

GORHAM GAZETTE



Volume II

A COMMUNICATOR

Issue 6



FREE

Including Jefferson, Randolph & Shelburne

At the Tip of Mount Washington Valley

FREE

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AUGUST 14, 2013



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THE BIG MOOSE BACH FEST V RETURNS ON LABOR DAY WEEKEND!



The fifth Big Moose Bach Fest will take place on Labor Day weekend, Friday, Saturday and Sunday, August 30- September 1st. The annual event draws artists, performers and listeners from around the country and New England. The Friday festival begins with an audio-visual Tour of Bach's organs at Randolph Town Hall, followed by a reception.

With a grant from the NH Charitable Foundation, the Big Moose Bach Fest welcomes Bach loving visitors to Gorham, Berlin and Randolph, which remains unique in presenting concerts entirely played on period instruments and open to the public free of charge. Musicians from Texas, Connecticut, Vermont, Maine and Massachusetts, as well as from other NH cities closer to home, will join with local musicians in performing the music of Bach with the instruments and singing styles which would have been known during Bach's time.

Baritone, David Grogan, who has become a popular draw at the festival, will headline the Saturday afternoon concert at St. Kieran Community Center for the Arts in Berlin, singing Cantata 56, "Ich will den Kreuzstab gerne tragen," while tenor and counter-tenor, Nicholas Garza, also of Texas, and local soprano, Miranda Bergmeier, will be each featured in cantatas and arias from the Mass in A Major on Sunday afternoon. Instrumentalists of note will include Kevin Bushee, Baroque violinist from Vermont, with string players Tim Bell, visiting

from Germany, Larry Blaine and Chris Nourse from the Conway area, with Carl Ferré-Lang of Dallas, playing bass. Flutists Owen Watkins, Andrea LeBlanc, and oboist Joyce Alper from Massachusetts, will join with local musicians keyboardist, Susan Ferré, and violoncellist/gambist Charles Lang, rounding out the instrumental ensemble.

On Saturday evening at Gorham Town Hall's Medallion Opera House internationally renowned keyboard soloist and recording artist, Christa Rakich, will perform from the Well Tempered Clavier the Preludes and Fugues of Bach on a large clavichord which she owns and will move in for the occasion. Christa Rakich helped create and name the Big Moose Bach Fest, at which she has appeared every year since its inception.

Choral works will culminate the weekend's events on Sunday afternoon at 4:30 pm with one of Bach's Lutheran Masses, sung by a group of 14 singers and soloists: the Mass in A Major, performed under the direction of Susan Ferré at the Medallion Opera House at Gorham's Town Hall. A bonus will be the presentation of Telemann's funeral ode: "Du aber Daniel gehe hin" with soloists, David Grogan and Miranda Bergmeier, and one of the beautiful Paris Quartets of Telemann for flute, violin, viola da gamba and basso continuo.

The Festival is a signature event, sponsored by Music in the Great North Woods, with help from local businesses, such as the Town and Country Inn and Resort of Shelburne and StudioWorks of Berlin. No tickets are required. Locales are handicapped accessible. Early arrivals will have the best choice of seating. Signs for the Festival will guide visitors and tourists to the varying locations.

BE INSPIRED. GET CONNECTED. WALK MS.

By Sylvia Saladino

The National Multiple Sclerosis Society is kicking off the annual WALK MS: GORHAM, scheduled for Saturday, September 21st, 9am. Since 1989, Gorham walkers have joined the movement to help create a world free of MS. We have endured rain and even snow, but nothing will deter us from continuing our fight to see this disease erased.

The National MS Society is moving research forward by relentlessly pursuing prevention, treatment and cure. They are moving to reach out and respond to individuals, families and communities living with multiple sclerosis. They are moving politicians and legislation to champion the needs of people with MS through activism, advocacy and influence. They are moving to mobilize the mil-

lions of people who want to do something about MS now.

Last year, the Greater New England Chapter spent over \$8 million on MS education, support, advocacy, services, and research to benefit more than 19,000 individuals and families who are effected by MS in New Hampshire, Maine, Massachusetts and Vermont.

On a more personal note, when my sister, Sandra, was diagnosed with MS more than 35 years ago, it opened my eyes to a complete unknown.

I began to learn everything I could about MS. I researched the medical, the natural, the personal fields of this affliction. I learned that every hour someone will learn they have MS. This disease of the nervous system interrupts the flow of information between body and brain and stops people from moving. Over the years, I've seen what research can do. More and more people with MS can lead "normal" lives. New medications, new studies, new ways of coping with MS, have brought hope to so many.

That is why I, along with so many others, walk. I will never deter from fighting the battle to defeat MS.

I began the MS Walks in Gorham to walk for Sandra, who couldn't. I continue to walk in her memory, her honor, her legacy. She inspired me in so many ways in my own life. Never lose hope, always look for the good, find the beauty in all that is around me. When her body wouldn't work in the way she wanted it to, her smile never faded. She was an inspiration to many and she is missed!

I hope to see you on the Gorham Common, Saturday, September 21st, 9am, to walk with a team ("Strides for Sandra" is always a good one), to cheer on the walkers, to volunteer or to simply make a donation. Go online to www.msnewengland.org or call 1-800-344-4867 for information on how to join our walk or to donate.

Someday those with MS may be walking beside us because of our involvement! For more information contact me @603-466-2520. Join The Movement and see you on the Common!



Walk 2013



Sandra Prince Sargent (seated) and Sylvia Prince Saladino: Sisters Always

Gorham, NH
First Annual



Visit Downtown,
Gorham, NH

WEDNESDAY

JULY 24 & AUGUST 21, 2013

5-8 PM Rain or Shine

Local
Artists &
Demonstrations



Tasty Samples
Prepared by
Local
Restaurants

FARMERS
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Live
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for the
Entire
Family!

Sponsored by:
Androscoggin Valley Chamber of Commerce
The Arts Alliance of Northern NH
and The Town of Gorham



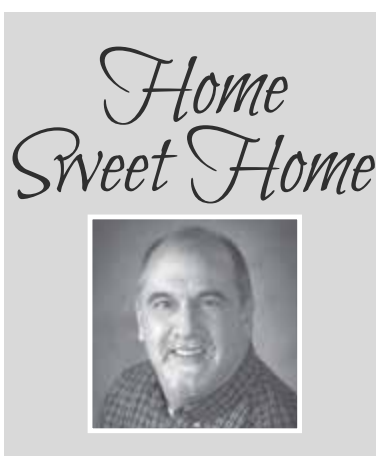
CHILD ADVOCACY CENTER
OF COOS COUNTY

Bus Safety Tips

Before we know it we are going to be packing lunches, getting kids dressed and out the door in time to catch the bus. With the new school year right around the corner, some simple bus safety tips to discuss with your kids can help keep them safe and ease parent's worries this coming year.

- Leave home early enough to arrive at your bus stop on time.
- Walk with your kid to the bus stop and wait with them until it arrives. Tell kids to stand at least three giant steps back from the curb as the bus approaches and board the bus one at a time.
- Teach kids to wait for the bus to come to a complete stop before getting off and never to walk behind the bus.
- Follow the instructions of your school bus driver or bus patrol.
- Remain in your seat while the bus is in motion.
- Keep your head and arms inside the bus at all times.
- Keep aisles clear at all times.
- Remain quiet and orderly.
- Be courteous to your school bus driver and fellow passengers.
- Be alert to traffic when leaving the bus.
- If your child needs to cross the street after exiting the bus, he or she should take five giant steps in front of the bus, make eye contact with the bus driver and cross when the driver indicates it's safe. Teach kids to look left, right and left again before crossing the street.
- Instruct younger kids to use handrails when boarding or exiting the bus. Be careful of straps and drawstrings that could get caught in the door. If your children drop something, they should tell the bus driver and make sure the bus driver is able to see them before they pick it up.
- If a fellow rider does something that makes you uncomfortable, tell the bus driver or an adult when you get to school.

For more information please contact us at 603-788-4633 or at caccoos@myfairpoint.net. The CAC-CC can also be found on Facebook under; Child Advocacy Center of Coos County.



By Wayne Micucci

Hello and thank you for picking up the Gorham Gazette! My name is Wayne Micucci and I am an Associate Broker and Realtor® at RE/MAX Northern Edge Realty. Over the past several issues I have been writing about Real Estate matters and offering tips and insights on the subject of Real Estate.

Today we'll talk about curb appeal and the buyers' first impression of your home. When buyers look for a home, whether it is on line or physically driving around looking for homes, the first impression of your home is crucial. Among the simplest things you can do to give a positive first impression is just keeping your lawn cut and raked. Planting flowers and keeping the beds free from weeds offer a nice

homey way of saying "welcome." You might also want to keep your walkways and driveway clear of weeds and dead dry grass. A neat crisp look shows the buyer that you are on top of maintenance.

Other items you may want to keep in mind are among the most basic maintenance items. I often see broken door handles, cracked window panes and worn or peeling paint. I'll also see front door stoops that need repair and these simple things to fix give the buyer the feeling that the rest of the home is going to need work. Painting is probably the most cost effective method of sprucing up a home. A gallon of paint will go a long way in refreshing your trim and windows if they are wood. Railings and porch floors, decks are simple things to paint without any special skills.

Not everyone has the time or skill to perform these tasks so if these issues are preventing you from getting things fixed you might want to consider hiring a handy "person" to help you out. Of course there is a cost to hiring someone, so talk to your Realtor® for names or advise on what best to focus on. You might be surprised how inexpensive some of these simple fixes are. The bottom line is that the return is going to be in the sale price and/or the time it takes to sell your home. . Simple fixes can make a huge difference in the eye of the buyer and your efforts will not only make you proud of your home, the buyer will then feel more comfortable about making an offer.

Not everyone has the time or skill to perform these tasks so if these issues are preventing you from getting things fixed you might want to consider hiring a handy "person" to help you out. Of course there is a cost to hiring someone, so talk to your Realtor® for names or advise on what best to focus on. You might be surprised how inexpensive some of these simple fixes are. The bottom line is that the return is going to be in the sale price and/or the time it takes to sell your home. . Simple fixes can make a huge difference in the eye of the buyer and your efforts will not only make you proud of your home, the buyer will then feel more comfortable about making an offer.

If you have any questions about the buying or selling of Real Estate, please feel free to call or email me. There is no obligation and I will be happy to help. I can help with any listing regardless of whom the Listing Agent is or what sign is out front. I can be reached at RE/MAX Northern Edge Realty, 232 Glen Avenue in Berlin. My cell number is 603-723-7015 and my email address is wmicucci@gmail.com. Thanks for reading the Gorham Gazette



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"Your Money Matters"

By Linda Sjostrom

Question: Should I invest my extra cash or use it to pay off debt?

Answer: To answer this question, you must decide how your money can work best for you. Compare the money you might earn on other investments with the money you would pay on your debt. If you would earn less on investments than you would pay on debts, you should pay off debt.

Let's assume that you have \$1,000 in a savings account that earns an annual rate of return of 4 percent. Meanwhile, your credit card balance of \$1,000 incurs annual interest at a rate of 19 percent. Your savings account thus earns \$40, while your credit card costs \$190. Your annual net loss is 15 percent, or \$150, the difference between what you earned on the savings account and what you paid in interest on the credit card balance. It's even worse when you consider the tax effect. The interest on the savings account is taxable, and you have to use after-tax dollars to pay your credit card bill.

In the above example, it would be best to use your extra cash to pay down the high-interest debt balance. The same principle would apply if you were to invest your extra cash in a certificate of deposit (CD), mutual fund, or other investment.

Question: How long should I keep copies of my tax returns?

Answer: Generally, you should keep your tax returns and supporting information (i.e., receipts, W-2 forms, bank statements) for six to seven years. The IRS has three years to audit a return, or two years after you have paid the tax, whichever is later. However, if income was underreported by at least 25 percent, the IRS can look back six years, and there is no time limit for fraudulent tax returns.

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Words of Wellness

“Change the Pace”

Getting bored with the same old exercise routine? Looking for something special to boost your workouts? Try Interval Training. This technique will take the monotony out of your cardiovascular workouts. By simply changing the pace of specified intervals, you can raise your fitness levels at the same time.

Use walking as an example, beginning with five minutes at an easy pace. This will serve as a warm up. Gradually, proceed to a faster walking pace. Once you feel loose and ready to go, pick an object ahead of you and power walk until you get there. By power walk I mean pick up the pace and really swing those arms. Use long strides, with your chest lifted and don't forget to breathe. This will get your heart rate up and you'll feel your body working hard. Once you get to your goal or destination, slow down for a little while. After a couple of minutes, pick another object and power walk again. The distance between telephone poles works great for this type of workout. You can also use timed intervals instead of landmarks. For instance, walk at your normal pace for ten minutes. Then, speed up for two minutes, slow back down for five minutes, and speed up again for two minutes.

Interval Training works great for any cardiovascular exercise. Endurance athletes have been using this type of training to boost their cardio fitness level for years. Cross country skiers and cyclist have found it to be a great addition to their workout. When you first start out, a few short intervals will do the trick. As your fitness level improves, lengthen your intervals and shorten the breaks. This doesn't seem like much but, if you're really pushing yourself on those fast intervals, it can be tough. Eventually, your overall pace will be quicker.

Keep in mind that with a higher intensity workout there is a greater demand on your body; More time may be needed to recover. Doing Interval Training two to three times a week is plenty, no matter what your fitness level is. A sure sign of over doing it is if your pace starts to slow down. If this happens, take some time off and allow your body a chance to recover, and then ease back into it. Keep your workouts interesting. The body loves change. Most importantly, have fun doing it. For more information or questions, feel free to call me at 603-466-5422. Lise King AFAA Personal Trainer.

NH 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 also enjoy healthy fellowship together as friends when there are no issues.)

Vet-to-Vet meetings will be held over the next month on August 20, and on September 3, & 17, at 6:30 pm at the Family Resource Center at 123 Main St., Gorham. Anybody who has ever served in the United States Armed Forces is welcome, regardless of which branch you served in or your assignments.



Please consider supporting local events held during the POW/MIA observances in September. Several Vet-to-Vet volunteers will be helping the veterans at the State Prison in Berlin on Tuesday, September 17, and we will be attending the observance at the Memorial Park at the entrance to Berlin on the evening of September 20. There will be more information in your daily newspaper as the date draws near.

If you have further questions please feel free to call Jay Sprinkle at the Berlin Vet Center at 752-2571. He is aware of our program and upcoming events.

The Coos County Botanical Gardening Club News

A huge thank you to Brad Ray and Rebecca Orekses for a wonderful evening at the Whiskey Jack Farm in Milan. We had the opportunity to tour the greenhouse and the solar room along with a vegetarian picnic that shortly followed. Thanks again!

The August Flowers show at the Berlin Farmers Market was a success with the public as the judge!

Mia Latourneau of Berlin won a first place ribbon in Best Flower, with a beautiful Tiger Lily and Merrily Lepage of Gorham won a first place ribbon for the Best Arrangement with a colorful bouquet of wildflowers. Thank you to all of you whom participated including Katsko Zintchecko and Laura Brown for managing the tent.

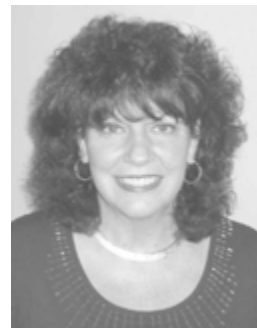
Come have fun and enter your veggies! Vegetable Show Competition at the Berlin Farmers Market, Thursday, September 12th, 2:00 -7:00. If you have any vegetables that you would like to enter then please bring \$2.00 for each entry. The public will be the judge of the winners.

If you're interested in attending or joining the CCBGC then please contact club president Will O'Brien 723-7672.

It is time for area Golf Enthusiasts to come out to “Swing for the Arts”!



St. Kieran Arts Center is holding its Fifth Annual Golf Tournament on Friday, August 16th at the Androskoggin Valley Country Club. Finalizing Auto North's Hole in one sponsorship details are (L-R) Don Noyes, Auto North; Tournament Co-Chairs, Stefanie Lacasse and Steve Griffin of Gill's Flowers, and Shawn Hanlon from Auto North. Teams and sponsors are still needed, golfers at all levels are invited to come play in this four-person team scramble, \$300 per team. St. Kieran Arts Center brings over 35 arts and cultural events to the community annually and is home to the Berlin Jazz Band, The Quilters Guild and the North Country Bell Choir. All funds raised by the Tournament support events and programs. To register or to make donations, please call 752-1028 or 752-1800.



Susan Griffin

I'm Glad You Asked...



I thought this month it might be nice to talk about the power of being ourselves. Let's call it the Summer of Self-Discovery. So, who are we really?

I'm glad you asked....

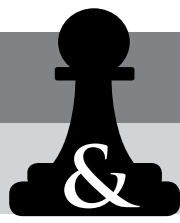
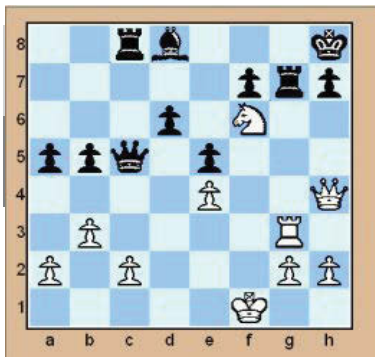
Just when I think I have it all figured out, it changes and that's a good thing for me because I love change, but unlike me, not everybody does. Recently a very dear and longtime friend Sandy came for a weekend visit from Massachusetts. It amazes me how truly different we are but at the same time we remain forever connected. Sandy's sense of style is much more conservative than mine; some might say preppy, where I on the other hand love sparkles, bright colors, high heels and a little funk. Granted I've toned it down a little bit since I moved here and as I've aged, but it's still there just in a more subtle way. I mention this because I believe Sandy and I compliment each other, not just by our style choices, but also our personality traits. We help to expand each other's horizons by spending time together doing the things we both love. This definitely has a positive affect on both of us. This was especially evident when Sandy informed me she is now an outdoor enthusiast, bugs or no bugs and I think that's great! I hope my love for nature has rubbed off on her just as her hunt for a bargain and reading a really good book has rubbed off on me.

I think it's important as we age to constantly reinvent ourselves; it keeps us young at heart and always vital. However, I never want to lose that part of myself that has always been there, the core of who I am and my upbringing. So even as we all strive to expand our interests and knowledge, we should not let go of that part of us that makes us truly unique. It's all about diversity, appreciating people from all walks of life and at the same time understanding that differences can be a really good thing.

Sandy's visit was much more than a get together of two old friends. For me it was a bit of self-discovery and a realization that our friendship is a very important part of who I am. I hope by sharing this, you can embrace the uniqueness and differences of others and enjoy life long friendships such as mine.

Until Next Time.....

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



CHESS IS LIFE & LIFE IS CHESS

Check out the answer on page 6

By Albert French
It was the great Chess master
"Philidor," who was quoted as saying:
"Pawns are the soul of chess."

Many times I have watched novices play chess, and during their games, looked on as they traded a Rook for a Knight, or a Bishop for a Pawn, and worst yet; their Queen for a Knight or Bishop!

The value of the pieces plays an important role in how the outcome of the game may come about.

In order to understand their worth, I like to give money values to the various chess pieces. The pawns start out only being worth a dollar, but in time, once they reach the eight rank, can be promoted to a greater piece, and in doing so be worth more than they started out to be.

Knights and Bishops are both worth three dollars, but depending on the positioning of the pawns, can change in value. If there are a lot of pawns that can block the Bishops path giving it limited movement, its not going to be as valu-

able as a knight which can leap over the same pawns.

Rooks are worth five dollars because they are a very powerful piece to have in the end of the game. one can check mate the King very easily with just a rook.

The Queen is the most valuable there is! She is worth nine dollars. This is because she can move in any direction.

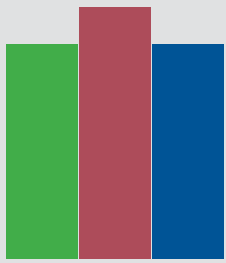
Of course the King is priceless, if he is captured the game is over.

Now that you know what the pieces are worth, next time your opponent offers to trade you three dollars for nine, your not going to take that poor trade, and by doing so: maybe win a few more games. Good luck!

This weeks puzzle is a little easier. Its a mate in one move.

White to Checkmate in one move.

Join me in upcoming editions of the Gorham Gazette for chess discussions, information and puzzles for you to solve. Anyone who might be interested in learning how to play chess, or already knows how and wants to pick it back up, can call Al French at 603/915-0134 or simply come to the Family Resource Center at 123 Main Street in Gorham on Tuesdays between 6 and 9 p.m. to take part in the regular meeting of the Gorham Chess Club. Play well; be well!



GORHAM Public Library

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

gorhampubliclibrary@ne.rr.com

Monday – Friday: 10am – 6pm

Saturdays: 10am - Noon

Gorham Public Library to host *Making Sense of the American Civil War* reading and discussion series

The Gorham Public Library will host a free five-part reading and discussion series called "Making Sense of the American Civil War." This series has been developed by the American Library Association and the National Endowment for the Humanities. It is made available to us through the New Hampshire Humanities Council (NHHC).

One hundred and fifty years later, we are still talking about the Civil War. How do the legacy of the Civil War and emancipation affect our lives today? Learn more at "Making Sense of the American Civil War." Discover this pivotal period of American history through historical and contemporary literature with fellow community members.

The series will be held at 7pm on the following Tuesdays: Sep. 10 & 24, Oct. 8 & 22, and Nov. 6. All programs are free and will be held at the Gorham Public Library, 35 Railroad St., Gorham. Mr. George Morrison, NHHC, will be the facilitator for the sessions. "We are delighted to have been chosen to host this unique series that will allow patrons a chance to discuss the legacy of the Civil War with fellow community members," said Elizabeth Thompson, Library Director.

The following three books have been chosen for the series and are available at the library:

- "March" by Geraldine Brooks (Penguin, 2006)
- "Crossroads of Freedom: Antietam" by James McPherson (Oxford University Press, 2002)
- "America's War: Talking About the Civil War and Emancipation on Their 150th Anniversaries," an anthology of historical fiction, speeches, diaries, memoirs, biography, and short stories, edited by national project scholar Edward L. Ayers and co-published by NEH and ALA.

For more details or to register, please contact Elizabeth at 466-2525 or email at gorhampubliclibrary@ne.rr.com.

Staff Picks

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

Mistress by James Patterson and David Ellis.

Ben Casper isn't your typical hero. His mind wanders and he has quirky little habits that some find annoying, but his love and devotion for his friend makes him determined to discover the reason for her sudden death. In true Patterson style, the plot has many twists and turns and car chases and explosions, making this latest thriller a quick and entertaining read.

The Yellow Birds by Kevin Powers.

Written by a veteran of the Iraq War, *The Yellow Birds* tells the story of two recruits – Private Bartle and Private Murphy, just twenty-one and eighteen years old, who find themselves faced with the unspeakable horrors of war. How they deal with this horror and try to live with their own fears and actions and inactions while the world at home tries but does not comprehend what they are experiencing, is expressed in the poignant, poetic writings of Kevin Powers. This is a beautifully written story that will tear at your heart.

Gone Girl by Gillian Flynn.

Dysfunctional families, toxic relationships, a strange disappearance, and a possible murder are all included in Gillian Flynn's latest book. Casualties of a downsized economy, Amy Elliott Dunne and Nick Dunne are about to celebrate their fifth wedding anniversary when Amy strangely disappears. The trail of evidence seems to implicate her husband. Told in the first person voice of both characters, this tangled web of lies and revenge keeps us guessing as to the final outcome.

The Light in the Ruins by Christ Bohjalian.

Set in the Tuscany region of Italy during the last years of WW II, this is the story of love, hate, and mixed loyalties as the Rosati family find themselves unwillingly drawn into the war. It is also the story of a desire for revenge ten years after the war has ended. Rich in vivid description and complex characters, this historical mystery is one that readers should not miss.

The Burning Air by Erin Kelly.

Dark obsession and a maniacal desire for revenge are the major motivators in Darcy Kellaway's life after he feels he has been treated unfairly by the MacBride family. This psychological thriller explores how what seems to be an insignificant event to some, can be interpreted in a whole other dark and twisted way, and result in dire consequences. This one will keep readers guessing!

LIBRARY OPEN DURING ARTWALK

- Children's Art Show during the community's Artwalk, Wednesday, August 21, 5-8PM. The Library will be open for the Artwalk and will have on display works created by the youngsters who participated in the "Creating Dreams on Canvas" program that was taught by Will O'Brien here this summer.
- Paintings by Tim Sappington and other local artists will be on display.
- Theatre North will stage skits on the Library's porch throughout the event.

"Lizzie Borden Took an Axe, or Did She?"

Wed., Sep. 11th, 7PM Gorham Public Library

In 1892 Lizzie Borden was officially charged with the murder of her father and stepmother in Fall River, MA. The events that followed the murder would stir the curiosity of people across the nation. After four official criminal proceedings, she was acquitted of the murder but the case was not officially reinvestigated by the authorities. To this day the case of Lizzie Borden is a mystery that has inspired movies, musicals, and law school case studies. Annette Holba, Plymouth State University, reviews the facts and explores the evidence. What will you think after her presentation?

This event is free, open to the public, and provided by a generous grant of the New Hampshire Humanities Council. The Gorham Senior and Adult Program is co-sponsoring this event.

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MEG SKIDMORE ON TARGET FOR WORLD CHAMPIONSHIP

In just seven short weeks Meghan Skidmore will depart for London, England where she will have the opportunity to compete in the 2013 World Triathlon Championships, against the world's finest triathletes. She has been hard at work with her coach Steve Vosburgh, maintaining a rigorous training schedule that includes early morning swims, speed intervals on her bike combined with race pace runs and a race schedule designed to push her to her athletic limits and towards competitive achievement. Meg has made great strides and shown marked improvement during the current race season. Her most recent accomplishments are finishing first overall Female Winner in the Mascoma Man Triathlon, a first place female finish in the Capital City Triathlon in Concord, NH and a first place female finish in the Bath Triathlon in Bath, ME. Meg has consistently finished among the top ten overall finishers in all of her races this season, men included!



Meg 1st place female at the Mascoma Man Triathlon Enfield NH

Meghan's dedicated supporters, collectively known as Team Skidmore, have been diligently fundraising and supporting her at each event. She has received overwhelming response from the community in support of her quest to race internationally. Team Skidmore initially endeavored to raise \$9,000 to cover Meg's various training/racing needs and travel expenses for her trip to London. With the help of her sponsors, private donations and several fundraising events, Team Skidmore's goal is within their grasp. The Mount Washington Valley Velo Club has recently joined the team of major sponsors that include: Androscoggin Valley Chamber of Commerce, Great Glen Trails, Mt. Washington Auto Road, Smith & Town Printers, The Seasons Resort, Gorham Family Dentistry and Red Quill Camp in Rangley, ME.

Team Skidmore's final event will be held at Great Glen Trails on Thursday, August 22nd. We invite you to join Team Skidmore and Meghan in celebration of all we've accomplished this summer and to wish Meg well as she prepares for her journey to London. We will be providing light refreshments and drawing the summer long raffle.

It's not too late to purchase raffle tickets! Tickets are still available for purchase at Great Glen Trails, the Androscoggin Valley Chamber of Commerce and the Gorham Branch of Northway Bank, for \$1.00 each. Prizes include a (1) week stay at Red Quill, a private camp in Rangley, ME; a Mt. Washington Sunrise Tour for (8) guests; (1) week national time share; a (3) hour private fly fishing lesson with a certified NH guide; ½ day of guided mountain bike instruction with Meghan herself and a hand quilted wall hanging.

You can follow Meg's progress, share her race experiences and read her blog Training, Racing, Living... at www.skidmoreracing.blogspot.com. If you wish to help Meghan reach her goal, charitable gifts can be mailed to Team Skidmore c/o Regina Ferreira at 339 Randolph Hill Road, Randolph, NH 03593, at any Northway Banking branch and through her blog (see above).

Many thanks to all of our sponsors: White Mountain Celebrations, Gorham Hardware, Pearl Izumi, Top Notch Inn, Moat Mountain Photography, Jay's Quick Lube, Jackson Signsmith, Peak Health Sports Massage, Corrigan Screen Printing, Lydia's Hair Salon and the White Mountain Aquatic Center.

Pictures by Regina Ferreira:

WOODY PINE PERFORMS IN FREE OUTDOOR CONCERT AUGUST 17



Visitors and residents alike are invited to come together for a great time – and a great night of music – as Woody Pines returns for a free outdoor concert on the Gorham Common at 7 pm on Saturday, August 17.

Woody Pines infuses a hundred years of American music into each performance – everything from early 20th-century acoustic blues and Rock-a-billy, to ragtime, viper jazz, and country blues. They'll even drop some hip-hop vibes in the mix. It's a fast-paced, swinging, high-energy show.

"We're really looking forward to having a big gathering on the grass and getting together with family and old friends," says Jon Woods (aka Woody Pines), who grew up in Jefferson, NH, and graduated from White Mountains Regional High School.

The concert is presented by the Gorham Recreation Department, the Medallion Opera House and the Arts Alliance of Northern New Hampshire, and sponsored by AutoNorth Pre-owned Superstore, Inc. Donations will be welcome to support this concert and future programming.

"Woody Pines sounds amazing indoors, but they've promised to really ramp up the show outside. I can't wait to hear them!" says Denise Vallee, Director of Finance for the town of Gorham and the long-time town representative on the Opera House committee.

"This is a special concert in many ways," notes Frumie Selchen of the Arts Alliance. "Both previous times the band has played in Gorham, they've been helping to raise funds for treatment for Stella Blue Woods, and this time she'll actually be here to meet her many well-wishers."

Stella Blue, Jon's niece and the granddaughter of Tom and Adele Woods of Jefferson, lives with her parents and little sister in Bozeman, Montana, and has been battling Wilms' Tumor, an aggressive form of pediatric kidney cancer, for most of her 6 years. She had a stem-cell transplant in February and is doing well, says her grandmother Adele. "The concert will be a community celebration and will also serve as a family reunion, with relatives from all over the country – from Texas, Florida, Pennsylvania, New Jersey, Massachusetts and Maine."

In case of rain, the concert will move inside to the Medallion Opera House. For additional information, call Gorham Town Hall at 466-3322 or the Arts Alliance at 323-7302.



"CRAFT BEERS"

Just in case some of us are not familiar with the term "Craft Beer", the Mountain Fire Pizza restaurant in Gorham is a place that you can experience them as a wonderful compliment to your meal. Todd Ross, the owner and manager, is now offering six different types, all on tap, from various microbreweries in the area including Moat Mt. Brewery in Conway, Trout River Brewery in Vermont and Sebago Brewery in Bethel, Maine.

A microbrewery is described as a small producer of beer that serves local or regional markets. To qualify as a microbrewery the establishment must produce less than 15,000 barrels annually.

Small local breweries are not a new idea. Before the days of refrigeration, most towns and villages had a brewery due to the fact that a beer could not be transported before it went bad. After refrigerated transport became possible, most local breweries were closed down in favor of the larger brewers.

The microbrewery was reborn after prohibition ended and the product is still appreciated for its freshness and enjoyed for its taste.



Todd Ross, Owner & Manager prepares a pizza in the wood-fired oven he designed and built himself.



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"For the best flavor, nothing cooks like wood!"



The Backyard Gardener

by Will O'Brien

Questions of the Month:

How can I help make my African Violets bloom again?

If you want to be successful with growing anything prolifically, then just think about where the African Violets or any plant originated from and try your best to match that environment in your home. For example, the wild African Violets can only be found in the humid serene mountainous forest of East Africa, gracefully growing under a huge shade tree with a neighboring moss covered rock.

This story tells me that the African Violets prefers the shaded, wet then dry conditions as moss does. African Violets prefer warm humid temperatures such that of East Africa. The best conditions for them would be the popular terrarium or placed in a window with filtered summer sunlight and in the winter placed in a bright window but not direct sunlight or they will get sunburn. Turn then every other day to prevent them from growing to one side. When you purchase your plant in full bloom they should be watered from the bottom of the pot twice a week and watered from the top once a month. They also require a high amount of fertilizer therefore this is one of the most popular mistakes people make. Use an African Violet high phosphorous low nitrogen soluble plant food every other time you water. Once the blooms begin to fade let the plant rest for a month. At this time no fertilizer is necessary. After resting it's then time to transplant them in a rich light and fluffy African Violet soil mixture. Use only clay pots! Clay can absorb moisture and then it releases that moisture as humidity through evaporation. You can also place gravel in the clay dish under the pot or a small bowl. Several weeks later when you begin to see buds then it's time to start fertilizing. They bloom for long periods of time, however they do need more attention than most house plants.

Every year my tomatoes get a tomato blight at the end of the season. How can I prevent this from happening?

One of my favorite books is the Great Green Book of Garden Secrets by master gardener Gerry Baker. This is one of his recipes that he wrote about for treating young plants to prevent tomato blight at a later stage.

- 1 cup of compost
- ½ cup plus ¼ cup of powdered nonfat milk
- ½ cup of Epsom salts

Mix all ingredients together and place this mixture in each hole that you dig and sprinkle on the top of the soil after the tomato is planted.

I plant annuals every year and by the time August gets here they appear finished for the season. How can I get a longer life span with my annuals?

I tell people often not to rush out and buy your annuals at the end of May. Leave them at the greenhouse for a week or two for a longer shelf life in your garden. Look for plants at your local greenhouse that are just starting to bloom with a lot of buds and little flowering. Before fertilizing your annuals, please read the information on the container so you know when and how much to apply throughout the summer. Also be sure to ask the helpful greenhouse growers any questions or concerns that you might have! Such as, which plants have long lasting blooms and which plants are the ones that need to be replaced half way through summer? What plants need dead heading and cutting back? I've noticed under fertilizing and watering is one of the most common mistakes that people make with annuals.

Will O'Brien 723-7672.

ANSWER TO CHESS PUZZLE:

1. Bf3 mate

Gazette Cooking Corner

Spinach Meatballs

- | | |
|---|---------------------------------------|
| ½ lb. ground beef | ½ lb. bulk Italian sausage |
| 1 pkg. (10 oz.) frozen, chopped spinach, thawed & drained | |
| 1 egg, beaten | 1 tsp. onion powder |
| ½ tsp. garlic powder | ½ tsp. Italian seasoning |
| 1/3 cup dry bread crumbs | Salt & pepper |
| 2 cups prepared pasta sauce | 12 oz. uncooked tri-color penne pasta |
| Parmesan cheese (optional) | |

Heat oven to 350 degrees. Spray a jelly roll pan with nonstick spray. In medium bowl, combine ground beef, sausage, spinach, egg, onion & garlic powder, seasonings, bread crumbs, salt & pepper; with your hands mix until well combined. Form into balls about the size of a pingpong ball. Place meatballs on jelly roll pan and bake 25 minutes. With a spatula or tongs, turn meatballs over & cook another 10-20 minutes until nicely browned. While meatballs cook, prepare the pasta according to package directions, drain & keep warm. In large skillet or sauce pan, add the pasta sauce. When meatballs are fully cooked, transfer from oven into sauce & cook over medium heat 6-8 minutes. Serve meatballs and sauce over pasta. Top with grated Parmesan cheese. Serves 4-6.

From the Kitchens of Anastasia E. Weaver

Boutique at 101

In this fashion desert better known as the North Country, there is an oasis of color, texture and style that brings a quiet gasp to those entering the portals of the Boutique at 101. Debbie DeGreenia has done a magnificent job of bringing together, under one roof, some of the loveliest choices of women's wear and accessories that are seldom found even in the most exclusive boutiques of the big cities.

The personal attention given to each and every customer and window-shopper is reminiscent of days-gone-by, with gift wrapping of your purchases done while you wait at no extra cost. Debbie's goal is always to satisfy her clients' tastes and pocket book through her one-on-one approach to everyone she meets. You can always count on her good advice and honest critique of each and every item she carries, some of which are almost impossible to find anywhere nearby.

Stop in to see her and experience a different kind of shopping trip. Her dedication to her business is constant, and it shows. She is located at 101 Main St. in Gorham, 603-466-5811.

**Stop by their Annual Alley Sale,
August 17th from 10:00 a.m. - 5:00 p.m.**

Boutique at 101
New Summer Fragrances for Woodwick Candles

JOIN US FOR OUR ANNUAL, MUCH ANTICIPATED ALLEY SALE ON SATURDAY, AUGUST 17th FROM 10a.m. UNTIL 5p.m. COME, SHOP AND SAVE ON YOUR FAVORITES

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LETTER TO THE EDITOR

I would like to thank all my friends and supporters that have saved the Aluminum pull tabs from beverage cans and food cans. I thought you would like to know what happens to them after I pick them up or after you drop them off to me. Once they are all packed up I find a friend who will haul them to Concord. They are then left at the Bektash Shrine Center in Concord, NH

Bektash delivers them to a local recycling company. The funds received from the pull tabs are used to transport needy children to and from the Shriners Hospitals for Children. Shriners Hospitals for Children is a health care system of 22 hospitals dedicated to improving the lives of children by providing pediatric specialty care, innovative research, and outstanding teaching programs for medical professionals. Children up to age 18 with orthopedic conditions, burns, spinal cord injuries, cleft lips and palates are eligible for the program and all services regardless of the patients' ability to pay.

Why collect the pull tabs? Aluminum has recycling value and the tab is the only pure aluminum part of the can. The Bektash Shrine Center in Concord collects these tabs from all over the state New Hampshire. Bektash is among 193 Shrine Centers located in the United States, Canada, Mexico, South America and now Europe and the Far East. The collection of tabs has grown due to the efforts of many people. The donation of tabs has and will continue to benefit the children of the Shriners Hospitals for Children Orthopedic and Burns Facilities. Tons of these tabs have been collected over the years. It takes 1500 tabs to make a pound. Please consider saving your tabs for this worthy cause that also serves conservation and recycling. I would like to thank Kevin and Pam Shyne and these local establishments for assisting me in this great endeavor: Milan Variety, St. Anne's, Serenity Steps, Woodlands Credit Union, Berlin Mills Variety, Berlin Bowling Center, Morin Shoe Store, Middle Earth, Holiday Center, Berlin Senior Center, Guardian Angel Credit Union, Northway Bank, Coos County RSVP, Tri-County CAP, Holy Family Church, Bob's Variety, White Mountain Café, and Kathy Leaver at the First Baptist Church. If you are interested in helping please contact me or drop your tabs off at any of the above mentioned locations.

Sincerely,
Anthony Harp, RSVP Volunteer
603-752-1664 (home)
603-326-4598 (cell)

Animal Stories

EARLY MIGRATORY GAME BIRD SEASONS SET

The New Hampshire Fish and Game Department has finalized the 2013 hunting season dates and bag limits for early season migratory game birds, with no changes from last year, except that possession limits rise to three times the daily bag limit, rather than two times the daily bag limit. The 2013 seasons for these game birds are as follows:

RESIDENT CANADA GEESE: The daily bag limit is five birds per day, statewide, during the September season, which extends from the day after Labor Day (September 3) through September 25, 2013.

YOUTH WATERFOWL WEEKEND: THIS YEAR, THE YOUTH WEEKEND FALLS ON SATURDAY AND SUNDAY, SEPTEMBER 28 AND 29, 2013. All regular season waterfowl regulations, including bag limits, shooting hours, use of non-toxic shot, etc., apply during the youth weekend. (For more on youth hunting in N.H., visit http://www.huntnh.com/Hunting/youth_hunting.htm.)

WOODCOCK: October 1 – November 14, 2013. Daily bag limit is 3 birds per day.

SNIPE: September 15 – November 14, 2013. Daily bag limit is 8 birds per day.

SEA DUCKS: October 1, 2013 – January 15, 2014. Daily bag limit is 7 birds per day, with no more than 4 scoters, 4 eiders or 4 long-tailed ducks (oldsquaw).

CROWS: The fall crow-hunting season runs from August 15 to November 30, 2013; next spring's two-week crow season will be March 16-31, 2014.

Hunters of all migratory game birds must have a 2013 New Hampshire hunting license and are required by federal law to register for the National Migratory Bird Harvest Information Program (HIP). In New Hampshire, this includes all who hunt ducks, geese, snipe, woodcock and coots. Separate HIP permits are needed in each state. Licensed hunters should call 1-800-207-6183, or go to the "Buy Your License Online" section of the Fish and Game website <http://www.huntnh.com>, to receive a permit number (there is no charge). This number should be written on the hunting license. Harvest information from HIP helps Fish and Game and the U.S. Fish & Wildlife Service make more reliable estimates of the number of all migratory birds harvested. Each year, a random selection of hunters is asked to complete a voluntary harvest survey.

Waterfowl hunters must also obtain a federal duck stamp and a New Hampshire Migratory Waterfowl hunting license.

Hunters are asked to report all banded birds by calling toll-free to 1-800-327-BAND. The U.S. Fish & Wildlife Service will send a certificate with information about the bird.

For more information on waterfowl or other New Hampshire hunting seasons, or to buy licenses and permits online, visit <http://www.huntnh.com/Hunting/hunting.htm>.

PUBLIC ASKED TO REPORT AUGUST WILD TURKEY SIGHTINGS

The New Hampshire Fish and Game Department is urging people to report sightings of hen turkeys, with or without young, from now through the end of August through its web-based turkey brood survey at <http://www.wildnh.com/turkeybroodsurvey>.

"August tends to be the most important month in the summer survey," said Fish and Game biologist Ted Walski. "By August, those young who have survived are likely to become adults, so these sightings provide the best index to the summer breeding productivity."

Most sightings will be of "multiple hen" broods during August. It is common for hen turkeys to join together with their young later in the summer. This joint brood flock will often have poults of various sizes. Also, hens that have not successfully nested or that have lost their young will join a brood flock and act as a foster mother.

"Don't be surprised to observe some broods in August and September with small poults the size of quail or pigeons," explained Walski. "Re-nesting is common with wild turkeys. If something causes nest destruction or abandonment during May/June, the majority of hens will go and lay another clutch of eggs and hatch out in July or August."

Last summer's survey yielded a total of 1,119 turkey broods reported from all parts of the state between May and August. So far, more than 400 turkey brood sightings have been reported.

"We're probably going to see fewer poults per hen this year because of the wet weather during the nesting period," said Walski. "Another factor is that frequent rains have delayed the hay harvest in some areas, making turkeys harder to spot in the fields."

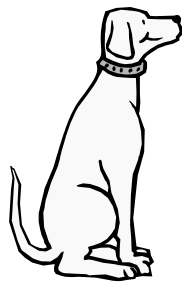
Some helpful background for turkey observers: The term "brood" refers to a family group of young turkeys accompanied by a hen. New Hampshire hens generally begin laying eggs from mid-April to early May and complete their clutch of about 12 eggs in early to mid-May.

Incubation lasts for 28 days, and most nests hatch from late May to mid-June. If incubating turkey eggs are destroyed or consumed by predators, hens often lay a replacement clutch of eggs that hatch late June through late August.

Many thanks to all who have reported hens with young turkeys so far this year! NH Fish and Game appreciates all turkey brood observations reported by volunteers, as the information helps greatly in determining how successful turkey nesting was for the year, and also helps in determining the distribution and abundance of wild turkeys throughout the state.

The reporting period runs until August 31 and results will be posted on the Fish and Game website this fall. To report your turkey brood observations, go to <http://www.wildnh.com/turkeybroodsurvey>.

Wildlife research and management in New Hampshire is funded in part by Federal Aid in Wildlife Restoration, a user-pay, user-benefit program supported by your purchase of firearms, ammunition and archery equipment.



Walter's World

Hi Walter!!

It's your neighbors Sammy and Zeusy down on Androscoggin Street. We are just down here trying to stay cool! We can't wait for our owners Jordan & Kasey to come and take us for a walk to come and visit you! See you soon!



Dear Friends, Some of my human buddies are working diligently on a project to bring a Dog Park to our area. I'm very lucky because I live in a neighborhood where I can stretch my legs by jogging around in the nice grass and my humans (who always accompany me) can give me the freedom of a little time off my leash so that I can move a little more unencumbered due to the fact that my family members are not as agile or quick as I am. But, not all of my 4-legged friends who live in more congested areas have the same luxury so the possibility of having a place they can romp and play and meet new acquaintances is positively exciting. So please take notice of the information below and lend a hand in this generous effort by all involved.

The Berlin Dog Park would like to thank Smith & Town Printers for the Logo and the banner. Creative Threads for donating 100 Bandanas and Corrigan Screen Printers & Awards for printing the logo on them. Danielle Bishop for here time on the Pitt Bulls. Amy Belange for her personalize Treat Jars. Momz Grilled Cheese for the printable fundraising money. Laura Brown who won the 50/50 and gave it all the Dog Park. Normand Labonville Photography for his time and donation on Dog Picture Day. Also Pete's Auto Body for donating the Dog House to be raffled. A Big Thank You to all that Volunteer!!!

We are also at the Farmers Market every Thursday selling Bandanas and Amy's Personalized Treat Jars.

From August 1st to August 31st we will be raffling off a West Paw Dog Bed donated by Cheryl Nolan. This bumper bed has organic cotton and is filled with 100% recycled intellitloft/plastic bottles. Valued at \$150.00. Tickets can be bought at Rumorz Boutique on Main St in Berlin NH.1 for \$3.00 or 2 for \$5.00.

Any one that wish to make a donation to the Dog Park can send it to:

City of Berlin
Dog Park
168 Main St
Berlin, NH 03570

You can also check us out on
Facebook/Dog Park in Berlin NH
Thank You, Michelle (Shea) Ball
Help Support the Berlin Dog Park



LAST CALL FOR HUNTER EDUCATION!

HUNTING SEASON IS ALMOST HERE - ARE YOU READY?

Hunting seasons are almost here, so if you need a hunter education class, drop everything and sign up for one of the remaining classes available for 2013. You can register online at http://www.huntnh.com/Hunting/hunter_ed.htm. Just browse the calendar for the best date and location for you, then click on the course of your choice and complete the online registration form to officially join the class. Most of the remaining classes are in September. Walk-ins are accepted on a space-available basis, but there are no guarantees; pre-registration is highly recommended.

If you have already completed the online course, please sign up for the required field day now. There are a limited number of field days left available at the beginning of October. No field days will be offered from the end of October until the spring. Taking the online course does not guarantee you will find space in a field day.

Hunter education is required in New Hampshire before a new hunter can purchase his or her first hunting license. If you are age 16 or older, you need a license to hunt. To meet this requirement, the New Hampshire Fish and Game Department offers Hunter and Bowhunter Education classes around the state. Participants must be at least 12 years old to achieve certification in basic Hunter Education or Bowhunter Education.

Those hunters who purchased the Apprentice Hunting License last year must take Hunter Education before they can purchase a hunting license this year. The Apprentice Hunting License allows people to hunt under the guidance of an experienced hunter, without first taking a Hunter Education course. You can purchase the license once in your lifetime. It is available only through the Fish and Game office in Concord. Learn more at <http://www.huntnh.com/Hunting/apprentice.html>. The new license was very popular in its first year, with a total of 1,666 apprentice licenses sold in 2012.

For more information on Hunter Education in New Hampshire, visit http://www.huntnh.com/Hunting/hunter_ed.htm or call 603-271-3214.

Hunter Education in New Hampshire is funded by Federal Aid in Wildlife Restoration, a user-pay, user-benefit program supported by an excise tax on firearms, ammunition and archery equipment. Learn more at http://www.wildnh.com/SFWR_program/sfwr_program.htm.

4th Annual Touch-A-Truck Fundraiser

Saturday, September 21st
10am - 2pm

Northern Forest Heritage Park
Main Street, Berlin



Now is your chance to get up close and personal with all of the trucks you only see from far away!

Climb! Explore! Honk!



\$6 adults
\$3 children 12 and under
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- Touch-A-Truck Display
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- State Police K9 Demonstration
- Child ID Kit Station
- BoBo T. Clown

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Join Us At The Gorham Artwalk on August 21st

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Thank you for reading "Your Money Matters"
my new column for the Gorham Gazette

Investments & Tax Planning

I am very excited to announce my new business location at 360 Main Street in Gorham. I have served clients in the North Country since 1990 specializing in retirement planning, investments, and tax planning. I look forward to this new venture under the support and direction of SagePoint Financial, Inc. one of the largest networks of independent advisors in the nation.

*Securities and advisory services offered through SagePoint Financial, Inc., member FINRA/SIPC. Insurance and taxes offered through TAURUS Financial Group which is not affiliated with SagePoint Financial, Inc.