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75¢

Bledsoe helps lead Avalanche to national championship



COURTESY PHOTO

Elijah Bledsoe of Berlin helped his New Hampshire Avalanche team to the Youth Tier II 2A championship.

BY STEPHEN HUNT
For USA Hockey

PLANO, Texas — The New Hampshire Avalanche started their time at the 2026 Chipotle-USA Hockey Youth Tier II 14U National Championship with a 2-0 defeat to the Des Moines Jr. Buccaneers (Iowa) on Wednesday.

However, the Avalanche quickly rebounded with five straight wins, including a dramatic 5-4

overtime victory against the Anchorage North Stars (Alaska) in the 2A championship game Sunday at the Children's Health StarCenter.

With 2:05 left in overtime, Elijah Bledsoe of Berlin redirected a Brodi Blanchard shot from the high slot for Bledsoe's second goal of the game and to give him a four-point afternoon (two goals, two assists).

"[It's] awesome. The kids played their best hockey this whole weekend. It was an amazing time," said Avalanche head coach Adam Larrabee. "The kids absolutely earned it. We had high expectations at the start of the year and they followed through. We didn't finish where we wanted to in our league, but this feels a lot better than winning the league championship."

Almost lost in the shuffle of the overtime win was an impressive hat trick by Chase Callahan, who finished with 10 points in the tournament (five goals, five assists). Bledsoe eclipsed him with 11 points (five goals, six assists) and earned All-Tournament Team honors.

"Just an absolute phenomenal tournament out of Chase. He scored I think the game-winner for us on two goals and then the national championship, he comes out and gets a hat trick," Larrabee said. "Eli [Bledsoe] has been a rock

all season, putting in goals, makes plays, an absolute leader on our team."

New Hampshire took an early lead when Bledsoe scored just 11 seconds into the opening period, finishing a feed from Callahan. The game remained a one-goal affair until Callahan buried a wristed pass from Bledsoe for a power-play goal 4:12 into the second period.

However, Anchorage refused to go down without a fight. Dempsey Nangle scored his first of two goals in the game on the power play to make it 2-1

with 9:29 remaining in the middle frame. Then, Dmitrii Kolodii scored an unassisted tally just 22 seconds later to deadlock the contest at two goals each.

After Anchorage tied it up, Larrabee noticed Bledsoe, as he often does, step up and deliver some veteran leadership to the squad.

"We had a few guys that got down when they tied it up. He [Bledsoe] picked them up," Larrabee said.

Callahan's second tally of the game with 7:31 left in the second gave New Hampshire, PAGE A8

Gilman event to honor Vietnam veterans April 11

GILMAN, Vt. — The Reverend George L. Fox Memorial Chapel and Museum will host a special event honoring Vietnam Veterans and their families on Saturday, April 11 from 10 a.m. to 1 p.m. at the Chapel, located at 52 Elm St. in Gilman, Vt. This is a free event and the general public is invited to come and help honor our veterans. This complimentary event is dedicated to recognizing the service, sacrifice, and enduring legacy of those who served during the Vietnam War. All are invited to tour the Chapel

and Museum, enjoy a light lunch, and gather in fellowship and remembrance. Adding to the day's celebration, live 1960s music will be performed by the popular local band Retro, offering familiar songs from the era that connect many Vietnam Veterans to their time of service. "Our goal is to create a meaningful opportunity for Vietnam Veterans to be recognized, remembered, and honored," said organizers of the event. "This is a day of gratitude, reflection, and community." Please note that access to the Chapel requires climb-

ing stairs. An ADA-accessible restroom is available; however, the building does not yet have elevator access. The Reverend George L. Fox Memorial Chapel and Museum serves as a place of remembrance and reflection, honoring the legacy of faith, courage, and sacrifice. The newly dedicated museum honoring Rev. George L. Fox and his wife, Rev. Isadore H. Fox. Rev. George Fox, who served at the former Methodist Church, was one of the Four Chaplains who lost their lives when their ship was torpedoed during World War II.

Join Earth Day cleanup in Lancaster

LANCASTER — Please join the Lancaster Conservation Commission, the Town of Lancaster, and our friends at the Northern Gateway Regional Chamber of Commerce for a community cleanup day Saturday, April 18 from 9 a.m. to noon at Centennial Park in Lancaster.

Join us for Lancaster's Earth Day Community Clean-Up as we come together to help keep our community clean and welcoming.

Volunteers of all ages are welcome. Whether you can join for the full morning or just a portion of it, your help makes a

difference. Gather a group, bring a friend, or come on your own, everyone is encouraged to participate!

Bags can be picked up at Centennial Park, and volunteers are welcome to clean up anywhere in town.

Gloves, appropriate footwear, and weather-ready clothing are recommended. Safety guidelines will be available at check-in.

This event is part of the Northern Gateway Regional Chamber's coordinated Earth Day clean-up effort across the region.

New painting exhibit opens at WMCC

BERLIN — The White Mountains Community College Fortier Library is happy to announce our April gallery exhibition, a new collection of paintings by Loretta Russell Locke.

A native of New Hampshire, Locke has been exploring her craft since the 1950s. Learning from teachers who encouraged and inspired, she has studied acrylics, oils, pastels

and watercolors. Loretta's interest in the world around her is beautifully applied to canvas in the people, nature and familiar scenes and structures of Maine, New Hampshire and Vermont.

While honing her artistic talents, she raised a family, ran a farm, was town clerk for over 30 years and ran a bus company.



Loretta Russell Locke

Locke is a lady who has worn many hats! A frequent prizewinner at local fairs and shows, her work is on display throughout the United States in private collections. While some of the pieces are for sale, most of the items shown at the WMCC Fortier Library depict cherished memories, graciously on loan from the homes of Loretta's family members.

The library is currently open to the public Monday-Thursday from 2 to 6 p.m. and Fridays 8 a.m.-3 p.m. Community use is encouraged. For more information, please call 603-342-3087. Artists interested in exhibiting two-dimensional wall art are welcome to contact the WMCC Fortier Library for more information.

WMRSD LEADERS & LEARNERS- Your Community Connection

At the Lancaster School Elementary School celebrated its dedicated paraprofessionals on April 1 with a special breakfast in recognition of their invaluable contributions to the school community. The

event brought staff together to express appreciation for the many ways paraprofessionals support students and strengthen the overall learning environment each day. Paraprofessionals at

Lancaster Elementary play a critical role in helping students achieve both academic and behavioral goals. Working alongside teachers and specialists, they provide individualized support that ensures all students have access to meaningful learning opportunities. From assisting with classroom instruction to helping students regulate emotions and remain engaged, their impact is felt throughout the school.

Beyond academics, paraprofessionals are instrumental in meeting students' most basic needs so they can fully access their education. They help ensure students are safe and supported during all parts of the day, including in the classroom, on the playground, in the cafeteria, and on the bus. Their presence provides consistency, care, and reassurance for students who rely on these relationships.

Equally important is the positivity paraprofessionals bring to their work. Their patience, encouragement, and steady commitment help foster a welcoming and inclusive school culture where all students can thrive.

Lancaster Elementary School recognizes that it could not operate without the dedication and tireless

efforts of its paraprofessionals. The April 1 breakfast served as a meaningful way to honor a group of professionals who make a lasting difference in the lives of students each day.

At the Whitefield School During this trimester in mathematics, first-grade students have been building a strong foundation in addition and subtraction by exploring a variety of effective strategies. They have also been developing their understanding of measurement by comparing and discussing the lengths and heights of different objects and people.

In reading, instruction has focused on strengthening word decoding skills, increasing the automatic recognition of sight words, and deepening comprehension of grade-level texts. Students have been practicing strategies that support their ability to think about, understand, and confidently discuss what they read.

In science, students have embraced their roles as first-grade explorers. During the Lights and Sounds unit, they learned that light travels in straight lines and experimented with blocking light to create shadows. They also discovered that sound is caused by vibrations. In the Day Patterns unit, students

observed how the sun appears to move across the sky throughout the day. They noted that shadows are long and stretched in the morning, become shorter at midday, and change again as the day continues. They have also begun exploring why some days have more sunlight than others and how the sun can be used to tell time without a clock.

In writing, students have been learning about the key elements of narrative stories. They have been practicing how to include characters, events, and descriptive details to make their writing clear, engaging, and enjoyable to read.

At the White Mountains Regional High School

On March 18 and 19, the White Mountains Regional High School community gathered for Senior Capstone Nights, an event that highlighted not only student learning, but also student growth. Both evenings were well attended by parents, families, peers, and community members, all eager to support students as they presented the culmination of months of work.

For many students, the idea of speaking for 10 - 15 minutes in front of unfamiliar faces felt overwhelming. Having been in sixth or seventh grade during

the disruptions of COVID, many are still navigating the lasting impacts on their confidence and communication skills. Yet, over the course of these two nights, students rose to the challenge.

Each student selected a topic of personal interest, resulting in a broad range of presentations. Topics included Early Childhood Development in Serial Killers, Wildfire Firefighting, The Future of Small Dairy Farms, How AI Affects a Youth's Developing Brain, Legos as a Therapeutic Tool, and even How Lemons Changed the World. Following each presentation, students confidently fielded questions from the audience, demonstrating both depth of knowledge and poise.

Six months ago, many students doubted their ability to complete this graduation requirement. However, by the end of their presentations, each student stood with a clear sense of pride - and relief - in what they had accomplished. Teachers cannot teach confidence, but they can provide meaningful challenges, offer guidance and support, and celebrate students as they succeed, knowing that confidence was within them all along.

Guy Lopez Memorial Golf Tournament returns to support trade scholarships in northern NH

BERLIN — White Mountain Rotary is proud to announce the return of the Guy Lopez Memorial Golf Tournament, taking place on Friday, May 29 at the Androscoggin Valley Country Club.

This annual event brings together community members, local businesses, and golf enthusiasts for a day of camaraderie and purpose, all in support of an important cause. Proceeds from the tournament will directly fund trade scholarships, helping seniors graduating from Berlin or Gorham High School pursue careers in skilled trades and strengthen the regional workforce.

"We are honored to continue this event in memory of our longtime former Club President, Guy Lopez while investing in the future of our community," commented Joe Dupuis, current Club President. "These scholarships provide meaningful oppor-

tunities for individuals to build careers and support critical industries in our region."

Community members and organizations are encouraged to participate through golfer registration or sponsorship:

- Individual Golfer: \$75
- Team of Four: \$300
- Sponsorship levels include:
 - Gold Sponsor: \$500
 - Silver Sponsor: \$250
 - Bronze Sponsor: \$100

Participants can register online via White Mountain Rotary's Facebook page at <https://www.facebook.com/WhiteMountainRotary7850> or by submitting a completed registration form with payment. For a form, please call Club members Laura Boucher at (603) 723-0233 or James Patry at (603) 723-8095. You may also mail a self-addressed stamped envelope to:

White Mountain Rotary
PO Box 604
Berlin, NH 03570

About White Mountain Rotary White Mountain Rotary is dedicated to improving lives and strengthening communities throughout Northern New Hampshire through service, collaboration, and impactful local initiatives.

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ERROL — One person is deceased and another remains hospitalized after a head-on collision in Coös County.

Just after 5 p.m. Friday, April 3, State Troopers assigned to the Troop F barracks responded to a reported crash involving a pedestrian on Route 16 in Errol. When they arrived, Troopers determined that the initial information was incorrect and that a crash involving two vehicles had occurred.

The preliminary investigation has determined that a 2024 GMC Sierra was traveling southbound and a 2022 Chevrolet Trailblazer was traveling northbound on Route 16 when, for reasons that remain under investigation, both vehicles went off the road on the northbound side, where they collided head-on, causing severe damage.

Despite immediate life-saving measures by good Samaritans and emergency responders, the driver of the Chevrolet succumbed to their injuries and was pronounced deceased at the scene. The driver of the GMC was transported to Androscoggin Valley Hospital with non-life-threatening injuries.

The names of both drivers were withheld pending notification of next of kin and the ongoing investigation.

Troopers were assisted at the scene by members of the Errol Fire Department and Errol Rescue



BY BARBARA R. ROBERTS

Sports trivia lovers can add today to their stockpile of information. On April 8, 1974, Henry (Hammerin' Hank) Aaron broke the home run record of 714 that had been set by Babe Ruth in 1935. Aaron's final figure was 755. That continued until August of 2017 when Barry Bonds of the San Francisco Giants hit his 756th. At his retirement Aaron's records included first in RBIs, second in at bats and runs scored, and third in base hits.

On to some new mysteries and thrillers. In Marnie Riches' "The Gardeners' Club," Gill Swanley is bored and decides to join a local group called the Bromley Botanists. While trying to win the Golden Trowel award for best community club, the

Squad. Route 16 was closed for approximately four hours while Troopers from Troop F and the Collision Analysis and Reconstruction (C.A.R.) Unit conducted a detailed roadside investigation.

All aspects of the crash remain under investigation. Anyone with information regarding this crash is asked to contact Trooper James Zeblicky at (603) 846-3333 or James.P.Zeblicky@dos.nh.gov.

Weeks Memorial Library

group finds a dead body in the community greenhouse. Finding the murderer becomes the new priority before one of them is also killed. School teacher Kaede and her grandfather share an interest in detective work and join heads to solve crimes in a Tokyo-set mystery called "My Grandfather the Master Detective." Jenn McKinlay begins a new series with "Booking for Trouble." Librarian Lindsey visits local islands in a "book boat" inspired by bookmobiles used by other libraries. She and her boat captain husband find a body on one of the islands and book delivery turns into crime solving.

Most mystery writers seem to like series. M.C. Beaton's new Hamish Macbeth book is "Death of a Groom." Rhys Bowen and her daughter Clare Broyles provide another Molly Murphy mystery set in New York City in the early 1900s called "Vanished in the Crowd." Deanna Raybourn's Veronica and Stoker search for the murderer of a young man in 1890 London in the latest Veronica Speedwell Mystery called "A Ghastly Catastrophe." In the wilderness of Wyoming game warden Joe Pickett is fighting for his life after being

shot, and his family are investigating the crime in C. J. Box's "The Crossroads." Laura Childs added a new cozy teashop mystery to her list with "Death at a Firefly Tea."

On the best seller list is Mary Kubica's latest thriller, "It's Not Her." Courtney Gray finds her brother and sister-in-law dead, her teenage niece missing, and her nephew blissfully asleep and unharmed. Courtney begins to find out secrets about her own family and secrets of the resort town. Is her niece a victim or a murderer? What about the nephew and local towns people with their own problems? Reviewers call this book "wickedly smart and incredibly twisted."



Matthew Quirk takes actress Anne Vaughn on a search for her missing best friend through yachts, mansions and secret clubs in his book "The Method." "Anatomy of an Alibi" by Ashley Elston unravels a web of small-town secrets as two women look for answers to secrets and murder. James Patterson joins with actress and producer Viola Davis in a courtroom drama called "Judge Stone," whose latest case is a fight to bring justice to the people and place she loves.

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Program in Lunenburg to explore ways communities can live alongside beavers

LUNENBURG, Vt. — A regional conservation program later this month will focus on one of northern New England's most influential wildlife species and the practical steps communities can take to coexist with it.

Essex County Natural Resources Conservation District, in partnership with the Town of Lunenburg, will host a presentation titled "Living With Beavers: How to Protect Beavers and Infrastructure" on Sunday, April 26, from 1 to 3 p.m. at the Alden Balch Memorial Library, 24 East Main St. The session will

be followed by an optional field visit to view a "Beaver Deceiver" installation in neighboring Lancaster.

Organizers say the event is designed to help residents better understand the ecological importance of beavers and the tools available to address flooding and infrastructure conflicts without removing the animals.

Beavers are widely recognized by ecologists as a "keystone species," meaning their activity shapes entire ecosystems. By building dams and creating ponds, beavers transform landscapes in ways that

support a wide range of wildlife, including moose, mink, amphibians and waterfowl. Over time, abandoned ponds often transition into meadows and shrublands that provide additional habitat diversity.

At the same time, beaver damming can create challenges for roads, culverts and developed land. Culverts in particular are common dam sites because they concentrate flowing water, making them attractive locations for beaver construction activity.

Sunday's program will examine both the environmental benefits of beaver

activity and the engineering strategies available to reduce conflicts.

Naturalist Patti Smith will open the presentation with an illustrated talk based on her experience studying wild beavers and caring for orphaned animals. Her portion of the program will highlight beaver behavior, habitat needs and their role in maintaining wetland ecosystems.

Biologist Skip Lisle, founder of Beaver Deceivers International, will then discuss flow devices and other nonlethal management approaches designed to protect infrastructure

while allowing beavers to remain on the landscape. Lisle has spent decades developing and testing water-control structures that regulate pond levels and prevent culvert blockages without removing dams entirely.

One such device, commonly called a Beaver Deceiver, is intended to keep water moving through culverts while discouraging beavers from sealing them shut. Participants who attend the optional field visit after the presentation will have an opportunity to see one of these installations in Lancaster.

Organizers say the event is intended for landowners, municipal officials, road agents and residents interested in wildlife conservation or practical solutions to recurring flooding problems.

The presentation is free and open to the public. Funding support was provided by the Broad Reach Foundation. Advance registration or additional information is available by contacting Essex County NRC District Manager Sam Mayne at smayne.essexnrcd@gmail.com.

Ticket deals, extended hours round out spring at Loon

LINCOLN — Beginning April 6, guests with a valid 2025/26 season pass from another mountain can enjoy skiing and snowboarding at Loon for just \$39, part of a lineup of spring offerings designed to make the most of late-season conditions.

Spring at Loon delivers some of the best skiing and riding of the year, with

longer days, soft turns, lively deck après, and unmistakable mountain energy. Events like The Beach Bash on April 18 close out the season with top-to-bottom activities, including a mogul competition, DJ, and an on-mountain scavenger hunt.

Ticket promotions Guests with a valid 2025/26 season pass from

another resort can purchase a day ticket at Loon for just \$39. Guests must present their season pass along with a valid photo ID at a ticket window or Guest Services desk.

New England Pass holders can bring friends and family along with discounted \$34 Buddy tickets starting April 6. Tickets can be purchased online at

LoonMtn.com.

For guests looking to make the most of spring, the Spring New England Pass offers unlimited skiing and snowboarding through the end of the season at Loon, Sunday River, and Sugarloaf — three mountains, one pass, all spring long. Adult passes are \$179 and youth passes are \$99.

Ikon Pass holders can share spring turns at Loon with \$39 Friends and Family tickets, available at this special starting April 6 through the end of the winter season. Friends and Family tickets can be purchased online at LoonMtn.com.

Extended lift hours Adding to the spring excitement, Loon is offering extended lift hours on

select Fridays and Saturdays. The White Mountain Express Gondola will spin for two extra hours, giving guests more time on the mountain, followed by après in the legendary Paul Bunyan Room.

For more information on ticket deals and events, guests can visit loonmtn.com/spring-at-loon.

Musical with North Country roots premieres off-Broadway



The Off-Broadway cast of "About Time," featuring Weathervane Producing Artistic Director Ethan Paulini (top row - last on right), with Richard Maltby, Jr. (front row center)—photo by Julieta Cervantes.

WHITEFIELD — Two years ago, Weathervane Theatre presented the premiere of the musical revue "The Story Goes On: The Songs of Maltby and Shire." Featuring the music of the legendary and award-winning songwriting team of Richard Maltby, Jr. and David Shire and directed by Tony Award winner Richard Maltby, Jr., North Country audiences were the first in the nation to experience their newest songs in this award-winning production that would become the foundation of their newest musical revue, "About Time," now playing Off-Broadway.

After a lifetime spent creating some of musical theater's funniest, most soaring, and heartwarming songs, Tony winner Richard Maltby, Jr. and Oscar and Grammy winner David

Shire return to the stage with their most personal and affecting show yet. From long-ago love affairs to buried ambitions, to lost keys and tech-savvy grandkids, "About Time" is a funny and touching new musical revue about life, love, and laughter in your third act.

A limited engagement, "About Time" plays at the Marjorie S. Deane Little Theater just steps from Lincoln Center and features direction by Richard Maltby, Jr. and music direction Deniz Cordell, both of whom directed and music directed "The Story Goes On" at the Weathervane. Among the cast of acclaimed Broadway actors is Weathervane Theatre's Producing Artistic Director, Ethan Paulini.

"It is an honor to be a part of this cast. Boasting

three dozen Broadway credits among them, this is musical theatre performance at its finest," says Paulini. "To be a part of David and Richard's historic legacy is something I will cherish forever."

"The Story Goes On" was Weathervane's first world premiere musical, but certainly not its last. This season, Weathervane will present two world premiere musicals—"Dorian's Wild(e) Affair," an adaptation of Oscar Wilde's "The Portrait of Dorian Gray," and "Paperboy," an adaptation of Vince Vawter's Newbery Award-winning novel of the same name. Weathervane's third world premiere this season will be the original play "Glock 17" by Vero Villalobos.

"In recent years, the Weathervane has risen in its national prominence,"

says Paulini. "With this comes the opportunity to be on the cutting edge of the theatrical landscape. I am proud to be able to support top-tier artists as they contribute to the canon of new works. It is a privilege to offer these exciting pieces to our patrons, and we hope that support continues to grow!"

Richard Maltby, Jr., one of the artists Paulini refers to, reflects fondly on his time at the Weathervane.

"I wonder if people up here understand what a gift this theatre is," said Richard Maltby Jr. "It really operates on a high artistic level. I loved being at the Weathervane."

Hailed by The New York Times as a "show to catch" and "full of catchy tunes that will stimulate your brain and pluck your heartstrings" (TheatreMania), tickets for "About Time" are now on sale at TheatreMania.com or at 212-912-2618.

Weathervane's 61st season runs June 30 – Oct. 11. Additional Season 61 titles include "Tick, Tick... Boom," Noël Coward's "Private Lives," "Rent," "Xanadu," "Come From Away," "Peter Pan Goes Wrong," and "Anything Goes." Season 61 single tickets and subscriptions are on sale now at weathervanenh.org and at 603-837-9322.

Ask Your Preacher

Evangelical Christians are supposed to be the most conservative segment in the broad spectrum of Christianity. Yet, based on Ligonier Ministries' State of Theology surveys, 65% to 73% say that Jesus is "the first and greatest being created by God." The belief that God created Christ is a direct contradiction of the Bible which says about Christ, "For by Him all things were created" (Colossians 1:16; John 1:1-3). If Christ was created by God, then Christ is not God and if He is not God, His death did not pay for our sins.

For more information contact Wayne Burger - 303-619-8802 or gwayneburger@gmail.com

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THE COÖS COUNTY DEMOCRAT

IEWS AND COMMENTS

Honoring Vietnam veterans, together and at last

There are some moments in a community's life that carry a quiet weight. They are not loud celebrations or headline-making milestones. Instead, they are chances to pause, gather, and say something that should have been said long ago: thank you.

The upcoming Vietnam Veterans recognition event at the Reverend George L. Fox Memorial Chapel and Museum in Gilman, Vt. offers exactly that kind of moment.

For many who served during the Vietnam War, recognition did not come when they returned home. In too many cases, it did not come at all. Veterans carried their experiences back to their families and communities without the public welcome earlier generations received. Over time, communities across northern New England have worked to correct that silence, one ceremony, one gathering, and one conversation at a time.

Events like this one matter because they help restore something that should never have been missing in the first place.

The chapel itself is a fitting place for such recognition. Named for the Rev. George L. Fox, one of the four Chaplains who gave their lives during World War II, it stands as a reminder that service and sacrifice cross generations. Honoring Vietnam veterans within those walls connects their story to a longer tradition of courage and duty that continues to shape our region.

It is also meaningful that families are invited.

Military service never belongs to the individual alone. Parents, spouses, siblings and children all carry part of that experience. They live through long separations, uncertain news and the lasting effects that follow a veteran home. When communities recognize veterans, they recognize families as well.

The inclusion of music from the 1960s may seem like a small detail, but it reflects something important. Songs from that era are part of the memory of service for many Vietnam veterans. Hearing them again in a setting of appreciation and fellowship helps create a bridge between past and present. It reminds everyone attending that history is not distant. It is still living in the people sitting beside us.

Perhaps most important of all, gatherings like this strengthen the connection between generations.

Younger residents who attend will have the chance to meet veterans whose experiences shaped a turbulent chapter in American history. Conversations that begin over a shared meal or during a tour of the chapel can become lasting memories. They also help ensure that stories of service are passed forward rather than forgotten.

In small towns across the North Country and neighboring communities like Gilman, remembrance often happens in modest ways. A flag raised. A name spoken. A handshake offered. Yet these gestures carry real meaning.

Recognition does not need to be elaborate to be sincere.

It only needs to be offered.

The April 11 gathering is an opportunity for neighbors to come together in gratitude and respect. For Vietnam veterans who may not always have heard those words when they first returned home, it is never too late for a community to say them now.

And it is never too late to listen.



COURTESY

The Weeks Memorial Library in Lancaster is sponsoring a music program by local group North Woods on Sunday, April 12, at 2 p.m. North Woods features a mix of Americana and Celtic songs performed by local musicians on fiddles, flutes, mandolin, cello and keyboard. Their music ranges from classic American folk songs like "Shenandoah" to lively Celtic jigs and reels from Scotland and Ireland. The musicians are all from northern New Hampshire and Vermont and enjoy sharing their passion for these timeless tunes with audiences around the region. Their program is free and open to all. Questions can be addressed to the library at 603 788-3352 or weekslib@myfairpoint.net.

THE MORRISON COMMUNITIES

Taste and smell can change as you age

"As for the garden of mint, the very smell of it alone recovers and refreshes our spirits, as the taste stirs up our appetite for meat." — Pliny the Elder, 23-79 CE

As Pliny the Elder pointed out some 2,000 years ago, a strong fragrance like mint has the ability to both invigorate our spirits as well as add flavor to the foods we eat.

The ability to smell and taste are critical to our well-being, but as we age these senses may diminish.

Our ability to smell and taste protect us, letting us know if food has gone bad or if there is a gas leak or smoke in the house.

Food might taste bland so we don't get as much enjoyment out of eating a meal as we used to.

Our ability to smell food and other scents may change as well; the aroma of coffee may not be as appealing as in the past, or fragrances, like roses and lilacs, don't smell as strong.

"Some loss of taste and smell is natural with aging, especially after age 60. But other factors can contribute to loss of taste and smell," says the Mayo Clinic. These include nasal and sinus problems; colds and the flu; COVID-19; medications; dental problems; smoking; head and face injuries; and diseases like Alzheimer's and Parkinson's.

"Loss of taste and smell can have a significant effect on quality of life. It often leads to decreased appetite and poor nutrition. It can sometimes contribute to depression," notes The Mayo Clinic.

A person who has lost the ability to taste or smell their food might become disinterested in eating which could lead to serious weight loss. Or they could be tempted to add extra salt or sugar to enhance the taste, which is problematic for someone with diabetes or high blood pressure.

Instead of adding extra salt or sugar, the National

Institute of Aging suggests:

- Adding color: Fill your plate with brightly colored vegetables like carrots, tomatoes, squash, broccoli, red and orange peppers, and salad greens that are both visually appealing and nourishing.

- Experimenting with spices & herbs: Spices and herbs can perk up the flavor of foods. The Internet has plenty of information about the kinds of spices and herbs that work well with a variety of foods. Or give a squeeze of lemon or lime, a dash or two of hot sauce or a splash of apple cider or red wine vinegar to brighten the flavor profile of many dishes.

- Eating fresh fruit: Fresh fruit in season is a great way to satisfy your sweet tooth while also providing vitamins and fiber. If fresh fruit isn't available, canned fruits without added sugars are an option.

Our ability to taste and smell food and smell other pleasant scents adds enjoyment to our lives and en-

hances our well-being.

Keep in mind that gradual changes in taste and smell are normal as a person ages, but a sudden decline might indicate a serious medical condition that should be evaluated by your doctor.

Shannon Lynch is the Executive Director of The Morrison Communities, which includes the Morrison Skilled Nursing Facility, Sartwell Place Assisted Living, Morrison Rehabilitation, and Summit by Morrison, a senior living community offering independent living, assisted living, memory care and respite care.

The Morrison Communities is a non-profit 501(c)(3) charitable community that has been providing quality health-care to residents of New Hampshire's North Country since 1903. For more information, go to www.themorrisoncommunities.org.

The quiet power of simple manners

I was standing in line at the grocery store not long ago when the young man ahead of me paid for his things and then stopped, just for a second, and said something you don't hear as often as you used to.

"Thank you, ma'am."

It wasn't loud. It wasn't meant for anyone else to notice. But I did.

The cashier smiled in that surprised way people do when a small kindness catches them off guard. It seemed to brighten the whole checkout lane. I found myself thinking about that moment long after I got out to the parking lot.

Politeness has always been a quiet language in New Hampshire. It doesn't announce itself. It doesn't draw attention. It simply shows up and does its work.

When I was growing

up, nobody would have thought twice about saying "sir" or "ma'am."

Holding a door wasn't something you congratulated yourself for. You did it because someone was behind you. If a neighbor's car was stuck in the snow, you didn't wait to be asked before walking over with a shovel.

It wasn't fancy. It was ordinary.

Somewhere along the way, people started talking as though manners were old fashioned, like rotary phones or Sunday hats. I never quite understood that. Being considerate doesn't belong to any particular decade. It belongs to anyone willing to practice it.

And the truth is, I still see it every day.

KIND FOLKS, COLD WINTERS

By CHIPPY

I see it when someone pulls over to let another driver into traffic on Route 3 without making a fuss about it.

I see it when folks hold the post office door open even if they have to wait an extra second or two. I see it when a teenager thanks a coach after a game instead of rushing off with friends.

These things don't make headlines. They rarely get noticed at all. But they are part of the reason living here still feels the way it does.

A few afternoons ago, I stopped at the hardware store to pick up a box of screws I probably didn't need but felt certain I would someday. The fellow at the counter handed me my change and said, "Stay warm out there."

Now, it wasn't especially cold. Not by our standards anyway. But I knew exactly what he meant. He wasn't talking about the weather. He was talking about the habit we have around here of looking out for one another, even in small ways.

That habit matters more than people realize.

It reminds us we're not strangers sharing the same roads. We're neighbors sharing the same place.

It keeps conversations friendly when they might otherwise turn sharp. It makes a town feel like a town instead of just a collection of houses.

And the best part is that it doesn't take much effort.

A nod in passing. A wave from the driver's seat. A few extra seconds holding the door. A simple "thank you" spoken without hurry.

None of it costs anything. All of it counts.

Watching that young man at the grocery store, I had the feeling he probably didn't think twice about what he said. He was simply speaking the way he'd been raised to speak. Someone taught him that those words matter. Someone showed him how a small courtesy can change the tone of a whole interaction.

That kind of teaching travels farther than we think.

It moves from one person to the next, from one generation to another, steady as a familiar road home. And every time I hear it, whether it's in a store aisle or a parking lot or a quiet conversation on a sidewalk somewhere in our corner of New Hampshire, I find myself hoping it keeps right on going.

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THE COÖS COUNTY DEMOCRAT PUBLISHED BY SALMON PRESS

PRESIDENT & PUBLISHER
FRANK C. CHILINSKI
frank@salmonpress.news

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

OPERATIONS DIRECTOR
JIM DINICOLA
(508) 764-4325

DISTRIBUTION MANAGER
JIM HINCKLEY
(603) 279-4516

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

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

Letter submission policy

Letters to the Editor must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and any submission may be rejected at any time for any reason he or she might deem appropriate.

CEDC launches “Northern Spark: Igniting Ideas, Powering Coös” pitch competition

LANCASTER — The Coös Economic Development Corporation (CEDC) is proud to announce “Northern Spark: Igniting Ideas, Powering Coös,” a new pitch competition celebrating entrepreneurship and innovation across Coös County. The inaugural event will take place on Wednesday, June 3 at 5:30 p.m. at the Rialto Theatre in Lancaster.

Northern Spark will bring together local entrepreneurs, community members, and business leaders for an evening showcasing bold ideas and emerging ventures in the North Country. Selected participants will take the stage to deliver five-minute pitches, presenting their business concepts through slide decks developed with support from CEDC and

experienced coaches. The competition is designed to provide entrepreneurs with valuable exposure, feedback, and funding to help move their ideas forward.

Open to the public, the event invites attendees to experience the energy of entrepreneurship firsthand—hearing live pitches, discovering new businesses, and supporting innovative ideas that are

shaping the region’s economy.

Entrepreneurs will compete for a total of \$15,000 in cash prizes, including Passumpsic’s Brightest Spark (\$7,500) for the top-scoring pitch, CEDC’s Ignition Award (\$5,000) for second place, and Bar Harbor’s Power Award (\$2,500) for third place. All participating businesses and entrepreneurs must

be based in Coös County to be eligible.

Northern Spark is made possible through the support of Passumpsic Bank, Bangor Savings Bank, Union Bank, and Bar Harbor Bank & Trust, with additional sponsorship opportunities still available for organizations interested in supporting entrepreneurship and innovation in Coös County.

CEDC invites entrepreneurs, community members, and supporters from across the region to attend and help celebrate the ideas and innovators shaping the future of the North Country. For more information, to apply to pitch, or to stay up to date on the event, visit coosedc.org/northernspark or follow CEDC on social media.

Large freshman class bolstering baseball Spartans

BY JOSHUA SPAULDING
Sports Editor

WHITEFIELD — The White Mountains Regional High School baseball program is getting bolstered by the addition of 15 freshmen baseball players this spring, something that has veteran coach Ben Hicks excited for this year and into the future.

“Offseason has seen a lot of participation,” Hicks noted. “Fifteen freshmen is a great numbers with three potentially starting this year.”

“Solid returning core with an impressive freshman class in both numbers and talent,” the Spartan coach continued. “The team goal is always to get

to Fisher Cats Stadium.”

Senior Deagan Stover will see time on the mound and at third base while classmate Jacob Silver will also work on the hill and at shortstop. Senior Carson Miller will also get some time on the mound and should be a key utility player while classmate Landin Foss will see time

in the infield and outfield and Will Kenison will get a look in centerfield. Sophomore Benny Hicks also returns to the squad and will be the team’s catcher.

Amongst the freshmen, Rylan Bennett is expected to be a competitor on the mound this spring for the Spartans.

The Spartans will be

playing two games each against Woodsville, Berlin, Belmont, Littleton and Newfound and single games against Inter-Lakes, Gilford, Bishop Brady, Mascoma, Derryfield and Winnisquam.

The season kicks off on Monday, April 13, at

Woodsville at 4:30 p.m. and Wednesday, April 15, at home against Inter-Lakes at 4 p.m.

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

HIGH SCHOOL SLATE

Wednesday, April 8
BERLIN
Girls’ Tennis at Profile; 4
WHITE MOUNTAINS
Girls’ Tennis vs. Moultonborough; 4
Thursday, April 9
WHITE MOUNTAINS
Girls’ Tennis vs. Prospect Mountain; 4
Friday, April 10
BERLIN
Girls’ Tennis at Inter-Lakes; 4
Track at Belmont; 4
GORHAM
Track at Belmont; 4
Saturday, April 11
WHITE MOUNTAINS
Track at Pelham; 10
Monday, April 13
BERLIN
Baseball vs. Newfound; 4
Softball vs. Newfound; 4
GORHAM
Baseball at Lin-Wood; 4
Softball at Lin-Wood; 4
GROVETON
Baseball at Moultonborough; 4
Softball at Moultonborough; 4
WHITE MOUNTAINS
Baseball at Woodsville; 4:30
Boys’ Tennis at Prospect Mountain; 4
Girls’ Tennis vs. Pelham; 4
Softball at Woodsville; 4:30
Tuesday, April 14
BERLIN
Girls’ Tennis at Sanborn; 4
Wednesday, April 15
BERLIN
Baseball vs. Winnisquam; 4
Softball vs. Winnisquam; 4
GORHAM
Baseball vs. Pittsburg-Canaan; 4
Softball vs. Pittsburg-Canaan; 4
GROVETON
Baseball at Littleton; 4
Softball at Littleton; 4
WHITE MOUNTAINS
Baseball vs. Inter-Lakes; 4
Boys’ Tennis vs. Kearsarge; 4

All schedules are subject to change.

Spartans bring large group to the tennis courts

BY JOSHUA SPAULDING
Sports Editor

WHITEFIELD — The White Mountains Regional girls’ tennis team comes to the table with a large number of athletes looking to make strides and improvement as the season rolls along under fourth year head coach Michelle Gross.

“The team is making huge strides and gaining experience and is working

hard,” said Gross. “It’s been an awesome pre-season with drills and conditioning.”

Senior Kaya Nkwen-Tamo returns to the court as a strong overall player while classmates Mya Rouillard, Kiara Koxarakis and Haile Briere will also be looking to make their mark as they return to the court.

Sophomore Abbie Bo-vay also returns to the court for the Spartans

while classmate Tayah Ball is a newcomer gaining confidence as she chips in to the program.

The Spartans will be playing two matches each with Moultonborough, Profile and Prospect Mountain and single matches against Pelham, Gilford, Sanborn, Berlin, Littleton, Trinity, Inter-Lakes and Bishop Brady.

The Spartans kicked off the regular season af-

ter deadline on Monday, April 6, at Profile and continues today, Wednesday, April 8, at home against Moultonborough at home against Prospect Mountain on Thursday, April 9, and Monday, April 13, at home against Pelham, all with 4 p.m. start times.

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

PSU soccer programs announce summer camps

PLYMOUTH — The Plymouth State University men’s and women’s soccer programs have released the details of their summer Panther Soccer ID camps.

The programs will host their sixth annual Panther Soccer ID Camps in mid-July. The full-day sessions run from 9:45 a.m. to

5 p.m. Campers will run technical and tactical training sessions, compete in games, participate in a collegiate soccer presentation, and tour the campus with lunch in Prospect Dining Hall also included. Campers will receive a PSU soccer t-shirt and post-camp access to video footage to

create their own highlight videos. The boys’ ID camp is set for Thursday, July 16, with the girls’ ID camps on Friday, July 17. Camp fees are \$145, with discounted rates for siblings.

The Panther Soccer ID Camps offer high school players aged 16 and up the opportunity to train and play games in the Plymouth State environment while gaining insight into the college recruitment process. Participants will also learn what it takes to succeed physically, emo-

tionally, technically, and tactically at the collegiate level.

Both events are run by head coaches Rob Wright and Sammy Blizzard Bogardus and their coaching staffs and are limited to 28 participants.

Registration links, waiver forms, detailed information, and camp brochures can be found on the department website at athletics.plymouth.edu/camps.

Bath Public Library Book Club to discuss Percival Everett’s “James”

BATH — The Bath Public Library Book Club will meet on Monday, April 13, at 5 p.m. at the Bath Public Library to discuss James by Percival Everett.


“James” is a brilliant reimagining of “Adventures of Huckleberry Finn,” told from the perspective of the enslaved Jim. Both harrowing and satirical, the novel follows Jim as he learns he is about to be sold and separated from his family. Determined to protect his future, he escapes while forming a plan. Meanwhile, Huck Finn has faked his own death to escape his abusive father. As readers of American literature know, thus begins the dangerous and transcendent journey by raft down the Mississippi River toward the elusive and uncertain promise of the Free States and beyond.

Brimming with nuanced humor and lacerating observations that have made Everett a literary icon, this brilliant and tender novel radically illuminates Jim’s agency, intelligence, and compassion as never before.

Copies of the book are available to borrow at the Bath Public Library. Patrons are encouraged to pick up a copy and participate in what promises to be a thoughtful and engaging discussion. New members are always welcome.

Library hours are Monday and Wednesday from 9 a.m. to 5 p.m. and Thursday and Saturday from 9 a.m. to noon.

For more information, contact the Bath Public Library at 603-747-3372 or bathlibrarynh@gmail.com.



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Weathervane Theatre announces 61st mainstage season

WHITEFIELD — The Weathervane Theatre, a professional, award-winning Equity theatre in Whitefield, celebrates its 61st season and will present ten productions on its Mainstage between June 30 and Oct. 11 in its signature alternating repertory style.

“Tick, Tick...Boom”

On the brink of turning 30, a promising theater composer navigates love, friendship, and the pressure to create something great before time runs out in Jonathon Larson’s youthful, endearing, and thoughtful autobiographical musical. Plays in alternating repertory June 30 – Aug. 1.

Noël Coward’s “Private Lives”

In Noël Coward’s sophisticated comedy classic, exes Elyot and Amanda, now honeymooning with new spouses, meet by chance in a French hotel and reignite their former passion—and enmity. Plays in alternating repertory July 3 - 26.

“Rent”

The Pulitzer Prize-winning rock musical that redefined a generation. Bursting with heart, humor, and urgency, “Rent” celebrates connection and chosen family, powered by unforgettable songs like “Seasons of Love” and “Take Me or Leave Me.” Plays in alternating repertory July 15 – Aug. 8.

“Xanadu”

Don’t walk away from “Xanadu,” a hilarious ’80s musical, in which a Greek muse inspires a roller disco! Forbidden love, jealous sisters, and chaos unfold to hits like “Magic” and “All Over the World.” Plays in alternating repertory July 29 – Aug. 22.

“Come From Away”

This breathtaking musical tells the remarkable true story of 7,000 stranded passengers and the tiny Newfoundland town that welcomed them. On Sept. 11, 2001, the world stopped. On 9/12, their stories moved us all. Plays in alternating repertory Aug. 12 – Sept. 11.

“Peter Pan Goes Wrong”

The creators of “The Play That Goes Wrong” unleash comic mayhem on J.M. Barrie’s classic as Cornley Drama Society faces technical blunders, flying fiascos, and cast clashes on a hilariously disastrous trip to Neverland. Plays in alternating repertory Aug. 26 – Sept. 13.

“Glock 17.”

World Premiere. Loui, a Mexican-American, is on a quest to understand the struggles of her heritage in 2019 America. Turning to her podcast, she shares anonymous thoughts, which brings unexpected attention and threatens to change her life forever. Plays in alternating repertory Sept. 1 - 25.

“Dorian’s Wilde Affair”

A deliciously devilish world-premiere musical, inspired by Oscar Wilde’s “The Picture of Dorian Gray.” Can a young man make a name for himself in gritty, glamorous 1970s New York City? What would you give up to become a star? Plays Sept. 4 - 6.

“Paperboy the Musical”

World Premiere. Set in 1959 Memphis, this vibrant adaptation of the Newbery Award-winning novel follows an 11-year-old boy who struggles with a stutter and unexpectedly finds his voice while covering a friend’s newspaper route in this heartfelt coming-of-age musical. Plays in alternating repertory Sept. 17 – Oct. 3.

“Anything Goes”

Set sail on the S.S. American in this Cole Porter classic, where eccentric passengers spark witty hijinks, dazzling dance, and timeless hits—including “Anything Goes” and “I Get a Kick Out of You”—in a fun, romantic musical adventure. Plays in alternating repertory Oct. 1 - 11.

Subscriptions and single tickets are now on sale at www.weathervanenh.org or by phone (603-837-9322). Group sales (groups of 15 or more) and 9:30 a.m. school matinees (“Come From Away,” “Paperboy,” and “Anything Goes”) are now on sale. Subscriptions start at \$263 and include fee-free exchanges, exclusive discounts, and more. Season 61 single tickets start at \$34. Please contact our box office at boxoffice@weathervanenh.org or 603-837-9322 for more information. Weathervane’s box office is operating on an off-season schedule until June. All emails and phone calls will be returned within five business days.

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Soil scientist Joe Homer to present “Let’s Talk Dirty” in Sugar Hill

SUGAR HILL — The Sugar Hill Improvement Association is pleased to announce a special community presentation, “Let’s Talk Dirty,” by soil scientist Joe Homer, taking place on April 14 at 5 p.m. at the

Carolina Crapo Building.

In this engaging and informative talk, Homer will explore the fascinating world beneath our feet — soil. From how soil forms to why it plays a crucial role in agriculture, environmental health, and climate resilience, attendees will gain a deeper understanding of why healthy soil matters to everyone.

Designed for students, gardeners, farmers, and community members alike, “Let’s Talk Dirty” will cover topics including:

The basics of soil composition and structure

Soil’s role in food production and ecosystems

Practical tips for improving soil health

How soil conservation benefits local communities

Joe Homer brings years of experience in soil science and environmental education. His approachable style and passion for the subject make complex scientific concepts accessible and enjoyable for audiences of all ages.

Local residents are already expressing enthusiasm about the upcoming event.

“As a gardener, I’m excited to learn more about what’s really happening in my soil,” said longtime resident and board president Lissa Boissoneault. “Healthy soil makes all the difference, and I’m looking forward to hearing practical advice we can use at home.”



Joe Homer

public, and underwritten as a part of the Carolina Crapo Education Fund. This fund was established by Henry Crapo, in honor of his wife, Carolina shortly after the Sugar Hill School burned to the ground in 1948. The funds are administered by elected Sugar Hill Trustees for projects identified by the Sugar Hill Improvement Association for the

betterment of the town of Sugar Hill. The Carolina Crapo Trust fund provides also provides book awards for students pursuing their ongoing training or schooling in addition to bringing speakers to the town.

Community members are encouraged to attend and discover why, when it comes to the environment, it pays to “talk dirty.”

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I have been practicing law since 1985, after graduating from Vermont Law School. Before starting my legal career, I earned a Master's Degree in counseling from SUNY, Plattsburgh, and completed my undergraduate studies in education at Temple University in Philadelphia. Before entering the legal field, I worked as an inner-city high school teacher and ran a cactus business, selling plants as a street vendor in downtown Philadelphia. My legal career began in Saranac Lake and Lake Placid, New York, where I practiced law until 2002. In that year, I passed the New Hampshire Bar and relocated to New Hampshire to continue my practice. I am an active member of the New Hampshire Bar Association. Over the years, I have served as President of the Grafton County Bar Association and as Chair of the Alternative Dispute Resolution Section. I also served on the New Hampshire Bar Association Board of Governors for 2 terms. Currently, I am a member of the New Hampshire Bar Legislative Committee and a Fellow of the New Hampshire Bar Foundation.

I also hosted a weekly radio show called “Family Law Talk Radio,” which featured professionals with expertise in various related subjects. In recent years, I have focused my practice on Estate Planning and administration. This includes drafting wills and trusts, as well as probate and trust administration.

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(continued from Page A1)

Hampshire the lead back at 3-2, the third goal scored in a minute. With 5:36 remaining before intermission, Nangle scored on a power play to make it 3-3 heading into the third period.

Early in the third, Callahan clinched his hat trick with a power-play goal on a wrist shot from the left point, another tally assisted by Bledsoe, his third help-

er of the game, to give the Avalanche a 4-3 lead.

That lead would hold until Anchorage's Kyle Zander Pascual zipped up the ice on a breakaway and flicked a wrister home to tie the game 4-4.

Anchorage had a 5-4 edge on shots in the extra frame, but with 2:05 remaining in overtime, Bledsoe's redirect in front of the North Stars net ended the game, triggering a raucous celebration from the New Hampshire squad.

Larrabee realizes that if not for his dynamic offensive tandem of Bledsoe and Callahan that his team's championship dreams never would have been realized. However, he also places Bradyn Nagle, who stopped 30 of 34 shots in the title game on Sunday, in a similar category.

"I also want to call out Brayden Nagle, an absolute brick wall in net, [he] played phenomenally," Larrabee said.

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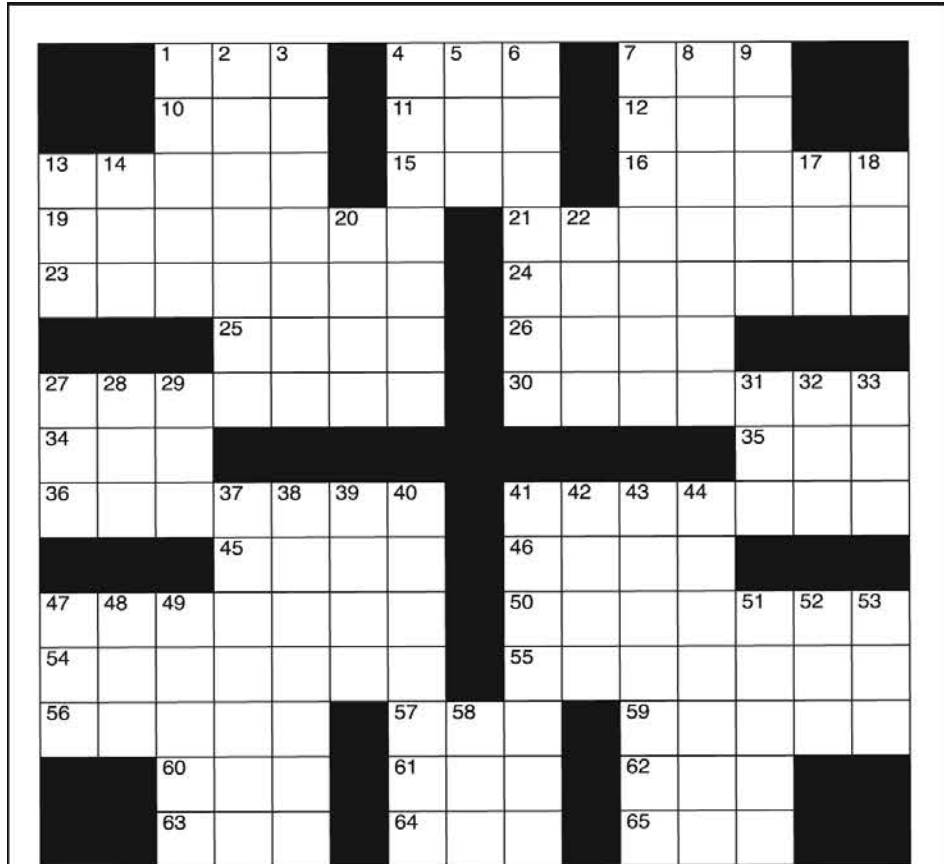
Linda Jean Kelley, 83



The family of Linda Jean Kelley, 83, of Stewartstown, New Hampshire, is saddened to announce her passing on February 11, 2026 in St Petersburg, Florida. Linda was born in Whitefield, New Hampshire on July 26, 1942 to Robert and Dorothy Baker. After graduating from Littleton High School, she briefly worked as a telephone operator prior to marrying Ronald Kelley in September 1962. On their journey of 64 years, they lived briefly in Hawaii, Virginia and Massachusetts before settling down in Concord, New Hampshire to raise a family. While in Concord, Linda worked as the "Lunch Lady" for Kimball and Conant Elementary Schools for over 25 years. She fondly remembered constructing a Christmas gingerbread village for the students. Upon retirement, she moved away from city life and resettled in the countryside of the Upper Connecticut River Valley in Stewartstown, NH. Linda is survived by her husband Ronald Kelley,

her son and his wife, Michael and Nancy Kelley of Eden Prairie, Minnesota; her daughter, Laurie Kelley of Methuen, Massachusetts; and her beloved grandchildren, Matthew, Meghan and Sarah. One of her favorite leisure activities was visiting with friends and family, especially her grandchildren. Linda stayed close with her cousin Patty McAllister who was like a sister to her as well as cousins Judy Cardinal and Dencie Bartlett who kept her updated on family news. As a dog lover, Linda had a deep fondness and devotion to the many four-legged companions that were fortunate to share her home. Her yard reflected

her passion for tending and growing the many flower gardens around her homes. In addition, a pair of binoculars waited by the window for her to admire feathered friends and other wildlife. Her love of baking cookies and sweet treats filled Grammy's cookie jar to share with visitors. In her later years, she looked forward to escaping the cold New Hampshire winters for the sunshine of St Petersburg. In Florida, she walked along the beach dipping her feet in the ocean in search of sea shells. On land, she was always on the lookout for wildflowers and local wildlife on walking trails. As a lifelong New Englander, Linda was resilient and faced life's challenges with her positive and upbeat attitude. Her warm, thoughtful nature will be lovingly remembered by her husband, children and grandchildren. We will miss Linda every day. Her memory will live on in the hearts of all those who loved her. A celebration of life will be held later this year.



CLUES ACROSS

- 1. Health care pros
- 4. A person inhabiting Benin
- 7. One thousand cubic feet (abbr.)
- 10. Split pulses
- 11. Frozen water
- 12. Small constellation
- 13. Perennial mountain rice
- 15. Pick up
- 16. Japanese historical period
- 19. Suggesting the horror of death and decay
- 21. Unattached
- 23. Fishing port in SE France
- 24. Products for dogs
- 25. One point south of southeast
- 26. Having the skill or resources to do something
- 27. Involve oneself deeply
- 30. Immobile
- 34. ___ pai dong: Hong Kong food stall
- 35. Move quickly on foot
- 36. Gathered
- 41. A way through
- 45. Another name for Thor
- 46. Sharp dueling sword
- 47. The supreme commander of a fleet
- 50. Seasoned sausages
- 54. Path
- 55. Christian hermit
- 56. Ancient region of Asia Minor
- 57. Where wrestlers go to work
- 59. Roman statesman
- 60. Explosive
- 61. Licensed for Wall Street
- 62. Where golfers start
- 63. Grow old
- 64. Autonomic nervous system
- 65. No seats available

CLUES DOWN

- 1. A legally binding command
- 2. General feeling of discomfort
- 3. Dribble
- 4. Soft touch
- 5. South American plant
- 6. Clouds of gas and dust in space
- 7. Warm-blooded vertebrates
- 8. Lines created by folding
- 9. Strong belief
- 13. Senior officer
- 14. Adult
- 17. Joint entrance examination in India
- 18. Passports and drivers' licenses are two
- 20. Those who go against an accepted authority
- 22. One point east of northeast
- 27. Journalist Tarbell
- 28. One's mother (British)
- 29. Nowhere to be found
- 31. A way to save for old age
- 32. Fall behind
- 33. Midway between northeast and east
- 37. The work of a sailor
- 38. Mark with striae
- 39. Energy, style and enthusiasm
- 40. Sticky situation
- 41. Monetary units of Spain
- 42. Three-banded armadillo
- 43. Chooses
- 44. More disreputable
- 47. Defensive nuclear weapon
- 48. "The Partridge Family" actress Susan
- 49. Livestock owners assn. in Spain
- 51. Duplicating machine (abbr.)
- 52. OJ trial judge
- 53. Politician
- 58. Airborne (abbr.)

New convenient drop-off sites make water quality testing easier than ever

REGION — Seacoast Analytical Services, a trusted leader in drinking water and radon analysis since 1989, is proud to announce the addition of three new sample drop-off locations in partnership with Badger Peabody & Smith Realty. These new sites are designed to make access to professional water and radon testing more convenient for homeowners, home inspectors, and public water system operators throughout the region.

The three new drop-off locations will be situated at:

Badger Peabody & Smith Realty — 11 Riverglen Lane, Suite 200, Littleton

Monday – Thursday 8 a.m.-4:30 p.m.

Badger Peabody & Smith Realty — 2633 White Mountain Hwy, North Conway

Monday – Thursday 9 a.m.-5 p.m.

Badger Peabody & Smith Realty - 850 U.S. Route 3, Curry Place, Holderness

Monday – Thursday 9 a.m.-5 p.m.

These locations will provide customers with easy access to Seacoast Analytical's test kits, allowing them to pick up and drop off water samples on their own schedule. With the lab's industry-leading turnaround time of three days or less, customers can expect fast, accurate, and certified results without the hassle of mailing their samples.

"Expanding our drop-off network is a direct response to the growing demand we're seeing from communities who want to take control of their water quality," said Katy Anderson, Technical Director at Seacoast Analytical Services. "By partnering with Badger Peabody & Smith Realty, we're making it even simpler for residents and professionals to get the testing they need, when they need it."

"We are pleased to help bring this service to our communities through this collaboration with Sea-

coast Analytical Services. This is a valuable service for area homeowners and others in our community," Andy Smith, CEO of Badger Peabody & Smith Realty, said.

Seacoast Analytical Services has been a certified drinking water and radon analysis laboratory since 1989. A division of Epping Well & Pump Co. Inc., Seacoast Analytical serves homeowners, home inspectors, public water systems, and water treatment professionals across New Hampshire and beyond. The lab offers comprehensive water analysis, radon-in-water testing, radon air analysis, and arsenic monitoring programs - all backed by expert customer service and a commitment to educating clients about the importance of water quality and radon safety. Samples can be dropped off 24/7 at their Lee facility or at the drop locations listed on their Web site, www.seacoast-analytical.com.

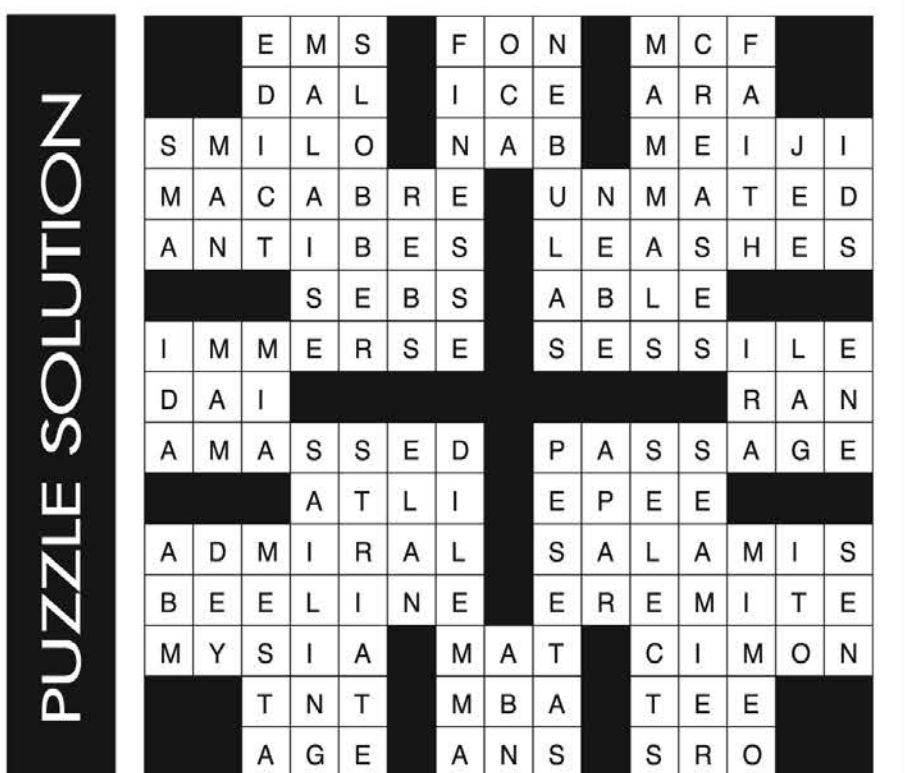
Badger Peabody & Smith Realty is the North Country, Mt. Washington Valley, Lakes Region of NH, Western Maine and Northeast Kingdom of Vermont representative of LeadingRE®. With a membership that spans six continents, LeadingRE connects more than 550 firms and 135,000 sales associates who produce over 1.1 million real estate transactions each year. With combined resources of over 65 full time agents, and eight offices, Badger Peabody & Smith Realty can be reached online at BadgerPeabody-Smith.com.

Lisbon Lions to host 22nd Annual Spring Senior Citizens Dinner

LISBON — The Lisbon Lions Club is once again showing their appreciation to local senior citizens by sponsoring the 22nd Annual Spring Senior Dinner, free for all senior citizens living in Lisbon, Lyman and Landaff, on Saturday, April 11. The meal will include ham, mashed potatoes, vegetables, applesauce, roll and dessert.

This year's dinners will be offered as home deliveries only. Meals will be delivered as close to noon as possible.

To order a dinner to be delivered to your home, please call the Clarks at 603-838-5043 by April 8.



Spring is in the air at Forest Society North at The Rocks

BETHLEHEM — The Society for the Protection of New Hampshire Forests is proud to announce its spring program lineup at Forest Society North at The Rocks. This season's schedule features a series of mindful walks and expert-led presentations, culminating in the highly anticipated Annual Wildflower Festival on May 30.

Featured events

The Art of Wildlife Illustration Friday, May 1 | 5:30 – 6:30 p.m. Acclaimed wildlife illustrator Matt Patterson kicks off the season by sharing insights into his career and conservation efforts. Patterson will discuss his process of observing subjects in the wild, the importance of wildland preservation, and how his field experiences translate to the canvas.

Cost: \$10 for members; \$15 for non-members.

Birds & Bands: A Morning of Avian Exploration Wednesday, May 13 | 7:30 a.m. – noon This immersive program begins with a guided bird walk led by Chris Costello, followed by a deep dive into waterfowl research with Jessica Carolini, Waterfowl Project Leader. Carolini will demonstrate how duck banding serves as a vital tool for conservation. The morning concludes with a beginner-friendly session on ethical bird photography led by Emily Cote, focusing on equipment basics and habitat respect.

Cost: \$25 for members; \$35 for non-members.

The Annual Wildflower Festival Saturday, May 30 | 9 a.m. – 4 p.m. Celebrate the beauty of spring and the vital connection between native blooms and their pollinators. This full-day event is split into two immersive sessions, separated by a one-hour lunch break.

Morning and afternoon sessions

Guided Wildflower Walk: Join wildflower enthusiast Ginny Jeffryes and Senior Outreach Manager Nigel Manley for a three-hour hike along the historic Mile Path. This is a rare opportunity to explore an area typically off-limits to the public and discover diverse woodland plants and seasonal blooms.

The Art & Science of Beekeeping: Meet apiarist Dennis Rosolen, who brings over seven years of experience to this engaging presentation. Learn about the life cycle of the honeybee (*Apis mellifera*), view essential beekeeping equipment, and discover the history of apiculture at The Rocks with Forest Society staff.

Cost: \$25 for members and \$35 for non-members.

Details: Limited to 22 participants.

Preparation: Participants should bring lunch/snacks, water, bug spray, and sunscreen.

Due to high demand, these programs—particularly the Wildflower Festival—sell out quickly. To view the full schedule and reserve your spot, please visit the Forest Society Web site.

About The Rocks

The Rocks is a 1,400-acre property, owned and managed by the Forest Society. Built as a working farm in the 1880s by John Jacob Glessner, a cofounder of International Harvester, The Rocks retains much of the grandeur of White Mountain retreats – exceptional period architecture, an Olmsted-designed Garden, and a network of woodland trails open to the public year-round. In 1978 descendants of the Glessner family donated The Rocks to the Forest Society, which has operated it since as a vibrant Christmas tree farm, conservation and nature education center, and working forest. Learn more about The Rocks at forestsociety.org/the-rocks.

About The Forest Society

Established in 1901, the Forest Society is a private, nonprofit land trust and forestry organization that owns more than 200 forest conservation properties—nearly 67,000 acres in 105 New Hampshire communities—and holds conservation easements that permanently protect an additional 140,000 acres statewide. Forest Society properties are open to the public and draw more than 500,000 visitors annually. To learn more or become a member, please visit forestsociety.org.

Free six-week workshop helps people manage chronic health conditions

WHITEFIELD — Living with a chronic health condition—or caring for someone who does—takes daily effort. Some days, just keeping up can feel overwhelming. A free community workshop is here to help.

“Take Charge of Your Health! Living Well with Chronic Health Conditions” is a free, six-week workshop for adults living with conditions like heart disease, diabetes, asthma, chronic pain, COPD, or depression. Caregivers are also welcome.

When: Thursdays, April 9 – May 14

Time: 10 a.m. – 12:30 p.m.

Where: The McIntyre School Apartments, Whitefield

tyre School Apartments, Whitefield

Dates include: April 9, 16, 23, 30 and May 7, 14.

Each two-and-a-half-hour session builds on the last, so participants are encouraged to attend all six weeks.

You'll be empowered to:

Set a simple “action plan” for what you want to do—and learn how to stick to it

Problem-solve ways to deal with pain and frustration

Find physical activities that work for your body

Communicate more effectively with your doctor,

your family, and yourself about your health

Connect with others in your community who get what you're going through

The workshop is based on the Chronic Disease Self-Management Program, a research-backed program developed at Stanford University. Studies show participants gain measurably more confidence in managing their own health and are more likely to adopt healthy habits. The program is led by trained local facilitators.

There's no cost to attend, and each participant receives a free workbook to use during and after the program.

Space is limited. To

register, visit: [\[bit.ly/4pU-2bEU\]](https://bit.ly/4pU-2bEU) or call Melissa Lee at (603)-255-3716.

When registering online, select “Take Charge of Your Health” and choose:

Thursdays, April 9 - May 14, 2026 | 10 a.m. - 12:30 p.m. | In-person | Whitefield, NH

“Take Charge of Your Health! Living Well with Chronic Health Conditions” is a program offered through The University of New Hampshire (UNH) Cooperative Extension. If you need an accommodation to participate in the program, contact Melissa Lee: melissa.lee@unh.edu or (603) 255-3716

Early bird tickets available for NCH Golf Tournament

JEFFERSON — Join North Country Healthcare on June 12 and 13 for the highly anticipated “Fore the Future: NCH Spring Classic” golf tournament at the picturesque Waumbek Golf Course in Jefferson. This exciting fundraiser brings together golf enthusiasts and community supporters for a friendly competition on the greens.

Across rural communities like ours, access to

one of the biggest challenges facing healthcare systems. One of the most effective ways to address that challenge is by training physicians in the communities where they will practice. The White Mountains Family Medicine Residency program will welcome its first class of resident physicians in 2027, and the work we do now helps ensure the program launches successfully and grows

of family doctors for the North Country.

At the same time, strengthening healthcare in our region also means continuing to invest in the incredible people already caring for our communities every day. Supporting the growth and development of our healthcare workforce helps ensure that patients across northern New Hampshire continue to receive high-quality care

This new tournament builds on the long-standing community support behind the Weeks Auxiliary and AVH Ambassadors golf tournaments, continuing that spirit while bringing the effort together in support of healthcare across our region.

“This tournament brings our community together around something that truly matters,” says Roxie Severance, avid golfer and board member of North Country Home Health & Hospice Agency, an affiliate of North Country Healthcare. “Every sponsorship and every swing supports a direct investment in the health and vitality of our counties. We're proud that this year's event not only carries such meaningful purpose, but also offers a fun, elevated experience in our beautiful new location.”

Participants will choose from two days of play, with opportunities to win, donate, and enjoy surprises along the way. Each day will end with entertainment, prizes, food, and drink. Learn more and reserve Early Bird tickets before April 20 by visiting <https://onecau.se/fore-the-future>.

Lancaster Historical Society seeks quilts for May exhibit

LANCASTER — The Lancaster Historical Society will host the 250 Years of “Piece Making” Quilt Show in Memory of Myra Emerson on Saturday, May 16 from 10 a.m. to 4 p.m. at the Lancaster Congregational Church. Admission is free, and the event will celebrate the region's quilting heritage, local craftsmanship, and the legacy of longtime community member Myra Emerson.

This year's show will feature quilts created or cherished by local residents—and the Historical Society is inviting the public to participate by contributing their quilts for display. The goal is to showcase 100 quilts, reflecting generations of artistry, storytelling, and shared history.

“We want this to be a true community celebration,” event organizers said. “Whether your quilt is brand new, handed down for decades, or a treasured work in progress, we welcome it.”

How to register your quilt

Community members who wish to include a quilt in the show may request a registration form by emailing TheLancasterHistoricalSociety@gmail.com.

Forms may also be downloaded directly from the Historical Society website to mail in: <https://lancasterhistorynh.org/quilt-show-registration>

There is no registration fee, no judging, and quilts will be accepted on a firstcome, firstserved basis, with a limit of 100 quilts.

The Lancaster Historical Society looks forward to welcoming visitors of all ages to this special event honoring the artistry, tradition, and shared history of quilting in our community.

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Lisbon Area Historical Society to host New Hampshire Humanities' US@250: Big Watch

LISBON — Keeping with its 2026 program schedule theme of celebrating the 250th anniversary of the Declaration of Independence, the Lisbon Area Historical Society (LAHS) through support from New Hampshire Humanities will be the first in the North Country to participate in the US@250: Big Watch, a statewide series of community events based around a shared "watch" and discussion of a segment of "The American Revolution," a new film directed by Ken Burns, Sarah Botstein and David Schmidt.

LAHS and White Mountains Chapter NS-DAR will co-host the event which will be held

at the LAHS Museum, 9 Depot St., Lisbon on Saturday, April 11 at 2 p.m. The audience will watch a featured segment from "The American Revolution," "The Spirit of Service," which explores service as a core American value, from the nation's founding through to the present day — examining volunteerism, civic participation, public leadership, and more.

After the viewing, Mary Adams, a NH Humanities expert facilitator, will guide the audience in a thoughtful discussion about our country's and community's past history and shared future. This is not a political event. The program is free and open to the public, and refreshments will be served. The

museum is accessible, and there is free parking in front of the museum.

New Hampshire Humanities connects people and ideas by funding and supporting statewide programs that inspire curiosity, foster civil dialogue, and explore big questions. Learn more at www.nhhumanities.org. This event is made possible by New Hampshire Humanities, in partnership with NHPBS, with additional support provided by Cogswell Benevolent Trust. By the People: Conversations Beyond 250 is a series of community driven programs created by humanities councils in collaboration with local partners. The initiative was developed by the Federation of State Humanities

Councils and the Smithsonian Center for Folklife and Cultural Heritage.

Watch for information on the second LAHS Big 250 NH Humanities supported program, "Who Was John Stark?" presented by George Morrison scheduled for May 7, 2026. LAHS is a nonprofit organization with a history museum and research/event center in the brick historic former Lisbon Congregational Church Parish House at the top of Depot Street in Lisbon. The mission of LAHS is to preserve and promote the history of Lisbon, Lyman, and Landaff. For more information go to www.lisbonareahistory.org or call 603-838-2003.



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You may also call The New Hampshire Commission for Human Rights at 603-271-2767 or write The Commission at 163 Loudon Road, Concord, NH 03301

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Northumberland
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Stratford
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Columbia
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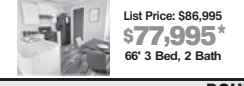

Colebrook
Calling investors! Restore this spacious Colonial w/large floor plan and sheetrock already complete. Attached garage, in-ground pool (needs rehab), and potential for two-family conversion. Prime location near town and trails—ideal for long- or short-term rental income. \$139,900



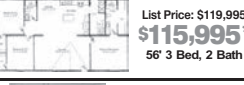

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Celebrating a Granite State icon

Legacy Fund, new documentary honor the Old Man of the Mountain

FRANCONIA — A new chapter in the story of one of New Hampshire's most beloved landmarks is capturing attention across the region, as the Old Man of the Mountain Legacy Fund continues its work and a newly released documentary earns enthusiastic early praise. "This film is a powerful reminder that the Old Man's story didn't end in 2003," said Brian Fowler, board president of the Legacy Fund. "It continues through the people, the place, and the shared experiences we help create every day."

Once a striking natural rock formation in Franconia Notch, the Old Man of the Mountain stood as a powerful symbol of the Granite State until its collapse in 2003. Today, its legacy lives on through

preservation efforts, educational programming, and renewed storytelling that keeps its spirit alive for future generations.

The Legacy Fund, a private nonprofit formed following the Old Man's collapse on May 3, 2003, continues to support ongoing initiatives at Franconia Notch State Park, including stewardship of the Profile Plaza memorial and interpretive experiences that connect visitors to the site's history, geology, and cultural significance.

Complementing this work, a newly released short documentary by Lands Untold is drawing rave reviews online. The film traces the story of the

Old Man from its geological origins to its role in shaping New Hampshire's identity-featuring archival footage, expert insights from geologist and Legacy Fund President Brian Fowler and art professor Inez McDermott, along with personal reflections that offer a moving tribute to a landmark that continues to inspire pride and connection across the region.

"I'm part of the last generation that had the chance to see the Old Man intact before his collapse, but I won't be the last to admire and remember him!" said Nicholas Partan, founder of Lands Untold. "His impact on New Hampshire's

identity, its conservation story, and its cultural legacy is still very much alive, even among those who never saw him in person. It was a privilege to collaborate with the Legacy Fund and the New Hampshire Historical Society on this project."

"Projects like this keep the Old Man's legacy in action and ensure it remains meaningful for generations to come," Fowler added.

Together, the Legacy Fund and this new documentary invite the public to reflect on what was lost, celebrate what remains, and take part in carrying the Old Man's legacy forward. View the new video and learn more about the Old Man's legacy at www.oldmannh.org.

Northern Grafton County Republicans meet April 14

LITTLETON — The Northern Grafton County Republican Committee will hold its monthly meeting on Tuesday, April 14 at the Littleton Senior Center, 77 Riverglen Lane, Littleton. Refreshments and socializing will be at 6 p.m., and the presentation will begin at 6:30 p.m.

Victor Orlando of Hollis will be the guest speaker, and he will talk about his candidacy for the US Congress for western New Hampshire, US Congressional District 2 (CD-2).

Republicans and like-minded conservatives are welcome to attend. For information, contact janicenovak@myfairpoint.net, or call 603-823-5011 (landline, no texting, leave voice message).

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COÖS COUNTY COMMISSIONERS

Regular Meeting

Wednesday, April 15, 2026 at 9:00 a.m.

Coös County Administrative Offices

34 County Farm Road Stewartstown, NH



TOWN OF CARROLL PLANNING BOARD - PUBLIC HEARING NOTICE

Pursuant to RSA 675:3 and RSA 675:7, the Carroll Planning Board will hold a public hearing on: **Monday April 20th, 2026 at 5:00PM**

Carroll Town Hall-Community Room-92 School St., Carroll, NH

To review proposed amendments and additions to the Carroll NH Zoning Ordinances as follows:

Section 1: Landfills and Incinerators

Are you in favor of the adoption of Amendment No. 1 as proposed by the Planning Board for the Town of Carroll Zoning Ordinance as follows:

No person, persons, partnerships, or corporation shall transport garbage or rubbish in an unsanitary manner or without the same being thoroughly protected from exposure or leakage; nor dump or leave the same in any place other than provided for said purposes. Further, no solid waste disposal facility, site or expansion of any existing solid waste facility or landfills shall be permitted except a facility operated by the Town for the purpose of providing a solid waste disposal facility for solid waste generated in the Town. Such a Town owned facility shall be subject to Planning Board Site Plan Review and meet the Town's Site Plan Review regulations. The acreage to be used shall be on the Site Plan. This prohibition shall include, but not be limited to, any private solid waste disposal facility or site, sanitary landfill or incinerator. The requirements and prohibitions in Section 1 or Section 2 shall not apply to existing private facilities in operation at the time of adoption. Any proposed changes to existing private facilities submitted after adoption of Section 1 or Section 2 shall be subject to the requirements and prohibitions herein.

Section 2: Recycling Centers and Transfer Stations

Are you in favor of the adoption of Amendment No. 2 as proposed by the Planning Board for the Town of Carroll Zoning Ordinance as follows:

Recycling centers and/or Transfer Stations shall be subject to Site Plan Review regulations, provided such facilities are owned and operated by the Town for the transfer and/or recycling of solid waste generated in the Town and provided further that the recycling center or transfer station is owned and operated by the Town or by a Regional Solid Waste District whose ownership or operation thereof is governed by an agreement entered into pursuant to RSA 149-M:24. The requirements and prohibitions in Section 1 & Section 2 shall not apply to existing private facilities in operation at the time of adoption. Any proposed changes to existing private facilities submitted after adoption of Section 1 or Section 2 shall be subject to the requirements and prohibitions herein.

LEGAL PROBATE NOTICE

THE STATE OF NEW HAMPSHIRE

1st Circuit - Probate Division - Lancaster
3/13/2026 THRU 3/26/2026

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.

Couture-Dobie, Mary Karolyn,
late of Whitefield, NH. Marie
Snyder, 178 Route 18, Sugar Hill,
NH 03586. #314-2025-ET-00329

Dated: 3/27/2026

Town of Lancaster Cemetery Clean-Up

In order that regular maintenance may be done at Lancaster Municipal Cemeteries (Summer Street Cemetery, Wilder Cemetery, and #10 Martin Meadow Pond Road Cemetery) for the winter season, anyone having artificial flowers/ornaments there, is asked to please remove them by April 15th.

The grounds will be ready for placement of fresh flowers, etc., by Memorial Day. Thank you for your continued cooperation.

Lancaster Municipal Cemeteries Trustees

TOWN OF WHITEFIELD, NEW HAMPSHIRE REQUEST FOR QUALIFICATIONS (RFQ)

The Town of Whitefield, NH is seeking qualified engineering firms to provide services for a **main water replacement project on Union Street (Route 3)**.

PROJECT DESCRIPTION:

The project includes the replacement of approximately 2,000 linear feet of existing water main (clay/lead pipe). Work will be coordinated with a New Hampshire Department of Transportation stormwater project, which includes drainage, curbing, and sidewalk improvements along approximately 1,000 feet of roadway. The intent is to complete water system upgrades concurrently with roadway construction to maximize efficiency and reduce costs. Water main drawings are available upon request.

SCOPE OF SERVICES (TWO RFQs):

- The Town is soliciting qualifications for the following:
1. Preliminary engineering and permitting services
 2. Construction engineering and inspection services

SUBMISSION REQUIREMENTS (QUALIFICATIONS ONLY):

- Submissions should be concise and include:
- Company overview
 - Staff resumes
 - Identification of subcontractors/consultants (if applicable)
 - Relevant project experience
 - Experience with state and/or federally funded projects
 - Ability to complete work within a two-month timeframe
 - Three references that can attest to prior work like this project's scope
- Technical proposals are not requested and will not be reviewed.*

SELECTION PROCESS:

The Town will review a minimum of three (3) firms for each RFQ. Interviews may be conducted prior to final selection.

ADDITIONAL INFORMATION:

This project is locally funded with federal support through the Northern Border Regional Commission (NBRC). All work must comply with applicable state and federal requirements, including NHDOT standards. Construction-related services must be completed by December 31, 2026.

SUBMISSION DEADLINES:

- Preliminary Engineering & Permitting RFQ: **April 10, 2026, at 3:00 PM**
- Construction Engineering & Inspection RFQ: **April 15, 2026, at 3:00 PM**

SUBMISSION METHOD:

Qualifications must be submitted by mail or electronically via email.

CONTACT INFORMATION:

Mike Lee, Town Administrator
56 Littleton Road
Whitefield, NH 03598
Email: mlee@whitefieldnh.gov

The Town of Whitefield reserves the right to accept or reject all submissions and to waive any informality in the selection process.

Early Childhood Screening Day

SAU #58, will be offering the annual early childhood screening day.

Parents who have concerns about their child's development in the areas of speech and language, motor coordination, social/emotional growth, or learning abilities are urged to call Lisa McCarthy in the Student Services Office at 603-636-2492 to schedule an appointment for this screening.

FREE to all children birth to five years of age, who live in **Groveton, Stark and Stratford, New Hampshire.**

Screening day will be held on **Friday - April 17, 2026** from 9:00 AM to 2:00 PM at **Stark Village School.**

Haggard & Cashed to perform at Medallion Opera House



COURTESY

Haggard & Cashed, Maine's premiere classic Country and Western swing band, will perform at the Medallion Opera House on Saturday, April 11 at 7 p.m. Get ready for some triple-fiddle harmony and good old-fashioned twang!

GORHAM — Maine's premiere classic country and western swing band. Haggard and Cashed will perform live on Saturday, April 11 at 7 p.m. at the Medallion Opera House, 20 Park St., Gorham Town Hall, in Gorham. Tickets are available in advance online at www.medallionoperahouse.org for \$20 (plus processing fee) and for \$25 at the door. The doors will open at 6:30 pm. There will be a cash bar with beer and wine available. A huge thank you to our event sponsors: Bryant Funeral Homes & Crematory, Marshall Insurance Agency, and Hub North.

Haggard & Cashed is a seven-piece, triple fiddle wielding, honky tonkin', Country and Western swing band featuring some of the finest musicians in New England. The band

is led by renowned singer and fiddler Erica Brown and her husband, notable multi-instrumentalist, singer and songwriter Matt Shipman. You may recognize their names from their other bands, Darlin' Corey and Erica Brown & The Bluegrass Connection. This band is the culmination of years of this musical super-couple's dream of putting the ultimate classic country band together, and it has finally come to fruition. They have been taking stages by storm around Maine for the last year. The band is comprised of incredible veteran musicians Ellen Carlson (fiddle, vocals), Steve Muise (fiddle), Dan Beller-McKenna (pedal steel guitar), Kris Day (bass, vocals) and Per Hanson (drums, harmonica, vocals). When you put all

seven of these musicians on one stage it's nothing short of magic! Their energy is infectious and their love for this music shines through. This group will have you singing along to classic country and western swing favorites you may have forgotten you loved so much. Playing favorites from Merle Haggard, Johnny Cash, Ray Price, Patsy Cline, Asleep at the Wheel, The Time Jumpers, Dwight Yoakam, Rodney Crowell, Emmylou Harris, Vince Gill, Dale Watson and even a few originals. Dust off your cowboy hat and boots and get ready for some triple fiddle harmony and good old-fashioned twang.

Upcoming events scheduled at the Medallion Opera House are Cassie & Maggie (Celtic duo) on April 25 and Low Lily

with Elsie Gawler (Folk/Bluegrass/Americana) on May 14. Please follow us

on Facebook at Medallion Opera House or check out www.medallionoperahouse.org for our 2026

upcoming events as events are still being added.

Longtime Berlin resident, local educator publishes latest book

BERLIN — Kurt Melanson was born and raised in Berlin. He spent 16 years working at the Berlin IGA Foodliner, 10 years as a bartender at Fagins Pub, 4 years working at the Berlin Federal Prison, and currently is a Social Studies teacher at Berlin Middle High School.

Melanson received an Associate's degree in Management from the Berlin Community Technical College, received a Bachelor's Degree in History from Franciscan University of Steubenville, Ohio, and most recently a Master's degree in History from Southern New Hampshire University.

The idea for this book began as a Capstone project for Melanson's Master's degree, and was recommended by one of his professors to turn this project into a book. The book was written entirely on research that was available to Melanson.

He did not want to use stories he overheard through his many years living in Berlin since, as he states, "We all have our own story or reason for why the papermill closed."



Kurt Melanson

The book sheds new light on the issue of why the mill closed based on a historiography approach. To the best of his ability this book is a continuance of local historians wanting to preserve Berlin New Hampshire's amazing history.

Melanson is very thankful and appreciative for those who have purchased his book already from Amazon, and for each book sold Melanson is dedicating to the memory of his father who recently passed away in October of 2025. His dad was able to read the original transcript, but was unable to see the final

product.

Melanson will be having a book signing event at the VFW Hall in Berlin New Hampshire on Saturday March 28 from 1 to 5 p.m. He will have soft cover books and hard cover books available for purchase at the book signing event. Soft cover books will be sold for \$15, and hardcover books will be sold for \$25. If you cannot attend the book signing event, you can purchase soft, hard, and most recently added, Kindle books from Amazon.com. Type in 'Kurt Melanson' and the books will be present for purchase.

Join us for a **FREE** community event!

LITTLETON REGIONAL HEALTHCARE

Health & Wellness Fair

Everything is **FREE** and Everyone is Welcome!

Tuesday, June 9, 2026 | 3 to 6pm

Littleton Regional Healthcare's Conference Center & Medical Office Building

Walk-In Health Screenings, including

- Blood Pressure
- Cholesterol
- Height, Weight, & Body Mass Index
- Pulse Oximetry
- Blood Glucose

Meet & Greet Providers, Administration, Other Clinicians, and Support Staff

Live Demonstrations and Interactive Displays

Educational Materials and Resources

Patient Portal Registration

Volunteer and Career Opportunities

Raffle Prizes and Giveaways

Kids Corner and Drawing Contest

Health Screenings by Appointment - please call:

- Prostate Screenings (603) 444-0385
- **Other screening details coming soon!**

Advance Directive Support

... and much, much more!

Monitor our website and social media channels for additional event details or call us at (603) 444-9304 to learn more.

www.littletonhealthcare.org