

Area third graders receive dictionaries

Third graders in the Jefferson, Lancaster and Whitefield Elementary Schools were presented with a *Students' Dictionary* and *Gazetteer* again this year. These dictionaries are their own to keep and use throughout their school career.

Jean Abbott and Doris Mitton had the pleasure of distributing these dictionaries and spending a few minutes with each of the classes. It is a great thrill to see the faces of the children, and to hear the excitement in their voices as they explore all that these books offer.

The Dictionary Project is a national organization that has

distributed millions of these special books in every state since 1995 and is still growing. The basic philosophy is the belief in the power of words. By giving them this volume of information we are empowering them to express themselves and to better understand the world they are learning to be a part of. The Dictionary Project is one of the many educational programs endorsed by the National Grange and last fall Riverside Grange #137 in Dalton, made a five year commitment to continue this project to all elementary schools in the White Mountains Regional School District.

The excitement and enthusiasm was overwhelming. These young people are our future and if the ones we met were any indication, we are in good hands. If you would like to learn more about this project or about the Grange and wish to help us keep this project alive, visit the Dalton Public Library or call Jean Abbott at 837-9592 to learn more.

(Photos to the right are of students in Jefferson, Whitefield and Lancaster schools who received their brand new dictionaries. Courtesy photos)



New Hampshire resident in student exchange

Independent Student Exchange (ISE), a leading non-profit high school exchange program with a Regional Office based in Franklin, is pleased to announce that Colebrook, resident Chandra Beloin is an ISE Area Representative. Chandra would like to "Share the True American with the World." What lovelier place in the U.S. to share than in New Hampshire? The student that the family selects will have a life-changing opportunity to study in the U.S., be immersed in a different culture and experience a traditional American lifestyle. There is no such thing as a 'typical host family.' A

warm, successful student-family bond does not depend on whether there are same-aged children present in the home. In fact, it is not uncommon for young families, childless couples, empty nesters and retirees to embrace the opportunity to share their lives. Students arrive with their own spending money, full health insurance and can share a bedroom with another teen. The host family contributes room and board, and welcomes the student as a member of their family for a semester or full academic year. Families are not expected to change their lifestyle; students must adjust to the family's

schedule. Students are matched carefully to the family and ongoing supervision is provided. ISE has welcomed over 1200 International students to the U.S. from over 55 countries. Its central mission is to promote global peace through cross-cultural understanding. ISE believes that when Americans embrace the world's youth, we invite a more promising future for all of humanity to share. Chandra may be reached at 1-603-237-8633 or email cbe-loin1@gmail.com for more information on enriching your family's life by hosting an ISE student.

Groveton schools menu

March

8, BBQ ribs, French fries, corn, pears, milk; 9, Turkey grinders, cheese, lettuce, tomato, peppers, pickles, Fun chips, fruit, milk; 10, Spaghetti with sauce, cheese, bread sticks, salad, peaches, milk; 11, Chicken fajita, grinder, lettuce, tomatoes, Fun chips, applesauce, milk; 12, Totally Taco, salsa, sour cream, French fries, baby carrots, fruit and milk.

15, Egg salad or tuna salad roll, Fun chips, pickles, baby carrots, applesauce, milk; 16, Chicken Alfredo, bread and butter, cranberry sauce, applesauce, milk; 17, Meatball sub with cheese, French fries, peas, pears, milk; 18, Chop suey, bread and butter, green beans, peaches, milk; 19, Beans, hot-dogs, roll, corn, applesauce,

milk.

22, Beef stew, bread and butter, cottage cheese, pickled beets, applesauce, milk; 23, Texas burgers with cheese, tomato, lettuce, French fries, fruit cocktail, milk; 24, Ravioli, bread and butter, cheese sticks, string beans, peas, milk; 25, Pizza, French fries, corn, fruit, milk; 26, Egg salad or tuna salad roll, Fun chips, pickles, baby carrots, applesauce, milk.

29, Chicken patties with tomato, lettuce, cheese, French fries, fruit cocktail, milk; 30, Corn dogs, French fries, baby carrots with dip, pears, milk; 31, meatloaf, potatoes, bread and butter, cottage cheese, pickled beets, pears, milk.

April

1, Pasta salad with diced ham, bread and butter, apple-

sauce, milk; 2, BBQ ribs, French fries, corn, peaches and milk.

This menu is subject to change.

This facility is operation in accordance with USDA policy, which does not permit discrimination because of race, color, sex, age, handicap or national origin. More information may be obtained here or from the Office of Equal Opportunity, USDA, Washington, DC 20250. Any person who believes that he or she has been discriminated against in any USDA related act, activity should write immediately to the Secretary, Secretary of Agriculture, Pursuant to Title VI of Civil Rights Act of 1964, 42USC 2000D and 7CFR Part 15.

Resources for small businesses in North Country

More than ever, small-business owners need a variety of financial and training resources to help them overcome the challenges they face. MicroCredit-NH is a non-profit program of the New Hampshire Community Loan Fund that provides a variety of resources to both new and existing businesses. To offer information about the program, MicroCredit-NH will hold four free orientations in the North Country during March:

Berlin: Thursday, Mar. 11,

noon-2 p.m. BEDCO, 177 Main St.

Groveton: Wednesday, Mar. 17, 3-5 p.m. Northumberland Public Library, 22 State St.

N. Haverhill: Tuesday, Mar. 30, 2-4 p.m. Town Office, 2975 Dartmouth College Highway.

Littleton: Wednesday, Mar. 31, 5-7 p.m. Italian Oasis, Parkers Market Place, 106 Main St.

Orientation participants will access information about MicroCredit-NH's business development resources, which

include business education, loan capital, the Individual Development Account (IDA) matched savings program and networking opportunities. Local membership options will also be discussed.

To register for any of the orientations, contact Joyce Presby at (603) 620-0745. For more information about MicroCredit-NH and its business events statewide, visit www.microcreditnh.org.

Calling all Photographers

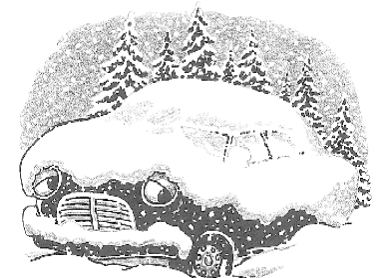
The Northern Gateway Regional Chamber of Commerce is in need of local photos for their new website to be launched in May. We are looking for any and all photos of our area. Photos sent must be in jpeg format and accompanied by the name of element, where the photo was taken (town), and person that took the photo. Optimum photo quality is 300 dpi. The photographer will be

acknowledged on a generic tag line at the bottom of the website. Photo usage will depend on subject matter, quality of photo, season, and discretion of the web designer. Please email photos to ngrchamber@netzero.com or one can send a disk to Northern Gateway Chamber Photos, 759 Lancaster Road, Whitefield, NH 03598. If you have any questions please call 837-8900.

Farm Energy Workshop in Littleton on March 23rd

LITTLETON — Have a farm? Interested in farm energy efficiency? Looking for ways to conserve or generate energy on your land? Join the Southern NH and North Country Resource Conservation and Development Councils and farm energy expert Richard Peterson of the Northeast Agriculture Technology Corp on March 23rd at the VFW Hall in Littleton for a day focused on farm energy issue. The day is geared to all farms with a special lunchtime

discussion on dairy farm energy. Please visit the website www.nhrcd.net or call 603-223-0083 for more information.



Creativity-----
(Continued from Page 16)

Education's 2007 Bill Bonyun Award for her contribution to the arts in schools. She performs with the modern dance company Berg, Jones and Sarvis and has taught at Harvard's Graduate School of Education and Bowdoin and Bates colleges.

John Holdridge is an independent education consultant and the former resident teaching artist of the Arts Literacy Project at Brown University. John teaches "Creative Literacy: Building Literacy Through the Arts" at the University of Southern Maine and leads professional development workshops for teachers and performance residencies with K-12 students of all abilities.

Workshop offerings include:
• "Exploring Identity: Creating and Performing a Group Autobiography": An action-packed workshop where participants will use theatre as a powerful learning tool in their

work with youth. The group will create a short, original, collaborative performance piece incorporating stories, music and true-life adventures.

• "Story Starts": See how each of us creates and produces meaning and artistic products. After a collaborative brainstorm, participate in a writing studio based on the ideas generated, then share and explore how this activity can be used by different ages and stages.

• "Images": Explore common themes present in the lives of youth and youth workers. A variety of methods—image theatre, sculpture and visual art—will be used to create and explore multiple interpretations.

• "Basic Cartooning and Graphic Narrative Techniques": Develop comics based on one's own experiences with youth programming. Learn how to plan, draw, write and edit comics.

• "Comics and Communities": Learn how to publish, promote and connect using doodles

and stories. One to four comics about youth programming and integrating creativity and the arts will be created from comics and fragments from participants.

"We are pleased to partner with the Arts Alliance of Northern New Hampshire on this exciting conference for those who work with youth," said Martha McLeod, Executive Director of North Country Health Consortium, who will give the Welcome Address at the conference.

To register before the March 11 deadline, registration forms can be downloaded from the Arts Alliance website, www.aannh.org, or at http://www.nchin.org/docs/igniting_the_spark.pdf. For more information, contact Kate McCosham, Program Specialist, North Country Health Consortium, at 837-2643, ext. 231.

The conference is made possible by grants to NCHC from the Neil and Louise Tillotson Fund and the N.H. Charitable Foundation in support of recruitment, retention and celebration of volunteer mentoring for youth in the North Country.

Program on Chronic Health Issues in Children, presented free to public on April 13

On Tuesday evening, April 13, from 6 - 8 p.m. at the White Mountains Regional High School Auditorium in Whitefield, Dr. Sarah D. Stearns, Assistant Professor of Psychiatry and Pediatrics at Dartmouth Medical School, will be doing a two-hour presentation on Chronic Health Issues in Children. The program will include a question and answer session. This presentation will be open to the general public.

RSVP is not required but is appreciated. Please respond by telephone to Joyce Bernier by April 6, at 603-788-4172 or via email to bernierj@cfsnh.org.

Topics Covered will include Stressors Associated with

Illness, Diagnosis, Effect of Illness on Family Relationships, Siblings, Parents

Effects of Chronic Illness on: Physical Development, Emotional Development, Social Development, Behavior, Internalizing vs Externalizing, and School Performance.

Coping with Chronic Illness: Lack of Predictability, Developmental Factors, Coping Styles, Acute Medical Stressors, Chronic Medical Stressors, Role of CBT and psychotherapy

Achieving Smoother Transitions Back to School: Role of School, Role of Student, Role of Parent and Role of Medical Team.

Local Habitat for Humanity meetings to outline homeowner-ship requirements, application

LITTLETON — The local Habitat for Humanity affiliate will hold informational meetings in Whitefield and Littleton for prospective homeowners. The meeting will provide attendees an overview of the Habitat for Humanity program and explain what is needed to become a Habitat homeowner. Meetings are scheduled as follows:

• Tuesday, March 9, 7-8:30 p.m., Trinity United Methodist Church, 18 Lancaster Road (Route 3), Whitefield; and

• Thursday, March 11, 7-8:30 p.m., AHEAD Training Center, 163 Main Street, Littleton

Habitat for Humanity Ammonoosuc Region is an ecumenical Christian ministry that builds homes in partnership with families that need a decent place to live. The local organization was formed in 2008, completed its first home last year in Littleton, and plans to start its next home this year in Whitefield.

"People should attend this meeting to learn more about Habitat and, if interested, to get an application," says Pat McLure, Family Selection committee chair. "Potential part-

ners will be chosen based on need, ability to pay and willingness to partner with Habitat for Humanity."

"Need" factors include the inability to qualify for a traditional mortgage, an unusually high ratio of housing expense to total income and current housing that is overcrowded and/or substandard in terms of structure or safety. Maximum family income criteria also exists.

"Ability to pay" is described as having income necessary to pay a modest downpayment, as well as a no-interest mortgage, taxes and insurance on the home. "Willingness to partner" is demonstrated by participating with other volunteers to build the home or take part in other Habitat activities. Two-hundred-fifty hours of such "sweat equity," as it's called, is required from each adult in the partner family; other family members and friends recruited by the partner family can provide a portion of that.

Applicants should have ties to the local area as evidenced by having lived for at least a year in a town served by the Ammonoosuc Region affiliate. These include Bethlehem, Carroll, Dalton, Franconia, Jefferson, Lancaster, Lisbon, Littleton, Lyman, Monroe, Sugar Hill and Whitefield.

For more information about Ammonoosuc Habitat, to donate or to get involved as a volunteer, email AmmonoosucHabitat@gmail.com, visit www.AmmonoosucHabitat.org or call 603-616-2515.

Habitat for Humanity Ammonoosuc Region is pledged to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the nation. We encourage and support a program in which there are no barriers to obtain housing because of race, color, religion, sex, handicap, familial status, or national origin.

HELP WANTED

NOTICE

White Mountains Regional School District
Ballot Counters Needed

The White Mountains Regional School District needs ballot counters for the 2010 Annual Meeting/Election. Counting of the ballots will be done on **Wednesday, March 10th at 8:00 a.m.** in the WMRHS Auditorium.

Rate of pay is \$10.00 per hour.

Counters must be at least 17 years old and a legal resident of the School District (Carroll, Dalton, Jefferson, Lancaster & Whitefield).

For more information, please contact Sheila Goulet at the SAU 36 Office at 837-9363.

Are you wondering how you should choose a school board candidate?

We received information about this website that we found very informative.

Here it is: <http://www.greatschools.org/Improvement/volunteering/school-board-candidates.gs?content=22>

For more information including what a Board of Education should do, what a Board of Education is, what to look for in a school board candidate, and how to tell if the school board is doing a good job, check out this website before voting on Tuesday, March 9.



CAREER TRAINING

Clinical Career Training LLC

Licensed Nurse Assistant Training
Franconia, NH
03/13/10-05/01/10 • Sat. and Sun.
7 a.m.-3 p.m.

Whitefield, NH
03/24/10-05/06/10 • Wed. and Thurs.
4 p.m.-10 p.m.

Lancaster, NH
03/20/10-05/08/10 • Sat. and Sun.
Theory: 8 a.m.-4 p.m. Clinics: 7 a.m.-3 p.m.

Contact: **Clinical Career Training**
1-800-603-3320
www.clinicalcareertraining.com
Payment Plans & State Assistance Available

Immediate Employment Opportunities

Busy, growing preowned auto business with four stores in two states is seeking hard-working, talented employees to join our team and fill the following openings at our Whitefield location.

INVENTORY MANAGER

Manage, test-drive and evaluate our vehicle inventory. Mechanical abilities or aptitude, organizational skills, capable of moving vehicles with a hauler. We seek an "experienced car guy" for this position. Full-time, M-F.

USED PARTS MANAGER

Oversee acquisition of used parts for our body and mechanical shops. Manage several dismantlers pulling parts for our own shops. (You will not have to deal with the public.) Knowledge of parts, computer literacy, organizational and management skills, ability to provide excellent in-house customer service. Honesty, integrity and strong work ethic essential.

AUTOMOTIVE TECHNICIAN

Full-time, experienced, with own tools, certifications a plus. We are not a flat-rate shop and have no shortage of work. If you are looking for a full 40-hour paycheck each week, we can provide it.

Compensation for above positions includes an hourly wage and a benefit package.

Please send your resume to Human Resources, 466 Lancaster Rd., Whitefield, NH 03598, or email to operations@whitemtauto.com. Applications can also be picked up at our Whitefield main office. We will contact promising candidates for an interview, and will notify all applicants when the position has been filled.



466 LANCASTER RD. • WHITEFIELD, NH • 837-3000



Happy Hiker

Story and photos by John Compton

A day of contrasts at Nancy/Norcross Ponds

Perhaps many might think that hiking to a pond is a rather mild-mannered adventure, and even perhaps somewhat boring. However, I find these water-filled openings in the forest to be interesting places to visit at any time of year. From the shores of some ponds there are exceptional vistas of mountain ranges on the horizon. But even without a vista, all ponds provide a certain beauty whether cloaked in mist, or sparkling in the sunshine, or encased in ice and snow.

Recently, I did a snowshoe hike to Nancy and Norcross Ponds which are located on the edge of the Pemigewasset Wilderness. The shortest access to these ponds is via the Nancy Pond Trail located on the west side of Route 302 a few miles south of Crawford Notch. This trail receives less use in the winter than some of the more popular trails to the high peaks. Therefore, I was uncertain what sort of conditions I might find. It was a very pleasant surprise to find the entire four-mile stretch of trail to be in fine shape all the way from the trailhead to

Norcross Pond.

At the outset of the hike, the trail passes near a few houses. However, it wasn't long before I began to put some distance between myself and the development along Route 302. For about the first 1.6 miles, the trail follows an old logging road. It is the least interesting part of the hike for me. However, after crossing Nancy Brook, the logging road ends, and there is a change in the character of the trail. It becomes narrower, a little bit steeper, and much more interesting as you begin the journey to the headwall of the ravine where Nancy Cascades is located.

Nancy Cascades is the final destination for many folks, and it is indeed a scenic spot to visit. As might be expected during the winter months, there is no cascading water. Instead, you are treated to a view of an ice-encased cascade that is frozen in suspended animation.

Continuing the journey beyond Nancy Cascades to Nancy and Norcross Ponds involves climbing the headwall

of the ravine in order to access the high plateau where these ponds are located. To lift you up to the plateau level, the trail follows a narrow path of switchbacks cut into the wall of the ravine. It would be quite a nasty fall down the steeply sloped wall if one were to slip off this narrow track. Therefore during icy and/or wet conditions, I personally wouldn't attempt this climb, and would call it quits at Nancy Cascade!

On the day of my hike, the steep section of switchbacks above Nancy Cascade was in good shape with excellent traction. I was able to quickly and safely scramble up the headwall of the ravine. And once at the top, the trail was nearly level as it traversed the terrain of the high plateau. In less than 20 minutes I arrived at Nancy Pond where there was a rather bizarre contrast between the views looking eastward as compared to those looking westward.

To the east was a pleasant view of a cobalt-blue sky contrasted against the dazzling white of the snow-covered frozen pond. Also, each tree branch and twig was encased in ice and snow, which formed yet another variety of a contrasting white/blue pattern that was such a captivating sight to behold.

However, when looking westward across the pond, no blue sky was in sight. There was only a hazy image of Mt. Nancy on the north side of the pond and Mt. Anderson on the south side, and both were silhouetted against a darkening gray sky. This contrary view certainly



Frosted Trees at Nancy Pond

provided some added interest, and it had its own special beauty.

After visiting Nancy Pond, I did the very short hike over to the east end of Norcross Pond. However, in the few minutes it took me to get there, the clouds were really beginning to thicken! I took a few snapshots, but they were not quite what I had in mind at the outset of my hike. But even so, there was quite a unique and unexpected quality created by these gray and somber conditions.

I decided to walk down to the west end of the pond with hopes of experiencing the magnificent view that overlooks the Pemigewasset Wilderness with a backdrop of the Bond-Twin Mountain range on the horizon. However, by the time I arrived at that end of the pond, the cloud cover was so thick that it wasn't even worth pulling out the camera. It was of some consolation that I'd seen this view on previous trips.

On my return leg of the hike, I stopped to snap a photo of a crumbling structure sometimes referred to as Lucy Mill. It is located on the south side of the trail at a spot about 1.8-miles from the trailhead. According to Steve Smith's book entitled "Ponds & Lakes of the White Mountains", this structure was a component of the timber salvage operation after the 1938 hurricane that devastated this and many other regions of New England. I also found it interesting to read that the Nancy Pond Trail was first opened in 1938, but it was obliterated that very same year by the huge hurricane. The trail wasn't re-opened until 1960!

Despite the unexpected weather conditions, my pond adventure was still very enjoyable. And in many ways, it was quite a nice surprise to get some different types of views that were totally unexpected and were overall quite unique and special!



LAYHA Peeeweewees — Vt. State Champs

LAYHA Peeeweewees Vt. State Champs on Feb. 21

Many people will remember Sunday, Feb. 21, 2010 as an exciting day in hockey because the USA Olympic team defeated the Canadians in an upset victory. Closer to home, team members, families and friends of LAYHA (Lyndon Area Youth Hockey Association) Redwings will remember it as the day their Peeeweewee and Squirt teams both took first place in the Vermont State Tournament. Earlier in the week, the LAYHA Bantams finished in third place

statewide.

Eleven teams from across Vermont participated in the double elimination 2010 Peeeweewee "B" State Tournament at the Paquette Arena at Leddy Park in Burlington. The tournament ran from Friday, Feb. 12 through Sunday, Feb. 21. LAYHA Peeeweewees played eight games in ten days, losing only once to Pleasant Valley Association (PVA) from Saxton's River, Vt.

The Peeeweewees defeated PVA in a fast moving final game.

During the first and second periods, the game was tied as first LAYHA and then PVA scored goal after goal. However, PVA couldn't sustain their momentum and LAYHA won a 10-4 victory. Much of the Peeeweewees success can be credited to the players working hard as a team and staying focused. Coach Dan Daley has worked with youth hockey for over 30 years; this is the first time his team has taken first place. All the coaches, Dan Daley, Doug Bedard and



Gopi Dugan-Henriksen

Barry Ford deserve a lot of credit for emphasizing working as a team, developing skills and having fun while playing, as well as the family members who have supported the team all season.

What is especially outstanding about this year's Peeeweewee Team is many of the players did not know each other at the beginning of the season. LAYHA had a small existing team. Players from Littleton Youth Hockey joined LAYHA because they didn't have enough members for their own team. Several players from the Border Hockey Association in Newport, Vt., opted to join LAYHA because heightened security at the US-Canadian border created complications, especially for visiting teams travelling to Border's home ice in Stanstead, PQ.

The memory of the thrill of winning the State Championship will remain with these young players, their coaches and families for a long time. And as they left the locker



Grady Walters

WANTED

Funny childhood stories.

You have one right? If you'd like to share it, we'd like to print it.

Send to:
Great Northwoods Journal
 76 Mechanic Street
 Lancaster, NH 03584
 or email to:
greatnorthwoodsjournal@myfairpoint.net