Publishing news & views of Lancaster, Groveton, Whitefield, Lunenburg & other towns of the upper Connecticut River valley of New Hampshire & Vermont

THE COÖS COUNTY DEMOCRAT



75¢

ESTABLISHED SEPTEMBER 11, 1838

WEDNESDAY, AUGUST 7, 2019

Dalton approves emergency zoning ordinances

BY ANGEL LARCOM angel@salmonpress.news

DALTON -One week after an emergency public hearing, Dalton voters once again returned to the town offices on July 30 to cast their votes on the enactment of emergency zoning ordinances. With a remarkably short public hearing session and a final count of 154 to 129, community members voted yes to emergency temporary zoning.

The emergency town meeting was requested by a petition delivered to the Select Board on May 20. Jon Swan, the founder of Save Forest Lake and the man behind the petition, spoke briefly at the town vote.

Just like at last week's public hearing, community members spent most of their allotted three minutes on the

microphone talking about landfills and environmental impact rather than zoning issues. Moderator Christine Ordinetz, interjected multiple times to keep the conversation on-topic.

At one point, she said, "This particular entity is simply a wake-up call. It could be anybody. I'm telling you, we are not going to run a list of dirty laundry on one particular company."

"This is my gift to you, Dalton," said Swan. "No one else has come forward with any plan to stop a landfill from coming into Dalton. Time is of the essence. Corporations and landowners want you to wait."

Swan continued, "If the landfill company submits their application and Dalton has no zoning, we have no control

over what happens. The landfill has not come before the town because

they don't have to. This zoning gives the community a fighting chance."

petition in response to a proposed 180-acre landfill near Forest Lake.

After a relatively small number of people took a

Dalton, PAGE A10

Twin Mountain Town Hall to be torn down

BY TARA GILES tara@salmonpress.news

TWIN MOUNTAIN — The old Town Hall in Twin Mountain will be torn down as builders make room for the new building that was approved by voters this spring.

date with the happenings of the new municipal buildings. Project Manager Allan Clark went over the concepts as well as the budget.

Clark told the Board that it was quickly realized when the Task numbers came back Force started meeting much lower," he said. that the original concept of the layout for the new buildings was not ideal. "After much discussion, Concept B was proposed. This concept was sent for a preliminary proposal for site work, including excavation. To everyone's dismay this estimate came back at \$1.2 million versus the budgeted \$400,000," he said.

after this conundrum was presented to the Task Force, Concept C was developed.

"Both Concepts were then sent out again for preliminary estimates for site work, and the "As it currently stands, Concept B will still cost \$150,000 to \$200,000 more than Concept C. The site work preliminary estimate is currently \$525,000 versus the original \$400,000, but I'm confident that I will be able to make the budget work."

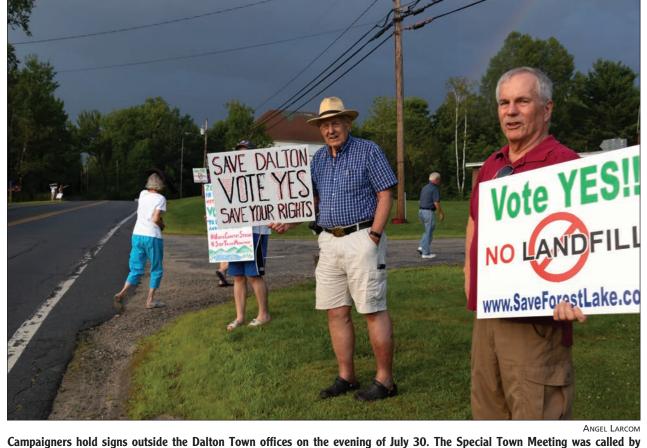
Krazy Days at Groveton Thrift Shop

GROVETON — The Groveton Thrift Shop has big plans for the Krazy Days of August.

Each day, the staff will offer a different rack or section of the Shop's inventory at half price. This new approach will begin on Wednesday, Aug. 7 through Friday, Aug. 9. It will be followed on Wednesday, the 14th

through Friday, the 16th by the Shop's special "Bag Filled for \$5" traditional sale. This event is very popular not only with parents rounding up all the clothing children will need for the first months of school, but also with adults starting a new job or simply refreshing their wardrobes.

To provide the Krazy Days benefit to as many visitors and neighbors as possible, the staff will again be offering a different rack or section at half price on Wednesday, Aug. 21 through Friday, Aug. 23, and finally on Wednesday the 28th through Friday, Aug. 30. KrazyDays,PAGEA10



turn at the microphone, Ordinetz said, "I have

The original plan was to keep the old building; however, town officials have determined that it will be more financially feasible from a structural standpoint to tear it down and build anew.

According to the July 22 board meeting minutes, Selectman Dave Scalley stated the purpose of the meeting was to get everyone up to

Clark explained that

Clark had been evaluating numbers and as Town Hall, PAGE A10



Another One Down to perform in Lancaster

BY TARA GILES tara@salmonpress.news

LANCASTER — On Aug. 9, the pop/punk/ easy-core band Another

One Down will hit the stage at the Lancaster Town Hall along with



Rhode Island's Another One Down will perform at the Lancaster Town Hall this Friday, beginning at 7:30 p.m. The doors will open at 5 p.m.

SPC. The doors will open at 5 p.m. with a \$5 cover. Jared Hazelton, 18, a recent graduate of

the bands Screen and

White Mountains Regional High School and a Berklee accepted student, is the guy behind JCH Entertainment.

"Basically, I've been trying to book Another One Down for a couple of months now," he explains. "They were looking for a show to round out their weekend run with SPC and I was able to get the town hall in time to offer them a show there."

The band is from Exeter, R.I., and their influences range from A Day to Remember to Neck Deep to All Time Low. The band has two EPs out with an acoustic one being released later this month and a full length LP coming next year.

Another One Down played the Mansfield, Mass. Warped Tour last year, and SPC will be opening for Papa Roach and Asking Alexandria this weekend.

Of SPC, Hazelton said, "SPC is a heavy rock band from Boston. The trio of brothers sound like a mix of Clutch and Green Day. They have two EPs out and a remastered version of their last EP Juvenoia that came out at the beginning of this year."

Local favorites Screen, are a punk fusion band out of Whitefield for fans of Blink 182 and Basement. The band has just released a new single and are currently in the studio working on a follow up to their debut self titled album.

Hazelton said, "I'm hoping this show will help revitalize what little music scene we have up here in the North Country. I want to see people excited for live music, especially for bands of this caliber. I'm still in shock that we were able

to get them to come play up here and I really hope the community will come and support what we're trying to do. Even if you don't necessarily care for this genre of music, we would be excited to see as many of our North Country friends and neighbors as possible."

Hazelton added, "It's been a dream ever since I was little, to put out records and put on shows."

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Gary C. Grant, 65

COLUMBIA — Gary C. Grant, 65, of Columbia, passed away at the Lafayette Center in Franconia, on Wednesday morning, July 31, 2019, after a brief struggle with brain cancer.

He was born on Dec. 21, 1953, in West Stewartstown, the son of the late George W. and Eleanor E. (Dewey) Grant.

At the age of 20, Gary began to work for the Tillotson Rubber Co. in Dixville, and he remained there for many years.

He got great joy from riding his motorcycle and driving his truck all over the North Country of New Hampshire and



Gary Grant

northeast kingdom of Vermont, meeting and talking to people. A familiar face to many, he would often be found collecting aluminum cans all over the area

which he then redeemed in Berlin. Gary was a past member of the Colebrook Jaycees.

He is survived by his sister, Donna E. Grant of Stewartstown, as well as aunts, uncles and cousins.

There are no public calling hours . A graveside interment service will be held in the Colebrook Village Cemetery on Tuesday, Aug. 6, 2019, at 11 a.m.

Condolences may be offered on-line by going to www.jenkinsnewman.com.

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

Blake Keith Samson

GROVETON - On July 29, 2019 at 3:08 a.m., Blake Keith Samson came into this world but was taken soon after on July 30 at 5:50 p.m. He was at Massachusetts General Hospital with his mom, dad and Sister at his side.

He leaves his parents Steven and Brandy (Dreyer) Samson of Groveton; a sister, Araya Willow Samson; his paternal grandparents, Dennis Samson Tracie Woodburn & of Whitefield and Sue Weiss of Whitefield; his maternal grandfather Hank Dreyer of Lancast-



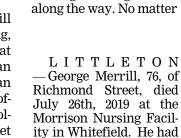
Blake Samson

er; paternal great-grandparents Paul and May Samson of Lancaster; many uncles, aunts and cousins.

Judith Ann mother, Dreyer, predeceased him in March of this year.

A funeral service will held Saturday morning, Aug. 10, at 10 a.m. at the Jefferson Christian Church. Reverend Dean A. Stiles, pastor, will officiate. Burial will follow in Summer Street Cemetery, Lancaster.

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.



LINCOLN

29, 2019.

cile Mary.

burg, Austria.

He graduated

to Lincoln from Sauls-

Lincoln as Town Select-

man, 14 years in the New

Hampshire State House

of Representatives, and

as head of the Canadian

Trade Council, mem-

ber of the Chamber of

Commerce, Rotary Club,

Eagles, Elks, American

Legion and New Hamp-

el took him many places

making life long friends

His love of world trav-

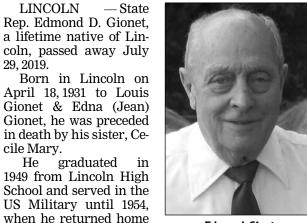
shire Fish & Game.

He served 15 years in

July 26th, 2019 at the Morrison Nursing Facility in Whitefield. He had failing health for a period of time and now his struggles are over, and he is at peace

George was born in Plymouth on Nov. 22, 1942, son of Richard B. and Dorothea H. Merrill. He was a 1961 graduate of Littleton High School, where he was passionate about playing football, basketball and baseball for his alma mater, "The Littleton Crusaders." He was an avid lover of all New England sports teams, and was entertained by the many televised games. After his high school years were completed, he moved to Maine and went to Hanson's Barber School in Lewiston. Moving back to Littleton, he opened a successful barber shop for ten years. He closed the doors for a better job opportunity working for United Parcel Service for twenty-nine years until

Edmond D. Gionet, 88



Edmond Ginet

what continent or country. He never strayed from his Acadian roots and frequented Caraquet, New Brunswick.

He was a commu-nicant of St. Joseph Church.

He was a passionate pilot and enjoyed flying his airplane. He rescued many a lost hiker in the North Country. A true pioneer who will be greatly missed by all who experienced his love for family

George Merrill, 76



George Merrill, 76

he had dreamed abou

George was a loyal man, providing for his family, enjoying his sons, and his modest comfortable home which brought him much happiness.

Surviving family members include his wife of 56 years, Edie of Littleton, and their two sons, Gregory S. Merrill of Berkley, Calif. and his partner Roger Daniels, also Jeffrey T. Merrill and his wife Stefanie of Littleton; three very special grandsons, Jonathan, Charles, and Talli; two sisters, Doro-

and life.

He is survived by his wife of 67 years. Priscilla (Cote) Gionet; three daughters, Pamela & Richard of Arvada, Colo., Teri Gionet of Nashua, and Tammy and Bill Dutilly of Lincoln; nine grandchildren (Hayley, Courtney, Heather, David, Josh, Brittany, Alexis, Morgan and Edna); 10 great grandchildren (Devon, Austin, Jacob, Taylor, Carter, Kaylee, Colton, Roman, Jonathan and Baze. As well as beloved cousins Sandra Jean Savage and Sheila Meyer, nieces and nephews

There will be no public services or calling hours per his wishes.

Arrangements are by Fournier-Hale Funeral Home, 144 Main St., North Woodstock.

Online guestbook at www.fournier-hale. com.

thy Johnson of Mayfield, N.Y. and Jacki Carbonneau and husband David of Lyman, as well as many nieces, nephews and cousins.

He was predeceased by his mother Dorothea, father Richard, brother Richard, and sister Jane.

"The mountains and streams are calling, and I must go."

There will be no calling hours. A private family committal will be done prior to his Celebration of Life. His Celebration of Life will be held on Saturday, Aug. 10 at 2 p.m. at the Elks Lodge in Littleton, with a catered buffet following.

Please omit flowers and send memorial donations to Hospice and the Littleton Senior Center.

Phaneuf Pillsbury Funeral Home and Crematorium, Littleton is in charge of arrangements. To view an On-Line Tribute, send condolences to the family, or for more information, please to www.pillsburypgo haneuf.com.

His maternal grand-Irene Nadeau & Robert Decker Proud member of Vermont Organic Farmers #19063 PICK

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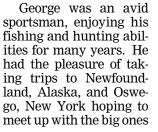
Granite State News Carroll County Independent





his retirement.

He was a member of the Masonic Lodge and The Littleton Elks Club for over fifty years, bringing much enjoyment to his life.





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Tony Award winner to direct Weathervane's next show



Director Cady Huffman with actors Geoffrey Kidwell and Jorge Donoso Skype with a fight director for a scene for "Curious Incident of the Dog in the Night-Time."

WHITEFIELD — The Weathervane Theatre, a professional, award-winning, equity theatre in Whitefield is proud to present "The Curious Incident of the Dog in the Night-Time" by Simon Stephens. Join unlikely hero Christopher in his quest for truth, understanding, and the answer to a neighborhood mystery. Based on Mark Haddon's best-selling novel, this international smash is directed by Tony Award winner Cady Huffman. "The Curious Incident of the Dog in the Night-Time" opens Monday, Aug. 12 and plays in alternating repertory through Aug. 29. The production is sponsored by

Anthony and Elisabeth Colacino.

Like all titles presented in this season. "The Curious Incident of the Dog in the Night-Time" has never been before presented on the Weathervane stage.

"Selecting titles for an alternating rep season is a unique challenge. Not only do you have to create a season full of variety, it is also important to me that the stories and people we represent are dynamic. Not only did 'Curious Incident' provide name recognition due to its best-selling novel, it provides us an alternative hero in Christopher Boone which I think only enhances our options as

artists and storytellers," said Producing Artistic Director Ethan Paulini.

When it came to selecting a director for this coveted piece, Paulini had only one candidate in mind.

"Cady is known for her iconic Broadway musical roles, but her concept and approach are incredibly visceral, honest, and creative," he said. "She brings a movement background to elevate the text and essentially choreograph this very musical non-musical."

Cady Huffman is perhaps best known for her Tony, Drama Desk and Outer Critics Circle Award-winning performance as "Ulla" in "The Producers" on Broadway opposite Nathan Lane and Matthew Broderick. In addition to a reputable stage career, Cady is a 2019 Daytime Emmy nominee for her work on the digital series "After Forever."

Huffman was introduced to Weathervane through Weathervane director Amiee Turner, and was instantly drawn to the project:

"It's a very powerful piece of theater," she says. "It reflects feelings of isolation, longing for independence and the desire to connect with love. It's funny, it's moving,



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Estate Planning Attorney



it's troubling at times. It's the best things theater is made of. That's why it's so popular. The circumstances may be different, but as humans, we can all relate. And we all love rooting for the underdog!"

She adds, "I love the cinematic aspects of Curious Incident. There are 60+ "scenes". They should flow seamlessly. As a former dancer I could imagine how my actors could move from scene to scene and I could see that lighting and sound would play very heavily in the storytelling. I love that kind of collaboration."

Huffman expands on the collaboration with the actors and designers at Weathervane: "Evervone works verv hard and is willing. Willingness is what I crave as a director. Getting into the rehearsal room with a bunch of courageous people and learning from them is amazing!"

"The Curious Incident of the Dog in the Night-Time" will perform on the Weathervane stage Aug. 12, 13, 23 and 29 at 8 p.m., with an added 2 p.m. matinee on the 23rd. Tickets range from \$29-\$39, and can be purchased online at weathervanetheatre.org or by phone at 837-9010.



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riage!

wedding

Ashley Hatfield of Whitefield and Blake Boyko of Jefferson were married at 4:30 p.m. June 29, 2019 at Hobbs Tavern & Brewing Company in West Ossipee. The wedding was officiated by Monica Blessing. Maid of Honor title was held

OSSIPEE — A re-

ceremony

cent New Hampshire

united two high school

sweethearts in mar-

by the bride's cousin, Danna Hatfield. Bridesmaids included the bride's close friends Asia Bash, Shannon Knecht, & Courtney Dickerman and soon-to-be sister in law, Brianne Morneau.

Hatfield-Boyko

Best Man title was held by the groom's brother, Ian Boyko. Groomsmen included Patrick Blessing and Steve Barnett.

The bride is the granddaughter of Charles & Cynthia Hatfield of Whitefield, and the daughter of Jeff Hatfield of Norton, Vt. The groom is the son of Jonathan Boyko of Jefferson and Monica Blessing of Whitefield.

The newlyweds have two children together, and both grew up in New Hampshire. Blake and Ashley are 2010 graduates of White Mountains Regional High School.







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COÖS COUNTY DEMOCRAT



VIEWS AND COMMENTS

If not now, when?

The tragic news of more mass shootings over the past weekend left us in a reflective mood, pondering what an amazingly short gift the life is that we have all been given. Many times, we question whether we are living the life we truly want to be living, and wonder if we might not be settling when we should be striving for something more.

A friend of the Democrat recently pulled up stakes locally and moved to Florida, fulfilling a dream her family has had for almost a decade. They finally decided to stop wasting time and embrace the life they truly want.

In Lincoln this week, we also covered a story about a voung couple who 'followed the breadcrumbs' to their dream. They looked for signs and cues as to what move to make next and eventually ended up right where they wanted to be.

We can think to ourselves 'easier said than done.' but the fact remains that people with less can often do more than they think as we have seen time and time again. Hats off to those of you who refuse to settle in your lives and who set their 'what if's' and fears down and forged ahead.

There are quite a few ways to change your life if it's something you want to do. Experts say the best way to get started is to change the way you view your life, instead of focusing on things such as a new career path or a new car. Practicing gratitude for what you already have is step one. We may live in New England, where the winters are cold and long; however, is there anything more beautiful than the morning after the season's first snowfall?

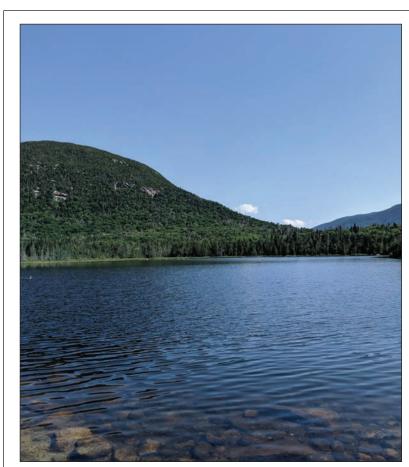
Maybe you're in a career that doesn't completely satisfy you. If that's the case, be appreciative that the place you are in right now is a perfect stepping stone to the next phase of your life.

Action creates change. Oftentimes, people don't know where to begin when they want to make a change. An expert on the topic, Mark Mansen, says that action is both the effect of motivation and the cause of it. Mansen says to stop procrastinating and begin engaging with the world.

Taking a risk and realizing that opportunities come with a cost is key. When asking yourself what it is you want, you need to weigh what you're willing to go without. Perhaps you want to rehab an old Volkswagen bus and hit the open road but in doing so your savings may take a hit. In the end what holds more value to your life? A fun project with an opportunity to travel the country and see and meet new people or financial security? Maybe you can have both. We know a lot of people who would buy a grilled cheese from a person in a VW Bus.

Be sure to focus on what you want out of life and not what will make you appear more attractive to others. Becoming self aware can clear the path to how you live your best life. Really knowing what motivates you and what scares you are the yin and the yang to creating a better life for yourself.

Remember that less is more. Focusing on getting



Lonesome Lake the hot spot during a hot

TARA GILES

day last week, when hikers cooled off in the chilly mountain water.

Readers' Forum

New conceptual plan adopted for town hall

To the Editor:

In March, Town of Carroll voters approved the warrant article for design and construction of a new public safety building and a new Town Hall on town-owned land at the US-3 and US-302 intersection.

A task force was created to work on the project with Allan Clark hired by the board as the town's Project Manager. During preparation of the site plan, several factors led to the conclusion that the original conceptual site plan would not work, primarily due to cutting into the hillside, construction of retaining walls, and site drainage. Many alternative site plans were considered, while two concept

plans were chosen as potential options.

It was later determined that the second concept plan exceeded the authorized funding amount in the warrant article, leaving us with only one choice. However, for this option to be implemented, the existing Town Hall building would have to be removed following the transfer of all offices, records, and materials to the new Town Hall.

A committee to explore repurposing the existing Town Hall has been working for almost two years to generate interest within the business community and town residents. Monthly committee meetings, articles in the town newsletter, personal contacts,

and a public informal session on July 24 all failed to produce a viable, sustainable plan for the building.

As a result, the Building Committee made a recommendation to the Select Board that the last concept plan be adopted, with the understanding that the existing Town Hall would be taken down when empty.

On July 29, the Town of Carroll Select Board voted unanimously to proceed with that concept. There was much discussion by the board on what we had told the voters, and how much all this has changed. We feel that if we had any other options we would have taken them, and wanted the residents of the Town of Carroll to

know this. This was not an easy discussion for any of us and one that we know will upset many of you, and for that we are very sorry.

The decision to take down the existing Town Hall was not taken lightly. The Building Committee and the Select Board believe it is in the town's best interest to proceed with the only workable concept and begin the revitalization of the Town of Carroll with our new public safety building and our Town Hall.

Respectfully,

BONNIE MORONEY, CHAIR DAVE SCALLEY ROBERT GAUTHIER BOARD OF SELECTMEN CARROLL

A4

Please support your local food pantry

very good at a few things will have a higher pay off than being average at many things. We hope you all have a great week, and that you take action to attain the things that you truly want. If not now, then when?



To the Editor:

For those not familiar with our local food pantry, we would like to tell you about it and how we operate.

We are known as the Lancaster Area Food Pantry, and are located in the basement of **Christ United Methodist** Church in Lancaster. We are open from 12:30 to 3 p.m. on Monday, Wednesday and Friday each week. We have been serving Lancaster and seven area towns, but have recently been asked to widen our service area. People in northern Vermont and New Hampshire often find it difficult to cover all their needs, and we are here to supplement

their food supply. There are federal guidelines regarding income; we have charts with that information. Clients fill out an application and when it is returned, they receive a card that allows them to come here one day each week.

Where does our food come from? There are several sources — the New Hampshire Food Bank in Manchester, part of Catholic Charities, the CAP program, several local retail establishments. The Boy Scouts and postal workers yearly have drives for non-perishable foods. Organizations and individuals are frequent donors. During the summer, those with gardens

share their bounty with us.

As well as the pantry, we are also a certified soup kitchen serving three meals each week. Monday evening is dinner, Thursday lunch and breakfast on Friday. We are not allowed to charge for these meals, but may accept donations.

We operate under federal guidelines and have inspections during the year for cleanliness, safety and record keeping. Our staff is volunteers who work hard to keep things running smoothly.

We also have expenses for the food, transportation of food, electricity for our many freezers that keep the food fresh, insurance, gas for our stoves and many other incidentals. We have received grants and hope to have more. Summer is a difficult time for us: cash donations are low, and the need for food is high. We thank all who have donated in the past, and welcome new ones.

JEAN TENNEY LANCASTER AREA FOOD PANTRY



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

PRESS RELEASES

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

PRESS RELEASE DEADLINES: **<u>B Section:</u>** Friday 9 a.m. (Sports, Business) <u>A Section:</u> Monday 9 a.m. (News, Letters to the Editor, Obituaries) (PLEASE NOTE THAT ADVERTISING DEADLINES ARE DIFFERENT THAN NEWS DEADLINES.)

ENGAGEMENTS & WEDDINGS

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

LETTERS TO THE EDITOR

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

OBITUARIES

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.

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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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ADVERTISEMENTS

WELLNESS 101

BY JACKIE SCHANLABER

Contributing Writer

Why exercise? After 33 years in the fitness field, I still occasionally ask myself this question. Is all the hype, research, promotional effort and sheer motivation to convince us that intentional exercise is necessary really the truth? Isn't daily activity, doing chores, playing with the kids, yard work enough? If it were, would we be out of shape and overweight as a society? If we ate only what we need to function, didn't sit in front of screens many hours of the day, then maybe, just maybe we wouldn't need

intentional exercise. But the reality is, the benefits go beyond just being at a healthy weight. That magic pill-maintaining our ideal weight, fighting almost every potential disease, having the energy to enjoy our kids and grandkids and retirement-does exist. Yes, as much as I'd like to second guess it sometimes (even with a degree in it!) the truth remains, that magic pill is exercise. Here is a list of some of the benefits to inspire us once again:

Exercise is a great benefit for stress and anxiety relief—neurotransmitters, serotonin and dopamine released, promote a calming effect. Working out is a clear benefit for cardiovascular disease prevention by making the inner linings of our blood vessels healthier, lowers our cortisol levels (stress hormone) blood thickness decreases, resting heart rate and blood pressure lower and cholesterol ratio LDL/HDL return healthier numbers.

When you exercise your blood sugar is better controlled which lowers the risk of diabetes. It also strengthens bones to lower your risk of osteoporosis. Staying active will make daily activities easier because of your increased muscle strength and endurance.

Your immune system will be stronger and your sleep quality better. Because of increased oxygen flow, your brain and memory will be healthier. Weight management is improved with a stronger resting metabolism.

With a bit of exercise your posture will improve as will your mouth and eye health because of more oxygen and water intake. Believe it or not, wounds also heal better because of an increased blood flow to the skin. Exercise slows the aging of cells by protecting the telomeres at the end of our chromosomes.

Need I go on! You pick your favorites and hang onto to them as you choose to exercise. But I warn you, choosing not to exercise creates a downward spiral in the exact opposite direction. In fact, sitting for long periods of time produces chemicals that depress us. We don't need any help with that, thank you very much. We are a product of our habits. Everyone has 24 hours in a day. The habit of daily exercise—even just 30 minutes a day—is life changing. It'd be a big loss not to take advantage of this very accessible magic pill.

Jackie Schanlaber BS Exercise Physiology, MS Health Management has been leading group exercise and personal training for 33 years. Catch her classes at Colonel Town beginning again in September.



Readers' Forum

Gordon MacDonald and political bulliesTo the Editor:despised Ray Burton.Kelly Ayotte, John Brod-A New

The Ray Burton era of nonpartisan representation in the North Country is dead, and Mike Cryans killed it. Mike's political and character assassination of highly qualified Supreme Court nominee Attorney General Gordon Mac-Donald has potentially politicized the New Hampshire Judiciary forever. All future judicial nominees will be viewed solely through the prism of partisan politics. New Hampshire's civic character, public service traditions and nonpartisan judiciary have been severely damaged.

Ray Burton would have voted for Gordon MacDonald in a heartbeat. Ray Burton would be ashamed of Mike Cryans and his partisan politics on steroids. Ray, in his over 35 year career in office, voted to confirm judicial nominees from eight governors, Democrats and Republicans. Ray Burton never treated a Judicial nominee from a Democrat governor with the contempt and hostility Mike Cryans showed for Gordon MacDonald. The North Country no longer has an Executive Councilor who represents all of us. Mike Cryans now represents Democratic powerbrokers, Chairman Ray Buckley and former Chair Kathy Sullivan, two Manchester hyperpartisan, ill tempered, scorch the earth political bullies who control the Democrat Party and

despised Ray Burton. Buckley and Sullivan attempted to

drive Ray out of office a few years before his death. They despised Ray because he was a Republican, represented everyone in the North Country, regardless of political party, and they couldn't influence, intimidate or politically blackmail him. The North Country, in bipartisan unity, stood up to the two power hungry Manchester political bullies and won! Ray stayed in office until his death.

The political bullies also orchestrated the attempt to fire longtime New Hampshire Secretary of State Bill Gardner, a Democrat. Ray Burton, Bill Gardner and Gordon MacDonald were all similar in their low-key, good humored, mild mannered personalities, nonpartisan approach to government, superb temperament, professional demeanor, independence, competence, effectiveness and integrity that could not be compromised, intimidated or blackmailed. A bipartisan coalition of legislators and State leaders stood up to the political bullies and defeated them. Bill Gardner is still New Hampshire Secretary of State.

Kelly Ayotte, John Broderick or Tom Rath? If the political bullies win, all of New Hampshire loses.

God help New Hampshire if Ray Buckley and Kathy Sullivan continue to dictate who can serve in the New Hampshire Judiciary and state government. The political bullies have sent a clear message — New Hampshire's Independents, Conservatives, Libertarians, Sportsmen, Republicans, practicing Catholics and other people of faith need not apply for appointed state positions.

The nonpartisan New Hampshire Bar Association should urge Gov. Sununu to re-nominate Gordon MacDonald and mobilize statewide bipartisan support for his nomination. Ray Buckley and Kathy Sullivan should never have the corrupting veto power over judicial nominations. The political bullies were defeated by Ray Burton and Bill Gardner's bipartisan supporters. The nonpartisan New Hampshire Bar Association can also defeat the political bullies by continuing to support Gordon Mac-Donald's nomination. Mike Cryans is a disgrace to Ray Burton's legacy, what Ray stood for and how he conducted himself. It is also truly pathetic that Buckley and Sullivan have spent their entire adult lives as toxic political bullies. Get a life!

partisan coalition of the nonpartisan New Hampshire Bar Association and supporters of Ray Burton and Bill Gardner and others should coalesce and defeat the political bullies by supporting the re-nomination of Gordon MacDonald to the Supreme Court. New Hampshire has beaten the political bullies before, and New Hampshire can do it again. BRIEN WARD

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The political bullies' personal attacks on Gordon MacDonald were similar to their efforts to politically destroy Ray Burton and Bill Gardner. Who are they going to attempt to destroy next, Lou D'allesandro, If your looking for Style, Selection, Quality, Value & Great Service then Betty Dee Fashions is your bridal store. Shop Top Designers such as Rebecca Ingram, Allure Bridal, Mori Lee, Bonny Bridal & much more!



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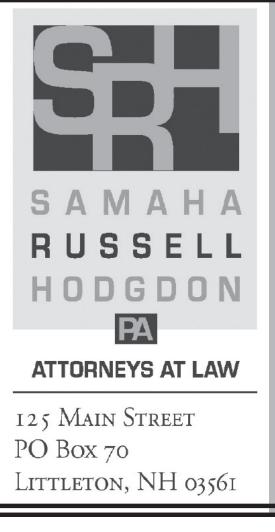
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A "Bright Star" rises over the Weathervane



BY, JACKI KATZMAN AND KATE GOLDSBOROUGH Contributors

"Bright Star" is set in pre- and post-WWII North Carolina, and features actress and intern director Marisa Kirby as Alice Murphy, the spirited rebel who aspires to live beyond her small town's Christian morality. Directed by Ethan Paulini, choreographed by Taryn Herman, and fueled by a bluegrass score conducted by Colin Keating, this sweeping tale of love and redemption is based on true events. The script and score are by Steve Martin, lyrics by Edie

Brickell.

Ms. Kirby glows onstage as she slips effortlessly between the sassy 1920s bright young Alice and the acerbically witty and restrained 1940s literary editor she becomes. Her rich voice is as lovely as her stage presence, with just a hint of country reediness. As Alice's young love, Jimmy Ray Dobbs, Ira Kramer plays her intellectual and flirtatious match. His daddy, Mayor Joseph Dobbs, played by baritone Napoleon M. Douglas, disapproves. Alice's father, Daddy Murphy (the talented Geoffrey Kidwell) is a wild-eyed, religious fanatic who ultimately betrays his daughter.

Andrew Cuccaro, a richly voiced tenor, is Billy Cane, the recently returned veteran with a driving literary ambition. His firecracker childhood friend, Jocelyn Lunquist as sassy and lovestruck Margo Crawford, lights up the stage with her lovely voice and adorable presence. Billy's father, Daddy Cane (Ethan Paulini) is an unlikely but charming hero; his kindness - and gorgeous voice - launches the story and ultimately reveals the secret that links Alice and Billy.

Comic duo, assistant editors Daryl Adams (Jorge Donoso) and Lucy Grant (Courtney Blackmun) exchange snarky, Steve Martin penned one-liners. Sam St. Jean, the company Property Designer, has wickedly funny cameos as the obsequious lawyer and poker-faced square dance caller. Local theater director Jan Claus-

ing joins the company as the disingenuous Dr. Norquist.

The Weathervane team blends set, movement and music to create Alice's world of memoire. Costume Designer Rien Schlecht moonlights (again) as set designer, creating an intimate, sepia-toned world that spills from stage to the theater floor. Centerstage is a barn board cabin with huge open doors revealing the band. Paulini and Herman's inventive direction and choreography uses every inch of the set creating the visual storytelling of history, tradition, and heart.

Steve Martin's score is multi-textured Appalachian, with lovely sweeping melodies, sometimes melancholy, sometimes foot-stompingly raucous. Music is central in this North Carolina story, and the Weathervane house band covers the genre masterfully. Chris Cerreto on drums and AC Muench on double bass hold the groove. Front and center is Danny Marquez' enchanting sweet fiddle. Benjamin Nurthen dances on the guitar and banjo. Hidden from view but certainly heard is keyboardist, Andrew Morrissey (also Patchwork Music Director) Company Musical

Director Colin Keating simultaneously conducts, plays piano, and accordion and flips his iPad score pages with a foot pedal--a performance in itself.

The show's ensemble do duty as prop handlers, set movers, and are integral to moving the story along. They're rebellious youth in "A Firmer Hand," post-war revelers in "Another Round," compassionate angels in "Sun's Gonna Shine," and the friendly neighbors in "Bright Star."

At its core, this story is tragicomedy, and Paulini's direction deftly contrasts profound grief with resilience, exuberant dance numbers and happy endings. The show's polish of innocence and optimism make it a "bright star" in this year's line up.

Steve Martin is known to show up at "Bright Star" performances. You can be sure the Weathervane social media crew is tweeting out the invitation.

Remaining performances are at 8 p.m. on Aug. 14; 2 & 8 p.m. on Aug. 17; 8 p.m. on Aug. 19 and 28. Tickets are available at the Weathervane box office, 389 Lancaster Rd., Whitefield, by phone at 837-9322, or online at weathervanetheatre.org.

North Country Notebook

We've seen this film before, and didn't very much like it

without any idea where it's going, we got ticks (ugh) and, it appears, armadillos (no judgmental utterings on that one). "Lawn-rats," an acquaintance called them, just one of this tough little creature's many was back when kids never seriously challenged adults, like, many decades ago.

If I ever lose my maps and lasers and transponders, I can just wait until spring and simply follow the grass--not the dope kind of grass, but the really green variety, which seems to grow in a straight line gradually downhill from the septic tank.



Columnist

Note to new species: Get out of Dodge.

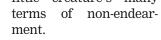
It would be nice if things were so simple, but no way.

I've been through one warming trend, after all., so at least I can claim some experience now that warming tends are in the news---and in some places are all the rage.

When I was in my early teens, winters became milder for three or four years (1964-67, as I recall). The two things I noticed, and remember well, were suckers (the fish) moving much farther upsteam in the spring than before, and seeing earwigs under bark and in other moist and dark places.

Earwigs were a creature I'd never seen before. However, I read up on them, and found out, among other things, that urban myths aside, their "tarsal pincers" are not good for much except hanging off small limbs and stems of leaves---meaning that they cannot pinch very hard at all.

This time around, during a warming trend



+++++

Septic tanks are like anything else with moving parts (in this case, think "fluids," to put it as decorously as possible), in that they need proper maintenance.

One thing a septic tank needs is getting pumped out every now and then. When I put a new system in, back 15 years or so ago, I was getting a lot of company. These days, not so much (meaning that some of that company is in a new location) (hint: it's horizontal).

Anyway, the need to pump a septic tank often precipitates a mad dash for a map, or directions, or something, anything, that might give a hint as to where it is. In my case (Surprise!) I've actually got it covered, with maps and super-compasses and laser beams and that thing Captain Kirk and Spock use to get around the Galaxy.

Over the years I have heard about, and even lived in places, where the "septic tank" was actually a 55-gallon drum, or even (I'm not making this up) an old car or the cab of a truck. "Works pretty good," I heard when I was a kid. This +++++

The Clean Waters Act has long been hailed as one of those few government initiatives that really works.

Well, yes, it does, and there are reasons.

First, there was plenty of money, and plenty of good reasoning. I mean, who could be against clean water? Greenbacks flowed like, well, water.

The strategy would make a football coach proud. Instead of cities, you begin with little towns high up on the watershed---for instance, Pittsburg, Stewartstown, and Colebrook, on the Connecticut River, and, say, Medway, Mattawaumkeag, and Katahdin on the Penobscot over in Maine.

Veteran lobbyists and organizers in the Clean Water campaign knew just what would happen. Sheer numbers of people made lower-watersheds unworkable, but small town numbers were in acceptable range. Smalltown governments,



JOHN HARRIGAN

Atlantic salmon, researchers say, made it this far---the Connecticut River at Colebrook, with New Hampshire left, Vermont right---and on up to First Connecticut Lake in Pittsburg. For generations, a big pipe collected most local sewage and emptied it into this pool on the Vermont side. It's long gone.

working with state fish and game agencies and newly founded clean water divisions, submitted designs, sought money they knew would be there, and in quick fashion got their collection systems and secondary water treatment plants built (before this major initiative, there were only a scattering of large "settling" ponds overwhelmed by major cities---or huge pipes flowing straight out to sea).

And as efforts moved on downstream to bigger numbers and much more complex and costly treatment plants, who could deny them? What politician was going to stand up and say, "No--we're not going help you do your part and keep that water coming into your city clean, we're going to make you just keep right on making it filthy."

It sort of reminds me of how we got the federal government to pony up its share of money for the ocean-going salmon project--building fish ladders for the incredible fish that, in the Connecticut River's case, travelled at least as far up as First Connecticut Lake, almost 400 miles from the sea. At one point, salmon enthusiasts said---to make salmon enthusiasts and conservationists prove their case --"So, show us your salmon bumping their noses against our dams."

And I was tickled to be able to write the rest of that sentence one day, which was "And boy, did they."

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



A Century in Coös

1919

It seems that Berlin (N.H.) has the reputation of being the 'danger spot of New England' owning to the prevalence of Bolshevik sentiment among the foreigners. The Sunday Herald sent a man to Berlin to look into this dire condition and he put the whitewash on Berlin and found it a quiet place with little labor trouble and no discontent. He did claim that little effort had been made to Americanize the Paper City.

1929 North Stratford locals - Fred Keeble and crew are redecorating the interior of the Beauty Parlor and barber shop in the

1939

The new road, an ex-

League building.

tension of the Daniel Webster Highway, from the Second Connecticut Lake to the Quebec Border, was opened to the public today, and an estimated crowd of over 1,000 Americans and Canadians passed the border and traveled along the roadway.

1949

James C. Petrillo, president of the American Federation of Musicians, arrived last week at the Balsams Hotel, Dixville Notch. The music czar had just made a spirited protest against the 20% amusement tax in an effort to abolish or reduce it. He said it was choking the amusement business to death.

1959

Lancaster Police ap-

prehended two young teen-age boys last week for throwing lighted matches into the main U. S. mail collection box in front of the Post Office. 1969

Heavy rain that totaled 3.75 inches on Mt. Washington July 29 made the Lower Ammonoosuc river a roaring torrent and cost the life of a Massachusetts boy who went for an afternoon swim in Carroll. Kent Forbes, 14, of Sudbury, Mass., a drummer at the Weathervane Theatre in Whitefield, went for a swim in swift water of the upper falls of the Lower Ammonoosuc. Forbes' body was located about 200 yards down- stream.

> 1979 LANCASTER - Vel

ma Treffrey of the North Road had a close encounter with a coyote last week, and the coyote would end up the loser. Mrs. Treffrey, who was born and brought up in the North Country and knows how to shoot, was eating supper with her husband Fred when they saw a coyote out the back window. 'Get your gun,' said Fred, so Mrs. Treffrey did, and her shot from 75 yards of so did the coyote in.

1989

Donald LaPlante, president-elect of the New Hampshire Association of School Principals, met with First Lady Barbara Bush recently during an educational conference held last month in Washington, D.C.

Local farm to host Farm to Fork Festival

COLEBROOK — The first New Hampshire Farm to Fork Festival on Aug. 10 from 9 a.m.-3 p.m. is a networking event put on and hosted by New Earth Organic Farm, in collaboration with La Cite Ecologique of NH Ecovillage, located at 85 Angels Rd. in Colebrook, to promote the local food movement in our region and encourage local communities and businesses to support local farmers.

Join us for a day of celebration, exploration and education during this free-of-charge event that will have live cooking demonstrations, supervised children's activities, interactive booths, workshops, presentations from local farmers including Michael Phillips, as well as live music from the Heather Pierson Acoustic Trio, a pizza lunch made of local ingredients donated by participating farms, tours of the hosting organic farm, Ecovillage, and more!

The goal of the event is to build new engagement, collaboration and partnerships between individuals, families, and organizations focused on producing, selling and consuming local food.

The New Earth Organic Farm is a non-profit organization located within the La Cite Ecologique of NH Ecovillage.

deal with these **Service Specials** Early Bird Savings on Winter Tires Pre-Buy a set of winter tires and receive \$100.00 bigdeall rewards towards installation.

1999 An elegant performance by Bradford Conner and Benjamin Sears, both seasonal residents noosuc of Jefferson, drew an audience of some 100 Fred Astaire enthusiasts to the

acre parcel of land was donated to the U.S. Fish and Wildlife Service on Friday by the Ammo-Conservation Trust (ACT) as part of the mitigation for wetlands disturbed in association with the construction of a taxiway at the Mount Washington Regional Airport in Whitefield.

2009 JEFFERSON - An 18.5-

Jefferson Town Hall in a

benefit for the Jefferson

Historical Society.





JEFFERSON

What a summer we are having - plenty of good weather, but the humidity could go down a few notches and make it a bit easier to breathe. We're not complaining, just looking for a little more of comfort for health.

Sunday, July 27, our two nieces from Connecticut, Shelly Le Clair Leonard of Toffington and Cheryl LeClaire of Bloomfield, visited us. They were up in order to attend the LeClair Family Reunion at John's home in Littleton, which has been an every July event. This includes the late Hazel Paschal LeClair family. John Paschal is happy to have a daughter closer to home so to visit as the youngest girl Erica Scales and husband Mike have purchased a home in Lancaster, only about five miles from him. As for their two children, they opted to continue life in Alaska, where one is in college and the other has a job.

Connie of Concord, who previously was a camper at the Jefferson Campground, is in the area now camping in a Twin Mountain campground. She stopped in at the Rupert Corrigan's to visit on July 31. She also plans to visit Marie Noyes and others. In her younger years, she was a Lunenburg, Vt. resident.

Wilma Corrigan | 586-4488

A reminder that the Jefferson Historical Society meets every first Tuesday of the month at 7 p.m. at the Jefferson Public Library as they are working on relocation plans for the museum. The Society needs many more younger people to help keep everything in operation. If interested, contact Winnie Ward at 586-4372. Thanks!

Humor Useful knowledge...

A college student worked part time at a local pizza parlor delivering pizzas. One evening, he had to go to the house of a woman notorious among the drivers for her skimpy tips.

As he handed her her order, she said grumpily, "I suppose you would like a tip."

"Yes, Ma'am, it would be appreciated," said the student, "but the other drivers told me that I'd be lucky to get so much as a quarter from you."

The woman bristled at the accusation. "Just to show you how wrong they were, here's \$5." "Thank you, ma'am," said the student. "This will go toward my college expenses."

"What are you studying?" asked the woman.

"Applied psychology," he said with a smile.



(802) 334-7260

History comes alive at The Summit

WHITEFIELD Have you ever wished you could step back in time and see what life was like for the first settlers of the White Mountains? Wonder no more! Dijit Taylor will take us back in time with her living history portrayal of Lucy Crawford, the indomitable and spirited pioneer who spent 50 years introducing the visiting public to the wonders and beauty of the White Mountains.

Lucy Crawford's 1845 History of the White mountains was the first book published about the White Mountains. It chronicles the Crawford family's time in the area and is described as "perhaps the most important book ever published about the White Mountains of New Hampshire.²

Inspired by Lucy Crawford's book and by the time she spent at the AMC's Mizpah Spring Hut when her daughters were on the crew, Dijit brings to life Lucy's stories of life in the mountains punctuated by birth and death, love and betrayal, road and trail building, and the associated joys and disasters.

Join us at Summit by Morrison on Aug. 17 at 1:30 p.m. for this free presentation. Summit by Morrison is located at 56 Summit Drive in Whitefield.

Summit by Morrison is the region's newest senior living community, with a 25-acre campus

that includes 14 Independent Living cottages, 33 Independent Living apartments, 24 Assisted Living apartments and 12 apartments for residents who require Memory Care.

About Summit by Morrison

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 Assisted Living and Skilled Nursing Facility in Whitefield to provide Independent Living, Assisted Living and Memory Care. For more information, go to www.themorrisoncommunities.org.

Potato Barn Antiques to sponsor "Collection **Contest" at Lancaster Fair**

LANCASTER — Attetion, collectors young and old! Once again, Potato Barn Antiques, located on Route 3 in Northumberland, will sponsor the "Collection Contest" at the Lancaster Fair.

"We love seeing what people collect and admire," says Kellyann Yelle who, along with her husband Mark, owns Potato Barn Antiques.

"We are looking for collections of up to 10 pieces that are displayed artistically and creatively to best show off the pieces," says Mark.

To enter your col-

lection for cash prizes, fill out your entry form. in an Adult and Youth categories ,log onto the fair website www. lancasterfair.com . On the front page, click on "Exhibitors," then click on " Arts and Crafts Exhibitor" for registration and online entry instructions. After you have registered, you can

For more information on the contest, you can look under Exhibitors handbook, drop down and click Contests, then Other Fair Contests to

Collection Display. We look forward to seeing you at the Fair!



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Apartment finishes and amenities vary.



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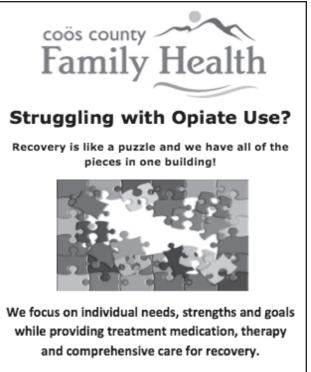
Thursdays~ 9am to 3:30pm AND 2-DAY ▶ Sept. 26 Motivational HEALTH CONSORTIUM Oct. 10, 17, 24, 31 Interviewing Course: Nov. 7, 14, 21 Oct. 3 & 4 (9a-4p)

– Our Corner Store, located at 4 WHITEFIELD – Main St. in Whitefield, will be holding a bag sale Friday and Saturday, Aug. 9 and 10. Summer weather is still here, and we have plenty of warm weather items (shorts, bathing suits, blouses, shirts, etc.) which we need to clear from our shelves and racks to make room for fall.

We have a number of things for 'back to school,' including clothing, books and puzzles. Cost is \$5 a bag. Donations of gently used clothing and household articles and furniture are welcome during store hours. The store has been blessed with wonderful success since opening, thanks to donations of community members, hours worked by willing volunteers, and all the folks coming in to shop. Come browse and find just the items you need while supporting the Christian outreach of the store.

Our Corner Store is overseen by an ecumenical board of directors who are affiliated with multiple churches and denominations in Whitefield, Lancaster, Littleton, Lunenburg, Bethlehem, and Jefferson. Recipients of funds are non-profit community service groups in the area and individual community members who find themselves in need of emergency assistance. Inquire at the store for applications and information, or if you feel called to volunteer your time.

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



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A new revolution in migration research



RANDOLPH — Carol R. Foss, Senior Advisor for Science and Policy at NH Audubon, will be at the Randolph Town Hall on Wednesday, August 7 at 7 p.m. to present a slide lecture "A New **Revolution in Migration** Research: The Motus Wildlife Tracking Network."

The Motus Wildlife Tracking Network is an array of radio telemetry receiving stations that track the movements of birds and other small with small radio transmitters (nanotags). This program will provide an overview of the system, what we are learning from it, efforts underway to expand the network in the Northeast, and how interested citizens can get involved.

Carol Foss is a New Hampshire native who spent her childhood exploring the woods and fields along the Merrimack River in Penacook. She holds a B.A. in Biology from Colby College, a M.S. in Zoology from the University of Connecticut, and a Ph.D. in Wildlife Ecology from the University of Maine. Carol has served on the staff of NH Audubon in a

OAKS celebrates music and "Modern Times" at annual fundraiser

BETHLEHEM — Organized Acts of Kindness for Seniors (OAKS) is giving the North Country a chance to combine a unique, fun evening while giving the non-profit group a boost.

Thursday, Aug. 15, OAKS' annual fundraiser will be the Colonial Theatre in Bethlehem where pianist Eric Van Leuven will accompany a showing of Charlie Chaplin's famous silent film "Modern Times." The evening begins at 5:30 p.m. with a party on the patio, and the movie begins at 6:30 p.m. Tickets are \$10 at the door.

"Modern Times" made its debut in 1936, but is surprisingly pertinent today. It is an exploration of Chaplin's concern that machinery and growing automation "should benefit mankind. It should not spell tragedy and throw it out of work," according to the Web site CharlieChaplin.com. It was the last film in which Chaplin's character "The Little Sugar Hill and White-Tramp" appeared.

Eric Van Leuven, MD has been a student and lover of films for 56 years, having received movies of Charlie Chaplin and The Keystone Kops one boyhood Christmas. A classically trained pianist, having performed at Carnegie Recital Hall at age 10, Eric especially enjoys creating musical scores for the "not-sosilent" classic comedy shorts of 1917-1927. His accompaniment last year to Buster Keaton's film was outstanding.

OAKS is based on the national Village-to-Village Model of grassroots non-profit service for seniors, is a volunteer driven organization dedicated to helping seniors 55 and older live independently in happy, healthy and safe environments.

OAKS leverages the talents, skills and com-

field with tasks such as grocery shopping, house cleaning, transportation to medical appointments or community events, respite care and other daily tasks or projects.

The first year has been great with 17 trained volunteers helping 20 members, said founder Kay Kerr. And the fundraiser is a key to continuing that growth, she said.

Lyn Tober is one of those volunteers.

"I also feel that we have a real need for OAKS in our communities. It is so important to keep in touch with our seniors and to offer companionship and support – even with the small things in life, such as balancing a check book, getting to appointments or doing a little dusting around the home," said Tober.

"I also relish the op-

valuable back to my community," she said. For more informa-

tion, please contact OAKS at 575-5502 or email: oaks4info@gmail. com.

flying animals fitted variety of capacities for Network in New Enmore than 40 years and currently splits her time between environmental policy and conservation science. Her current projects include longterm research on Rusty Blackbirds in Coos County and adjacent Maine and a collaborative effort to expand the Motus Wildlife Tracking

gland.

The Randolph Town Hall is located at 130 Durand Rd., Randolph. The program is free and open to the public. Donations are accepted. Sponsored by the Friends of the Randolph Public Library.



(603) 447-5936 Ext. 307

Gorham, Conway, Ossipee, Concord, & Bethel Me



mitment of volunteers to assist seniors residing in Bethlehem, Easton, Franconia, Littleton.

portunity that OAKS provides for anyone, including myself, to be able to give something



Lung Cancer • Other Cancers

Special trusts have been set up by vendors and suppliers of the Franconia Paper Company to pay asbestos victims:

If you ever worked at the Franconia Paper Company before 1982 you may have been exposed to asbestos - and not even know it. You could be entitled to multiple cash settlements without going to court, filing a lawsuit, or even leaving your house. If you ever worked at the Franconia Paper Company, and have been

diagnosed with Lung Cancer (even if you are a smoker) - or Esophageal, Laryngeal, Pharyngeal, Stomach, Colon, Rectal Cancer or Mesothelioma, or know someone who died from one of these cancers, call



Birmingham, Alabama attorney Robert Norris helps injured daimarts, nationwide, collect cash benefits from Asbestos Trusts. "No represen-tation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers."

DIABETES WELLNESS WORKSHOPS at Littleton Regional Healthcare

Learn the basics of managing your care and meet other people with diabetes. Our program meets the AADE standards for diabetes education and is presented by a Certified Diabetes Educator.

The following workshops will run:

5:30-8:00pm at LRH **Conference Room 3**



September 10	Introduction to Diabetes & Healthy Eating
October 2	Being Active & Healthy Coping
October 16	Taking Medication & Monitoring
October 29	Problem Solving & Reducing Risks for Complications

HOW DO I SIGN UP FOR THE WORKSHOPS?

You must register to attend. Space is limited so call early. Program details available from Lucy Gordon, RN, CDE, at (603) 444-9323 or visit littletonhealthcare.org. Attendance requires a provider referral.



600 St. Johnsbury Road | Littleton, NH 03561 | littletonhealthcare.org 📲 LIKE US ON FACEBOOK

COÖS COUNTY DEMOCRAT

Dalton

(continued from Page A1)

the feeling that you just want to vote and get it over with."

Her statement was met with an eruption of loud cheers and clapping.

When asked what he planned to do next, Swan said, "This is just one phase in the war. Our campaign continues at a regional level. We want to establish baseline water testing for the waterways and lakes in the area. We want to start talking solutions too, and we want to look at municipal waste options."

The enactment of emergency zoning ordinances in Dalton is the latest in a series of recent actions to block the potential development of a commercial landfill by Casella Waste Management near Forest Lake. According to Swan, members of Save Forest Lake, The North Country Alliance for Balanced Change and the Forest Lake Association have begun to discuss ways the three entities can work together. The Dalton Select Board is currently seeking letters of interest and lists of qualifications from community members who are interested in serving on the new Zoning Board. Letters of intent may be sent to the Board of Selectmen, Town of Dalton, 756 Dalton Rd., Dalton, NH 03598.

It was standing room only at the Dalton Town offices on July 30, as voters waited to decide if the town would enact emergency zoning ordinances.



Town Hall

(continued from Page A1)

it stands now the project is short roughly \$59,000. Clark told residents that when the final numbers are in, the project will come in under budget.

The project is now one month behind schedule. The plan is for hammers to start flying by September, and that the buildings can stand up to weather by late November.

"With this, it would allow workers to complete the inside during the winter months," said Clark. He then told selectmen that the blueprints for both buildings are finalized and that the interior design and layouts are just about finished.

"The Public Safety building has remained the same as was originally sized and the Town Hall has gained a slightly large footprint than originally proposed to allow for ample storage," he said.

As for finances, Clark relayed that some grants have been agreed to, and a total of "\$7,500 will be used towards the engineering and \$125,000 from Homeland Security, and we are just waiting to hear on the \$250,000 one from the Northern Border Regional Commission."

Jefferson Christian Church bosting annual community giveaway

JEFFERSON — Jefferson Christian Church celebrates the 11th year of its special Community Giveaway outreach this year.

This year's Give Away event to be held on Friday, Aug. 16 from 9 a.m.-7 p.m. and Saturday, Aug. 17 from 9 a.m.-noon. Jefferson Christian Church is located at 701 Presidential Highway directly across from the Town Hall. JCC welcomes your new or gently used donations of clothes, blankets, shoes, dishes, pots and pans, household items, books puzzles, Christmas decorations and furniture. No electronics please. For large furniture donations or questions please call Dona at 788-4639. Donations will be accepted at the Church on Monday, Aug. 12 and Tuesday, Aug. 13 from 10 a.m.-2 p.m., and on Wednesday, Aug. 14 from 10 a.m.-7 p.m. Thank you for joining with us to assist residents of the Community.

New GriefShare group offered for those experiencing a loss

COLEBROOK —It may be hard for you to feel optimistic about the future right now. If you've lost a spouse, child, family member, or friend, you've probably found there are not many people who understand the deep hurt you feel. This can be a confusing time, when you feel isolated and have many questions about things you've never faced before.

GriefShare groups

meet weekly to help you face these challenges and move toward rebuilding your life. Each GriefShare session has three key elements that work together to help you recover from the deep hurt of loss. These elements are Video Seminar, Group Discussion and Personal Workbook. All three are very important.

GriefShare is a well-established, non-denominational Christian-based program with many groups throughout the United States, as well as several foreign countries.

The second cycle of GriefShare will be held at the Monadnock Congregational Church, Main Street, Colebrook, beginning on Thursday, Aug. 15. We ask attendees to arrive between 6 – 6:30 p.m. for registration; the first class in the series will start promptly at 6:30 and go until 8 p.m. Each subsequent session will begin at 6:30 p.m. There are thirteen weekly classes in the series; if you're not able to attend every one, it's o.k. because each week is a different topic.

If you have any questions, please contact Monda Anderson at 359-0979; or go to www. griefshare.org. If you're experiencing grief of a loved one, we hope you'll join us.

Hiker injured on Mahoosuc section of Appalachian Trail

SUCCESS — On Monday, July 29 at approximately 6:30 p.m., Fish and Game Conservation Officers were contacted through a 911 call by a hiker who had fallen and injured his leg.

Joseph Mehan, 64, of Lafayette, Colo. was hiking Southbound on the Appalachian Trail, also known as the Mahoosuc Trail between Mt. Success and Gentian Pond when the incident occurred. Unable to continue hiking with his non-life-threatening injury, and learning that Mehan was well prepared to spend the night, it was agreed that a response to assist him out of the woods would occur the following morning. On the morning of Tuesday, July 30, Conservation Officers made a contact with Mehan by utilizing ATVs and subsequently hiking to his location. After assessing his injury, he was able to carefully continue down the Mahoosuc Trail with help from the responding officers. Conservation Officers continued to assist Mehan down the Austin Brook Trail where he 11/1/ was ultimately transported out of the woods by use of an ATV.

White Mountains DAR to meet

WHITEFIELD — The White Mountains Chapter, Daughters of the American Revolution, will hold their next meeting on Monday, Aug. 12, gathering at 10 a.m. at the Whitefield Public Library parking lot, 8 Lancaster Rd. (Route 3 North), Whitefield. From there, transportation will be arranged to the Chapter's Adopt A Highway section of Route 116 for clean-up. Immediately following the highway clean-up, the regular meeting of the Chapter will commence with a picnic at Forest Lake. Beverages and dessert will be provided to accompany your brown-bag lunch. Please bring a blanket, chair, swimsuit, kayak, etc., for a fun time at the beach.

Above the Notch Car Club Car & Mustang Show

SUNDAY, AUG 11, 2019 10am-2pm

All makes & models Welcome!

Located at Beech Hill Automotive 4093 Main Street (Route 302) Bethlehem, NH

50/50 Drawing ~ Raffle Items ~ People's Choice ~ Mustang Awards Ray S. Burton Sportsmanship Award & Many More

\$10.00 Entry Fee

Proceeds go towards the Tool Box Program!

FOOD/REFRESHMENTS AVAILABLE

Need Info? Call Phil 603-869-2181

 \sim

~SAU #58~ NOTICE OF MEETINGS AUGUST 2019

NORTHUMBERLAND SCHOOL BOARD Groveton High School Library Tuesday, August 13, 2019 6:00PM – Board Meeting

STRATFORD SCHOOL BOARD Stratford Public School Wednesday, August 14, 2019 6:00PM – Board Meeting Guests and the public are welcome and always cordially invited to attend DAR meetings.

For further information about the meeting or membership in the Daughters of the American Revolution (DAR), please contact Alicia Prater (991-3755).

Krazy Days (continued from Page A1)

During Krazy Days, the staff looks forward to welcoming returning clients and meeting new ones. This is an opportunity for everyone in the community to benefit from unusual bargains on great things from clothing to household goods to shoes and games. Every penny of the Shop's profit is donated to the local churches for reinvestment in their important community outreach. Visitors are welcome from 8 a.m. until 3:30 p.m. For further information, please call 636-2026.





at the Colonial Theatre in Bethlehem, NH Thursday, August 15, 2019 5:30 to 8:30 \$10

Community Baptist Church hosting Vacation Bible Camp



WHITEFIELD — Community Baptist Church of Whitefield will hold its annual Vacation Bible Camp Monday-Friday, Aug. 12-16, from 5:30-8 p.m. Children grades K-7 are invited to join in games, crafts, music, and activities centered on "Meeting God on the Mountaintop." Each child will learn about mountains and events that happened on mountains in the Bible.

Vacation Bible Camp is free and open to the public. Camp begins with supper each evening. A regular schedule of craft/science, Bible and recreation takes place on Monday through Thursday. Friday has special events including a cookout and a special closing program to which parents and families are invited. We hope to have many hikers have a 'mountain top experience' at this year's Vacation Bible Camp!

For information, or to register your child, please call 837-2469 or visit the church website www.cbc1816. church. Community Baptist Church of Whitefield is located at 22 Jefferson Rd., across the street from the Post Office and next door to Mac's Market.

Injured hiker rescued from Edmand's Path

BEAN'S GRANT — At approximately 1 p.m. Wednesday, July 31, Fish & Game Conservation Officers were notified of an injured hiker on Edmand's Path in Bean's Grant. The call came in via 911 and reported that a 19-year-old male had suffered a lower leg injury and was not able to walk out on his own.

The hiker identified as Daniel Saukkonen of Chestnut Hill, Mass. was one of the leaders of a student group from Newton, Mass. who were conducting a multi-day hike in the White Mountains. While descending on the Edmand's Path, Saukkonen slipped down a wet rock face and injured his lower leg. Members of his hiking party administered first aid and a call was placed for further assistance.

Conservation Officers and a member of Twin Mountain Ambulance hiked in approximately one and a half miles to assess the nature of the injury. Although in pain and unable to place any weight on his leg, Saukkonen was determined to make it out without being carried. After assessing the injury, the first responders provided crutches and Saukkonen was able to work his way down the trail with some assistance and made it to the trailhead at approximately 6 p.m.

Saukkonen was evaluated by Twin Mountain Ambulance and ultimately transported to Littleton Regional Hospital for treatment of his injury.

Weeks State Park hosting program on grand hotels

LANCASTER — Weeks State Park will host a program on "Grand Resort Hotels of the White Mountains" Aug. 15 at 7 p.m., presented by: Bryant Tolls, Jr.

Architectural historian Bryant Tolls, Jr. shares the history and architecture of the grand resort hotel phenomenon and hospitality tourism in the White Mountains of New Hampshire from the pre-Civil War era to the present. The primary focus is on the surviving grand resort hotels: The Mount Washington Resort, the Mountain View Grand, the Balsams, the Eagle Mountain House and Wentworth Hall and Cottages. Extensive illustrations document these buildings and others no longer in existence.

History professor and museum director Bryant Tolls is the author of books on New Hampshire and Salem, Massachusetts architecture, the grand resort, hotels of the White Mountains, the summer cottages of the White Mountains, the resort hotels of the Adirondacks (New York), the resort hotels of the New England seacoast, and college and university architecture

in New England before 1860. A graduate of Yale College, he earned his MAT in American Studies at Yale and PhD in American and New England History at Boston University. Bryant has served on the faculty of the University of Delaware, Tufts University, and Harvard University, teaching courses on the history of tourism in America and the history of New England.

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 2 miles south of Lancaster. The State Park phone number is 788-4004. Carpooling is strongly suggested if possible for the

grams are 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 the summer program series possible



Cohos Historical Society welcomes Nancy Gray

STRATFORD — Join the Cohos Historical Society on Tuesday, Aug. 13 at 6 p.m. at Kimball Hall in Stratford Hollow to hear a talk from Nancy Gray of Groveton on her book "A Harvest of Memories."

Her book shares her day to day stories from her many years of owning and operating Gray Mist Farms . From wintertime to crops to milking cows and why milk is good for you. Come hear her fun informative collection of stories from her column she wrote for many years from "Farms and Forrest" pages.

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This presentation is made possible by a grant from the New Hampshire Humanities:

gram. This program will be

Humanities To Go Pro-

events.

Shuttling service will be provided for all summer programs from the parking lot to the Lodge from 6:30 to 8:30 p.m.

The summer pro-

What is the Plea of the church of Christ?

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

Christian People Have A Cure For Worry

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Worry is one of the biggest problems most people have. The uncertainty of the future because of political unrest, inflation, and the energy crisis creates anxiety which can result in severe mental and physical problems.

Christian people with profound faith in God through Jesus Christ are free from most worry. God has promised that He will watch over, guide, and protect His faithful followers. He has promised an eternal home for those who really love Him and live the Christian life. You can conquer worry with God's help.

This message is sponsored by the Northern Valley church of Christ. For comment, questions or further study contact us at 603-788-4073 or 603-684-8379

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

Sponsored by the Northern Valley Church of Christ Any question or comments, contact us at: 603-788-4073 or 603-684-8379 Visit us online @ www.nvcoc.wordpress.com

Good news on the horizon? Place an announcement in your local paper! Come browse the local vendors, watch the Patchwork Players, engage with Wildlife Encounters friends or check out the Whitefield Library's Annual book sale including some extras from the Whitefield Historical Society.

There will be a 50/50 raffle, BBQ lunch and plenty of crafts and activities for the kids!

All proceeds go to help the Whitefield Recreation's Scholarship Fund.

WEDNESDAY, AUGUST 7, 2019





THE FRENCH WORD "CADET" MEANS "YOUNGEST CHILD" AND IS WHERE THE TITLE OF THIS GOLF HELPER CAME FROM.

ANSWER: CADDIE



Golf Game Word Find

Find the hidden words in the puzzle.

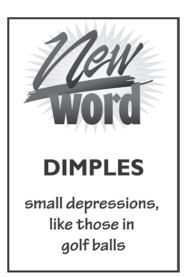
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Ν	В	F	L	Е	D	А	L	0	Х	Ν	Α
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Η	В	Μ	Y	Р	W	А	S	Μ	В	J	Η
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Get Scrambled

Unscramble the words to determine the phrase.

ETE MTEI





əmit əəT :rəwenA





ITALIAN: Palla da golf

FRENCH: Balle de golf

GERMAN: Golfball

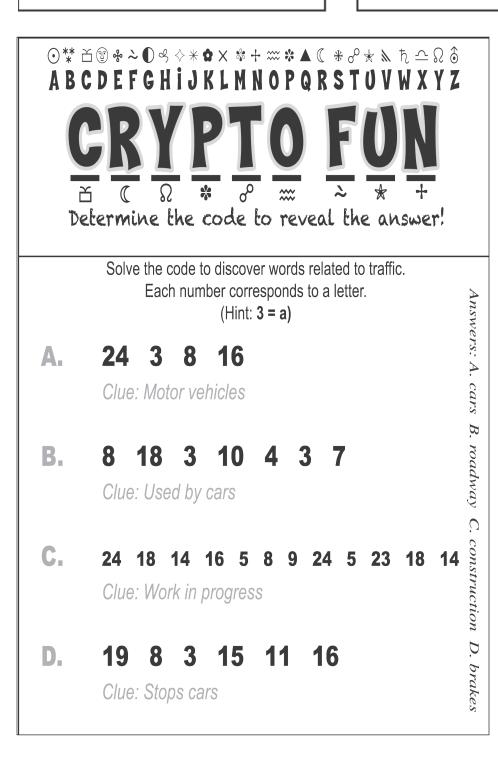
ERA OF JULIUS CAESAR, WHEN IT WAS PLAYED BY STRIKING A FEATHER-STUFFED BALL WITH TREE BRANCHES.





Can you guess what the bigger picture is?

ANSWER: PUTTER AND GOLF BALL



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Fun By The Numbers

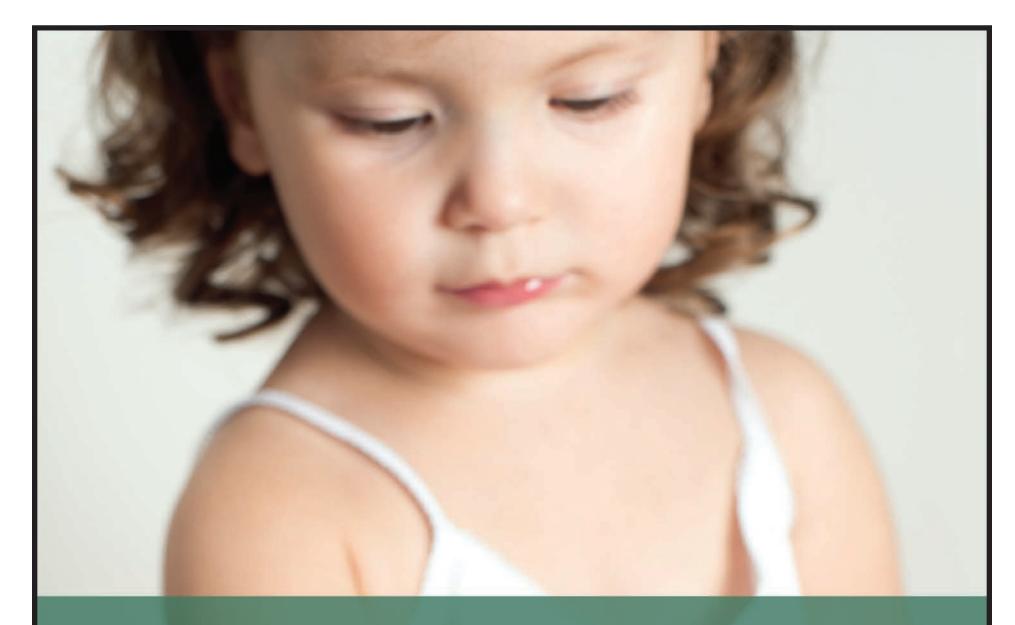
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

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

8	9	ç	and a	Z	6	3	2	7
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The convenience of urgent care. The backing of an entire healthcare organization.



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COMPETITIVE, AFFORDABLE RATES CONVENIENT HOSPITAL LOCATION SEVEN DAYS A WEEK, 9 A.M.-8 P.M. NO APPOINTMENT NECESSARY

Experience expert-level urgent care at a competitive cost for non-emergency health conditions ranging from x-ray and lab services to minor sprains, injuries and illnesses.



LittletonHealthcare.org

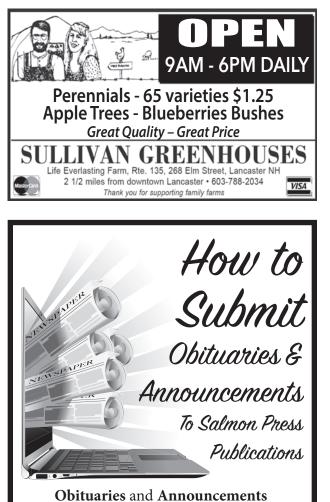
Littleton Urgent Care | 600 St. Johnsbury Road | Littleton, NH 03561 | 603.444.9294

Stratford 250th Celebration Committee meets Monday

STRATFORD — The next meeting for the 250th Celebration for Stratford will be Monday, Aug. 12 at 6 p.m. at the Fuller Town Hall. This event will take place in 2023.

The committee has formed early to begin the planning process and would like your help. Anyone who would like to be involved is welcome to come to the meetings.

If you have ideas and can't make the meeting, please email them to stratfordnh250@gmail.com.



Northern Gateway Chamber bosting mixer at Weeks Patient Care Center

LANCASTER — Join the Northern Gateway Chamber of Commerce on Aug. 21 for a Chamber Mixer at Weeks new Patient Care Center.

Come and tour the new Patient Care Center on Wednesday, Aug. 21 from 5 - 7 p.m. Weeks' Patient Care Center is approximately 42,000 square feet. The new center is connected and integrated with the exiting hospital. It contains expanded and accessible space to improve privacy and primary care services. It offers enhanced space for outpatient specialty services. In addition, the new center will allow Weeks to attract and retain the top healthcare providers that our communities need. The new center has built-in expansion space for critical future needs. Enjoy light refreshments highlighting local products at the Get-

42,000 In addition, the new A-Way Cafe located at ne new center will allow Weeks 173 Middle Street in Lanted and to attract and retain the caster.

> This is a wonderful networking event. Please R.S.V.P. to the chamber at northerngatewaychamber@ gmail.com or 788-2530.

Celebrate Community Day in Whitefield

WHITEFIELD — Whitefield Recreation would like to invite all to join us for our 24th Annual Community Day Saturday, Aug. 10 from 10 a.m.-2 p.m. on the Whitefield Common. We will have patchwork players performing at 10:30 a.m., as well as wildlife encounters with a few tag along animals from 11:30 a.m.-1 p.m. There will be arts and crafts and many activities for the kids. We will have a BBQ lunch plate for \$5.

Please come and visit our local vendors as well. All proceeds help benefit our scholarship fund for the recreation department. LANCASTER — On Aug. 22 from 5:30 -8:30 p.m., a benefit concert will take place at Centennial Park. All proceeds will go towards the purchase of a spruce tree for the Colonel Cross Park.

Concert to

support purchase

of new tree

Bruno's wood fired pizza will be on hand and live music will feature Jeremy Dean, Mike Kopp and Kenny Oakes.

Former employee of the town Jim Noland said, "Our parks are the heartbeat of the town. Rich with history they are the green space where our community gathers for events like the farmer's market, band concerts and other music as well as holiday celebrations."



Kaitlyn Adam, 20, of Berlin was arrested for unlawful possession of alcohol.

Daniel Copson, 39, of Lancaster was arrested for conduct after an ac-

Jason Goodness, 37, of Whitefield was arrested for acts prohibited and being in possession of a controlled drug.

Todd Leeman, 45, of Gorham was arrested

of a controlled drug.

Charles Wernig, 59, was arrested for criminal trespass and was placed in protective custody.

Tina Roy, 47, of Berlin was arrested for DUI. Morgan Pennigton, 31, of Berlin was arrested for driving after suspension.

Biana Berryman, 26, of Whitefield was arrested for willful concealment.

of special events such as weddings, engagements, and anniversaries are published FREE OF CHARGE in any/all Salmon Press newspapers. Obituaries can be sent to: obituaries@salmonpress.com Wedding, engagement, and anniversary announcements are welcome at: weddings@salmonpress.com Photos are also welcome, but must be submitted in jpeg format. Please contact Executive Editor Brendan Berube at (603) 279-4516, ext. 101

with any questions regarding the submission process.



Baked Potato, Corn on the Cob, Colesaw, Rolls & Drink Hosted by Benton Lodge 88 Scholarship Fund Call 802-328-4106 for tickets Travis Jackson, 35, of Bethlehem was arrested for driving after suspension.

Amber-Leigh Verley, 33, of Berlin was arrested on a warrant.

Benjamin Conkright, 24, of Whitefield was arrested for being a habitual offender. rested for driving after suspension. Susan Repetti, 63, of

Vyola Devoll, 21, of

Lunenburg, Vt. was ar-

Dover, Mass. was arrest-

ed for DUI.

Jeremy Bartlett, 28, of Whitefield was arrested for domestic violence.

Emily Savage, 29, of Dalton was arrested for willful concealment.





Country Inn & Restaurant

air

Whether you are celebrating a special occasion or meeting family and friends, enjoy a classic cuisine and warm hospitality in our cozy dining room or intimate library lounge.

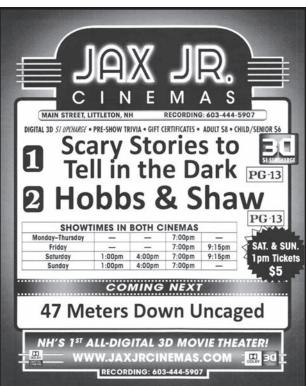
Adair is the perfect dining choice!

Open for Dinner Wednesday - Sunday • 5:00-8:30 pm

Thursdays DATE NIGHT 3 course Dinner for \$29.00 per person Tax and gratuity not included. Reservations Recommended. Treat your date to an overnight stay \$109.00 per room

80 GUIDER LANE • BETHLEHEM, NH Exit 40 at the junction of I-93 & Route 302 603-444-2600 • ADAIRINN.COM





School year starts Aug. 27 in Stratford

STRATFORD - Stratford Public School will start the 2019-2020 school year on Tuesday, Aug. 27. School begins at 7:55 a.m., and is dismissed at 2:40 p.m. each day.

We are excited to announce that once again Stratford School is participating in the

Community Eligibility Program (CEP) which allows free breakfast and lunch for all our students. The Community Eligibility Program is a reimbursement option for the School Breakfast Program and the National Lunch Program. The purpose is to encourage more students to eat

breakfast and lunch at school.

We look forward to the return of our students and staff; and we also welcome a few new staff members. We have some great things planned for the school year; included is everyone's favorite - The Yankee Candle Fundraiser, which will

begin Aug. 29. The Appalachian Mountain Club will be back with us on a monthly basis and our STEM Club has scheduled meetings later in the year. Our parent and student group, PAWS, has upcoming meetings and plans for great activities throughout the school year.

Students will be given information and forms on the first day of school. Forms will need to be completed and returned to school before or on Tuesday, Sept. 3. If you have any questions or need information before the school year officially starts, feel free to call at 922-3387 or visit our Web

site at www.sau58.org. Click on the link to our school where you will find just what you need.

There will be no school on Friday, Aug. 30 or Monday, Sept. 2.





TWO LAND PARCELS WITH BEAUTIFUL MOUNTAIN VIEWS

Waterford: Both are located on Shadow Lake Road in Waterford, situated midway between Littleton, NH and St. Johnsbury, VT. There is an excellent elementary school & High School Choice. Moore Dam, where there is swimming, boating and picnicking, is about a mile away. The first parcel is 9.79 private acres with a road already accessing property. \$79,900--ML4708300. The second parcel is 2.31 acres. \$39,000--ML4708313



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Call your sales representative today! 603-279-4516



APARTMENTS FOR RENT:





COUNTRY AUCTION

Furniture, Stoneware, NH Art, Jewelry, General Store Sat, Aug. 10, 2019 · 9AM · 3247 Rte. 302, Lisbon, NH

Join us at the auction barn as we sell collections from a few local homes. Sale will include a 30-min. Boxapalooza! Furniture: Round mahog. pedestal table w/ball & claw feet, folding leaf; walnut gateleg table w/drawer; dome top trunk; 2 ladderback chairs; electric fireplace; pair/pineapple twin beds w/blanket rails; cherry quilt rack; more. Stoneware/Pottery/Glass: 50+ blue/white decorated, other stoneware crocks & bottles, incl: Win Schuler; Frank B. Norton; Herman Freed Liquors; J.S. Taft (4 gal); Conde; H.N. Ballard; J.W. Pitman; Cummings; AMN; Heald; M. Norris; D.L.O. & Sons; more; jugs and pitchers; Roseville cow pitcher; German steins; amber candy dish; red art glass vase; white glass bowl; vaseline rose bowl; Rayo nickel kerosene lamp w/cranberry shade & chimney; Moxie glass; Marigold Carnival bowl; Roseville baby dish w/rabbits; Yorkshire dish set; crystal; more. Art: Oil/canvas Cannon Cliffs by R. Niles; o/c 3 panel painting "Cape Foulweather, Oregon" by R. Niles; oil on board fall scene, Franconia, NH, by R. Alden Burt; o/c barn scene by E. Scharer; o/c owl by S. Prado, Concord, NH; o/c hawk by D. Coffin, 1999; o/c girl holding baby chick by D. Coffin, 1999; girl herding sheep print; train station print by D. Motill; Victorian House by D. Motill; carved woodpecker; wooden Russian portrait; more. Rugs: Bocara, 64" x 41 $\%^{\prime\prime};$ tribal prayer rug, 60" x 38"; other area rugs, runners. Misc: Asst'd early molding planes; Russian 21 Second Combination Time & Percussion Fuse (paperweight), RI; great old free-standing store-keeper figure w/orig. clothes & shoes; maple sugar bucket carrier; plant stands; lg. wood carved wristwatch clock; 4 vintage dresser clocks; wooden compass; iron hooks; lg. fish hook; CT steeple clock; oak Regulator clock; glass paperweight w/gold; wooden candle-sticks; reference books; old plumbing & automotive books; wooden fork; rosewood giraffe; seal figures; nail keg; LOTS of costume jewelry; wooden Estate Jewelry ad sign; table top display cases; Fleetwing metal runner sled; carved Praise the Lord sign; Garden of Eden wall carving; metal detectors; golf clubs; Ben Hogan irons w/Apex edge and arthritic grips; BOXLOTS! PREVIEW: Friday, 8/9: 3-6PM & Saturday, 8/10: 8-9AM or by appointment. TERMS OF SALE: 13% BUY-ERS PREMIUM (10% w/cash or check with proper ID); all items sold AS IS; all sales final. Refreshments available.

Ammonoosuc River Auction Company Michael J. Carver, Auctioneer NH Lic. # 3081/VT Lic. # 2371 3247 Route 302, Lisbon, NH 03585 Ph: 603-444-1136

Details & pics @ amriverauction.com



GUILDHALL, VT: Now available, 61.9 wooded and open acres with 4 bedroom farmhouse and Direct Access to the VAST Trail System. Includes 10 to 12 acres of excellent hay and cropland. The house has a big eat-in kitchen, laundry, living room, family room and a bedroom all on the first floor with 3 more on the second. The oversized 2 car garage with tool bay is attached with direct entry to the \$199,500 (4727966) kitchen



Martin Meadow Pond Road. 42.86 acres: Looking southwest to the Presidential Range, east to Mt. Cabot and Starr King, and south to Lafayette, this is a beautiful location with so many advantages. The land slopes toward the view, opening up a direct southern exposure for a great solar advantage. Close to the Pond, Mt. Prospect and the Village, but so private and on a road lightly traveled. \$129,000

MLS

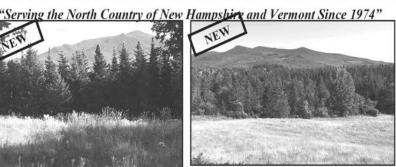


JEFFERSON, 62 ACRES: From the site of the old Greenwood Inn, less than a good tee shot from the golf course, you can walk up the old circular drive to stand behind a protective row of spruce and elegant old maples. From the clearing where the Inn once stood, you can look out at Cherry Mtn, Owl's Head, the Valley, portions of the Dartmouth Range, Mts. Lafayette and Cannon, and perhaps some of the Presidents with clearing. The land borders the National Forest with slopes rising to reveal more spectacular views from deep within a growing \$129,000



BERLIN: Nicely located at the end of the street, without traffic \$169,000 (4765505)

86 Main Street, Lancaster, NH 03584



PLEASANT VALLEY RD, 56.14 acres: This iconic site with wonderful view sits on the high corner where you can look across its many acres of hay fields, pasture and forestland to the Pliny and Pilot Ranges, as well as familiar hills to the south. There are countless sites where your home and farm can be privately located, including at the edge of two interior fields cut out of the woods, as well as the expansive areas you can see from this classic town road. Redman Brook traverses the property, passing under strong wooden bridges that connect farm lan and, woods roads. A direct southern exposure promises an excellent solar advantage. This parcel combines all the features we look for in exceptional acreage. \$195,000



in one of the city's nicest neighborhoods, this lovely ranch home RANDOLPH HILL ROAD: Situated on 2.43 nicely has been proudly and carefully maintained since the day it was landscaped acres with a pond and spectacular Presidential built. Offering one floor living to avoid the frequent use of Views, this charming 5 bedroom, 2 1/2 bath country home, built stairs, it offers a master and two other bedrooms, 1 and 1/2 in 1838, is extraordinary. It includes a big country kitchen baths, a large, bright and open kitchen/dining/living room, and a with vaulted family room, formal dining and living rooms, a delightful sunroom overlooking the private back yard. The large master suite on the first floor, a small study and an walk-in, level entrance basement includes a large den/family inviting sunroom with natural light and solar warmth. room recently finished, laundry, storage and workshop space, Outbuildings include a one bedroom Guest Cottage with open along with a one car garage with direct entry. We are proud to kitchen/living/dining area; a Bunk House; and a 3 car garage, present this very comfortable, neat and clean home. This is a beautiful home in a treasured community. \$349,000 (4741602)

www.pwpre.com



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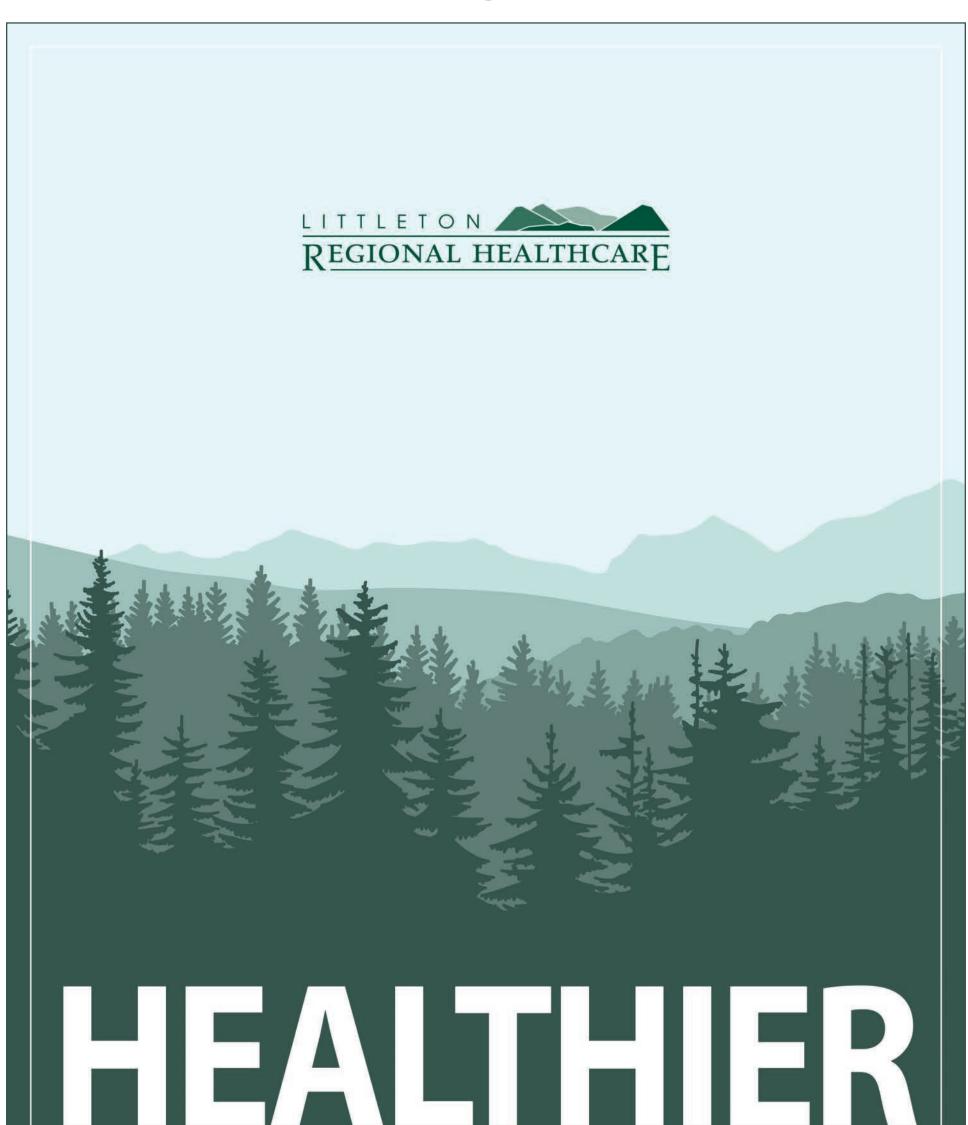
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> Exit Realty Trailblazers exitnh@gmail.com

WEDNESDAY, AUGUST 7, 2019



THAN EVER

Whether it's helping you get back on your feet, bringing your little one into the world, or preventing problems before they arise, our focus at Littleton Regional Healthcare always remains the same: provide our community with the highest quality healthcare the region has to offer.

LittletonHealthcare.org

Sports

Wednesday, August 7, 2019

COÖS COUNTY DEMOCRAT

BY TARA GILES tara@salmonpress.news

JEFFERSON — White Mountains Regional High School graduate Katlyn Coulter recently spent some time overseas doing what she does best, softball.

Coulter, who was a standout pitcher for the Spartans, headed to Maine after graduation where she attends Thomas College. There, she is studying Criminal Justice and is currently interning with the NH State Police.

She had the chance to 'hop the pond' after being selected for Team USA under Aist Tours. The selection process is based on recommendations from coaches as well as statistical leaders from around the country in across all divisions. Coulter was a sure fire pick.

Team USA competed in Paris, France, Belgium and in Amsterdam, where they played two games.

Coulter explained how it worked, "Aist Tours sends invitations to individuals who have impressive records to join their team. They send you an invitation link and you have two weeks to accept it. My record from my freshman year was noticed and that's why I was sent an invitation."

The standout had three choices on where she wanted to travel too. She had options from Italy, Prague or Paris, "I chose Paris because it has always been on my bucket list to see the Eiffel Tower, it's literally plastered all over my room. After you

choose where you want to go, you fill out the position and informational form. If they have room on the team for your position, they place you on the team that's headed to the location you wanted to go to.

"I ended up going to Paris, Bruges, Belgium, which is a beautiful medieval city and Amsterdam in Holland," she

Coulter, PAGE 3



AUG 10, 2019 Saturday, from 9 to 3. Join us for the first ever annual NH Farm to For Festival. An all-day FREE family-friendly event in association with the NH Eat Local Month, celebrating the rich diversity of local foods in northern New Hampshire! La Cite Ecologique welcomes you with horse

drawn wagon rides, beer and food tastings, free wood-fired pizza and a lot more!

Presentations by: Michael Phillips, CJEJ Farm Live music by: Heather Pierson Acoustic Trio





zoeandcompany.com



LIVE MUSIC GIVEAWAYS RAFFLES DOOR SWAG

PAGE B1



BEER TASTING, RED SOX TICKETS, CHAIR MASSAGES, DRINK SPECIALS, BEAT THE BARTENDER GAMES AND MORE!!!

> SUNNY'S PIZZA & JILLIAN'S PUB (603) 837-9900 6 KING SQ WHITEFIELD, NH

salmonpress.com



FARM¹⁰F@RK



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

COÖS COUNTY DEMOCRAT

Ivy Watts to speak to local athletes at WMRHS

WHITEFIELD — The System of Care office at SAU 36 is proud to host Ivy Watts, founder of Beautifully Simply You for a presentation on Wednesday, Aug. 21, from 6 to 8 p.m. at the White Mountains Regional High School auditorium. Watts is a University of New Haven and Boston College graduate and former student-athlete who appeared to have it all together, graduating Summa Cum Laude and a top 30 finalist for the NCAA Woman of the Year Award, yet on the inside struggled daily with anxiety, self-worth and suicidal thoughts. Finally seeking help, Watts, who is Mental Health First Aid certified, promotes mental wellness and reduces stigma around mental illness by sharing her story through public speaking and her blog, Beautifully Simply You. Watts empowers others to speak their truths, know that they are not alone, learn the beauty of self-love and find the strength to keep fighting for their tomorrows. She went on to be chosen as 2015 Northeast-10 Conference Co-Woman of the Year. A psychology major, she also excelled in the classroom, earning a 3.98 GPA. Despite all she accomplished, she felt it wasn't enough.

In Watts' words, "It became a lot on me mentally to succeed," Watts said. "When I wasn't able to meet the goals I had for myself, I tore myself down and it really hurt my self-esteem. Years afterward, I wasn't able to deal with why I was so fearful all the time in terms of not being able to reach all the goals I want to reach and why I was beating myself down. I had a really bad lack of confidence, despite my perceived exterior. That's when I realized I had to talk with somebody."

Watts will be presenting about the importance of mental wellness at the White Mountains Regional High School from 6 to 8 p.m. on Wednesday, Aug. 21. This event is being promoted regionally to all youth athletes throughout Coos and Grafton Counties and will be supported by four youth athlete ambassadors from SAU 36 and SAU 20. All student athletes, coaches, teachers and parents are encouraged to come to this free and highly anticipated event.

FRANCONIA — This Labor Day weekend, Olympic gold medalist and four-time world skiing champion Bode Miller and his Turtle Ridge Foundation will host the 12th annual BodeBash Golf and Tennis Classic at Tamarack Tennis Camp and the Maplewood Golf Resort starting on Saturday, Aug. 31. BodeBash is a two-day family-friendly fundraising event with a round robin tennis tournament for all levels, wheelchair tennis expo, silent auction, cocktail hour, dinner party and live music on day one followed by grab n' go breakfast, 18hole golf scramble, on course complementary lunch, raffles, contests and live auction on day two. BodeBash will offer plenty of fun for all ages and abilities.

Turtle Ridge Foundation, a non-profit organization founded in 2005 by Miller and his family, is dedicated to supporting innovative and progressive adaptive and youth athletic opportunities in local communities.

This year for the BodeBash fundraiser, the focus will be on local impact in the Franconia and Bethlehem communities. The Turtle Ridge Foundation will donate the proceeds to the Adaptive Sports Partners of the North Country's Equipment Fund and Profile's Safe Route to School Project.

Bode Miller heading back

to New Hampshire

12TH ANNUAL BODEBASH GOLF AND TENNIS CLASSIC BENEFITS ASPNC'S EQUIPMENT FUND AND THE

SAFE ROUTE TO SCHOOL PROJECT

These two very important causes desperately need financial support, with new energy from new Director Thomas Shovlin. ASPNC continues to grow and expand their programs. The need for adequate equipment is of utmost importance. "Unfortunately, a single hand cart or recumbent mountain bike can cost as much as \$10,000," says Kyla Miller, Chief Operating Director at Turtle Ridge Foundation. "We would like to be able to help create and grow an equipment fund for ASPNC. This will give them the financial ability to purchase needed equipment for their programs."

The Safe Route to School Project has raised more than \$190,000 to specifically support design and construction of a trail to Profile School from Bethlehem and Franconia Village centers as well as personalized learning programming. The trail will provide non-motorized access to school and will enhance opportunities for physical, social and academic success. This five-mile, 6'-12' wide trail will be accessible for all ability levels from multiple access points. Local residents and outdoor enthusiasts will be able to enjoy this beautiful wooded trail system year-round. As the project leader and physical education teacher at Profile School, Angela McShane, said perfectly, "we want this trail to be the fabric of our community, seamlessly sewing physical activity, peer relationships and connection to nature into our daily lives."

In addition to the trail becoming a resource for school children and local residents throughout the year, it will become an economic driver for the region. To complete this project, an additional \$75,000 is needed to build bridges, trail signs, kiosks, boardwalks and pay for legal easements

permanently conserving the trail.

The BodeBash Golf and Tennis Classic fundraising event offers many opportunities to participate. BodeBash Dinner Tickets start at \$50, tennis tournament starts at \$75 and golf at \$175. Registered Bode-Bash guests will have the opportunity to participate in warm-up tennis clinics lead by miller and his family, spend the day mingling and socializing with Miller, Turtle Ridge members and fellow supporters. Come take part in our silent and live auction, enjoy live music and indulge in gourmet food drinks from Chef Joe's Catering, Tamworth Distillery, Tuckerman Brewing, Foot of the Bed Cellars, Korbel and Stonyfield Farm.

Make a tradition this Labor Day weekend and come support a great cause. Space is limited, so head over to http:// www.turtleridgefoundation.org/ for more information or register at http://www.turtleridgefoundation.org/bodebash19.

One year out from the trip home from Tokyo

This column goes to print in the first full week in August, which marks one full year until the final days of the 2020 Tokyo Summer Olympics.

In fact, the Summer



rienc

weeks I am scheduled to be in Tokyo. The lodging situation in Japan will be a little different than in my previous two Olympic experiences. In Sochi, the media housing was in what was essentially a hotel where I stayed by myself while in PyeongChang, the media housing was essentially apartments, where I had my own room, but



Olympics closing ceremonies next August will take place on Aug. 9, wrapping up what will (hopefully) be my first Summer Olympics expe-

Last month, I received my confirmation that I had been granted my first choice for lodging for the two-plus

THE SALMON PRESS 2019/2020 NEW HAMPSHIRE WINTERGUIDE



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JOSHUA SPAULDING

THIS WAS THE first Olympic flame I saw, in Sochi, Russia in 2014. The hope is that the first Summer Olympic flame will be next year in Tokyo.

shared a living room and kitchen with two other people.

In Tokyo, because the Olympics are happening in an already bustling metropolis, the media housing will be in existing hotels. Each media member was given a list of the hotels, which included the amenities available and travel times. We were then asked to give our top three choices for lodging. My choices were entirely based on price, since much of this trip I am funding myself (with the help of many wonderful people who have donated). I did receive my first choice, the Tokyo Inn Tozai-sen Nishi-kasai, which runs at \$90 a night. So, the total price for the 18 nights I have reserved (the night before the opening ceremony to the night after the closing ceremony) is just more than \$1,600. This actually comes in a little under the price for PyeongChang (if I remember correctly), which in turn was less than Sochi.

I've spent a little time looking at the schedule for next summer and it looks pretty daunting. In the Winter Olympics, my first choice about things to see was any

local connections, so I saw a lot of biathlon, alpine skiing and freestyle skiing. I am anticipating fewer local connections in the Summer Olympics, so there might be more of a chance to see different things. In both Russia and Korea, I was able to see pretty much every venue and most every sport, but that certainly will not happen in Tokyo, as the schedule includes a lot more different sports. All told there will be 33 sports and 339 events. That's a lot.

However, I will do whatever I can to see as much as I possibly can, hopefully giving the readers back home a first-hand look at some of the iconic venues, including many that were also used the last time the city hosted the Olympics in 1964. There is a total of 42 venues, 24 which are already existing, 10 that are temporary and eight that are brand new.

That being said, I am interested in any possible local connections that might be at these Summer Games. As the Olympics get closer and qualifiers are held, I welcome any e-mails or phone calls regarding local connections.

For those interest-

ed, there is a gofundme page set up for donations to support the trip at https://www.gofundme.com/f/b4j4gq-tokyo-2020. I appreciate any donations.

Additionally, in the time leading up to the Summer Ölympics, I will periodically update my blog and when I (hopefully) make it to Tokyo next July, I will try to update the blog every day, as I did throughout the Sochi Olympics in 2014 and the Pyeong-Chang Olympics in 2018. The blog can be accessed at https://salmonsportsguy.blogspot.com.

A year from now, it will be time to start packing up for the return trip home. For now, there's plenty of work to do to prepare.

Finally, have a great day Kevin Malm.

Joshua Spaulding is the Sports Editor for the Granite State News, Carroll County Independent, Meredith News, Gilford Steamer, Winnisquam Echo, Plymouth Record-Enterprise, Littleton Courier, Newfound Landing, Coos County Democrat, Berlin Reporter and The Baysider. He can be reached at josh@ salmonpress.news at 279-4516, or PO Box 729, Meredith, NH 03253.

SMAC Super-Modifieds at Speedway 51 Saturday

GROVETON

Speedway 51 and the 350 SMAC Super-Modified Tour have come to an agreement to host a very special event on Saturday, Aug. 10, at Speedway 51 powered by the Autosaver Group facility located in Groveton. Unfortunately the PASS North race scheduled for that date was shifted to the spring of 2019.

10

National Forest.

throughout the morn-

ing for everyone in the

family to enjoy. Athletes

will be challenged in the

forested half marathon.

cruise through the dirt

packed 5K. or find their

pace in the one-mile fun

run. While racers are

chasing down the finish

them at dinner after the

a team with complete

strangers, who not only

weren't familiar with

Coulter but with each other as well, Coulter

said, "At first the team

was kind of quiet and

then we just exploded

at our first game. After

three back to back home

runs the last one by me,

we started talking like

crazy. The girls are all

on division two or divi-

sion one scholarship and

When asked what it was like playing on

games were over."

experienced, to a variety of East Coast race tracks. They've got an exciting season ahead, and look forward to racing at Speedway 51.

"We at Speedway 51 are very excited about securing this new 350 Super Modified Tour for Saturday, Aug. 10," stated Dick Therrien, promoter of Speedway 51. "After realizing that we wouldn't be able to host the PASS group, we went S.M.A.C. Tour will be looking for something that had never been seen before at our track. Joey checked in on this new group and they are very cost effective and are going to blow race fans away. These super fast, winged warriors will be blasting around Speedway 51 at record speeds. The fans are going to love them."

Joining the 350

the Dalton Mountain Motorsports / Caron's Towing Sportsman Tigers, Caron Fabrication Street Stocks, Claudette and Dean's Place Daredevils, White Mountains Community College Bone Stocks, spectator drags and the annual Passumpsic Savings Bank Kids' Penny Scramble. Post time is 6 p.m.

Adult tickets are just \$20, seniors and military are \$18, ages 12-16 are \$10 and kids 11 and under are just \$2. For more information on this event, visit www.speedway-51int.com, or contact Therrien at 802-274-8823 or dprdick@gmail.com. Speedway 51 is located at 78 Craggy Road in Groveton.

After nearly

WATERVILLE VAL-

LEY — The Black Bear

Half Marathon will re-

turn to Waterville Valley

this Labor Day Weekend

in support of the Water-

ville Valley Elementary

School (WVES) PTA.

The race will travel the

Vallev's scenic roads

and trails and competi-

tors will enjoy the gor-

geous White Mountain

S.M.A.C. is proud to announce the newest touring division to hit the East Coast. They're hitting the Northeast asphalt tracks with the singular goal of bringing the excitement of 350 Super-Modified racing to New England and beyond. They aim to provide a North Atlantic charter that exposes drivers, both new and

years in the works, 350

Sweet revival for Black Bear Half Marathon line, spectators will find The schedule includes plenty of fun and games a full lineup of races with vendors and activ-

> Square. The race organizers also welcome businesses and groups to join in the event as sponsors, vendors, or to otherwise support the cause. Contributing supporters will, among other ben-

ities all around Town

efits, be gratefully recognized prior to and at the event around Town Square during a packed holiday weekend. Organizers are excited to include WV BBTS, NH Electric Coop, C2 Systems, The Coyote Grill, and La Hacienda among their early supporters.

Athletes and families can sign up for the rac-

es at www.runreg.com/ black-bear-half-marathon and find more info by visiting our Facebook page at www.facebook. com/blackbearhalf.

WVES The PTA strives to connect their school community with those in the surrounding White Mountain area, while empowering their students in exploration

and adventure. Your contribution will help scholarships provide and services for families in need, support the school's annual out-ofstate educational trip, and engage students in community events essential to greater civic involvement.



WMRHS graduate Katlyn Coulter spent time playing softball for Team USA, Aist Tours. Here she is with her team in Holland.

Coulter

(continued from Page A6) said.

One highlight for Coulter was when she hit a home run her first time up at bat in Paris. "I was nervous because I still felt jet lagged but I got up, let two balls go by me and then smoked one over the left field fence."

One thing that surprised her, was how friendly the opposing teams were, "They were good competition and I loved hanging out with



Katlyn Coulter hit a home run in Paris, France, playing for Team USA, Aist Tours, her first time at bat.

I am going to a division three school so I was a little nervous. But honestly, I hung with the big dogs and I batted well and actually spent more time on the mound than the division one pitcher we had."

Coulter has plans to finish school in Europe where she has been recruited to play. Where exactly she will go is still unclear, "I'm not sure yet, I haven't fully made a decision because there

are all different offers and it's not until next year. I am looking to go to Spain because I will continue my education there." Coulter has plans to learn Spanish to prepare for her journey for a position with Customs and Border Protection.

As for other observa-

tions. Coulter said. "It is very busy overseas, I loved Paris, that was my favorite part. The bikes over there are crazy though. They have the right of way and they will run you over," she joked. "I liked the experience. It's very different from where we live."

One difference she noted between America and Europe is the dining experience, "The service in restaurants is very slow. Everyone sits there and just relaxes. We expect things so fast over here, but there it's nice to just sit and relax and people watch."

COURTESY





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)MNI 🐭 RESORTS mount washington new hampshire

Weeks Memorial Library



BY BARBARA R. ROBARTS

During the summer youth services librarian Ronnie Buckman highlights activities every day during the week. The full list of programs is on the library Web site, www.weekslib.org. This summer CLiF (Children's Literary Founda-

ternoon program at 1 p.m. on Aug. 8 with children's author and illustrator Jim Arnosky. At the end of the presentation each child will be able to choose two new books from a wide-ranging collection of several hundred books provided by CLiF. According to CLiF, research has shown that

TOWN OF WOODSTOCK **Request for Proposal**

The Town of Woodstock is seeking proposals, from qualified vendors, for the safe removal of the upper stonewall and road located at the Intersection of Route 3 and Route 112.

Scope of work will include:

1. Safely removing said stonewall and road (stone, pavement, cement)

- 2. Possible tree removal
- 3. Resloping of bank
- 4. Replanting of trees
- 5. Loam and seeding grass

Submit sealed proposals to the Selectmen's Office PO Box 156, N. Woodstock, NH 03262

□ On or Before August 16, 2019 at 3:00 PM

□ Opened/Awarded August 20, 2019 at 6:00 PM

□ Mark Envelope Stonewall

The selected bidder shall be expected to provide a certificate of insurance satisfactory to the Town of Woodstock for general liability and workers compensation.

Contact Public Works Department @ 603-348-8783 to schedule a job viewing appointment.

Town of Woodstock Board of Selectmen reserves the right to accept or reject proposals in the best interest of the Town.

> **Invitation to Bid Town of Randolph 130 Durand Road** Randolph, NH 03593 **Residing Original Town Hall** (vinyl) & Replace Wooden Steps At Entrance 2019 or 2020 season

tion) will be children who do not returning for read over the summer a special aftend to lose their liter-

acy skills, and they try to combat the "Summer Slide" with 16 programs throughout New Hampshire and Vermont. Keeping up with cur-

rent print information on medical issues is very difficult with the almost daily changes in that field. In the course of current book weeding in the library it was discovered that many books in that collection were out-

NOTICE OF JUDICIAL SALE Pursuant to an Order of Sale entered United States District Court for the District of New Hampshire in United States v. Jeffrey Burbank d/b/a Preventative Maintenance Christine Burbank, and Town of Clarksville, Case No. 1:12-cv-00328 the United States will offer to sell at public auction the property located at: 0 Back Farm Road, Clarksville, NH 03592 Date and Time of Auction August 29, 2019, 12:00 PV Location of Auction: 0 Back Farm Road Clarksville, NH 03592 Preview of the Property: From 11:00 AM to 11:45 on sale day. Mini mum Bid : \$45,000.00 Terms and Conditions of Sale At the time of the sale, the successful bidder shall deposit with Internal Revenue Service, Property Appraisal and Liquidation Specialist, by money order, certified check or cashier's check payable to the Clerk of the United States District Court for the District of New Hampshire, a deposit in an amount of Nine Thousand dollars (\$9,000.00). Before being permitted to bid at the sale, potential bidders shall display to the Property Appraisal and Liquidation Specialist proof that they are able to comply with this deposi requirement. No bids will be accepted from anyone who has not presented that proof . The government reserves the right to reject any and all bids and to withdraw the property from sale. The sale of the property shall be subject to confirmation by the United States District Court for the District of New Hamp shire. The successful bidder shall pay the balance of the purchase price for the offered property within Sixty (60) days following the date of the sale. The successful bidder shall deliver a money order, certified check, or cashier's check, payable to the Clerk of United States District Court for the District of New Hampshire , to the Property Appraisa and Liquidation Specialist. If the bidder fails to fulfill this requirement, the deposit shall be forfeited and shall be applied to the expenses of sale, with any amount remaining to be applied to the federal tax liabilities of Jeffrey Burbank d/b/a Preventative Maintenance, and the Property shall be again offered for sale under the terms and conditions of the Order of Sale or, in the alternative and at the discretion of Property Appraisal and Liquida tion Specialist, be sold to the second highest bidder, again subject to approval of the Court. On approval of the sale, all interests in, liens against, or claims to the properties that are held or asserted by all parties to this suit, including the plaintiff United State of America and defendants Jeffrey Burbank d/b/a Pre-ventative Maintenance, Christine Burbank and Town of Clarksville, as well as any nomi nees, successors in interest or transferees of those parties shall be discharged and extinguished. The sale shall be subject to building lines if established, all laws, ordinances, and governmental regulation (including building and zoning ordinances), affecting the premis es, and easements and restrictions of record if any. The United States District Court entered a judgment that Jeffrey Burbank, and Christine Burbank, owned the property at the time the federal tax lien arose. The judgment is now final. The United States will sell the right, title and interest of Jeffrey Burbank d/b/a Preventative Maintenance, Christine Burbank, in the subject property and neither Jeffrey and Christine Burbank nor their nominees have a right to redeem said property after the judicial sale The property is offered for sale "as is" and where is" and without recourse against the United States. The United States makes no guarantee of condition of the property, or its fitness for any purpose. The United States will not consider any claim for allowance or adjustment or for the rescission of the sale based on failure of the property to comply with any expressed or implied representation. Important Informa tion This is not an advertisement of a sale of seized property. This is an information notice only regarding a sale being conducted by the Internal Reve nue Service as a result of the foreclosure of an Internal Revenue Service Federal Tax Lien by the Department of Justice. Further information: www.irsauctions.gov or call R.P. Sweeney, Property Appraisal and Liquidation Specialist @ 603.402.5726. 7/24, 7/31, 8/7, 8/14/19 CNS-3270037#

of-date and needed to be removed. New books on cancer, hypoglycemia, diabetes and strokes have just been added with replacements on many other subjects still to come. Among the many on-line resources which are free to all users is MedlinePlus.gov which is produced by the National Institutes of Health and the National Library of Medicine.

Gary Weitzman's brand new "Complete Guide to Pet health, Behavior, and Happiness," published by National Geographic, is a veterinarian's approach to at-home animal care, providing advice on emergency care. pet health, the best food for your pet, and much more.

There are several interesting new novels of historical fiction. Kate Mosse's "The Burning Chambers" takes the reader to France, 1562, amid the religious divide between the Catholics and Huguenots. Minou Joubert and Huguenot convert Piet Reydon find themselves caught in a city where religious war threatens their relationship. Eighteenth century Venice, the "city of masks," is the location of Lauren Kate's "The Orphan's Song" with the story of a pair of orphans, music, mystery, love and betrayal. "The Dream Stitcher" by Deborah Gaal has been likened to Anthony Doerr's "All the Light We Cannot See." Poland at the beginning of World War II, the Bayeux Tapestry, and family secrets play a major part in this search for family. Other historical novels include Ginny Dye's newest entry in the Bregdan Chronicles "Shining Through Dark Clouds" and an Amish collection called "The

Brides of the Big Valley."

For general fiction are soon-to be-movie "Eleanor Oliphant Is Completely Fine" bv Gail Honeyman and best seller "On Earth We're Briefly Gorgeous" by Ocean Vuong. Veronique Olmi's dark "Bakhita" takes place in modern Sudan, and Balli Kaur Jaswal's "The Unlikely Adventures of the Shergill Sisters" in modern day India. Author of novel and movie "Chocolat" Joanne Harris adds a new title from Lansquenet-sous-Tannes, France with "The Strawberry Thief." Stewart O'Nan continues his tales of the Maxwell family with "Henry, Himself." Henry reviews his life and find that instead of having reached a dead end his life is full of new surprises.

- NOTICE-JEFFERSON-RANDOLPH 13602C

NHDOT WILL BE HOLDING A COMBINED PUBLIC OFFICIALS/PUBLIC INFORMATIONAL MEETING TO DISCUSS THE ROADWAY IMPROVEMENTS ON US 2 BETWEEN ITS INTERSECTIONS WITH BLACK VELVET ROAD IN JEFFERSON AND VALLEY ROAD IN RANDOLPH.

THIS PROJECT MAY HAVE AN EFFECT ON CULTURAL OR HISTORIC RESOURCES THAT ARE POTENTIALLY ELIGIBLE FOR OR LISTED ON THE NATIONAL REGISTER OF HISTORIC PLACES. INDIVIDUALS OR ORGANIZATIONS WITH A DEMONSTRATED INTEREST IN THE POTENTIAL IMPACTS TO HISTORIC RESOURCES HAVE AN OPPORTUNITY TO BECOME CONSULTING PARTIES UNDER SECTION 106 OF THE NATIONAL HISTORIC PRESERVATION ACT. ADDITIONAL INFORMATION WILL BE MADE AVAILABLE AT THE MEETING.

THE PURPOSE OF THIS MEETING IS TO PRESENT CITIZENS AND PUBLIC OFFICIALS WITH INFORMATION REGARDING THE PROPOSED PROJECT AND TO SOLICIT PUBLIC INPUT TO ENSURE THAT PROJECT DECISIONS MEET PUBLIC TRANSPORTATION NEEDS AND COMMUNITY GOALS, AND PROTECT AND ENHANCE THE ENVIRONMENT. ACCORDINGLY, NHOOT ASSURES THAT THIS PROJECT WILL BE ADMINISTERED ACCORDING TO THE REQUIREMENTS OF TITLE VI OF THE CIVIL RIGHTS ACT OF 1964 AND ALL RELATED STATUTES TO ENSURE NONDISCRIMINATION.

ANY INDIVIDUALS NEEDING ASSISTANCE OR AUXILIARY COMMUNICATION EQUIPMENT DUE TO SENSORY IMPAIRMENT OR OTHER DISABILITY, SHOULD CONTACT THE BUREAU OF RIGHT-OF-WAY, NHDOT, PO BOX 483, CONCORD, NEW HAMPSHIRE 03302-0483 OR CALL 603-271-3222 - TDD ACCESS: RELAY NH 1-800-735-2964. NOTIFICATION FOR THE NEED OF ASSISTANCE SHOULD BE MADE AT THE EARLIEST CONVENIENCE. IF YOU HAVE ANY QUESTIONS OR NEED ANY ADDITIONAL INFORMATION REGARDING THE PROPOSED PROJECT, CALL (603) 271-2171

Interested parties, please contact the **Randolph Town Hall for specs.** Monday through Friday 9AMto12PM 603-466-5771 selectmen@randolph.nh.gov

All bids due to Town Hall by noon September 6th 2019

COOS COUNTY DEMOCRAT

Facsimile (603) 788-4811

NOTICE OF AUCTION

Notice is hereby given that at 3:00 p.m. on August 30, 2019, Roger's Campground, owned by Interlakes Properties North, LLC, shall sell at public auction, the following manufactured mobile home, being a 1966 Blue/Tan, 12' x 48', Serial Number: 57374.

The sale shall take place at 10 Roger's Campground Road, MH Site #4, Lancaster, New Hampshire 03584

SAID IPEMISES WILL BE SOLD SUBJECT TO ALL OUTSTANDING TAXES AND/OR LIENS AND ENCUMBRANCES WHICH MAY BE ENTITLED TO PRECEDENCE OVER THE SECURITY INTEREST. THE PROPERTY WILL BE SOLD "AS IS". ROGER'S CAMPGROUND, OWNED BY INTERLAKES PROPERTIES NORTH, LLC, MAKES NO REPRESENTATION OR WARRANTY WITH RESPECT TO THE ACCURACY OF ANY STATEMENT, OR OTHER MATTERS CONTAINED IN THE AFORESAID DESCRIPTION OF PROPERTY. FURTHER, WARRANTY FOR HABITABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE ARE SPECIFICALLY DISCLAIMED DISCLAIMED.

TERMS OF SALE:

A deposit of FIVE HUNDRED DOLLARS (\$500.00) in the form of cash, certified check, cashier's check, or other form of payment agreeable to Roger's Campground, owned by Interlakes Properties North, LLC, will be required to be delivered at or before the time a bid is offered.

The successful bidder will be required to execute a written memorandum of sale, immediately after the close of bidding. The balance of the purchase price shall be paid upon delivery of the Quitclaim Deed to the purchaser within thirty (30) days of the sale date.

Roger's Campground, owned by Interlakes Properties North, LLC. reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the auction and such change or changes will be binding upon all prospective bidders.

Any interested party may direct questions to The Law Office of John Riff, 104 Main Street, Suite 4, Lancaster, New Hampshire 03584 during its normal business hours, with any questions directed to Attorney John "Jay" L. Riff, IV, at (603) 788-5599.

DATED this 23 day of _____ July , 2019

ROGER'S CAMPGROUND, OWNED BY INTERLAKES PROPERTIES NORTH, LLC 10 Rogers Campground Road Lancaster, New Hampshire 03584

me

By John L, Riff, IV, Esquire 104 Main Street, Suite 4 P.O. Box 229 Lancaster, NH 03584 (603) 788-5599 NH Bar # 14603

Phone (603) 788-5599

Law Office of John Riff 104 Main Street, Suite 4 = Lancaster, NH 03584

THE MEETING IS SCHEDULED TO BE PART OF THE TOWN OF JEFFERSON'S BOARD OF SELECTMEN'S MEETING:

> THURSDAY AUGUST 15, 2019 7:00 PM **DOORS OPEN AT 6:30PM JEFFERSON TOWN HALL 698 PRESIDENTIAL HIGHWAY** JEFFERSON, NH

VICTORIA F. SHEEHAN

Notice of Public Hearings Androscoggin Valley Regional Refuse Disposal District

("DISTRICT")

The District Committee will hold two public hearings on: July 25, 2019 at 6:00pm and August 29, 2019 at 6:00pm

At the offices of the District at 3 Twelfth Street, Berlin, NH, to discuss and hear testimony with respect to a proposed amendment to the articles of Agreement of the District. The text of the proposed amendment follows: 'To amend the first sentence of Section 3.6 of the Articles of agreement to read: The District Committee shall hold an annual meeting during the month of April each year, at such time and place as the District Committee shall determine."

The purpose of the proposed amendment is to remove the current requirement that the Annual Meeting of the District be held on the last Wednesday of April each year, and replace it with a requirement that the Annual Meeting be held during the month of April each year. The effect of the adoption of the amendment will be that the District Committee will have flexibility to schedule the annual meeting of the District at any time during the month of April, instead of being required to hold it on a specific date.

For more information about the proposed amendment, contact the District by visiting the District office during regular business hours, by phone at 603-752-3342, or by email at sguthier@avrrdd.org.

> Michael J. Rozek Its Secretary



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

COMMISSIONER

APPOINTMENT OF FIDUCIARIES

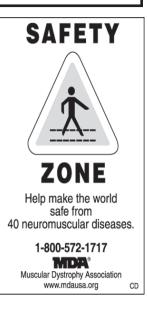
Notice is hereby given that the following fiduciaries have been duly appointed by the Judge of Probate for Coos County.

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

Crane, Donald E, late of Lancaster, NH. Kenneth S. Crane, 47 Mechanic Street, Lancaster NH 03584. #314-2019-ET-00131

Deignan, Paul Ormond, late of Jefferson, NH. Norman Allen Brown, 683 Owls Head Highway, Jefferson, NH 03583. #314-2019-ET-00144

Dated: 7/26/2019





Send us your listings by 9 a.m. on Friday democrat@salmonpress.com Democrat, P.O. Box 29, Lancaster, NH 03584

Aug. 7: 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.

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

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

Irving Berlin's "White Christmas," 8 p.m., Weathervane Theatre, 389 Lancaster Rd., Whitefield.

Aug. 8: 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.

Business After Hours, 5-7 p.m., Kheops International, 232, US Route 3, Colebrook. Hosted by the North Country Chamber of Commerce.

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

Pittsburg Ridge Runners, 7:30 p.m., Dickson Lake, Pittsburg.

Aug. 9: 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.

Irving Berlin's "White Christmas," 8 p.m., Weathervane Theatre, 389 Lancaster Rd., Whitefield.

Aug. 10: Berlin & Coös County Historical Society Barn Sale, 8 a.m.-3 p.m., East Side River Road, Milan.

Ongoing Events:

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

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

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

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

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

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

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

Weeks Diabetes Support Group - The group meets the 3rd Tuesday of every month at 7 p.m. in the Weeks Hospital Board Room. The hospital is located at 173 Middle Street Lancaster, NH. The group is for diabetes patients, as well as friends and family of people with diabetes. Please contact Casey Dowland at 788-5294 for more information. The Diabetes Support Group Newsletter can be found at weeksmedical.org.

The "Better Choices, Better Health" Chronic Disease Self-Management (CDSMP) Workshop is a free peer-supported workshop for people living with chronic illness or caring for someone with chronic illness. The workshop consists of one two-and-a-halfhour session per week for 6 weeks. Topics covered include nutrition, stress-management, exercise, and communication. Connect with others who understand. To check for available workshops, contact John at 575-9078, ext. 717, jgilbert@NCHCNH.org, or check out the North Country Health Consortium website, www.nchcnh.org, and click on the "Events" tab.

TOPS (Take Off Pounds Sensibly) meets Thurs-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.

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 day evenings at the Lancaster Emergency Medical Monday of the month at 6:30 p.m., St. Kieran Arts Center, 155 Emery St, Berlin. Sew days are on Tues-

New Hampshire Farm to Fork Festival, 9 a.m.-3 p.m., 85 Angels Rd., Colebrook.

Stratford Nighthawks, 6 p.m., Blueberry Hill Inn & Café, Stratford.

Bob Amos & Catamount Crossing, 7 p.m., Great North Woods Center for the Arts, 1993 US Route 3, Columbia.

Aug. 9-11: Shelburne 250th Anniversary Celebration features food, fun, music, a craft fair, hikes, bicycle and driving tours, a bake sale and more. All are invited! Visit TownofShelburneNH.com. click onto facebook.com/townofshelburneNH or call 466-5663 or 466-2261.

Aug. 12: Snow Blasters, 4:30-6 p.m., Town Hall, Norton, Vt.

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

Aug. 12-16: Summer Swim Camp at the North Country Community Recreation Center, 33 Rec Center Rd., Colebrook. For more information, visit http://northrec.org.

Aug. 13: 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.

Aug. 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.

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.

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

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

days. Come and join us! Like us on Facebook.

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

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

Messianic gathering, Saturdays, 10:30 a.m., 475 Whitefield Rd., Bethlehem. Join us for teaching and a time of fellowship. For more information, call 444-1230.

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

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

Good news on the horizon? Place an announcement in your local paper!



Inspiring and empowering people to reach their full potential

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

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

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

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

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

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

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



coös county Co FAMILY DENTAL REGISTERED DENTAL HYGIENIST -

Coos County Family Dental has a Part-Time position available (20-24 hours per week) at our Dental Clinic at 73 Main Street, Berlin, NH. Skilled & dependable Registered Dental Hygienist wanted for growing dental practice. Candidates must be efficient; details oriented and possess strong teamwork skills. Successful completion of an accredited dental hygienist program and prior experience required. This opportunity offers competitive wages & benefits including Health and Dental Insurance, Earned Time, 401k and Disability/Life Insurance.

> Please submit letter of interest by August 16, 2019 to: Human Resources Department Coos County Family Health Services, 54 Willow Street, Berlin NH 03570 An Equal Opportunity Employer

Administrative Assistant

Part-Time Administrative Assistant needed for Dalton Selectboard. Approximately 15 hours a week. Municipal experience preferred. Job description available at townofdalton.com. Email resume to: Selectmen@townofdalton.com or mail to 756 Dalton Road, Dalton, NH 03598 to the attention of the Selectboard.



Case Managers Needed!

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

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

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

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

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

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

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

Bachelor's degree in a human services or counseling related

Employment Opportunities

Medical Receptionist

- Part-Time, 32 hours, day shift
- · 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)

Part-Time, 32 hours, Tuesday 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!

Housekeeping/Laundry/Kitchen Worker

Per Diem, working as needed, day and evening shifts (additional 10% over base pay)

- \cdot Performs a variety of housekeeping and laundry tasks
- . Works in dishroom and serves in cafeteria and cash register
- . familiarity with computer applications required

Registered Nurse - Emergency

Per Diem, working as needed, rotating shifts/weekends/ holidays (additional 10% over base pay)

- \cdot Provides professional nurse care to emergency department patients
- . Graduate of an accredited school of nursing and registered with NH State Board of Nursing
- . BLS and ACLS certifications required

Respiratory Therapist

Full-Time, 40 hours per week, rotating shifts/weekends/ holidays

- Provides therapeutic and diagnostic cardiopulmonary services as required.
- . Must be licensed as a Respiratory Care Practitioner by the State of New Hampshire
- . CPR certification required

If interested, please apply online to:

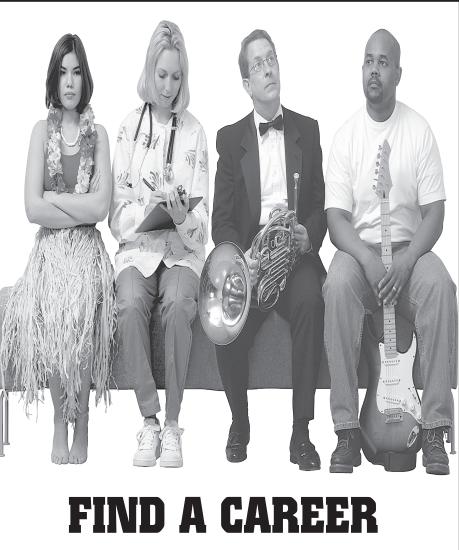
Human Resources Department ANDROSCOGGIN VALLEY HOSPITAL 59 Page Hill Road, Berlin, NH 03570 www.avhnh.org

 $\label{eq:analytical} An \ EO \ Employer-M/F/Veteran/Disability/Sexual \ Orientation/Gender \ Identity$

- discipline required
- Drug and Alcohol Counselor Certification preferred
- Experience providing substance use disorder/addiction treatment preferred
- Experience providing case management services preferred
- Must show current tuberculosis documentation and active CPR certification
- Must be able to pass background investigation and obtain agency security clearance where applicable

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

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



IN THE CLASSIFIEDS!

Wednesday, August 7, 2019

COÖS COUNTY DEMOCRAT

Į, Help Wanted ð 記述記述 The Christmas Loft 259 Main St., North Woodstock Do you love Christmas? 記録 3 We are looking for part time Sales Associates and a 3rd Key Manager through the Christmas season. Flexible hours, though some nights and weekends may be required. Register experience preferred but willing to train. Great first time job or for retirees that want to keep busy! Stop in to fill out an application for any questions Ø feel free to message the store manager at: ŧ, Jillian@christmasloft.com ρų. 19 603-745-2444 Merry er Merry er Merry

VACANCY BUSINESS ADMINISTRATOR BERLIN PUBLIC SCHOOLS BERLIN, NH

Applicants must be NH certified or certifiable, Bachelor Degree required. MBA and experience preferred.

Individuals interested in this position should send a letter of interest, resume, transcripts, 3 letters of reference, and completed application (located at www.sau3.org) to

> Julie King, Superintendent Berlin Public Schools 183 Hillside Ave. Berlin, NH 03570 or email hr@sau3.org

> > EOE. Position open until filled.

WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT

<u>2019-2020 School Year</u>

Coaching Staff

MS Boys Assistant Soccer Coach

For further information, please contact: Kerry Brady, Athletic Director 837-2528

SAU #58 CO-CURRICULAR VACANCIES 2019-2020

<u>Groveton Elementary School</u> • Grades 4-6 Girls' Soccer Coach <u>Groveton High School</u> • Middle School Girls' Soccer Coach • Middle School Boys' Soccer Coach Interested candidates must submit a letter of interest to: Carrie Irving, Secretary SAU #58 15 Preble Street Groveton, NH 03582 Ph: 603-636-1437 Fax: 603-636-6102 EOE



Community Services Center

Full time and Part time employment Openings

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

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

Full time benefits include:

Health Insurance, opportunity for Dental and Vision care, 11 paid holidays, generous vacation sick time package, extended medical leave, tuition reimbursement opportunity, mileage reimbursement & retirement contribution. Interested applicants should forward a resume or pick up an application at:

Community Services Center C/O Program Director **69 Willard ST. • Berlin, NH 03570 • 603-752-1005** We are an equal opportunity employee and provider



Applicant must currently have an Associates or Bachelor's degree (preferred) in ECE or a related field which includes an additional 24 credits in child development, early childhood or elementary education with at least 3 credits in each of the following core knowledge areas; children with special needs, child growth and development, curriculum in early childhood education and an administration course.



All positions require a valid driver's license, proof of adequate auto insurance and completion of drivers and criminal background checks.

> Northern Human Services is an Equal Opportunity Provider & Employer.



Early Childhood/Special Educator

The Family-Centered Early Supports & Services Program (early intervention) is currently seeking licensed educators to provide special instruction for infants & toddlers (birth to three) in Coos, Carroll, and Upper Grafton Counties. Individuals will work directly with families & FCESS staff in the child's home environment. Developmental screenings/ evaluations & service coordination/case management functions will be performed.

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

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

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

To apply-Send cover letter and resume to:

Karen Willett Program Director –FCESS Northern Human Services 71 Hobbs Street, Suite 102 Conway, NH 03818 To Fax – 603-4474358 or e-mail: kwillett@northernhs.org This is a full-time 40hrs/wk for a 42 wk/yr benefited position. Medical benefits available after 60 days & paid school vacations and sick leave as accrued. Salary range is between \$16.79 and \$17.36 based upon qualifications.

Interested candidates please apply with a letter of introduction, copy of transcripts and resume post marked by August 16, 2019 to: Tri-County Head Start, 610 Sullivan St., Berlin, NH 03570 or email to bgilcris@tccap.org

EOE

SAU #58 VACANCIES 2019-2020

Groveton Elementary School Elementary Teacher Special Education Teacher

Stratford Public School Special Education Teacher (ID#3138898)

> Middle School Math Teacher (ID#3137039)

Part-Time Physical Education Teacher (ID#2915064)

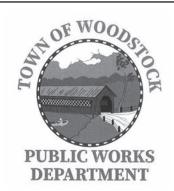
Deadline: Until Filled

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



OPENING: FULL-TIME LABORER- ENTRY LEVEL POSITION

PAY RATE: \$15.00/HR PLUS BENEFITS

APPLICATION DEADLINE: UNTIL FILLED

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

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

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

The Town of Woodstock is an Equal Opportunity Employer.



COÖS COUNTY DEMOCRAT

GOÖS GOUNTY BUSINESS DIRECTORY

GUNS

WINDOW TREATMENT/UPHOLSTERY



KENNELS



Y		"Think Summer" Save Big!		
2	BUILDERS	Specializing in Quality Construction and Remodeling		
31	AND REMODELING CO.	Call Toll Free: 1-866-567-6752 Tracy N. Bisson, Proprietor		
Q.	WE BUILD, DESIGN AND RENOVATE	603-723-1223 Growing!!		
Y.	Quality Construction	Quality Home Improvement Specialists Serving the Granite State for 30+ years. Now excepting all major credit cards.		
5		FREE ESTIMATES - FULLY INSURED		
	Garages Kitchens Custom Design Interior Paint	arvey Windows Custom Metal Roofs Doors Hardwood - Tile Flooring inished 3 Season Porches asements Roofing all veterans and armed service members		
11 10 16				

TopNotchBuild@yahoo.com • "Quality Workmanship & Service you can depend on"



IF YOUR CHILD IS IN THE RIGHT CAR SEAT.



VISIT SAFERCAR.GOV/THERIGHTSEAT





Misc. For Sale

BLUEBERRIES ~ U-PICK \$2.00 A POUND. Call: 991-9652

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

Barn/Garage/Yard Sale

5 FAMILY COMBO! 642+650 PROVINCE ROAD (RT 107-ACROSS FROM ROGERS ROAD) BELMONT, SATURDAY AUGUST 10TH FROM 9AM-1PM. TOYS TO TOOLS, CLOTHES TO COLLECTIBLES. FREE TABLE TOO. AT 1PM LOTS MORE WILL BE FREE!

MOVING/GARAGE SALE SATURDAY AUGUST 10 8AM-3PM 77 BUNKER HILL, LANCASTER HOUSEHOLD ITEMS, TOOLS, FURNITURE, CLOTHING.

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

Thank-You

Thank you for browsing The Town To Town Classifieds in the

<u>Great North</u> Berlin Reporter Coos County Democrat Littleton Courier

Publication Rates (30 words) \$25 - 1 Week \$46 - 2 Weeks \$67 - 3 Weeks \$84 - 4 Weeks

Call Our main Call Center 1-877-766-6891 Mon-Fri 8:00-4:00

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

> Deadline: Monday 10 am

Pets/Breeders

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

General Help Wanted

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



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, sec. handicap, familial status or national origin, r 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 adverting 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, typographically errors, etc. hereincontained. The Publisher reservesthe right to refuse any advertising.

Apartments For Rent

BETHLEHEM: EFFICENCY UNITS.



You can now place your CLASSIFIED LINE ADS ONLINE! 24-Hours A Day

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

Boats

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

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

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

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

Call 603-837-9192 or 603-631-4316

Thank-You

Our line ad classifieds are on our website!

www.salmonpress.com

is the place to check our weekly classifieds online! <u>More</u> great coverage and information from the

> Salmon Press Town To Town Classifieds!

Why place your ads anywhere else? 1-877-766-6891



The White Mountain School, an independent boarding school located in Bethlehem, NH serving students in grades 9-12, is seeking a diligent and enthusiastic custodial worker to perform daily cleaning in campus buildings. Must be reliable and enjoy working with high school students, faculty, and staff as part of a residential community. Schedule is early morning to early afternoon, Sunday-Thursday. All employment at The White Mountain School is subject to a satisfactory background check.

This full-time position offers a competitive salary and generous benefits package. To apply, please email your interest in receiving an application or forward a cover letter and resume to wmshiring@whitemountain.org.

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.



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

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.

Rooms For Rent

ROOM FOR RENT IN LARGE HOME: Littleton area \$900 per month all utilities included. Nice neighborhood. Full use of house. Pet considered. 603-991-2887





COÖS COUNTY DEMOCRAT



Mother, daughter, sister and person in Recovery

Get high-quality care without the road trip.

🐯 Get healthy. Get HaPi. 💙

We're listening to the communities we serve, and building on our 50-year promise to provide affordable health plans with flexible coverage—including access to the North Country's great local care.

Get to know us at GetHaPi.org/NH



Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care of New England and HPHC Insurance Company. Form No: NH_8585_sal_pre_june_ad_0619



YOU ARE NOT ALONE.

And you're never far from help. Find a Doorway near you.



For information on alcohol and drug issues visit **theDoorway.NH.gov** OR Call **2-1-1**.