



GORHAM GAZETTE



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Including Jefferson, Randolph & Shelburne
At the Tip of Mount Washington Valley

FREE

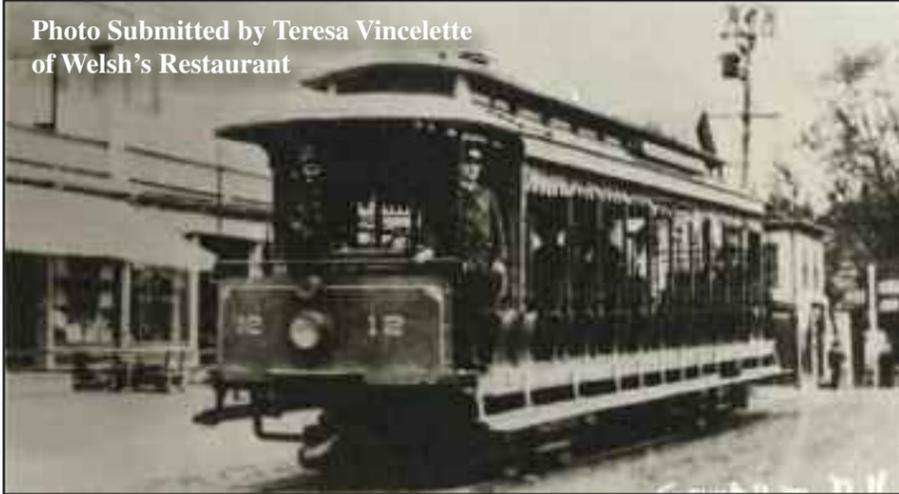
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Gorham, NH 03581 February 27, 2012

Photo Submitted by Teresa Vincelette
of Welsh's Restaurant



**SEE OUR SELECTION OF
LENTEN RECIPES ON PAGE 7**



Jim and LouAnne Pelkey and all the crew at Mr. Pizza invite you to join them in their cozy dining rooms during this Lenten Season for the very freshest of seafood choices for lunch and dinner.

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(See our website
for much more.)

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Dear Neighbors,

Thank you for picking up the very first issue of YOUR *Gorham Gazette*. Gorham, our beautiful little Town in the Valley of Mt. Washington, has so many positive aspects to enjoy, share and on which to focus. Along with her sister communities of Randolph, Shelburne and Jefferson, Gorham will be highlighted in each future edition for the reading pleasure of the families who have been here for generations, along with the newcomers and generations to come.

The *Gazette* will be distributed, free of charge, once a month at first, increasing to twice a month as we grow. With your help and participation we will share information and happenings from your neighborhoods, organizations, clubs, churches, schools, parks, businesses, etc., as well as entertainment, recreation, arts, fashion, cuisine, services and much more.

THIS WILL BE YOUR NEWSPAPER – to use for the purpose of expressing your ideas, thoughts and concerns and to celebrate all the good things that happen around us everyday, the wisdom of our seniors, the energy of our youth, the dedication of our industrious business leaders, our varied backgrounds and heritage which make us all different and our common goals which make us all one-and-the-same. We all strive to keep our area as lovely as it is and wish to help it become the vibrant community it can be.

Look for the *Gorham Gazette* at heavily traveled spots such as retail establishments, shops, restaurants, banks, churches, libraries, hotels, tourist locations and municipal offices. If you have suggestions as to where you would like to be able to pick up the *Gazette*, give us a call and we will try to accommodate you.

For those who prefer to view information on-line, the entire *Gorham Gazette* will be posted as a pdf on our website, www.ourvillagechicago.com, with all content and advertising intact.

We look forward to hearing from each and everyone of you as time goes by.

Your Neighbors,
Fred & Chris Gilman

**VIEW A COMPLETE IMAGE OF THIS PAPER
@ www.ourvillagechicago.com**

FAILURE IS AN EVENT, NOT A WAY OF LIFE!!

WARNINGS:

Due to the strange weather patterns this Winter, be extra careful of ice that has formed on our various bodies of water. If warnings are posted, believe them!

If there are no warnings posted, be cautious just the same for your pets and yourself. The ice may be a lot thinner than it looks.

IMPORTANT NUMBERS AND ADDRESSES YOU SHOULD HAVE HANDY:

Town of Gorham 20 Park Street 466-3322	Gorham/Berlin Trolley & Bus Line 752-1741
Gorham High School & Middle School 120 Main Street	Tri-County Transit 888-997-2020
Town of Shelburne 466-2262	Gorham Library 35 Railroad Street 466-2525 Hours: Monday – Friday, 10am – 6pm Saturdays, 10am – Noon Closed Sundays and major holidays
Town of Jefferson 586-4553	Gorham Historical Society 25 Railroad Street 466-5338
Town of Randolph 266-5771	

Your Local Salvation Army

The Salvation Army does its best to help every one who walk in the door. Putting our hearts to God and our hands to man. We help others that may be in emergency situations with food and clothing offering a hot meal Monday nights at 4:30pm. Our food pantry is open Tuesday and Thursday from 9am to 2pm and our thrift store is open Monday through Friday 10am to 2pm.

We also help families during Christmas with a large toy room and food basket program. We make visits to local nursing homes as well.

All of the social service that we do comes from our love of the Lord. We are also a church! We have Sunday Service at 11am and Sunday School at 10am each week. There is also a women's group on Monday night at 6pm, Children's Music group on Wednesdays 3:30pm to 5:30pm with dinner and a Thursday kids group from 3:30pm to 5:30pm with dinner. We also sponsor kids to go to summer camp as well. All of these activities and groups are offered to the community at little to no cost.

Coming up:

March 9th Gorham Town Hall @ 7pm -

"Who Says We Can't Change The World, A Musical Variety Show" to benefit Food Pantries at The Berlin Corps of The Salvation Army, and Saint Vincent dePaul will be held Friday, March 9th at The Medallion Opera House at Gorham Town Hall.

Friday, March 9th at 7 PM, nearly a dozen musicians will be taking the stage at The Medallion Opera House, Gorham NH, to raise money for Berlin-Gorham area food pantries. The entire family will enjoy entertainment showcasing the talent of musicians from right here in New Hampshire, and neighboring Vermont.

All of the musicians involved are very grateful that organizations such as The Berlin Corps of The Salvation Army and Saint Vincent dePaul are willing and able to provide much needed food pantry services to the North Country, and are humbled by the opportunity to help the cause by raising up in voice.

No advanced tickets will be sold, but donations of any amount will be gratefully accepted at the door. Businesses or individuals that are interested in helping to support this worthy cause and emergency need for food are urged to contact Lt. Erin Smullen, Commanding Officer, Berlin Corps of The Salvation Army at 752-1644.

March 22 at the Salvation Army 15 Cole Street Berlin, NH @ 4-6pm - Open House. We will be hosting an open house for all members of the community. There will be information about each of our programs and refreshments as well.

Many Blessings,
Erin C. Smullen, Lieutenant, Corps Officer

The Salvation Army, 15 Cole Street - P.O. Box 495, Berlin, NH 03570; TEL (603) 752- 1644, FAX (603) 752- 1291; www.use.salvationarmy.org/berlin



The Better Business Bureau Advises: Lose Weight Not Money

Each New Year millions of people crowd into gyms armed with willpower and personal goals toward healthier, more active lifestyles. While it's exciting to gear up towards a goal, it's also important to treat this decision like any other major purchase. If you're pledging to lose some pounds this year by joining a gym, the Better Business Bureau (BBB) provides ten questions to ask before signing on the dotted line.

In the past twelve months, the BBB serving Chicago and northern Illinois has received 296 complaints against Health Clubs and Fitness Centers. The complaints range from billing and collection issues to overall contract issues.

"Joining a health club can be a major investment, so first check out www.bbb.org to see how your club ranks," said Steve J. Bernas, President & CEO of the Better Business Bureau serving Chicago and northern Illinois. "Take time to ask the gym and yourself some important questions before rushing to sign up for a membership."

Five questions to ask the gym:

What are the terms of any introductory offers? Gyms often use special introductory offers to lure in new members. Make sure you understand the terms and what the price will be once the introductory period is over.

Will my membership renew automatically? Many times people who joined a gym didn't realize that their contract would renew automatically and that they would have to take specific steps to cancel their contract.

How can I get out of my contract? Getting out of a gym contract isn't always as easy as getting into one, so make sure you understand what steps you would need to take to cancel your membership.

What happens if I move? Gyms have any number of different policies when it comes to how moving will affect your membership. It might depend on how far away you're moving and if they have other locations nearby.

What happens if the gym goes out of business? Ask the gym to explain what will happen to your money if they suddenly close down.

Five questions to ask yourself when looking at potential gyms/health clubs:

What are my fitness goals? Determining your fitness goals in advance will help you select a facility that is most appropriate for you. If you have a serious health condition, consult with a medical professional when setting your fitness goals.

Is this location convenient? If the gym is across town, you'll be less likely to work out. Choose a fitness club that is convenient to work or home so the location is not a deterrent to getting exercise.

Can I really afford this every month? Monthly gym fees add up and, after any introductory periods are over, the price could jump higher than your budget can handle. Do the math before you join and make sure you can afford a gym membership.

Am I feeling pressured to join? Do not give in to high-pressure sales tactics to join right away. A reputable gym will give you enough time to read the contract thoroughly, tour the facilities, and make an informed decision.

Did I get everything in writing? Read the contract carefully and make sure that all verbal promises made by the salesperson are in writing. What matters is the document you sign, so don't just take a salesperson's word for it.

For more advice from BBB on how to be a savvy consumer all year long, visit www.bbb.org

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Earn (And Keep) More Money

By Andrew Salata, Social Security Public Affairs

You probably already know that there was an increase in Social Security and Supplemental Security Income (SSI) monthly payments at the beginning of the year. If you receive monthly Social Security or SSI payments, you received a 3.6 percent cost-of-living adjustment beginning with your payment for the month of January 2012.

For people who receive Social Security retirement benefits, there's more good news. In addition to receiving a little more each month, you may now earn more income without offsetting your benefits because the "earnings test" numbers also have gone up.

If you have reached your full retirement age (age 66 for anyone born between 1943 and 1954), the earnings test does not apply and you may earn as much money as you can without any effect on your benefits. However, if you are younger than full retirement age, collecting benefits and still working, we do offset some of your benefit amount after a certain earnings limit is met. For people under full retirement age in 2012, the annual exempt amount is \$14,640, and if you do reach that limit, we withhold \$1 for every \$2 above that limit from your monthly benefit amount. For people who retired early, continue working and will obtain full retirement age in 2012, the annual exempt amount is \$38,880 and we will withhold \$1 for every \$3 you earn over the limit from your monthly benefits.

You can learn more about the earnings test and how benefits may be reduced by visiting our website, www.socialsecurity.gov, and searching on the topic "earnings test."

Find out what your full retirement age is at our Retirement Age page, www.socialsecurity.gov/pubs/ageincrease.htm

You also may want to read our publication, How Work Affects Your Benefits. It's available at www.socialsecurity.gov/pubs/10069.html.

Boutique at 101

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and fleece lined leggings

Hand Lotions from

Camille Beckman

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Going For the Record on Mt. Washington The Auto Road Makes History (Again)

By Steven Caming, Contributing Writer

What is it about Mt. Washington and the Auto Road that makes otherwise perfectly reasonable people decide to do something that most others would consider a little crazy? The nature of these adventurers and record seekers is not a by-product of our "15 minutes of fame", reality show driven era. Quite the opposite—for as far back as records have been kept at the Auto Road (150 years and counting) there has been a steady stream of what can only be called "characters" who have shown up, each with a hopeful claim to fame in their mind.

At 6,288 feet Mt. Washington would only be a foothill compared to most of the world's great mountains, but as the Northeast's highest and the centerpiece of the Presidential Range, it has captured the imagination of each generation that has come to know its deceptively challenging slopes. There was a time when just a "normal" trip up the then Mt. Washington Carriage Road could be a bit daunting. In an era when 6 horse teams took passengers up the 8 mile road to the summit, passengers were occasionally asked to disembark to add rocks to the carriage floor to keep it from blowing over in high winds.

While today's road is largely paved and modern vehicles have no problem with the average 12% grade, the world above treeline still stuns and delights today's travelers with timeless and magnificent vistas. This account from the 1867 edition of Eastman's Guide tries to prepare the viewer: "If the day is blessed with clouds that drift over the mountains, the eye will find unspeakable pleasure in watching the shadows and in following the incessant flushes and frolics of light that robe them with ever-changing charm...of course it is unwise to attempt to describe such a view. It is the map of New England printed before us in glowing poetry. Those who look upon the sublime diorama for the first time are so overcome by the novelty and grandeur that they do not appreciate what they have seen till some days afterwards. Then it rises in memory and becomes a perpetual treasure for the mind's eye".

Accounts like that no doubt inspired many to get a look for themselves and from those hosts of the traveling public emerged another, more driven group—the record seekers. These men and women of all ages, through the ages, who may have nothing else in common but their desire and accomplishment of having been first at something on Mt. Washington. Following is a cross-section of some of the notable firsts:

July 25, 1855 - A 230-pound woman won a \$1000 wager by walking to the summit and back in one day via the Glen Bridle Trail, then danced at the Glen House all evening.

1857 - Using the half completed Road as far as it went, George S. Dana counted 16,925 steps from the Glen House to the summit.

Dec. 7, 1858 - First winter ascent of Mt. Washington by Deputy Sheriff Lucius Hartshorn and Benjamin F. Osgood. The round trip was made all in the same day, with the trip's objective being to place an attachment on the summit buildings.

July 1861 - Colonel Joseph Thompson drives the first horse drawn vehicle up Mt. Washington

August 8, 1861 - The Mount Washington Carriage Road opens to the summit

February 10, 1862 - First overnight winter trip to the summit by John Spaulding, Chapin C. Brooks, and Franklin White. Because of a storm they were forced to stay in the Summit House for two days and nights.

1875 - Harland P. Amen, principal of Phillips Exeter Academy, runs up the road in one hour and 57 minutes, and down in 54 minutes.

August 11, 1883 - C.E. Heath made a descent on a Victor tricycle in 55 minutes.

September 6, 1887 - The record for a horse-drawn ascent was set by Charles O'Hara: one hour, nine minutes, 27 seconds.

August 31, 1899 - Freelan O. Stanley and his wife drive the first engine-powered vehicle, a steam Locomobile to the summit in two hours and ten minutes.

August 25, 1903 - First officially timed ascent by automobile—L.J. Phelps in one hour 48 minutes.

1904 - First Climb to the Clouds Auto Race held. Harry Harkness wins in 24 minutes, 37 seconds.

February 1907 - Norman Libby and a companion make the first road ascent



1st official speed record - L.J. Phelps 8-25-1903

on skis, to the Half-Way House. Their return trip down took 20 minutes.

1913 - First round trip to the summit on skis by Carl E. Shumway, Fred H. Harris and Joseph Y. Cheney, all members of the Dartmouth Outing Club, formed by Harris in 1910.

March 10, 1926 - Arthur Walden, accompanied by friends and photographers, drove the first dog team of huskies to the summit. The round trip took 15 hours.

April 3, 1932 - Mrs. Florence Clark becomes the first to drive a sled dog team to the summit unassisted.

1934 - Wind speed of 231 mph is recorded on the summit (first and only time!)

1950+/- Alton Weagle of Walpole, NH runs up the road, rides the Cog and hikes up Tuckerman Ravine in 14 hours. (?..or did he do it all on foot) Weagle then goes on to climb the road barefoot, then blindfolded, both up and down, then backwards, then pushing a wheelbarrow with a 100 lb. sack of sugar in it, he has reportedly run up the Auto Road in a time of 1 hour, 3 minutes.

1975 - An Alternative Energy regatta finds an odd assortment of vehicles powered by wood, steam, garbage and chicken manure making their way up Mount Washington.

2003 - A Segway from Heritage NH is ridden to the summit

July 8, 2009 - Josh the camel made the first ascent of a camel along with his handlers, Jennifer Bolay and Chris Butler on horseback, and their Irish wolfhound, Tadhg.

August 18, 2010 - Lucy, a dog that uses a form of wheelchair called Walkin' Wheels, reached the summit of Mt Washington via the Auto Road in 6 hours. Lucy was accompanied by her owner Courtney Dunning from Peterborough, NH.

May 28, 2011 - Sue Wemyss makes first Roller Ski Ascent

Meg Skidmore makes first female Unicycle ascent

Jon Pensak makes first male roller ski ascent

Steven Caming drives first vehicle backwards to the summit

June 26, 2011 - David Higgins sets new Climb to the Clouds course record, 6 minutes 11:54 seconds.

Jerry Driscoll sets new course speed record of 114 mph

Mike Ryan raced the first truck, a 1,950 horsepower Cascadia

Freightliner

This mountain of history continues to grow and (if history has taught us anything) there will for generations to come, always be those who hear Mt. Washington's siren's song and are compelled to uniquely challenge themselves. Maybe they all are a little crazy, but each in their own way have left a bit of themselves in the collective heritage of this timeless place and claimed a piece of the mountain to take home in their hearts.

**Why are the White Mountains called white?
Is it because of the Birch Trees or the Snow?**

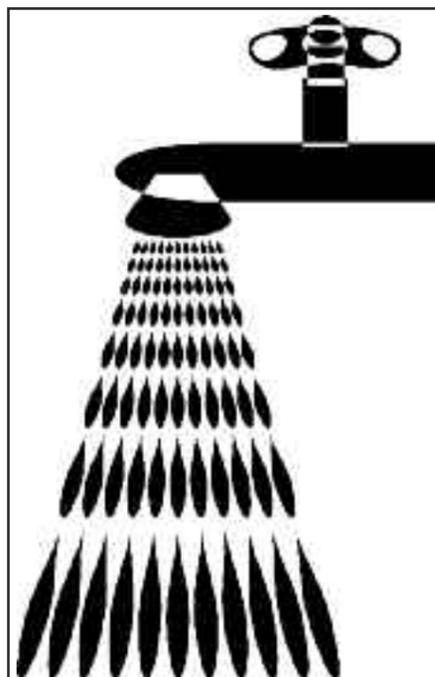
TOWN HAPPENINGS

The Gorham/Randolph/Shelburne Cooperative School District Meeting is going to be held on March 8th @ 7:00 p.m. at the Alumni Gymnasium at the Gorham High School/Middle School at 120 Main Street in Gorham.

Attend a meeting on March 13th @ 6:30 p.m. in the Alumni Gymnasium of the Gorham High School/Middle School at 120 Main Street in Gorham.

VOTE

VOTE on March 13th between the hours of 10:00 a.m. and 6:00 p.m. at the Gorham Town Hall in the Medallion Opera House, 20 Park Street.



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The Market Place at 101 Unique Finds and More..

Bobbi Jo and Scott Welsh have accomplished an incredible feat – they have, single handedly, brought together 45 totally diverse vendors under one roof in downtown Gorham.

To walk into their store front is an adventure into time. Their array of merchandise, separated only by steps from one to another of their multi-layered sections, is a wonderment to the eye and senses.

From antiques to fresh produce to specialty products from local farms and providers in our area, the Market Place is both a trip through the past and an everyday necessity destination.

We thank Bobbi and Scott for their offer to contribute articles in future editions of the Gorham Gazette about the world of collectibles and antiques. They will also keep us aware of all of the new, fresh products they offer as the seasons progress.

We list below some of their favorite and regular offerings which are always available for us to enjoy.

As the seasons progress, the Market Place will be offering fresh produce from our local farmers, locally made goods of all sorts and will take requests for hard to obtain items you may be searching for.

Here are some of the Market Place at 101's intriguing offerings:

Local NH Honey, farm fresh eggs, pure maple syrup, hand made soap, hand made jewelry

"Libbys" made food, Local History books

Specialized groceries

Antiques, Vintage Collectibles

Sporting goods, Furniture, Ski memorabilia

Mrs. Meyers cleaning products, Keeper's of the Light candles

Primitive decorations for your home

Children's upscale resale clothing

Women's accessories, wallets, scarves, hats, sun glasses, boots and sandals

DMC floss, Greeting cards, Scrap booking materials

Paints and craft supplies, Quilting material

Harney & Son's teas, Yogi teas

Gluten free items

When one first enters La Bottega Saladino's in the heart of Gorham you have the immediate feeling of the friendly, bustling atmosphere of an "old world" family shop and restaurant with the same service and care for each of their patrons, most of whom they know by name.

Everyone there is anxious to answer questions and chat about local events, all the while, seemingly without effort, serving their customers the most wonderfully delightful Italian cuisine this side of Italy.



Their market section holds an array of imported foods, specialty items, serving pieces and a selection of meats, cheeses and salads found nowhere else in the Valley.

Their private label sauces and garnishes are either pre-bottled or fresh from Michael's kitchen. They even have kegs of exceptional olive oil and balsamic vinegar from which you can pour out just the amount you need to take home in individual bottles to enjoy with a loaf of their daily made fresh Italian and French bread as well as homemade Focaccia. Fresh pizza dough is available as well.

The Saladino Family welcomes locals and newcomers with open arms and a warm smile. Their's is truly a spot...

For The Love of Food, Family and Each Other



The Saladino Family, Sylvia, Michael, Matt, Gina, Angela, Bailey, Brendan and Jack.

Opening August 8, 1976, Saladino's Restaurant has been a part of Gorham for more than 35 years! Operating at the same location, 152 Main St., Michael & Sylvia Saladino have been bringing "A Taste of Italy" to the White Mountains and beyond! Always a family oriented restaurant, for 25 years they operated their establishment as a full service family restaurant. Menu changes over those years went from hamburgers, chicken fingers, and pastas to chicken parmesan, fresh fish dishes and steaks.

Ten years ago, it was time for a change. Not wanting to leave his cooking skills behind, Michael decided to open an Italian Bottega, featuring his own sauces, olive oils, breads, cheeses, imported pottery and a great deli. Dining is still available, featuring Paninis that are one of a kind, homemade soups, creative salads and innovative pasta dishes. Friday and Saturday nights feature lobster and veal dishes, along with new menu ideas from Michael.

Michael and Sylvia have always believed in giving back to their community. Over the years they have served on numerous boards, donated time & money for schools and services in the area, and have been recognized by local organizations for their community spirit.

In 2004, AVER acknowledged Saladino's with "Small Business of the Year." The award recognized this business as one that has set a standard for excellence and visibility in the region and that has contributed to the life of the community in some tangible way. Michael & Sylvia were created with bringing creativity, new ideas and new products to the community. Their entrepreneurial approach received a citation from Governor Benson.

New Hampshire Magazine has chosen Saladino's BEST OF NEW HAMPSHIRE for Epicurean Delights, for their own Biscotti and most recently for their Limoncello. They are also certified BEST OF NEW HAMPSHIRE GRAND... BEST OF COOS COUNTY!

Saladino's has always been a family affair. Their children, Matt & Angela, grew up in the business, doing whatever was required...dishes, busing, serving, cooking. Today, Matthew and his wife, Gina, are still very involved in the business. From their Facebook page, to creating unique, one of a kind gift baskets, to serving guests throughout the week and on weekends, Matt & Gina are a vital part of Saladino's. The next generation is on the rise, as well! Grandsons Bailey, Brendan and Jack can be found setting or clearing tables, doing dishes and helping Grandpa in the kitchen.

Over the years, people that have walked through the doors at 152 Main St., have always been greeted as friends, and because of that, life long relationships have been formed. The Saladinos have seen many changes in the community over the years, but one constant is that you know you will always be treated as a friend at their restaurant and they will only give to you the very best of what they have to offer!

152 Main Street, Gorham. 466-2520; www.saladinositalianmarket.com

The Market Place at 101 Unique Finds and More..

- Libby's Pantry • Sporting Goods • Antiques
- Jewelry • New Sun Vitamins
- Local Artisans • Scrapbooking
- Women's Accessories
- Harney & Son's and Yogi Teas
- Gluten Free Items
- Local History Books

**45 Vendors
Under One
Roof!**

LOCAL Honey, Farm Fresh Eggs, Pure Maple Syrup, Hand-Made Soap, Hand-Made Jewelry

Middle Intervale Farm's Naturally raised beef, pork and lamb will be at The Market Place every other Tuesday Beginning February 28th from 3:30-4:30.

PLUS

Libby's Bistro has bread on site every Thursday at 4 PM.

PREORDER'S ARE ACCEPTED FOR BOTH!

101 Main St. Gorham, NH 03581

Bobbi Jo Welsh, Proprietor

(603) 466-5050

bobbi.welsh01@gmail.com

The Gorham Public Library: A Place for All

Since its beginnings in the mid-nineteenth century, the Gorham Public Library has evolved into a busy, thriving, and essential part of our town. Located at 35 Railroad Street, the library is open from 10am to 6pm Monday through Friday, and from 10am to noon on Saturdays. It offers a wide variety of services for young and old.

The Gorham Public Library is fully automated with an on-line catalogue and membership services that can be found at <https://gorham.biblionix.com> as well as on the Town of Gorham's website at www.gorhamnh.org. Patrons can scroll through the expansive collection of titles and reserve or renew selections from the comfort of their own home. Are you looking for the newest releases? Check with us, first! The On-Line Catalog has a featured link called "See What's Hot", which lists our latest acquisitions. If, by chance, the library does not have a desired book, the needed material can be ordered through the Inter-Library Loan system, which enables loan access to many libraries across the state. And, if audio books are what you're after, you can also download them to your computer or other devices and access eBooks from the New Hampshire Downloadable Audio Book program.

Computers are available for personal use, and the library also offers free Wi-Fi. You may access several programs while at the library such as the following: AncestryLibraryEdition provides information for genealogical research, EBSCOHost databases provide full text articles from thousands of magazines and newspapers, and Newsbank offers full text articles from news outlets such as the Concord Monitor and the New Hampshire Union Leader. The library also has a Kindle, and it is available for patrons to check out.

We offer a vast collection of fiction and non-fiction books, including the White Mountain Collection which focuses on the history and geography of Northern New Hampshire. However, books are not the only things to be found at the Gorham Public Library! Movies, audio books, jigsaw puzzles, and a beautiful rubber stamp collection are available for patron check out. The Circulation Desk offers photocopying and fax service. The expanded Reading Room provides patrons a comfortable place to read and study. If a club or organization would like a place to gather, the Conference Room may be reserved for use.

Children are an important and joyful part of the Gorham Public Library. The Children's Room is a colorful place for little ones to enjoy their first literary experiences.

Friday Afternoon Story Time and the Summer Story and Activity Program are always popular happenings, enjoyed by all.

There is something for everyone at the Gorham Public Library. Library Director Elizabeth Thompson and her staff are available for assistance that may be needed so everyone can enjoy the library as it strives to fill the cultural needs of our community.



In that spirit, with the help of a grant from the New Hampshire Humanities Council, we are offering the following 2-part program in March, to be held at the beautiful Medallion Opera House at the Gorham Town Hall:

Imperial Russian Fabergé Eggs Presentation and Workshop

This unique 2-part program combines a beautifully illustrated presentation on the life and remarkable work of Russian master jeweled egg artist, Peter Carl Fabergé.

On Friday, March 23rd, 2012, Part One of the program will feature a spectacular photo-tour of the Fabergé collection at the Constantine Palace in St. Petersburg. Emphasis is on the important role of egg painting in Russian culture and on the unique development of this major Russian art form from a traditional craft to the level of exquisite fine art under the patronage of the tsars. The fascinating history of these eggs and their role in the dramatic events of the last decades of Romanov rule in Russia and in the years following the Revolution will also be discussed by presenter Marina Forbes.

On Saturday, March 24th, 2012, in Part Two of this program, Marina will lead a Workshop. Inspired by a spectacular photo-tour of the Fabergé collection at the Constantine Palace in St. Petersburg, program participants will have a unique opportunity to use their creativity and imagination to produce their own authentic pieces of collectible folk art on wood. Traditional Russian painting techniques and floral and berry designs are introduced. Throughout the workshop portion of the program, participants will be listening to traditional Russian music, and there will be a brief demonstration of a few steps from a traditional Russian dance.



The following Presentation is open to all:

PART ONE: Fabergé Egg Presentation Friday, March 23rd, 2012, 7pm at The Medallion Opera House, Gorham Town Hall, 20 Park St., Gorham

FEE: This presentation is free to the public.

The following Workshop is open to individuals and to families with children 6 and older; **PRE-REGISTRATION FOR THE WORKSHOP IS REQUIRED. PLEASE CALL 466-2525 TO REGISTER.**

PART TWO: Workshop on Fabergé Eggs Saturday, March 24th, 2012, 10 am – Noon at The Medallion Opera House, Gorham Town Hall, 20 Park St., Gorham

FEE: \$7 or \$10 for materials, depending on size of wooden egg and stand. This fee covers the cost of the wooden egg and stand as well as the use of paints for painting on wood and brushes for the workshop.)

PRE-REGISTRATION REQUIRED: Please call 466-2525 to register. Gorham Library, 35 Railroad Street.

Glimpses of Gorham's Past: Entries From An 1852 Ledger

The entries in the aged Gorham Market ledger are written in script, probably with a quill pen dipped into a bottle of ink. The writing is hard to decipher and much of it has faded, but some entries are clear:

March 25, 1852. D. B. Latham: 39/3/4 yard sheeting, \$2.99, 1 pair small shoes, 50 cents; 1 pitcher, 17 cents

March 30, 1852. S. P. Martin: 100 lbs. cod fish, \$3.50

March 31, 1852. Evans Wilson: 1 1/2 cords wood, \$2.25

May 10, 1852. Simon King: 1 barrel potatoes, 50 cents, 1 pudding pan, 15 cents

May 10, 1852. Ned Kelley: 1/2 lb. candles, 6 cents

May 28, 1852. Michael O'Connor: 12 yds. print, \$1.32, 2 thimbles, 4 cents, 1 paper needles, 5 cents, 4 cotton thread, 2 cents

May 28, 1852. Thomas Kelly: 1/2 barrel crackers, \$1.50, 1 pound batting, 12 cents, 1/2 pound candles, 6 cents

June 25, 1852. Thomas Kelly: 1 lb. Butter, 17 cents; 2 dozen eggs, 25 cents; 1 plug tobacco, 5 cents; 3 sticks of candy, 3 cents

To put things into context, factory workers averaged \$26/month for males and \$14.53/month for women. A male teacher averaged \$12.82/month and women teachers received \$5.62, exclusive of board. A yoke of oxen might generate \$1/day for its owner, according to the book "The Androscoggin River Valley: Gateway to the White Mountains" by D. B. Wight.

The Gorham Market ledger was generously donated to the Gorham Historical Society (GHS) by Matt Boisselle. His family had found the yellowed book in the family home at 104 Main St., next to the former Gorham House (now Gorham Hardware), which was built in 1853. We don't know anything at all about the Gorham Market, when it was built, how long it lasted or who the owner was but we are assuming that it might have been in the same building in which the ledger was found. There had been an addition on the east side of the home, with a layout resembling an old, small store.

In 1852 the town and area were changing and growing rapidly. The Grand Trunk Railway (GTR) had been extended from Portland to Gorham in 1851, setting off a boom in traffic, development and population growth in the area along the Androscoggin River. Eventually the GTR would tie Portland, Maine and Montreal together.

John Hitchcock was named Postmaster and he purchased the White Mountain



Gorham House, built 1853

Station House, located on what is now the town common. He renamed the large hotel the Alpine House and the Post Office was moved in too. With the coming of the railroad, the center of Gorham had gravitated downstream from what was known as the Upper Village, and Exchange St. and lower Main St. businesses grew. Gorham had become the "Gateway to the White Mountains."

The Androscoggin River Improvement Co. was also incorporated in 1852 by the NH legislature to construct dams along the Androscoggin to facilitate log drives. The Berlin Mills Co. was also formed that year, becoming one of the engines of growth. Sawmills in the area, both large and small, provided jobs for over 100 men in 1852.

Bellows Clearing was bought and renamed the Glen House. The Summit House, built of stone, was also constructed on Mt. Washington in 1852, to cater to a growing tourist industry.

For readers interested in the town's past, D. B. Wight's wonderful book and Nathaniel True's "History of Gorham" (1888) are excellent sources for information. Old town and school reports, other books and newspapers from the area also are worth exploring.

Reuben Rajala, Gorham Historical Society
Gorham Historical Society, 25 Railroad Street, 466-5338



I'm glad you asked...

When people ask me what brought me here to live in the North Country, my answer is always snowmobiling. In the late 80's and throughout the 90's my husband and I spent as many weekends as possible in Pittsburg, usually staying at Tall Timbers one of our favorite lodges. After spending so much of our free time here we decided to have our own vacation home; where eventually we hoped to retire someday. Pittsburg as lovely as it is was just a little too remote for this city girl, so we began looking at the quaint little towns we drove through that weren't quite as far north. In 1995 my husband Bob and I built a small vacation home in Jefferson right next to the Snowmobile Trail. It was supposed to be a "Camp" according to my husband; he wanted to rough it with no running water or septic. That didn't happen. You'd think after being married for almost 30 years now, he'd know better.



Susan Griffin

So why am I telling you this, well when I was asked to write a column for the Gorham Gazette each month and begin with a short Bio about myself; it got me thinking. Snowmobiling isn't why I moved here, sure the sport introduced me to the area but that's not why I live here. Back in 2000, it was time to make a change and moving here from the Boston area was the answer. Both my husband and I worked for large corporations; I had a 21 year career with Verizon mostly in Marketing and Advertising. My husband was working for Kodak in Sales and Service and we both traveled on business a great deal. With the threat of downsizing rearing it's ugly head many times throughout our careers, we decided it was time for us to downsize and plan ahead "just in case". It was a good thing we did, because a few years later Kodak again reorganized and this time my husband did not dodge the bullet. You see, he was in the Printing part of the business and just like the Paper Industry his company was hit hard. My husband now works for a family owned business based in Massachusetts. He sells products to mostly manufacturing companies in Maine, NH and Vermont. He still travels a great deal "the road warrior" fortunately with very few overnight trips.

When we moved here I left my company and took on a couple jobs that really weren't a fit for me; it was time to do some soul searching. That's when I decided to attend Empire Beauty School, work as a Stylist and open my own business. To find a way to make a living here as you all know can be a challenge, but for my husband and I it was worth the risk. This feels like Home and that's why we live here.

So what will we talk about each month? I'm glad you asked... This will be the name of the column as well. We will discuss anything and everything about the Beauty Industry.

I'll start with the most asked questions first and highlight a topic each month. I hope you'll check it out. Until next time...

Salon 64, 64 Main St., Gorham, NH, 03581; (603) 466-9964.

ANNOUNCEMENT:

A National Cable Channel gave a report recently that WalMart will begin opening stores in China. The same report stated that at least 200 WalMart stores will be closed in the United States. Locations of these possible closures were not cited.

There is a petition available for signature at Vashaw's Variety at 302 Main Street in Gorham asking that either a Hanneford or a Market Basket Grocery Store come to Gorham. If you're interested in adding your name to the list, drop by the store.

The Bill of Rights Institute Invests in Civics Teachers

This summer, the Bill of Rights Institute is partnering with the Foundation for Economic Education to host the Founders Fellowship: Civil Liberty, Commerce, and the Constitution. American History and Civics teachers from across the country are invited to apply. Selected Fellows will participate in an exclusive professional development program aimed at deepening their understanding and appreciation of the American Founding.

Teachers must apply online by March 26, 2012. More information and an application can be found at www.BillofRightsInstitute.org/Founders-Fellowship-2012.

Gorham Hardware and Sports Center; A Staple in Gorham's Main Street Economy

For the past 48 years, Gorham Hardware and Sports Center has been the one of the remaining few who has held onto the true local business idea, "premium quality delivered by old time service".



In 1964, Roland Chabot and wife Doreen established Gorham Hardware in the synonymous Gorham House building on Main Street in Gorham, NH.

In a small portion of 150-year-old building, Gorham Hardware sold an array of necessary home, "do-it-yourself" appliances.

A second detail that separated Gorham Hardware from others is its additional specialty in ice hockey equipment.

From selling any and all pieces of equipment, to sharpening skates, Roland provided the area with quality ice hockey equipment, soon becoming the largest vendor in the area.

During the mid 1970s, Gorham Hardware expanded into more of the main floor of the Gorham House and officially became Gorham Hardware and Sports Center. The business explored its inventory horizons with camping and hiking gear, along with other sporting equipment.

Sadly in February of 2005, Roland passed away after battling lung cancer for two years, leaving the business to his oldest son Mike.

Today, the business has thoroughly kept alive Gorham Hardware and Sports Center's local business initiative.

With products ranging from electrical wiring, to carriage bolts, to hockey tape, Gorham Hardware and Sports Center's abundant selection and top of line service will sure to please.

Gorham Hardware and Sports Center's is at 96 Main Street Gorham, NH, (603) 466-2312

Your Pharmacist Can Be a Great Resource in Your Quest for Heart Health

In honor of American Heart Month, the American Pharmacists Association (APhA) would like to remind the public to talk with their pharmacist regarding available screening and consultative services that could prevent and detect health problems usually associated with heart disease. As part of the health-care team, pharmacists can play a significant role in the management and prevention of cardiovascular disease.

Cardiovascular disease—including heart disease and stroke—is the leading cause of death in the United States. Every day, 2,200 people die from cardiovascular disease—that's 815,000 Americans each year, or 1 in every 3 deaths. Americans also suffer more than 2 million heart attacks and strokes each year. High cholesterol and high blood pressure are primary contributing cardiovascular health risks. These two conditions combined affect more than 80 million Americans annually.

Many pharmacists offer screenings and prevention and wellness services dedicated to helping patients manage their health and get the most out of their medications. A few "heart healthy" services a pharmacist may provide to help prevent a heart attack, control heart disease and improve knowledge about effective treatment include blood pressure, cholesterol and body mass index (BMI) screenings, smoking cessation, healthy lifestyle counseling and education about medications. To learn more about the specific ways pharmacists can assist in the management of cardiovascular disease, please see APhA's Your Pharmacist and You: Preventing Cardiovascular Disease Fact Sheet. Contact your pharmacist for available services as they may vary by pharmacy location.

Individuals can decrease their risk for developing coronary heart disease by taking steps to prevent and control associated risk factors. A targeted focus should be placed on the "ABCS," which address the major risk factors for cardiovascular disease and can help to prevent heart attacks and strokes.

Aspirin: Increase low dose aspirin therapy according to recognized prevention guidelines.

Blood pressure: Prevent and control high blood pressure; reduce sodium intake.

Cholesterol: Prevent and control high blood cholesterol.

Smoking cessation: Increase the number of smokers counseled to quit and referred to State quit lines; increase availability of no or low-cost cessation products.

APhA has partnered with the Million Hearts Initiative in an effort to prevent 1 million heart attacks and strokes over the next five years. Million Hearts brings together the efforts of the public and private health sectors to improve health across communities and help Americans live longer, healthier, more productive lives.

Pharmacists work with doctors and other health care providers to optimize care, improve medication use and to prevent heart disease. To achieve the best outcomes for their condition, patients should maintain regular visits with all of their health care providers. APhA encourages patients to fill all their prescriptions with one pharmacy, get to know their pharmacist on a first name basis, discuss their medications with their pharmacist, carry an up-to-date medication and vaccination list and share all medical information with each of their health care providers.

The Animal Rescue League of NH - North / Conway Shelter

For more info on The Animal Rescue League of NH - North / Conway Shelter and our adoption process, please visit our website www.conwayshelter.org or call (603) 447-5605



Yoda loves to Play and he Would Love to Meet You!

If you were to ask Yoda what he'd like to do today, his answer would no doubt be PLAY! Yoda is a bouncing 1-year-old Staffordshire Terrier/ Sharpei mix with big friendly eyes and a sturdy little body (40 pounds, more or less) who is ready to take on any challenge as long as it means PLAY. He loves his chewy toys and he'll always be happy to join you on a walk or a hike, but he's also a big fan of rides in the car (he no doubt wonders what kind of play will await him at the end of the ride). Yoda plays very well with other dogs, and kids, too. He's a family man and he would bond well with anyone who invites him into their home. You must come meet Yoda if you're looking for a friendly, four-footed friend to play around with or to become your devoted buddy; he's all of these rolled up into a cute little bundle of...well, joy! Yoda is available for adoption at the Animal Rescue League of NH- North located at 223 E. Main St. in Conway, NH

Do you love Maine Coon cats?

If so, you will love Roxy! She has a beautiful long and fluffy brown and white tabby coat with white stockings. She is a calm and very friendly cat who came to the Conway shelter as a stray. She loves to be held and could make a wonderful lap cat, and she has the cutest little face! Roxy likes other cats and enjoys attention. Please come to the Animal Rescue League - North to meet this little love bug!



What does the saying "Don't Look a Gift Horse in the Mouth" mean?

Paddy O'Paws Benefit Brunch and Auction

Paddy O'Paws Benefit Brunch and Auction to benefit shelter animals at the Red Jacket Resort Sunday, March 18

March is the month to paint Valley green and attending the Paddy O'Paws Benefit Brunch and Auction is a great way to celebrate St. Paddy's Day and help the animals in the care of the Animal Rescue League of NH-North at the same time. The fun gets underway at 11 am with the Red Jacket's amazing brunch buffet and a silent auction. Fun and games follow with prizes that include round trip tickets on Southwest Airlines and gift certificates to the Valley Originals.

Come bid on hundreds of incredible items in the silent auction including gift certificates for concerts, services, restaurants, lodging, recreation, museums and more. There will be artwork, jewelry, books, puzzles, gift items, crafts and unusual and bizarre items as well. There is something here for everyone and in every price range!

Live auction action follows with auctioneer Steve Schofield. The live auction will offer a Disney family trip to a VIP Winter 2013 winter trip for 2 to the Mt. Washington Observatory, an African Photo Safari, the ever-popular carved bear from the North Country Whittler, two tennis camp opportunities with New England Tennis Holidays at your choice of four locations, a trip to Hawaii and so much more!

Tickets are \$35 per person. Please call (603) 447-5605 or go online www.conwayshelter.org and click on the Paddy O'Paws logo to purchase your tickets online.

All proceeds will benefit the animals in the care of the Conway shelter.



Paddy O'Paws party goes at the 2011 event.

Gazette Lenten Recipes

With Lent approaching, Gazette Cooking Corner will be presenting a series of delicious recipes to serve as a main course for your table or as a compliment to any meal. Our first offering is:

BAKED HARICOT (BUTTER) BEANS

1 lb of large dried haricot (butter) beans	3/4 cup of olive oil (Greek preferred)
1 medium sized onion	3 cloves of garlic, chopped
3 ripe (or canned) tomatoes	parsley, finely chopped
salt & pepper	

Having soaked the beans overnight, change the water and boil beans until soft. Then drain and allow to dry for a while. Put the oil into a frying pan with chopped onion and garlic. If using fresh tomatoes, cut as fine as possible; add these to the pan along with the parsley. Bring the ingredients to a boil.

Put the beans into an oven dish, pour over them the boiled sauce and bake in oven at 325 degrees for three quarters of an hour, or until cooked.

VARIATION:

If you wish, you can put all the ingredients into a roasting pan without having cooked them in the above manner, however, it takes longer this way.

Cooking time: 45 minutes/Makes 6 portions/1 portion is 410 calories

Lenten Coffee Flavored Cake

This is one of my favorite desserts for the Lenten season but it can also please any vegetarian guests at any time of the year.

1 cup brewed coffee	3/4 cup granulated sugar
1/2 cup Sun Maid raisins or any other brand	
1/4 cup Sun Maid chopped dates	1/3 cup vegetable oil
1/4 tsp salt	1/2 tsp ground cinnamon
1/2 tsp ground allspice (optional)	1 tsp baking soda
2 cups all-purpose flour	

Icing:

1/2 cup of confectioners' sugar (sifted)	1/4 tsp vanilla extract
1-2 tablespoons cold coffee or water	

Combine the first 3 ingredients in a saucepan and simmer until the sugar is melted. Transfer the mixture to a bowl and set aside to cool. When cooled stir in the vegetable oil. Add the remaining cake ingredients and mix until well blended.

Coat a 9 inch square pan with no stick cooking spray or a little of the vegetable oil and then lightly flour pan. Pour batter into prepared pan and bake in a pre-heated 350 degree oven for about 25 to 30 minutes. Test by inserting a toothpick in the center. It is ready when the tooth pick comes out clean. Cool the cake.

For the Icing: Sift the confectioners sugar into a small bowl. Add the coffee or water (whatever is your preference) 1 teaspoon at a time. The icing will spread smoothly. Stir in the vanilla extract. Spread the icing or drizzle over the cooled cake. Serves 8 to 10

Submitted by Anastasia E. Weaver

MEDITERRANEAN "COMFORT FOOD" SEAFOOD STEW

Whenever I want to provide a healthy heart warming stew, I go for this seafood creation, which seems to delight spouse and guests! Serve with a warm crusty Vienna or Greek Bread or if you wish a home made bread, and enjoy! A nice Greek salad on the side is also a nice accompaniment! Kali Orexi (Bon Appetit) In the Greek Orthodox Faith this stew would only be served if fish was permitted. Otherwise, I would normally substitute other seafood e.g., scallops for the fish on a strict fast day.

3-4 fillets of Wild Caught Cod Fish or Alaskan Halibut fresh, or frozen (thawed) and cut into 3 inch pieces.	
1/2 lb medium uncooked frozen (thawed) shrimp	
6- 7 Tbsp. Olive Oil	1 large onion chopped
3-4 large garlic cloves, chopped	1/2 cup pitted Kalamata olives, sliced
1 large can (28 oz) peeled, diced No Salt added tomatoes	
1 Tbsp No Salt added tomato paste	1 can (8 oz) clam juice
1/4 cup of fresh lemon juice	1 tsp Greek Oregano
1 tsp Thyme	Dash of salt
Freshly ground pepper to taste	

In a large pot over medium-heat, heat the olive oil. Add the chopped onion and garlic and saute about 4-5 minutes until onion/garlic are soft. Add the olives and stir 2 minutes. Add the diced tomatoes, tomato paste and continue to cook for about 2-3 minutes. Add the clam juice. Lower the heat and simmer covered for about 15 minutes. Add the fish fillets and the shrimp and simmer until seafood is cooked about 6-8 minutes (do not overcook). Stir in the lemon juice, stir and simmer another 4 minutes. Season with salt and pepper. Ladle into soup bowls and serve hot with crusty Vienna or Greek Bread, or if available home made bread.

Submitted by Anastasia E. Weaver

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