

Class of 2019 leaves mark of excellence on WMRHS



TARA GILES

Salutatorian Isabella Gaetjens-Oleson gave a magnificent speech during the graduation ceremony at White Mountains Regional High School on June 7.

At right: Twins Buddy and Blayne LaChance march into graduation at WMRHS on June 7.



The WMRHS class of 2019 listens intently to their classmates offer words of wisdom during their graduation ceremony on June 7.

BY TARA GILES
tara@salmonpress.news

WHITEFIELD — On the evening of Friday June 7, the White Mountains Regional High School class of 2019 threw their caps in the

air for one last Spartan hoorah. The class of 2019 celebrated their departure during a well attended ceremony where the students were the keynote speakers.

Addressing the crowd was Valedictorian

Sunjay Sood, Salutatorian Isabella Gaetjens-Oleson, Honor's Speaker Jared Hazelton and student speaker Andrew Smith. Woven throughout their speeches were words of wisdom, inside jokes, personal experi-

ences and well wishes.

It was a picture perfect night with the weather holding out at just the right temperature. The view of the mountains, the pop of green trees and a clear blue sky made a flawless

back drop for the ceremony.

Principal Mike Berry welcomed the crowd, saying "Most of us know that WMRHS runs a little differently than other schools. We're a little more ded-

icated to developing individual plans for your education, as the members of this class certainly know. We want you to graduate feeling smart in your own realm. You WMRHS, PAGE A16

North Country students Rise "UP" for positive change

BRETTON WOODS — The Second Annual UP Granite Youth Conference is in the books! With almost 200 students throughout Coös and Northern Grafton Counties gathered on May 29 at the Mount Washington Hotel, the ball room was abuzz with excited energy throughout the evening as students mingled to the beats of DJ GenReal in the backdrop, engaged with keynote speakers, and presented before their peers

alongside classmates and other students—all in the name of standing UP for positive change, speaking UP against bullying and drug and alcohol misuse, and lifting one another UP in the process.

The North Country Health Consortium (NCHC) organized and sponsored the event, partnering with 11 local schools to gather the crowd of youth, along with Student Assistance Professionals (SAPs) and

chaperones, to represent their respective schools: Berlin High School, Davenport School, Gorham High School, Groveton High School, Lin-Wood High School, Lisbon High School, North Country Charter Academy, White Mountains Regional High School, Haverhill Cooperative Middle School, Lancaster Elementary School, and Whitefield Elementary School.

Rise "UP", PAGE A15



TARA GILES

Victory lap

The White Mountains Regional High School baseball team captured the state championship title over the weekend after defeating Hopkinton, 7-3. Senior Griffin Crane is pictured here along with his team, who ran a victory lap around the field, then stopped to high five fans with trophy in hand.

Concerned citizens' group reforms in opposition to landfill

BY ANGEL LARCOM
angel@salmonpress.news

DALTON — A group of concerned North Country residents who previously tackled the issue of a potential drag racing facility in Dalton have recently reorganized and entered the conversation about a potential 100-acre landfill in the same community.

The North Country

Alliance for Balanced Change (NCABC) has been working quietly over the last several months to educate themselves about the potential environmental and economic impacts of a proposed Casella facility near Forest Lake.

According to a recent statement from the NCABC, the core group is composed of a dozen neighbors representing several area towns and working with others throughout the region that would be impacted by a potential landfill. They estimate a supporter base of more than 250 households representing concerned citizens with whom they are in regular contact.

"For us, the question is whether this is the right location," said NCABC member, Sarah

Citizens, PAGE A17

North Country Charter Academy graduates 24



COURTESY

On June 2, the North Country Charter Academy bid farewell to 24 graduates. L-R first row front- James Duguay III, Danielle Dube, Lillian McKinnon, Kelsey Lee, Emily Trahan, Kiara McGuire, Sara Sullivan, Catheryn Bisbee, Alexandria Davis, Logan Douglas. Second Row Left - Raymond Carpe Jr., Justin Tillson-Cox, Anthony Kittelson, Jeffrey Marshall, Michael Gooden, Devin Laney, Micheal Mcleod, Noah Olivier, Brandon Cross. Not Pictured: Desirae Ingerson, Meadow Raymond and Krystian McKinnon.

BY TARA GILES
tara@salmonpress.news

BRETTON WOODS — On Sunday June 2, the North Country Charter Academy graduated 24 students. The 15th graduation took place at the Omni Mount Washington Resort in Bretton Woods. Giving the opening welcome was Executive Councilor Michael Cryans. The keynote speaker was Dr. Charles Lloyd, President of White Mountains Community College.

Honored guests included Frank Edelblut, Commissioner, State Dept. of Education, Kate Cassady, Member, State Board of Education, Jane Waterhouse, State Charter School Administrator, Brian Bresnahan, Congresswoman Annie Kuster's Con-

NCCA, PAGE A16

Congratulations!
WMRHS Baseball & Softball Teams on their 2018 NHIAA Division III Championship

See the June 19th Democrat for a championship page. If you would like to help sponsor this page please contact: Cathy at cathy@salmonpress.news or 631-7831

DEADLINE IS FRIDAY JUNE 14th BY NOON!

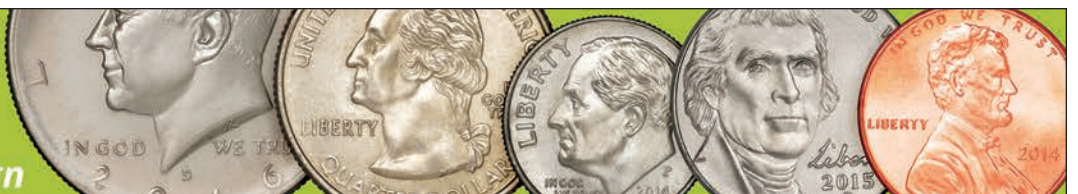
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Celebration of life planned for Stephen Colby

W. STEWARTSTOWN – A “Celebration of Life” for Stephen Colby, 80, who passed away on March 14, will be held on Saturday, June 22, at 4 p.m. at the American Legion Hall in Canaan, Vt. Expressions of sympathy in memory of Steve may be made to the Two Rivers Ride for Cancer, c/o R. Mulliken, 53 Spring St., Colebrook, NH 03576. Arrangements are under the direction of Jenkins & Newman Funeral Home in Colebrook.

Margaret Berryman, 85

WHITEFIELD — Margaret (Tucker) Berryman died on June 7, 2019 at Catholic Medical Center in Manchester. She was the beloved wife of Roy Berryman and they shared 62 years of marriage. The pair had recently retired in Whitefield.



Margaret Berryman

Margaret was born on Feb. 9, 1934 in Marshall, Texas, the youngest daughter of Ocie and Geneva Tucker. She and Roy were classmates at Pemberton High School. After high school Margaret went on to graduate from Bishop College, also in Marshall, Texas with a degree in Elementary Education. After college, she and Roy married on June 30, 1957 and moved to Chicago, Ill., where she taught in the Chicago Public School system. After her children were born she became a homemaker. Later Margaret became a travel agent and then finished her career as office manager and co-owner with her

husband of Truck Parts Company, Inc. in Chicago, Ill. She and Roy most recently lived in Crete, Ill.

In addition to her husband, Margaret is survived by her children Brian K. Berryman and wife Ruby of Lancaster and Grant N. Berryman of Crete, Ill. She is known by “Grandma Dean” to seven grandchildren residing throughout the country: Robin O. Berryman, Logan R. Berryman, Bianca D. Berryman, Kelly A. Berryman, Marquarius L. Berryman, Evan D.

Berryman and Mark C. L. Berryman and many nieces and nephews.

She was predeceased by her parents, Ocie Tucker and Geneva Tucker, and all six Tucker siblings (Estress, Theresa, O.Z., Gary, Doris and Dale).

Calling hours will be held on Thursday, June 13 from 9 to 11 a.m. at Bailey Funeral Home in Lancaster. A Mass of Christian Rite will follow at 11:30 a.m. at All Saints Catholic Church also in Lancaster with Fr. Matthew Schultz as celebrant.

Flowers can be sent to: Bailey Funeral Home in Lancaster.

Online condolences can be shared at www.baileyfh.net.

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.

Services planned for Rita Waterman

WHITEFIELD – A memorial service for Rita H. Waterman, 87, who died Feb. 25, 2019, in Whitefield will be held Saturday, June 22, at 11:00 AM, at the Whitefield Christian Church. Reverend Lou Going, pastor, will officiate. Burial will be held June 24, at 11 a.m. in the Dexter Cemetery, Sheffield, Vt.

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.

Theresa Mastriani Palleria, 107

WHITEFIELD — Theresa Mastriani Palleria, born on July 22, 1911 in West Philadelphia, Pa., the daughter of Tobias and Stella Mastriani, passed away on Monday, June 3, 2019 at the Morrison Nursing Home in Whitefield at the age of 107.

Theresa married Joseph Palleria on May 11, 1932. They had two children, Adelina and Domenic, and celebrated 65 years of marriage prior to Joseph’s passing in 1997. After her marriage and move to Haverhill, Mass., Theresa went to work in the shoe factories until her retirement when she was in her 70’s.

Some years after her husband’s passing, Theresa moved to Lancaster to live with her son, Domenic, and daughter-in-law, Donna.

In 1927, at the age of 16, Theresa went to work at the Tasty Cakes factory in Philadelphia, and talked about that with fondness and exuberance. In the fall of 2018, when she was 107 years old, she had an unexpected visit from a Tasty Cakes delivery man who



Theresa Palleria

brought her a package of one of her favorite treats and she was absolutely delighted. This visit was 91 years after she worked for the company.

In 2011, Theresa was awarded the Boston Post Cane Award by Lancaster Town Manager Edward Samson for being the oldest citizen of the Town of Lancaster, and held that award for a remarkable seven years.

Her family and family life meant everything to her, and nothing made her happier than family get-togethers. She made many friends at the Morrison, and visits from school children always made her smile. She enjoyed music and was very proud of her

son Domenic’s career as a Music Educator.

Theresa was predeceased by her husband, Joseph; her daughter, Adelina; two sisters and three brothers. Her youngest sister, Mary Derosa, still lives in Philadelphia. She also leaves behind her son, Domenic Palleria, and his wife Donna; her grandchildren: Kelley Stafford and husband Robert, Molly Harrigan and husband Thomas, Barbara Haith and husband Malcolm, and William Duffney and wife Kim; great-grandchildren Riley, Sarah, Rose, and Rachel Stafford, Alex and Grady Harrigan, and Joseph Duffney; as well as many very dear nieces, nephews, great-nieces, and great-nephews.

A graveside service was held at Linwood Cemetery in Haverhill, Mass. on Saturday, June 8 at 10 a.m. Calling hours were at Farmer Funeral Home in Bradford, Mass. on Friday, June 7 from 6 to 9 p.m.

Donations in her memory may be made to Morrison Nursing Home, 6 Terrace St., Whitefield, NH 03598.

Roger W. Young, 93

COLUMBIA — Roger W. Young, 93, of Columbia, passed away peacefully on Saturday, June 8, 2019 at this home, with family by his side.

He was born in Pittsburg on Aug. 6, 1925, the son of Jesse W. and Florence (Whitney) Young and was a lifelong resident of the area. He and his wife, Beth, spent their winters in Florida for many years. Roger had been employed by



Roger Young

NH DOT for 33 years, retiring in 1986 as highway foreman. He was a member of the Evening Star Lodge #37 F & AM and was a Past Master of the lodge. He had served as an Aide for Bill Styles, Potentate of the Bektash Shrine at that time. He loved hunting, fishing and horses and rode horseback until the age of 80.

Family includes his daughter, Janeane Pike, and husband James of Fairview, Pa.; grandchildren Brianna Pike and her husband R.J. Proie and Ashley Pike and her husband Nicholas Torina; great-grandson Cameron Proie; daughter-in-law Donna Young of Cochran, Ga.; nieces, nephews and cousins.

He was predeceased by his wife, Beth (Wallace) Young, on Jan. 16, 2019; his son, Jesse Young, on March 30, 2019; his daughter, Judi Klebe, on Sept. 16, 2002; four sisters; and two brothers.

Graveside Services will be held on Saturday, June 15, 2019 at 11 a.m. at the Colebrook Village Cemetery in Colebrook. A Masonic Service will be held at 10:45 a.m. on Saturday at the cemetery, prior to the funeral. There will be no calling hours. Donations in his memory may be made to: The Shriner’s Hospital for Children-Springfield, Development Office, 516 Carew St., Springfield, MA, 01101. Online guestbook at www.bryantfuneralhome.net.

Bruce Samuel Washburn, 81

LAUDERHILL, Fla. — Bruce Samuel Washburn, 81, of Lauderhill, Fla., passed away on Sunday, May 26, 2019, at his home in Lauderhill.

He was born in West Stewartstown on Dec. 18, 1937, a son to the late Reuben and Eunice (Fiske) Washburn. Bruce attended school in Pittsburg and graduated as valedictorian from Pittsburg High School in 1955. He attended the State University of New York at Syracuse, College of Environmental Science & Forestry and graduated in 1959.

Bruce was appointed to the U.S. Air Force on June 1, 1959, and was honorably discharged as a captain in 1968, at which point he accepted a commission as an officer in the U.S. Coast Guard. In the Air Force, he was a jet pilot, and in the Coast Guard he was a helicopter pilot. Bruce retired in 1988 at the rank of Commander.

Bruce was very active in Alcoholics Anonymous, and at the time of his passing had recently celebrated 37 years of



Bruce Washburn

sobriety. He was very involved in the AA administrative support in his home area in Florida.

He is survived by his five children, Craig Washburn of Gorham, Stephanie (and John) Rowe of Middletown, N.J., Douglas Washburn of Chapel Hill, N.C., Bryan (and Jennifer) Washburn of Troutman, N.C., and Daniel (and Nancy) Washburn of Maryville, Tenn.; his sister, Dallas (and Joe) Chase of West Stewartstown; a brother, Malcolm (and Nancy) Washburn of Whitefield; the mother of his youngest children, Mary (and Fenton) Washburn of Oakland Park, Fla.; eight grandchildren

(Christopher Darby, Maya Washburn, Laketon Washburn, FinLee Maidens, Jessica Washburn, Abbey Washburn, Kate Washburn and Lea Washburn); as well as nieces and nephews, Warren Chase, Ward Chase, Troy Chase, Michael Washburn and Michelle Washburn.

He was preceded in death by the mother of his eldest children, Joan (Mercer) Washburn.

There are no public calling hours. A graveside interment service, with military honors, will be held on Saturday, June 15, at 2:30 p.m. in the Indian Stream Cemetery in Pittsburg. A reception for friends and family will follow at the Judd Community Church Hall in Pittsburg.

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

Funeral arrangements are entrusted to the care of Jenkins & Newman Funeral Home, Colebrook.

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THURSDAY, JUNE 13, 7:30
ANNIVERSARY SERIES:
Priscilla, Queen of the Desert
Written & Directed by Stephan Elliott (1994); Cast: Terence Stamp, Guy Pearce, Hugo Weaving; R; 102 min.
The Adventures of Priscilla, Queen of the Desert presents a defiant culture clash in generous, warmly entertaining ways. For all its glitter, this is the sort of film in which everyone becomes happier and nicer by the final reel. —NY Times

JUNE 15-19
Non-Fiction
Written & Directed by Olivier Assayas; 106 min., Rated R (Some sex, nudity, language), French.
A controversial writer begins blurring the line between fact and fiction, using his real-life love affairs—including a passionate fling with an actress who happens to be married to his editor.

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Academy graduates 14

BERLIN REGION CELEBRATES EIGHTH COHORT OF STUDENTS

LITTLETON — The eighth cohort of local students graduated from the Berlin Region IMPACCT Academy on Friday, June 7. The ceremony and celebration were held at the Littleton Opera House, with family, friends, school personnel, business partners, regional leadership, and New Hampshire government representatives in attendance. We congratulate the following students for the successful completion of our program and for the educational, professional and personal goals they have set, and we thank the schools, businesses

and community for their partnerships. Cullen Anderson, Gorham High School; George Buczala, Littleton High School; Louis Dailleboust, Littleton High School; Nicole Dumphre, WMRHS; Haileigh Golding, Littleton High School; Damean King, WMRHS; Gabriel LeDeaux, WMRHS; Kiyah Lewis, WMRHS; Isaiah Medina, WMRHS; Brody Palmer, WMRHS; Kaden Rangel-Aldrich, Littleton High School; Ladino Richardson, Lisbon Regional School; Alan Smith, WMRHS, and Tristan Webster, Lin-Wood Public School.

Congratulations to these young men and women. We wish them well in their futures! A huge thank you to the local businesses who hosted students for work experiences: Arrow Express; GM Photography & Framing; Littleton Parks & Recreation; Meadowstone Farm; Emma & Co Consignment; Inkwell Coffee & Tea House; North Country Tech Services; Big Papa's; The Morrison; Littleton Fire & Rescue, and New England Wire. Your partnership made this experience truly meaningful for our students.

IMPACCT (Inspiring the Mastery of Post-Secondary Achievement in College, Career & Training) is partnership of New Hampshire Vocational Rehabilitation (NHVR), Granite State Independent Living (GSIL), and high schools throughout New Hampshire. GSIL helps New Hampshire's at-risk students with disabilities transition from high school towards a more promising future. We work with local schools and businesses to meet the individual students' needs, preferences and interests. Students re-engage in

their education through Extended Learning Opportunities in a Competency-based Curriculum with soft skills braided throughout and experience a work experience in a field of interest. IMPACCT helps decrease the dropout rate, increase the graduation rate, and serve as an on-ramp for students to their career paths. If you would like more information, please call Lynne Grigelevich at 931-0558, or email lgrigelevich@gsil.org.

Leo G. Richard
January 17, 1930
– June 15, 2014



You held my hand
for so many years
you were my
only love
remember all the
good times we had

You held my hand
for so many years
you were my
only love
every time I
think of you
I remember all the
good times we had
and though I'll
always miss you

I know you're
by my side
no matter what I do
I know you're
watching over me
Until we meet again
love you and
miss you
Jill



Weeks Library hosting book signing with local author

LANCASTER — Weeks Memorial Library will be hosting a book signing event with local author Nancy Gray of GrayMist Farm, Groveton, on Saturday, June 15 from 10 a.m. to

noon at the library, located at 128 Main St., Lancaster. Gray is the author of two books, "The Dairy Diaries" (2009) and "The Dairy Diaries: Vol. II" (2017) about her experi-

ences as a wife, mother, and farmer. She is pleased to announce the publication of her third book, "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 farm family 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. The author will be giving a brief presentation on her life as a dairy farmer for more than 40 years with an opportunity questions and answers, as well as signing books that will be available for purchase. Admission is free, and to celebrate "June is Dairy Month!" the first 10 attendees will receive a coupon for a free ice cream from Cones 'n

More in Lancaster. For more information about the book signing event, contact Weeks Memorial Library, 128 Main St., Lancaster, at 788-3352.

For more information on Nancy Gray's "The Dairy Diaries, Vols. I & II," "A Harvest of Memories," or "The Kowz & Co. Activity Book," contact Gray at 636-1294 or e-mail graymistgn@gmail.com.

Discover a "Universe of Stories" at Weeks Library this summer

LANCASTER — The summer reading program is to encourage children to read throughout the summer. The Weeks Memorial Library is offering weekly drawings for those children who read this summer. All you need to do is keep track of the minutes you have read weekly, bring that number to the library. You get a prize for bringing in a reading log and your name goes into a weekly drawing. Each Friday a name will be drawn and that lucky winner has a chance of winning a variety of prizes, such as books and McDonald Happy Meal coupons. We will track all the minutes for each participant. The top readers will have the opportunity to win Storyland tickets or Santa's Village tickets. There will be a raffle for all the readers with great prizes to be won. All children are welcome to participate. Reading logs can be picked up the week of June 17. You are welcome to track your minutes beginning the week of June 24.

Along with promoting reading, the summer reading program promotes the library and offers a plethora of special events for children all summer long.

- Teddy Bear Sleepover: Wednesday June 26, 7 p.m.
- Big Rig Day: Saturday June 29, 9 a.m.-noon
- Squam Lake Nature Center: Animals with Bad Reputations: Thursday, July 11, 3 p.m.
- North Country Chamber Players: Wednesday, July 17, 3 p.m.
- Simon Brooks, storyteller: Thursday, July 18, 3 p.m.

Fairbanks Museum: Space with Bobby Farlice-Rubio: Thursday, July 25, 2 p.m.

Children's Literacy Foundation Summer Readers Program: Thursday, Aug. 8, 1 p.m.

End of the Summer Celebration: Friday, Aug. 23, 2 p.m.

The library will also hold weekly programs throughout the summer.

Movie Mondays: July 1-Aug. 19, 2 p.m.

Wonderplay: Tuesdays 10 a.m.

Creative Space: Drop-in Crafts: Tuesdays, July 2-Aug. 20, 3 p.m.

Lego Club: Wednesdays July 3-Aug. 21, 3 p.m.

Story Hour: Thursdays July 11-Aug. 22, 10 a.m.

Game and Puzzle Day: Fridays June 28-Aug. 17, 3 p.m.

All programs are free and open to the public. We hope to see you at the library! Printed copies of the calendar are available at the library and at weekslib.org. For more information please contact Ronnie Zajac, Youth Service Librarian at 788-3352 or email: wml@myfairpoint.net.

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THE COÖS COUNTY DEMOCRAT

VIEWS AND COMMENTS

Some words of advice for the Class of 2019

First and foremost, our entire staff would like to extend heartfelt congratulations to all of our local 2019 graduates. In many ways, acquiring a diploma has become more challenging over the years, not only by way of academics but with social pressures as well. Cheers to a job well done.

We remember waking up the day after graduation and feeling utterly lost at the thought of never being able to feel the comfort of our old high school walls again. The comfort of knowing what was coming next day to day, and knowing that there was a myriad of staff to help with anything we needed. We were on our own now, and our choices and ours alone would play out into what would become our lives. Fortunately that feeling of 'woah, what's next' dissipated quickly and the thought of going back to high school actually scared us more.

Most reading this will be present for one graduation speech if not more in the upcoming weeks. Honors students will speak, guest speakers will offer words of advice, some will stick with you, some may not. This editor remembers zero words spoken at her graduation except for "I was stone cold sober". This spoken by an honors student who was in a car accident on her way to graduation, her advice was to be careful driving. For some reason the thought of losing a classmate, especially on graduation day really stuck. This editor is and has always been a careful driver.

We wanted to offer some words of wisdom as you begin to write the next chapter in your lives.

A quote never far from our minds is "Set your life up as though you never want a vacation." Simply put this means, find your passion and get paid for it. We've all heard this day in and day out. While it's not always that simple as time goes by due to life changes it is a great jumping off point especially for a new graduate. You may not know what your passion is and that is ok. Those are light bulb moments that just appear out of nowhere and when they do show up, use that momentum to make a go of it. Finding your niche in the world, by finding your passion will create happiness. The idea is to wake up for work, and feel like you're doing something or going to a place where you're having fun, a place that doesn't feel like work. Not every job, as you start out will feel like this, however living your passion day to day is the goal.

Success in this life is not about how much money you can make, or how big your house is. Success comes from happiness and self satisfaction. That is it. If you can find the time during your week to do the things you love, the things that make you laugh and put a smile on your face and give you enough money to support yourself, then you're doing it right. Carving out time for yourself each week to spend some time outside, reading, biking, running, snowboarding or hanging with friends and family is a necessity.

This life is meant to be lived and to be lived well. As a new graduate there is nothing standing in your way of reaching your goals unless you allow for that to happen. Remember to stay relaxed about your future. Life is a journey and an amazing one at that. Choose to keep friends and family in your circle who will always encourage you. Choose the ones who are honest, genuine and encouraging and make sure you are that way in return. Always choose to be around those individuals in which you never, ever, have to question their loyalty. Be appreciative of your parents and caregivers, never forget to ask how they are doing, for they were once in your shoes and one day you will be in theirs.

Of course, we don't have it all figured out; however, there are a few tips worth being shared. The first is to always stay active and fit, wear sunblock, drink plenty of water and don't ever smoke. Your future self will thank you. Try to do as much as possible without involving your phone. To truly be present in an experience is to leave your phone in your back pocket and take it all in.

The next must on the list is to travel. Travel, travel, travel. Go to other countries and cities that you have never seen. Even if that means a short road trip into Vermont, Maine or Canada if that's all you have time for. Tickets and hotels are much more affordable than you might think. Go to a professional sporting event at least once. Go see live music as much as possible. Learn to play an instrument and to speak at least a little bit of another language. Experiencing life through the eyes of other places and other cultures will make yours a million times more fruitful.

Always keep an eye on your credit and keep your debts low. Having good credit will make life worlds easier, you may not understand now, but trust us, we cannot stress this one enough.

Remember, how you spend your days, is how you live your life. Have fun out there, and we look forward to following you all on your future endeavors.



Recently, the Groveton American Legion Auxiliary Fredonwarell Unit 17 President, Sally Frizzell, presented Larry (Junior) Meservey, Jr. from Mom's North Country Power Sports Store with a Poppy Certificate Thanking him and the store for displaying a Poppy Can on their front counter for the whole month of May. Thank you for supporting our Veterans.

COURTESY

READERS' FORUM

Go slow, Dalton

To the Editor:

I urge my fellow townspeople to go slow and approach the recent hysteria created by Jon Swan's zoning petition with skepticism and with some New Hampshire common sense.

Unlike Mr. Swan, I have lived my entire life in the North Country. I understand that there is more to this community than just a place to call home in retirement. I have raised my three children here in the North Country. Much like many of you, I've worked hard at making a life and creating value from this land for generations. This way of life is threatened with this knee-jerk reaction based on fear and mistrusts.

The call for "emergency zoning" is a rash and unnecessary act. There is no emergency.

First and foremost, we must preserve our property rights and make sound decisions based on facts, not fears. The only guaranteed results of making a decision based on fear and enacting new zoning laws would be stunted growth and businesses spending more time and money navigating bureaucratic red tape than on providing value to our community. It is short-sighted to enact zoning laws while focusing on a perceived concern that could have radical long-term consequences on how our town manages future development.

A slow and steady approach is best, and we

have plenty of time to get the facts before deciding whether or not a landfill is in the best interest of our community as a project like this will take five years for permitting alone.

Here are some facts to consider:

Initial testing shows that site groundwater and surface water flows away from Forest Lake, not into it.

Today's landfills are highly engineered, highly regulated, environmentally safe, provide renewable energy, jobs, and numerous resources to the community.

This is a chance for us to come together as a town and decide what our future looks like—and Casella could provide a great deal of opportunity if we give

them a chance. Let's hear what they have to say!

I have found that the people who work for Casella are hardworking and honest. Many have roots here and have been committed to our region for five decades. I encourage you to contact Mr. Roy at NCES in Bethlehem and schedule a tour of that facility. This not just the "dump" of old, but a key component for managing our health and safety now and in the future. A future that I hope we collectively control ourselves, without relinquishing our rights as citizens based on the fears of two or three individuals.

DOUGLAS INGERSON, JR.
BETHLEHEM



A Century in Coös

A look back at this week in local history

1919

Advertisement - Music in the Camp! In making up your list of camping necessities do not forget that Music is as essential as coffee, if you are to realize all the pleasure of camp life. A Piano, Player Piano or Phonograph will help while away the pleasant summer evenings, or will take the place of an orchestra for the dancing party. We have them all in several different styles and makes. Bailey's Music Rooms. Lancaster, Berlin, Colebrook, Island Pond, Groveton.

1929

Grange locals - Road Agent Martin has the machine work on our roads nearly done. Work on a new iron bridge at the Great Rock will be under way in the near future.

North Stratford locals - A. E. Stevens has a

plumber from Colebrook renewing the pipes in his house and is connecting with the new town water line.

1939

The State Forestry department last week furnished the newly-formed 4-H Forest Rangers with green and white armbands and patrol leader badges to wear while on duty. Nearly 1,000 rural youths have joined the ranks of the Rangers to do their part in protecting New Hampshire's hurricane battered woodlands from fire.

1949

Citizens of New Hampshire, as well as those of several other Northeastern states, are now being selected to participate in an aircraft detection exercise to be conducted in September under the sponsorship

of the Air Defense Command, U. S. Air Forces, assisted by the Office of Civil Defense Planning.

1959

The Coös Court House in Lancaster was broken into early Sunday morning but it appeared nothing was taken. It appeared that someone broke into the buildings, passed up the good couch in the judge's chambers, took the American flag and wound it around a beer bottle using it for a pillow and then slept the night in the court house.

At about 2:30 yesterday afternoon the bridge on the North Road over Garland Brook dropped about four feet when the abutment gave way and the bridge had to be closed for traffic.

1969

Mr. and Mrs. Arthur Hammon (nee Marcia Haley), leave today for Green Castle, Ind., to attend a conference to be held through June 15 for new and furloughed missionaries. The service that Mr. Hammon will render in the missionary field will be an alternative to military service. They will be serving what once was Belgium Congo, now the Democratic Republic of the Congo.

1979

BRETTON WOODS - The White Mountain National Forest (WMNF) grew nearly 6500 acres larger last week, thanks

to the cooperative efforts of a paper company, a private developer, and several conservation groups. The Bretton Woods tract, site of the nationally known Mt. Washington hotel, is the "single most important addition to the Forest since the purchase of the Pemigewasset area nearly 40 years ago," said Tom Deans, Appalachian Mountain Club (AMC) executive director.

1989

Whitefield locals - There was a fine turnout of about 90 teenagers at the first Anniversary Party of Club Soda on Friday, May 26.

1999

GROVETON - On Friday evening, June 11, veteran Groveton High School actors Paul Brown and Amanda Montgomery will take the stage for their farewell performance, as members of the 100th graduating class from the school.

2009

Approximately 1,200 feet of new taxiways are now being constructed at the Mount Washington Regional Airport. The total cost is over \$1 million, explained general superintendent Bill Wetherbee of Littleton, who works for general contractor Alvin J. Coleman and Sons of Conway.

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

PRESS RELEASES

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

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

ENGAGEMENTS & WEDDINGS

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

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

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Obituaries may be submitted by funeral homes or families. Deadline: Monday 9:00 a.m. Use fax, mail or e-mail tara@salmonpress.news.

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The Democrat invites guest columns. E-mail/mail or fax the letter containing 500 words or less. Deadline: Monday 9:00 a.m. Contact Editor Tara Giles at 603-788-4939 x22 or e-mail tara@salmonpress.news.

CARDS OF THANKS or IN MEMORIAMs

Mail or stop by with a card of thanks or in-memoriam ad with payment by Friday 2:00 to Cathy Grondin at cathy@salmonpress.news.

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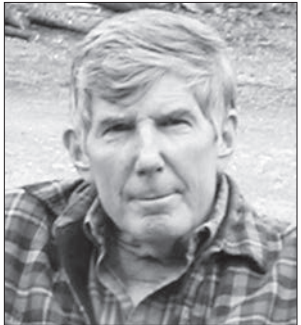
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North Country Notebook

Apple blossoms accompany the return of major splat



By JOHN HARRIGAN
COLUMNIST



COURTESY
Yup, that's a nice, big, fat, juicy (as when it hits your windshield) June bug all right. He and his kin seem to be around again after a long and unexplained hiatus. (Photo Shutterstock.com)

And now, from the never-ending pile of "Notes to Self" on a corner of my desk, comes an unscientific news bulletin. No, wait--I should mimic the TV stations, and hype it as "Breaking News."

June bugs are back, in what an unscientific survey indicates are sufficient numbers to perpetuate the species. This should mollify people almost ready to assemble into actual crowds to protest this June Bug Gap, and people writing letters to Congress. This follows an impromptu survey last spring, in the fifth year (or so) that the North Country had almost no June bugs. Sample answers: "What are June bugs, anyway?" and "Is that the big bug that goes 'splat' and makes a big gooey mess on your windshield? Because I'll tell you what, mayflies are bad

enough." In the "Conclusions" box at the end of the survey, which is the fun part because you get to make stuff up, one person (okay, it was me) had the courage to say that there must be some sort of reason for June bugs--something else out there must, you know, like eat them or something. He charged the scientific community with not caring about the status of June bugs. "When you don't see June bugs even in June, you should know you have a serious problem somewhere," said an undergraduate at the Tierra del Fuego School of Extremely Limited Agriculture," adding "You won't tell my parents that I went off the dorm and meals plan, will you?"

+++++

Readers should understand (Reminder: I'm back to Serious now) that when they write to me about this or that, some of what they write might wind up in the paper. Newspapers are all about news, after all, and sometimes a reader writes about a topic that some radio and television stations are always blaring and hyping about as "breaking news."

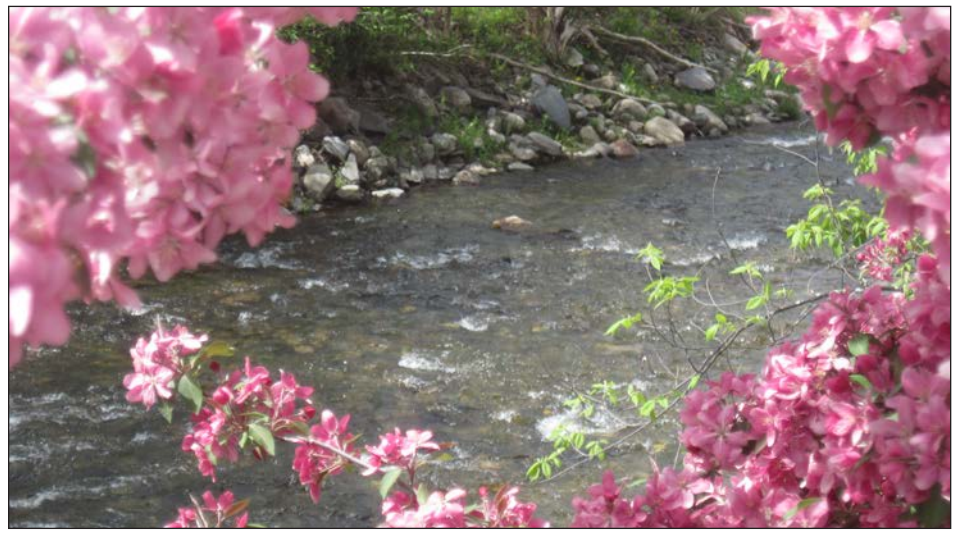
Most of the time, I'll try to contact whoever sent me the mail, but sometimes neither time nor inclination permits.

+++++

If a riot of pink and white blossoms is any indication, it looks like we're in for a bumper crop of apples, at least the wild apples I love to steal around in when I'm bird-hunting hither and yon.

One goal after two and a half years on the Injured List is to renew acquaintances with my little light French gun, a .20 gauge Helice that was made in a father and son shop in France in the early part of the last century.

I got the gun from Frank Parker, longtime outdoor columnist for



JOHN HARRIGAN

Take a stroll down Colebrook's Pleasant Street and you'll see bursts of blossoms covering every section of what looks like a cherry tree, or maybe a crabapple.

the Union Leader. Frank and I got off to a rocky start but soon became fast friends. Also, he had a pool table in his cellar, and I love to shoot pool.

If we're on the subject of truth, and I guess we are, my full disclosure, as the television script writers are always saying, is that I love the game of golf almost as much as I love bird hunting, for a host of different reasons. And of the two, golf is a whole lot easier to explain.

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

JEFFERSON

Wilma Corrigan | 586-4488

The month of May is now behind us, and June is bursting out all over. The lilacs are in bloom and making the countryside filled with a pleasant odor that tells us it is time to plant our gardens, and make plans for what to show in the different fairs you would like to compete in. There will be many coming up to enter in.

I want to let you all know that now there is only three weeks to plan what you want to enter into the Jefferson July 4 parade, and we would like to correct the subject of the fireworks which is not held on July 3, but will be the closing of the July 4th celebration. All things for July 4th will be held on that day starting at 9 a.m. All floats arriving at the

Hill Cemetery Parking lot to get signed in and judged, then lined up.

The parade starts at 10 a.m. sharp going up Meadows Road to Route 2 then west to the town hall parking lot. After that, at 11 a.m. is the fishing derby at the pond across from the Old Corner Store. Remember to bring your fishing pole and bait. Followed by a ball game at the Forest Hicks ball field right next to Hicks logging place on the corner of Meadows Road and Route 2. We believe there will be a barbecue to enjoy at the ball field. Perhaps a 50-50 raffle will be included by the athletic Association. To see if there are any more things going on, check at the Old Corner Store to see if there is a program put

out on the celebration. Thank you!

The rubber ducky Great River Race put on by the Knights of Columbus of the Gates of Heaven Parish Catholic churches of Lancaster, Whitefield, Jefferson and Twin Mountain became a very cold hot water and whirlpool fete which results have not drifted into us yet, probably still thawing out, but as soon as we hear, we will let the community know of the winners. This was their yearly Memorial Day fundraiser held on May 27.

On Tuesday, June 4, in the evening, the Jefferson Historical Society held their first meeting of the season at the museum and are still without a president but a committee was formed to research

what avenue would be best to carry on the organization. The society really needs more young interested people for new ideas and work power. The new owner of the Jefferson Inn, Linda Kane was present to meet some of Jeffersons residents. Welcome Linda!

Humor

'On one hand'...

A boy arrived at school one morning wearing only one mitten.

The teacher asked Jimmy "Why do you have only one mitten?"

He responded, "Because I was watching the weather forecast last night, and it said that today would be sunny, but on the other hand quite cold."

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From summit to shores, arts meet the outdoors

Photo: Erad Dumont, NHMF

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Richard C. Pinckney, 88

COLEBROOK — Richard C. Pinckney, 88, of Colebrook, passed away on Saturday morning, June 8, 2019, at the Coös County Nursing Hospital in West Stewartstown, after a period of declining health and with his family by his side.



Richard Pinckney

bois of Ormond Beach, Fla., Elaine Whitcomb of Melrose, Mass., Ann Ramsey of Menifee, Calif., and Eileen Reinhard of Zephyr Hills, Fla.); six grandchildren; ten great-grandchildren; seven step-grandchildren and 15 step-great-grandchildren; as well as numerous nieces and nephews; and his dear friend of many years, Roland Hart of Colebrook.

ed woodworker, making chairs, tables, and picnic benches after his retirement. He loved to go dancing and play cards, especially "Pitch", and will be remembered by all his family and friends as a wonderful family man, and always with a smile for everyone.

He was preceded in death by the step-mother who raised him, Bernice Pinckney; a sister, Katherine Pearson; a brother, Stanley Pinckney; and his first wife and mother of his children, MaryAnn (Thompson) Pinckney.

He was born in Colebrook on Nov. 15, 1930, a son to the late Elwin R. and Florence (Woodard) Pinckney. Dick attended schools in Colebrook and later served honorably in the U.S. Army from 1952-53.

After his military service, and during his younger years, Dick worked mostly in the woods. He later worked for Lynn Parkhurst's saw mill, at the Stratford veneer mill, for seven years as a trackman on the Colebrook section of the Maine Central Railroad, and later for 35 years for Colebrook Oil. As an oil truck driver, he loved his routes and the people of the north country, and cherished the memories of his friends along his routes and watching their families grow. Dick loved to hunt and fish, and he could always be found tending his garden in the warmer months or working on his wood pile. He served as a fire warden for the town of Columbia for several years. He was a talent-

Dick leaves behind his wife, Georgena (Washburn) Pinckney of Colebrook; his son, Gary Pinckney (and Elaine) of Williston, Vt.; two daughters, Christine Kirk (and Skip) of Colebrook, and Terry Kimball (and Rob) of Canaan; his step-children, Michael Moren of W. Stewartstown, Jonathan Moren of Topsham, Maine, David Moren of Columbia, Ellen Moren of W. Stewartstown, and Julie Houle of Canaan; a brother, Harold Pinckney of Lisbon; five sisters (Margaret Crawford of W. Stewartstown, Nancy Gad-

There are no public calling hours. A graveside interment service, with military honors, will be held on Saturday, July 20, at 2 p.m. in the Colebrook Village Cemetery.

Expressions of sympathy in memory of Dick may be made to the CCNH Residents' Activity Fund, P.O. Box 10, W. Stewartstown, NH 03597.

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

Funeral arrangements are entrusted to the care of Jenkins & Newman Funeral Home, Colebrook.

Noyes Fund to present a musical evening

LANCASTER — On Wednesday evening, June 19, the Noyes Free Lecture Fund will present two ensembles from the New Hampshire Symphony. A woodwind quintet and a brass quintet will perform at the Lancaster Town Hall at 7 p.m. The performance will feature a wide variety of musical styles from classical to modern pop.

Symphony New Hampshire was established in 1923. It is the premiere symphony orchestra of the Granite State. The Noyes Fund is pleased to bring these very talented musicians to Lancaster for our community. With a varied program from both groups, there will be something for everyone.

Please come and join us at the Lancaster Town Hall on Wednesday the 19th at 7 p.m. Remember, all Noyes concerts are free.

Weeks Memorial Library announces summer programs for tweens and teens

LANCASTER — Summer has arrived! Do you have a tween or teen, who is bored and looking for something to do that is different and fun? Then you should check out the library's programming on Mondays at 7 p.m. Beginning the week of July 1, Mondays will be the place to be if you are 10-16 years of age. We will kick off the summer reading program, "Universe of Stories" with a movie based on an award-winning book.

- July 1: Movie Night
- July 8: Galaxy in a Jar
- July 15: Moon Art-work
- July 22: Wii Gaming
- July 29: Edible Mars Rover
- Aug. 5: Galaxy Slime
- Aug. 12: Star Jar
- Aug. 19: Movie Night and Pizza Party

Registration is required for all events. Participants will be encouraged to read throughout the summer. There is a fun BINGO game for the older readers who want to challenge themselves and try new things. Complete five of the squares on the BINGO card in a row and receive a prize. There will be a drawing held at the end of the year for all those who completed a BINGO card. For more information or to register please contact, Ronnie Zajac, youth services librarian at 788-3352 or email: wml@myfairpoint.net. All events are free and open to the public.



LPCC Entrance



North Side Siding

COURTESY

Exterior and interior work is on schedule at the new Lancaster Patient Care Center at Weeks Medical Center. Siding is currently being installed on all exterior walls. Inside, walls are going up and boiler and sprinkler systems have been installed. Work is expected to be complete by the end of the year.

Trividia Manufacturing Solutions investing to meet manufacturing demand

LANCASTER — Trividia Manufacturing Solutions, formerly PJ Noyes, has announced that it is expanding its capabilities and its physical footprint to meet growing customer demand for liquid and tablet manufacturing and filling.

The need for quality contract manufacturing of lotions and creams continues to be in high demand.

As a core strength of Trividia Manufacturing Solutions (TMS), the company is investing in a new state-of-the-art tube fill line that will significantly improve operational efficiency

and increase capacity. Additionally, the "warm fill" feature of the new machinery will allow the company to expand its capabilities to fill higher viscosity products.

"The speed of changeovers between products and the additional capabilities of this equipment will allow TMS to offer more solutions to better serve our customers," said Jennifer Cusick, Director of Sales.

To accommodate continued growth, TMS has also finalized the

acquisition of the adjacent building, sizably increasing available product storage space and improving supply chain efficiency for better and faster delivery to our customers.

"Continued investment in our business to meet the growing demand of our customers is the primary goal of every employee at Trividia Manufacturing Solutions as we strive to be the company of choice for contract manufacturing of liquids, lo-

tions, creams, gels, and tablets," said Dean Hoffman, Senior Director of Operations.

About Trividia Manufacturing Solutions Formerly P.J. Noyes, Trividia Manufacturing Solutions has been successfully building pharmaceutical and personal care brands, while earn-

ing the confidence of our customers for more than 150 years. The hallmark of this rich heritage can be seen in everything we do—from manufacturing and packaging lotions, creams, liquids and tablets, to helping you deliver new products quickly and easily.

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

Please contact Executive Editor

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

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Mike Sullivan

LANCASTER Weather Summary

By Dave Haas June 2-June 8

TEMPERATURE

High Week	79 6/7
Low Week	39 6/4
High 1 Year Ago	76
Low 1 Year Ago	40
Normal High	70
Normal Low	46
Record High	91 1984
Record Low	27 1973
Degree Days This YTD	9018
Degree Days Last YTD	8456
Avg. Degree Days YTD	8530

Note: Degree Day Year Begins July 1 & Ends June 30.

PRECIPITATION:

Total Week	0.97
Total This Month	0.97
Normal This Month	1.39
Total This Year	19.40
Normal For Year To Date	16.74
Total. Snow This Month	0.0
Normal Snow This Month	0.0
Total Snow This Winter	83.5
Normal Snow This Winter	93.1

Note: Melted Precipitation Year Begins Jan 1 & Ends Dec. 31

Summit by Morrison celebrates first year

WHITEFIELD — Summit by Morrison in Whitefield, NH opened a year ago to create the region's first and only full continuum of care community for seniors. On Sunday, June 23, Summit will celebrate its first birthday and is welcoming the public to come and enjoy the festivities from 2-4 p.m. The plan for this special event includes live music, refreshments, games, raffle prizes and tours of the facility.

"We want to celebrate the residents, staff and the wider community for all their support. We have been overwhelmed and incredibly grateful for the welcome Summit has received. Since opening, we have made every effort to hire local talent and purchase lo-

cal and will continue to do so. Together we are building a valuable resource and a wonderful living experience for our seniors," said Shannon Lynch, Executive Director of the Summit by Morrison.

Set on a sloping hillside with sweeping mountain views, Summit by Morrison has 14 independent living cottages, 33 independent living apartments, 24 assisted living apartments and 12 apartments for residents who require Memory Care. Summit by Morrison provides residents with many amenities some of which include healthcare professionals on site twenty-four hours a day, restaurant style dining, all utilities, housekeeping, maintenance, WIFI,

cable TV and telephone. A place to call home without the burdens of homeownership. Tours of Summit by Morrison are ongoing and can be arranged by calling 837-3500.

Summit by Morrison is a senior living community located in Whitefield, in the heart of the White Mountains. Summit by Morrison was developed by the Morrison Communities which includes Morrison Skilled Nursing Facility, Sartwell Place and Dana Rehabilitative Wing. Summit by Morrison provides independent living, assisted living, memory care and respite stays on one campus. For more information, got to www.summitby-morrison.org.

Hiker assisted out of woods after axe injury

THOMPSON AND MESERVES PURCHASE — Shortly before noon on Sunday, June 9, rescuers responded to the Capps Ridge hiking trail to assist a hiker who had been cut with an axe.

At the time of the accident, Michael Blair, 52, of Pepperell, Mass. and some hiking companions were on a volunteer work detail to maintain the trail. At approximately 11:35 a.m. and at a location approximately three quarters of a mile up the trail from Jefferson Notch Road, Blair's axe glanced off a tree that he was cutting and struck him in the leg. As a result of the blow, Michael sustained a serious but non-life-threatening injury.

Immediately following the accident, Blair utilized a first aid kit that he had in his pack to start treating the injury. Using supplies from the

kit and his wilderness first aid training, Blair was able to perform first aid on himself and stabilize the injury. Not knowing exactly how severe the injury was, another member of the group called 911 to alert authorities to the situation.

As a result of the call for help, members of Twin Mountain Fire and Rescue, along with a New Hampshire Fish and Game Department Conservation Officer, responded to the scene. Rescuers utilized an ATV to access the Capps Ridge Trailhead via Jefferson Notch Road (the road is currently closed due to spring conditions). At 12:35 p.m., rescuers located Michael and his hiking companions at the Capps Ridge Trailhead. Michael explained that he had monitored the injury, but had been able to walk back down the trail to his current location.

Blair was subsequently transported out of the woods via ATV and assessed by ambulance personnel once roadside. Blair was ultimately taken to an area hospital via private vehicle to seek further evaluation and treatment.

This incident highlights the need for hikers and other backcountry visitors to be self-sufficient. This accident occurred nearly five miles from the nearest drivable road, but did not turn in to a dire situation because the individuals involved were prepared with the proper gear and knowledge to deal with such a situation. New Hampshire has a great network of skilled professional and volunteer rescuers, but the knowledge and preparedness of the individual is often times the difference between a rescue and a recovery.

Weeks State Park welcomes local authors

LANCASTER — Weeks State Park presents a new program, "Glorious Mountain Days," June 20 at 7 p.m., presented by Allison Bell and Maida Goodwin.

This event is made possible by a generous donation in the memory of Joe Beliveau.

Join authors Allison Bell and Maida Goodwin for a talk on their new book "Glorious Mountain Days" which details a week-long Presidential Range camping trip by amateur naturalists Harriet Freeman and Emma Cummings in 1902. In the early 1900's, New Hampshire's White Mountains were being heavily logged, as the thick spruce forests made perfect material for the growing industry of making paper from wood pulp. Slash piles left by logger's clear cutting the hillsides also be-

came the source of dangerous fires.

"Glorious Mountain Days" combines history, photography, nature and the story of how that week-long hike led to efforts to preserve the White Mountains. Their remarkable words and images describe mountain birds, alpine flowers, rugged trails, and camp life enjoyed by the two women and their companions. Inspired by their "glorious" experience, the two women went onto help preserve the White Mountains for future generations through their activism.

Allison Bell is a graphic designer, photographer, and naturalist who is the coauthor, photographer, and designer of a number of Northeastern mountain hiking books.

Maida Goodwin, who previously worked with the Sophia Smith Col-

lection, the women's history archive at Smith College, is a presenter on and author of articles on women's history, horticulture and natural history topics.

This program will be in the Great Room of the Summit Lodge of Weeks State park and will begin at 7 p.m. Come early and bring a picnic supper, or climb the Fire Tower for one of the best views north of the notches. Weeks State Park is located on the east side of Route 3, approximately two miles south of Lancaster. This free, public program is sponsored by the Weeks State Park Association, NH Division of Parks, and UNH Cooperative Extension. Thank You to our local business supporters who help make this summer program series possible.

New art exhibit at WMCC

BERLIN — The White Mountains Community College Fortier Library is happy to announce their summer exhibit, "Potpourri Paintings," by artist Patricia Klinefelter.

Inspired by her worldwide travels and homes in Georgia and Canaan, Vermont, Patricia works in watercolors, oils, pastels, ink and charcoal to create landscapes, abstracts, portraits and still lifes.

Patricia's art has always been a part of her life, "As a child afflicted with a hearing loss, drawing and painting became ways of expressing myself. I cannot remember being without a pad and pencil. I loved creating works of art. I now enjoy mixing colors to manifest my thoughts about a person, place or thing."

As a lifelong learner, she has taken classes from master instructors and today, shares her talent with other artists as part of the Connecticut River Artisan Group.

A reception with an opportunity to meet the artist will be held in early September, and purchases can be arranged with the artist. See the artist's work at www.artistpatriciaklinefelter.com/.

Throughout the summer, the library will be open weekdays from 8 a.m.-4 p.m., and community use is encouraged. For more information, please call 342-3087. Artists interested in exhibiting two-dimensional wall art are welcome to contact the WMCC Fortier Library for more information.

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Apartment finishes and amenities vary.

Local students named to President's List at Plymouth State University

PLYMOUTH — A total of 837 students have been named to the Plymouth State University President's List for the Spring 2019 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Spring 2019 semester and must have attempted at least 12 credit hours during the semester.

Ashley Bergeron of Berlin, Fine Arts major
Ethan Dorval of Berlin, major
Delaney Macdonald of Gorham, English major
Karissa Roberts of Stewartstown, Fine Arts major
Christian Simpson of Groveton, Theatre Arts major
Monica Almeida of Bethlehem, major
Molly Boire of Colebrook, Early Childhood Education major
Taylor Dupont of Gorham, Youth Development & Educ major
Kennah Leavitt of Milan, Elementary Education major
Kaitlyn Maccarone of Lancaster, Elementary Education major
Kelsey Moore of Berlin, Elementary Education major
Colleen Poulin of Berlin
Emma Rayburn of Bethlehem, Elementary Education major
Breanna Roy-Demers of Berlin, Elementary Education major
Michaela Thomas of Twin Mountain, Youth Development & Educ major

Emma Brumenschenkel of Lisbon, Psychology major
Kylee Bailey of Lancaster, Nursing major
Anna Bays of Bethlehem, Adventure Education major
Devyn Peters of Gorham, Social Work major
Brianna Watson of Jefferson, Allied Health Sciences major
Joseph Didsbury of Colebrook, Finance major
Jessica Hachez of Gorham, Marketing major
Dale Locke of Landaff, Management major
Sedrick McKinnon of Colebrook, Criminal Justice major
Corey Arsenault of Berlin, Environmental Science & Policy major
Kiersten Pellerin of Laconia, Anthropology/Sociology major

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

Local students named to Dean's List at Plymouth State University

PLYMOUTH — A total of 437 students have been named to the Plymouth State University Dean's List for the Spring 2019 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 during the spring semester and must have attempted at least 12 credit hours during the semester.

Taylor Siewierski of Colebrook, Fine Arts major
Annabelle Black of Dalton, major
Jennifer Landers of Berlin, Youth Development & Educ major
Nicole Matson of Lancaster, major
Chelsea Mitton of Lyman, Elementary Education major
Zachary Endres of Whitefield, Information Technology major
Matthew Faucher of Berlin, Information Technology major
Alyssa Juilfs of Whitefield, Interdisciplinary Studies major
Nicholas Trahan of Lisbon, Biology major
Nickolas Fodor of Berlin, Physical Education major
Kendra Learned of Colebrook, Social Work major
Savannah Scott of Lancaster, Nursing major
Chantell Aubut of Milan, Interdisciplinary Studies major
Dennis Ruprecht of Landaff, Political Science major

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.

Megan Elizabeth Cunningham named to Husson University's Honors List

BANGOR, Maine — Lisbon resident, Megan Elizabeth Cunningham, has been named to Husson University's Honors List for the Spring 2019 semester.

Cunningham is a senior who is currently enrolled in Husson's Bachelor of Science in Psychology program.

Students who make the Honors List must carry at least 12 graded credit hours during

the semester and earn a grade point average of 3.4 to 3.59 during the period.

For more than 120 years, Husson University has prepared future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities,

Husson University has come to represent superior value in higher education. Our Bangor campus and off-campus satellite education centers in Southern Maine, Wells, and Northern Maine, provide advanced knowledge in business; health and education; pharmacy studies; science and humanities; as well as communication. In addition, Husson University has

a robust adult learning program. According to a recent analysis by U.S. News & World Report, Husson University is the most affordable private college in New England. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

Husson University announces Spring 2019 Presidents List

BANGOR, Maine — The following students have been named to the Spring 2019 President's List at Husson University:

Hope Kristen Supry of Berlin is a sophomore who is currently enrolled in Husson's Bachelor of Science in Healthcare Administration and Public Health program.

Alice R. Kennedy of Bethlehem is a senior who is currently enrolled in Husson's Bachelor of Science in Sport Management/Master of Business Administration (MBA) program.

Elizabeth Lawrenn

Paradise of Bethlehem is a sophomore who is currently enrolled in Husson's Bachelor of Science in Psychology program.

Janessa Lin Corrigan of Gorham is a senior who is currently enrolled in Husson's Bachelor of Science in English program.

Taylor Ann Fortin of Gorham is a senior who is currently enrolled in Husson's Bachelor of Science in Healthcare Studies/Master of Science in Occupational Therapy program.

Students who make the President's List must carry at least 12

graded credit hours during the semester and earn a grade point average of 3.80 to 4.0 during the period.

For more than 120 years, Husson University has prepared future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities, Husson University has come to represent superior value in higher education. Our Bangor campus and off-campus satellite education cen-

ters in Southern Maine, Wells, and Northern Maine, provide advanced knowledge in business; health and education; pharmacy studies; science and humanities; as well as communication. In addition, Husson University has a robust adult learning program. According to a recent analysis by U.S. News & World Report, Husson University is the most affordable private college in New England. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

Getting to know your Bible: The New Testament

Isa. 1:18a Come now, let us reason together, says the Lord

The New Testament writings tell us of God's ultimate fulfillment of His promises. How He brought a savior to redeem mankind from sin and death, as well as the establishment of a new religion and way of worshiping God found in the church, how Christians are to live and worship and a picture of what the final result will be for those who both love the Lord, and hate Him,

The Gospels of Matthew, Mark, Luke, and John. The gospels, or good news, are short biographies of Jesus of Nazareth, who was and is the Christ. They tell us why he came to earth, that he is the very image of God made flesh, that he is God, and how he became the means by which man can forever be forgiven of their sins and live in a new right relationship with God.

The Acts of the Apostles: The only history book found in the New Testament, Acts details the foundation of the church of Christ, the kingdom of the Messiah long looked for, and the spread of Christianity in "Jerusalem, Judea, Samaria, and to the ends of the earth" (Acts 1:8). Acts is a focus on Peter as he spreads the message of the Christ to the Jews, then on Paul as he spreads the gospel of the Christ to the non-Jewish world.

The Epistles (Romans-Revelation): These are letters, most of which are written by Paul to specific churches or individuals, which address issues that any church can face from internal conflict to external persecution. They teach us how Christians should live, how they should worship God, how the church is to be organized and lastly, in Revelation, what awaits those who overcome the trials of this world, are faithful unto death, and the ultimate fate of all mankind.

We invite you to join us Sunday morning for Bible study at 10:00 and worship to our God at 11:00 at 490 Main St, Lancaster, NH

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COURTESY

Last week, the Groveton Head Start held a little celebration for all the children and their parents. Every Child received a Certificate from their teacher. Some of the children will be moving on to kindergarten and some will remain in the group due to age. The Head Start teacher Ashlyn Rideout presented the Northumberland Public Library Assistant Ray Davenport and Sally Frizzell President of Groveton American Legion Auxiliary Fredonwarell Unit 17 with Certificates for reading to the Head Start children every Wednesday either at the school or the library. Each child was presented a Certificate from the library thanking them for being excellent listeners.



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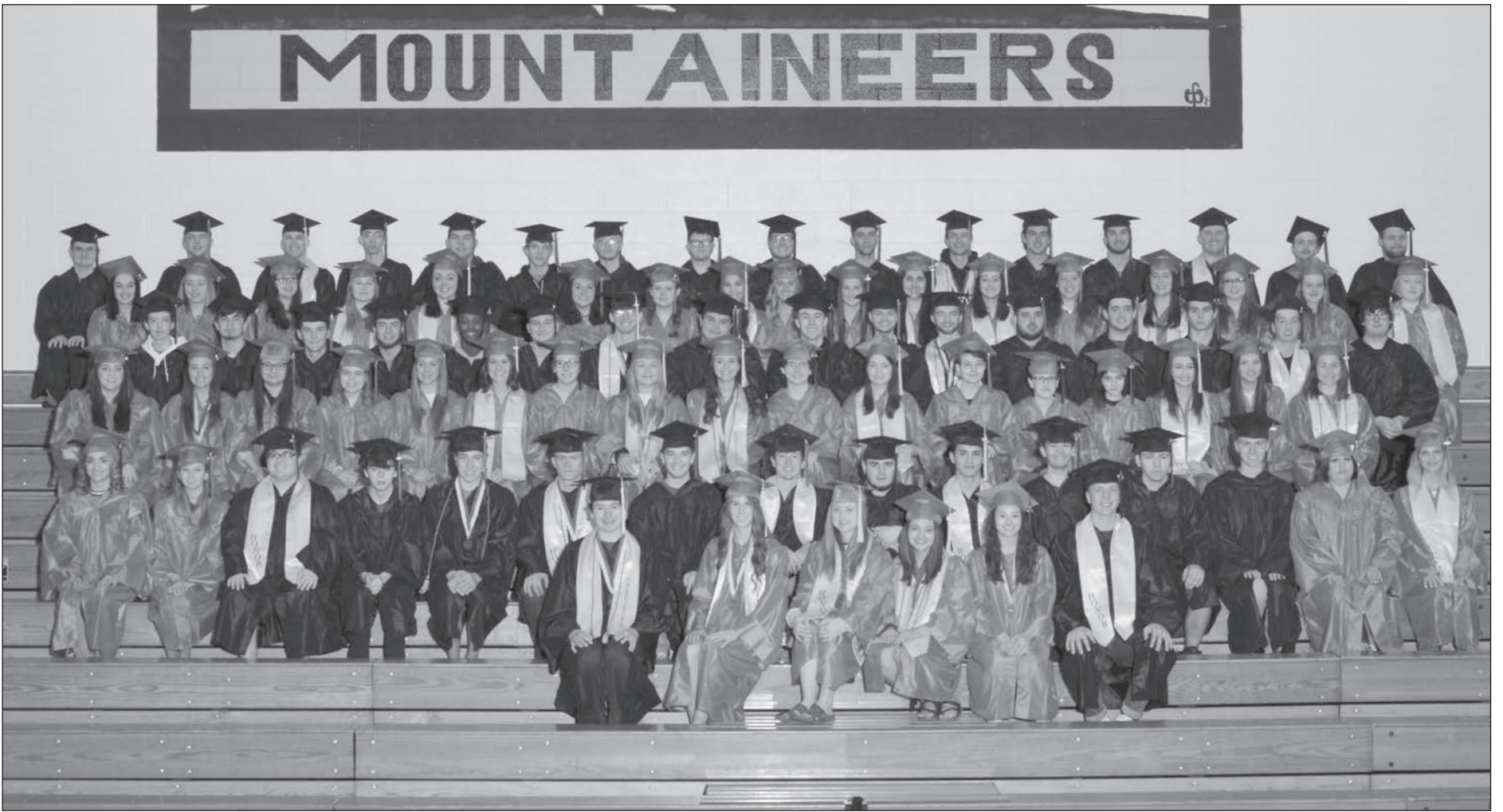
Stratford Hollow Memorial Field Fun, Games, Entertainment, Parade starts at 11:00

Interested in placing a float in the parade, call Leona 636-1349 picnic lunch, beans, hot dogs, drinks will be provided. Bring a salad, your favorite dish, a dessert, or donation.

Enjoy the day with family, friends, and neighbors.



Congratulations to the 2019 Class of Berlin High School



Congratulations to the 2019 Class of Gorham High School



Sophia Allen, Elizabeth Anderson, Isabelle Balch, Cameron Balon, Kohl Barrett, Avynne Batchelder, Ariel Bennett, Abigail Bernier, Declan Blair, Adelina Cintron, Gavin Corrigan, Olivia Cyr, Trinity Downs, Jaya Dumas, Hannah Fontaine, Bryce Gauthier, Christopher Gerath, Makenzie Gilbert, Jeffrey Harrington, Betty Johnson, Grimmie Jones, Alexis Kruskie, Travis Lemieux, Hannah MacDonald, Robert Morehouse, Thomas Morehouse, Melvin Olson, Brianna Taylor, Kyle Tetreault, Anthony Tompkins, Ryley Vallieres,

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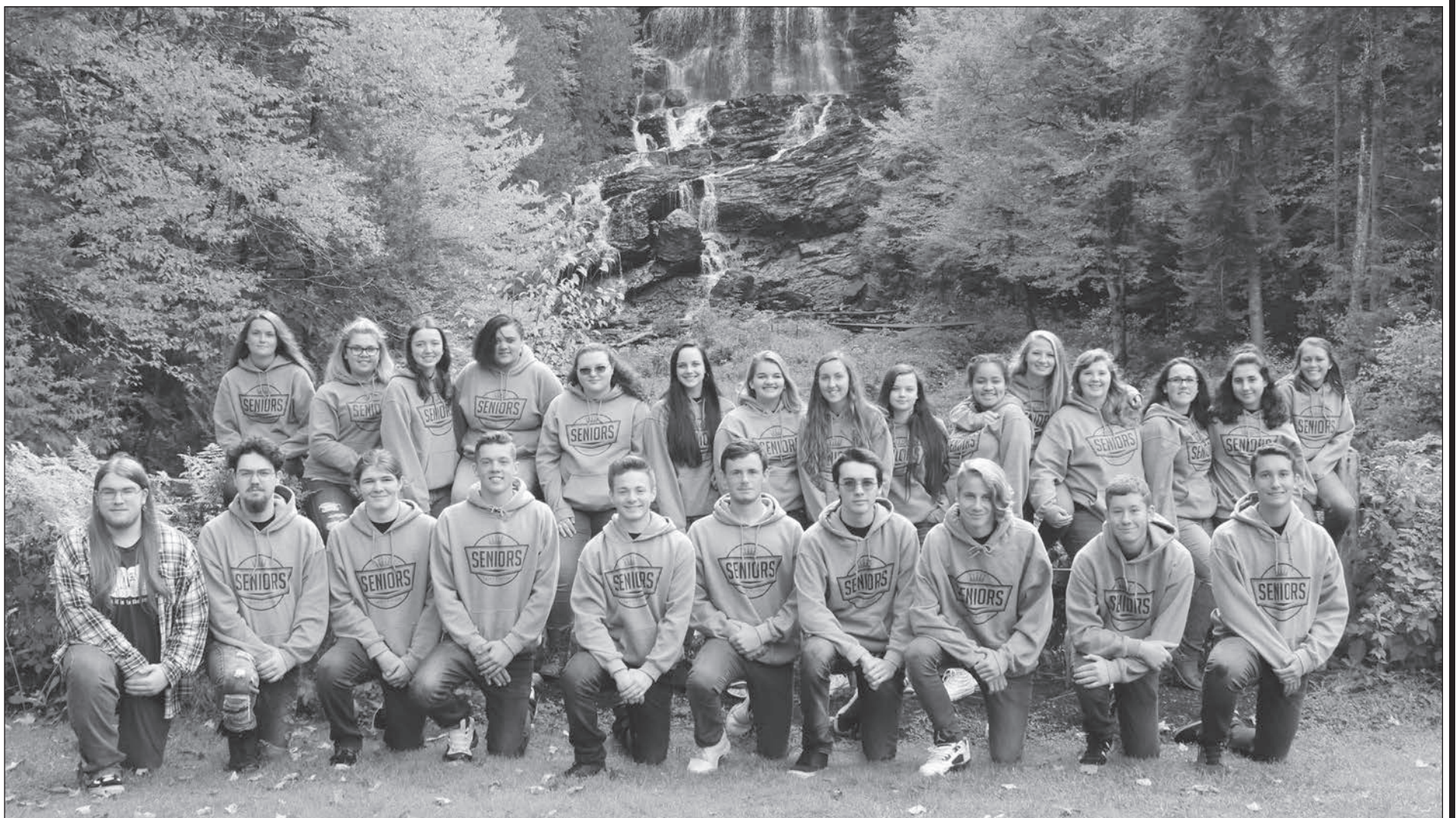
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Congratulations to the 2019 Class of Pittsburg High School




Patrick Carlson, Devin Phillips, Kassandra Amey, and Austen Keyser

Congratulations to the 2019 Class of Groveton High School



Front Row (L to R): Dillan Petrie, Robert Howland, Oliver Mills, Gavin Simpson, Zachary Willey,, Jim McCoy, Reuben Nadeau, Ignacio Sanchez Vazquez, Elba Hawes, Parker Canton Back Row (L to R): Brooke Routhier, Bailee Lambert, Elizabeth Noyes, Mia Lawlor, Ashalyn Chauvette, Jade Lariviere, Katelin Rodden, Khaley Styles, Emma Covill, Harmony Jones, Jillian Laverty, Lydia Cross, Amie Weagle, Isabel McCarthy, Lauryn St. Cyr

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Congratulations to the 2019 Class of
Colebrook High School



Left to Right: Nolan Lyons, Jacob Masson, Logan Hailey, Emmitt Lambert, Zachary Brown, Natalie Purrington, Markus Lapierre, Olivia Harris, Amber Coutu, Hunter Roy, Trent Richards. Missing from Photo: Hannah Eldred, Joseph Allen, Stephen Bashaw, Wes Thibault, Andrew Belleville.

Congratulations to the 2019 Class of
Canaan, VT High School



Left to Right: Nolan Lyons, Jacob Masson, Logan Hailey, Emmitt Lambert, Zachary Brown, Natalie Purrington, Markus Lapierre, Olivia Harris, Amber Coutu, Hunter Roy, Trent Richards. Missing from Photo: Hannah Eldred, Joseph Allen, Stephen Bashaw, Wes Thibault, Andrew Belleville.

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Local students named to Dean's List at the University of New Haven

WEST HAVEN, Conn. — The following students were named to the Dean's List at the University of New Haven for the spring semester, 2019.

Whitefield: Jamie Morris, Henry C. Lee College of Criminal Justice and Forensic Sciences, a Bachelor of Science

in Criminal Justice **About the University of New Haven**

The University of New Haven, founded on the Yale campus in 1920, is a private, coeducational university situated on the coast of southern New England. It's a diverse and vibrant community of

more than 7,000 students, with campuses around the country and around the world.

Within its colleges and schools, students immerse themselves in a transformative, career-focused education across the liberal arts and sciences, fine arts,

business, engineering, and public safety and public service. More than 100 academic programs are offered, all grounded in a long-standing commitment to collaborative, interdisciplinary, project-based learning. Information is available at www.newhaven.edu.

Alexis V. Marquis named to Husson University's Dean's List

BANGOR, Maine — Pittsburg resident Alexis V. Marquis, has been named to Husson University's Dean's List for the Spring 2019 semester.

Marquis is a sophomore who is currently enrolled in Husson's Bachelor of Science in Hospitality and Tourism Management program.

Students who make the Dean's List must carry at least 12 graded credit hours during the semester and earn a grade point average of 3.60 to 3.79 during the period.

For more than 120 years, Husson University has prepared future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities, Husson University has come to represent superior value in higher education. Our Bangor campus and off-campus satellite education centers in Southern Maine, Wells, and Northern Maine, provide advanced knowledge in business; health and education; pharmacy studies; science and humanities; as well as communication. In addition, Husson University has a robust adult learning program. According to a recent analysis by U.S. News & World Report, Husson University is the most affordable private college in New England. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

Northern Coös Democrats hold off on endorsement

COLEBROOK — Northern Coös County Democratic Committee members in recent meetings in Colebrook have decided not to officially endorse any one of the Democratic presidential candidates. Instead, they remain in an information-gathering mode.

So several committee members attended Joe Biden's campaign event at the Berlin Municipal

Building on June 4.

Biden said to thunderous applause, "The environment is an existential crisis we are facing, and we don't have much time. If I am elected president, on my first day in office we'll rejoin the rest of the world in the Paris Accord."

Biden went on to speak at length about his working-class roots and expressed his desire to return civility and

truthfulness to the Oval Office.

The following day, June 5, Northern Coös County Democratic Committee members met at the Moose Muck Coffee House in Colebrook with Deidre Schardine, Elizabeth Warren for President Field Organizer for Coös County.

Asked if she believes Elizabeth Warren will win the nomination

and become the next US president, she replied "I wouldn't be here if I didn't believe that."

Further asked if Elizabeth Warren would support Joe Biden if nominated against Trump, if nominated, she said that while she cannot speak for the candidate on that point, she said her personal feeling is that we need to work together to bring civility back to the Oval Office.

Groveton woman sentenced to 65 months for part in fentanyl trafficking conspiracy

CONCORD — Meredith Willey, 38, of Groveton, was sentenced on Tuesday to serve 65 months in prison for participating in a fentanyl trafficking conspiracy, United States Attorney Scott W. Murray announced today.

According to court documents and statements made in court, as a result of an ongoing drug trafficking investigation, agents and task force officers with the Drug Enforcement Administration learned that on March 1, 2018, an individual intended to travel from New Hampshire to a location in Lawrence, Mass. to purchase 250 grams of a controlled substance. Agents conducted surveillance in the area of the transaction and observed a known drug trafficker get in the back seat of the car and exit a few minutes later. The vehicle left Massachusetts and agents followed it directly to New Hampshire.

The agents informed a New Hampshire State Trooper patrolling Interstate Route 93 about their surveillance observations. The trooper stopped the vehicle for traffic violations and identified Willey as the driver. Willey subsequently admitted that she and her co-conspirator went to Lawrence to buy "dope." Willey consented to a search of

the car and signed a consent to search form. The troopers found a hidden compartment containing approximately 240 grams of fentanyl. Willey admitted that she and the co-conspirator purchased fentanyl in Lawrence and resold the drug in New Hampshire. After a consent search of the defendant's and her co-conspirator's residence, law enforcement seized \$11,000 in drug proceeds and five firearms.

Willey previously pleaded guilty on Sept. 24, 2018.

"Interstate fentanyl traffickers will be arrested, prosecuted and sentenced to prison terms," said U.S. Attorney Murray. "The law enforcement community in New Hampshire is united in its determination to stop the flow of fentanyl into the Granite State. By aggressively prosecuting the traffickers who bring this deadly drug into New Hampshire, we are seeking to protect all of our state's citizens."

"Fentanyl is causing deaths in record numbers and DEA's top priority is to aggressively pursue anyone who distributes this poison," said DEA Special Agent in Charge Brian D. Boyle. "Today's sentence not only holds Ms. Willey accountable for her crimes but serves as a warning to those traffickers who are fueling

the opioid epidemic."

The case was a collaborative investigation that involved the DEA; the New Hampshire State Police; the Hillsborough County Sheriff's Office; the Nashua Police Department; the Massachusetts State Police; the Massachusetts Attorney General's Office; the New Hampshire Attorney General's Office; the Essex County District Attorney's Office; the Internal Revenue Service; Immigration and Customs Enforcement's Homeland Security Investigations; United States Customs and Border Protection Boston Field Office; the United States Marshals Service; the United States Department of State's Diplomatic Security Service; the Manchester Police Department; the Lisbon Police Department; the Littleton Police Department; the Seabrook Police Department; the Haverhill (Mass.) Police Department; the Methuen (MA) Police Department; the Lowell (Mass.) Police Department; and the Maine State Police.

The case is being prosecuted by Assistant United States Attorneys Georgiana L. Konesky, Seth R. Aframe and Debra M. Walsh.

This case was supported by the Organized Crime Drug Enforcement Task Force (OCDETF). The OCDETF

program is a federal multi-agency, multi-jurisdictional task force that supplies supplemental federal funding to federal and state agencies involved in the identification, investigation, and prosecution of major drug trafficking organizations.

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Make his first Father's Day special



Dads are often the first heroes in their young children's lives. Dads chase away ghosts in the closet, let their daughters dance on their toes and teach their sons how to win the heart of their first crush.

The first Father's Day a new dad spends with his growing family can be quite memorable, as celebrating one's fatherhood for the first time is a unique and special time. Spouses and other family members can go the extra mile to make this year that much more special for first-time fathers.

- Let Dad sleep in. Chances are Dad is enamored with his little bundle of joy, but it's well-known that being a new father often means sacrificing sleep time — especially for the first several months to a year of that child's life. Enlist the help of a family member who can be on baby watch while Dad gets to sleep in on the weekend of his big day. With some extra sleep, Dad can enjoy Father's Day that much more.

- Create a first-year memory book. Take the time to put together a scrapbook of the photos and moments baby and Dad have gotten to spend together. So much focus is often placed on a new baby and his or her

mother that Dad may be left playing second fiddle. Make it clear that fathers are key to their children's development and happiness, too.

- Make a baby keepsake. Use washable ink so that baby can sign a Father's Day card with a hand or footprint. The tradition can be repeated year after year until the child is old enough to write.

- Go overboard on gifts. The idea isn't to buy Dad's love, but Dad's first Father's Day is a truly unique time. On behalf of his firstborn, purchase a few different gifts — those items that he has been interested in buying but has resisted in favor of saving money for new onesies and burp cloths. Or invest in one special event gift, such as tickets to a game to see his favorite team or a concert to catch a favorite band.

- Boost his ego. Get matching T-shirts for baby and Dad with cute memes and sayings, such as "Couch Potato" and "Tater Tot."

Father's Day comes once a year. However, a father's very first Father's Day occurs just once. Use the opportunity to pamper Dad so he can savor this truly special experience.

Unique ways to honor Dad this Father's Day

Father's Day is a day many families look forward to. Though its history might not go back as far as many religious or government-designated holidays, Father's Day is rife with tradition in many households.

Father's Day is celebrated on the third Sunday in June in both the United States and Canada and also in the United Kingdom. While Father's Day might trace its origins to the United States, the holiday is celebrated across the globe, including in Argentina, Greece, India, Singapore, and New Zealand.

Fathers often receive gifts from their spouses and children on Father's Day. What to give the dad who seemingly has it all leaves many people scratching their heads in the weeks preceding Father's Day. People who find themselves in such situations can think outside the box and look for ways to honor their fathers this year. The following are some unique ways to honor Dad this Father's Day.

Travel

Dad may be pleasantly surprised by a stroll down Memory Lane. Plan a day trip or weekend excursion to Dad's hometown, visiting all his old haunts, including the house he grew up in, and allow him to serve as tour guide. This can be a great way for Dad to share stories and for his family to learn a little more about the old man. Other great places to visit include Dad's college campus or his ancestral homeland.

Highlight reel

In the months preceding Father's Day, do some covert digging through family photo albums to create a "This



Is Your Life" highlight reel for Dad. Go back as far as possible, even looking through Dad's baby photos if you can find them. This might require a collaborative effort, requiring the whole family to work together, but that can make for an enjoyable way for families to spend time together and see how Dad became the man he is today. Present the finished product at a family dinner on Father's Day.

Make a list

Another unique way to honor Dad is to compile a list of the many ways you are and will always be grateful for having him as a father. Adults honoring their fathers can cite specific examples they recall from childhood and young adulthood when Dad went above and beyond or served as a sounding board or shoulder to cry on. This is a great way to honor Dad and let him know all those sacrifices and special moments are still appreciated and will never be forgotten.

Father's Day is a chance to honor Dad, and the way you choose to do so can be as unique as the man himself.

Great gifts for dear old dad



streaming service that allows dad to watch many of his favorite movies on demand from the comforts of home might make the perfect gifts for film-loving fathers. Services like Netflix and Amazon Prime offer hundreds of titles, and monthly or yearly subscriptions cost relatively little money.

The Outdoorsman

Fathers who love the great outdoors might appreciate some new camping gear, a new fishing pole or even some comfortable hiking boots. When shopping for the outdoorsman in your life, consider which outdoor activity is his favorite (i.e., boating, fishing, kayaking, etc.) and try to find the latest useful gadget or newest product made for such enthusiasts. If you don't share the same passion for the great outdoors and are hesitant to buy something you're unsure about, a gift certificate to an outdoorsman or sporting goods store will suffice.

The Doting Grandfather

Some men simply want to spend more time with family, especially grandfathers who never tire of afternoons with their grandchildren. If dad has retired and moved away, a trip to see his grandkids might make the ideal gift this Father's Day. Arrange the dates with mom so you are not surprising dad with a trip at a time when he already has plans, and make sure to schedule some fun activities for those days when dad is in town.

Father's Day is a time each year when dads are told how much they are loved and appreciated. This year, a gift that implies both those sentiments is sure to make dad smile.

The Sports Nut

Dads who can't get enough of their favorite teams would no doubt appreciate some new gear or even tickets to see their favorite teams play. If you opt to buy tickets to a ballgame, make it a family affair, as dad would no doubt appreciate an afternoon at the ballpark with his kids and/or grandkids. For a father who no longer lives in the market where his teams play, consider purchasing a streaming service or television package that allows the old man to see his favorite team no matter where he's living.

Oftentimes, the best gifts are the ones that fulfill a need or want, and Father's Day gifts are no exception. The following are a handful of Father's Day gift ideas for dads whose hobbies run the gamut.

The Movie Mogul

Some dads simply can't get enough of the silver screen, and a

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Safe Sitter® course offered at Weeks Library

LANCASTER — Weeks Memorial Library will offer Safe Sitter® courses for young teens, grades 6-8, Monday, June 24 from 9 a.m.-2:30 p.m. at the Weeks Memorial Library. Registration deadline is Friday, June 21. Space is limited.

More than 600,000 young teens have graduated from the medically-accurate program which teaches how, why, and where injuries happen so they can be prevented. The cost of the course is \$25. Call 788-3352 to register your son or daughter.

The course provides hands-on practice in lifesaving techniques to young teens who are home alone, watching younger siblings, or

babysitting so they are equipped with the skills and confidence to act in an emergency. They learn basic first aid and infant and child choking rescue. Students also receive instruction on how a child's age affects how to care for them, how to prevent problem behavior, and how to run their own babysitting business.

Students who graduate from a Safe Sitter® course receive a completion card demonstrating that they know how to use their skills in situations they encounter.

For more information about the Safe Sitter® organization, contact National Headquarters at 317-596-5001 or visit safesitter.org.

Rise "Up"

(continued from Page A1)

The UP lineup was kicked off by national mental health and youth motivational speaker, Jeff Yalden, who shared his perspective as a man living with mental illness and the importance of a growth mindset to own your behavior and choices.

Student attendees then took to the stage to present videos they produced for the "Magnify Your Voice" video contest. Standing for other students like herself who have been bullied for their looks and sexual orientation, Sophomore student-athlete of White Mountains Regional High School, Lily Kenison, was awarded the First Place UP Cup for her story of getting heckled on the basketball court during an away game and how she was able to rise above the bullying with the help of her teammates and community. Woodsville High School Sophomore and member of the Haverhill Area Substance Misuse Prevention Coalition (HASMPC), Kaycee Reagan, received the Runner UP Cup for her video spotlighting a conversation with Legislator Corey Booker to whom she advocated for the substance misuse needs of her community.

Wrapping up the UP Granite Youth Conference, founder and lead percussionist of the group, Recycled Percussion, Justin Spencer,

captivated the audience with his message of purpose and gratitude. Telling the story of his now nationally-acclaimed group's humble rise to success, Spencer was a local New Hampshire high school Junior from a rough background when he founded Recycled Percussion to enter a talent show, which the group ultimately did not win.

"When you don't have a lot," said Spencer, "it's a gift because you know what it feels like to not have a lot. The gift of gratitude is planted inside of you. That's your purpose."

Funding for this event was provided in part by the NH Bureau of Drug and Alcohol Services and from generous sponsors, including: Dobles Foundation, Genfoot America, Black Crow Project, Jerry Jam Music Festival, Chutters, Omni Mount Washington Hotel, Drummond's Mountain Shop, and other anonymous donors.

The North Country Health Consortium is a non-profit public health organization based in Littleton that collaborates with health and human services providers serving northern New Hampshire. To learn more about the UP Granite Youth Conference and how your school can get involved next year, contact NCHC's Substance Misuse Prevention Coordinator, Greg Williams: gwiliams@NCHCNH.org or call: 259-3700 x295. For more information about NCHC, visit NCHCNH.org.



Whitefield's Police Chief, Ed Samson, is pictured here with students from Whitefield's Head Start on May 21.

COURTESY



Hunter Macleod, a recent high school grad from White Mountains Regional High School, was one of 12 New Hampshire students to receive a \$2,500 scholarship on behalf of local Dunkin' business owners Friday. Since 1995, Dunkin' business owners in New Hampshire have applauded the dedication and accomplishments of student leaders in their communities with over half a million dollars in scholarships. The award, part of the 24th Annual New Hampshire Scholarship program, will help provide funds for Macleod to attend White Mountains Community College.

COURTESY

Teddy Bear Sleepover kicks off summer reading program at Weeks

LANCASTER — The Children's Room at the Weeks Memorial Library will be kicking off the Summer Reading Program with a Teddy Bear Sleepover. On Wednesday, June 26, families are invited to

a special story hour at 7 p.m. at the Weeks Memorial Library. Children ages three and up are welcome to come dressed in pajamas and bring a teddy bear or stuffed animal who will stay overnight at the library. The

evening will begin with stories, a bedtime snack and then tucking the animals into bed at the library. Children may pick up their teddy bear or stuffed animal anytime after 9am on Thursday and find out what

happens when the lights go out at the library. If you are interested in having your child's teddy bear sleep over at the library, please contact the library at 788-3352 or email at wml@myfairpoint.net to register.

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WMRHS

(continued from Page A1)

came to the Regional as a class full of raw talent, a class that forced us to figure out how to refine it. Over the course of the last four years, we've asked you to own your learning- you are the class we crafted that phrase for."

Berry added, "We've asked you to create and take opportunities to showcase your talents and passions; to have pride in what you do; and to realize that it's important to be part of something bigger than yourselves- to give back with the big hearts and minds that characterize this class."

Berry offered the audience some insight into how the school has progressed over the past few years, adding "The members of this class were freshmen when we started to shift the way we teach at WMRHS- when we started to actively teach people, not just content. After graduation in 2014, I worried that we weren't doing enough for enough kids. Graduates that year were typically nice, polite kids, but I couldn't help but wonder if we were challenging them enough, pushing them far enough, and not just academically. I wondered if they were well-equipped to follow through on their dreams and goals. Would they be able to, realistically, hack it at Berklee? To flourish at an Ivy League? Thrive at Plymouth State? To stay in the North Country and be successful? To be a starting member of a



Catrina Boggess, a 2019 graduate of WMRHS will head to Montana State University this fall.



Class of 2019 Valedictorian Sunjay Sood reminisced with classmates during the graduation ceremony held on June 7.

college athletic team? Because of this worry, we changed the way we teach to focus on each student as an individual, in addition to part of the larger whole.

"Four graduating classes after the class of 2014, I am speaking to 85 young people who are confident, genuine, intellectual, and socially savvy. Since your freshman year, you have been the class that is full of talent and potential. In fact, there is a great deal of academic, athletic, artistic, mechanical, and musical talent walking across this stage and through the arches this evening. You've been put through a process to refine that talent- all the awkward conversations, all the Senior Sem meltdowns really do have a purpose. You had potential when you got here, but just as with anything being crafted, you needed to be molded and refined to become your best selves," Berry added.

Gaetjens-Oleson then approached the podium. In her crisp, clear voice, she greeted the crowd, saying "I'm extremely honored and proud to be speaking to all of you

today. For the past few months, I've been thinking about what a privilege it is to be able to commemorate the past 12 years of education in such a fond way. I feel extraordinarily lucky to have had the experience in this district that I did; to have had the caring, kind teachers, the close-knit classes, and the endless support from my family, friends, and mentors."

Gaetjens-Oleson delivered a list of lessons that she acquired throughout her time at White Mountains.

"Number one: revel in uncertainty," she said. "It will almost always be scary, and not knowing the outcome of any situation will probably make you want to stop in your tracks, but you have to remember that you can't really count on anything in life besides its unpredictability. You will begin eras with ideas and plans in place, and you will most likely end them with completely different plans - or at least a different perspective."

She went on to talk about not settling for mediocrity, but the most important point Gaetjens-Oleson made was

that of impact.

"The things you say and do to others matter," she said. "Sometimes one word, question, or phrase can completely flip an aspect - or every aspect - of one's life. I've realized time and time again that any number of moments - no matter how insignificant they may seem to you - can alter the course of someone's life in any amount of ways."

She explained, "There are a lot of moments in my life that I have held onto that any other person could've easily forgotten. The day this past year Mr. Salmin asked me why I create, a drive my sister and I went on one day after having breakfast, my first time listening to the Bonnie and Clyde soundtrack. Things you couldn't even imagine remembering could potentially change someone's outlook on themselves or their life or their beliefs, so it's important to truly consider the things you say to and ask others before you do it."

With his long hair peeking out from under his cap, the class of 2019's rock n' roller and third ranked in the class, Hazelton, began his speech quoting "Vienna," a song by Billy Joel: "Where's the fire, what's the hurry about? You'd better cool it off before you burn it out- You've got so much to do and only so many hours in a day."

Hazelton looked out into the crowd, and over at his classmates then said, "There is such a hurry in our everyday lives, myself included, that we sometimes fail to recognize some of the best parts. As I have reflected back on the last four years with all of you, I have remembered more and more things that make me want to do it all over again."

He added, "Whether it be a joking scuffle with Tony, a solid Mr. Berry impersonation from Gump, or a subtle pick me up from Catrina, these are countless little moments that make me want to slow down and enjoy every moment."

He ended by saying, "Like Billy Joel said, Vienna waits for us. Thank you all."



Jon Austin is all smiles after receiving his diploma from WMRHS on June 7.

Sood began his speech with a smile, saying "I stand before you as the valedictorian of the class of 2019. As Mr. Berry has mentioned numerous times, from the day that I walked through the doors as a ninth grade student, this accomplishment has been one of my primary aspirations. Many of us came in with goals, and through hard work and dedication, many of us achieved them. We are here today to celebrate our successes, but also to recognize the journey that got us here. For many of us, myself included, this journey included as many lows as it did highs."

Sood added, "As we move onto the next stage in life, whatever that

may be, mixing music at a concert, helping kids learn English, becoming our next state representative, or even the next top soccer player, remember it matters less what you do, and more who you surround yourself with. After all, life is about the connections we make and how those connections drive and support you."

Superintendent Dr. Marion Anastasia presented each student with a river rock. A lesson in persistence, she told the story about how a river cuts through rock, not because of its power but because of its persistence." She told the class of 2019, never to take no for an answer and to never be afraid to speak their minds.



White Mountains Regional High School's class of 2019 Honor's speaker Jared Hazelton tells his classmates to remember to 'slow down' during his speech on June 7.

NCAA

(continued from Page A1)

stituent Service Representative, Tim Egen, NH Representative, Troy Merner, New Hampshire Representative and Charter Board Member, Sherwood Fluery, Founding Superintendent of North Country Charter Academy and Chuck Henderson, Senator Jean Shaheen's Special Assistant.

Principal Lisa Lavoie addressed the students, saying "We celebrate your achievement, and we admire you for reaching your goal of obtaining your high school diploma. We are extremely fortunate to have a non-traditional path to obtaining a high school diploma in the North Country. North Country Charter Academy was founded 15 years ago by 10 school district superintendents and school boards. This unique relationship must never be taken for granted and their support is a testament to where we are today. Our students' success is a direct reflection of this."

She added, "We would like to give a heartfelt thank you to each School Board Member, Superintendent, Principal, Assistant Principal, Guidance Counselor, and those who serve on their Administrative teams. We thank each and every one of you."

Lavoie thanked her staff members for their dedication to their students, adding that "All of you play a special role and have contributed significantly to the success of our students on stage today. All of you-thank you, thank you!! Would you please stand to be recognized?"

Standing to be recognized was Jim Hicks, Gary Melanson, Scott Kleinschrodt, Sarah Safford, Amy Manhard, Kathy Meddings, Kim Spaulding and Janet Steinert.

Parent Sueann Christie addressed the crowd, "I am a real proud mom right now. I really want to thank the charter academy and its staff for being the close knit family that it is. Without all of you, I don't know where my daughter would be at in life right now."

She added, "I can truly say that with your guidance and encouragement, she has developed into a new person who places others before herself. She has gone into the field of human services and become a wonderful role model to others I am so proud of her. She was very defiant and hostile but all of you, especially, Mr. Hicks who held her accountable for her actions really made a difference in her life not just in school but also at home and from the bottom of my heart I thank you all with love. Thank you."

Fellow parent James Duguay added his sentiments, saying "I am so proud and also so happy that my son's educational experience at North Country Charter Academy was very positive unlike the one I had when I was in school. At that time, it seemed to me that if you were not on track to go directly to college, you were perceived as someone with no aspirations and dreams and unlikely to get ignored and I'm sure I also did not make it easy for them either."

Duguay went on to say, "My son James for different reasons was experiencing some of the same things I had experienced. I did not want to see my son not achieve to his potential. Not too long ago, we chose to homeschool our son and later found out about the charter school. The staff cared. The teachers inspired him. I have attended meetings with James and Mr. K. You can hear the concern in his voice. You can see the care in his expressions. I was blown away by how much he cares. The teachers at charter academy inspire and sometimes pushing their students. Not learning is not an option. The teachers are caring, but also firm. No matter what the student plans to do after high school the staff is dedicated to the concept that when you walk out the door you will be prepared you will have been taught well."

Scott Kleinschrodt then took to the podium, stating "I would like to take a moment to give this deserving group of young adults one last piece of advice. During the Holocaust and Human Behavior class I taught this year there was a quote that went something like this, 'History, despite its wrenching pain, cannot be un-lived, but if faced with courage, needs not be lived again.'" This is a quote by Maya Angelou and what I take from this is that we must learn from mistakes made in the past, so that we can avoid making the same mistakes in the future. This is true in our personal everyday lives, and as a society as a whole."

He ended by saying, "And now it is on to the real world where you will be able to explore your inner desires and make a mark for yourself. In some ways I am a bit jealous. The freedoms you have now will probably never be experienced again in your lifetime. To the graduating seniors, please take the lessons you have learned at the Academy and apply them to your daily lives. My hope is to be able to meet you again in ten years and hear stories of success. Good luck, I am very proud of each and every one of you."

"With that said, I wish the best for all of the graduates today and would like to thank all of

those who have supported our charter school for the past 15 years."

Kelsey Lee, a student took her turn to say a few words, stating "I came to North Country Charter Academy in 2016. I had been to many schools and even tried out homeschooling. School was a really big challenge for me so I ended up becoming 'the high school dropout.' When I heard about NCCA, I started doing research and told my mom I wanted to go back to school (I thought she was going to have a heart attack). The day I started I knew I wanted to be a perfect student; however, I was kind of nervous due to the fact I was always failing in my past schools. Throughout the time I was at NCCA, I was taught how to love myself and I learned from every problem that arose. As far as The teachers at this school go, I wouldn't change a thing (well, maybe the good morning phone calls I'd get from Mr. Hicks asking if I was going to be in school, or if I was pulling a double the next day). This school made me into a better person when I never thought I was going to be in life. They support your choices, they try to lead you to the right choices and most importantly, they loved each and every one of us as though we were their own child."

Lee, along with student Emily Trahan, offered several words of

gratitude to staff members.

"To Ms. Lavoie," they said, "we are two lucky girls to call you our principal. You always wanted to know more about us. Most people's superheroes are their moms and dads; but, in this case, you are our hero for never giving up on the students you help take in and support."

To Mr. Melanson, they said, "You are the man to go to if you want to know about football and basketball, even though we didn't have much interactions with him he would always go out of his way to learn more about us, from our hobbies to what we want to be when we leave here today."

"Mr. Hicks, 'Our heart breaks- this is your last year. You are the best teacher I have ever had in my whole school life, you put up with a lot from not only the classroom but us girls too. You have not only helped us with schooling, but you helped us become the young women we have turned into today. When you would set the bar high, you would make us reach for our goals and keep pushing us to be the best people we are. Thank you for all the support you have given us and all the lessons you gave to us."

In 15 years, the Academy has graduated 500 students.

Citizens

(continued from Page A1)

Doucette. “Nobody disputes that waste management is a critical issue, and one we all need to address across the country.”

“We have real empathy with the people of Bethlehem,” continued Doucette. “We feel Casella’s work there speaks for itself and informs us about what we could expect in Dalton.”

According to the organization’s website, the proposed dump would be located in the Ammonoosuc River watershed. They say it is an area of wetlands and vernal pools in Dalton that touches Bethlehem, Littleton, and Whitefield,

and contains prime wildlife habitats identified by the New Hampshire Fish and Game Department.

Currently, Casella operates waste facilities in Bethlehem, Coventry, Vt., and Southbridge, Mass. The Bethlehem facility is scheduled to close in 2021.

Casella is currently embroiled in a lawsuit leveled against them by the Conservation Law Center and the Toxics Action Center. Filed over one year ago, on May 14, 2018, the lawsuit alleges the illegal discharge of pollutants has contaminated the Ammonoosuc River at the site of NCES operations

in Bethlehem.

According to the Toxics Action Center website, in September 2018, a federal district judge in Concord denied Casella Waste System’s and North Country Environmental Services’ (NCES) motion to dismiss the lawsuit.

Within the same timeframe, abutters to Doug Ingerson’s property near Forst Lake received notice from Horizons Engineering in Littleton of an application to the New Hampshire Department of Environmental Services (DES) Wetlands Bureau for geotechnical site explorations. Although they are aware of the recently-formed

Save Forest Lake organization, representatives of NCABC say the two entities are not currently working together. They did indicate, however, that NCABC has begun to reach out to Littleton residents, as they evaluate the potential impact of a Dalton waste facility on the Littleton River District.

“We’re excited that this has been declared a development of regional impact,” said Doucette.

More information about the North Country Alliance for Balanced Change can be found online at www.northcountryabc.org.



COURTESY

The Second Annual UP Granite Youth Conference is in the books! With almost 200 students throughout Coös and Northern Grafton Counties gathered on May 29 at the Mount Washington Hotel, the ball room was abuzz with excited energy throughout the evening as students mingled to the beats of DJ GenReal in the backdrop, engaged with keynote speakers, and presented before their peers alongside classmates and other students—all in the name of standing UP for positive change, speaking UP against bullying and drug and alcohol misuse, and lifting one another UP in the process.

Scholars celebrated at regional ceremony



COURTESY

Front row: Nickolas Heysler - Outstanding CTE, Mt Washington Valley CTC; Isabella Gaetjens-Oleson - Salutatorian, WMRHS; Amy Cotter - Salutatorian, Kennett High School; Carson Smith - Valedictorian, Kennett High School; Samantha Tower - Salutatorian, LinWood School; Austen Keyser - Valedictorian, Pittsburg High School. Second row: Emily Rhonda Fellows - Salutatorian, Colebrook Academy; Nicole Marie Piette - Valedictorian, Littleton High School; Dakota Smith, Valedictorian, LinWood School; Haley Hodgdon - Co-Valedictorian, Profile School; Kassandra Amey; Thomas Oliver - Co-Valedictorian, Profile School; John “Webb” Kertis - Salutatorian, Woodsville High School. Third row: Abigail Bernier - Salutatorian, Gorham High School; Bryce Gauthier - Valedictorian, Gorham High School; Madisen Dumont - Outstanding CTE, Hugh J. Gallen CTC; Ethan Riggie - Salutatorian, Lisbon Regional School; Samuel Stiles - Outstanding CTE, Berlin Regional CTC; Samuel Greene - Salutatorian, Profile School; Jim Kertis - Salutatorian, Woodsville High School. Last row: Khaley Styles - Salutatorian - Groveton High School; Brooke Routhier - Valedictorian, Groveton High School; Dylan Benjamin Carpino - Valedictorian, Colebrook Academy; Logan Lopus - Valedictorian, Lisbon Regional School; Joseph DePalma IV - Salutatorian, Littleton High School; Blaine Lachance - Outstanding CTE, Arthur T. Paradise Regional CTE; Sunjay Sood - Valedictorian, White Mountains Regional High School. Missing from photo: Joshua Berthiaume - Valedictorian, Berlin High School; Kelsey Alimandi - Salutatorian, Berlin High School.

WHITEFIELD — At a May 21 ceremony held at White Mountains Regional High School, North Country Education Services and the North Country School Administrators Association recognized 29 outstanding scholars from the 12 northern-most New Hampshire high schools and four regional career and technical education centers. Langlois added, the accomplishments of the region’s students and their future aspirations are impressive. There is a great sense pride as a region when there is an opportunity to reflect on the personalized and high quality education our students receive in northern NH. Hearing about the opportunities our students have had, the work ethic they clearly displayed throughout their high school years, and learning about their future aspirations makes it a special event to be a part of. The students deserves the accolades and the North Country Scholars Recognition Ceremony has become a great tradition for the region.

The ceremony recognizes each schools’ valedictorian and salutatorian as well as an outstanding student from each of the region’s career and technical education (CTE) centers. Langlois added, the accomplishments of the region’s students and their future aspirations are impressive. There is a great sense pride as a region when there is an opportunity to reflect on the personalized and high quality education our students receive in northern NH. Hearing about the opportunities our students have had, the work ethic they clearly displayed throughout their high school years, and learning about their future aspirations makes it a special event to be a part of. The students deserves the accolades and the North Country Scholars Recognition Ceremony has become a great tradition for the region.

This is the only regional event of its kind that we know across the country, says Lori Langlois, Executive Director of NCES. The event itself is a testament to the commitment among the region’s public schools to work together and collaborate in ways that enhance education.

LANCASTER
Weather Summary

By Dave Haas
May 19-May 25

TEMPERATURE:

High Week 78 5/20
Low Week 39 5/25
High 1 Year Ago 77
Low 1 Year Ago 35

Normal High 69
Normal Low 41
Record High 91 2010
Record Low 23 1982
Degree Days This YTD 8878
Degree Days Last YTD 8365
Avg. Degree Days YTD 8434
Note: Degree Day Year Begins July 1 & Ends June 30.

PRECIPITATION:

Total Week 2.93
Total This Month 6.24
Normal This Month 3.34
Total This Year 17.85
Normal For Year To Date 14.53
Total. Snow This Month 0.0
Normal Snow This Month 0.0
Total Snow This Winter 83.5
Normal Snow This Winter 93.1
Note: Melted Precipitation Year Begins Jan 1 & Ends Dec. 31

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



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



Dalton Ridge: Located on 957 acres with outstanding views and wonderful solar exposure, this extraordinary home was designed by architects to blend with the landscape and provide many special features. The living room with fieldstone fireplace includes a library area with refreshment bar, and glass doors open to the private backyard and view. There is a sunroom/den for meditation and reading, an open kitchen/dining area, three bedrooms with a lovely master offering its own exit to the outside and a double bathroom space. There is a family room/study in the lower level with walk-in wine cooler, and an attached 2 car garage connected by a mudroom entrance and a sheltered, rear barbecue area behind the garage. This is an elegant and efficient home, perfect as year round residence or second home use. **\$389,000**



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GOT A HOUSE FOR SALE?
Look for that new home in our real estate section.

Enroll today in WMCC's STEM Health Career Camp

BERLIN — White Mountains Community College and the North Country Health Consortium are pleased to announce the seventh Science, Technology, Engineering, and Mathematics camp with a Health Careers Twist (STEM - Health). STEM - Health camp, designed for students entering grades 6 through 8, provides hands-on, fun-filled activities that are meant to be introductory, interactive, and project-based in the areas of science, technology, engineering, mathematics, and health professions. Some of the activities planned for this year's camp include Rocket Building, Veterinary Medicine, GPS, Adaptive Sports, Dentistry, and much more.

Students who attended the 2018 STEM camp said, "STEM camp is

really fun because you learn and participate in many fields and activities." It's a great experience and you learn a lot." and "I would tell my friends that STEM camp is awesome!" Parents commented, "She has had a fantastic time! Loved everything." and "It has been great. He comes home really excited and has so much to talk about." Students who attended previous camps said, "STEM camp is really fun because you learn and participate in many fields and activities."

STEM-Health camp will run for one week, Monday through Friday, 9 a.m. to 3 p.m. June 24 through June 28.

The WMCC STEM - Health camp is an outreach program supported by the White Mountains Community College, the North Coun-

try Health Consortium along with the Northern New Hampshire Area Health Education Center, The Community Colleges of New Hampshire Foundation, NASA, and the Neil and Louise Tilton Fund of the New Hampshire Charitable Foundation. Camp tuition is \$279 with scholarships available upon request. Acceptance and scholarship will be awarded on a first come basis.

Registration materials and information can be obtained on the White Mountains Community College website at www.wmcc.edu or by contacting Tamara Roberge, Project Manager by email at troberge@ccsnh.edu or by phone 342-3062. We encourage early registration. Consider sponsoring a child!

Tri-County Transit rolls out special summer children's fare

REGION — Beginning in June, Tri-County Transit will roll out a special 25¢ fare for all children who ride between June 1 and Aug. 31.

The new summer fare applies to children ages 18 and under, accompanying adults are required to pay the full flex route day pass price. The discounted fare provides immediate savings and helps keep more money in the family's pocket for when they arrive to their destination.

Mobility Manager Stephanie Poisson said the new summer fare is a great way for children, teenagers and families to find a safe and affordable way to get around town.

"We previously offered 25¢ summer fares for only students ages 12-18, but we hope by extending the 25¢ fares to include all children we will greatly benefit local families," Poisson said.

For years, Tri-County Transit has offered summer youth passes to

only students, but this new approach to offering rides for a quarter is an attempt to help all children and families become acclimated with utilizing and navigating public transportation.

"Having a fun summer outing can really add up when you pay full price for each child to travel. But this summer, a mother and three children, for instance, can ride the Tri-Town Flex for \$3.75, instead of \$12! We hope that it will help alleviate some financial stress so families can focus more on making fun summer memories," Poisson said.

Tri-County Transit provides public transportation for northern New Hampshire, operating 2 Flex routes in the Berlin/Gorham area and in the Lancaster/Whitefield/Littleton area. Along with Flex routes, TCT offers Door to Door bus service and Long Distance Medical transportation throughout their 3,500+ square

mile service area. For bus route and schedule information contact Tri-County Transit at 752-1741 or visit www.tri-countytransit.org.

Tri-County Community Action Program, Inc is dedicated to improving the lives and well-being of New Hampshire's people and communities. We provide opportunities and support for people to learn and grow in self-sufficiency and to get involved in helping their neighbors and improving the conditions in their communities.

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

WHITEFIELD POLICE NEWS

WHITEFIELD — The following are arrests were made by the Whitefield Police Department during the months of April and May.

Aaron Bonta, 25, of Whitefield was arrested for default or breach of bail conditions.

Shayna Fenoff, 30, of Groveton was arrested for driving after revocation or suspension.

Brian Woodburn, 36, of Whitefield was arrested for driving after revocation or suspension.

Karen Begelow, 25, of Carroll was arrested for driving after revocation of suspension.

Jaymi Foster, 22, of Jefferson was arrested for driving while intoxicated.

Darren Brady, 50, of Whitefield was arrested on a warrant.

Carl Albright 54, of Whitefield was arrested for domestic violence, simple assault.

Raymond Ainsworth, 18, of Whitefield was arrested for acts prohibited.

Timothy Brown, 28, of Forsyth, M.O. Was arrested on a warrant.

Christopher Davis, 26, of Whitefield was arrested for acts prohibited and was released on summons.

Kenneth Giorgio, 29, of Whitefield was arrested for driving after suspension.

Joseph Morrison, 32, of Lancaster was arrested for driving after suspension.

Jonathan Hughes, 23, of Whitefield was arrested for driving after suspension.

Matthew McKean, 30, of Whitefield was arrested for driving after suspension and acts prohibited.

Taylor Simino, 33, of Whitefield was arrested for acts prohibited and was released on a summons.

EDITH TUCKER — COURTESY

SGM Christopher St. Cyr of Lancaster was recently assigned as the Battalion Command Sergeant Major of the 3rd Battalion, 197th Field Artillery Regiment of the New Hampshire National Guard. His new assignment will soon have him traveling to Hungary.



United Way volunteers announce Northern Region community investments

BERLIN — Granite United Way's annual campaign mobilizes more than 20,000 donors and

corporate supporters to raise more than \$9 million across the state of New Hampshire and Windsor County, Vt. These investments will deliver nearly \$12 million in total community impact this year, while leveraging another \$2 million in support through initiatives.

The campaign benefits more than 750 nonprofit agencies and programs providing services to more than 350,000 individuals. Volunteers are mobilized from each local region in its footprint to review and vet proposals and make funding decisions based upon strict criteria that ensures investments are held to the highest standards and are producing the greatest, most cost-efficient impact.

Additionally, over 170 households in the Northern Region utilized free tax preparation services through the Volunteer Income Tax Assistance (VITA) program, bringing nearly \$150,000 in federal tax refunds to the community. The team at 2-1-1 NH answered nearly 1,500 calls from the Northern Region, connecting individuals to critical referrals to social services, including needs related to homelessness, legal supports, and utility assistance.

Local volunteers on Granite United Way's Community Impact Committee dedicated the last few months to evaluating program proposals and determining their investment decisions for the Northern Region. Together the

volunteer Board of Directors and the Northern Region Community Impact Committee announced that the 2018 Campaign would deliver nearly \$400,000 in support during 2019 to the Northern Region

"These investments leverage the incredible impact made by our local and statewide initiatives, including 2-1-1 NH, public health networks and volunteer income tax assistance to create the opportunity for our communities to learn, earn and be healthy," said Patrick Tufts, President and CEO of Granite United Way.

Local volunteers lead the investment process, focusing on providing basic needs across the region, and grants were made to several new partners this year.

"The grant process was more efficient and gave us the additional time to discuss the best way for our funding to programs, as well as have applicants conference calls to discuss their work," said Linda Lamirande member of the Community Impact Committee.

Organizations across the region partner with Granite United Way to offer critical services and programs.

"At Response Domestic & Sexual Violence Program we are proud to be a partner with Granite United Way. The support of the community is so important with helping to make a difference in lives throughout Coos County. Continued support of GUV provides the ability to offer on-going support services to our community members who need assistance," said Deborah Haynes-Ken-

ney, Response Program Director at Coos County Family Health Services.

"We have tremendous community momentum in our community," said Laura Boucher, Area Manager for the Northern Region. "We are proud to partner with local organizations that are providing the services our neighbors need. It takes all of us to build up our community."

Funded programs will receive notification this week.

For more information about Granite United Way, visit www.graniteuw.org.

Granite United Way

Granite United Way is an experienced and trusted organization dedicated to leveraging the resources of investors and volunteers to create lasting change by addressing the underlying causes of our community's most pressing needs. Granite United Way works with over 1,000 companies, 25,000 investors and thousands of volunteers every year to ensure access to program and services that help individuals and families learn, earn and be healthy. Granite United Way is highly rated by the nation's most recognized experts on nonprofits, GuideStar and Charity Navigator. Granite United Way serves the Southern (Manchester/Derry/Salem), Merrimack County, North Country, Central New Hampshire, Northern and Upper Valley Regions of New Hampshire and Vermont, as well as Windsor County, Vt. For more information, visit www.graniteuw.org.

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- Carrol County Independent

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Weeks Library hosting Big Rig Day

L A N C A S T E R — Summer is here and so are the BIG RIGS! On Saturday, June 29 from 9 a.m.-noon, the Weeks Memorial Library will be hosting the ninth annual Big Rig Day.

This year, we have added more trucks. The

town of Lancaster will bring its fire trucks, ambulance, dump truck, bulldozer, grater, and backhoe. The U.S. Border Patrol will be on hand with their vehicles and W.W. Berry Transportation will provide a school bus. The Big Rigs

will be located in the court house parking lot adjacent to the library. This a free event is for all ages. For more information please contact the library at 788-3352.



COURTESY

On May 21, Whitefield's Police Chief, Ed Samson, along with officer Jen Lemoine, visited Whitefield Headstart to talk to students about being safe.

Breast Cancer Patients and Survivors

- Did you receive your annual mammograms at a **Coos County Hospital** between 2015-2017?
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White Mountains Camerata presents spring concert

REGION — The North Country's newest choral ensemble, the White Mountains Camerata, presents a spring concert of chamber music, mostly light-hearted, entitled "Fa-la-las and Other Frivolities," at two locations:

Saturday, June 15 at 7:30 p.m. at St. Paul's Episcopal Church, Lancaster

Sunday, June 16, at 3 p.m. at All Saints' Episcopal Church, Littleton
"We are so excited to be expanding to Lancaster this season," says Music Director Victoria Cole. "We draw singers from the Great North Woods, and would love to draw more! Not to mention just the joy of bringing great choral music to new audiences."

Centered on the charming Viennese Lovesong Waltzes by Johannes Brahms, the program includes madrigals and music by Copland, Diemer, Stephen Foster, and Mozart. We are joined by guest artists Baritone Lucas Weiss and pianists Constance Chesebrough and Joseph Hansalik.

Suggested donation is \$10 at the door for adults. Under age 18 free.

For further information, www.whitemountainscamerata.org or call 823-8125. Find us on Facebook too!



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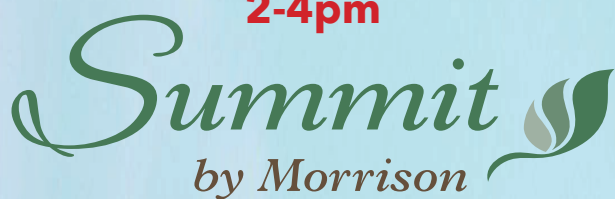


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Sunday, June 23rd
2-4pm



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One Too Many, once again?



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

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

Warning Signs of Alcohol Abuse

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

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

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SPORTS B

Wednesday, June 12, 2019

COÖS COUNTY DEMOCRAT

PAGE B1

Spartan boys go back-to-back

White Mountains baseball wins Division III title

BY TARA GILES
tara@salmonpress.news

MANCHESTER — Sometimes a throw can make all the difference.

The game changer in the Division III championship game on Saturday came when centerfielder Braxton Brown sent a rocket over to Jack Curtis at third base to tag out Hopkinton's leadoff hitter in the fourth inning. This play put a stop to the team in green's rally and the Hawks never recovered.

And from there, the Spartan boys' baseball team brought home the team's second championship title in two years under the direction of head coach Ben Hicks. The Spartans did not earn this win easily as they had to battle back after being down in the early innings.

Senior Spartan Griffin Crane reached base in the top of the first inning on a single, and was advanced around the bases by teammates Tyler Hicks, Braxton Brown and Jack Curtis. Hopkinton answered with one run in the bottom half to tie the game. Hopkinton had runners in scoring



Members of the WMRHS baseball team celebrate by lifting their D-III championship plaque in the air after a well-played game over Hopkinton on June 8.

position but starting pitcher Brown and plays by first baseman Gunnar Carr and second baseman Connor Bosse sat the side.

The Spartans had little luck in the top of the second inning. Riley

Corrigan, Bosse, Carr and Buddy LaChance all made contact but the Hopkinton defense didn't let up. Hopkinton added one more run in the bottom half from two singles to bump the score to 2-1 with the Spartans trail-

ing. Freshman Brody Labounty made contact in the top of the third but could not outrun the throw. Crane struck out and Hicks reached first but was left stranded after a Brown pop to center field was caught. In the bottom half, Hopkinton's Michael Crawford scored one run before the Spartans sat the side. The score was 3-1 heading into the fourth inning with Hopkinton ahead.

Temperatures reached the 80s at Manchester's Northeast Delta Dental Stadium, where the game was held, and the fans and the players were all feeling the drain by the fourth inning. In the top half, the Spartans had more of the same where contact was made but no runs were drawn. In true White Mountains fashion, the Spartans seem to thrive in the face of adversity, all they needed

was a shiftable moment, which came off the arm

of Brown, who launched a throw from center field to Curtis on third to get the first out in the bottom half. This play had the fans on their feet, and they never sat back down. The Spartan fans could not be outdone. The more they were fired up, the more adrenaline filtered onto the guys in the field and it worked. Crane was now on the mound leading the charge. An amazing double play took place between Curtis, Bosse and Carr to sit the side.

The Spartans took the lead in the top of the fifth inning after scoring three runs. LaChance reached on a single followed by Labounty, who's fast feet brought him safely to first, advancing LaChance. A single by Hicks advanced the runners. Brown then stepped up to bat and with all the confidence he could muster, hit a line drive double to bring in three runs for

Champs, PAGE B4

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Ronish, Schanlaber and Parker head to New Englands

BY TARA GILES
tara@salmonpress.news

DURHAM — Three Spartans headed to the New England track championships on June 8 after placing high enough in the Meet of Champions to qualify. A top six finish is all that

is needed to advance, however it's not as easy as it seems. The top athletes in each event from all three divisions in the state compete, making this the most competitive track meet of the season.

The boys' 4x100-me-

ter relay team of Nick Travers, Kevin Schanlaber, Hunter MacLeod and Forest Pribbernow placed 14th in a time of 46.15. The first place team from Pinkerton clocked a time of 43.01.

Placing fourth in the high jump was ju-

nior Jack Parker, who cleared six feet, two inches. The first place finisher from Lebanon, Ryan Sullivan cleared six feet, four inches.

Parker competed in the pole vault as well, where he took ninth place with a vault of 11

feet, six inches. Chris Mood of Portsmouth took first place, clearing 14 feet, one inch.

In the long jump, Schanlaber placed 10th with a jump of 19 feet, 11.25 inches. Sullivan placed first in the long jump as well with a

leap of 21 feet, 2.5 inches. Schanlaber jumped his way into the New Englands after placing fifth in the triple jump with a distance of 41 feet, 1.5 inches. Taking first in that event was Sidonio LaBelle-Brown of Oyster River, who jumped 43 feet, 10.5 inches.

In the girls' events, Blayne LaChance competed in the 800-meter run where she placed 13th in a time of 2:26.19, her personal best to date. The first place winner in this event was Corinne Robitaille of Manchester West, who crossed in a time of 2:13.77.

In the 100-meter hurdles, Taima Ronish placed 16th in a time of 18.69. Ronish hit a hurdle causing her to fall behind. Ronish did make the New Englands in the triple jump with a sixth place finish and a jump of 32 feet, 9.75 inches.

Schanlaber said, "The whole season was a ton of fun and getting to MOCs with nine teammates was the icing on the cake. I'm most proud of our 4x100-meter relay team for making it to MOCs. I couldn't have asked for a more fun relay. I'm also super proud of Jack and Taima and honored to be going with them. I'd also like to thank the coaches that have helped us tirelessly all season long."

Parker added, "It's really all about the work you put in. Everything you give comes right back to you in the end."

Ronish gave her thoughts, "It was a perfect day for a track meet weather wise but there was a lot of waiting around in the sun, which was pretty draining. People did manage to have a pretty good day collectively and I'm super proud of everyone who went."

Griffin Donald Kenison Memorial Race opens go-kart season

GROVETON — The North Country Family Restaurant Go Kart series took to the track Sunday, June 2, despite Mother Nature's best efforts to stall the 2019 season.

The Mini Pro division began the day with their feature event, as heat races were canceled with the threat of rain. The field enjoyed tight racing, until the first caution was brought out by the Evan Gilbert machine, after suffering an expired motor. Kamryn Ledger and Autumn Bushey went to battle on the restart, with Ledger coming out victorious, followed by Bushey and Logan Farnsworth completing the podium.

The Rookie As took to the racing surface, with Groveton's Kade Kenison jumping to the early lead. Kenison fended off a hard charging Connor Charbonneau for the win, while Drew Fecteau overcame two spins to take third.

Fairfax, Vt.'s Hayden Bushey flexed some muscle in the Rookie Bs, taking off on lap one, and never looking back, capturing his first ever feature win. East Montpelier, Vt.'s Mikeljon Mascitti crossed the line second, followed by first time competitor Kendal Boutin for third, with Noah Charbonneau rounding out the field.

Logan Farnsworth and Autumn Bushey battled hard in Junior Mini Pro action, as the two fought for the lead early, until contact caused both to spin, giving the lead to Makenna Merchant. Merchant took advantage, jumping to the lead on the restart, and notching the victory. Evan Gilbert, who's crew feverishly replaced the power plant in his ride, rebounded for the runner up position, with Bushey and Farnsworth third and fourth, respectively.

Cameron Brown and 2018 Mini Pro champion Kaiden Fisher brought the Pro division to the green for the final feature of the day. Brown held the lead for the first few laps, with Fisher working the outside groove. Brian Rogers and Cody Brown kept the leaders close, eventually overtaking Fisher, until Rogers spun in turn one, bringing out the yellow. Cody Brown would take the lead on the restart, and grab the win. Fisher made a last lap pass to get around Rogers, finishing second with Rogers set-



COURTESY PHOTO

Kade Kenison had a good day in the opening race of the go-kart season.

ting for third. Cooper Robinson and Cameron

Brown would round out the top five.

Visit "North Country Family Restaurant

Karts" on Facebook for more information.



DENISE WOOD - COURTESY PHOTO

Seniors honored

Groveton High School seniors are celebrated during their last baseball and softball game of their high school careers. Left to right, Jillian Laverty, Ignacio Sanchez Vazquez, Jim McCoy, Gavin Simpson, Zachary Willey and Harmony Jones.

Crane pitches Spartans into finals

BY JOSHUA SPAULDING
Sports Editor

LACONIA — As the Gilford Golden Eagles battled back in the bottom of the seventh inning of the Division III semifinals on Monday, June 3, White Mountains Regional coach Ben Hicks wasn't terribly worried.

With his ace on the hill and an experienced team backing him up, the Spartan coach felt confident.

"The last two years with Gilford, it's been back and forth, back and forth. They beat us early in the season," Hicks said after his sixth-seeded Spartans upset the second-seeded Golden Eagles to advance to the finals. "But we were a little prepared."

The Spartans scratched across two runs in the top of the third inning and added another in the top of the fourth against Gilford ace Adrian Siravo, the Division III Player of the Year. Spartan pitcher Griffin Crane held the high-powered Gilford offense off the board until a couple of tough breaks for the Spartans allowed two runs to score in the bottom of the seventh inning.

However, Crane wasn't phased and simply struck out the final batter with the tying run in scoring position to send the Spartans on to the Division III finals.

"Griffin pitched one heck of a game," Hicks noted. "We made a couple of errors to give them a chance."

The Spartans announced right out of the gate that Siravo's 90 mph throws weren't going to phase them, as they put two runners on board in the top of the first inning. Tyler Hicks reached on an error with one out and then Braxton Brown beat out an infield hit, putting a pair of Spartans on base, but they were stranded.

Crane went to work and retired the side in order in the bottom of the first inning but the Spartans also went down in order in the top of the second inning. Crane struck out two in the bottom of the second inning, though one of the batters reached when the pitch escaped the grasp of catcher Brody LaBounty. However, the Spartan hurler got two fly balls to end the inning with no damage done.

With one out in the top of the third, Crane got the offense going with a triple that was helped a bit by the wind, as the Gilford leftfielder was unable to track the ball down. Hicks then laid down a nice bunt and Crane lurking down the line got to Gilford and all the runners were safe.

Brown followed with a base hit to drive in one run and quickly advanced to second on the throw. A wild pitch then allowed Hicks to score to give the Spartans the 2-0 lead.

Crane gave up a one-out walk in the bottom of the third but LaBounty helped him



Tyler Hicks is pumped after scoring a run for White Mountains in the Division III semifinals.



Griffin Crane was stellar on the hill for White Mountains in the Division III semifinals against Gilford.



Gunnar Carr gets down a bunt in action for White Mountains last week in Laconia.

out by gunning the runner down stealing second. A strikeout sent the Golden Eagles back on defense for the top of the fourth inning.

Connor Bosse worked a walk to open the inning, took second on a wild pitch and then advanced to third on a sacrifice bunt by Gunnar Carr. A wild pitch then brought Bosse home and White Mountains had the 3-0 lead.

Crane set the side down quickly in the bottom of the fourth inning and the Spartans also went in order in the top of the fifth inning. Shortstop Jack Curtis made a diving stab of a line drive to keep Gilford off the bases but the Golden Eagles finally managed their first hit of the game with two outs in

the inning. Crane then got a grounder to second to end the inning.

Curtis led off the top of the sixth inning with a base hit and advanced to third on two wild pitches. Carr worked a walk but both runners were stranded.

A one-out walk for the Golden Eagles didn't amount to anything in the bottom of the sixth, as Curtis made a great play in the hole at short and fired a throw to Carr, who made a nice stretch at first to close the inning.

Hicks walked with two outs in the top of the seventh and got all the way to third on passed balls, but he was left on base.

Gilford made things interesting in the bottom of the seventh. An infield hit started the frame but Crane got a

Riley Corrigan (right) congratulates Griffin Crane after Crane scored White Mountains' first run in the Division III semifinals.

fly ball to center and a grounder back to the mound for two outs. The next batter reached when a tough Spartan throw pulled Carr off the bag and he and the runner collided at first. One run scored on the play and then the next batter launched a double to drive in another run to make it 3-2.

However, Crane pulled it all together and struck out the next batter to end the inning and give the Spartans the win.

"Making it back to Fisher Cats (Stadium, site of the finals) is something the boys wanted to do, after a little slow start," Hicks said. "But we've got all the cylinders firing right now."

"It's a good time to be rolling," he said.

The defending champions knew they would be facing Siravo in the semifinals and prepared on Sunday by bringing in someone to throw them pitches at a high speed.

"It's hard to prepare for 90 mph," Hicks said, but praised his team for their good approach at the plate.

Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.



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World Championships in Heavy Athletics to highlight N.H. Highland Games

LINCOLN — World-class athletes are set to wow the crowd with feats of strength and agility when they take to the field at Loon Mountain Resort Sept. 20-22 for the 44th New Hampshire Highland Games and Festival.

A celebration of the culture and heritage of Scotland where attendees can enjoy Scottish music, dance, food, and fun, this year's games feature the Scottish Highland Games World Championship in Heavy Athletics, with

top competitors traveling to New Hampshire from Scotland and beyond to test their mettle in a variety of strongman events. The number one heavy athletics champion in the United States and winner of the 2018 New Hampshire Games competition, Chuck Kasson, is expected to compete this year as well.

A favorite of spectators, the heavy athletics championship features such Highland events as the caber toss, hammer throw, and other

traditional events.

Pageantry, music, dance, traditional Highland skills, beer and whisky tastings, and historical reenactment are all fun components of the festive weekend in New Hampshire's White Mountains, and the New Hampshire Highland Games are considered the largest gathering of Scottish clans in the Northeast.

With the theme, "Discover Scotland—No Passport Required," the 44th New Hampshire Highland Games

are open to the public. Tickets may be obtained online at www.nhscot.org. Reduced ticket prices are available through June 30.

The festival also offers the opportunity to experience living history, as historic enactors, The Historic Highlanders, show and tell what everyday life was like in the Scottish Highlands from the 14th through 18th centuries.

Tickets are available online at www.nhscot.org or at the gate. Discounted tickets are

available through June 30. Children 14 and younger are admitted free with a paying adult.

Some special events require an additional admission ticket. Tickets for special meals, tastings, concerts, and other special events are available at www.nhscot.org. Additional information can also be found on the New Hampshire Highland Games Facebook page at www.facebook.com/NHHHighlandGames/.

The event is held rain or shine. Pets are not al-

lowed on the grounds or in vehicles. Service dogs are admitted.

The New Hampshire Highland Games are presented by NHSCOT, a non-profit corporation dedicated to preserving and promoting Scottish culture for future generations. NHSCOT advances its mission through NHSCOT Fund grants and scholarships. More information is available by calling 229-1975, e-mailing info@nhscot.org, or visiting www.nhscot.org.



TARA GILES

Senior Buddy LaChance of White Mountains dashes into third during a late inning against Hopkinton at Northeast Delta Dental Stadium in Manchester on June 8.



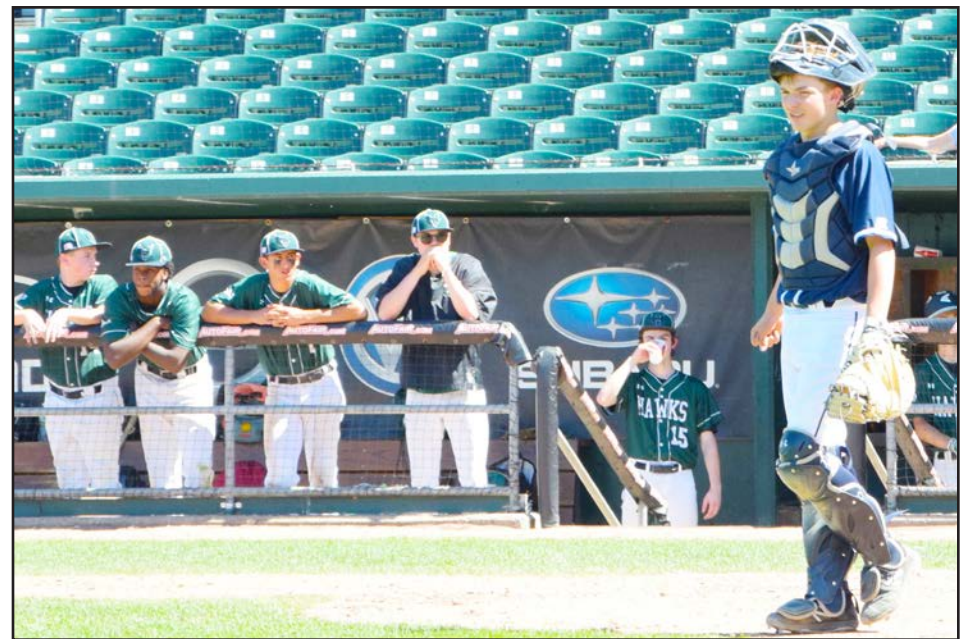
TARA GILES

Spartan Jack Curtis lays down a nice bunt during the championship game against Hopkinton in Manchester on June 8.



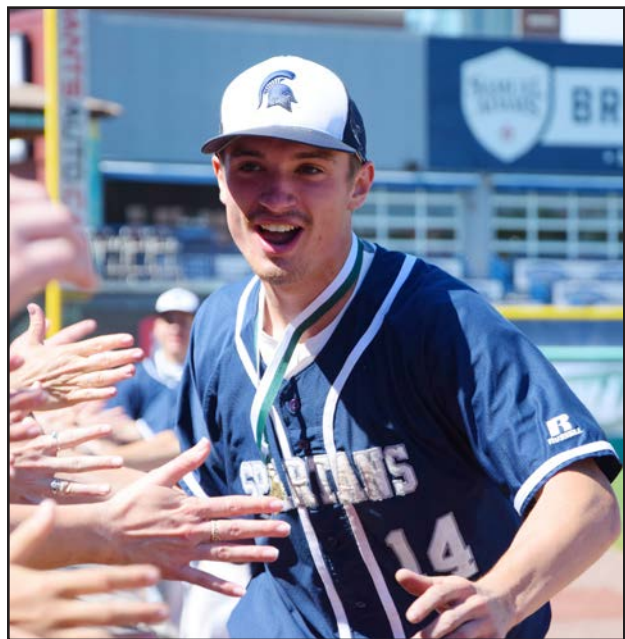
TARA GILES

Braxton Brown slides into home scoring a much-needed run for the Spartans during the championship game against Hopkinton on June 8. The Spartans won 7-3.



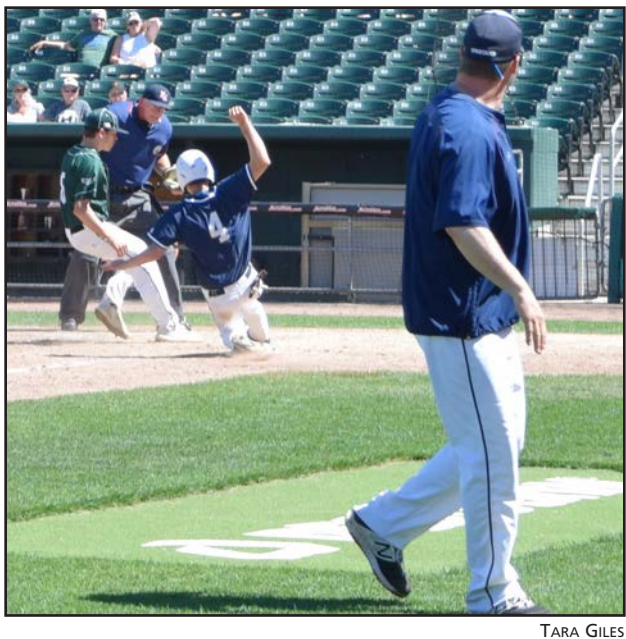
TARA GILES

Freshman Brody Labounty muscled through a scorcher of a day in his catcher's gear during the championship game on June 8 against Hopkinton.



TARA GILES

Senior Braxton Brown high fives the crowd after his team won the state championship game against Hopkinton on June 8.



TARA GILES

Freshman Tyler Hicks cruises into home plate with father and coach Ben Hicks looking on. The Spartans bested Hopkinton in the championship game, winning the team's second title in a row.



TARA GILES

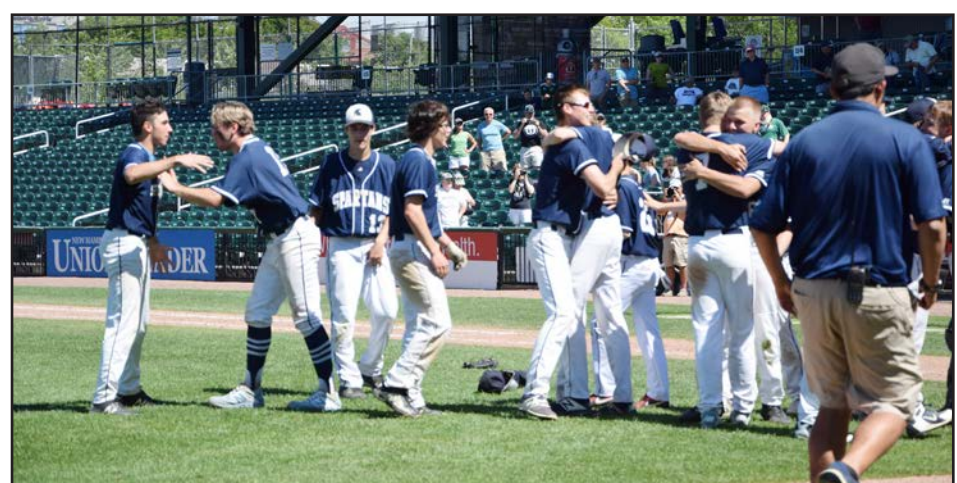
Griffin Crane scored the first run of the game in the top of the first inning against Hopkinton in Manchester on June 8. Spartans took home the championship title with a final score of 7-3.

Champs

(continued from Page B1) what would be the team's final lead of the game. The score was now 4-3 heading into the bottom half where Hopkinton was unlucky.

Bosse was walked to kick things off in the top of the sixth inning. A LaChance single brought Bosse home for one more Spartan run. Crane struck out the side in the bottom half, crushing any momentum Hopkinton had left.

Insurance runs came in the top of the seventh off the bat of Hicks, who reached on a single.



TARA GILES

The WMRHS baseball team celebrated after beating Hopkinton 7-3 in the championship game at Northeast Delta Dental Stadium in Manchester on June 8.

Brown hit the ball into center field, where it fell in just the right spot. A double by Corrigan drove

in a run and Hicks came home on a passed ball.

The Spartans were three outs away from the

championship in the bottom half. Crane struck out the first batter, then a fast play from Bosse over

to Carr took out batter number two. Crane then sealed the deal after striking out batter number three and the team celebrated. The final score was 7-3.

Coach Ben Hicks said, "We were down in the standings, but we had some great playoff games, which made all the difference. I'm really proud of the way these guys were able to battle back like they did."

Brown added, "We were unlucky in the first couple of innings with a few passed balls, bloop hits and a couple of unearned runs. When

I made that throw from outfield to get that kid out at third base our momentum shifted towards us and caught fire. A couple of big hits by Buddy and myself were much needed. Griffin and I pitched really well. They had one hard hit all game. It was the best game I've ever been a part of and I'll miss playing with every single one of those guys."

The team was escorted back into town with firetrucks and ambulances blaring their sirens and happy locals and parents honking their horns loudly.



SUPER SENIORS

The Aging Eyes and Cataracts

BY DR. WINNIE TSENG

Overview

A cataract is a clouding of the natural lens of your eyes. Cataracts usually affect us as we age, resulting in blurred, hazy vision that is similar to looking through a fog. Cataract is the number one cause of vision loss in those over the age of 40. By the time we reach our 70s, 7 out of 10 of us will have cataracts.

Most cataracts progress slowly and in its early stages of development, you may not have any issues with your vision. During this period of cataract development, changes to your eyeglasses prescription will be adequate to alleviate the symptoms of cataracts. As the cataracts grow cloudier over time, you will notice blurrier vision.

As the cloudiness in your lenses worsen and disrupts your everyday activities, modifying your eyeglasses prescription may not help with your cloudy vision and this would be the time to discuss cataract surgery with your eye doctor. Cataract surgery is a common, safe and effective procedure to remove the clouded lens of your eye and replace it with a clear artificial lens. The success rate of cataract surgery is excellent; in over 90% of the cases, people see a significant improvement in their vision after cataract surgery.

Symptoms of Cataracts

People with cataracts commonly have difficulty with night driving, reading, sensitivity to light, frequent changes to their eyeglass/con-

tact lens prescription, a brownish/yellowing of the perception of colors, (e.g. navy socks look like black socks) and double vision.

Causes

Aging changes in the tissue of the lens will cloud the lens, which, over time, will grow denser and cloudier, interfering with our vision. An injury or chronic inflammation to the eyes can also hasten the development of cataracts. Besides aging changes, researchers have identified other factors that contribute to cataract development, including excessive exposure to the sun, diabetes, smoking, excessive alcohol consumption, obesity, high blood pressure, chronic use of steroid medications and previous eye surgery.

Treatment

As mentioned before, when the symptoms of cataracts cannot be improved with new eyeglasses/contact lenses, surgery is the only effective treatment. Surgery involves removing your clouded lens and in most cases, replacing it with a clear, plastic intraocular lens (IOL). IOLs have correcting powers that can correct your vision like your eyeglasses. For example, multifocal IOLs can potentially help you see at all distances, so that after surgery you may not be as dependent on using your bifocal glasses.

Prevention

Although currently we have no proven ways to prevent cataracts, we believe some lifestyle choices may help in delaying the onset of cataracts or lowering your odds of getting them.

Have regular eye examinations. Eye diseases/conditions such as cataracts can be without symptoms in its early stages. The CDC recommends regular comprehensive eye examination by an optometrist or ophthalmologist so that eye diseases diagnosed early can be most effectively treated without visual loss. Ask your eye doctor how often you should have your eye exam.

Take care of other health issues. Make sure to follow on treatment plans such as diabetes from your health care providers.

Eat healthy. Some studies have shown that eating foods high in antioxidants, like fruits and vegetables, may slow the progression of cataracts and maintain the health of your body.

Quit smoking. Smoking can alter the cells in our lens through oxidation and the build up of toxins, contributing to cataract development. Discuss with your doctor on strategies available to help you with kicking this habit.

Limit alcohol. We're not saying no to the glass of wine with dinner. It's just that chronic, excessive alcohol use increases your chances for cataracts.

Wear sunglasses. Research has shown that

the ultraviolet rays from the sun alter the proteins in our lens, playing a role in the onset and progression of cataracts. Look for sunglasses that especially protect you against the ultraviolet B (UVB) rays.

As our population ages, the number of people with vision loss is estimated to double by 2030. We can take the above steps in taking care of our vision and the health of our eyes to help reduce the above statistic and in effect, improve the quality of our lives.

Dr. Winnie Tseng is an optometrist at Littleton, Woodsville and Lincoln Eye Care Centers. Her interests include ocular disease management (dry eyes, cataracts, macular degeneration, diabetic ocular complications and glaucoma), contact lenses, pediatric and comprehensive eye care for the entire family. She is Board Certified by the American Board of Optometry, a board member of the New Hampshire Optometric Association and a preceptor for Salus University.

Dr. Tseng lives in Lisbon with her husband, Kevin, and their 3 children. Outside of the office, she enjoys cooking, reading and spending time outdoors kayaking, hiking and biking with her family.

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Health benefits of popcorn

At the Star Theatre in St. Johnsbury we sell what many of our patrons describe as the best movie-theatre popcorn they have ever had and we sell plenty of it. It is enjoyed by people of all ages, but it is an especially beneficial

snack for senior citizen patrons. The health benefits of popcorn are many and include:

Popcorn helps maintain healthy digestion as it's loaded with fiber, Vitamin E and B complex vitamins and minerals.

Helps to maintain healthy cholesterol levels reducing the risk of cardiovascular conditions, i.e.: heart attack and stroke.

Positive impact on blood sugar levels - especially important to persons who are diabetic patients.

Popcorn is a powerful antioxidant that helps prevent the formation of cancerous cells and lowers the chance of premature ageing.

Popcorn supports weight loss due to its

low fat and calorie content. Five times less calories than potato chips.

Upon request we top our delicious popcorn with REAL butter, an often maligned food item that actually is an important part of any healthy diet. Many of us grew up being told that butter just wasn't good for us, but as butter consumption declined obesity and heart disease rates climbed to all time highs. The fact is that REAL butter is good for you. To read about the many health benefits of butter we suggest that folks visit <http://www.bodyecology.com>.

For a thorough explanation of the health benefits of popcorn we urge folks to visit <http://www.healthbenefitstimes.com>.

At the Star Theatre, recently expanded to four screens, we also believe that helping to keep people's wal-



Senior citizens like Nina Taylor are always amazed that we used real butter topping on our delicious popcorn.

lets healthy is important too, especially for senior citizens. Our admission price for seniors is always \$5.00 And, any senior that attends a film within the next 30 days and brings in this article with them will receive a FREE serving of our delicious popcorn topped with REAL butter if they choose.

Life's too short not to eat great popcorn!



This health tip brought to you by
Star Theatre
★ of St. Johnsbury
www.stjaytheatre.com

A website for local resources & simple solutions to getting healthy!

Ways2wellness.org

COMMUNITY Health Worker

A program of the North Country HEALTH CONSORTIUM

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number D06RH28031 of the Rural Health Network Development program in the amount of \$900,000. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

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- Baltimore & Annapolis ~ Sept 26-Oct 1 *Limited Seats Available!
- Montreal's Gardens of Light ~ Oct 3-5 *Limited Seats Available!
- The Lion King at the Boston Opera House ~ Oct 5 & 26 *Limited Seats Available!
- A Williamsburg Christmas ~ Dec 6-11 *Limited Seats Available!
- Boothbay Harbor & Gardens Aglow ~ Nov 21-22 *Limited Seats Available!
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Self care

WRITTEN BY BRIANNA MARINO, WILMOT NH

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cle tissue) can reverse damage leaving clients feeling better and increasing energy!

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(originator of Rolwing®) said when the body is aligned properly, functions are restored and degenerative conditions (such as arthritis) can be reversed making the aging process gentler.

One of Sarah's clients says, "After a session my body feels taller, stronger and

more confident with my feet firmly placed with each step. To my great delight, Rolwing® has replaced my needs for anxiety meds. My feeling of well-being and improved posture is on-going and experienced in both walking AND sitting. After two hip replacement surgeries and several

Rolwing® sessions, I am feeling like a new woman at age 80 plus."

Another says, "About a year after finishing the ten part series, I had hip replacement surgery. The recovery...was not easy...Everything was all out of whack!...I couldn't believe how much her work helped

immediately!"

Sarah has 26 years of body work experience and is dedicated to continual education to better serve her clients, who range in age from 10 to 95! She can be reached at: 603.520.5247, sarah@feelpeaceful.com or www.feelpeaceful.com.



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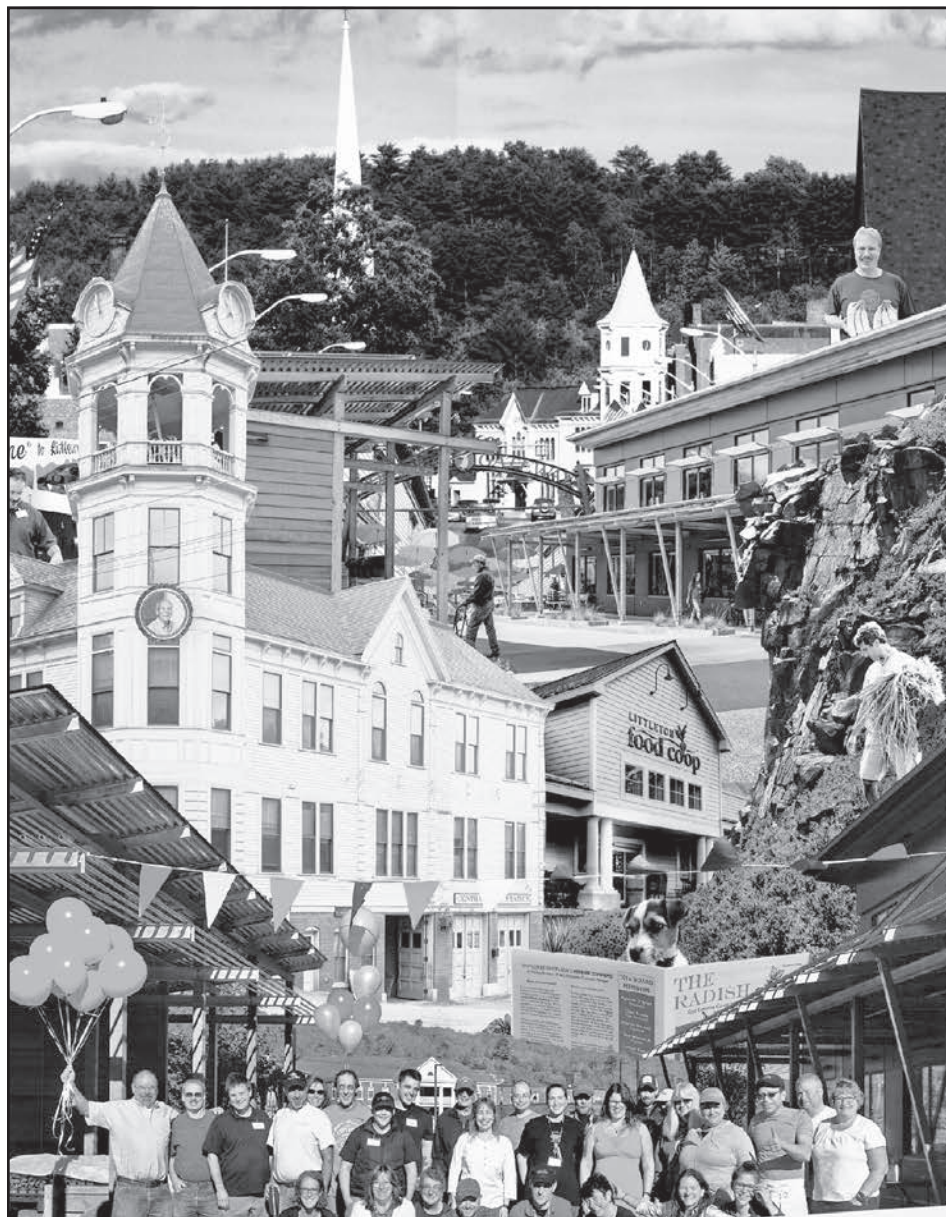
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Ongoing Events:

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

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

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

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

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

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

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

Weeks Diabetes Support Group - The group

meets the 3rd Tuesday of every month at 7 p.m. in the Weeks Hospital Board Room. The hospital is located at 173 Middle Street Lancaster, NH. The group is for diabetes patients, as well as friends and family of people with diabetes. Please contact Casey Dowland at 788-5294 for more information. The Diabetes Support Group Newsletter can be found at weeks-medical.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 bmcanany@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 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 days 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 drtimh@outlook.com for more information or find us at Meetup.com. Join us for fun, fellowship and learning.

This Week's Calendar of Events:
 June 12: 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.

Northeast Kingdom Snow Blasters, 4-6 p.m., Town Hall, Norton, Vt.

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

Port Cities in Concert, 7-9 p.m., Rialto Theatre, 80 Main St., Lancaster.

June 13: 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.

Stratford Public School Awards Ceremony and Farewell for Principal Adams, 6:30 p.m., school gymnasium.

Pittsburg Ridge Runners, 6:30-9:30 p.m., Clubhouse, Pittsburg.

Canaan Border Riders, 6:30-8 p.m., Northland Restaurant, Gale St., Canaan, Vt.

June 14: 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.

June 15: Third Annual UCVH Walk for Health, 9 a.m.-noon, 30 Bill Bromage Dr., Colebrook.

June 17: Parent & Child Aquatics, 5:30 p.m., North Country Community Recreation Center, 33 Rec Center Rd., Colebrook.

June 18: 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.

June 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.

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

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 BREN-DAN@SALMONPRESS. NEWS or call 603-279-4516, EXT. 101.

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Weeks Memorial Library



BY BARBARA R. ROBERTS

Graymist Farm has been a presence in Groveton for more than 30 years. Beginning in 2009, Nancy Gray began compiling her many short stories, essays & anecdotes in a book she called "The Dairy Diaries," in which she relates her experiences of the way of life called "dairy farming." The second of the diaries appeared in 2017, and the final volume will be available this month. To

celebrate the publication of the newest volume Nancy Gray will be at the library on Saturday, June 15 between 10 a.m. and noon to shares readings from the latest book. Copies will be available for purchase as well.

Other new biographical works include a 400 page tome by George Packer called "Our Man, Richard Holbrooke and the End of the American Century." Holbrooke's story begins with his days as an advisor during the Vietnam War. He was passionate about the need for a strong American foreign poli-

cy and worked toward the end of the war in Afghanistan. A diplomat and statesman, his life embodies the post-Cold War era in American history and America's reaction to world crises.

"The Plant Messiah" by Carlos Magdalena recounts the adventures of an avid botanist whose goal is to save some of the world's rarest plant species. Magdalena takes his readers from the forests of Peru to the Australian outback as he searches for rare plants. In his lab at the Royal Botanic Gardens in Kew he shares the largest

botanical collection in the world along with his techniques for rescuing species from extinction. The Wall Street Journal says "[Magdalena's] passion for his subject could just be enough to help the rest of us shed the scales from our plant-blind eyes."

"America's Jewish Women: a History from Colonial Times to Today" is a collection of biographies as well as a narrative of the changes in the lives of Jewish women in America. It can be read from beginning to end as a history or sampled as separate

biographies as scholar Pamela Nadell shares the lives of dozens of women from colonial era Grace Nathan to Supreme Court Justice Ruth Bader Ginsburg.

The new novel, "The Book Woman of Troublesome Creek" by Kim Richardson, is based on factual information. Librarian Cussy Mary Carter is part of Roosevelt's Kentucky Pack Horse Library Project in the 1930s when librarians travelled from shack to shack throughout the Appalachian Mountains in Kentucky sharing books with the unique

blue skinned people. The history of these unique people and the gift that Roosevelt's program brought them along with Richardson's tale of one woman's courage make this one well worth the reading.

Two more new historical novels of interest are Sonia Velton's "Blackberry & Wild Rose," a glimpse into the world of eighteenth century silk weavers, and a strange tale from ancient Africa by Marlon James called "Black Leopard Red Wolf."

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- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

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- Go to community warming shelters & check on neighbors, family, seniors and homeless
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AFTER

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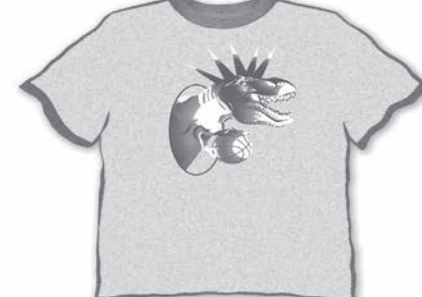
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- Member of UNH Roads Scholar program

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Miller Construction, Inc. is currently hiring for an active project in Bethlehem, NH. Davis Bacon Wages starting at 18.02/hr. Interested applicants can find applications online at www.millercranes.com or on site at 793 Main Street Bethlehem, NH.
An Equal Opportunity Employer

**NOTICE
TOWN OF WHITEFIELD**

The Whitefield Water Department will be performing town-wide hydrant flushing during the Months of June, July, and August.
Whitefield Board of Selectmen

**Town of Stratford
Advertisement for Bid**

The Town of Stratford is now accepting bids for "Road Work" which includes; ditching, resurfacing and restoration of a portion of Christie Rd. (approximately 900ft.) located between 38-79 Christie Rd. 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 "Christie Rd" on envelope. Please submit to the Selectmen's Office no later than 12:00 pm on June 21, 2019

For questions or an onsite visit, you may call the Town Office 922-5533.
1956 US Rt. 3, PO Box 366
N. Stratford NH 03590
Town reserves the right to reject any and all bids.

**AVRRDD
HOUSEHOLD HAZARDOUS
WASTE DAY**

**SATURDAY, JUNE 22, 2019
8 A.M. – 1 P.M.**

Transfer Station
(closed for regular business)
100 W. Milan Road, Berlin

**Call: 752-3342 for information
Website: www.avrrdd.org**



Ampersand Gilman Hydro LP ("AGH") hereby publishes notice of its notification of intent to file an application for a new license, of the pre-application document ("PAD"), and of its request to use the traditional licensing ("TLP") process in connection with the Gilman Generating Station project located in located along the Connecticut River, in the Village of Gilman, VT in the Town of Lunenburg, Essex County, VT and in the Town of Dalton, Coos County, NH. These documents were filed with the Federal Energy Commission ("FERC") on March 24, 2019 (NOI) and May 30, 2019 (PAD and TLP request), respectively and are available for review and reproduction at 35 Riverside Ave, Gilman, VT 05904, during regular business hours.

The Gilman generating Station is a 4,950 kW run-of-river hydroelectric station located on the Upper Connecticut River watershed, at river mile 300 on the Connecticut River. AGH intends to continue operating the Project as a run-of-river hydroelectric station, as it has been over the past 40 years. The boundary between the states of Vermont and New Hampshire passes through the Project, which straddles the two states. As a result of previous successful license applications, and ongoing discussion with federal and state agencies, AGH is confident that it will be able to provide a license application in line with the TLP guidelines in a timely manner, with limited controversy.

Pursuant to 18 C.F.R. § 5.5, AGH submitted its intention to file an application for a new license which generally outlines the project and lists all relevant stakeholders identified by AGH. In addition, AGH submitted the pre-application document in accordance with 18 C.F.R. § 5.6. The pre-application document consists of all existing information relevant to the project that is in AGH's possession or could be obtained with the exercise of due diligence. This document has been distributed to FERC and all interested stakeholders to enable these entities to identify issues and related information needs, develop study requests and study plans, and prepare documents analyzing any license application that may be filed with FERC.

The applicant's name and address are as follows:

Ampersand Gilman Hydro, LP
717 Atlantic Avenue
Boston, MA 02111
contact: Greg Cloutier Chief Engineer
Tel.+1-603-443-7610
2 Riverside Ave, Gilman Vt

or

Amit Pinjani, Asset Manager
Tel. + 1-416-643-6621

Please note that comments on AGH's request to use the TLP process should address, as appropriate to the circumstances of the request, (a) the likelihood of timely license issuance, (b) the complexity of the resource issues, (c) the level of anticipated controversy, (d) the relative cost of the TLP compared to the integrated process, (e) the amount of available information and potential for significant disputes over studies, or (f) other factors believed to be pertinent.

Please also note that comments on AGH's request to use the TLP process may be filed with FERC and AGH no later than 30 days following FERC's public notification of the filing. Please reference FERC Project No. P-2392 and the applicant's name and address when submitting comments to FERC. All comments submitted to FERC must be made in accordance with FERC's filing procedures posted on <http://www.ferc.gov>.

**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 as described as follows: "Exterior Siding Repair and Painting of the Guild Hall", and dated 5/28/2019 as described more fully in the Plans and Specifications, on or before 6:00 o'clock, in the PM, June 19, 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 "Bid for Exterior Siding Repair and Painting" 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 when the work is completed.

The Guildhall Selectboard reserves the right to reject any or all bids.

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

**DISCOVER
CLASSIFIED
POTENTIAL**

**COÖS COUNTY
COMMISSIONERS**

Regular Meeting
Tuesday,
June 18, 2019

Coös County Nursing Home
Berlin, NH
9:00 a.m.

**Coös County
Planning Board
Meeting**

Wednesday,
June 19, 2019
at 6:00 p.m.

Coös County Nursing Home
Berlin, NH



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FINANCE DEPARTMENT SENIOR BOOKKEEPER

Immediate opening in the Finance Department for a Senior Bookkeeper.

Responsibilities include: Reconciling daily cash receipts, General Ledger postings, Maintaining Purchasing records, Reconciling bank statements, Preparing deposits, monthly closing reports, State & Federal grant reports and Quarterly reports.

May be required to assist CFO with grant proposals & federal reporting requirements. Must have strong computer skills, demonstrate speed & accuracy in typing and entering figures.

Strong proficiency in Microsoft Excel required.

Flexibility & desire to work in a fast paced medical office environment required.

Please submit letter of interest by June 12, 2019 to:

Human Resources Department
Coos County Family Health Services
54 Willow Street • Berlin, NH 03570
Equal Opportunity Employer



Coös County Department of Corrections

Join our dedicated team of trained professionals. Offering an excellent benefits package and competitive salary, the Coös County Department of Corrections, located in W. Stewartstown, is currently accepting applications for:

Correctional Officers

- ▶ Responsible for the care, custody and control of the inmate population.
- ▶ Successful applicants must be at least 18 years of age with no felony convictions, and have the ability to pass an aptitude and physical agility test.
- ▶ A High School diploma or equivalent, and valid driver's license are required.
- ▶ Full-Time positions available.

Coös County's application is located on the web at www.cooscountynh.us. Please mail, email, or fax completed applications to: Superintendent Ben Champagne, Coös County Department of Corrections, PO Box 10, W. Stewartstown, NH 03597.
ben.champagne@cooscountynh.us Fax: 603-246-7081

Coös County takes pride in being an Equal Opportunity Employer

PATROL OFFICER

The Berlin Police Department is accepting applications for the position of Patrol Officer. This is your opportunity to join a progressive agency located in the heart of the White Mountains. Entry level after certification \$52,062 – \$53,934 commensurate with experience. We offer a competitive benefits package including a retirement plan with the NH Retirement System. Applications are available at <https://www.berlinnh.gov/sites/berlinnh/files/uploads/application.pdf> and additional information may be obtained by contacting Deputy Chief Buteau at the Berlin Police Department, 135 Green Street, Berlin, NH 03570; (603) 752-3131 or danbuteau@berlinpolice.org. Applications will be accepted through June 21, 2019.

EOE

PITTSBURG POLICE DEPARTMENT

PART-TIME POLICE OFFICERS

OPEN UNTIL ALL POSITIONS ARE FILLED

The Pittsburg Police Department is currently accepting resumes for part-time officers. Starting salary: \$18.00 per hour (upon NH Certification) NH LATERAL CANDIDATES ARE ELIGIBLE FOR A HIGHER STARTING SALARY BASED UPON PREVIOUS EXPERIENCE. Candidates shall be of good moral character, not have a criminal record or serious motor vehicle record, and must not have any physical, mental, and/or medical impairments which would interfere with their ability to perform the essential functions of a police officer. Successful candidates will pass a physical fitness test, oral board interview(s), physical / medical examination, polygraph examination, and an extensive background investigation. There is no closing date. Applications will be accepted until all open positions are filled.

Send cover letter and resumes to:
Pittsburg Police Department
1526 Main Street
Pittsburg, NH 03592
or
Police@pittsburg-nh.com
(EOE)



AMATO'S COORDINATOR

We are in need of an "Amato's Coordinator" for our Maplefields in Littleton. The position will be full time, will include benefits (401K, Medical, Dental, Vacation and Sick Time, Paid Holidays.) The position requires some Deli/Restaurant experience (overseeing up to 10 employees, ordering, inventories, cleanliness and product quality, and excellent customer service.)

Apply online at www.jointeammaplefields.com or apply in person at our Littleton Maplefields, 390 Meadow Street

Owned & Operated by R.L. Vallee Inc. an Equal Opportunity Employer



Employment Opportunities

Administrative Assistant

Full-Time, 40 hours, day shift, Monday through Friday

- Provides administrative support to the Senior Staff members, composing letters, memorandums and reports
- Schedules, organize and coordinates meetings of various committees

Point of Service Representative

Full-Time, 40 hours, day shift, Monday through Friday

- Welcomes patients and visitors
- Checks in and accurately registers patients
- Conducts patient appointment reminder calls
- Collects payments at time of service

Point of Service Representative - Outreach (North Conway area)

Full-Time, 40 hours, Monday through Friday

- Coordinates provider schedules
- Schedules and registers patient appointments
- Communication and organizational skills required
- Prior experience in medical office and knowledge of medical terminology a plus!

***Financial Specialist**

Full-Time, 40 hours - Day shift, Monday through Friday

- Screens and initiates payment options for patients prior to major services or procedures
- Works with attorneys and probate court
- Excellent people skills required

***HELP Desk Technician - Information Technology**

Full - Time, 40 hours - Day shift, Monday through Friday

- Provides prompt, first contract support for end users
- Sets up/supports telephone and voice mail system
- In - depth, hands - on knowledge of IT concepts
- Bachelor of Science or Associates degree and prior experience preferred

If interested, please apply online to:

Human Resources Department
ANDROSCOGGIN VALLEY HOSPITAL
59 Page Hill Road, Berlin, NH 03570
www.avhnh.org
an EO Employer - M/F/Veteran/Disability/
Sexual Orientation/Gender Identity



DENTAL HERB COMPANY

Dental Herb Company is a leading provider of natural oral health products, located in Lancaster, NH. Our team is growing! We are looking for an experienced professional who possesses exceptional attention to detail and total commitment to customer satisfaction. Work hours are M - F, 40 hours per week. This position is a customer service role, so the ideal candidate will have phenomenal communication skills, both verbal and written.

Principal responsibilities include taking customer orders over the phone and providing information about our products, setting up and managing customer accounts, obtaining and evaluating all relevant information to handle product and service inquiries, keeping records of customer interactions and transactions, recording details of inquiries, complaints, and comments, contacting customers in order to respond to inquiries, utilizing internal software to enter and process customer orders, and replying to customer emails, among other activities. The perfect candidate will be willing to cross train into other departments.

REQUIREMENTS

- 3+ years customer service experience preferred
- Detail-oriented with good problem solving skills
- Ability to independently prioritize workload
- Team player with a positive attitude
- High school diploma required - Some college preferred
- Valid driver's license
- Excellent computer skills
- Ability to multi-task and adapt as issues arise
- Exceptional verbal and written skills
- Highly committed to quality and customer satisfaction
- Outstanding job references

We offer an excellent benefit package that includes 401K match, health insurance, and vacation. Starting wage will be based on experience. Send cover letter and resume to jobs@dentalherb.com. No phone calls, please.



We are looking for

PT & FT Cashiers Night, Overnights & Weekends

Competitive pay, flexible scheduling, differential pay for overnights, paid holidays, sick time. Full time positions come with health benefits, paid vacation time, 401K, opportunities for advancement.

Apply online at www.jointeammaplefields.com or apply in person at our Littleton Maplefields, 390 Meadow Street

Owned & Operated by R.L. Vallee Inc. an Equal Opportunity Employer



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

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

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

**~SAU #58~
VACANCIES 2019-2020**

Groveton Elementary School
2 Elementary Teachers - Long-Term Substitutes (ID#3096347)
For more information or to apply please go to www.SchoolSpring.com and reference the above job ID. All applications must go through SchoolSpring. If you have any questions regarding these positions, please contact:
Carrie Irving, Secretary SAU #58
15 Preble Street Groveton, NH 03582
Ph: 603-636-1437 • Fax: 603-636-6102
EOE

**~SAU #58~
VACANCIES 2019-2020**

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Carrie Irving, Secretary SAU #58
15 Preble Street Groveton, NH 03582
Ph: 603-636-1437 • Fax: 603-636-6102
EOE

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**

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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!




Director of Nursing
\$5,000 SIGN ON BONUS OFFERED!

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.

We are currently seeking a full time Director of Nursing at our Northeast Correctional Complex in St. Johnsbury, VT.

Requirements:

- VT RN License; BSN preferred
- Experience in acute care, ambulatory care or correctional environment preferred
- 3 years supervisory experience required
- Must be able to pass the VT Department of Corrections background investigation and obtain security clearance.

We offer competitive compensation and a comprehensive benefits package including: Health, dental, vision, life and disability insurance, 20 paid days off plus 8 paid holidays, 401(k) retirement plan with employer match, Career development benefit, Flexible spending accounts for health and dependent care and more!

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

JOIN OUR SUPERB TEAM!

FULL -TIME STAFF ADVOCATE needed to assist with activities, recreation, and personal care for an endearing and dynamic young man in the Littleton area. Good pay. Medical/Dental, 403b, mileage reimbursement and other benefits included. Monday through Friday 8am-3pm. Bachelor Degree and experience with disabilities preferred. A calm, energetic, flexible, creative team player who can model excellent social skills, passionate about making a difference in an individual's life.

Valid driver's license, proof of adequate auto insurance and completion of driving, criminal and background record checks required. Send resume plus cover letter and three references to **Amy at hsm1836@aol.com**

A. V. Home Care Services

REGISTERED NURSE SUPERVISOR, LICENSED NURSE'S AIDES AND HOMEMAKERS

A.V. Home Care is expanding its service area and serving all of Coos County, therefore we need some new people, from all communities, to join our team! Some people will work remotely and some out of the Berlin office.

If you are tired of shift work and looking for a flexible, rewarding position, we are the agency for you! Home Care enables you to work independently and make a significant difference in people's lives. Must hold a current NH License for RN or LNA positions. Homemakers should enjoy cleaning, errands, shopping and cooking. Experience in home health preferred but willing to train. Benefits package available.

Call or email resume (603) 752-7505 email tmackillop@avhomecare.org
795 Main St. Berlin, NH 03570
www.avhomecare.org

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

Northern Human Services
Changing Lives

Home Care Provider Opening

A couple or individual is needed to provide a home and residential services to a Woman in her late fifties with an Intellectual disability. This woman enjoys spending time in the community and at home being active, she would do great with a primary female provider to assist with Personal care. Northern Human Services is searching for a home that has a first floor bedroom and full bathroom. Great team support and training is provided to promote the individual's independence.

Compensation includes an annual contract with additional funding for frequent respite breaks, also an additional monthly stipend amount for room and board.

"Payments made to Home Care Providers for the care of the individual they are supporting in their home are considered Difficulty of Care payments as defined in IRS code Section 131(c) and may not be considered taxable income. NHS does not offer tax advice so please consult a tax specialist for more details"

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

For more information, please contact Michelle Scherer, Housing Coordinator at 237-5721.

Mountain Lake Camping Resort
Lancaster, NH

HELP WANTED POSITIONS:

- Campsite Maintenance
- Grounds Maintenance
- Cabin Housekeeping

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

NCH Upper Connecticut Valley Hospital

JOB OPPORTUNITIES

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

Additional Full-Time Opportunities

Speech / Language Therapist	Radiologic Technologist
Ultrasound / Echo Technologist	Coding Supervisor

Part-Time Opportunities

- Central Sterile Technician
- Environmental Services Technician (Housekeeper)

Per-Diem Opportunities

Certified Surgical Technician	ED Technician
LNA	Unit Secretary

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

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Town-to-Town CLASSIFIEDS

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Misc. For Sale

2015 Bravo cargo trailer
8ft x 14ft. Rear ramp and side door. Very good condition. Cost new \$5400 for sale at \$3595. Phone Littleton 603-991-0080.

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

Lost & Found

Found Ads

Are published Free of Charge. 30 words for 1 week.

Lost Ads

Are Charged at our regular classified rates.

Call Toll Free
Mon-Fri 8:00-4:00
1-877-766-6891
or go to
www.salmonpress.com
24/7

Still Lost!

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

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

Thank-You

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www.salmonpress.com

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Classifieds** in the

**Great North
Berlin Reporter
Coos County Democrat
Littleton Courier**

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\$25 - 1 Week
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\$67 - 3 Weeks
\$84 - 4 Weeks

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Mon-Fri 8:00-4:00

or place online 24/7 at
www.salmonpress.com

Deadline:
Monday 10 am

Auctions/Antiques

On Location Estate Auction
Thursday June 20th on Whittier
Rd Tamworth NH By Gary
Wallace Auctioneers Inc
#2735NH-Starts 10AM- viewing
at 8AM
Selling Antiques, Auto
memorabilia, Vintage tools, Signs,
Ephemera, Dolls, Sterling, Shop
tools, Vintage car parts, Jewelry,
Vintage Gas station collectibles
and more - See:
www.wallaceauctions.com
call 603-539-5276 - terms
cash-check- 15% BP

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

Female consumer in Jackson is seeking a personal care attendant, Tuesday-Sunday mornings for flexible 3-4 hour shifts. Assistance is needed for stand by for showering, assist with transfers, light housekeeping, meal prep, laundry, grocery shopping. Must have license and proper insurance. If interested, please contact Ashley at 603-568-4930.

Help Wanted Sales Associates

Full & Part Time
Apply in Person
Perras Ace / Perras Treasures
Rte 3
Groveton, NH
603-636-1391

Hydro Operator Needed.

11pm - 7am. Some weekends,
12 hours each day or night.
Flexibility a must. Varied
schedule, not just Monday thru
Friday. Insurance available.
Mechanical ability helpful. Call
802-892-1166 and ask for Pam.

Tallmage Plumbing and Heating is seeking a full time Master Plumber and heating tech. Excellent starting pay. Please call Tallmage Plumbing and Heating. Stewartstown, NH (603)246-7173.

Professional/ Technical

PUBLIC WORKS DIRECTOR

The City of Berlin, NH, is accepting applications for the full-time position of Public Works Director. The position includes full benefits including health and retirement. This Department Head position, which reports directly to the City Manager, is responsible for overseeing all the operations and functions of the City's Public Works Department which include streets, solid waste collection, garage, storm drain and wastewater collection. There are four supervisors that oversee operations who report to the Director. Candidates must demonstrate a progressive path of growth and experience leading construction and/or municipal type public works operations. A degree from a college or university with study in public works administration or civil engineering is desirable. Individuals with experience, training and/or education in generally related fields are encouraged to apply. Salary is up to \$75,000 DOE.

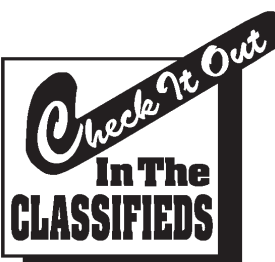
Interested applicants should submit a resume and letter of interest to the City Manager's Office, City Hall 168 Main Street, Berlin, NH 03570, (603-752-7532) or e-mail to info@berlinnh.gov Applications will be accepted until the position is filled.

The City of Berlin is an Equal Opportunity Employer

Editor

DANCE CLASSES & CARDIO

(all ages welcome) Beginning Friday, July 12th (summer session) and Friday, Sept 13th (fall session) in Lincoln, NH. Call for rates and add. info. 603-991-3387



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.

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.

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

Real Estate



Equal Housing Opportunity

All real estate advertising in this 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. hereincontained. The Publisher reserves the right to refuse any advertising.

Apartments For Rent

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

Lyndon Meadows - Lyndon Center, VT

June Vacancy 1 Bdrm 2nd Floor \$850.00 includes utilities, appliances, parking and laundry facilities. References required. No Pets/Non-Smoking, Security Deposit required Call EastPoint Properties for an application and information (603)471-3013

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.



Comm. Space For Rent

75 Bronson for Rent

Commercial space available for lease located in a quiet residential neighborhood.

Ideal for educational or administrative use. Total of approximately 1600 square feet available and can be divided into smaller space if needed. Contact cornerstoneinv@yahoo.com for more information.

PROFESSIONAL OFFICE SPACE

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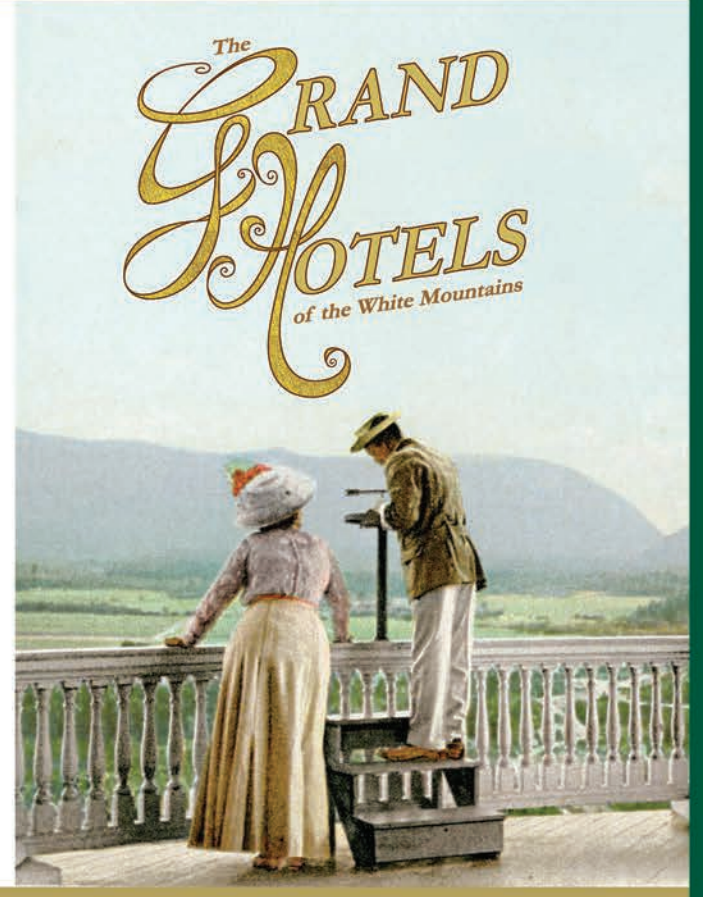
What's Happening at Plymouth State University

The Grand Hotels of the White Mountains On exhibit through September 12

During the "golden age" between 1880 and 1910, there were about 30 hotels that each provided room for 200 guests, with elegantly styled dining rooms, parlors, and lobby spaces, incorporating recreation activities and events targeting an elite class of tourists.

This exhibition traces the origins, development, and history of New Hampshire's grand resort hotels. The creative visual journey includes paintings, photographs, artifacts, and stories of the people who visited and worked at these gracious establishments. Special focus for the exhibition are the four surviving hotels: Eagle Mountain House & Golf Club, Mountain View Grand Resort & Spa, the Omni Mount Washington Resort, and The Wentworth Hotel.

Admission is free and open to the public. Museum hours are Monday-Friday, 10 a.m.-5 p.m.; Saturday, 11 a.m.-4 p.m.; closed Sundays and University holidays.



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