

## Donation received toward new track at WMRHS

BY TARA GILES  
tara@salmonpress.news

WHITEFIELD — The non-profit Track and Field Sub-Committee recently received a boost after being presented with a check for \$20,000 from Mascoma Savings Bank to put towards the purchase of a 400 meter track to be installed at White Mountains Regional High School.

The closest track in the North Country is located in Berlin. When and if the proposed track is built, it will be open for use by community members. The new rubberized track will have a center grass athletic field with six lanes. There will be two more

lanes added on one side to allow for eight lanes for 100 meter sprints and hurdles.

The track athletes from WMRHS have won several state championship titles over the years without a track. This facility would finally give those athletes a chance to compete fairly with other schools.

Mayer explained, “This facility will support, “This facility will support soccer, field hockey, ultimate frisbee, physical education and will serve as a community gathering place as well as provide a safe venue for fund raising activities.”

Mayer pointed out that there are no shopping malls or many safe

sidewalks for the North Country’s elderly population to train or partake in rehabilitation exercises.

“This track will be available to them as well,” he said.

The committee recently acquired a 501c3 status. This will allow sub-contractors to deduct their expenses while working on the project for tax benefits as well as all personal contributions are tax deductible.

The driving force behind the track project is staff member at WMRHS Ken Mayer. He explained that his main focus is to build the track

Track, PAGE A9



COURTESY

Chad Stearns of Mascoma Savings Bank presents members of the Track and Field Sub-Committee a check for \$20,000. L-R: Ken Mayer, Co-Chair WMRHS Athletic Booster Club Track and Field Subcommittee, Tim Phillips, Board Member, Dustin Benoit, Senior at WMRHS and a student member of the Track and Field Subcommittee, Chad Stearns, Community Relationship Banker for Mascoma Bank, Tony Ramos, Board Member and Kerry Brady, WMRHS Athletic Director and Co-Chair of the Track and Field Subcommittee.

## Jefferson residents discuss school’s future

BY TARA GILES  
tara@salmonpress.news

JEFFERSON — Residents in Jefferson have been curious to know the results of a survey taken by community members and what their thoughts are in regards to the recently closed Jefferson Elementary School and how the building should be utilized.

Cindy Silver relayed to residents that she, along with fellow board members Kevin Roy and Tom Brady are available to answer any questions by phone, email or in person at the office. According to recent town minutes, Silver relayed

to those in attendance that she understands and respects that not everyone has internet access or a computer, however stated that the Board is trying to do their due diligence by putting notices in newspapers and placing fliers around town. Brady expressed that the board has been trying to be as open as possible and reminded townspeople that the minutes are available on the town’s website and at the town office. A quarterly newsletter was discussed as a way to keep residents in the loop on town happenings.

The North Country

Council presented the results of the survey during a public meeting. The survey was mailed out to 725 registered voters in Jefferson. Danica Melone and Michelle Morin-Grey, members of the Council assisted with the survey.

Morin-Grey explained that the survey response was ‘excellent’ with 51 percent of surveys being returned. Typically, returned surveys fall into the 10-15 percent range. Morin-Grey noted that Jefferson’s return percent is significant and highly reflective of the community’s views.

Jefferson, PAGE A4



COURTESY

Pictured above are students from the Stratford Public School that participated in the 28th annual St. Jude Children’s Hospital Math-A-Thon. The SPS community raised \$1,274 to help fight childhood cancer. All told, the Stratford community has raised nearly \$25,000 for this fight since the school began participating in the Math-A-Thon (early 1990’s). Pictured (Left to Right): Carter Narducci, Autumn King, Stephanie Klinch, Sandra Adams (Principal), Bianca Klinch, Mason Flanders, Grady Kenison, Patience King, Natalie King, Haylie Stinson, Araya Levett, David Atkinson (coordinator), Becca Lawrence, Ella McAllister, Taelynn Ferren, Kylee Lachance, Travis Lachance, Caroline Holmes, and Isa Garcia.

## Renovations begin on PJ Noyes building



COURTESY

The old PJ Noyes building, located on Main Street, is pictured here circa 1868. The building is slated for renovations 150 years later.

BY TARA GILES  
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LANCASTER — Just over 150 years ago, Civil War Lieutenant and pharmacist Parker J. Noyes established the P.J. Noyes Company in Lancaster. After returning home from the service, Noyes opened an apothecary in town and developed a name for himself in the industry.

During the time that Noyes was mixing tinctures to cure various ailments for Lancaster residents, President Andrew Johnson was in office, Lewis Carroll had

just published “Alice’s Adventures in Wonderland,” the bicycle craze had taken over, and the Cincinnati Redstockings became the first professional baseball team.

Where there were once women in large fancy dresses and men in three piece suits coming and going into the shop on our very Main Street, now there sits an empty building waiting to be reborn.

Local businessman Greg Cloutier, along with the Northern Forest Center have taken on the task. The Parker J. Noyes Redevelopment will include renovations that will en-

able the Root Cellar, now located in a smaller space on Main Street, to move into the larger building. Above the Root Cellar, apartments will be renovated for young professional families.

Rob Riley of the Northern Forest Center expressed how thrilled he is to be in collaboration with Cloutier and Melissa Grella (Root Cellar).

Riley explained the current status of the project: “With any large building project, comes with it a number of early assessments that include Renovations, PAGE A10



TARA GILES

Newly elected Executive Councilor Michael Cryans paid a recent visit to Lancaster where he met with residents.

## Cryans tours Lancaster

BY TARA GILES  
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LANCASTER — Last week, recently elected Executive Councilor Mike Cryans paid a visit to Lancaster where he chatted with residents and toured a few businesses in town.

Prior to arriving in Lancaster, Cryans met with Ed Shanshala the CEO of Ammonoosuc Community Health Services in Littleton. There he met with staff members and discussed services offered and talked about what their approach is to overall health with their pa-

tients. Dental services were a topic of conversation and a tour of new state of the art equipment was had.

Cryans enjoyed lunch at the Granite Grind in Lancaster where he met with the Rotary.

“There, I met some old friends and introduced myself to the club. I listened to a presentation on the history of Mt. Washington including the 150 year old Cog Railway, which was fascinating,” said Cryans.

“I was asked about running the hill climb back when I was much younger; only one hill in that race,” he joked.

Local Lancaster resident Greg Cloutier then brought Cryans on a tour

Cryans, PAGE A8

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## Marilyn M. Davis, 70

WARWICK, R.I. — Marilyn M. Davis, 70, of Warwick, a homemaker, died Sunday, March 17, 2019 at Sunny View Nursing Home. She was the beloved wife of Edward G. Davis.

Born in Cranston, she was a daughter of the late Edson and Marguerite (Chisolm) Dean.

In addition to her beloved husband, Marilyn is survived by two lov-

ing children, Edward J. Davis and Christina M. Braga, both of Warwick; two brothers, Richard Dean of Jefferson and Edson Dean of North Kingstown; a sister, Marguerite Costa of Jefferson; three cherished grandchildren; and three great-grandchildren.

Her Funeral Service will be private. Visiting hours are respect-

fully omitted. In lieu of flowers, gifts in her memory may be made to: St. Jude Children's Research Hospital, 262 Danny Thomas Place, Memphis, TN 38105 or at: [www.stjude.org](http://www.stjude.org).

Funeral arrangements entrusted to the Urquhart-Murphy Funeral Home, 800 Greenwich Ave., Warwick, R.I. ([www.murphyfuneralhomes.org](http://www.murphyfuneralhomes.org)).

## David Ray Sturtevant, 60

GROVETON — David Ray Sturtevant, 60, of Main Street, Groveton, died on March 20, 2019, suddenly at his residence after a brief illness.

He was born in Portsmouth on March 29, 1958, a son of Raymond and Verna (Thompson) Sturtevant. He had been a resident of Groveton for the past 14 years.

He worked for Simplex

Wire and Cable before moving to Groveton, and for Home Depot in the more recent years.

David is survived by his three daughters, Cassie Shellott-Moore and husband Kenneth, Kelly Sturtevant and Amie Poole; his twin brother Danny; brother Steve and two sisters, Donna and Nancy; and nine grandchildren. He was prede-

ceased by his parents.

There will be no services at this time. Arrangements are entrusted to the Armstrong-Charron Funeral Home in Groveton.

To send the family your condolences via the online register book, please visit, [www.armstrongcharronfuneralhome.com](http://www.armstrongcharronfuneralhome.com).

## Donald Andrew Pichette, 60

COLUMBIA — Donald Andrew Pichette, 60, died peacefully at his home in Columbia on March 17, 2019.

He was born on May 3, 1958, in Swansea, Mass., a son of Maurice

and Louise (Brochu) Pichette. He has been a resident of Columbia for 30-plus years, coming from Massachusetts.

He graduated from Joseph Case High School, class of 1976, and then

went on to attend Bristol Community College.

He worked in the health care field as a CNA for most of his life. He had a passion for taking care of others. That was exemplified not only in his work but in his life. He was always putting others needs before his own.

Donald's other passion in life was animals. He took care of many of his own as well as others and spent countless years showing Afghan dogs in shows. He loved animals and was passionate about them. It is to no surprise that he died peacefully at home with his animals by his side.

Donald is survived by his father and step-mother, Maurice and Paula; three sisters, Lorraine, Jeanne and Ann Marie; and his brother, Paul. He also leaves behind many aunts, uncles, nieces, nephews, and cousins.

He was predeceased by his mother, Louise, and his longtime partner, Jack Fitzpatrick.

A Celebration of Donald's life will be held at a later date in Massachusetts. Local arrangements are entrusted to the care of the Armstrong-Charron Funeral Home in Groveton.

In lieu of flowers the family request memorial donations to be made to the Riverside Animal Rescue; 236 Riverside Ave, Lunenburg, VT 05906.

To send the family your condolences, please visit, [www.armstrongcharronfuneralhome.com](http://www.armstrongcharronfuneralhome.com).

## Judith Ann Dreyer, 69



Judith Dreyer

LANCASTER — Judith Ann (Foss) Dreyer, 69, graduated to Glory peacefully in her sleep on March 17, 2019. Judy passed away in her Lancaster home surrounded by her loving husband and family.

Laughter, compassion and love defined Judy's life with laughter being so very important to her as she was losing her battle due to complications of a stroke over the last year of her life.

The beloved wife to Henry (Hank) Dreyer and devoted mother to Jason Dreyer of Groveton, Brandy Samson of Groveton and Samantha Roberge of Stark was most happy when with her two granddaughters, Araya Willow and Sophie Ann-Marie.

With the love and compassion that was part of who Judy is, she helped Hank raise two stepchildren — a son, David Dreyer, who lives in Florida with wife Jennifer and their sons Seth, Sean and Joshua, as well as a daughter, Shannon White Mountain, who lives in Oklahoma and has three sons, Keith, Justin and Waya.

Judy was born on

April 23, 1949 at the Elliott Hospital in Manchester, to Beverly (Piche) Foss and Clement Allie Foss, both of Lancaster. The family moved to Bakersfield California when the family was still young. Judy married Hank in Bakersfield California on a hot summer day on Aug. 2, 1987. At the time, both worked for Pacific Telephone (the phone company) They soon moved to Pleasanton California in the San Francisco Bay area. The couple went from California to Colorado where they built a log home high in the Rocky Mountains. When Judy's uncle Howard Piche died Judy bought his home where her mother, aunt and uncle were born and raised.

Judy retired from AT&T after 30 years of

service to be home with her children. While working for AT&T she had many positions from operator (the old cord boards as seen on TV) to supply management to Maintenance. Judy and Hank were very active in The Jefferson Christian Church. She loved to travel throughout the United States as well as her many vacations to Mexico, but her greatest joy was family.

Judy is survived by her brothers, Steve Foss and wife Paula, Bob Foss and wife Kathy, her sisters Mary Herrera and husband Jav, and Tammie Sitton and husband Jim. Judy was preceded in death by her brothers Clem Foss and Chris Foss.

In lieu of flowers, donations may be made to the Alzheimer's Association or North Country Home Health and Hospice Agency, which have been such a blessing to us this last year.

A celebration of Judy's life will be held on Saturday March 30, 2019 at 11 a.m. at The Jefferson Christian Church, 701 Presidential Highway (Route 2), Jefferson.

## Jeffrey R. Smith, 50



Jeffrey Smith

JEFFERSON — Jeffrey R. Smith, 50, of Crow Road, died suddenly and unexpectedly while working in Berlin on Saturday, March 16, 2019.

Jeff was born in Manchester on June 20, 1968, the son of Philip L. Smith, Sr. and Betty (Houghton) Smith. He was a lifetime resident of Jefferson. His passions in life were trucks and motorcycles. Jeff was a second generation, self employed truck driver for most of his working life, and was an avid biker in his spare time. He will be remembered for his signature blue and white Kenworth and voodoo blue Harley Davidson. He enjoyed hav-

ing his friends hang out with him in his garage laughing and having a great time. He was loved by everyone that knew him and would help anyone because he had such a big heart

Surviving family members include his wife, Michelle (Streeter) Smith of Jefferson; his mother, Betty Smith of

Jefferson; his daughter, Samantha Smith of Derby, Vt.; his step-children, Zackery Martin and Hayleigh Gonyer of Jefferson; two brothers, Bruce Simmons of California and Philip L. Smith, Jr.; and a sister, Tanya Foster of Littleton.

He was predeceased by his father, Philip, Sr.

A celebration of life will be held at his home at a later date.

Arrangements are under the direction of Bailey Funeral Home in Lancaster. Please go to [www.baileyfh.net](http://www.baileyfh.net) for more information or to send an online condolence.

# Sanel NAPA transforms Lancaster store

LANCASTER — Sanel NAPA is pleased to announce it has transformed the Sanel Auto Parts at 457 Main Street into a Sanel NAPA location to better serve the needs of customers in the Lancaster area. The store's manager is Bryan Conary.

President David T. Segal said, "These are exciting times for all of us as we embrace our transformation to Sanel NAPA and the commitment of a strong, 99-year-old, fourth generation family business."

The Sanel NAPA store's phone number is 788-2582 and the store hours are Monday – Friday 7 a.m. – 6 p.m., Saturday: 7 a.m. – 4 p.m., and closed on Sunday.

### About Sanel NAPA

Sanel NAPA, a family-owned business for the past 99 years, is a leading heavy duty, automotive, and paint and body supplier in northern New England with 44 retail locations in New Hampshire, Vermont, Massachusetts, and Maine. Founded in 1920 in Concord, Sanel NAPA provides customers with high-quality guidance by specialized staff members. Training series and technical clinics are held for heavy-duty technicians, paint and body service providers, and automotive professionals. Sanel NAPA is a member of the Automotive Distribution Network, HDA Truck Pride, and the Refinish Distributors Alliance.

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**A SALMON PRESS PUBLICATION**  
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USPS No. 222580  
Published every Wednesday at 79 Main Street, Lancaster, NH 03584  
Second Class Postage Paid at Lancaster, NH  
and at additional mailing offices. Postmaster: Send address changes to Coös County Democrat, P.O. Box 29, Lancaster, N.H. 03584

# WMRSD LEADERS & LEARNERS- Your COMMUNITY CONNECTION



**At Lancaster Elementary School**  
On Friday, March 22, a total of 35 LES fifth graders enjoyed skiing the slopes of Cannon Mountain in snow globe conditions thanks to grant funded Secret Sock Society. The Secret Sock Society runs several programs, including the Wintersports Program, which focuses on providing great ski instruction and experiences for students free of charge. All funds are generously provided by sponsors and grant moneys, with the goal of getting every child out on the slopes to spark interest in what can become a lifetime hobby.

Lancaster students arrived at 9 a.m., and were quickly geared from head to toe and were out on the slopes getting some fresh powder by 9:30 a.m. Parent chaperones, teachers, and Cannon staff generously jumped in for a fantastic day together with great kids.

The Wintersports program through the Secret Sock Society in-

cludes lift tickets, gear rentals, instruction, bus-ing, snacks and more at no cost to students. They also run the Sock Program, which provides high quality socks to replace cotton socks that students often come to the mountain wearing. Their third program, the Snow Angels Program, focuses on sponsoring local kids to get them out on the mountain and hooked on the fun.

**At White Mountains Regional High School**

On March 14, WMRHS AP Spanish language and culture students had the opportunity to put their language skills through a unique and authentic experience! They conducted presentations to a panel of Spanish-speaking judges as a part of their Inquiry-based project on Science and technology in Hispanic world, in a form of Shark Tank competition!

Students were first introduced to several social, educational and environmental challenges in the Caribbean via a

variety of authentic material. They were guided to conduct a research on more issues linked to this region, as well as their origins. Their task was to create a product that would help solve specific challenge of their country of choice, involving science or technology, and show the positive impact on wellbeing of individuals as well as whole society and its ethics.

AP Spanish students split into two groups: the first group focused on Puerto Rico and the immediate help after hurricanes, and created a product called "La Caja De Vida", a box containing a variety of tools to be used by individuals impacted by hurricanes. The second group focused on potential renewable resources in Dominican Republic, and created "Combustible Dulce", a small version of refinery using a sugarcane as a fuel.

Both groups presented their products, supported by data from their research, and then skillfully answered judg-

es' questions. After a long dispute, judges provided each group with detailed feedback on their language skills as well as the products, repeatedly stating how impressed they were with both groups. Finally, they announced the winner: Combustible Dulce!

All participants found this event to be a great educational experience! Students felt empowered and confident with their level of proficiency in Spanish, and judges stated the presentations were "impressive" and "inspiring."

### District News

The WMRSD "Blueprint for Tomorrow" Steering Committee, formally known as WMRSD Redesign Study would like to update the WMRSD staff, families, and community members regarding the work they have completed to date.

The WMRSD Blueprint for Tomorrow Steering Committee (SC) and Project Team (PT) have begun their work to operationalize the study. First, the SC changed the title of the study from the Redesign Study because the former name suggests that there may be pre-

conceived ideas in play. Given that there are no predetermined models, the new title more accurately represents the purpose of the study. The purpose is: to optimize our collective resources to maximize the success of our students, while balancing fiscal responsibility with the needs of the community.

The Project Team, comprised mostly of WMRHS Juniors and Seniors, will be collecting and analyzing data for the study. Given this, they will be reaching out to staff, community members, business, and families to collect data.

This will be in the form of interviews, forums, focus groups, surveys, questionnaires, etc.

Please help WMRSD collect real-time, meaningful data by participating in the data collection! They will not only be collecting quantitative data, but will be asking you about your values, hopes, and dreams for the District (qualitative data). They will continue to update the public as they move forward.

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# Still time to apply for heating assistance

REGION — The Tri-County Community Action Program, Energy Assistance Services, is reminding residents of Coös County that all eligible individuals can still apply for winter heating assistance ending April 30.

TCCAP's Fuel Assistance Program awards funds to qualified households provided by the Low Income Home Energy Assistance Program (LIHEAP). LIHEAP is a federal program that helps low-income households address energy costs by providing grants for qualified households to assist with heating expenses.

"The Fuel Assistance Program helps thou-

sands of area households remain warm, and that's crucial with the rising cost of heat during our cold New Hampshire winters," remarked Sarah Wight, Energy Assistance Services Program Manager.

Last year, the Energy Assistance Program aided more than 5,900 households in Coös, Carroll and Grafton Counties with their heating bills. Depending on income and household size, those who qualify for the program can receive between \$210 and \$1,575 toward their home heating bills.

Eligibility is based on gross income and household size. For example, a single-person household can qualify with a

monthly income of up to \$2,709; a two-person household up to \$3,543; and a family of three can earn up to \$4,376.

The Fuel Assistance Program can also help households during a heating emergency if less than a quarter of a tank of heating fuel remains, 20 percent of propane remains, or if there is danger of having utility services disconnected. For those clients, an emergency delivery of fuel or a delayed utility shutoff notice is crucial.

Applicants should contact their TCCAP county office to apply. In Coös County, the telephone number is 752-3248. Online forms can also be found at <https://bit.ly/2Uab3rd>.



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# THE COÖS COUNTY DEMOCRAT

IEWS AND COMMENTS

## Welcome to Winterspring

There are certain “holidays” that seem to have grown in scope and popularity in the last decade, and all of them take place in the long, cold, unpleasant stretch of time between December and Memorial Day. This is certainly not a coincidence. We need incentives. We need parties. We need themed food. Whatever it takes to get us to the finish line of this chilly season, we seem prepared to embrace with enthusiasm.

Valentine’s Day is obviously very longstanding, and has been celebrated in February for centuries. Countless kids have depended on this mid-winter candy infusion, thanks to the tradition of handing out cards and sweets in school. But there has also been a recent advertising push to celebrate not just romantic relationships but also friendships, opening up the holiday (and purchasing power) of all people everywhere.

But what to make of the astonishing popularity of Groundhog Day? Across the country, people wake up wondering if the groundhog saw his shadow and then spend the rest of the day trying to work out whether it’s a good or a bad thing. Thankfully, the “holiday” aspect of this one stops there. (Would anyone really want to experience a groundhog-themed dinner?)

Also, for mathematically-minded folks, there is Pi Day – March 14. The ratio of a circle’s circumference to its diameter is approximated by the number 3.14 – also known as Pi. And on Pi Day, one must obviously eat pie. This will be mentioned and marketed for days preceding the actual date and bakeries and pizza places will likely enjoy an uptick in sales. As far as food theming goes, Pi Day is a clear winner.

St. Patrick’s Day on March 17 provides a much-needed reason to celebrate in a month that might meteorologically be “spring” but we Granite Staters know to really be the 4th month of winter. The North American celebration of the feast day bears little resemblance to the religious holiday in Ireland, but it’s a true oasis of green amid the browns and grays of March.

March also brings one of the longest-running and most time-consuming “celebrations”: NCAA basketball March Madness. Brackets, seeds, play-in games and picks are the talk of offices, dinner tables and sports bars everywhere. And just when this reaches its thrilling conclusion, April is upon us and the end is finally in sight. Next up: Kentucky Derby and Cinco de Mayo – and then finally...summer. We shake our heads and marvel that we made it through another winter and wonder how in the world we survived. One glance back at the calendar – and our grocery lists – will remind us.

## White Mountains DAR to meet

WHITEFIELD — The White Mountains Chapter, Daughters of the American Revolution, will hold their next meeting on Saturday, April 20, gathering at 11 a.m. The meeting will be held at the Whitefield Public Library, 8 Lancaster Rd. (Route 3 North), Whitefield.

We will honor our four DAR Good Citizen winners with a luncheon. The cost of the luncheon is \$7.50 per person, and includes a selection of wraps, salads, cookies, and beverages from the Littleton Co-op. Please RSVP our hostess, Alicia Prater, by April 13 by calling (603) 991-3755 or mailing your check (payable to White Mountains Chapter), to Alicia Prater, 351 South St., Littleton, NH 03561.

A short business meeting will precede a presentation by D. Eric McNail, president of the V2VG (Veterans2VeteransGroup), a non-profit organization based in Littleton that provides support to veterans.

Guests and the public are welcome and always cordially invited to attend DAR meetings. For handicap accessibility use the rear parking lot and ramp. Additional parking is available behind in the church lot.

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



COURTESY

Maple Sugaring students at White Mountains Regional High School have been working hard to be prepared for when the sap runs this season! Most of the taps are on tubing, but students also still put out a few buckets. Shown here are (L to R) sophomore Kelsey Graham, junior Masyn Phillips and freshman Jacob Kenison, all students in the Maple Sugaring class.

## READERS' FORUM

### Landfill expansion could negatively impact the North Country

To the Editor:

It has recently come to my attention that Casella Waste Systems, via its subsidiary company North Country Environmental Services, is taking steps to expand its landfill operations from the current location in Bethlehem into a large parcel of land (1,900 acres) which lies within the three towns of Littleton, Bethlehem, and Dalton, and is currently owned by Douglas Ingerson, Jr. We all are fortunate enough to live in a beautiful area here in the North Coun-

try, with its pristine air and water, gorgeous landscape (the landfill proposed is near Forest Lake State Park) and I would implore all of you to help prevent this from happening.

I also learned that we in New Hampshire are allowing for the importation of trash from Massachusetts, Rhode Island, Vermont, Maine, Connecticut, and other surrounding states, which makes up over a third of the waste currently going into the Bethlehem landfill and is the main reason why

Casella Waste Systems needs to expand. I cannot understand why our political leaders would permit this to happen, especially in these times of heightened environmental awareness! Trash should be handled and disposed of locally, for all states and their respective municipalities to deal with (recycling, household waste reduction programs, etc.) as it makes zero sense for it to be collected and shipped elsewhere, anywhere, and especially here in our little slice of paradise. Talk about a car-

bon footprint!

I would invite all citizens in the North Country to join me and others to do all that we can to prevent this from happening. Please contact your elected officials, share this information with your neighbors, and get the word out as this new landfill would have a very negative impact on our environment, our property values, and quality of life.

Thank you,

JON SWAN  
DALTON



## A Century in Coös

A look back at this week in local history

COMPILED BY TARA GILES

1919

Beginning with March 24, there is a Red Cross drive for used clothing, this is to meet the grave emergency caused by the lack of clothing and material in the devastated regions of France, Belgian (sic), Serbia, Greece, Albania and Poland. Shoes are particularly asked for.

1929

Sunday afternoon had the earmarks of spring and as a result there was the first motor pleasure riding of the season. The hard surfaced roads were in good condition, but woe to the motorists who didn't select their journeys with care. The Lunenburg road is frightfully rutted by cars which attempt the trip as the frost is leaving the ground.

1939

Stratford locals - Miss Marion Gardner and Mrs. James Wright mo-

tored to Durham, Saturday, returning with Mrs. Maggie Pilbro who will spend the week with her mother.

1949

Joe Dodge of Pinkham Notch, famous Hutmaster for the Appalachian Mountain Club, is the hero of an article, 'The Mayor of Porky Gulch', by Hal Burton, in the March 19 issue of The Saturday Evening Post. 'Porky Gulch' is Joe Dodge's name for Pinkham Notch, 'in memory of an era when porcupines were rife and skiers were rare.' He has been living there year 'round since 1926.

1959

Dalton locals - Charlotte Blakslee has been confined to the house with chicken pox.

1969

Two salesmen of North Country Motors at 33 Middle St., Lancaster, will be honored for outstanding sales per-

formance during 1968 at a Ford 300-500 Club program. Local Ford retail salesmen qualifying for the 300-500 Club are Rayner M. Reed and Kevin Kopp.

1979

Groveton locals - Chris Canton of Whitefield was a weekend guest of his grandparents, Mr. and Mrs. Merle Hawksley.

1989

NORTH COUNTRY - Area residents found it impossible to 'reach out and touch somebody' last Saturday when a winter storm featuring some unseasonable lightning and thunder halted long-distance phone calls in the northern part of the state.

1999

WHITEFIELD - The Whitefield office of Fleet Bank-NH is one of nine branches that will be sold to Laconia Savings Bank in a transaction that is expected to be completed by mid-summer.

2009

LANCASTER - About 160 people, most from Coös County, turned out on Monday night for a second public hearing on the wind farm that Granite Reliable Power would like to build in the county. The Site Evaluation Committee (SEC) listened to comments about the wind farm, which would be built on 6.5 miles of ridge-line in Millsfield and Dixville, with associated facilities in Erving's Location, Odell, and Dummer.

## Jefferson

(continued from Page A1)

According to the survey results, 80 percent of respondents feel that the school property should be used as a place to 'increase and strengthen' community connections. Sixty-one percent feel that the school should not be sold. 88.4% of respondents feel that the library should be housed in the school, 64 percent feel that town offices should move there and 60 percent feel that a senior center would be the way to go.

Morin-Grey responded to a question in regards to an aging population in the town in which she said is a trend seen across all of New Hampshire. As for the space being leased or rented, residents remained impartial as they are still unaware of what opportunities could present themselves and how those would align with town goals.

One thought among those in attendance was that the building generate income to help offset the cost to taxpayers to maintain the property. Important was information that came from the assistant Fire Marshall who visited the building and said that the space would be safe to occupy.

An anchor business partner to help offset maintenance of the building was also discussed. Morin-Grey explained that a feasibility study could be geared to finding a complimentary business for the town. If a senior center is strongly considered, a canvas of local seniors would occur to determine what programs would be wanted.

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

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

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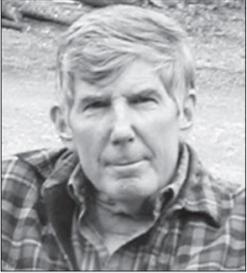
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North Country Notebook

If a woodchuck could chuck wood, he'd probably aim right for my head



By JOHN HARRIGAN  
COLUMNIST

It won't be long before people will have forgotten everything, and will just go around mumbling and grunting, because they don't read, and if you utter an oath like "Judas Priest!" they'll say "Huh?" and not even look.

The same thing is in store, I'd bet, for a huge number of old catch-phrases, like the ones my mother's mother used to use. For example, when her hair was all a-fly, which it seldom was, she'd say "Goodness! My hair looks like the wreck of the Hesperus!"

She lived Down East, around Jonesport and Cherryfield, Maine.

At the time of the wreck of the Hesperus (1839), some of the nation's blue-water shipping was still under sail. Henry Wadsworth Longfellow's famous poem was probably based on the wreck of another ship, the Favorite, out of Wiscasset, which was smashed up on an outcrop of rock known then and now as Norman's Woe.

At the time, human sustenance depended almost wholly and directly on the ocean and the land. Saltwater farms had a long list of special

rules and cautions, built on centuries of first-hand experience.

Lobstering was (and is) like that too. During my working career I did photo-features on lobstering twice, once with a man who fished shallow waters like estuaries and mouths of brooks and rivers, and the other time with a hardy soul who fished the deep blue sea.

Both trips bolstered my convictions about how hard and dangerous lobstering can be, and if someone complains about the price of lobster I'm just as likely to reply "You go fish for it, then."

It's the same with hay. In a perfect world, a bale of hay means four trips around the field: cut, ted (meaning flip), rake, bale. Then you have to pick it up, and then get it to the barn and stow it away, but who wants to hear all that?

So, I'm also the wrong guy to complain to about the price of a bale of hay, my likely reply being "You go make one."

+++++

What got me going on this subject was the ridiculous poem "How much wood could a woodchuck chuck," ad nauseam, all because someone began it on the phone the other day and I couldn't get my hands over my ears in time. (It seems to be one of the few old sayings that has not been set to music, or at least I am blissfully unaware of it.)

When I was just getting into my teens, Spring meant (among other things that would become all-important)



Woodchucks perhaps aren't the problem they once were, with fewer cows and tractors coursing the land. This one, when Guildhall's Roger Irwin photographed it, cast a shadow worthy of some over-promoted-to-the-point-of-madness annual event in a state with too many letters to spell here. (Roger Irwin photo)

shooting woodchucks. This meant any woodchuck, anywhere outside of town, that you could draw a bead on. The snow had just gone and fields were still bare of sprouting greenery, and you could see forever.

In this scenario, the woodchuck carcass was checked for deadness, left in the hole, and quickly succumbed to scavengers, burying beetles, and the tug of gravity. Farmers thanked you, because a woodchuck hole is a perfect place to break a cow's leg or a tractor's front wheel. And shooting woodchucks was not necessarily the purview of lone hunters. Entire families could be seen, driving around and stopping now and then, at which point a lone figure would jump out, take long and careful aim, and shoot.

This action was followed by two things: (a) the shooter ran out into the field and, while holding the woodchuck's car-

cass aloft, did a little jig, with much gesticulating and pointing; or (b) the shooter, having missed, slunk (slinking, slank, slunked) back to his witness. "Wind was off" was a pretty good line to have handy.

+++++

Ken Hartlen was a crack shot and a well-known woodchuck hunter. He stopped to stand behind me and watch one day when I was about to take a shot on the Chet Noyes Road that I'd spent a good deal of time lining up. My .22 bolt action with open sights was clearly not up to the task; this shot was too far away, and really called for a scope.

Still, I knocked the woodchuck over with a clean shot, the kind of shot I probably couldn't have made again in a zillion years. Ken walked down with me to retrieve the woodchuck, and we talked about getting used to piecemeal (at the time, I was working at the Beecher Falls Facto-

ry, Ethan Allen).

Today the pastures and fields that have not grown up are likely to be home to sheep, goats, horses and beef cattle, and I seldom see anyone stopping to take a shot at a woodchuck. The custom seems to be gone, to which I'd bet many people would add "For good."

+++++

As I look back on those days, just about half a century ago now, two thoughts on ethics arise, which back then nobody, I think, ever thought about.

One, which I have practiced ever since my teens, ever since the day I shot a bear that I had no good reason to shoot, is to eat what you kill and kill nothing you won't eat. No problem there. On top of that, I've eaten woodchuck pie, which, in accord with the axiom that everything that is not a fish ultimately tastes like chicken, tastes just like chicken pie.

The other one, much less clear, is what to do about problem animals---specifically, what to do about the woodchuck that has its holes near your garden

and is sneaking out at night, or in broad daylight, to mow down your lettuce, corn shoots and bean sprouts with mind-numbing regularity and efficiency.

Oh, here comes the chorus, I can hear it now--- a wave, a tsunami of finger-waggers: "Have a heart, Harrigan!" (get it?)

But here is something the trap and release advocates never seem to address: The likelihood that any nearby habitat for woodchucks--and you can replace "woodchuck" here with skunk, squirrel, raccoon, armadillo, chipmunk and mouse--is likely to already be full. Meaning, put a little more bluntly, the space and food for every specific species is already taken. No room at the inn.

This is why, when someone's inquiring at the hardware store about what to do about a marauding woodchuck, the whispered answer is likely to be "Lead poisoning."

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

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By SHANNON LYNCH  
EXECUTIVE DIRECTOR

Anyone who has grandchildren knows that feeling of lavishing them with love and attention. Want ice cream? Sure. Go to the movies? Of course.

After all, who doesn't love spending time with their grandchildren? They provide hours of happiness and, if they become a little cranky, well, that's when mom and dad can take over.

But did you know that beyond the happiness you get from sharing time with them, your

grandchildren may actually help you live a healthier life? Studies show that seniors who provide some form of care to their grandchildren may live longer than seniors who do not.

Why? Because we are often more active, mentally sharper, feel less isolated and experience less depression when energetic grandkids are running around. There have even been reported benefits for childless seniors who provide caregiving to children who are not related to them.

And don't let the age gap get in the way of having fun with your grandchildren. Go for a nature walk, take a trip to the local farmer's market, play a card game or share one of your favorite hobbies, such as crocheting or woodworking. You'll be surprised at how gladly the kids will share in your interests.

Tossing a ball in the

backyard or flying a kite at the beach will keep you physically active, but you don't have to overdo it. There are also plenty of ways to spend time with your grandchildren that sharpen your cognitive skills, for instance puzzles or a word search.

Studies promoted by Alzheimer's.net have shown that babysitting grandchildren may actually prevent Alzheimer's disease by increasing brain function and memory. Let's face it, you've got to be on top of your game when the little ones are running around, asking questions or looking

to play board games!

Recalling the happy memories in your life with a grandchild is also a great way to share the history of your family, while keeping your mind active and mood upbeat. Your grandchildren will not only carry on that history to someday share with their grandchildren, but will have their own happy memories of you to add.

So, next time you're asked to babysit or spend time with your grandchildren, you're not just helping out their parents... you may be improving your own health!

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# 4-H'ers gather for County Activities Day

COLEBROOK — 4-H County Activities Day (CAD) is one of the biggest county events on the calendar for 4-H members. This year, more than 30 youth participated in the various contests which were held at the Colebrook Elementary School.

4-H County Activities Day (CAD) is designed to provide 4-H members with an opportunity to share their project work in a friendly, supportive atmosphere. At the same time youngsters gain valuable experience in a public speaking situation. It's a great opportunity to focus on the important life skills of communications and understanding self. Another purpose of the day was to select

those 4-H'ers who will represent Coös County at State Activities Day (SAD) on May 4 at Manchester Community College where Coös members will compete with 4-Hers from the other nine counties. It is a real challenge to capture one of the limited spots and for those who succeed, it is a tremendously prestigious honor. At State Activities Day, the 4-H presenters have the opportunity to shine. From there, exceptional presentations will be selected to advance on to the Eastern States Exposition in September. Members may participate in County Activities Day in several ways. There are opportunities for youth to show off their creative and artis-

tic talents through the poster and photography contests.

The top 2019 CAD winners in Photography are: Sam Kuhn and Drew Pettit of the Early Risers 4-H Club in Colebrook; Lauren Tyler (Independent 4-H member) of Groveton.

Poster winners: Ages 8-10 category are Ella Gilbert of the Early Risers 4-H Club and Aliyah Drew of Lion Cubs 4-H Club in Stratford; Ages 11-13 category are Adelle Pettit of the Early Risers 4-H Club and Patience King of Lion Cubs 4-H Club; ages 14-18 category are Maya Hook and David Sweatt both of the Early Risers 4-H Club.

Members also give oral presentations in the form of public speak-



ing, action exhibits and demonstrations. The top scoring Horse Communications Public Speech

was given by Amie Weagle of Colts & Fillies 4-H Club in Stark; the winning Horse Communications demonstration was given by Aviara Challinor of Pleasant Valley 4-H Club in Lancaster. Others invited to attend State Activities Day with their Horse Communications demonstrations this year are: Sam Kuhn of the Early Risers 4-H Club. Danielle DeBlois of the Early Risers 4-H Club was the top presenter for those not competing in the Horse categories. Shantel Corliss and Ciera Challinor are the top team Demonstration presenters. Others invited to attend State activities Day to present their demonstrations are Lauren Tyler; Diajana Griffin of Lion Cubs 4-H club; Ella Gilbert, Sam Villa, Drew Pettit, Nathan Labrecque and Aly Hook all of the Early Risers 4-H Club. Three members of the Green Dreamers 4-H club in Groveton qualified for State Activities Day with their team action exhibits: Karli Chauvette and team member Kathleen Laundry; Mackenzie Laundry with independent team member Lauren Tyler. Individual Action exhibit presenter John Daley of the Early Risers 4-H Club has also been invited to attend State Activities Day.

Another way 4-H members can participate in County Activities Day is in Fashion Selections. The purpose of this competition is to encourage youth to make wise decisions as consumers of clothing. The Life skills that are developed through this Program include: decision making, planning and organizing, wise use of resources and communication skills. Qualifying to compete at 2019 State Activities Day in the Fashion Selections competition are Cora Daley of Early Risers 4-H Club and Patience King of the Lion Cubs 4-H Club.

4-H County Activities Day would not have been possible without adult and youth volunteers to help conduct the logistically challenging day by serving as judges, room monitors, and in other capacities. For more information on the 4-H Program in Coös County, contact Christine Whiting, 4-H Program Manager at Christine.whiting@unh.edu or call 603-788-4961.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and New Hampshire counties co-operating.



COURTESY

Groveton American Legion Auxiliary Fredonwarell Unit 17 recently made 200 American Pocket Flags to be presented to Active Military personal. They were presented to Pfc Brandon Dorr who was home on a three day leave at his parents house. He is stationed at Fort Drum with the 210th BSB Bravo Company, at Fort Drum, New York. The American Legion Auxiliary Fredonwarell Unit 17, received the flags that were eight by 12 inches in size, then they had to fold them down to a small triangle shape, in the same design as the shape that is handed to a family member at a military funeral. The small flags are then put in a small plastic bag that will fit in a soldiers pocket. Also in the small bag will be a card that reads: "A flag for your pocket so you can always carry a little piece of home. We are praying for you and we are proud of you. Thank you for defending our country and our freedom. When PFC Dorr returns to base he will present the Pocket Flags to his Commanding Officer, who will present them to his Troops.

## New Hampshire 2019 SEASON

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Love Dad, Mom, Danny, Bren, Rodney

# Searson sisters coming to Colebrook



COURTESY

The band Searson will be bringing its musical mix to the Colebrook Country Club on Sunday, March 31, at 7 p.m.

COLEBROOK — For more than a decade now, Searson has toured the world with a unique blend of high-energy fiddling, passionate vocals and intricate step dancing. The band will be bringing its musical mix

to the Colebrook Country Club on Sunday, March 31, at 7 p.m. in a show presented by the Great North Woods Committee for the Arts and co-sponsored by Brown Lab Technologies. At the core of Searson

are Colleen and Erin Searson, two sisters who hail from the Ottawa Valley, Ontario, Canada. Their spirited live shows feature Colleen on fiddle and Erin on piano and tenor guitar, interspersed with the incomparably rich sounds of sibling vocal harmonies, and both sisters “pounding the boards” with Ottawa Valley step dancing. Growing up in the Ottawa Valley, Ontario, Canada, the Searson sisters began to study music at a very young age, performing locally and competing at step dance and fiddle contests. Since the age of four, Erin has been classically trained through the Royal Conservatory of

music in piano. Colleen has been studying violin and fiddle methods from all styles around the world since age nine while both began step dance lessons before the age of nine. This prepared the sisters to grow and expand as they became accomplished performers and musicians and increasingly began to tour across borders and overseas. Rounding out their band is bass/guitar player Fraser Gauthier, who has studied at Humber College and Capilano University, gradually gravitating towards

roots music, and Dave MacDougall, a drummer and percussionist who brings creativity and groove to a variety of styles of music. In the past 10 years, Searson has toured throughout Canada, the United States, Germany, Denmark, Portugal, Switzerland and the Caribbean. They have brought hundreds of fans with them on various bus tours while performing throughout Ireland. “This is going to be a real treat for the audience at the Colebrook Country Club, a band usually featured on a big

stage bringing its show to the intimate setting of the Country Club,” said GNWCA President Charlie Jordan. “You don’t often get a chance to see a performance like this up close, so you won’t want to miss this.” Tickets are \$15 and available at Fiddleheads, 110 Main St., Colebrook, online at [www.gnwca.org](http://www.gnwca.org) or at the door. For more information on this and other GNWCA shows, find the Great North Woods Committee for the Arts on Facebook, visit [www.gnwca.org](http://www.gnwca.org) or you can call 246-8998.

## Snowmobile crash in Stewartstown



STEWARTSTOWN — At approximately 10:15 a.m. on Wednesday, March 20, Cynthia Jaycox, 81, of Columbia was operating a snowmobile on the Corridor 5 Trail in Stewartstown. She was operating in a group of snowmobiles and was following behind her son, Bruce Jaycox, 62, of Clarksville.

She then crashed into him and his snowmobile. Serious injuries were sustained by both in the crash.

A 911 call was made and a response from Colebrook Fire Department, 45th Parallel EMS, Errol Rescue, Beecher Falls Fire & Rescue, Life-flight of Maine, Dhart Helicopter and Conservation Officers began. First responders utilized a tracked ARGO and a rescue snowmobile with trailer to transport the injured parties to awaiting ambulances and helicopters. Both Cindy

Jaycox and Bruce Jaycox were transported by helicopter to Dartmouth Hitchcock Medical Center for treatment of their injuries.

This crash is still under investigation; however, inexperience is believed to be a primary factor in the crash.

## Snowmobile Crash in Nash Stream Forest injures two

ODELL — Fish and Game Conservation Officers were alerted to a report of a snowmobile crash on Trail Corridor 28, between Little Bog Pond and Trio Pond in Nash Stream State Forest, at approximately 6:30 p.m.

Fifty-two-year-old Iris Emerson of Groveton sustained serious but non-life threatening injuries after a collision with another snowmobile that was traveling in the opposite direction. The other snowmobile involved was operated by 53 year old Lana Gilcris of Groveton. Gilcris was thrown from her machine and sustained non-life threatening injuries.

Stratford Fire Department, Groveton Fire Department, Groveton Ambulance, and Conservation Officers responded to the call. Both victims refused medical transport as they decided to receive a ride to the hospital in private vehicles. The crash is still under investigation at the time.

## JEFFERSON

Wilma Corrigan | 586-4488

Who said we are done with that white magical fluffy stuff we’ve been struggling with for the past six months? Thing is, we forgot that the farmers needed to receive their free fertilizer in order to get a super good crop of vegetables, potatoes or hay to feed the humans and the cattle. Who would have thought on Wednesday, when the calendar read ‘first day of spring’ and it was such a beautiful day, that we’d be a foot under snow on Friday?

The Fuller family is planning an open house at their sugar plant down near Randolph. Their orchard down there is a sizable one making it possible for a fantastic open house.

Back in the late 1800’s, the Carter family purchased the Ethan Crawford property in the Highlands area and seeing as how they were horse riding lovers wanted a nice place to ride their horses in a scenic area. They discovered the Jefferson Notch dirt road and wanted a connection with their part of Jefferson to connect with the Notch. They got permission to build what we know as Carter’s Cut from route two down over the hills to the road known as the Valley Road that connects to Jefferson Notch.

It was an ideal place to construct a nice dirt road for a short cut to Jefferson Notch. Carter’s Cut was maintained during the summer but not kept open during the winter months. Hubert and Edith Adams Carter came up to their cottage, the ‘Boismont’ every summer, from Boston, Mass. when school was in recess to enjoy the freedom of horseback riding like in England. Hubert and Edith’s son, Hubert Adams Carter was a school teacher in a Boston area school. Edith took care of the Highland Chapel and held a farm and gardens fund raiser to get finances for the upkeep of the church. Now the Carter Cut road is closed to gates and bars and no longer a through road to travel on due to an unsafe bridge on it that crosses the Israel River at the base of the road. It still is a beautiful road to walk and you can find spring flowers.

### Humor

There is always a reason... A man took his car to a garage for routine maintenance. Since earlier he had noticed that one tire appeared low, he asked the mechanic to check it out and add air. When the man went to pay the bill, he was shocked to see a \$10 charge for air. “What is this?” he asked. “Air used to be free.” “Well, that’s inflation for you!” the cashier replied.

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# WMCC announces annual Auto Show

BERLIN — White Mountains Community College (WMCC) will hold the fourth Annual Grand Auto Show on Saturday, May 4 from 10 a.m. to 2 p.m. at the main campus in Berlin. In the past, over 70 cars entered for “best of show” trophies. Organizers hope to grow the event this year. If you own a grand auto, plan to bring it to the show. The event is not limited to cars. Bring your tractor, motorcycle, or any grand vehicle you have on wheels. The event has proven to be a huge success and \$3,000 has been awarded in schol-

arships to assist automotive technology students with their education, over the past three years. Donations for scholarships and items for raffle are welcome.

In addition to the auto show, the college will provide testing on the Mustang Chassis Dynamometer. Music will be provided by Tim Dion and vendors will be offering food and merchandise for purchase. Admission and/or car entry are free, but donations will be accepted at the door. The event is open to the public, so mark your calendars and plan to spend part

of the day checking out all of the interesting vehicles.

The rain date for the event is Sunday, May 5. Organizers of the Grand Auto Show thank their growing list of past and present sponsors who include: Northway Bank, NH Auto Dealers Association, Berlin City Auto Group, Mountain View Grand Resort, Auto North, Mount Washington Auto Road, White Mountain Cruisers, Mt.

Washington Valley Old Car Club, Sysco of Northern New England, B&B Auto and Truck Supply, Sanel Auto Parts, Koffee Kup Bakery, Follett Bookstore, O'Reilly Auto Parts, C&S Auto & Truck Parts, Reinhart Food Services, White Mountain Distributors, Mr. Pizza Restaurant, Common Man Family of Restaurants, Dunkin Donuts, Jax Jr. Cinemas, Berlin Marketplace, Androscoggin Valley Coun-

try Club, Whitehorse Gear, Berlin Bowling Alley, Corrigan Screen Printing & Awards, Smith and Town Printers, Steven Fader, and Shannon Lavertu.

If you would like to be a sponsor of the show, make a donation toward the raffles or be a vendor at the WMCC Grand Auto Show, please call Tamara Roberge at 342-3062 or email troberge@ccsnh.edu. Donations can be made toward the

scholarship initiative at

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Checks can be made payable to White Mountains Community College, 2020 Riverside Dr., Berlin, NH 03570. Be sure to write Grand Auto Show on the memo line of the check.

## Cryans

(continued from Page A1)

of Main Street, where he learned of several revitalization projects that have recently taken place as well as future endeavors.

“We went into some shops and stopped in at North Country Ford,” said Cryans.

Anne Paquin, the Human Resource Manager at Trividia along with Senior Director of Opera-

tions, Dean Hoffman, discussed concerns filling vacant positions with the new Councilor. While there, Cryans toured the facility and learned about the back history of the company, including the fact that the company was previously the well known P.J. Noyes Company.

“From Trividia, we then went to Weeks Medical Center to discuss issues facing critical access hospitals in rural areas with Week’s Pres-

ident Michael Lee,” said Cryans.

Of the meeting, Lee said, “I am very grateful that he took time to stop and talk about pressing issues in the North County, namely poverty, substance use disorder (Weeks MAT and LRH/AVH Hub programs), healthcare work force shortage and transportation.”

Lee added, “He was impressed with the new Lancaster Patient Care Center. Representative

Troy Merner attended the meeting with Mike; special thanks to Troy for assisting North Country Health Consortium on supporting the IDN funding at the recent county meeting. The IDN funds have been pivotal in starting a lot of needed programs in the North Country including Weeks’ MAT program.”

Lee noted that he was impressed with Cryans who just completed 3,000 consecutive days of running without a break.

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# Former Lyndon State College Leader named President Emerita

LYNDON, Vt. — Dr. Peggy Ryan Williams, former Lyndon State College president and Vermont State Colleges System (VSCS) administrator, has been awarded the status of president emerita of the college by the VSCS Board of Trustees.

Emerita and emeritus status are granted to retired faculty and administrators with outstanding professional achievements who have given distinguished service to the VSCS and meet certain other criteria. Williams holds a Ph.D. from Harvard University, an M.Ed. from the University of Vermont and a B.A. from St.

Michael's College of the University of Toronto.

Williams was president of Lyndon State College, now Northern Vermont University-Lyndon, from 1989 to 1997 and served in various VSCS administrative positions in the '70s and '80s.

"I had a terrific experience in the time I was at Lyndon State College, and I see this as a wonderful recognition of my time there," she says of the emerita status honor.

Among Williams' accomplishments at Lyndon State College were overseeing construction of Samuel Read Hall Library and Academic

Center above the existing library; overseeing the addition of programs in math, liberal studies and sports medicine; and establishing the campus computer network and technology infrastructure. She also established the college's division of institutional advancement — which enhanced student recruitment, admissions and retention initiatives — and raised enrollment to then-record levels.

"I had a good senior team and was able to keep people for a while. I had a good relationship with the faculty. We started to build on some fundraising experiences. It was challenging and

rewarding at the same time because we always had to be sure we met the enrollment numbers we needed," Williams says. "External support and friends were becoming more and more important, and we started to do more and more outreach. I think the institution has benefited over time."

The Peggy Williams Leadership Award at Lyndon State College was established in her honor. Also established in her name is the Vermont Women in Higher Education Peggy R. Williams award. Williams received the Jackie Gribbons Award for Lead-

ership from Vermont Women in Higher Education in 1984. She was the first recipient of the award.

Williams, who has homes in Johnson, Vermont and Fernie, British Columbia, also is president emerita of Ithaca

College, where she was president from 1997-2008. She is on the Vermont Public Radio Board of Directors and served on the Saint Michael's College Board of Trustees.

## Track

(continued from Page A1)

without burdening any local businesses.

"We do not want to take contributions from local little leagues, soccer leagues, junior and high school athletics and extracurricular activities or draw funds from ongoing WMRHS Booster activities," Mayer said.

Mayer explained that funding will come by way of trust fund applications, corporate sponsors, a GoFundMe page as well as donations. Construction will be provided by local companies who can take advantage of the WMRHS Booster Club's non-profit status.

The committee is looking for local landscape contractors, equipment operators, truck drivers, surveyors, electricians, plumbers, engineering and designers along with volunteer laborers.

"Lower Coös County is a rural area that is hard pressed to raise funds for public investments. They are burdened with high property taxes, challenged school systems, limited economic opportunities and an aging population," said Mayer.

He went on to say, "Our towns face greater pressure to expand their tax base and the population in our five town region has either shrank or stalled. Median household incomes are below the state average."

Mayer noted that the need to secure grants and community dona-

tions stems from the fact that public policies to reduce the fiscal capacity of the towns has weakened the ability to invest in public improvement projects.

"Town tax bases are diminished by the extent of land enrolled in 'current use programs' protected by conservation easements or held in public ownership that is taxed at less than full market value or not taxed at all," he added.

Mayer explained that the most substantial cuts came in 2017, "The legislature reduced state aid to public schools by phasing out "stabilization grants" that since 2012, had replaced fiscal disparity with funds of

\$1,250.00 to \$2,000.00 per student."

It was stressed by Mayer to ensure that residents in Twin Mountain, Jefferson, Lancaster and Dalton do not view this as strictly a Whitefield issue.

"It is important that regional town residents understand that this is a regional project," he said.

Lastly, Mayer said, "I am encouraging all to consider — and support — the Boosters proposal. This may be the biggest opportunity I have seen for WMRHS communities to fund the desperately needed track and field solution. It is an investment for our towns. It can serve as a cross

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**Renovations**

(continued from Page A1) an environmental and structural review.”

In addition, a historic condition assessment will take place so the group will have a better understanding of what the different pieces are that they are working with.

“We will be made

aware of the historical integrity of the building and what elements of the interior and exterior parts should be maintained as we go through the renovations,” said Riley.

While it doesn't look like much is happening from the outside, much is taking place on the in-

side. Some hazardous materials were recently removed including some old pipe wrapping and some adhesive on the flooring.

Riley explained, “We're planning the next phase for the removal of additional debris from within the building and the demolition of some

more recently installed walls and partitions.”

The group is still in the process of raising capital for exterior work.

Riley said those funds will come from grant sources as well as from investors, adding that “We will be repaying them over a five to seven year note. We're looking

for a number of different sources to support the redevelopment including help from LCHIP (NH Land and Community Heritage Investment Program).”

An early influx of November snow, halted the installation of a new roof however that piece will pick back up this April.

Riley is excited about the community's support, “There has been a great amount of enthusiasm and support on both the local and state level for this project. It's nice for people to realize the potential on that corner, and we appreciate everyone's patience.”

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**Randolph Hill Road:** Situated on 2.43 nicely landscaped acres with a pond and spectacular Presidential Views, this charming 5 bedroom, 2 1/2 bath country home, built in 1838, is extraordinary. It includes a big country kitchen with vaulted family room, formal dining and living rooms, a large master suite on the first floor, a small study and an inviting sunroom with natural light and solar warmth. Outbuildings include a one bedroom cottage with kitchen/living/dining area, a Bunk House, and a 3 car garage. This is a beautiful home in a treasured community. **\$395,000** (4741602)

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

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

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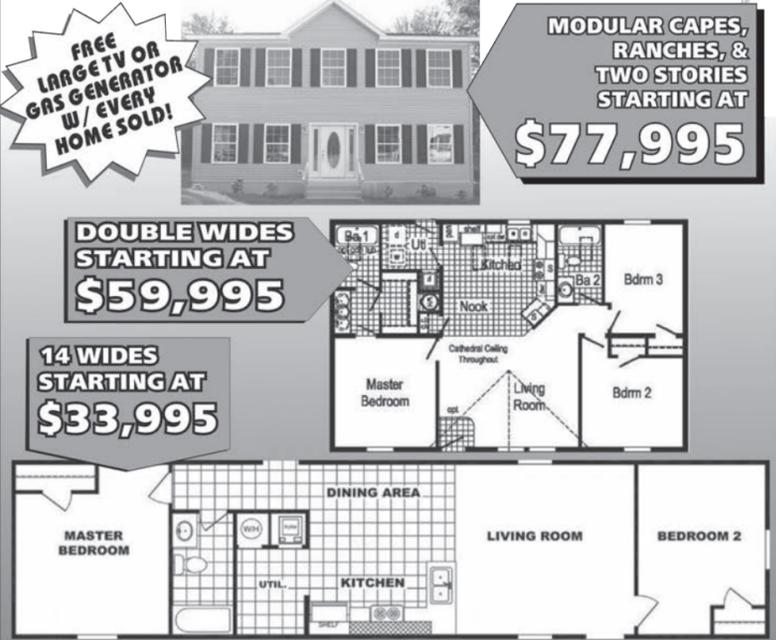
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# Warren tackles opioid crisis

BY ANGEL LARCOM

angel@salmonpress.news

LITTLETON — “Washington works great for drug companies, just not for anyone trying to get a prescription filled,” said Sen. Elizabeth Warren at Littleton High School on Saturday, March 23.

The event, dubbed ‘Community Conversation with Elizabeth Warren,’ was the Democratic Presidential hopeful’s first campaign visit to Littleton. The topic of focus at this one-hour event was the opioid crisis. Warren addressed a crowd of roughly 100 attendees.

Along with Maryland Rep. Elijah E. Cummings, Warren is currently co-sponsoring H.R. 5545: Comprehensive Addiction Resource Emergency Act of 2018 (CARE), which is designed to treat addiction like the public health emergency that it is. Introduced by Cummings on April 18, 2018, in the House of Representative, this bill has been slowly making its way through several subcommittees, most recently the Subcommittee on Crime, Terrorism, Homeland Security and Investigations. No significant action has occurred on the CARE Act since May 2018.

Drug overdoses are the most significant



ANGEL LARCOM

Democratic presidential hopeful Elizabeth Warren addressed the opioid crisis during a visit to Littleton High School on Saturday, March 23.

contributing factor to the declining life expectancy of US citizens and New Hampshire has one of the top three highest rates of opioid-related deaths. According to Vermont Representative Peter Welch (D), the CARE Act is “a full-scale Marshall plan to combat the opioid crisis by providing states and communities with \$100 billion in federal funding over ten years.”

Early in the Littleton session, Warren explained that although all CARE Act funding received by communities has to be used for addiction services, there is no rigid structure outlining how it should be spent. She said it is up to “the folks on the front lines” to determine the best way to address local addiction issues and said the job of the federal government is to be a good partner in this rather than use a cookie cut-

ter approach that won’t work in all communities. Warren also mentioned that the CARE Act includes a provision to hold “big pharma” (pharmaceutical companies) responsible for miss marketing addictive drugs to consumers.

Panelists at the one-hour event in Littleton High School’s cafeteria on Saturday afternoon included moderator Ed Shanshala, CEO of Ammonoosuc Community Health Center; Mike Lee, President of Weeks Hospital, Jennifer Goulet, a community health worker at the North Country Health Consortium; Nancy Frank, Chief Executive Officer of the North Country Health Consortium; and Tony Wright, a recovering addict. Each panelist took turns discussing their personal experiences at the front lines of the opioid epidemic in the North Country; what works and what is failing.



Left to right, Panelists Tony Wright, Nancy Frank, Ed Shanshala, Sen. Elizabeth Warren, Jennifer Goulet and Mike Lee discuss the opioid crisis and the CARE Act at Littleton High School on March 23.

Lee raised a point about pharmaceutical companies, saying “Let’s keep big pharma as the bad guy, but I think they need to be part of the solution. We need to get a longer lasting medication out there that doesn’t have street value.”

Goulet discussed the success of the North Country Health Consortium’s Wellness and Recovery Model Program, where many recovery coaches are former addicts.

“We provide advocacy, validation and support. We provide success and hope every single day,” Goulet said.

Frank, CEO of the North Country Health Consortium, said, “We’ve touched one

thousand individuals in the last year from the north country. Admissions into treatment have increased. We can now address addiction as a disease as it should be.”

Frank also discussed a couple of challenges inherent to the region, commenting “It is challenging to get the necessary workforce in the North Country. To get qualified people in this area is very hard. Funding is always an issue.”

Wright, who has been in recovery for a little more than a year, said that he was clean thanks to the help of the Friendship House in Bethlehem. He pointed out that public transportation is a serious issue in the North Country.

When discussing support availability, Wright said, “It seems like the North Country is the last place to get anything. This part of the state gets shut out for some reason.”

After listening to the panelists, Warren said, “It’s going to take all of us to make the kind of changes we need in this country. Two hundred people die from an overdose a day, with no end in sight and less than one in ten have a chance of getting the medical treatment they need.”

She continued, “Addiction is a medical issue, not a moral failing, and we need to treat it like that. And to me, everything flows from that.”

## Do the churches of Christ believe in hell?

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

The Greek word for “hell” appears only thirteen times in the New Testament; Jesus uses that word eleven of the thirteen times it occurs. To deny the existence of hell is to deny all the teachings of Christ, and thereby reject the entire inspired word of God.

In Matthew 5:22 Jesus said that there are those who were in danger of hell fire. He says in Matthew 10:28 to “fear Him which is able to destroy both body and soul in hell.”

See also James 3:6; 2 Peter 2:4; Revelation 1:18; 20:14. From these passages alone how can one not believe in hell?

The Scripture states “we must all appear before the judgment seat of Christ (2 Corinthians 5:10), and, “it is appointed for each man once to die, then, comes the judgement (Hebrews 9:27).

The choice is one that each person must make for themselves, eternal reward or eternal punishment (Romans 6:23) for after death then it is too late. The churches of Christ believe in Hell, and we desire that no man should enter its gates.



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## Q&A I Have Cancer Now What?



BY STEPHANIE LAROZA, ONCOLOGY REGISTERED NURSE

**You just learned that you or a loved one has cancer. This can be overwhelming. Knowing what to expect can help you cope better. Here are some tips to help you.**

**Ask Questions.** Make sure you ask your doctor detailed questions about the type of cancer you have: What stage? Has it spread? What type of tests and treatments will I need? How serious is my cancer? Will I need surgery? What are my chances of survival? Find out as much as you can to ease your mind and make proper decisions.

**Dealing with Your Emotions.** Cancer diagnosis and treatment affects both your physical and emotional health. Your feelings may be more intense and may change often. You may feel overwhelmed, experience denial, anger, and fear, may feel sad, depressed, guilty, or lonely. All these feelings are normal, but everyone’s experience is different.

**Learn How to Cope.** Dealing with your cancer treatment and taking charge of your life are important to overcoming fear, building hope, and getting well.

**Express Your Feelings**—Sharing feelings of anger or sadness often helps you let go of them. Talking to friends, family, or a counselor can be helpful.

**Look for the Positive**—Focus your energy on wellness and staying healthy.

Look for the good even within a bad situation.

**Don’t Blame Yourself**—Cancer can happen to anyone and is a disease. Don’t blame yourself for something you did or did not do.

**Don’t Try to Be Upbeat If You’re Not**—It’s okay to give in to your feelings sometimes. There’s nothing wrong with having a “bad cancer day.”

**Learn How and When to Talk About Cancer**—Talking about cancer is difficult. People often don’t know what to say. You should set the tone of how and when to discuss your cancer.

**Find Ways to Relax**—Enjoy activities that help you unwind and stay active.

**Be as Active as You Can**—Do something active every day, get out of the house, exercise, keep moving.

**Control What You Can**—Being involved and present gives order to our lives and eases fears.

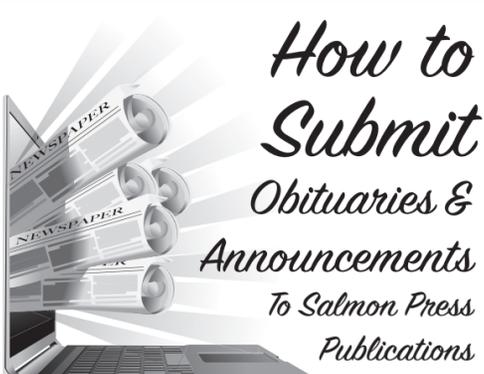
**Have Hope.** There are many reasons to feel hopeful. Millions of people who have had cancer are alive today. Your chances

of living with cancer—and living beyond it—are better now than they have ever been before. And people with cancer can lead active lives, even during treatment. Hope may help your body deal with cancer—and a positive attitude may help you feel better.

**How Does Weeks Help Cancer Patients?** You can receive oncology care at many places, but the care we provide at Weeks is the best of both worlds—local, small, and personal, but with the expertise of physicians from Dartmouth-Hitchcock. We know what matters—making the most of the moments we have. We try to share it with all the folks that come through our doors. There is laughter, there are tears, there is honesty, warmth, and compassion. There is love. In the realm of living and dying we get to use words like “love” and talk about things that really matter.

As for treatment, we take an aggressive and comprehensive care approach customized to each patient. Our nurses are specially trained in chemotherapy, biotherapy, and hormone therapy. We provide treatment to make patients feel more comfortable. We also offer the latest technology, including onsite PET/CT scanning, which helps us better determine the spread of cancer and assess the effectiveness of a treatment plan. Because of all of this, we offer higher rates of healing and survival.

**For questions about cancer care, call 603-788-5045 for more information.**



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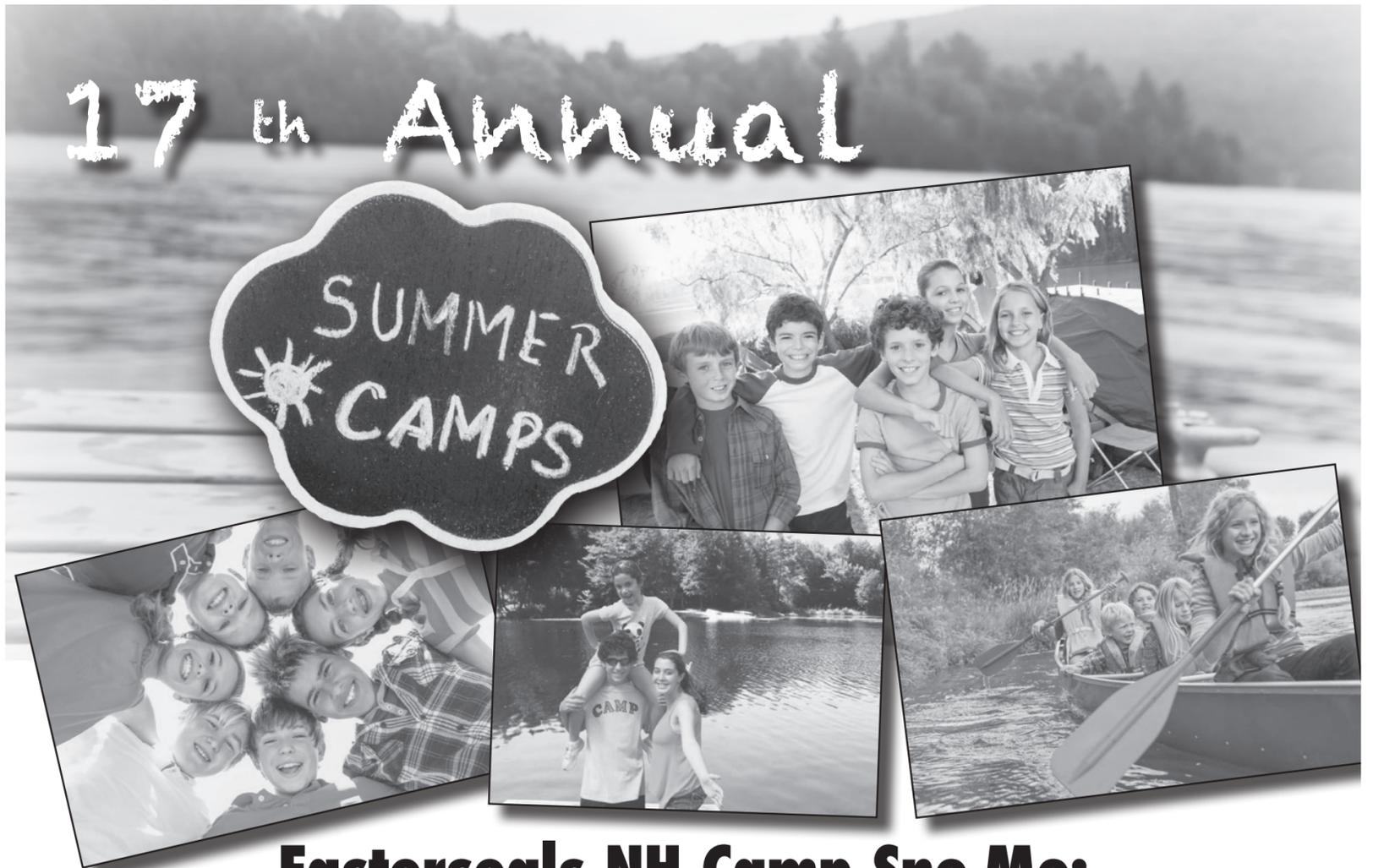
Photos are also welcome, but must be submitted in jpeg format.

Please contact Executive Editor

Brendan Berube at (603) 279-4516, ext. 111 with any questions regarding the submission process.



[weeksmedical.org](http://weeksmedical.org)



## Easterseals NH Camp Sno-Mo: Unifying Kids of All Abilities at Summer Camp

Easterseals Camp Sno-Mo, located in Gilmanton Iron Works, NH, has served campers, ages 11-21, with special needs at a residential camp since the early 1970s. Over the course of a fun-filled summer, our campers are joined by 500-600 Boy Scouts on the space we share at Hidden Valley Campground. The co-location of these two programs provides the opportunity for an atmosphere of acceptance, diversity, and education for all.

Children of all abilities love and thrive during a summer camp experience. Summer camp allows for time away from home, meeting new people, creating lasting friendships, sleeping under the stars, and the endless opportunities to try something new! For some children this can be a challenge. Children with special needs are not always



able to attend camp because their unique needs make it difficult. However, at Easterseals Camp Sno-Mo, campers with special needs are able to have a truly amazing experience is a

safe, adaptive, and caring environment.

Additionally, our campers participate in activities offered by the Boy Scouts. These activities are those you



will find at many traditional summer camp programs throughout the country and include aquatics (swimming and boating), riflery, archery, hiking, ecology, first aid, high and low ropes courses with a zip line, camp crafts, and more.

Sno-Mo Campers participate alongside Scout campers to complete requirements to earn their badges. They form friendships and memories while working together. This partnership allows our

campers to enjoy a traditional camping experience where the possibilities are endless.

Our caring staff receive extensive training on therapeutic crisis intervention, medical/water safety and first aid/CPR ensuring our campers enjoy a safe and meaningful camp experience. Sno-Mo staff hail from many countries and bring their culture and experiences with them. By providing a safe environment, we enable our campers to challenge themselves to learn and grow, develop confidence, and discover how much they can achieve.

A perfect example of this is embodied in Alex's story. Alex is a long-time Sno-Mo

camper who uses a wheelchair and walks with a crutch. He is also living proof that you are only limited by the limits you place on yourself.

Once summer Alex has a conversation with his one-on-one camp staff Jessica. Alex had indicated that he wanted to hike Mt. Shannon while at camp. Given his mobility limitations, we knew this would require some creative thinking but brainstormed the possibilities because Alex was adamant about doing the hike with his crutches! Mt. Shannon is 1,400 feet above sea level and, at certain points, can be a little tricky to navigate especially near the summit.

After much discussion **More on page 2**

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New Hampshire

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who they are instead of limiting what they can do. Why put a limit on it? As we have seen on many occasions, if a Sno-Mo camper feels they want to try an activity that has been out of their reach, we will find a way to

make it happen! We believe the only disability is a bad attitude!

For more information about Easterseals NH Camp Sno-Mo, please contact Camp Director Robert Kelly at rkelly@eastersealsnh.org.

sion, we determined that if we could come up with a plan that would allow Alex to safely do this then we would make this dream come true. Within a matter of hours, we devised a well-thought-out and concise plan for Alex to tackle the climb.

Not only did Alex climb up and down Mt. Shannon unaided, he has repeated the feat each summer thereafter with staff nearby for support. When we recognized Alex's accomplishment at the dining hall during our next meal, his fellow Camp Sno-Mo and Boy Scout campers, gave Alex a very well deserved

standing ovation. It was one of those moments in time where you remember where you were when it happened. It was simply inspirational.

Since our beginning, Camp Sno-Mo has been a special place where our campers have achieved countless accomplishments and milestones. The level of character, dedication, and potential we see in our campers is unmeasurable. Gone are the days where people would say "are you sure he or she should be doing that?" Instead we would rather the individuality of our campers define

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Intermediate/Advanced: 5:30-7:00pm

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(per session)

Session 1: July 8, 10, 12  
Session 2: July 22, 24, 26  
Beginners: 8:00-10:00am

Intermediate/Advanced: 10:00-am-12:00pm

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**presentation schedule**

Time	Vendor	Presenter
10:20	Star Clippers	Jeri Hamilton
10:40	Insight Vacations	Holly Hauser
11:00	Un-Cruise Adventures	Gisele Fernandez
11:20	Crystal Cruises	Dottie Veneto
11:40	Club Med	Aideen Mulholland
12:00	CIE Tours	Christina Aresco
12:20	Marriott Resorts/Caribbean	Michael Rudloff
12:40	Aruba Dept of Tourism	Katy Kennedy
1:00	Trafalgar Tours	Bryan Towler
1:20	Viking River Cruise	Donna Nightingale

# SPORTS B

Wednesday, March 27, 2019

COÖS COUNTY DEMOCRAT

PAGE B1

## Spartan coach Chris Foss named JV Coach of the Year

BY TARA GILES

tara@salmonpress.news

WHITEFIELD — WMRHS girls' JV basketball coach Chris Foss brought home quite the honor after being named the 'JV Girls Basketball Coach of the Year' award last week. Foss has coached baseball for the past seven years and has just completed his second year with the girls' JV hoops team.

The Lancaster native can always be seen at the sidelines of his own children's baseball games as both their coach and number one fan. When asked what makes a good coach, Foss replied, "I think the biggest thing I try to do is make a personal connection with each athlete while trying to teach a team concept."

Last season the JV girls had a record of 18 wins and two losses and banked 15 wins with three losses this season. "The girls really worked hard all season long. We had great practices that translated into good games for them. We had girls that understood



WMRHS girls' basketball JV coach Chris Foss was named the NHBCO (New Hampshire Basketball Coaches Organization) JV Girls' Basketball Coach of the Year.

their positions on both sides of the floor," explained Foss.

As for the importance athletics plays in the lives of youth, Foss said, "Sports are important for kids. I think it teaches good life lessons to include, winning, losing, teamwork, sportsmanship just to name a few."

White Mountains has been on a path to improve the athletic culture over the past few years. The camaraderie among student athletes is noticeable, to that Foss said, "From what I can see it's important for the athletes to have the support from their peers, administration and parents, which they clearly do." Foss mentioned how helpful the 'Blue Zoo' and the pep band is to get his team motivated.

Lastly Foss said, "I'm fortunate to have a supportive wife and kids that enjoy watching all of the games."

This spring Foss will coach the JV girls' softball team at WMRHS and will coach his own boys at Colonel Town.

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# Merryweather wins first US downhill title

BY TOM HORROCKS

US Ski Team

CARRABASSETT VALLEY, Maine — Alice Merryweather (Hingham, Mass. and the Attitash Race Team) skied to her first U.S. downhill title, and Ryan Cochran-Siegle (Starksboro, Vt.) added his second downhill title, and fifth-career U.S. title Tuesday on the first day of racing at the Toyota U.S. Alpine Championships in Sugarloaf, Maine.

Following a double-downhill training day Monday on Sugarloaf's Narrow Gauge course, Tuesday was another double-downhill day with the first run counting as a NorAm Cup, and the second also counting as a NorAm Cup, in addition to being scored as the U.S. Alpine Championship race. Both Merryweather and Cochran-Siegle finished third in the first race and stepped it up for the one that counted for the U.S. title in the second.

"I just gave it a little more edge to cut through the ice... and tried to try to clean up a couple of sections that I didn't ski as well as I wanted (in the first run)," Cochran-Siegle said of his championship run. "The biggest difference was... I stuck to my line that I wanted, carried more speed on the flats, and was able to hold off coming through the finish."

Although referring to the course's hard-packed condition as "ice," Cochran-Siegle chuckled when his terminology was corrected to "New England packed powder."

"It's all East Coast, so we all get the same variable snow," he said, referring to his family's home hill, Cochran's Ski Area in Vermont where he grew up skiing. But in all seriousness, he had nothing but praise for the course conditions at Sugarloaf.

"This is honestly such an amazing surface to be racing on," he said. "For a lot of racers, they look forward to being on a surface like this because it's fair and it holds up. And I was so happy to come here and see just how well the hill has been prepped, it makes it a lot more enjoyable for racers like us to come here."

Merryweather took a similar approach to the second race as Cochran-Siegle but cranked up the speed a few notches.



REESE BROWN — COURTESY PHOTO

**U.S. DOWNHILL champion Alice Merryweather (center) shares the podium with Keely Cashman (right) and AJ Hurt Tuesday at Sugarloaf.**

"I just sent it a little bit more," she said of her second race. "I dialed in a some of the things I messed up in the first race and then I just tightened the screws."

"It was an improvement over the first run," she added. "It still wasn't perfect, but it was a lot of fun. The snow here is amazing. It's just really fun to be back here at Sugarloaf."

Sugarloaf holds a special place for Merryweather, who grew up just a few hours south in Massachusetts, and she is glad to be close to home following a long World Cup season.

"It's really, really fun," she said. "It's nice to race, not necessarily with less pressure, but different pressure. And especially to come back to a place where I raced my first downhill ever, it's really special."

Merryweather's U.S. Ski Team teammates Keely Cashman (Strawberry, Calif.) and AJ Hurt (Squaw Valley, Calif.) rounded out the podium in second and third respectively. Cashman was also the top junior.

Rounding out the podium in the men's race, Tommy Biesemeyer (Keene, N.Y.) was second, and Jared Goldberg (Holaday, Utah) was third. Kyle Negomir, who finished sixth in the downhill at the 2019 FIS Junior Alpine World Championship last month, capped off his outstanding season finishing fourth Tuesday and was the top junior finisher. Negomir also leads the overall NorAm Cup standings with four events remaining.



COURTESY PHOTO

**The men's podium for the parallel slalom at Waterville Valley Saturday included (l to r), Tucker Marshall, Garrett Driller and Alex Leever.**



COURTESY PHOTO

**The women's podium for the parallel slalom at Waterville Valley Saturday included (l to r), Stephanie Currie, Nina O'Brien and Alice Merryweather.**

## O'Brien, Driller win first parallel U.S. Titles at Waterville Valley

BY TOM HORROCKS

US Ski Team

WATERVILLE VALLEY — Different venue, and a totally different first-time championship event, but the same outcome for Nina O'Brien (San Francisco, Calif.) as she won her third-consecutive Toyota U.S. Alpine Championships title in parallel slalom at Waterville Valley Resort Saturday.

Fresh off her super-G and alpine combined titles earlier this week at Maine's Sugarloaf Mountain, O'Brien was hot from the start in Saturday's race, posting the second-fastest qualifying time, and then easily moving through the opening rounds and into the semifinals and finals where she defeated Canada's Stephanie Currie for

the victory.

"I've had a few good ones lately," she said referring to her past few days of racing. "I've actually never won a parallel before, so this was a good day for me. Certainly a long day, but I think it was fun for everyone racing and watching."

Currie, who also competes for nearby Dartmouth College, settled for second as Alice Merryweather, who won the U.S. Championships downhill title on Tuesday and competed for the Attitash Race Team, rounded out the podium in third.

On the men's side, World Pro Ski Tour experience proved to be the deciding factor as the top three all recently competed in pro events that featured the parallel sla-

lom format.

"The World Pro Tour definitely gave a little added experience, knowing how to come out of the start gate, and how scary it is to have someone right next to you going down the course," noted winner Garrett Driller (Tahoe City, Calif.).

Driller, who won his first U.S. title, qualified third and advanced through the event to face off against Tucker Marshall (Pittsfield, Vt.) in the finals. However, Marshall injured his back two gates from the finish in his semi-final victory and was unable to start the finals.

"We have matched up a couple of times on the Pro Tour, and we have gone back and forth in winning runs," Driller said. "He was really hoping to get in there on the finals with me. He made it there, but his back went out and it was a bummer that he didn't get to do the final race against me."

"The day started out really good," said Marshall, who qualified 11th. "I was feeling really good on my skis... but about two gates from the finish (in his semifinal run against Alex Leever), I slide into a rut and compressed my back... and kind of limped into the

finish and into the final," said Marshall, who sat out the first run of the finals, but did attempt to start the second to no avail as the pain was too great.

Leever (Vail, Colo.) defeated recently crowned U.S. alpine combined champion Luke Winters (Gresham, Ore.) for third.

The parallel slalom format has proved a huge success on the FIS World Cup with city events in Sweden, Norway and Russia over the past few seasons. Introduced to the U.S. Alpine Championships program this year, the athletes and the fans embraced the head-to-head format that filled the day with aggressive racing.

"I love this format," Marshall said. "It's making a comeback... with younger generations getting into it. There are more races. We had one NorAm this year where I was on the podium again, so I like the event and I can only imagine it's going to get bigger and bigger."

"I feel like I've found some consistency in my skiing this year, and I was happy to see that show up in my speed race as well," O'Brien said. "So I'm hoping to close off the season here in Waterville on another good note."

## Golfing the Gap tournament coming to Gorham

GORHAM — White Mountains Community College is pleased to invite the public to the WMCC "Golfing the Gap" Tournament, presented by Northway Bank and Littleton Rotary Club Charitable Fund Inc. to benefit WMCC Gap Scholarships and Student Support. This year's tournament will be held on Thursday, June 27,

at 9 a.m. at the Androscoggin Valley Country Club in Gorham. The goal this year is simple: fun, fundraising, and friend-raising. The day is just as much about building community relationships as it is raising money to support student success.

The proceeds from the event will target several identified needs at the college including

educational technology and student support scholarships. The goal is to bridge the gap between what students can afford and what they owe, highlighting the mission of affordability and accessibility. Even the smallest of balances can hinder a student's ability to progress to completion.

Additional information about sponsor-

ships, silent auction donations, and registering for the tournament can be found on the WMCC web site under Student Services. If you would like additional information, please contact the golf tournament committee at 342-3015 or wmccgolf@ccsnh.edu or visit the Facebook event page at WMCC "Golfing the Gap."



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

**Ongoing Events:**

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

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

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

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

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

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

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

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

Chronic Disease Self-Management Workshops "Better Choices, Better Health" is a free 2-hour 6 week peer supported workshop held each week for people living with chronic illness

or caring for someone with a chronic illness. Connect with others who understand. Topics covered include nutrition, stress-management, exercise, and communication. Offered in Littleton, Haverhill, Berlin, North Conway and Plymouth. Contact Becky at 259-3700 or bmcenany@nchnh.org for dates and locations of classes.

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

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

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

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

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

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

Jefferson Christian Church Sunday Services, 8:30 a.m. at the IOOF Hall, across from the Town Hall. Sunday School offered during these services. Everyone welcome.

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

Addiction Recovery Program - LDS Family Services of The Church of Jesus Christ of Latter-day Saints sponsors weekly Addiction Recovery

Meetings. Addictions can include tobacco, alcohol, coffee, tea, drugs (both prescription and illegal), gambling, codependency, self-destructive eating patterns and compulsive spending. The program is based upon the Twelve Steps of Alcoholics Recovery meetings are confidential, free and ongoing, and all discussion is held in strict confidence. Dress is informal and anyone is welcome. Group Leaders: Elder and Sister Putnam, 435-720-2856, gregput@live.com. Colebrook: Wednesday, 6:30 p.m., United Methodist Church, 26 Bridge Street, Colebrook. Starts Wednesday March 11, 2015

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

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

North Country Toastmasters now meets at Bailiwicks Restaurant, 106 Main Street in Littleton. 6:30-7:30 p.m. Practice your communication and leadership skills in an easygoing, no pressure, supportive atmosphere. Meet every 2nd and 4th Thursday at Littleton. Open to the public, ages 18 or older. Please contact e\_brisson@yahoo.com or call Elaine at 802-473-0120 to go to northcountrynh.toastmastersclub.org for more information.

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

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



BY BARBARA R. ROBERTS

Occasionally the library has the opportunity to host new local authors, either for book talks or book signings. Tomorrow, Thursday, March 28 at 3 p.m., J. L. McCreedy will preview her fantasy series called Liberty Frye for middle grade readers. The program is not only appropriate for young people, but also for anyone who has an interest in writing for this age group. A reminder for students at the Lancaster School that bus 97 stops at the library after school each day for students whose parents have provided the school with written permission.

Among the library's new fiction is Lisa See's new novel "The Island of Sea Women," the story of a unique culture

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

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

Connecticut Valley Sno-Riders Snowmobile Club meets monthly at the Guildhall, Vt. town building on the third Saturday of each month at 7 p.m. Meetings will be held February 20, March 19 and April 16, 2016.

New members and guests are welcome. For information, contact John at 802-328-2182.

North Country Survivors of Suicide Loss Support Group, meeting the first Thursday of each month from 6:30-8 p.m. at Weeks Medical Center (hospital) in Lancaster. If attending for the first time or for more information contact Richard Cotter at 603-219-8912 or Sara Cotter at 603-631-5629.

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

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

A Notch Above Photography Club meets the 2nd Saturday of each month at 1 PM in the conference room of the Bethlehem Public Library, 2245 Main St., Bethlehem, NH. The club is open to everyone interested in

photography regardless of skill level. We meet for informal discussion, tutorials and photo critiques, and we schedule periodic field trips and nature hikes. New members are welcome. Contact doctortim@wildblue.net for more information or find us at Meetup.com. Join us for fun, fellowship and learning.

**This Week's Calendar of Events:**

March 27: 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.

March 28: 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.

March 29: 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.

"Little Bits of Light" performed by the Hampstead Stage Company, 6-8 p.m., Kaufman Theater, Tillotson Center, 14 Carriage Lane, Colebrook.

March 30: St. Marguerite d'Youville Parish Annual Penny Sale, 11 a.m.-7 p.m., St. Francis Xavier Hall, Groveton. All drawings begin promptly at 7 p.m. There will be games, prizes, food and fun for the whole family. See you there!

March 31: The Bolshoi Ballet in Cinema — "La Bayadere," 2-5 p.m., Kaufman Theater, Tillotson Center, 14 Carriage Lane, Colebrook.

Italian Night, 6:30 p.m., Gorham Congregational Church, 143 Main St. Antipasti served at 6:30 p.m., followed by a full Italian dinner at 7 p.m., with food provided by Nonna's Kitchen, all accompanied by live music.

Live music with "Searson," 7-10 p.m., Colebrook Country Club, 15 Abenaki Lane.

April 1: Parent & Child Aquatics, 5:30 p.m., North Country Community Recreation Center, 33 Rec Center Rd., Colebrook.

North Country ATV Club, 6 p.m., Stratford Night Hawks Club House.

April 2: 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.

Groveton Trailblazers Club, 7 p.m., Club House, Log Hollow Road, Stark.

April 3: OWLS Program, 8 a.m., North Country Community Recreation Center, 33 Rec Rd., Colebrook.

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

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

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

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

**Weeks Memorial Library**

of women on the Korean island of Jeju. While the men stay home to watch the children, the women work as divers, a profession which has grown through the Japanese domination in the 1930's to today's age of cell phones and wet suits. See focuses on the friendship between Mi-ja, the daughter of a Japanese collaborator, and Young-sook who will inherit her mother's position as leader of the divers when their relationship is tested in the conflict between tradition and modernization in their society.

Susan Meissner's latest novel, "The Last Year of the War," deals with a little known part of World War II. An Iowa family, immigrants from Germany and American residents for twenty years, is shipped to an internment camp in Texas when the father

is accused of collaboration with the Germans. Thirteen year old Elise befriends a Japanese American and begins to think there will hope after the war when her family is exchanged for Americans being held behind the lines in Germany. She must come to terms with her identity in a world of hatred and prejudice.

Danielle Steel turns to Hollywood in her most recent novel, "Silent Night." Emma, a child star and daughter of the ultimate stage mother, struggles to survive after a tragic accident. Unable to speak, terrified, and a shadow of her former self, Emma is sent to live with her psychiatrist aunt, who gradually brings Emma back to life with the aid of a series of caregivers and doctors.

Other new fiction novels include "Bowla-

way" by Elizabeth McCracken, a family saga which begins in a New England cemetery, and "California Girls" by Susan Mallery, the story of three sisters who are all deserted by their significant others in the same week and must rebuild their lives.

For readers of suspense Joe Lansdale delivers another Hap and Leonard novel with "The Elephant of Surprise," Clive Cussler provides another mission into the ancient world with "Celtic Empire," and James Patterson adds a another new novel, "The Cornwalls Are Gone."

A couple new non-fiction titles are "The Genius Habit: How One Habit Can Radically Change Your Work and Your Life" by Laura Garnett and "Holy Envy: Finding God in the Faith of Others" by Barbara Brown Taylor.

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The Berlin Police Department is seeking applicants to work in the fast-paced, rewarding position of part-time/fill-in communications specialist. Applicants must be willing to work shifts, weekends, and holidays.

Experience preferred but not required; on-the-job training provided.

### Minimum requirements:

- High School graduate or equivalent
- Minimum typing speed of 35 wpm
- Exceptional verbal and written communications skills, as well as telephone and computer skills
- Ability to multi-task

Applicants must successfully complete an entrance exam, typing test, interview, and background investigation. Applications may be obtained at the Berlin Police Department, 135 Green Street, Berlin, NH, 03570 or online at <https://www.berlinnh.gov/sites/berlinnh/files/uploads/application.pdf> Applicants are asked to submit a letter of intent and resume with their completed application to the above address, c/o Communications Manager Jennifer Cloutier; or email to [jennifercloutier@berlinpolice.org](mailto:jennifercloutier@berlinpolice.org). Applications will be accepted through April 12, 2019 or until the position is filled.

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We offer a competitive salary and benefit package!

For more information, please contact Jennifer Everleth, Human Resources (603) 444-5317 or [jeverleth@nchha.org](mailto:jeverleth@nchha.org) • Apply online at [www.nchha.org](http://www.nchha.org)

North Country Home Health & Hospice Agency is an Equal Opportunity Employer



## CAREER OPPORTUNITY EXECUTIVE DIRECTOR

The Executive Director is the chief executive of CEDC and is responsible for the day to day operations of the organization. Major responsibilities include maintaining a loan program and providing assistance to local businesses. The Executive Director will prepare budgets, monthly financials, and gain a solid understanding of the financial software that is utilized to process the necessary financial aspects of the organization.

If you are interested in helping to facilitate and drive positive change to the business environment in Northern New Hampshire, this position can have that type of impact!

Qualifications include a Bachelors or master's degree in business, accounting, or finance. No less than 3 years related on-the-job experience involving economic development, commercial lending, or similar business activities. Grant writing, commercial lending, strategic thinking and strong interpersonal skills are necessary to be a successful candidate.

CEDC is a non-profit corporation, with oversight provided by an Executive Committee and the Board of Directors. The mission of CEDC is to promote economic growth that fosters a strong and diverse workforce, sustainable employment, and a thriving business environment.

A competitive compensation package is available based on experience.

Interested parties should submit their resume to [bdeangelis@coosedc.org](mailto:bdeangelis@coosedc.org) by April 5, 2019.

## Notice of Vacancy Superintendent of Schools Berlin Public Schools, Berlin NH Starting July 1, 2019

The Berlin Public Schools, a K-12 district of approximately 1,144 students, serves the City of Berlin, N.H., located in the Great North Woods in the northern part of New Hampshire. The Board of Education seeks qualified candidates who have proven leadership experience in school administration for its new Superintendent of Schools. Candidates should have a passion for educating the whole child, an unwavering focus on the educational growth and well-being of each and every child, and a strong commitment to community involvement. Compensation includes a competitive salary between \$98,000 and \$120,000, depending upon qualifications and experience and a comprehensive benefits package.

### The Berlin Board of Education seeks the following in its new superintendent:

- CAGS degree minimum
- Experience as superintendent—preferred but not required
- Certification as superintendent in N.H. or evidence of eligibility
- Knowledge of educational laws and policies
- Strong leadership skills
- Excellent communications skills
- Collaborative style
- Community oriented
- Grant Writing Experience
- Proven successes in curriculum, student assessment, staff evaluation, budget development and management, facilities development

For confidential consideration, candidates are requested to submit a cover letter, current resume, official university transcripts, copy of N.H. certification (or eligibility statement), three current letters of recommendation, and application to:

**Berlin Public Schools**  
**ATTN: Superintendent Search**  
**183 Hillside Avenue**  
**Berlin, NH 03570**

Application is available at [www.sau3.org](http://www.sau3.org) under "Job Opportunities" or by emailing: [hr@sau3.org](mailto:hr@sau3.org) . Closing date April 17, 2019.



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We are looking to hire the following:

**Lead Mechanic  
Field Equipment/Grade Foreman  
Equipment Operators  
Laborers**

Email Resume: [info@abexcavating.com](mailto:info@abexcavating.com)  
Or in Person: 653 Main Street, Lancaster NH 03584  
603-788-5110

We are an equal opportunity employer



Pay is \$10.25-\$10.75/hr.  
Please contact Ashley at  
603-717-0881 or  
[atruong@gsil.org](mailto:atruong@gsil.org) for  
more information

Granite State Independent Living is looking to add caring and compassionate individuals who are interested in making a difference in people's lives as a Personal Care attendant. Duties include; personal care, housekeeping, lifting, transfers, errand and grocery shopping. We offer a flexible schedule and paid training.



**\$\$\$ PAID SUMMER  
INTERNSHIPS \$\$\$**

\*\*\*\$12.00 per hour\*\*\*

Trividia Manufacturing Solutions is looking for 2 students currently enrolled in college, to work in our **Human Resources** and **R & D** departments this summer. Trividia internships are fulltime, paid positions. 30-40 hours per week, M-F.

The interns will work in their respective departments on a variety of administrative and entry-level tasks. The intern will support other departments as requested. May require some full day work in production to cover absences.

The ideal candidate will be enrolled in a degree program related to the internship; proficient with MS Office, **emotional maturity** and ability to **work with very little supervision required.**

For more information please visit our Career page at <http://www.trividiams.com/contact/careers/> Click on "Apply Now" and select **Summer Intern** or email [apaquin@trividiams.com](mailto:apaquin@trividiams.com) for a link to our electronic application.

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



**Employment Opportunities available with Northern Human Services, Common Ground**

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

To apply for these positions:

send a letter of interest and a resume to:

Northern Human Services  
PO Box 299, Whitefield NH 03598, email to [mvendt@northernhs.org](mailto:mvendt@northernhs.org) or stop in and fill out an application at 24 Lancaster Road in Whitefield.

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

Northern Human Services is an Equal Opportunity Employer and Provider.



**Employment Opportunities**

**Registered Nurse - Medical/Surgical Unit (1 position)  
Graduate Nurses - Medical/Surgical Unit (3 positions)**  
Full-Time, 36 hours (12 hour shifts), Rotating shifts, weekends/holidays, (primarily night shift) 7P-7A

•NH Registered Nurse or eligible for licensure

**Cashier/Data Entry Operator**  
Full-Time, 40 hours, day shift assignment  
- Monday through Friday

•Responsible for accurate and timely entry and reconciliation charge batches, third party and patient payments, and daily and monthly closing  
•Computer skills required  
•Must have solid spreadsheet skills and detail oriented

**Point of Service Representative**

Part-Time, 32 hours per week,  
week day shift assignment

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

**Services Specialist**

Full-Time, 40 hours per week, primarily day shift, Monday through Friday

•Schedules and pre-registers patients for services  
•Verifies insurance coverage and obtains pre-certification for services

**Certified Medical Assistant - Pulmonology**

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

•Under RN or Practitioner supervision, performs quality patient care to practice Pulmonology patients  
•Utilizes the electronic medical record to record vitals, past medical, family and social history, review of systems, medications, allergies and quality measures

**If interested, please apply online to:**

Human Resources Department  
ANDROSCOGGIN VALLEY HOSPITAL  
59 Page Hill Road, Berlin, NH 03570  
[www.avhnh.org](http://www.avhnh.org)

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



**NOW HIRING PART-TIME HELP  
\*\*\*\$11.00 PER HOUR\*\*\***

**GREAT PART-TIME OPPORTUNITY  
MONDAY - FRIDAY  
NO NIGHTS, NO WEEKENDS!**

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

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

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

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



**CONSTRUCTION JOBS!**

Since 1982 R.M. Piper, Inc. has been committed to providing good jobs for the hard-working individuals in the heavy/highway/bridge construction industry. We take pride in building long-term relationships with our crew members by offering training and advancement opportunities. We value our small business nature, safety-minded operations and thrive with our leading-edge attitude when it comes to advancing in the construction industry. To see what we do visit [www.facebook.com/rmpiperinc](http://www.facebook.com/rmpiperinc)

**We're looking to hire skilled and experienced:**

**EQUIPMENT OPERATORS  
BRIDGE CARPENTERS  
DUMP TRUCK DRIVERS**

Top dollar rates paid based on skills, certifications, endorsements and experience. Benefits include paid holidays, earned time, health, dental, retirement, work wear and travel pay.

Applicants must be dependable, have reliable transportation and be willing to travel to job sites within NH. Minimum age requirement is 18. Post-offer physical and drug screen required.

(603)536-4154 [jobs@rmpiper.com](mailto:jobs@rmpiper.com)  
[www.rmpiper.com/employment.htm](http://www.rmpiper.com/employment.htm)  
141 Smith Bridge Rd Plymouth, NH  
M-F 8am-2pm

Equal Opportunity Employer

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*an idea that SELLS.*

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

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

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



**FULL TIME OPPORTUNITIES**

- MT/MLT - Day Shift, M-F
- ULTRASOUND/ECHO TECHNOLOGIST - Day Shift
- RN M-S - Day Shift
- RN M-S - Night Shift
- RN CHARGE - Night Shift
- RN CHARGE/M-S Night Shift
- RN CHARGE/E.D. Night Shift

**PART TIME OPPORTUNITIES**

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

**PER DIEM OPPORTUNITIES**

- UNIT SECRETARY
- LNA
- ED TECHNICIAN
- CENTRAL STERILE TECHNICIAN
- SURGICAL TECHNICIAN
- RN

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

EOE

**WHITE MOUNTAINS  
REGIONAL  
SCHOOL DISTRICT**

**2019-2020 School Year**

**Professional Staff**

School Counselor

**Support Staff**

Purchasing/Accounts Receivable Assistant  
(20 hrs./wk.) (Central Office)

All applicants must apply on [Schoolspring.com](http://Schoolspring.com)  
Paper applications will not be accepted.

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

For further information, contact:  
Roxanne H. Ball, Adm. Assistant to the  
Superintendent of Schools/Human Resources  
White Mountains Regional School District  
SAU #36  
14 King Square  
Whitefield, New Hampshire 03598  
TEL.: 603-837-9363/FAX: 603-837-2326  
Email: [rhball@sau36.org](mailto:rhball@sau36.org)



**Camp Counselors**

Barry Conservation 4-H Camp in Berlin, NH is a residential 4-H youth summer camp with an eight week season. It's a great place to work. Visit <https://extension.unh.edu/programs/barry-conservation-4-h-camp> to learn more.

UNH is an AA/EEO Employer. UNH is committed to excellence through the diversity of its faculty and staff and encourages women and minorities to apply.



**\*\*\* NOW HIRING \*\*\***

**Full-time Maintenance Technician**

**2nd Shift  
3:30 p.m. - 2 a.m.  
\*\*\* 3 Day Weekends! \*\*\***

This position is part of a skilled maintenance team responsible for keeping the facilities and production equipment functional for the purpose of manufacturing quality American-made products and performing preventative maintenance according to schedule. Daily tasks range from simple to very complex.

**\*\*\* The ideal candidate will have comprehensive experience troubleshooting and maintaining manufacturing equipment, preferably in the food, beverage or pharma industry \*\*\***

Certificates related to the maintenance field including but not limited to electrical, plumbing, PLC a plus. Professional attitude and excellent interpersonal skills required. Must be computer literate with ability to learn preventative maintenance software.

If you are interested in a career with Trividia Manufacturing Solutions, please visit our Career page at <http://www.trividiams.com/contact/careers> Click on "Apply Now" and select **Maintenance Mechanic** or email your resume to [apaquin@trividiams.com](mailto:apaquin@trividiams.com)

**CARR**  
WELL AND PUMP SERVICES INC.

If you have a strong work ethic, physical strength & mechanical ability we'd love to consider adding you to our growing team of water specialists! Water Treatment, Pump Installer, Drilling experience with class B CDL a plus but not necessary.

Call 603-444-6424 or email your resume to [carrwellpump@yahoo.com](mailto:carrwellpump@yahoo.com)

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**~SAU #58~  
VACANCIES 2018-2019**

**Stratford Public School**  
Principal (ID#3064322)

**Groveton High School**  
Special Education Teacher (ID#3053761)

For more information or to apply please go to [www.SchoolSpring.com](http://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

**WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT**

2018-2019 School Year  
**Support Staff**  
Purchasing/Accounts Receivable Assistant  
(20 hrs./wk.) (Central Office)

2019-2020 School Year  
**Professional Staff**  
Special Education Teacher

All applicants must apply on [Schoolspring.com](http://Schoolspring.com)  
Paper applications will not be accepted.

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

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



**DON'T TEXT AND DRIVE**

**NFI North, Inc.**  
*Inspiring and empowering people to reach their full potential*

**DIRECT CARE COUNSELORS**

NFI North is seeking Direct Care Counselors (Relief) for our Transitional Housing Program in Bethlehem, NH. This program is a residential program providing care to adults with a prolonged history of mental illness and hospitalization.

Responsibilities: Supervise the daily activities of consumers, providing ongoing support, guidance and role modeling, on an as needed basis. Facilitate consumer improvement in the areas of personal responsibility, social skills, community living skills and behavior. Must be able to take specific trainings specific to this program.

Qualifications: Bachelor's degree and/or two years related experience and/or training; or equivalent combination of education and experience with client population.

Please send resume and cover letter to:  
Program Director  
787 Maple St, Bethlehem, NH 03574  
or email [nfinorthhr@nafi.com](mailto:nfinorthhr@nafi.com)  
Visit us at [www.nfinorth.com](http://www.nfinorth.com)  
EOE/AA

**Coös County Nursing Home**



A Team Working Together To Provide A Home Filled With Care, Love, Companionship, And Recreation For Each Resident.

Coos County Nursing Home in Berlin, NH provides both long-term care and short-term rehabilitation services. We are seeking Licensed nursing professionals to fill the following **Full Time (FT)** and **Part Time (PT)** positions.  
**RN Supervisor/Charge Nurse** (3p-11p Shift)  
**RN/LPN/LNA** (FT&PT)

Skilled Nursing Facility experience is preferred, but we will train candidates with strong nursing skills and a drive for quality improvement in healthcare. We offer generous benefits, including: Health insurance or opt out option, Dental, Vision, NH retirement, employer paid life insurance, annual step increases, cost of living raises, educational reimbursement, quarterly attendance bonus, shift and weekend differentials, and additional pay for 7 premium holidays.

If you are not currently licensed, and are interested in learning how to get started on a career path in healthcare, please call and speak with our Director of Nursing for more information.

If you are interested in advancing or maintaining your skills and working in a professional and supportive environment, where we take pride in the delivery of excellent care, please complete your application today. Applications can be obtained by visiting our website at [WWW.cooscountynh.us](http://WWW.cooscountynh.us) or by calling or visiting the Business Office at 364 Cates Hill Road, PO Box 416, Berlin, NH 03570, 603-752-2343, from 8 am to 4 pm on weekdays.

EOE

**WANTED:**  
**Loving, Caring Foster Parents**

You can bring hope when kids need it most. We all know young people thrive with love, security and opportunities to learn and grow. But for children who have experienced trauma and neglect, that's not a given. If you've ever thought about making a difference in a child's life by fostering, NFI North encourages you to find out more.

Take the next step - find out more.  
Call or email today for details.  
(603) 575-5667  
[nfinorthiso@nafi.com](mailto:nfinorthiso@nafi.com)



**NFI North, Inc.**  
*Inspiring and empowering people to reach their full potential and live successfully in their community*

**M MAPLEFIELDS**



We are looking for an  
**Assistant Manager**

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

Apply online at [www.jointeammaplefields.com](http://www.jointeammaplefields.com) or apply in person at our Littleton Maplefields, 390 Meadow Street

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**R.M. PIPER INC.**  
GENERAL CONTRACTORS

**CONSTRUCTION SUPERINTENDENT**

R.M. Piper, Inc. is one of NH's leading construction companies for heavy/highway/bridge construction. We value our small business nature, safety-minded operations and thrive with our leading-edge attitude when it comes to advancing in the construction industry.

We are interested in adding an experienced Project Superintendent to our team who shall be responsible for overseeing and prioritizing a variety of assignments to facilitate successful completion of heavy/highway/bridge and/or earthwork projects throughout New Hampshire.

As our project superintendent, you will be directly responsible for the day-to-day construction operations of assigned project and are directly responsible for production goals and quality requirements. Specific duties will include: scheduling, resource planning, daily reporting of activity/production, personnel management (supervision, time recordkeeping, performance evaluation) and safety management (OSHA compliance, hazard identification and rectification, tool-box-talks, investigations). Considerable independent judgment is used to make decisions in carrying out assignments that have significant impact on the project.

Candidates must be detail oriented with a minimum of five years of supervisory experience. Strong communication skills are essential. Experience with NHDOT, FHWA and/or municipal projects is favored. Salary commensurate with experience. Post-offer physical and drug screen is required.

We will offer the right person a full-time position with a rich benefit package. Please reach us at [jobs@rmpiper.com](mailto:jobs@rmpiper.com) or P.O. Box 490 Plymouth, NH 03264 and provide your resume. All responses will be kept confidential. We are an equal opportunity employer.



# TOWN•TO•TOWN CLASSIFIEDS

### LEGAL PROBATE NOTICE THE STATE OF NEW HAMPSHIRE 1ST CIRCUIT - PROBATE DIVISION - LANCASTER 3/8/2019 THRU 3/21/2019 APPOINTMENT OF FIDUCIARIES

Notice is hereby given that the following fiduciaries have been duly appointed by the Judge of Probate for Coos County.  
All persons having claims against these decedents are requested to exhibit them for adjustment and all indebted to make payment.

**Bishop, Robert Arno**, late of Lancaster, NH. Catherine M Bishop, 79 Lost Nation Rd, Lancaster, NH 03584. #314-2019-ET-00051

**Cramer, Bruce**, late of Whitefield, NH. Sara B Bogue, 3 E Delaware Trail, Medford, NJ 08055. Scott N Cramer, 73 Elm St., Lancaster, NH 03584. #314-2019-ET-00070

**Notari, Lynne**, late of Jefferson, NH. Paul Notari, 75 College Rd., Bridgewater, MA 02324. Amy Croy, Resident Agent, 249 Hubbard Pond Road, New Ipswich, NH 03071. #314-2018-ET-00300

**Sawyer, Shirley J**, late of Groveton, NH. Karen J Kane, 12b Freedom Dr, Collinsville, CT 06019. Hollis H Sawyer, Resident Agent, 10 Tetu Rd, Groveton, NH 03582. #314-2019-ET-00039

**Smith, Matthew Paul**, late of Lancaster, NH. Barbara J Peaslee-Smith, 304 Pleasant Valley Rd, Lancaster, NH 03584. #314-2019-ET-00065

**Sudol, Bernadette M**, late of Dalton, NH. Cathy Drury, 25 Chestnut Hill Road, Randolph, NJ 07869. Mark C. Russell, ESQ, Resident Agent, Samaha Russell Hodgdon, 125 Main Street, PO Box 70, Littleton, NH 03561-0070. #314-2019-ET-00041

Dated: 3/22/2019

### ~SAU #58~ NOTICE OF MEETINGS

APRIL 2019

#### STARK SCHOOL BOARD

Stark Village School  
Tuesday, April 2, 2019  
5:30PM - Board Meeting

#### NORTHUMBERLAND SCHOOL BOARD

Groveton High School Library  
Tuesday, April 9, 2019  
6:00PM - Board Meeting

#### STRATFORD SCHOOL BOARD

Stratford Public School  
Wednesday, April 10, 2019  
6:00PM - Board Meeting

#### SAU BOARD

Stark Village School  
Tuesday, April 16, 2019  
6:00PM - Board Meeting

\*\*\*  
*Bring your classified ad right into the office located nearest to you and drop it off. We'd love to see you!*  
\*\*\*

### TOWN OF WHITEFIELD Request for Proposals (RFP) Demolition Of 86 Union St Whitefield NH

Town of Whitefield NH invites and welcomes proposals for their **86 Union St Demolition project**. Please take the time to carefully read and become familiar with the proposal requirements. All proposals submitted for consideration must be received by the time specified below under the **"FINAL SUBMISSION DEADLINE."**

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

Please use the reference **RFP ID: 20191** when inquiring about this project.

**QUESTION SUBMISSION DEADLINE:** April 12, 2019

**FINAL SUBMISSION DEADLINE:** April 19, 2019, 3pm

Questions may be submitted in written form no later than April 12, 2019 to:

**RFP Contact Name:** Robert Larson  
**Contact Address:** Dept Public Works  
Whitefield, New Hampshire 03598  
**Telephone Number:** 603 6314006  
**Email Address:** dpwdirector@whitefieldnh.org  
**Deadline to complete project:** May 24, 2019

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Donate today at [redcross.org](http://redcross.org)

**American Red Cross**

### WHITE MOUNTAINS REGIONAL SCHOOL DISTRICT KINDERGARTEN REGISTRATION AND SCREENING

If your child is going to be five years old on or before September 30, 2019, he/she is eligible to begin Kindergarten for the 2019-2020 school year. Kindergarten Registrations and Screenings will take place in each of the elementary schools during April 2019.

**Please bring your child with you for the registration and screening along with your child's birth certificate, proof of residency, updated immunization record, and court appointed custody agreements with you.**

**NOTE: PLEASE ATTEND THE REGISTRATION AND SCREENING AT THE SCHOOL YOUR CHILD WILL BE ATTENDING.**

**WHEN:** Whitefield Elementary School (837-3088) - Monday, April 8, 2019 from 8:00-11:00 a.m. OR 12:00-2:00 p.m.  
Lancaster Elementary School (788-4924) - Tuesday, April 9, 2019 from 8:00-11:30 a.m. OR 12:00-2:00 p.m.

**TIME:** Please call the school to schedule an appointment.  
Please allow approximately 90 minutes for the entire process to be complete.

**PLEASE NOTE:** Student Registration Forms will be completed during appointment. DIAL Screenings in the areas of motor skills, concepts, and speech will be done for all students entering Kindergarten in 2019. Additionally the School Nurse will conduct vision and hearing screenings. Kindergarten Teachers will meet with parents for an exit interview.

## Not the time to check your child's car seat.

[safercar.gov/TheRightSeat](http://safercar.gov/TheRightSeat)

**Child Car Safety**



# Town-to-Town CLASSIFIEDS



[www.salmonpress.com](http://www.salmonpress.com) | 603.279.4516  
Call to place your ad today or visit our website!

### Misc. For Sale

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

### Lost & Found

**Found Ads**  
Are published Free of Charge. 30 words for 1 week.

**Lost Ads**  
Are Charged at our regular classified rates.

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

### Still Lost!

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

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

### Thank-You

Our line ad classifieds are on our website!

[www.salmonpress.com](http://www.salmonpress.com)

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

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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](http://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](http://www.RozzieMay.org) or call 603-447-1373

### General Help Wanted

**BETHLEHEM, NH MANY POSITIONS TO BE FILLED**  
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### General Help Wanted

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Do you enjoy helping others? Are you looking for rewarding work? We are looking for caring men and women to help our consumers remain happy and independent in their homes as Personal care attendants. All tasks performed are non-medical. Prior personal care experience is helpful but, we are willing to train the right people. Please contact Ashley at 603-568-4930 or at [atruong@gsil.org](mailto:atruong@gsil.org). Pay Rate is \$10.25-\$10.75

GSIL-Personal care attendant wanted to assist a woman in Errol for a FT-40 hour Personal Care Attendant position with benefits, paid vacation and sick time. Monday through Friday plus Saturday evenings. Duties include: Hoyer transfers, meal prep, cleaning for consumer only. Experience is helpful but not necessary as training will be provided. Please contact Ashley at 603-717-0881 or [atruong@gsil.org](mailto:atruong@gsil.org) for more information.

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**Clinical Orthodontic Assistant**—Part Time—must be detail oriented, ability to multi-task, manual dexterity, team player, dependable, willing to travel, flexibility in work days/hours. Submit resume and cover letter to [smiles@hillerortho.com](mailto:smiles@hillerortho.com)

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### Real Estate



**Equal Housing Opportunity**  
All real estate advertising in this newspaper is subject to **The Federal Fair Housing Law** which makes it illegal "to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination."

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# The ice cream truck

BY GEORGE MATTHEWS  
Groveton

The last in a trilogy!  
The last in my series of miracles occurred when I was living in the trailer park in Lancaster. Like the bacon event, the thought of an ice cream truck was something that popped into my head occasionally and I did nothing about.

I'm not sure that I had ever seen or heard an ice cream truck, but there was that idealistic version of it floating around in my head. Tinkling bells, a horse drawn wagon with an ice cream vendor and lots of ice cream.

It was my weekend to have the girls for the two days and they were there this particular week end. I don't know why but for some reason they were at my little trailer and I was up on Paige hill road just up from the park entrance. I had recently bought a small moped from Timberland where I worked and I was trying to sell it to my neighbor. He was very interested, but cash was tight everywhere and he was dragging his feet. I knew it bothered him when I rode it as he was afraid I would damage what he wanted to be his bike.

I had gone up the road a short distance and just turned around to come back when I heard the bell. It sounded exactly like what I thought an ice cream bell should sound like and it was coming from First Street in the park!

I motored back to the park in time to see a freshly painted ancient milk truck that said "ICE CREAM" all over it. I'm not sure I did more than stare at it! I'm sure the kids would have liked to buy something, but I'm

## NORTH COUNTRY MEMORIES

not even sure I had the cash to cover it. I was recounting this story somewhere once and

my daughter, Kim, was present. She exclaimed "I remember that!" She insists that "I did set up ice-creams all around!" She wouldn't have been very old, but old enough to eat ice

cream, hear bells and to know if the old man was too cheap to buy some! I have to quiz her about that. It never did take an interrogator like Jethro Gibbs of NCIS to extract information from her.

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**PSU THEATRE PRESENTS: QUILTERS, THE MUSICAL**  
Wednesday, March 27-Saturday, March 30, Studio Theater  
*Quilters*, about a pioneer woman and her six daughters, blends interrelated scenes into a rich mosaic, capturing the sweep and beauty, terror and joy, harsh challenge, and abiding rewards of frontier life.

**PIANO MASTER CLASS FEATURING GINGER YANG HWALEK**  
Sunday, March 31, 1 p.m., Smith Recital Hall

**AMERICAN COLLEGE DANCE ASSOCIATION CONCERTS**  
Thursday, April 4-Sunday, April 7, Hanaway Theatre

**BACHELOR OF FINE ARTS CAPSTONE EXHIBITION 2019**  
Graphic Design | Wednesday, April 10, 4 p.m. Opening Reception, Silver Lobby

**In the Museum of the White Mountains**  
Visit plymouth.edu/mwm for more information.

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Billy Lundy '19 photo.

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