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Issue 11  
December 19, 2012

Have a Very Merry Christmas, a  
Happy and Prosperous New Year  
From The Folks at the Gorham Gazette



**WINTER** BEGINS  
December 21st  
BRING OUT YOUR LONG JOHNS –  
It's Getting To Feel Like Snow "North of The Notches"

## Happy Holidays from Berlin / Gorham Vet-to-Vet

New Hampshire Vet-to-Vet is a peer driven support network where veterans of all eras help each other address emotional, spiritual, vocational, educational and housing concerns, as well as health issues, in group settings held around the State.

We have Vet-to-Vet group meetings at the Family Resource Center in Gorham on the first and third Tuesday evening of each month. These meetings are open to all veterans and begin at 6:30 pm.

We are a non-profit organization. We are not professional counselors or psychologists, just motivated veterans helping other veterans. In addition to the six meeting sites currently in the State of New Hampshire there are about 40 other states where these meetings are being held regularly. Dave Canter ~ (603) 752-5773

Robert Mitchell ~ (603) 348-2249 Stewart Shaw ~ (603) 466-3333  
Gilles Laramée ~ (603) 752-4745 Gary Roy ~ (603) 723-6271



## HOLIDAY TRADITIONS Christmas Around the World

(excerpts taken from the World Book, 1999 Edition)

Christmas is a Christian holiday that celebrates the birth of Jesus Christ. No one knows the exact date of Christ's birth, but most Christians observe Christmas on December 25. On this day, many go to church, where they take part in special religious services. During the Christmas season, they also exchange gifts and decorate their homes with holly, mistletoe, and Christmas trees. The word Christmas comes from Cristes maesse, an early English phrase that means Mass of Christ.

The word Xmas is sometimes used instead of Christmas. This tradition began in the early Christian church. In Greek, X is the first letter of Christ's name. It was frequently used as a holy symbol.

Many people attend church services on Christmas Eve or Christmas morning. Churches are decorated with evergreen branches, red poinsettias, and scenes of the Nativity. Churchgoers listen to readings from the Bible and join in singing Christmas carols.

Christmas is the happiest and busiest time of the year for millions of Christians throughout the world. People of different countries celebrate the holiday in various ways, depending on national and local customs.

In the United States and Canada, people decorate their homes with Christmas trees, wreaths, and ornaments. City streets sparkle with colored lights, and the sound of bells and Christmas carols fills the air.

A traditional Christmas dinner includes stuffed turkey, mashed potatoes, cranberry sauce, and a variety of other dishes. Some families have ham or roast goose instead of turkey. Favorite desserts include mince pie or pumpkin pie, plum pudding, and fruitcake. Eggnog is a popular Christmas beverage in many homes.

In some parts of the United States and Canada, various ethnic groups observe Christmas customs of their ancestors. For example, Spanish traditions are popular in the Southwestern United States. Many families in the province of Quebec follow French customs. Some black Americans combine Christmas with Kwanzaa, an Afro-American holiday. Kwanzaa lasts seven days, from December 26 through January 1. Each day, families light a candle symbolizing one of seven principles, including creativity, faith, and unity.

The cultural celebrations of Christmas are as varied as the groups themselves. The following is a sampling of those traditions.

**In the British Isles.** On Christmas Eve, children hang up stockings for Father Christmas, the British version of Santa Claus, to fill with presents. On the afternoon of Christmas Day, most British families

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Do you or someone you care about suffer from heartburn?

Can you read the signs correctly to determine if your heartburn is just that, and nothing more serious?

Difficulty swallowing. Heartburn. Sore throat. Regurgitation. Acid reflux. Chronic coughing. GERD. All of these are consistent with Barrett's esophagus – a condition that is often a precursor to the most rapidly rising form of cancer in the U.S. The good news is that it is easily diagnosed and, if found early enough, treatments are easy, non-invasive and relatively painless.

Take control of your health and ask your practitioner about your risk for developing Barrett's esophagus and treatment options. To learn more, call the General Surgery practice of AVH Surgical Associates, at (603) 752-7750.

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TRIBAL MONTREAL - NEW YORK

## The Congregation of the Sisters of the Presentation of Mary Wish Everyone a Merry Christmas and a Happy New Year

The PM Sisters wish you the real spirit of Christmas, namely, rejoicing that Christ came down on earth to open Paradise for each of us.

The Congregation of the Sisters of the Presentation of Mary came from Canada to Berlin in 1889 and staffed a school of over 1000 children, grades 1 - 8 at St. Regis Academy near St. Anne Church. (This is now St. Regis Housing for elderly.) With time, the sisters opened the following schools: St. Benedict, in Cascade in 1926, St. Joseph, in Berlin in 1930, Notre Dame High School, in Berlin in 1941, and Our Lady of the Mountains Academy, on Gorham in 1940. Throughout those years until 1965, there were over 125 Sisters teaching here.

TODAY, THERE ARE NO MORE CATHOLIC SCHOOLS AND ONLY 2 PM Sisters serving in Berlin, Sr. Pauline Sauvageau came here in 1994 and still serves as Pastoral Minister of Good Shepherd Parish, Berlin, and Sr. Anne Beausoleil came in 1999 and still serves as Pastoral Minister of Holy Family Parish, Gorham.

We are both natives of Woonsocket, RI but proudly call Berlin our home. We reside in the former St. Joseph Rectory on Third Avenue, Berlin.

Besides our parish ministry we also operate the Good Shepherd Religious Shop located at St. Anne's Lower Hall. We opened this shop when the downtown religious store closed.

We began in 2001 and slowly built up to a larger space and then another extension. We are proud to offer just about everything one needs for the reception of the Sacraments, Wedding gifts, cards and gifts for all occasions, such as retirement or any professional person, doctor, nurse, policemen, etc. Of course, we carry crucifixes, rosaries, chains, medals, books, bibles, etc., just too many good things to mention, so we invite you to come and see.

Besides our Parish Ministry we also have several monthly prayer groups called the Marie Rivier Association. For this reason, plus the work of our parish ministry, we are opened only on Thursday and Friday from 9 to 3:30. However we joyfully open upon request to serve one in need. Our convent phone number is 752-1176 and our number during store hours is 752-1534.

We thank the owner of this publication for the invitation to introduce ourselves. We are especially grateful for this opportunity to tell you how much we love the North Country and all its wonderful people. We pray for good health to serve you longer.

MERRY CHRISTMAS and a BLESSED NEW YEAR.

Sr. Anne and Sr. Pauline

## The Family Resource Center

The Family Resource Center's 2011-2012 Annual Report has been posted to the FRC website at [www.frc123.org](http://www.frc123.org). Please review the report to learn about the challenges and successes of this past year. Some quick notable items:

- FRC was awarded contracts from the NH Department of Health and Human Services for the new evidence based Healthy Families America (HFA) Prenatal Program to serve all of Coos County and northern Grafton County.

*The HFA model is focused on improving parenting attitudes, increasing knowledge of child development and supporting a quality home environment.*

- The FRC was named as the 2011 Year of Service Partner for New Hampshire's North Country by Cumulus Media and WPKQ (FM 103.7) radio.

*The FRC has enjoyed hundreds of hours of free Public Service Announcements courtesy of the 'voices of the FRC', Max, Cora and Danika, all of whom participate in our afterschool program.*

- The FRC's free Volunteer Income Tax Assistance staff and volunteers prepared 539 Federal Income Tax Returns for North Country families bringing back more than \$612,000 in refunds.

*Since 2006 the FRC's VITA program has generated \$2.8 million dollars in refunds for the North Country.*

- The FRC's Berlin-Gorham afterschool program, Project Youth (PY), continues to draw record numbers of students.

*In 2011 72% of PY elementary school students received teacher-reported improvements in homework completion and class participation AND 66% of all PY afterschool students received teacher-reported improvements in homework completion and class participation.*

The FRC is celebrating its 15th year of serving the North Country. In 1997 the FRC was started with one part time staff member and a handful of volunteers. Since then the FRC has had the privilege of providing family support programming, extended learning opportunities for children in grades K-8 and financial education and support services for 1,000's of children and families.

## NEW HAMPSHIRE FOOD BANK

A program of New Hampshire Catholic Charities, the New Hampshire Food Bank serves as the only Food Bank in the state. Our current approach to ending hunger includes developing programs to help educate our registered agencies, rolling out a Mobile Food Pantry, expanding our Cooking MattersR program, and developing our Recipe for Success program. Every year, the Food Bank distributes over 7.8 million pounds of donated, surplus food to more than 400 food pantries, soup kitchens, shelters, day care centers and senior citizen homes. These registered agencies in turn provide the food to over 130,000 different men, women and children throughout New Hampshire each year. For more information, to volunteer or to find out how to help, go to <http://nhfoodbank.org> or call (603) 669-9725.

**The New Hampshire Liquor and Wine Outlet 159 Main Street in Gorham will have a donation box set up for you to drop off the items of the month.**

**December is Tomato Month  
January is Canned Fish Month**

## History of Keene Medical Products

Keene Medical Products started as a family owned home oxygen supply company in 1975. Ed Filiault worked from the basement of his home in Keene, New Hampshire from which deliveries were made by station wagon. In November 1975, the business relocated from Keene to Meriden, New Hampshire, and in 1980 the first retail location opened on Mechanic Street in Lebanon, New Hampshire, expanding to include durable medical equipment such as beds, mobility products, respiratory equipment and supplies, offering peace of mind 24 hours a day.

Keene Medical Products continues to be a family owned business with 12 locations throughout New Hampshire and Vermont. In New Hampshire they are: Lebanon, Keene, Concord, Gorham, Portsmouth, and Nashua. In Vermont they are: Bennington, Newport, Montpelier, St. Johnsbury, Burlington, and Rutland.

Kurt Filiault, President and CEO and Keith Filiault, Vice President and CFO, purchased the company from their parents in 1995. Since then the company has grown substantially due to the demands of in-home patient care. The main office in Lebanon, New Hampshire presently houses the administrative, billing, service, and purchasing offices, as well as the Lebanon retail store. There are 134 employees in the company, with approximately 26,000 active customers throughout New Hampshire and Vermont.

Keene Medical Product's mission statement is as follows: "To provide unsurpassed professional service and quality products to a wide variety of people with health care needs, while maintaining the trust and confidence of those we serve." Keene Medical Products has been voted by Business NH Magazine one of the TOP 100 Private Companies for the last 2 years running, the Top Family Business in 2012 as well as receiving the HME Excellence Award by MedGroup in 2006 for Best Home Respiratory Provider. Keene Medical Products is a member of NEMed, Med Group, and is accredited by CHAP (Community Health Accreditation Program).

Keene Medical Products opened on Main Street in Berlin in 1985 and relocated to its present location in Gorham in 2007. This location services approximately 5,300 customers in the Gorham/Berlin area. The staff is eager to meet your needs. Brian Supry is a Home Medical Equipment Technician. He has been with Keene Medical for 10 years. Jim O'Brien is the Senior Customer Representative and has been with us for 5 years. The newest staff member is Matt Lyons, a Customer Service Representative as well as a Home Medical Equipment Technician; Matt started in 2012. Dacia Coy, Respiratory Therapist, drives from Haverhill, NH to provide our customers with CPAP/BiPAP and other respiratory-related services. Stephanie Mudgett is the Branch Manager who started in March of 2010.



**Kurt Filiault,  
President and CEO**

## ST. KIERAN ARTS CENTER LAUNCHES 2013 MEMBERSHIP DRIVE!

Berlin- St. Kieran Arts Center launches the 2013 Membership Drive just in time for Christmas gift giving. Season Membership Tickets to all 2013 Main Stage performances are now available for \$150 for adults, \$125 for seniors and \$75 for children. In all, members enjoy free admission to over twenty exciting and diverse performances. Everyone who purchases a membership or gives a gift membership by December 31, will be entered into a drawing to win one of four free season memberships to be drawn at the opening show on February 3.



Arts Center Memberships make excellent Christmas Gifts! Membership benefits also include advance mailings and personal invitations to special events including the St. Patrick's Day Dinner, the Francofest celebration, Swing for the Arts Golf Tournament, Art Exhibition Openings, receptions, and advance Nutcracker Ballet ticket reservations. As always, Nutcracker Ballet tickets are included in the membership package. Beyond the financial benefits, members enjoy being part of the Arts Center's family of supporters, who make the magic of live entertainment possible for so many families, seniors, and children in the region, while preserving an historically significant building for future generations.

To date, the 2013 series opens with High Altitude! The Air National Guard's Premier Rock Band on February 3; followed by "Cabin Fever Follies" a fun Community Variety Show; Celtic Duo Four Feet Two Shoes (TBC); Linda Pouliot Jazz Trio; Camerata New England; A large Canadian 3-group touring show sponsored by the World Acadian Congress; Rumbafrica Music & Dance; Jonathan Biggers, Organist & Bach Moose Fest organist, Susan Ferre, Fun for the Children with Donna Marie & her Puppet Friends and Gary the Silent Clown; Eric Kearns, singing "Voices of the Legends"; and our popular annual classics: the International Musical Arts Institute Chamber Series; Berlin Jazz Band; North Country Community Chorus Christmas Concerts; our largest event: The Nutcracker Ballet, and additional shows will be announced shortly including Quebec Heritage performers, humor, singers and musicians!

"Supporting St. Kieran Arts Center through memberships and donations at this time of year helps to keep quality arts programming alive and accessible to the community. We encourage everyone to make the enjoyment of the arts and live entertainment a personal priority for 2013. Any and all purchased memberships and tax-deductible contributions are always needed and greatly appreciated. Especially during the holiday season, we are extremely grateful for the support of our wonderful members, friends and corporate sponsors. We certainly couldn't do what we do without them!" states, Executive Director, Joan Chamberlain.

For further information, please call 752-1028. [www.stkieranarts.org](http://www.stkieranarts.org)

## Glimpses of Gorham's Past: Railroad Builders Endure Harsh Living Conditions



### Railroad Worker Dugouts by Randolph Ravine House, Circa 1861

Source: Gorham Historical Society

The recent donation of a very unique photograph, most likely from 1891 or so, illustrated exactly how tough it was for the builders of the Concord and Montreal Railroad (later known as the Boston and Maine Railroad) into the Androscoggin Valley. The photo shows three crude dugouts built by railroad workers, apparently near the Ravine House.

It appears that the workers probably dug into the gravel bank to create simple living quarters, with A-frames made of logs, brush and covered with soil to break the wind and provide some insulation to create an entrance. One can find many references to the use of dugouts of different types by railroad workers and their families. You might also remember the term "sod busters" during the Westward expansion, where many went underground on the flat treeless prairies.

While reading the "History of Shelburne" (1882) by Mrs. R. P. Peabody I came across the following description of the earlier construction of the Grand Trunk Railroad (GTR) towards Gorham and beyond in 1851:

*The building of the Grand Trunk Railroad through Shelburne began in 1851. Most of the workmen were Irishmen who camped along the way with their wives and children. They only required limited quarters, Mr. Hubbard's woodshed affording ample accommodations for three families. The houses or hovels rather, which they made for themselves were simply four posts set in the ground, boarded over and banked, often up to the eaves, with earth. A barrel stuck in one side allowed some of the effluvia to escape. There were two classes or clans of these workmen, Corkmen and Fardowns; and a fight always signalized their meetings.*

The work in those days was brutal, very labor intensive and long, typically 6 days per week. Workers who were able to find a woodshed or barn to use were probably considered lucky. Guy Gosselin said that he had heard years ago talk about dugouts being used by the GTR laborers near what is now Dublin St. in Gorham.

Thousands of the railroad workers were Irish, recent immigrants who had escaped the devastating potato famine in Ireland between 1845-1850. They and many other immigrant laborers built the canals, railroads, and so much more infrastructure that were important to the growth of America!

Reuben Rajala, Gorham Historical Society

### GORHAM PUBLIC LIBRARY

35 Railroad St., Gorham, NH 03581 603/466-2525

gorhampubliclibrary@ne.rr.com

Monday – Friday: 10am – 6pm Saturdays: 10am - Noon

The following are some thoughts on books by your local library staff – enjoy!

#### NEW HOLIDAY READS:

*Angels at the Table: a Shirley, Goodness and Mercy Christmas Story* by Debbie Macomber.

*The Bridge* by Karen Kingsbury

*A Christmas Garland* by Anne Perry

*Naomi's Christmas* by Marta Perry (large print)

*An Outlaw's Christmas* by Linda Lael Miller (large print)

*The Testament of Mary* by Colm Toibin

*The Twelve Clues of Christmas* by Rhys Bowen

*A Season of Angels* by Thomas Kinkade and Katherine Spencer (large print)

#### READS for Teens & Younger Readers

*Caught* ("The Missing" series #4) by Margaret Peterson Haddix

*Horrid Henry and the Abominable Snowman* by F. Simon (Chapter Book)

*The Mitten* by Jan Brett (Early Reader)—a wonderful book about sharing.

The illustrations are beautiful. It's a perfect book for winter!

*The Birds of Bethlehem* by Tommy DePaola (Early Reader)

*The Iciest, Diciest, Scariest Sled Ride Ever!* by Rebecca Rule (Early Reader)

*Dinosaur vs. Santa* by Bob Shea (Early Reader)

*Pete the Cat Saves Christmas* by Eric Litwin (Early Reader)

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We are newcomers to the area, that is in terms of the generations of families that have been born and raised North of the Notches, remain here and who know where to get the things you need on an everyday basis. Buying food and household goods is, of course, essential to all of us. In the City we came from about 3 years ago, we had many choices for just about everything, but we shopped regularly at a local, independent grocer almost exclusively, bypassing the larger chain stores in lieu of the personal touch of the smaller market. Happy Foods was our local store and we can't tell you how delighted we were to find our new "happy foods" at the Berlin IGA.

Steve and Sue Tardiff, the owners and operators of this fine establishment, have carried on the tradition of the local, neighborhood grocery store that first began about 50 years ago. Some of you probably remember Freddie Prince and his family from those beginnings and whose family still lives and works in the community. Through several owner transitions over the years, the Tardiff's have now been passed the baton and have maintained the excellence this full service supermarket has always been known for. Their fresh produce, grocery, dairy and frozen food products include locally grown and packaged specialty items from Maine, Vermont and, of course New Hampshire. Berlin IGA is also well known for stocking many items that other local supermarkets do not carry. If you don't see what you need, ask, and they will try their best to get it in for you. Their butchers will be happy to provide you with that custom cut roast or meat and the fresh fish items are always available.

The special attention that each shopper receives as they stroll through the easily manageable aisles, the cordial and helpful personnel volunteering their assistance with whatever you are looking for, to the friendly checkers at the registers and the staff who, even without asking them, will carry your bundles to your car, make this necessary, but usually mundane chore a pleasant break from the hassles of the day.

The heart and soul of any community is its churches and agencies offering help to its residents, while the practical center of an area that provides the necessities to the body is its local market. There is no substitute for the neighborhood grocery store, where the crew know the names of their regulars, where you pass the familiar faces of neighbors in the aisles and are catered to on an individual, personal basis.

During your next trip to Berlin's IGA, check out their newly installed Kiosk which offers menu ideas, wine, cheese and appetizer pairings as well as specials throughout the store. This addition keeps the market current while still maintaining its Home Town Charm.

For the Holiday Season ahead, what would be a better gift than a Gift Certificate from Berlin IGA for a friend or family member. Perhaps even a Fresh Fruit Basket created especially for you from the produce department. And while you're planning your holiday get-togethers, take advantage of their carry out service of fresh made sandwiches, hot take home entrees, rotisserie chicken and many in-store made salads.

A beautiful Party Tray from their full-service deli department can make your life so much easier for those special occasions. A Deli Platter and/or a Fresh Fruit Tray are great for entertaining, anytime, and their fresh baked bakery products, including their famous varieties of Woopie Pies and custom decorated cakes are just the right touch to finish off your holiday meal. They even carry a varied selection of wine and beer to accompany your meals or just to bring in the New Year.

Thank you, Sue and Steve and all of your staff for making us feel comfortable and at home again. You make us happy and we're hooked!!

Berlin IGA is located at 19 Pleasant Street in Berlin. They have an ample parking lot for your shopping convenience.

If you visit their website at [www.berlinigaonline.com](http://www.berlinigaonline.com) you can plan your next trip to save time; time you will be able to use to relax a little and enjoy all the festivities ahead.

Merry Christmas and Happy New Year,  
Chris & Fred Gilman, Gorham

## Welcome in the New Year with All the Bells & Whistles!

**Lodging Package Available**  
Gala Celebration PLUS  
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Having hosted hundreds of memorable occasions, the Labnon Family knows how to throw a party! And, you're invited to join the festivities...

### Our New Year's Eve Celebration includes...

- Selection of Hors d'Oeuvres presented before Dinner
- Five Course Dinner featuring many of our "Signature" Entrées
- Party Favors & Champagne Toast... let's raise the roof at midnight!
- All Taxes and Gratuities

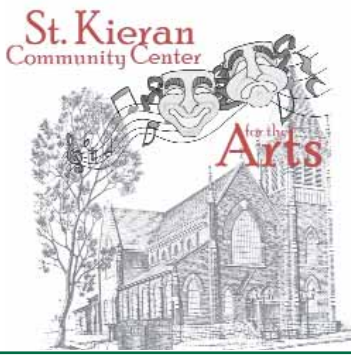
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5-piece classic rock & roll band that'll keep you dancing!  
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St. Kieran Arts Center sends best wishes to everyone a very Merry Christmas and Happy New Year! And a huge round of applause goes out to the Gorham Gazette for all of their help in promoting our events! -Joan Chamberlain, Executive Director

## Thank You, Merry Christmas and Happy New Year



We at the Child Advocacy Center of Coos County (CAC-CC) would like to take this opportunity to thank each and every member of the community that by either attending, purchasing tickets to, or otherwise donating to the CAC-CC helped us throughout this year.

Thanks to your support we have helped over 65 children child-victims of crime since January of 2012. This is a 10% increase in the child victims of crime reporting/disclosing from 2011. A nationwide study entitled, The Economic Impact of Child Maltreatment found that communities using the Child Advocacy Center model results in savings of \$1,500 per case. With your generous support we have been able to save the taxpayers of Coos County over \$97,000, a total savings of over 38%. The use of the Child Advocacy Center model has also been proven to result in a 40% increase in prosecution; which equals our child-victims of crime receiving justice.

Without the communities support we truly would not exist. Your support from our April Calendar Raffle, Consultants Combating Child Abuse Expo, Make an Offer/Difference Rummage Sale and BBQ, 4th of July Coloring Contest, Wood Raffle, Touch A Truck Fundraiser, Road Toll, 2012 Hands of Hope Ball, and the Lancaster Old Tyme Christmas make our existence possible. Everyone at the CAC-CC is thankful for your considerable charitable donations. We hope that during the upcoming year you and your family have a prosperous and joyous new year!

## Support Services for Veterans Families (SSVF)

The FRC was recently awarded a subcontract with Harbor Homes, Inc. of Concord to serve the North Country with a grant that is focused on helping veterans obtain and maintain stable housing. The FRC was one of only two agencies in the State of New Hampshire to be selected to serve this role. If you are a veteran or know a veteran who needs assistance please contact Sue Watson at the FRC at 466-5190 x 303.



continued from page 1

watch their monarch give a special Christmas message on television. In England, dinner on Christmas Day features roast turkey and dessert of mince pie and plum pudding.

Visitors sing carols in return for a drink from the wassail bowl. The bowl contains hot punch made from ale, apples, eggs, sugar, and spices. The word wassail comes from Was Haile, an old Saxon greeting that means "Be Healthy."

**In Ireland**, people put a lighted candle in their window on Christmas Eve as a sign of welcome to Mary and Joseph.

**Most Scottish families** decorate a Christmas tree and sing carols, but most hold their main celebrations on New Year's Day.

**In France**, children put their shoes in front of the fireplace so Pere Noel (Father Christmas) can fill them with gifts. Many families attend midnight Mass and then have a festive supper called Le reveillon. Large numbers of French families also decorate their homes with small Nativity scenes. In these scenes, clay figures called santons (little saints) portray the story of Jesus' birth.

**In Germany**, Saint Nicholas visits children's homes on St. Nicholas Eve, December 5, and delivers candy and other sweets to be opened on December 6, St. Nicholas Day. Most German families have a Christmas tree that they decorate with lights, tinsel, and ornaments. Spicy cakes called lebkuchen are made in various shapes and used as decorations.

The "Christmas Tree" dates back to medieval times in Germany and was introduced in America by the German immigrants who settled here. Most countries now have some form of the tree as wreaths or boughs, decorated with red and green. Evergreens symbolize the strength of life over the forces of winter. Each culture has its own decorating techniques, but a star at the top of the tree is a constant, representing the Star of Bethlehem which led the magi to the Christ Child.

The *Christkindl* (Christ Child) Market first originated in Nuremberg, Germany, and has become a popular tradition in many parts of the world during the weeks before Christmas. People of all nationalities buy their special holiday gifts, decorations and foods. The Market is held outdoors and is a festive gathering place for sharing good times, music and togetherness.

**In Spain**, people dance and sing in the streets after midnight Mass on Christmas Eve. Most Spanish homes and churches display a miniature Nativity scene called a Nacimiento. During the evening of January 5, children put their shoes on a balcony or near a window. The next day is Epiphany, the last day of the Christmas season. It celebrates the visit of the Magi to the infant Jesus. According to legend, the Wise Men arrive during the night before Epiphany and fill the children's shoes with small gifts.

**In the Netherlands, Belgium, and Luxembourg**, according to legend, Saint Nicholas gives presents to children on St. Nicholas Eve, December 5, which they open on December 6, St. Nicholas Day. Wearing a red robe, he arrives on a boat from Spain and rides down the streets on a white horse. His servant, Swarte Piet (Black Pete), accompanies him. Saint Nicholas goes down the chimney of each house and leaves gifts in shoes that the children have put by the fireplace.

**In Italy**, most homes and churches have a presepio (Nativity scene). On Christmas Eve, the family prays while the mother places a figure of the Bambino (Christ child) in the manger. Many Italians serve eels and other fish dishes for dinner on Christmas Eve. They also bake a Christmas bread called Panettone, which contains raisins and candied fruit. Italian children receive gifts from La Befana, a kindly old witch, on the eve of Epiphany.

**In Poland**, people attend Pasterka (Shepherd's Mass) at midnight on Christmas Eve. Many Polish families follow the Christmas tradition of

continued on next page...

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### Special New Year's Eve Menu

Available after 4pm on Monday 12/31

(Regular Menu also available)

APPETIZERS

**BACON WRAPPED SCALLOPS**.....\$8.95  
Succulent scallops wrapped in bacon and drizzled with a warm maple glaze

**JUMBO SHRIMP COCKTAIL** .....\$7.95  
Fresh jumbo shrimp served chilled in a cocktail glass filled with ice, lemon and homemade cocktail sauce on the side

ENTREES

**APPLE JACK CHICKEN** .....\$12.95  
Juicy Chicken Breast Sautéed with Ripe Apples, Apple Brandy and Cider, Served with Potato Choice and Vegetable du Jour

**PRIME RIB**

**16 oz King Cut of Slow Roasted Tender Prime Rib**, with Soup or Salad & Potato Choice .....\$18.95

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**SURF AND TURF** .....\$19.95  
Tender NY Sirloin Steak Paired with Fresh Tempura Jumbo Shrimp, Served with Potato Choice and Creamy Homemade Coleslaw

Happy New Year and a Heartfelt Thank You to All of Our Loyal Patrons & Friends for a Wonderful 2012!

2 Delivery Vehicles running daily from 11am-10:30pm. Until 11:30pm Fri. and Sat.

MAKE MEAL TIME, FAMILY TIME, EVERY DAY OF THE YEAR

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*continued from previous page...*  
 breaking an oplatek, a thin wafer made of wheat flour and water. Nativity scenes are stamped on the oplatek. The head of the family holds the wafer, and each person breaks off a small piece and eats it. The Christmas Eve meal features fish, sauerkraut, potato pancakes, and beet soup.

**In Denmark Norway, and Sweden,** Christmas dinner includes rice pudding, called julgrot, which has an almond in it. According to tradition, whoever gets the almond will have good luck throughout the new year.

**In some countries, especially Britain, France and the Scandinavian nations,** many families burned a Yule log at Christmastime. The log was a large piece of a tree trunk, and people kept an unburned part of it to light the next year's log. Early Europeans believed the unburned wood had magic powers. It was thought that bad luck would follow if the Yule log fire went out.



**In Latin America,** the nine days before Christmas have special importance in Mexico. These days are called posadas, which means inns or lodgings. On each day, Mexicans reenact Mary and Joseph's search for lodgings on the first Christmas Eve. After each posada ceremony, Mexicans feast and celebrate. Children enjoy trying to break the piñata, a brightly decorated paper or clay figure containing candy and small gifts.

**In Asia** there are relatively small numbers of Christians, and so Christmas is not widely celebrated there, but in the Philippines people attend Misas de Gallo (Masses of the Cock), which are celebrated early each morning the nine days before Christmas. On Christmas Eve, Filipinos parade through the streets carrying colorful star-shaped lanterns called

parols. These lanterns are also displayed in the windows of most homes.

On Christmas Eve, Christians from throughout the world gather for midnight Mass in Bethlehem, the town near Jerusalem where Jesus was born. They kneel to kiss the silver star that is set in the ground at the spot where Jesus' birth is believed to have taken place.

The traditional colors of Christmas are green and red. Green represents the continuance of life through the winter and the Christian belief in eternal life through Christ. Red symbolizes the blood that Jesus shed at His Crucifixion. Christmas decorations that feature these colors include the Christmas tree, the Christmas wreath, holly, and mistletoe.

The first Christmas card, was created in 1843 by John Calcott Horsley, an English illustrator. It featured a drawing of a family enjoying Christmas together. Smaller drawings on the card showed people helping the needy. About 1,000 copies of Horsley's card were sold. Today, of course, millions of people send greetings to family and friends by way of Christmas and Seasons Greetings cards sent through the mail.

No matter how one celebrates Christmas, it is a time of year when we feel charity toward our fellow man. The spirit of the season has always evoked joy, peace and good will.

## CHILD ADVOCACY CENTER OF COOS COUNTY

1 Middle St, Lancaster, NH 03584

Telephone: (603)788-4633 Fax: (603)788-4633

Email: [caccoos@myfairpoint.net](mailto:caccoos@myfairpoint.net)



On November 17, Cpl. Mark Santos of the Gorham Police Department was honored as the 2012 Everyday Hero for Coos County. Cpl. Santos received the award at the Granite State Children's Alliance Annual Hands of Hope Ball held at the Common Man in Plymouth on Saturday evening. The Child Advocacy Center of Coos County in conjunction with the Gorham Police Department was honored to nominate Corporal Mark Santos for the award.

Corporal Santos began his full-time police service in 2007, and is currently Gorham Police Department's Juvenile Officer. His style of law enforcement has been praised by local government officials, law enforcement officials, school administrators, business owners and residents. His interactions with the community have been described as genuine, compassionate and professional.

"Corporal Santos has been a tireless advocate for the children of the cases he brings to the Child Advocacy Center of Coos County, and has continually gone above and beyond the expectation of service to ensure these children not only receive the services they need, but also so that the system does not fail them," said CAC-CC Executive Director Andrea Gagne. "Not only does he attend interviews and work on cases on the clock, he willingly gives of his personal time to do these things and interact with the child outside of the CAC setting to make them less afraid of the system."

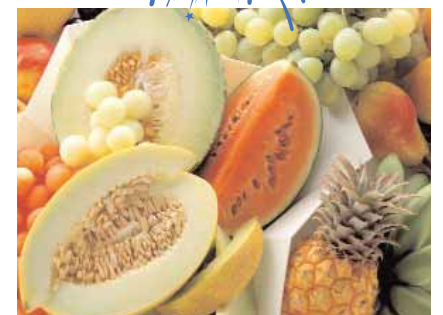
Gagne also said Cpl. Santos is committed to fundraising efforts of the Child Advocacy Center of Coos County, and has put together fundraisers himself to support the Center and generously given from his own pocket to help make them successful.

"Cpl. Santos fully embodies what an Everyday Hero is for the child victims of crime in our communities. His professionalism, genuine desire to help others, advocate for the child, and to do the right thing is a credit to law enforcement, the Town of Gorham, The Gorham Police Department and the Child Advocacy Center of Coos County," Gagne added.

The GSCA's annual Hands of Hope Ball was well attended by professionals throughout the state, including Attorney General Michael Delaney, who work in the child abuse investigations field as well as supportive friends and family members. The evening is designed to pay tribute to those who those who work silently and diligently to ensure children receive justice and are able to heal, survive and thrive.

*Happy Holidays to Our Friends and Neighbors!*

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# Gorham Lifestyles

## GORHAM HOUSE FLORIST

### The Home Stretch

Here we are less than a week before Christmas. Some are ready, some still have a few things to check off their list and some still think it's too early.

Well, this is when the fresh flower part of the floral business kicks in. It's great, one simple phone call and you can have a custom made gift delivered directly to the door of that lucky someone receiving a warm wish of the holidays. Here are a few tips when ordering flowers.

Please keep in mind that when you are ordering fresh flowers or plants it is not like ordering a medium size red sweater that was made in a factory, produced by the thousands and has been waiting in storage until winter arrives. You are now dealing with mother nature.

Although many florist try to keep a great supply of flowers on hand, it is impossible for a florist to keep every color of every flower available at all times. So if you are looking for something specific, give your florist a couple days notice and they can probably make it happen.

When sending flowers out of town, it is always wise and more cost effective to go through your local florist or find a local florist in the town where you need the flowers to go, then call them. You can then talk directly to the florist and inquire about their in shop specials and have a better idea of what will be sent.

Have your card message ready. Your sentiment on the card is very important. You should also have your method of payment at hand and the best time and place to have the bouquet delivered. If the recipient works during the day and the flowers are sent to the home with no one there to receive them, it could create a delay in delivery. The name, address and phone number of the lucky recipient is always needed, especially on an out of town order.

I hope this helps and as a parting thought, a poinsettia is not a cold weather plant, it is actually tropical. So, as with most plants, it needs to be totally covered when going outside. Warm shop to warm vehicle to warm home makes for a Very Merry Poinsettia.

Merry Christmas and Happy New Year from Gorham House Florist

Terri Colarusso, Gorham House Florist, 10 Exchange St., Gorham; 466-5588



Terri Colarusso

### I'm Glad You Asked

Is your makeup aging you? For all the missteps of our teens and 20s, and who didn't make a few?

There was one arena where we could almost do no wrong – Makeup. On young skin, it's all fair game; too little, too much – it still looks good. By our mid-30s,

makeup is less about fun experimentation and more about outmaneuvering fatigue and aging. Suddenly, too much and too little have become pitfalls. When it comes to making the most of your looks, everyone's got an opinion: Do this, don't do that, try this, steer clear of that. At a certain point, one can't help but ask, what actually works? I'm glad you asked...

Let's begin with a few tips for radiant looking skin.

**1. Got Big Pores? Go Sheer** – Full Coverage Foundation settles into large pores, making them look bigger. A more flattering option – use a light weight formula, or tinted moisturizer and apply a very thin layer.

**2. Create the Illusion of Lift** – Use an illuminating cream or powder on your upper cheekbone, the center of your forehead and just below your lower lip. The first two spots make the top of the face appear lifted, and the last detracts from sagginess around the chin.

**3. Put on Two Layers of Moisturizer** – Apply one at least 20 minutes before foundation, then pat on a second, very light coat over your makeup. This gives your skin a dewy finish and an extra dose of hydration and who can't use that?

**4. Go Golden** – Skin loses pigment and radiance over time. So either switch to a foundation with a warmer tint, add a drop of liquid bronzer to your favorite foundation or make bronzing powder part of your makeup regimen.

**5. Get Cheeky** – A rosy color on the apples of your cheeks brightens dull skin. If you haven't already, go for a creamy cheek color. Again, it's all about hydration.

**6. Bid Dark Lipstick Adieu** – A very deep lip color is unattractive if it bleeds into the creases around your mouth. So if lip lines are an issue, soft, neutral shades such as rose or peach for fair to medium tones and sheer browns and berries for dark skin are more flattering.

I know that as I've aged, I need good lighting and magnification for proper grooming and makeup application, so I invested in a lighted two way mirror with magnification of 10X on one side. I admit, at first it was pretty scary, but now I can't live without it. I hope these few basic tips will help you look your best this Holiday Season.

Until Next Time...

Susan Griffin, Hairstylist and Salon 64 Business, Owner  
64 Main St., Gorham; (603) 466-9964



Susan Griffin

### Words of Wellness

Changing the way you eat long term is one of the hardest things a person can do. After all, eating habits are learned when we are extremely young and to change them later in life is difficult. That does not mean it can't be done. If you take a rational approach with realistic goals, you should be able to make major improvements. One of the more common problems is over eating.

There are an infinite amount of reasons people eat too much. Many people tend to eat when they are bored. The most common place is when watching T.V. Often times it really doesn't matter what the snack is just as long as it's a munchy type of food. An easy way to reduce calories and fat grams during these snack times is to simply change what you are snacking on. For instance, eating pretzels will be much healthier than potato chips. Many times no snack is needed; all you really need is fluids. Try sipping on some herbal tea. Many people find that getting away from the T.V. is the first step. Finding a hobby, a craft or reading a good book are great ways to decrease or eliminate snacking altogether.

Stress is also a common cause of eating more than needed. Quite often this is a learned response to stress. When we were children and had a scraped knee or a little accident we were given an ice cream cone to make us feel better. That type of behavior can follow us into adulthood. If you can use food as fuel and not as a stress management tool you will be on the right track. You won't feel so guilty, reducing stress in a healthier way. Eat when you are hungry and stop when you are full, just like a baby.

Craving foods is also a problem for many people. Most often food cravings is caused by calorie deprivation. In other words, a cycle of bad eating habits has been formed. Initially, calories are reduced in an effort to lose weight. Weight is lost but only for a short period of time, so another reduction of calories is needed to lose more weight. Eventually calorie intake is so low that food cravings take over. When a person gives into a food craving, typically a large amount of food is eaten. After a "binge" most people suffer from extreme guilt and return to low calorie dieting to punish themselves and lose the weight they gained back. This cycle of poor eating habits has been repeated over and over again with no lasting results in weight loss. Does YoYo dieting come to mind? Yo Yo dieters sabotage their metabolism long term. Please note that any weight lost through this type of dieting will be in the form of water and muscle. Muscle is active, fat is not. So when you go back to eating normally, your metabolism is so slow your body will have a hard burning any food you give it. To break out of this cycle of bingeing and dieting, people have to retrain the way they think about food. Food is fuel. If you've been one of those Yo Yo dieters, don't worry you can change that. Start by including exercise most days of the week and eating smaller portions of good clean foods every 3 to 4 hours to raise your metabolism long term.

Be patient. It can take a while for your body to adapt. If you would like to learn more about eating right, losing weight and exercising for optimal results, sign up for the "Healthy You" program, a 6 week Health, Nutrition and Weight Loss program offered at the Royalty Athletic Club, with Lise King, Certified Personal Trainer, and Kristy Nadeau, Licensed Certified Nutritionist. Next course begins Tuesday, January 8th at 6:00pm. FMI Call 466-5422 and ask for Lise.

By Lise King, AFAA Certified Personal Trainer

### GORHAM PUBLIC LIBRARY

continued from page 3

**"The Dame of the Murder" Mysteries by Agatha Christie.** You can't go wrong whichever one you choose. Each book is a who-done-it, with multiple clues and red herrings. I have been a fan of hers forever and keep going back to reread these classics.

**Jackdaws by Ken Follett.** One of Follett's older novels, this historical thriller is about a group of unlikely heroes: six young British women, code named "Jackdaw," whose mission is to blow up a German telephone installation in France just on the eve of what was to become D-Day. Special Operations Agent, Major Felicity "Flick" Clairet, has only a few short days to train this group of naive but brave women for what possibly could end up being a suicide mission. As usual with Ken Follett's novels, Jackdaws is historically accurate and filled with suspense. It is a must read or a must reread for Follett fans!

**Merry Christmas, Alex Cross by James Patterson.** Now, readers who are familiar with Patterson's infallible Alex Cross know that his Christmas will be anything but "merry!" Cross is off on yet another mission that only he, it seems, will be able to accomplish. Chases, gun battles, bombs and fanatical terrorists make this a quick read thriller for loyal Alex Cross fans to enjoy.

**The Racketeer by John Grisham.** Believing that he has been unjustly sentenced to ten years in federal prison and has paid a dear price by losing his family, disbarred attorney Malcolm Bannister plays the model prisoner, but waits patiently for revenge. He has information that the FBI would like to know, but first they must agree to his conditions. A violent murder, an ingenious plan, a beautiful girl, a tropical beach, and a plot with so many twists and turns all provide an excellent read for Grisham fans.

**The Secret Keeper by Kate Morton.** How much do we really know about our parents' past lives? Since she witnessed a murder many years ago when she was a teenager, stage and screen actress Laurel Nicolson has tried to erase the disturbing scene and go on with her life. Now, as her mother is dying, Laurel becomes obsessed with finding out the truth about the fateful day when the mysterious stranger came looking for her mother. Traveling from present day to the early days of World War II, this storyline involves mystery, deceit, murder and true lasting love. It is another Kate Morton treasure for her readers!

  
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ATHLETIC CLUB

## The Backyard Gardener

Some people and growers might think that just because January is here, it puts an end to all our gardening projects for the season. Not true. I'm always encouraging people to start herbs indoors. You can enjoy planting, growing and harvesting from your indoor garden oasis in the dead of winter in your own home. Besides, you can't beat the scent or taste of fresh herbs in a hot sunny window to wake up your senses. Herbs are considered one of the most versatile plants to grow because of all of their many uses. Not only are they used for culinary, medicinal and healing properties, but they



Will O'Brien

are also used for attracting wildlife, potpourris, cleaners and decoration as well. This article will explain the basic fundamentals about growing herbs in five easy steps. However, if you would like further information, then I would suggest a visit to the Gorham Public Library for the book titled "The New Age Herbalist", by Richard Mabey. This book has a wide range of topics about herbs and their many uses.

### Growing Herbs Inside

The herbs I enjoy growing indoors are the ones that are easily managed in the home without taking up a lot of space. Many herbs can and should be pinched, cut back or even dwarfed if you will, to control the height. Some of my favorites that I highly recommend are Rosemary, Thyme, Basil (easiest to grow by seed), Lavender, Parsley, Chives and Dill. Dill will grow quite tall so look for the shorter varieties such as Fern Leaf to grow indoors.

*Step 1. Where to purchase your herbs?:* You can start fresh herbs by purchasing seed from your local hardware store or by purchasing small starter plants from your local supermarkets or florist shops. Some commercial greenhouses might even have some stragglers left over from the summer. Some of them might also come with instructions on how to plant.

*Step 2. Choosing a location:* Start with a warm south or southeast window that is draft free and receives at least 4 to 5 hours of direct sunlight. If you are using artificial lighting keep the light 2 to 4 inches away from the plant with 14 hours of total light. You can grow herbs in long rectangular window boxes that can be easily attached to your window sills or in several small pots. Also, you might want to keep these herbs away from your pet kitty because they are notorious for eating the tops off from fresh herbs, especially if you are growing mint because it's in the catnip family.

*Step 3. Planter or pots?* The planter or pots must be at least 6 to 12 inches deep for plenty of room for proper root development. If you would like to use individual pots, then I would suggest starting them in the 6 inch pots. I would fill the bottom of the pot fine gravel or fish aquarium gravel just to ensure proper drainage.

*Step 4. Soil?* Use a soilless potting mix such as a seed starter mix. Purchasing a quality potting mix is a necessity because soils retain water while potting mix is light and fluffy, thus allowing the water to pour through and dry out between waterings. Also, if you have a reservoir on the bottom of your planter or pot, the potting mix will wick water up from the reservoir into the soil keeping it evenly watered throughout the soil. Layer the bottom of the pot with 3 inches of potting mix and place the plant on top and fill in the sides. Be sure to leave room for watering at the top by keeping the soil level 1 inch from the top of the pot or planter.

*Step 5. Basic Care:* Water lightly every three days or wait until soil is somewhat dry. The roots of the plant will die if they are watered too much. Be sure to read on the back of the seed package when to start harvesting leaves. Depending on the herb, I usually begin harvesting once they look like they are going to produce little flowering buds on the top of the plant. Harvesting by cutting the herbs back will help prune the plant to a manageable size.

For additional information please Call Will O'Brien 723-7672

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## THE COOS COUNTY BOTANICAL GARDEN CLUB NEWS

The garden club gladly recognized Katsko Zintchenko and Josh Labonville this year with the Golden Shovel Award for volunteering their time for the garden club and volunteering in their community. Josh watered the planters at the busy intersections in Gorham where it was more difficult for others to water because of all of the traffic. Katsko volunteered in the botanical gardens in Berlin throughout the summer and is always there to help the club with every event. A big thank you goes out to Katsko and Josh!

We also would like to welcome Rhonda Stitt from Randolph as our new members of the club.

The club is in the process of looking further into designing an attractive gardening club T-Shirt to sell as a membership fee. These T-shirts will be available to everyone in the spring.

Schedule of events:

\*Growing Roses in the North Country with Fred Sullivan: Thursday, January 3rd, 5:30 at the Gorham Public Library. Fred Sullivan is the owner of the Sullivan's Greenhouse in Lancaster, New Hampshire. He'll share his expertise along with the do's and don'ts of growing roses.

\*Gourmet Dinner /Meeting at the Philbrook Farm Inn located in Shelburne, N.H.: Friday, February 22nd, 6:00 with an evening of special presentations.

If you are interested in attending this event or joining the garden club, please call Club President Will O'Brien 723-7672.

# Animal Stories

## WALTER'S WORLD

### "Santa Paws"



Recently I have discovered that many of you don't know the story of Santa Paws, Santa Claus' dog. Everyone knows about his reindeer, so why not his canine friend? So, I am taking this opportunity to share Paws' story.

"Once upon a paw," it was a cold and snowy Christmas Eve and Santa Claus was busy making his usual deliveries. As he stopped to check his list, he heard a small cry. Santa went to investigate and discovered a tiny white ball of curly fur; it was a poodle puppy. Santa picked up the puppy and instantly saw the mischievous twinkle in the puppy's eyes. Not wanting to leave the poor creature, Santa took him along on his sleigh. Santa quickly discovered that there was something special about this puppy. The spirit and magic of Christmas seemed to be alive in this pup's eye. This pup should have been afraid and concerned, but instead sat upon Santa's sleigh as if he was meant to be there. Santa realized that this puppy was to remain by his side.

Santa often observed the bonds of people and their dogs. After all, dogs are man's best friend, so he decided to let him come home with him and Mrs. Claus. As the puppy grew, now named Paws because of his big feet, it was obvious to all who met him that he was special. He possessed the ability to make people smile and laugh. There was never a creature that he didn't like or who didn't like Paws. Paws seemed to carry that magic of Christmas with him throughout the year! With that magic came the ability to communicate freely with both animals and people.

As time passed, so did the demands for Santa. He was beginning to wonder how he could possibly keep track of all the good or bad children in the world. Seeing Santa's distress got Paws thinking, and then he came up with an idea. However, Paws was uncertain about how to approach Santa. You see, Paws was considered the happy-go-lucky clown of the North Pole and wasn't sure if his idea was even good enough to tell. Mrs. Claus noticed that Paws seemed concerned about something. Paws then told her that he might have an idea to help Santa, but wasn't sure how to tell him. Mrs. Claus then reminded Paws that everyone's ideas are important and should be shared. Those ideas may not be used exactly, but we can always build upon them. With new confidence, Paws set out to find Santa.

Paws' idea for helping Santa was very simple. He told Santa that they could get the other dogs of the world to help keep an eye on the children in their lives. Santa was thrilled with the new idea and added that we should also ask the cats, birds, snakes, hamsters, and all creatures that have children around to watch them and report back to Santa. Santa was very proud of Paws and put him in charge of communicating with all the pets in the world. Those pets started calling him "Santa Paws", the Santa of the animal kingdom! These pets don't just work for Santa, but are rewarded on Christmas day along with the good children.

Santa Paws had helped Santa and to this day continues to be along side his favorite person helping to communicate with all pets. So, on Christmas Eve when you hear Santa's bells, listen closely because you might hear the howling of Santa Paws. Also, remember to reward your favorite pets because they have been keeping an eye on you all year and they report directly to Santa Paws! Have a very Merry Christmas and Happy Howlidays!

Your Friend  
Walter

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## SIGN UP IN JANUARY FOR 2013 WINTER BOW WORKSHOP

Women can learn the skills for enjoying exciting winter outdoor activities at the New Hampshire Winter Becoming an Outdoors-Woman (BOW) workshop set for Saturday, February 16, 2013, (snow date Sunday, February 17), at the Owl Brook Hunter Education Center in Holderness, N.H. The program costs \$55, which includes a box lunch. Participants must be at least 18 years old.

This one-day workshop allows participants to spend the day exploring a single topic. You can learn how to ice-fish; gain winter outdoor survival skills; experience basic snowshoeing and tracking; try snowmobiling (beginners only); or challenge yourself to 'Shoe and Shoot (snowshoeing and woodland target shooting).

Registration will open on January 7, 2013. A brochure describing the workshop (not the actual registration form) is available now at <http://www.nhbow.com>. As a member of the NH BOW interest list, you will receive an additional notice once registration has opened. The application will be posted at <http://www.nhbow.com>. If you are interested, sign up as soon as you can after registration opens, because BOW workshops often fill up fast!

New Hampshire B.O.W. programs are co-sponsored by the New Hampshire Fish and Game Department and the New Hampshire Wildlife Federation.

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