOME

364 Cates Hill Road - Berlin, NH

A Team Working Together To Provide a Home Filled With Care, Love, Companionship and Recreation for Each Resident.

Coös County Nursing Home in Berlin, NH is seeking a Nursing Home Administrator

The primary role of the Administrator is to direct the day-to-day functions of the facility in accordance with current federal, state and local standard, guidelines and regulations that govern skilled nursing facilities to assure that the highest degree of quality care can be provided to our residents at all times.

- Plan, develop, organize, implement, evaluate and direct the facility's programs and activities in accordance with guidelines.
- Develop and maintain written policies and procedures and professional standards of practice that govern the operation of the facility.

Qualifications:

- Must possess a current, unencumbered NH Nursing Home Administrator's license.
- A Bachelor's Degree is necessary. A degree in Public Health Administration or Business Administration or a health related degree is preferred but not required.
- Must have, as a minimum, two years of experience in a supervisory capacity in a hospital or skilled nursing facility.
- Must be knowledgeable of reimbursement regulations and nursing practices and procedures, as well as laws, regulations, and guidelines pertaining to nursing facility administration.
- Must be thoroughly familiar with laws, regulations and guidelines governing personnel administration.
- Must be able to read and interpret financial records, reports, etc.
- Must be knowledgeable of computer systems, system applications and other office equipment.

Applicants should submit a cover letter and current resume to:

Jennifer Fish, County Administrator
PO Box 10
West Stewartstown, NH 03597
or via email to jennifer.fish@cooscountynh.us
An Equal Opportunity Employer

NOTICE OF VACANCY
FINANCE DIRECTOR

TOWN OF GORHAM, NEW HAMPSHIRE

The Town of Gorham is seeking qualified candidates for the position of Finance Director. This position is responsible for managing the general financial affairs of the Town, including computerized payroll, accounts payable and general ledger fund accounting systems; tax reporting, budgeting, cash management, debt issuance and utilities procurement. The Finance Director also manages employee benefits programs and the Town's property and liability insurance program. The successful candidate must be self-motivated, detail oriented and have the ability to work effectively with all municipal department heads.

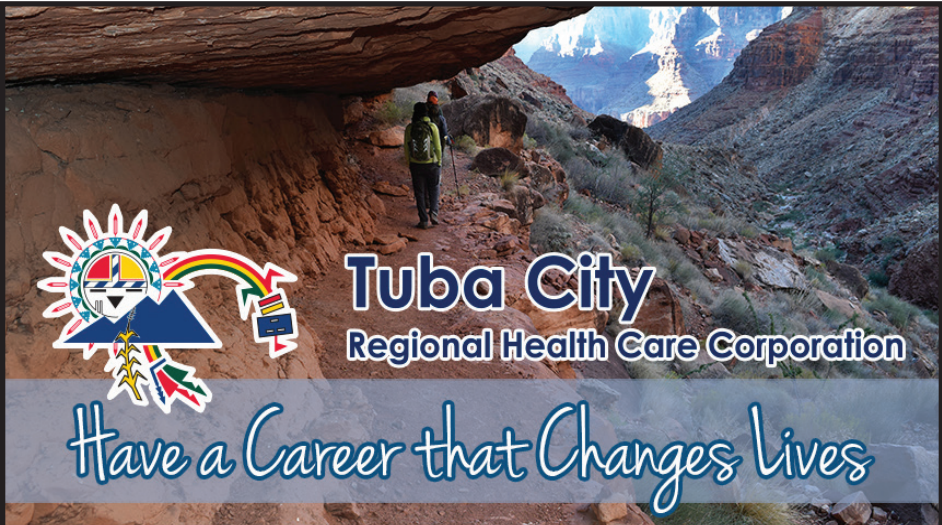
QUALIFICATIONS: Applicants to this position must possess a Bachelor's Degree in Accounting, Business Administration or other related area; have a minimum of four (4) years' experience in finance and accounting; or any equivalent combination of education and experience which demonstrates possession of the required knowledge, skills and abilities.

SALARY & BENEFITS: The Town offers a competitive benefits package; salary will be commensurate with education background and experience.

APPLICATION PROCEDURE: Submit a letter of interest, current resume and three current references by August 1, 2019 to:

Denise Vallee, Interim Town Manager
Town of Gorham
20 Park Street
Gorham, NH 03581

The Town of Gorham is an Equal Opportunity Employer.



Live and work on the beautiful Navajo Reservation, near national parks and forests, canyon country, ski area a day trip away.

The unique community of Tuba City offers a culturally rich environment and a rewarding career in an underserved area.

Job Opportunities

Open Until Filled

Nursing

Director of Pediatric Unit
Director of Oncology
Lead Clinical Nurse
Clinical Nurse (ER, ICU, ACU, Oncology, OR, PACU, Pediatric, Same Day)
Nurse Case Manager

Allied Health

Director of Pharmacy Services
Adv. Pharmacist I/II – Oncology
Certified Pharmacy Technician
Endocardiographer/Sonographer
CT Technologist (Dual)
Medical Technologist
Phlebotomist

Medical Staff

Deputy Chief of Emergency Services
Endodontist
Hospitalist
Internist
Nurse Midwife
Physical Therapist
Physician (Emergency, OB/GYN, Family Medicine)

Positions Close on 06/21/2019 @ 5:00 pm

Accounts Receivable Specialist I/II
Ambulatory Care Program Director
Call Center Lead
Call Center Manager
Certified Medical Assistant
Contract Specialist
Corporate Compliance Technician
Dental Assistant
Environmental Services Tech./Maintenance
Help Desk Manager
Medical Coder I/II/III
OR Surgical Technician
Patient Benefit Coordinator
Performance Improv./Patient Safety Officer
Surgical Services Materials Management Specialist
Telemedicine Services Coordinator

Positions Close on 06/28/2019 @ 5:00 pm

Accounting Technician I/II
Cook (temporary)
Environmental Service Technician - SPHC
Patient Access Specialist

For more information contact
TCRHCCR@tchealth.org or 928-283-2432

TCRHCC is a Navajo/Indian preference employer. Final candidates selected will be subject to a favorable adjudicated background investigation.



Case Managers Needed!

Join our growing team of over 6,000 health professionals nationwide!

At Centurion, our dedication to making a difference and our passionate team of the best and the brightest healthcare employees has made us one of the leaders of the correctional health industry. Whether you are driven by purpose and impact or on a journey of professional growth, our opportunities can offer both. Centurion is proud to be the provider of healthcare services to the **Vermont Department of Corrections.**

The Medication Assisted Treatment Case Manager coordinates and provides Substance Use Disorders/Addiction program activities and monitoring of client progress in a correctional setting. Communicates patient concerns with clinical care providers to ensure quality patient care.

We are currently seeking Case Managers to work FULL TIME at the following Correctional Facilities:

- **Marble Valley Regional Correctional Facility-Rutland, VT**
- **Northeast Correctional Complex-St. Johnsbury, VT**
- **Northern State Correctional Facility-Newport, VT**
- **Southern State Correctional Facility, Springfield, VT**

Position is split half time; 20 hours per week at Chittenden Regional Correctional Facility-South Burlington, VT and 20 hours per week at Northwest State Correctional Facility-Swanton, VT

When submitting resume, please indicate the location you are interested in.
Requirements:

- **Bachelor's degree in a human services or counseling related discipline required**
- **Drug and Alcohol Counselor Certification preferred**
- **Experience providing substance use disorder/addiction treatment preferred**
- **Experience providing case management services preferred**
- **Must show current tuberculosis documentation and active CPR certification**
- **Must be able to pass background investigation and obtain agency security clearance where applicable**

We offer excellent compensation and comprehensive benefits including for FULL TIME; Health, dental, vision, disability and life insurance, 401(k) with company match, generous paid time off, paid holidays, flexible spending account and much more...

Interested candidates, please email resumes to kelli@teamcenturion.com or fax 888-317-1741; CenturionManagedCare.com

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Misc. For Sale

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

Barn/Garage/Yard Sale

GARAGE SALE
JULY 20 & 21, 9-4
101 GARY'S DR., LITTLETON
Entire household rocking chairs tables gun cabinet chain saws some tools a/c lamps bedding computer desk lots of stuff

MOVING SALE
July 20 & 21 9am - 4pm
966 South Lunenburg Rd, Lunenburg, VT
Household items, farm and garden items, snowblower, furniture, antiques, clothes. Something for everybody!

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24/7

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Shane - Shetland Sheepdog
White/Tan/Black
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We are hoping someone may have him or have seen him?
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August 27, 2016
Do not chase. Old and New Leads appreciated.
For more info see
www.facebook.com/shaneshetlandsheepdog

Call Owner 603-365-1778
or Granite State Dog Recovery
1-855-639-5678

Boats

19.5" 2008 Bayliner IO boat & trailer with marine radio, bimini top, cuddy, and all equipment needed to go. \$14,975 or BRO.

Yamaha 2400 watt inverter generator. Like new, used once. Will power RV camper AC unit. \$850, new \$1330.

Vertical aquarium with stand, pump, lights, etc. Ready to use. 25 Gallon. \$125.

Two 25 gallon boat refueling gas buggies with wheels, hose, and nozzle. \$150 each.

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Deadline:
Monday 10 am

Pets/Breeders

LOW COST SPAY/NEUTER
Mobile Feline Fix It Wagon,
Cats \$70-\$85. Dogs at Conway clinic, starting at \$100. NH and Maine income qualified plans. Military discounts. Rozzie May Animal Alliance, a dedicated spay/neuter nonprofit. Sign up on line www.RozzieMay.org or call 603-447-1373

General Help Wanted

GSIL is looking for caring, dependable personal care attendants to assist individuals living independently in their homes for various shifts. Duties include personal care, meal prep, laundry, light housekeeping, etc. Pay is \$10.25-\$10.75/hr. Does not require any certification and willing to train those without experience. Please contact Ashley at (603) 568-4930 or atruong@gsil.org for more information.

The Willey House Snack Bar & Gift Shop is looking for full time and part time help through mid October. Starting pay is \$11.19/hr. Please call 374-0999 or 374-2272 or come see us.

Part-Time Help Wanted

Female in North Conway is seeking assistance on Thursday, Saturday Sunday 8 hours each day or split 4 hours in the morning and 4 in the evening. Duties include transfers toileting, showering and other hygiene assist as well as meal prep and clean up, light housework, laundry, grocery shopping. Please call Ashley at 603-568-4930 for more information.

Professional/Technical

Nutritionist for North Country WIC/CSFP Office – various positions available for WIC and Commodity Supplemental Food Programs to provide nutrition education and counseling to a maternal and child health population in a very busy clinic environment. Experience with breastfeeding promotion, developing nutrition education plans and outreach materials required. Frequent travel required to clinic sites in Coos and upper Grafton Counties. Minimum of a B.S. or B.A. in Nutritional Sciences, Registered Dietician preferred. Recent experience in public health clinic setting is preferred. Must be flexible and able to work as part of a team. Position will remain open until filled. Please submit resume and letter of interest to employment@bm-cap.org.

Community Action Program
Belknap-Merrimack Counties, Inc.
is an E.O.E.

Care Giver Services

IN HOME CARE - Dependable, Companionship, Safety. References available. Part-time, nights. Groceries, store, doctors, shopping, or just a ride. Littleton area. Any questions call 603-444-0977.

Professional Services

ALL NEW: HERE-4-YOU
Cleaning (businesses & residences), errands, and pet care. Need a ride to an appointment? Grocery store? Pick up lunch/dinner? A pet sitter for the weekend, overnight, or just a few hours? Available beginning May 15.

*****DANCE CLASSES AND CARDIO***** (all ages welcome) beginning Friday, July 12th (summer session) and Friday, Sept 13th (fall session) in Lincoln, NH. Call for rates and additional info.

Call ahead for more info & to schedule! 603-991-3387.

Real Estate



Equal Housing Opportunity
All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, 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 in this newspaper are available on an equal opportunity basis.

To complain of discrimination call **HUD** toll free at 1-800-669-9777

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.

You may also call **The New Hampshire Commission for Human Rights** at 603-271-2767 or write

The Commission at
163 Loudon Road,
Concord, NH 03301

Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.

Rentals

WANTED
House or camp to rent for 4-6 weeks in Lunenburg or surrounding area. Need to be near relatives to assist with health issues. Reasonable rate needed. Clean, quiet lady. August-September. Please call Bonnie at 802-503-7770.

Apartments For Rent

BETHLEHEM: EFFICIENCY UNITS.
No Smoking, No Pets, Security deposit required. Utilities and cable included. 603-444-2075

Very large 3 bedroom apartment in Whitefield. 2 full bathrooms, laundry and small office too. Ask about renting with an option to buy deal. Call 603 991 1609

WHITEFIELD: Third floor 1 bedroom apartment \$480/mo. Includes heat, hot water, trash removal. Laundry on premises. Security, first month and references required. Call 603-631-6575.

Houses For Rent

FARM HOUSE in beautiful location. In Whitefield near the Jefferson line. Available August 1st. Modern kitchen 12x20, livingroom 12x24, laundry hookup, 2 bedrooms on first floor, second floor is large open space 24x15, with full bathroom. Utilities not included. First months rent & security deposit.\$985/month. Call (781) 662-5447

Vacation Rentals

P.E.I. Weekly Cottage RENTAL:
Sleeps 6 Pond, ocean & lighthouse views \$900/wk
Scott 603-254-5032
scottm@plymouth.edu

Jumbo Yard Sale

104 Harvard Street, Franconia (Sat July 20, 8AM - 2PM) Proceeds benefit homeless shelter, small appliances, housewares, small furniture, tools, toddlers/children's stuff, collectibles, antiques, lots of small and interesting knick-knacks.



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THOSE WHO LIVE IN THIS REGION OF THE WORLD DO NOT EXPERIENCE SEASONS LIKE SUMMER OR WINTER. IT IS ALWAYS AROUND 88 F.

ANSWER: THE EQUATOR

Crossword Puzzle

1					2			
								3
4			5					
6					7			
8								

ACROSS

1. Summer shoes
4. Learn by heart
6. Complete turn
8. Warm weather clothes

DOWN

1. Hot season
2. At a distance
3. Body of water
5. Subway system
7. Youngster

THIS DAY IN...

HISTORY

- **1900:** THE FIRST LINE OF THE PARIS METRO OPENS FOR OPERATION.
- **1943:** ROME IS HEAVILY BOMBED BY ALLIED AIRCRAFT DURING WORLD WAR II.
- **1979:** THE SOMOZA FAMILY GOVERNMENT IN NICARAGUA IS OVERTHROWN BY THE SANDINISTA REBELS.

SEASON

each of the four divisions of the year

How they SAY that in...

ENGLISH: Humidity
SPANISH: Humedad
ITALIAN: Umidità
FRENCH: Humidité
GERMAN: Feuchtigkeit

Did you know?

BOATING, FISHING, CAMPING, AND WATER SPORTS ARE VERY POPULAR ACTIVITIES DURING THE SUMMER.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: SAND CASTLE

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to fireworks. Each number corresponds to a letter. (Hint: 7 = r)

A. 7 16 13 19 23 9
Clue: Shoots into space

B. 17 11 8 7 19 21 23 7
Clue: Bright, burning stick

C. 26 7 12 10 6 9
Clue: Opposite of dark

D. 4 12 7 23 24 16 7 19 17
Clue: Devices with spectacular explosions

Answers: A. rocket B. sparkler C. bright D. fireworks

SUDOKU

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

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

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!

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

ANSWER:



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Sales & Service

WE DO:

- New Fire Extinguishers
- Annual Inspections
- Service Work

- Does your home, camp or business have an adequate number of fire extinguishers?
- Have they been serviced?
- Will they work when you need them to?

REMINDERS:

- NFPA, fire marshals and insurance companies require that fire extinguishers are inspected and tagged annually.
- Clean your Chimney
- The NFPA recommends both photoelectric and ionization detectors!
- Install a carbon monoxide detector

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