Coos budget OK’d in ‘unusual meeting’

BY BARBARA TETREAULT
THE BERLIN SUN
LANCASTER — “Welcome to this most unusual county budget meeting,” said Coos County Administrator Jennifer Fuh, as she began her overview of the 2020 county budget for the delegation Friday morning. Fish did her presentation by video hook-up from the administrative office in West Stewartstown.

Volunteers sew cotton face masks

RANDOLPH — Two volunteers — Katie Kelley and Angela Brown who both live in this small town’s Midlands section — have been sewing 100 percent cotton protective masks that can be used, as needed, by the Androscoggin Valley Hospital in Berlin.

Kelley, an independent consultant who works from her home office, started the effort after learning of the need from AVH’s physical therapy manager Clare Fox who is planning for AVH’s needed supplies.

“I cut out 100 masks from quilt scraps I brought home from the Midwest after my mother — an avid quilter — died a year ago on March 25,” Kelley explained. “Angela took about 40 squares and made them up. I gave AVH the 60 I sewed, all of which I made on my mother’s sewing machine. It was a wonderful way to honor her this week. There’s still a need, so I may cut up more.”

“The materials I used came from Katie; it was a cooperative effort between neighbors to create these masks for AVH,” explained Brown, whose husband is a physician there. An at-large member of the Gorham-Randolph-Shelburne Cooperative School Board, Brown is a therapeutic musician who serves as one of 15 councilors on the N. H. State Council on the Arts.

“Sources for face mask patterns abound on Facebook and hospital websites, including AVH’s own Facebook page,” she pointed out. “An easy-to-follow video is available...
As virus’ impact expands, D.C. mulls more emergency measures

NEW YORK (NY Times) — As the toll of the coronavirus continued to mount — overwhelming hospitals and sickening health care workers, spreading through jails, playing havoc with the economy and making deadly inroads in more cities — federal lawmakers and Trump administration officials turned their attention Monday to new measures to try to contain the fallout.

In a sign of how fast the virus is upending life in the United States, officials in Washington were already beginning to chart the next phase of the government’s response on Monday — just days after enacting a $2 trillion stabilization plan, the largest economic stimulus package in modern American history.

“We have to have more resources for state and local government,” Speaker Nancy Pelosi, Democrat of California said in an interview on Monday in which she outlined a rapidly growing list of priorities that would need to be met in a future bill.

Pelosi said it was only a matter of time before Congress would act on a fourth relief measure. “So this isn’t about how fast we can do it, it’s how fast we must do it,” she said.

President Donald Trump retreated Sunday from his earlier hope to get the country back to normal by Easter and extended federal guidelines urging social distancing through April 30, citing figures from his advisers that showed that as many as 200,000 people could die from the virus even if the country took aggressive action to slow its spread.

On Monday morning Trump said that he and his advisers expected the number of people who test positive to peak around Easter, though he cited no data to back up his claim.

“That’s going to be the highest point, we think, and then it’s going to start coming down from there,” Trump said during an interview on Fox & Friends. “That will be a day of celebration, and we just want to do it right so we picked the end of April.”
State: Third COVID-19 death in N.H.

BY NANCY WEST

CONCORD — The state announced a third death due to COVID-19 on Sunday at 6:24 p.m. noting 44 new cases overnight bringing the total to 258.

“The deceased was a female resident of Rockingham County who was over 60 years old with underlying health issues,” said a Department of Health and Human Services news release.

“We offer our sympathies to the family and friends of the deceased,” the release said.

The previous COVID-19 deaths were both men from Hillsborough County, who were also over age 60 with underlying health conditions.

Rockingham County now has the most with 100 cases. Coos County continues to have none.

The release said the new cases include 25 women and 19 men who live in the following counties: Rockingham (14), Strafford (5), Merrimack (4), Carroll (2), Grafton (2), Hillsborough other than Manchester and Nashua (1), Cheshire (1), and Sullivan (1) counties, and the cities of Nashua (7) and Manchester (7).

Twenty-one of the new cases have no identified risk factors. Community-based transmission continues to increase in the state and has been identified in all of counties with cases.

Most of the remaining cases have either had travel to domestic or international locations or have had close contact with a person with a confirmed COVID-19 diagnosis.

Five of the new cases were hospitalized for their illness; thus far, 39 patients of the 258 positive cases (15 percent) have been hospitalized.

City boards conditionally approve new cell tower

BERLIN — A proposal to construct a 180-foot cell tower on Cates Hill has received a special use permit and conditional site plan approval from the planning board. It has also received a required special exception and variance from the zoning board.

The application is by New Cingular Wireless, the domestic arm of AT&T, whose officials said the new tower would also expand coverage for FirstNet, the domestic arm of AT&T, whose officials said the new tower would also expand coverage for FirstNet.

Representing AT&T before the planning board, Attorney Elizabeth Kohler told the zoning board there is no room on the existing towers for additional equipment. Instead, they were proposing to co-locate on an existing tower site, allowing them to use the existing 12-foot wide access road, which they would extend 200 feet. AT&T would bury the utility lines extending from the existing tower to the proposed new tower.

AT&T proposes to build an eight-foot chain link fence around the tower compound, requiring a special exception from the city’s maximum 6-foot high restriction. Kohler explained that the added height was sought to deter anyone from climbing over the fence to get access to the cell tower. The zoning board granted the variance, ruling the added height would not have negative impacts.

The property owner, Dan Cotnoir, spoke in favor of the proposal creating a new cell tower on the site. Instead, they requested a 200-foot setback. Theodore Bosen, who lives on Cates Hill, questioned why the city does not request the service providers co-locate on a single tower. He expressed concern that additional towers in the future will affect the scenic view from his property.

The property owner, Dan Cotnoir, spoke in favor of the variance to continue with the construction of the tower. He expressed concern that additional towers in the future will affect the scenic view from his property.

AT&T also sought a variance from the requirement that the tower be 1,500 feet from the existing tower on the site. Instead, they requested a 200-foot setback. Theodore Bosen, who lives on Cates Hill, questioned why the city does not request the service providers co-locate on a single tower. He expressed concern that additional towers in the future will affect the scenic view from his property.

The board ruled granting the variance would not diminish surrounding property values and would cause the property owner to lose rental income.

Representing AT&T before the planning board, see CELL TOWER page 12
We must close our doors at Assemble

To the editor:
It has been an interesting couple of weeks, for sure. We are confident you are all focused on staying healthy and helping to keep others healthy also, in light of the recent events surrounding COVID-19.

Although art is, of course, essential to all of our well-being, for now, we must close our doors in the interest of public safety.

All of our classes and programming have been suspended until further notice. If you have registered for a class, we will reschedule it with you during a time that will work for you in the future.

We will also be closed at this time to our monthly maker members.

We will reevaluate plans as the medical and social climates change.

You are so important to Assemble. Your passion and the community we share is priceless.

We certainly are hoping that things will return to “normal” very soon. We miss all of you.

In the meantime, please share the projects you are working on from home. We would love to see them, use the #assemblemakers, or check-in to Assemble so we can see and support you from the appropriate physical distance.

Challenging circumstances like this virus outbreak can put a huge strain on small arts organizations, such as Assemble.

If you are able to support our small creative community, please consider donating monthly $60 as a patron.

To our maker members, our monthly fee will automatically be sent out at the beginning of next month as usual. Please consider continuing your membership as you normally would.

This is a challenging time, and your ongoing support allows us to be here for you when this crisis passes. We are just as nervous as you are, and will do our best to return to “normal” when things settle down.

Last but not least, we want to serve our community better. We thank you for your help.

If you find any of these items and are willing to donate them to us, please call Devon York, fire and code clerk, at (603) 752-1630 and let her know what and how much you have of each.

We appreciate your help and support of our local emergency officials.

Pamela E Laflamme
Community Development Director
City of Berlin

Gov. Chris Sununu
My decisions regarding the COVID 19 crisis

Over the last few weeks, the state has taken unprecedented action in responding to the COVID-19 outbreak.

The decisions we have made are tough — but they are consistently moving in step with the escalating COVID-19 crisis here in New Hampshire.

I want to first thank the citizens of New Hampshire for adapting to remote learning, limiting large gatherings and using social distancing to help prevent the spread of COVID19.

These are tremendous social changes that our citizens have taken up in just the past few weeks.

This week, I issued a stay-at-home order, which elevates the message that people are safer and healthier at home.

In declaring a stay-at-home order, New Hampshire aligns with our regional partners who have issued similar directives.

To be clear, though, we are not shutting down our state, sheltering in place, or closing our borders. No state has taken such actions nor does any governor have the authority to do so.

The emergency order I issued instructs Granite Staters to stay at home unless absolutely necessary. Of course, you will not be prevented from leaving your home to go on a walk or to exercise, when heading to the store to get groceries, or when going into an essential job.

As you go about these necessary activities, there is no need to worry about being stopped by the police or anything of the sort. That is not the purpose of this action.

This order is about asking Granite Staters to take serious steps that keep them and their neighbors safe.

Under the stay-at-home order, grocery and convenience stores, pharmacies, doctor’s offices and hospitals, gas stations, bars, and liquor stores — just to name a few — will remain open.

Even when leaving for these essential tasks and services, remember to practice safe social distancing.

To see if your business or job falls under the list of industries and services that will continue to function for the benefit of public health and safety, visit nheconomy.com.

This is not a step we take lightly. Disrupting daily life in New Hampshire should be something that is only done in the greatest of emergencies — but this is a step we must take to help suppress the viral spread and ensure the safety of our families, our friends, our neighbors and our community.

Over the next few weeks, each of us will be asked to make sacrifices. It will not be easy. But during these unprecedented times, if there is one thing that I know remains true, it is that Granite Staters are resilient.

We believe strongly in the power of community.

And it is in that spirit of New Hampshire that I know we will get through this together.

Chris Sununu is the governor of New Hampshire.

Social and political turmoil of today prompts many questions

To the editor:
With all the political and social turmoil going on today, sometimes, when I’m thinking about “the situation,” trying to figure it all out, things just pop into my mind. For instance:

If socialism is so great, why aren’t there caravans of American socialists fleeing south, or to any other socialist or communist country?

There are people out there who think health care and college should be free. But “free” to them doesn’t really mean “free.” To them, free means other than them are going to have to pay for it.

When my immigrant ancestors came to this country, they didn’t come here for free health care or free college or free anything. They came here for the opportunity to make better lives for themselves, and they were willing to work for it.

That opportunity still exists today.

I think rich people are responsible for hiring more people than poor people do. So, if we tax the rich people out of existence, who is going to hire the poor?

Do American companies send jobs overseas to boost profits, or do they do it to stay in business because American consumers are unwilling to pay the price for American products? Maybe it is American consumers who are sending jobs overseas.

Why aren’t there “Made in America” sections in all the major stores so that people can see what American products are available? I would bet that a lot of Americans would buy American products, if they could find them.

Is the present day global warming “crisis” any different than the 1970s imminent ice age “crisis?”

Why did Barak Obama, who warned us of the imminent threat of the polar ice caps melting, or rising sea levels, and other evils of climate change, spend 15 million dollars to buy an oceanfront property on Martha’s Vineyard? I
Columbia man is injured by accidental gun discharge

COLUMBIA — A 25-year-old man was seriously injured early Sunday morning when a gun in the rear waistband of his pants accidentally discharged.

State police said Tyler Rancloes was at a small gathering in Columbia, where he lives, when the incident occurred. Police were notified when Rancloes was brought to the emergency department in Upper Connecticut Valley Hospital in Colebrook shortly after midnight for a gunshot wound.

"It is believed that the injuries to Mr. Rancloes are the direct result of an unintentional discharge of an unholstered firearm that had been located in the rear waistband of Mr. Rancloes’ pants," the release stated.

Rancloes was transported to Dartmouth Hitchcock Medical Center in Lebanon by the 45th Parallel EMS for treatment of his injuries.

The release said the injuries were not considered life-threatening.

In a posting on the Berlin Sun Facebook page, Rancloes’ sister said the shot injured her brother’s leg.

The incident is under police investigation to determine if criminal charges are warranted.

Anyone with any information about the accident is encouraged to contact Trooper Tyler Brennan NH State Police Troop F at (603) 846-3333 or tyler.brennan@dos.nh.gov.

Salvation Army open by appointment

PORTLAND — All Salvation Army offices throughout New Hampshire will remain open for emergency services by appointment as to ensure safety and social distancing as per the CDC and local officials. Please contact your local Salvation Army office or call Divisional Headquarters in Portland (207) 774-6304.

The organization has seen a significant increase in emergency assistance for low-wage employees who may be temporarily laid off due to the coronavirus. The Berlin Salvation Army, 15 Cole Street is providing pick up meals on Mondays. Also, their Food Pantry is open Tuesday and Thursday from 9 a.m. to 12 p.m.

The Salvation Army annually helps nearly 23 million Americans overcome poverty, addiction and economic hardships by providing food for the hungry, emergency relief for disaster survivors, rehabilitation for those suffering from drug and alcohol abuse, and clothing and shelter for people in need. For more information, visit SalvationArmyUSA.org.

ASSEMBLE from page 4

to expand our gratitude to all those working on the front lines, caretaking family, and people who have shared their art with us to make our time more enjoyable.

JUMP from page 4

guess even he doesn’t believe his own climate change crisis rhetoric! I wonder if supporters of open border/illegal immigration lock their homes and vehicles when they leave to protect their own personal “borders.” Why is it acceptable to execute (abort) innocent unborn human beings who haven’t been given the chance to prove their worth to society; yet unacceptable to execute those criminals who have proven to be unworthy?

If AOC was right, and immigrant detainees didn’t have running water so they had to drink from toilets, where did they get the running water to fill the toilets?

Why did contributions to the Clinton Foundation plummet once Bill and Hillary were no longer prominent in American politics? Quid pro quo?

If guns kill roughly 50,000 people a year, and vehicles do the same, will leftists want to restrict vehicle ownership as well as guns? Or will they just want to restrict top speed to 25 miles per hour?

Why did Nike cave in to Colin Kaepernick over the Betsy Ross flag thing? Betsy Ross was a Quaker, and Quakers, including Betsy Ross, were staunchly opposed to slavery!

Some people want to restrict the constitutional right of millions of law abiding American citizens to own guns because of a few sick people who abuse them. The problem isn’t gun ownership, it’s sick people!

If you are a person who thinks that “the government” owes you something, what you are really saying is that, I, and other taxpayers, owe you something, even if we disagree. The government is “we the people.” So, in return, would you owe us something that we might want, even if you disagree?

Vaughn Roy
Berlin

Deer CCFHS Patient: Many of you have trusted us to care for you and your loved ones for years, even for generations. We are asking for your patience and understanding as we make our way through this serious public health crisis.

We’ll be here for you throughout this event, but need to change the way we work together in order to reduce the spread of the Coronavirus. All of these actions are necessary to protect yourself, your family and our dedicated teams of providers and support staff.

This week we have made several changes to our normal office procedures to protect the health and safety of our patients and staff. Those changes are outlined below:

• Call Ahead: Please phone us before coming to any of our offices. We’re trying to reduce the spread of the Coronavirus by minimizing unnecessary visits to our office.

• Primary Care: Most appointments with our medical and behavioral health staff are now being conducted by phone or on the web, rather than in person. Your provider or their nurse will be in touch to verify any changes.

• Pediatrics: Our pediatrics team will review each child’s circumstances to determine whether an office visit should occur in person or can be conducted by phone.

• Weekend Clinics: Our weekend clinic will remain open, but, as above, please call us from your car or home before entering the hospital (752-2900).

• Behavioral Health: Most appointments with our behavioral health staff are being conducted by phone, rather than in person. Your provider or their nurse will be in touch to verify any changes.

• Dental: Our dental clinic is open for emergencies only on Monday & Tuesday of each week. If you need our help, please leave us a message, and we’ll get back to you as soon possible.

• Podiatry: Most non-essential care is being deferred. Please feel free to reach out to Dr. Rashid or his nurse, Wendy Beals, R.N., to discuss your concerns (466-2741).

• Domestic Violence/Sexual Assault: Our Response program staff continue to provide services on a 24/7 basis by phone. Please call us at 752-5679 or 1-866-662-4220 after 4:30 pm.

• WIC: WIC services will not be provided on site for at least the next two weeks. Staff will continue to provide services to families by telephone. Please call them at 1-800-578-2050 for assistance.

COVID-19 TESTING

At present, we are unable to offer COVID-19 testing due to a shortage of testing materials. Testing will likely become more available with time. We understand the concerns that many patients have who wish to be tested, and are available by phone to discuss further.

FOR THOSE OF YOU NOT FEELING WELL WITH SYMPTOMS OF A COLD

Since testing is not widely available, we’re asking that you:
• Isolate yourself from others
• Treat with over-the-counter medicines
• Drink plenty of fluids
• Continue with this regimen until you feel healthy

If your symptoms worsen to include fever and/or body ache for more than three days or shortness of breath or difficulty with breathing, please call us or 911. This is difficult but medically mandatory guidance.

We must protect our ability to care for the sickest patients.

Most patients, if infected with the coronavirus, will experience mild to moderate cold or flu-like symptoms and will recover fully.

We’ll be with you and your family throughout the course of this event, and are available by phone for assistance. Be strong, have faith, and know that by working together we will keep ourselves, our friends and our families safe.

Sincerely,
Ken Gordon
Chief Executive Officer, Coos County Family Health Services
www.coosfamilyhealth.org • 603-752-3669 x4018

THE BERLIN SUN, Tuesday, March 31, 2020— Page 5
Seasonal Affective Disorder more than just ‘winter blues’

BY MATT KING
SPECIAL TO THE BERLIN SUN

ANDROSCOGGIN VALLEY — In an area like Coos County, it’s commonplace for people to feel down thanks to the long winters. Sometimes, though, it’s much more than a classic case of the winter blues. The cause may be Seasonal Affective Disorder — a mental disorder that can have a number of effects on one’s psyche due to a lack of sunlight. SAD is thought to be more prevalent in adults than in children, although it can occur in all age groups.

Every human brain has a pineal gland, which releases the hormone known as melatonin. This is a derivative of the brain chemical serotonin — a neurochemical that, when lacking, links back to depression. Melatonin is also known to regulate circadian rhythm which is involved with the sleep-wake cycle. Because of these factors, seasonal affective disorder is thought to be related to a change in our circadian rhythm or a possible decrease in the amount of serotonin levels.

Dr. James Sweeney, PhD, a licensed clinical mental health counselor in Berlin, spoke recently about the disorder.

“Seasonal Affective Disorder is more common than people think, since it doesn’t always lead to depression,” he said.

Sweeney explained that the symptoms can range from an increase in irritability and decreased energy levels to changes in appetite. Similar to other mental illnesses, symptoms can vary in severity.

“There’s a difference between feeling a little blue, and not being able to get out of bed for fear of the world crashing in around you,” said Sweeney.

If left untreated, SAD can create problems such as social withdrawal or substance abuse. “Often times, it’s diagnosed by a primary care doctor or a therapist,” said Sweeney.

Sweeney has been in the mental health field for 21 years. He said that he typically looks for whether or not it’s a recurrent pattern (at least two years), and that it’s accounted for by factors.

People who believe they may have Seasonal Affective Disorder may not necessarily seek help, particularly if it’s mild, making it important for health-care professionals to sometimes ask pointed questions to their patients. Additionally, people who may feel a little blue due to the weather can try a few strategies, he pointed out.

Sweeney said the best thing you can do is get

COVID-19 crisis sparks creative thinking at North Conway hospital

BY TERRY LEAVITT
THE CONWAY DAILY SUN

CONWAY — In the midst of the COVID-19 crisis, necessity is driving innovation at Memorial Hospital.

Among the efforts at the hospital to prepare for a surge in COVID-19 patients, the staff has been assessing its stock of personal protective equipment and trying to find ways to increase it.

When a doctor, nurse or EMT interacts with a person who has a dangerous infectious disease like COVID-19, they wear gowns, gloves, face masks and other equipment to keep themselves safe.

Some of that personal protective equipment — or PPE as medical professionals call it — can be cleaned and reused. Other pieces were designed to be used once and thrown away.

While Memorial Hospital officials said last week the hospital currently has enough equipment for the patients being seen, personal protective equipment, like patient beds and negative pressure rooms, is on the list of things the hospital wants to increase.

Art Mathisen, president of the hospital said: “We’re learning lessons from other areas of the country as their patient surges happen and the effect it has on their supplies.”

Unfortunately, right now, that equipment can be both expensive and very hard to get.

Last week, Ethan Lemieux, a nurse in the emergency department at Memorial, came up with a simple solution to one of the those problems, creating gowns out of only Tyvek house wrap and duct tape.

“That’s all it is,” Lemieux said of the design he came up with to replace used stock of gowns that can only be worn once.

Lemieux said the idea popped into his head last Monday, and he discussed it with Matt Dunn, chief medical officer at the hospital and a member “Code White” team set up to respond to the COVID-19 emergency.

Dunn told Lemieux to come up with a plan. Lemieux said he knocked out the prototype in about 20 minutes, and they presented it to the “Code White” Team last Tuesday morning.

The design matches the standard gowns currently in use; it’s really only the materials that are different, he said.

see GOWNS page 7

U.S. Attorney announces more than $163 million available to fight addiction crisis

CONCORD — U.S. Attorney Scott W. Murray of New Hampshire announced that more than $163 million in Department of Justice grants is available to help communities address America’s addiction crisis.

“New Hampshire has been hit hard by the opioid crisis and faces additional addiction-related threats, including a growing methamphetamine problem,” said Murray. “While the law enforcement community will continue to focus on targeting the drug traffickers who seek to profit from those who suffer from addiction, these grants can provide valuable resources to help our communities fight addiction and curtail the demand for these dangerous substances.”

“Our nation is facing the difficult challenge of curbing substance addiction, which threatens public safety and is among the Administration’s top domestic priorities,” said Katharine T. Sullivan, Principal Deputy Assistant Attorney General for the Office of Justice Programs. “The Department of Justice is front and center in the fight to meet this challenge. OJP is making historic amounts of grant funding available to ensure that our communities have access to innovative and diverse solutions.”

The funding is available through OJP, the federal government’s leading source of public safety funding and crime victim assistance in state, local and tribal jurisdictions. OJP’s programs support a wide array of activities and services, including programs designed to prevent overdose deaths and break the cycle of addiction and crime.

A number of funding opportunities that address the addiction crisis are currently open. For more information regarding all OJP funding opportunities, visit ojp.gov/funding/explore/current-funding-opportunities.
outside in the sun daily for at least 30 minutes, but that can be challenging for some.

“If you think about the hours that people work, they aren’t able to get outside for that sunlight,” he noted. As a result, some people would benefit from sitting under full spectrum lights, which mimics the sun’s effect. Sweeney said that the research suggest that the light needs to be a certain color, but that seems to be a misconception according to Sweeney.

“Although spending time outside during the day or use of a full spectrum light may help, people should speak to their primary care doctor about their depressed mood,” he advised.

In some instances, Sweeney said the most appropriate course of action may include a discussion with your primary care doctor about medication, or a referral to a therapist to help manage depressive symptoms.

Mathisen said Lemieux’s design “fits well, and the material is appropriate since liquids fall right off. These gowns will certainly help us prepare for the patient surge we believe is coming.

“Ethan’s creativity is indicative of the creativity we have had from many team members during this situation.”

Mathisen noted that the gowns will be held in readiness and used if standard PPE is not available.

The group gave Lemieux a green light to creating a template, which he did, “missing my wife’s birthday to do this,” he said, and get to work on production.

On Wednesday, Lemieux got together a group of medical/surgical department staffers, who are less busy now that all non-essential surgeries have been postponed, to start making the gowns.

They worked in two groups of two “building” the gowns, with one additional person preparing the materials. By Thursday afternoon, they had 28.

“We’ve been building all week,” Lemieux said on Friday “Right now we’re in full production,” with staff and volunteers preparing to make enough gowns to meet the needs of Memorial Hospital.

As of Monday, the work was handed off to a group of volunteers working at the Adult Day Center, which has been shut down for the emergency.

Lowe’s and Home Depot quickly got on board, donating supplies, and Lemieux got an engineer at HEB Engineering to create a CAD drawing of the template, which he said anybody who has a printer big enough for blueprints can print off and use as a pattern.

The gowns are cheap and easy to make and use. More durable than the standard disposable gown, they are also easy to clean and reuse.

“If they get ripped, you just take a piece of duct tape and duct tape over it,” Lemieux said.

He said the gowns are tougher and work as well or better than the standard gown, which is relatively fragile — leaning against a wet car can destroy its ability to keep out pathogens.

They are also louder than standard gowns.

“It’s basically wearing a tarp,” he said.

Lemieux has also published on Facebook, a simple way to make a reusable powered, air-purifying respirator or PAPR out of oxygen equipment hall hospitals have.

“It’s repurposing some already standard hospital equipment used to oxygenate a patient. We’re using it to protect us.” He said there isn’t really any modification other than tape.

Lemieux has videotaped instructions for making the gowns and posted them along with photos on his Facebook page (tinyurl.com/yyxwnh5) so that anyone can follow them. He said people can contact him for a pdf of the template.

Lemieux has shared the templates with other hospitals within and outside the MaineHealth system. He has already sent the template to Huggins Hospital in Wolfeboro, where they are also making the gowns.

“It’s good for us, but it’s good for everybody else out there, too,” Lemieux said.
On behalf of the AVH Board of Directors, providers, nurses, and staff, I would like to extend our sincerest appreciation for the remarkable and generous outpouring of support for your local hospital during this time of extreme need.

Ever since I arrived in the North Country several years ago, it has never ceased to amaze me how supportive this community is of our healthcare organizations and our care providers. Over the past single week my appreciation for that support has been magnified exponentially.

Mere days ago, AVH put out a call for help; a call to action to obtain and create necessary supplies needed for patient care, during a time of nationwide shortage. Your response to that call was immediate and continues to this day. Your actions now are allowing all healthcare institutions in our community to fight through the current shortages. I will be forever moved by your response to that call.

The list of service organizations, local and regional businesses, and even individuals who have donated time, supplies, materials and ingenuity is a long list indeed. The sheer number of names gives me great hope looking forward. There will come a day soon when we will be in better position to formally recognize all who helped in this great time of need. However, today, we offer recognition and heartfelt gratitude to our entire community.

There are incredibly challenging times ahead; times that will require strength, perseverance and the spirit of collaboration that has been demonstrated here.
The COVID-19 Incident Command team at AVH has been working seven days a week for nearly a month to prepare to care for our most vulnerable family, friends and neighbors over the coming days to the very best of our ability. Your generous support will significantly help us as we face and battle the biggest health challenge that our nation may likely ever see.

Be well and take care of each other through these times! Continue to help us by following the CDC good hand hygiene guidelines. Know that we will combat this enemy together, as you have already taken the first steps.

Sincerely,

Michael D. Peterson, FACHE
President & CEO
Androscoggin Valley Hospital
Berlin, NH
AN OPEN LETTER TO NORTH COUNTRY HEALTHCARE PROVIDERS

The work of our doctors does not go unnoticed; nor does it go unappreciated. However, as National Doctors’ Day is celebrated on March 30, it is important to recognize the impact that our providers have on the health and well-being of the residents of and visitors to the North Country. Every year, our healthcare providers answer the call and offer high-quality service and care to those in times of need. This past year is no different.

North Country Healthcare providers see thousands of patients every year. These patients are our family members, friends, neighbors, and often ourselves. As such, the trust that we place in them and that associated responsibility are noteworthy.

As the leading providers of healthcare services in the North Country, you provide us direction, guidance, clinical expertise, and many times, hope when we need it most. Whether serving our community members in a preventive, acute or chronic capacity, you provide exemplary care and service.

We recognize that healthcare is not always an easy industry. Being a healthcare provider is a calling. We are grateful that you have chosen to practice in the North Country and are members of the North Country Healthcare family.

On behalf of the leadership and Board of Directors of North Country Healthcare as well as our proud partner hospitals and Home Health and Hospice agency, thank you for your care, dedication and ongoing focus on the needs of our community. Happy Doctors’ Day!

Tom Mee, RN, BSN, MBA
Chief Executive Officer
North Country Healthcare

Jim Hamblin
Board Chair
North Country Healthcare
Berlin asked if the staff could work in the house temporarily without renovations and how quickly the county could get administrative staff set up in the house. Fish said it would require some IT work to get the computer system set up and the building does not meet handicap access requirements.

Commissioner Tom Brady said he has similar thoughts. “I’m really concerned about them being in a nursing home,” he said.

Rep. Bill Hatch of Gorham asked where the $211,800 figure had come from and Fish said the country had a local contractor provide an estimate. If the county decides to retrofit the house, she said it would have to go out for bids.

Rep. Edith Tucker of Randolph asked why the administrative staff was not working from home as many are these days. Fish said they can’t access their email and files remotely. She noted the county has a $370,000 appropriation for a countywide information technology equipment and software upgrade that will be financed over five years.

The delegation voted 6-2 to restore the appropriation.

The delegation also approved adding $25,000 to the Berlin nursing home capital budget to replace a steamer in the kitchen.

The largest item in the county budget are the two nursing homes. The budget for the West Stewartstown home and specials is $12,769,620 million with $89,900 in special items. The budget for the Berlin nursing home and specials is $14,487,358. The two nursing homes are expected to generate $19,544,930 in revenue.

The county attorney line item went from $408,960 in 2019 to $447,610 in 2020; register of deeds went from $356,440 in 2019 to $374,730 in 2020; sheriff’s department went from $1,104,561 to $1,089,390; state assistance programs went from $6,710,000 to $7,499,494, corrections went from 2,629,515 to $2,606,870, and outside agencies went from $158,500 to $163,300.

Katie Kelley of Randolph sewed approximately 60 100 percent cotton face masks for AVH from colorful quilting fabric that her mother had bought before she died a year ago. (COURTESY PHOTO)
To Our Valued Customers,

Due to the COVID-19 Pandemic, the Top Furniture Management Team would like to let our valuable customers and friends know we are in business and we want to be here for you.

Thankfully, we are able to continue servicing our customers under New Hampshire Governor Sununu’s EXHIBIT-A to Emergency Order #17 as a Home Appliance Retailer, adhering to the Centers for Disease Control and Prevention (CDC) safety protocols. We are going above and beyond to keep our facilities clean and sanitized for the protection of our employees, customers, and visitors. For everyone’s protection we have put “In-store UHJXODWLRQVµIRUVRFLDOGLVWDQFLQJIURPVWDͿDVZHOODVFXVWHUHVPOOHJHVWDW

• Monday through Saturday: 10:00am to 5:00pm
• Sunday will be closed

Temporary. We would like to take this opportunity to thank our loyal customers for their EXVLQHVVDQGZHOFRPHRXUQHZFRPHUV)HHOIUHHWRFRQWDFWXVE

Take $10 off per gallon of our best Valspar Paint

While quantities last

Use this down time to give your home interior a fresh new look!

Telephone: 603-752-5212
Furniture, Appliance or general email: general@top-furniture.com
Parts and Service email: service@top-furniture.com

THANK YOU – WE APPRECIATE YOUR BUSINESS
TAKE CARE - BE SAFE - THIS WILL MAKE US STRONGER AS A COMMUNITY

Always Essential, Forever Helpful
7am-5pm Monday-Friday; 7am-12pm Saturday
603-752-1000

30 East Milan Road, Berlin, NH 03570 • 603-752-1000

Repairs begin at Groveton Covered Bridge

BY EDITH TUCKER
THE BERLIN SUN

NORTHUMBERLAND — Repairs are underway at the historic Groveton Covered Bridge, thanks to a $10,000 Moose Plate grant approved on Dec. 18, 2019, by Governor and Council.

The grant — officially known as the Conservation Number Plate Fund — is designed to promote the use and conservation of Granite State cultural resources and by preserving the cultural heritage that belongs all its citizens by providing funds to preserve publicly owned historic properties.

Built in 1852, the iconic white-painted covered bridge that spans the Upper Ammonoosuc River east of Route 3 is the oldest of the eight covered bridges that still remain in Coos County, pointed out Commissioner Sarah Stewart of the Natural and Cultural Resources in her letter of request. It is one of 10 Paddleford truss bridges that remain in the U.S., out of a total of 880 such bridges, and it is a contributing feature in the National Register of Historic Places-eligible Groveton Historic District.

Northumberland’s special projects administrator/grants manager Robin Irving began working on the grant request in May.

After scoping out the project, Dana Southworth, an owner of Garland Mill Timberframes in Lancaster, recommended that repairs should include: removing and replacing all the clapboards on the north end of the bridge, facing town, some of which were vandalized and all of which have been compromised; removing and replacing at least one strut on the bridge’s downstream side; and removing and replacing at least half of the boards on south-end gable. Painting will include a prime and two coats of matching white paint, plus pressure washing and painting the complex structures interior, except for decking.

Captain Charles Richardson and his son built the bridge. When Route 3 was reconstructed in 1939, the covered bridge was bypassed.

It was repaired by Milton Gratton and his son Arnold in 1964-1965. A water supply pipeline is suspended below the bridge. It is 126 feet long with a clear span of 108 feet, 3 inches, and overall is 21 feet wide. Its roadway is 15 feet wide with a maximum 13-foot vertical clearance.
U.S. Forest Service closes parts of Tuckerman Ravine due to concerns over social distancing

To address crowding, key sections of Tuckerman Ravine are closed for season

By Marti Mayne
MWV Chamber of Commerce

PINKHAM NOTCH — In any other year, overflowing parking lots in Pinkham Notch, would have been the norm in early spring. After all, when the lifts close, skiers and riders flock to Tuckerman Ravine, one of the most popular backcountry ski destinations in the East. However, this is not a typical year.

Ski areas throughout the country are closed, and skiers and riders are flocking earlier and in greater numbers to the well-loved backcountry terrain in Tuckerman Ravine. With stay-at-home orders from New Hampshire Governor Sununu in response to the coronavirus pandemic, members of the U.S. Forest Service’s Mt Washington Avalanche Center were distressed over the weekend to see the number of cars overflowing in the parking areas in Pinkham Notch — the trail head for accessing Tuckerman Ravine. Thus, in an effort to address the inevitable crowds flowing into the popular Tuckerman Ravine area, the Cutler River Drainage Area - including the section extending from Lunch Rocks to the top of the Headwall, where it meets the Alpine Garden Trail - has been closed. The closure includes skiing and riding the Lip and Sluice too. The closure will continue until melt out. Essentially, this eliminates access to skiing and riding in the popular Tuckerman Ravine for the season.

According to an article on Snowbrains.com, 400 people came to Tuckerman Ravine on Saturday, March 28th, and 50-percent were from out-of-state. “Cars filled the parking lot at Pinkham Notch, lined the highway for several hundred yards with folks congregating in the lot, on the deck and driving together,” stated a member of the Mt Washington Avalanche Center in the story. The same representative continued saying, “Our medical advisor visited us to offer advice on our current state of affairs... Among other observations, he commented that odds were strong that asymptomatic carriers of COVID19 were among these visitors.”
Twenty young people are prepared for babysitting

BERLIN — Twenty area students ages 11 and up successfully completed the Babysitting Course at Androscoggin Valley Hospital last month.

They learned the qualities of a great babysitter; to ask about and follow the parent’s/guardian’s guidelines; about a safe home environment and child safety; about the ages and stages of children — infancy through school age; about age appropriate play and supervision; how to care for a child needing holding, diapering, dressing and feeding; and how to handle common injuries and emergencies. Each student received an AVH Certificate of Program Completion.

The next Course is scheduled for Friday, June 19, from 9 a.m. to 4 p.m. For more information contact Donna Godin, AVH Public Relations and Marketing Assistant, at (603) 326-5607 or email donna.godin@avhnh.org.

From left, (front row) Honorary Course Instructor Emma Leeman, Hallee Albert, Kaitlyn Roy, Aubrie Brochu, Natanya Roberge, Zoe Bowman, Olivia Labbe, and Mysteria Faro; (second row), Logan Hanson, Alexis O’Malley, Cloey Vien, Amelia Jacques, Harley Bergeron, Colton Dube, and Lilly Anderson; (third row), Zoe Hanson, Kanelei O’Connell, Madison Fillion, Danica Hood, Destiny Lavoie, and Sophie Young; (fourth row) Course Instructors Teresa O’Hearn, Wanda Tanguay, and Serena White. (COURTESY PHOTO)

Meaghan L. Santy Memorial Scholarship fund is accepting applications

The Meaghan L. Santy Memorial Scholarship is now available for those students who are currently in their second, third or fourth year of college.

Meaghan’s family and friends established and continue to provide a scholarship in her memory. Preference will be given to a deserving candidate enrolled in a business program or attending a Christian college.

However, other majors will also be considered and candidates are urged to apply. Qualifying criteria includes a copy of your financial aid form, G.P.A. of 2.8 or better, a brief character reference from the college the student is attending, and a short “needs” statement written by the applicant.

To receive a copy of the application, please call (603) 466-2776 ext. 3003, email donna.theriault@sau20.org or download it from the school’s website gmhsnh.org. The deadline to return applications to the guidance office at Gorham Middle High School is May 15.
READ This Now!

The DAK office has been receiving a tremendous amount of calls, regarding whether our client accounts are safe from recent market freefall. FIRST THINGS FIRST, SECOND THINGS NOT AT ALL! Clients at DAK holding monies in Fixed Indexed annuity or Life Insurance accounts, can be relieved that all their monies have been protected and all gains and previous years values are safe, secured and locked in like interest at the bank.

Many investors ask me how can you guarantee me my money and still get market related returns? Or they will say “that’s too good to be true”. So, many people trust their stockbrokers and financial advisors with the stock market. Unfortunately, they forget about 2000, 2001 and 2008. They forget how devastating it was when they lost 30-40% of their monies. The truth is there is no reason to lose any of your money. In fact, if you really look at just a simple interest rate of 7% in approximately 10 years your money will double. The reason why Fixed Indexed Annuities are so powerful is that your initial investment is guaranteed by United States Treasuries and Corporate Investment Grade Bonds. The insurance company then buys option calls with a little tiny piece of your monies and everybody else’s. The option calls expire in 12 months or in 24 months with our programs. If there is a positive change from one point to the next point index credits are added to your account value and locked in like interest at the bank. So, there is Market Protection Correction on your “valuable investments”. This is how the Fixed Indexed Annuity works and that’s not even the best part. Many of you have heard me talk about Annual Reset, so when your annuity contract date comes up, you automatically lock into the index value of the index you are currently in. So, for example let’s say you have $100,000 when you purchased your annuity and in three years you have locked in gains and your account value is now $125,000. The index value of the S&P is let’s say 3000, going into the fourth year the markets correct and the S&P value at the end of year four is 2000 but your account value is $125,000!?!?!?!? You have not lost any of your hard-earned monies!!! Additionally, because of the annual reset provision in your contract you’re making money from the S&P benchmark of 2000 on up. This allows us to do is to do have predictable, sustainable income without Negative Sequence of Returns.

I KNOW I HARP!

Please forgive me, if I’ve said it once I’ve said it a thousand times. If you are in your retirement or pre-retirement years, it makes absolutely no sense to put your hard-earned monies in the stock market regardless of what your financial advisors are telling you about diversification. HOW’S THE DIVERSIFICATION WORKING NOW?? It’s not just about making money, most mutual funds, exchange traded funds or bond funds do not provide sustainable income. Yet history repeats itself and people do the same thing expecting different results. The markets have been great and yet no one saw something like a virus upending the financial markets to this extent. If you are a holder of a fixed annuity or life insurance contract your money is safe and protected. Additionally, as stated above you may very well benefit from Annual Reset were as if you hold equities you have to wait for the market to rebound/recover. Also, important to note and you have probably heard me say this in my previous articles. If you are in retirement on a fixed annual reset date, to utilize your tax qualified monies (IRA’s, 401K’s, 403B, defined benefit pension plans, etc.) early in your retirement years you can enjoy the fruits of your labor. At DAK Financial Group we encourage our clients to use their retirement funds. Our programs allow for an asset distribution plan where you cannot run out of money. So, why wouldn’t you want to use your money while you are younger and can enjoy it knowing that you can’t run out. These retirement accounts are a taxable bullseye to the government as you age, spending these monies down reduces your required distributions when you are older and are unable to do the things you once could.

What Can You Do?!

Call us to schedule a visit at the DAK Financial office. We are located at 328 Daniel Webster Highway, Meredith NH 03253, 603-279-0700, dak@worldpath.net.

DAK SENDS

Dave Tucker is certified in Long-Term Care Planning (CLTC). Dave has almost 30 years’ experience working with retirees and previously served as a Captain in the Marine Corps for 15 years. He owns and operates DAK Financial Group LLC, 328 Daniel Webster Highway, Meredith, NH 03253, 603-279-0700, dak@worldpath.net.

DAK Financial Group LLC
328 Daniel Webster Hwy.
Meredith, NH 03253
603-279-0700
www.dakfinancialgroup.com

berlindailysun.com

Credit Unions and banks are drive-through only

Service Credit Union (pictured above), Northeast Credit Union and Northway Bank, in Berlin are drive through only until further notice. (RITA DUBE PHOTO)

Gorham Middle School High Honor and Honor Roll for the first trimester

Gorham Middle School announced its High Honor and Honor Roll for the first trimester. The following students are listed:


Grade 7: High Honor: Addison Eastman, Lily

Milan Village School announces honor roll

Milan Village School announced its honor roll for the second trimester.


Superior Honors (98 – 100) – Grade 3: Shaleah Clark and Abie Roberge


Music – Rosalie Viens, Henry Backler, Shelby Suplinskas, Eric Dube, Ember Larin, Gage Blais, Abie Roberge, Maximus Leeman, Avalon Hopkins, Alex MacLeod, Anna Remillard, Joseph Chapman, Sofie Nickerson, and Silas Backler.

CITIZENSHIP – Natalie Jewett, Jacob Nickerson, Chloe Henderson, Abie Roberge, Caitlin Kelley, Aurora Odermatt, Aidan Gilman, and Douglas Roy.


Outdoor rec permitted with social distancing

CONCORD — Under Governor Chris Sununu’s Emergency Order #17, outdoor recreation is still permitted in the Granite State as long as people take added precautions to practice social distancing. N.H. Fish and Game has not made any changes as of yet to seasons and all rules and regulations remain in effect and will be enforced by conservation officers.

Some outdoor activities still permitted include fishing, clamming (call the Clam Flat Hotline for more information at 1-800-43-CLAMS), the use of NH Fish and Game’s Wildlife Management Areas and boat ramps, and wildlife watching. Trout stocking is just beginning and fishing is a good way to relax and reduce stress.

“Fresh air and being in nature are important for our mental health and people are encouraged to recreate safely, responsibly, and close to home,” said Colonel Kevin Jordan, chief of law enforcement at NH Fish and Game.

“This is not the time for epic hikes or backcountry adventures. We encourage people to enjoy nature in their backyard or neighborhood and to stay a safe distance from others while doing so,” Jordan said.

“As we know, social distancing is an important step to slow the spread of COVID-19, so people should continue to practice social distancing if they are around other people while outside,” added Colonel Jordan.

“When people are outdoors, they should avoid groups and maintain at least 6 feet of distance from anybody they pass.”

For more information, visit nh.gov/covid19 or wildlife.nh.gov.

No toilet paper? Bag it, don’t flush it

CONCORD – The New Hampshire Department of Environmental Services is urging residents to only flush human waste and toilet paper. The coronavirus pandemic has caused a shortage of toilet paper for some, which could result in inappropriate items being flushed down the toilet. Municipal wastewater treatment plants, including the NHDES-operated Winnipesaukee River Basin Program, are concerned about a possible increase in non-flushable causing clogs in the system.

These materials, such as rags, wipes, paper towels, t-shirts and sheets, can cause damage to municipal wastewater or home septic systems, which can result in costly repairs. Product labels can be misleading. Many items claim to be “flushable,” but they don’t break down easily and can clog sewer and septic systems. The bottom line is that the only safe items to flush are human waste and toilet paper. If you are forced to use something other than toilet paper, please place it in a bag and dispose of it in your trash.

For more information refer to the NHDES brochure on What’s Flushable at des.nh.gov.

Reusable bags banned

CONCORD — Gov. Chris Sununu issued Emergency Order 10 on Saturday as part of the state’s efforts to respond to COVID-19.

Emergency Order 10: Requiring all grocers and retail stores to temporarily transition to use of single use paper or plastic bags. This Order shall apply to grocery stores, supermarkets, convenience stores, retail stores selling any product, and any other similar establishment engaged in in-store sale of retail products to customers.

“Our grocery store workers are on the front lines of COVID-19, working around the clock to keep New Hampshire families fed,” said Sununu. “With identified community transmission, it is important that shoppers keep their reusable bags at home given the potential risk to baggers, grocers and customers.”

Waldo J. ‘Bogey’ Williams

Waldo J. “Bogey” Williams, 90, of Milan, N.H., passed away on Friday, March 27, 2020, at the Androscoggin Valley Hospital. He was born in Ossipee, N.H., on April 30, 1929, the son of the late John and Juanita (Knox) Williams. He had served with the U.S. Army in the Korean War, and had been employed at Brown Company and later Crown Vantage. He was a history buff, enjoyed hunting and fishing, and loved his five children.

Family includes his children Brenda Albert of Bangor, Maine, Judy Shuffleberg of Sanford, Maine, Sandra Lambert of Kansas, and Timothy Williams of Milan, N.H.; many grandchildren, nieces, nephews, and cousins. He was predeceased by his wife Beatrice D. (Wilson) Williams, and a son John “Woody” Williams, and the love of his life for over 40 years Prudence “Prudy” Treamer.

Due to the current restrictions on public gatherings, services will be private. The Bryant Funeral Home is in charge of the arrangements.

Area Granges give back to their communities
Six seniors of the Berlin-Gorham girl's hockey team were honored recently during their last regular-season home game at the Notre Dame Arena. Here they are with their families: (from left) Haley Hamilton, Bryn Dube, Maria Young, Trinity Gendron, Natalie Williams and Kaelyn Blais. (SANDY POULIOT PHOTO)

**Berlin-Gorham girls had a hockey season to remember**

**BY STEVE ENMAN**

BERLIN — Here is a summary of the 2019-20 season, as well as comments on the senior members of the team, from the Berlin-Gorham Girl's Hockey Coach Craig Bartoli.

The Berlin-Gorham girls' hockey team consisted of a great group of players who always gave me everything they had whether it was on the ice, with team bonding, in the weight room and as well as excelled in the classroom. They definitely made it exciting to be a part of it.

We came in second place in Division I during the regular season, we were in every game and then due to two overtime wins in the tournament, were slated to play in the championship before we were shut down by the virus problem.

Five different girls had 10 goals a piece and that to me shows great teamwork. As for my six seniors, let's start with my senior goaltenders? What can I say about them other than both Kaelyn Blais and Natalie Williams were such a joy to work with. Natalie came up huge for us in big games (especially vs Bishop Guertin, Exeter and Oyster River during the season) and Kaylen was very solid all year-long and proved to be a clutch goaltender, especially in the playoffs with back-to-back wins in overtime. They both rooted for each other and made each other better.

Bryn Dube is very hard working and has only been playing for a few years now. She is a great teammate and will surely be missed.

Haley Hamilton is what I would refer to as the "Brad Marchand" on my team, and she will be tough to replace here. She makes it very hard to play against due to how she hustles at all times, and the fact that she is usually matched up against one of the other teams top players.

Trinity Gendron has been my captain the last two years and simply lives the game. She is a shutdown defender and is never afraid to get in the dirty areas. I have been very lucky to have had her, as I could use her on the point or throw her up front because of her versatility. She will be truly missed.

Last but not least Maria Young. She is the most positive athlete I have ever coached and even when she wasn't in certain games she made sure to let her teammates knew how much she wanted them to succeed. I can honestly say she kept things loose in the locker room and I don't think I'll ever coach another Maria Young.

All the seniors will be missed but we have a great nucleus next year and am looking forward to it. Our fans have been great this year and had a great following especially with the younger female hockey players.

I'd like to throw out a little shout out to our lucky charm, Tessa Bump, who is an upcoming Berlin-Gorham hockey player who went to many games home and away.

And finally I'd like to thank everyone for all the support you gave these young ladies. An amazing year for an amazing team.

**Berlin girls made the hoop playoffs**

**BY STEVE ENMAN**

BERLIN — The headline for this team in the winter sports' edition of the Berlin Sun was “Many new faces on 2019-20 Berlin High girl's basketball team” but the Mountaineers overcame and built a team that was competitive and qualified for the Division III Tournament, losing to Newfound in the preliminary round.

Here is what Coach, Don Picard had to say regarding this past season:

"Looking back at the season, I am very proud of these girls as they persevered a tough losing streak and found the resolve to play well at home against Inter-Lakes, which essentially put us in the tournament. We battled Prospect Mountain two nights later to a close loss. As a coach, I have always believed that the team that makes their layups and free throws will typically win games. This year, some of our close losses show that statement to be true.

BY STEVE ENMAN

BERLIN High School girl's basketball seniors were recognized, along with their families at their last home game (from left) Libby Picard, Kaylee Peare, Madison Cordwell and Treniti Holden. (STEVE ENMAN PHOTO)
Want your pet here for all the world to see and appreciate?
Send us your name, your pet’s name, breed, town, and favorite activity, along with a photo to: patty@conwaydailysun.com. This is just for fun and there is no cost, and at the end of the year, all the pets will be entered in an online favorite-pet contest.

Meet Vera!
Owner: Julianne King
Breed: Wirehaired Pointing Griffon
Hometown: Berlin
Favorite thing to do: Loves to swim, bark and jump fences!

Pet Stop
www.conwaydailysun.com • 603-356-3456

DAILY CROSSWORD

1 Use a drill
2 Funt of “Candid Camera”
3 Sleeve fillers
4 Committed perjury
5 Depart
6 Un proven explanation
7 Bring up, as a subject
8 Verbs on a tube of Bengay
9 France’s dollar, once
10 Lincoln’s place: abbr.
11 Eased up
12 Go on a tirade
13 Play the lead role
14 Nuts
15 Small hill
16 Tangy
17 Troubles
18 Largest city in Morocco
19 Letter for Plato
20 “Hogwash!”
21 Playful swimmer
22 39 Start of a navy ship’s name
23 Word with Korea or Carolina
24 pitcher’s delights
25 Diplomacy
26 Rights org.
27 Storage trunk
28 Deteriorate
29 Hy per
30 Make fun of
31 Convince
32 Clothing fastener
33 Have a snack
34 Belgrade native
35 Have a snack
36 Night light
37 Soft cheese
38 Pitcher’s delights
39 “Old King ___ was a merry”
40 Small hill
41 Dull in color
42 Prior to today, in
43 Prior to today, in
44 Ruthless
45 Musical instrument
46 Musical instrument
47 Ballet & painting
48 Commercials
49 “Old King ___ was a merry”
50 “Old King ___ was a merry”
51 Soft cheese
52 “Old King ___ was a merry”
53 “Old King ___ was a merry”
54 “Old King ___ was a merry”
55 “Old King ___ was a merry”
56 “Old King ___ was a merry”
57 “Old King ___ was a merry”
58 “Old King ___ was a merry”
59 “Old King ___ was a merry”
60 “Old King ___ was a merry”
61 “Old King ___ was a merry”
62 “Old King ___ was a merry”

TRIBUNE MEDIA SERVICES

ACROSS
1 Use a drill
5 Funt of “Candid Camera”
10 Sleeve fillers
14 Committed perjury
15 Depart
16 Enticement
17 Troubles
18 Largest city in Morocco
20 Letter for Plato
21 “Hogwash!”
22 Playful swimmer
23 Word with Korea or Carolina
25 Corn’s place
26 Declare not guilty
28 At _ haphazardly
31 Skydiver’s need
32 Tangy
34 Actor Diesel
36 Muumuu accessories
37 Hasty
38 Post-It Note message
39 Start of a navy ship’s name
40 Intended
42 Un proven explanation
44 Bring up, as a subject
45 Verb on a tube of Bengay
46 France’s dollar, once
47 Colorado resort
50 Black card
51 Apex
54 Indirect
57 Costa _
58 Lawn mower brand
59 Actress Burke
60 Kitchen appliance
61 Fret; worry
62 Train track material
63 Knight & Koppel
64 Down
65 Radar screen image
66 Manet’s paintings
67 “Little Women” author
68 Fido’s restraint
69 Word attached to whip or eye
70 Lincoln’s place: abbr.
71 Go on a tirade
72 Mickey & Minnie
73 Play the lead role
74 Soft cheese
75 “Old King ___ was a merry”
76 “Old King ___ was a merry”
77 “Old King ___ was a merry”
78 “Old King ___ was a merry”
79 “Old King ___ was a merry”
80 “Old King ___ was a merry”
81 “Old King ___ was a merry”

THURSDAY’S ANSWER

ACROSS
1 Use a drill
5 Funt of “Candid Camera”
10 Sleeve fillers
14 Committed perjury
15 Depart
16 Enticement
17 Troubles
18 Largest city in Morocco
20 Letter for Plato
21 “Hogwash!”
22 Playful swimmer
23 Word with Korea or Carolina
25 Corn’s place
26 Declare not guilty
28 At _ haphazardly
31 Skydiver’s need
32 Tangy
34 Actor Diesel
36 Muumuu accessories
37 Hasty
38 Post-It Note message
39 Start of a navy ship’s name
40 Intended
42 Un proven explanation
44 Bring up, as a subject
45 Verb on a tube of Bengay
46 France’s dollar, once
47 Colorado resort
50 Black card
51 Apex
54 Indirect
57 Costa _
58 Lawn mower brand
59 Actress Burke
60 Kitchen appliance
61 Fret; worry
62 Train track material
63 Knight & Koppel
64 Down
65 Radar screen image
66 Manet’s paintings
67 “Little Women” author
68 Fido’s restraint
69 Word attached to whip or eye
70 Lincoln’s place: abbr.
71 Go on a tirade
72 Mickey & Minnie
73 Play the lead role
74 Soft cheese
75 “Old King ___ was a merry”
76 “Old King ___ was a merry”
77 “Old King ___ was a merry”
78 “Old King ___ was a merry”
79 “Old King ___ was a merry”
80 “Old King ___ was a merry”
81 “Old King ___ was a merry”
DEAR ABBY

REVENGE ON CHEATING FIANCE IS DELIVERED ON WEDDING DAY

DEAR ABBY: This is an open letter to all those women who write to you knowing their men cheated on them and then ask, “Should I marry him?” In their hearts they already know the answer; they just want YOU to tell them “NO!”

My mother saw my fiancé’s car around town, parked at various churches and parking lots. He parked there so I wouldn’t see his car “at the other woman’s” house. Well, I showed up unexpectedly at his place one night and saw him both asleep in his bed. In a way, I felt relieved.

I knew I had to do something. I immediately canceled everything, but had the wedding invitations printed and gave them to his mom and sister to send out “right away.” When the big day arrived, I sat across the street in Dad’s car with my mom as only HIS side of the family showed up at the vacant church. The note on the door read: “Stay with ‘Jazmine’. You two deserve each other! Now tell your family what you did.”

I explained everything to my parents an hour later over dinner at the restaurant where we supposed to have had our reception. We were all relieved the wedding was canceled. We laughed so much, and we reviewed all the signs that my mom tried to show me that I had ignored.

So don’t get mad, ladies. Do what I did — dry your tears and get even. — NEVER LOOKED BACK

DEAR NEVER: Love is blind, and you should have listened to your mother. You’re lucky you found out in time and didn’t marry your faithless fiancé. While I don’t normally recommend revenge, I think in this case, the man had it coming.

DEAR ABBY: I am 52 years old and have experienced chronic fatigue (from Lyme and Epstein-Barr) most of my adult life. Four years ago, I discovered a wonderful medical practitioner and, by adhering to her protocol, regained such improved health that I began volunteering with a local organization. Due to a recent setback, however, fatigue has prevented me from volunteering, and my absence has been noticed.

Although I usually am a private person, I decided to divulge my health issues to the leader so he wouldn’t think I was unhappy with my duties. He then began asking if I had tried various health products and remedies to the point where I felt I was on trial and defending myself. In the past, before I received an accurate diagnosis, some family members and physicians doubted the validity of my illness, so I am sensitive to being questioned or doubted. Did I set myself up by disclosing my health issues, or should I have remained polite but vague? — SURVIVOR IN THE EAST

DEAR SURVIVOR: In a sense, yes, you did set yourself up by disclosing the reason for your absence. The medical conditions from which you suffered poorly understood years ago, and many people underestimated — were under the impression that their patients’ problems were all in their heads. Please try to be less defensive where this person is concerned. From my perspective, he was only trying to be helpful.

— — —

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at: Dear Abby, c/o The Conway Daily Sun, PO Box 1940, North Conway, NH 03860.

HOROSCOPE

ARIES (March 21-April 19). With fondness, you’ll look back on what you said goodbye to long ago. The nostalgia may have you thinking, if only for a second, “Should I try that again?” Probably not.

TAURUS (April 20-May 20). If you can avoid interruption, you’ll be twice as productive. The biggest challenge today is not thinking about tests of balance or growing old or anything that has to do with being out of your zone.

GEMINI (May 21-June 21). Anyone who’s loved a television character or been devastated by a show cancellation is in for a treat today. If you’re a sentimental type, you’ll appreciate today’s reality show: today’s reality show is your own life. A chance to look back on what you admire most in your past and see if you still feel the same about it.

CANCER (June 22-July 22). The principle to your advantage. To concentrate, you must concentrate. To concentrate, forced or insincere one is registered, at least a day or two.

LEO (July 23-Aug. 22). To do your best work, you must concentrate. To concentrate, you must be free of worry. To be free of worry, you must get resolution. You will do your best work once you’ve resolved the issue on your mind.

VIRGO (Aug. 23-Sept. 22). The child with the monkey bars is not thinking about tests of balance or growing old. It just seems like a fun thing to do. Similarly, whatever you think might be fun now will also be a chance for unexpected growth.

LIBRA (Sept. 23-Oct. 22). If you can whip yourself up some joy for yourself and live inside that, you’ll have accomplished the mission of your spirit. Just be careful not to confuse joy with pleasure, its brother from another mother.

SCORPIO (Oct. 24-Nov. 21). Life is full of surprises and today brings one of your favorite kinds — the kind where you surprise yourself. You’re deeper, stronger, more talented and more interesting than even you knew.

SAGITTARIUS (Nov. 22-Dec. 21). You’re not concerned with getting ahead, staying ahead or doing anything that has to do with being out in front. You want to enjoy your route, do justice to your role and learn something along the way.

CAPRICORN (Dec. 22-Jan. 19). Though wanting something to be finished will not make it so, it’s the organizing thought that causes you to make a list of steps and start methodically getting this thing on the rails.

AQUARIUS (Jan. 20-Feb. 18). As self-motivated as you are, it is not always easy to keep yourself accountable to the things you say you want to do. You need other people. Need a game changer? Join a group.

PISCES (Feb. 19-March 20). Is there such a thing as being too rational? Of course! And it’s every bit as precarious as being too irrational. When logic dulls the senses, let poetry bring them back.

THURSDAY’S BIRTHDAY (March 31). The cosmic magnets draw you toward the ones you most need to be near. A lucky turn in your personal life adds excitement and new people to the mix. This may have to do with a hobby you pursue or help you give that hands you most need to be near. A lucky turn in your personal life adds excitement and new people to the mix. This may have to do with a hobby you pursue or help you give that hands you most need to be near.

“Hope you’re planning not to back out of the deal at the very last moment again.”

Universal Crossword

ACROSS
1. Wild guess
2. Type of test for an app
3. Flag pin sight
4. Heavenly circle
5. Churchgoer’s cry
6. Rub out
7. Not much
8. Audition goal
9. Pilgrimage
10. Mountain, for Boulder (see letters 3 through 9)
11. Follower of ‘Bon’ or ‘moli’, perhaps
12. It may pull a large crowd
13. One can be clipped or painted
14. Tooth coat
15. Bounce to see them off
16. Door laster
17. Band whose name symbolizes its energy
18. Wealthy spouse providing income, perhaps (1 to 7)
19. Variable Weather
20. Conditions by Deeksha Gaur
21. Commandment verb
22. Verb on a campaign button
23. Symbolic (4 to 10)
24. Spanish gallery contents
25. Follower of ‘Bon’ or ‘moli’, perhaps
26. Fill to capacity
27. Fabric
28. Milton coffee drink
29. Show
30. New England state
31. Dessert with a tart filling
32. Sacramento
33. Single button
34. Some choral singers
35. Example
36. New England coast
37. Some choral singers
38. Most irritable
39. Religious address with an apostrophe
40. Giveaways at the poker table
41. Radiating joy
42. Last word of a threat
43. Help
44. Giveaways at the poker table
45. Assist with a heist
46. Assist with a heist
47. Buzz
48. "Bleah!"
49. "If looks could ___ you heart?"
50. Some choral singers
51. Past, present or future
52. Like champagne in a bucket
53. Radiating joy
54. Giveaways at the poker table
55. Some choral singers
56. Assist with a heist
57. Story
58. Resistance unit

DOWN
1. Commandment verb
2. Vet
3. Vitamin_ids
4. Pop
5. Verb on a campaign button
6. Spanish gallery contents
7. Drink
8. Egg
9. Godmother
10. Edge of a cherry, perhaps
11. Commandment verb
12. Pop
13. Pop
14. Godmother
15. Edge of a cherry, perhaps
16. Godmother
17. Drink
18. Egg
19. Godmother
20. Pop
21. Godmother
22. Drink
23. Egg
24. Godmother
25. Drink
26. Egg
27. Godmother
28. Drink
29. Egg
30. Godmother
31. Drink
32. Egg
33. Godmother
34. Drink
35. Egg
36. Godmother
37. Drink
38. Egg
39. Godmother
40. Drink
41. Egg
42. Godmother
43. Drink
44. Egg
45. Godmother
46. Drink
47. Egg
48. Godmother
49. Drink
50. Egg
51. Past, present or future
52. Like champagne in a bucket
53. Radiating joy
54. Giveaways at the poker table
55. Some choral singers
56. Assist with a heist
57. Story
58. Resistance unit

Jumble

NPTEI
ULYOS
ELVARB
COLAAN

THAT SCRAMBLED WORD GAME

You have so many great words in your home. How about by the cut-de-sac.

$2.99

THURSDAY’S ANSWER

MPG — IPAD
TANS — MATT
ALANALO — RETINA
IN NALL — CRIS
MASC — KNO
SCREED — OUES
SEAELED — WITH
BA — HUSH
DEE — AMBELA
WARS — CLUB
EST — TIER
GLOB — WALNUT
DIRTY — TOP
GETBY — I precip
EDEE — KAL
NOS — HODS
SLY

SOUTH SHORE KIDS

©2020 Tribune Content Agency, LLC
All Rights Reserved.

You've got so many great words in your home. How about by the cut-de-sac.

Cornered

1. "I hope you’re not planning to back out of the deal at the very last moment again."

Jumble: MONEY SALAD UNFAIR CRANKY

Thursday’s Solution

Jumbles: MONEY SALAD UNFAIR CRANKY

Answer: There’d been some burglaries in their neighbor-
hood, which was — CAUSE FOR ALARM

Next Thursday's Jumble:

JEEPS — OOPS
SALAD — SODA
PATRIOTS — CATS
TASTE — ANIMAL
TOO — ECSTASY

(Cornered.com)

I hope you’re planning not to back out of the deal at the very last moment again.”

Page 18 — THE BERLIN SUN, Tuesday, March 31, 2020

Page 18 — THE BERLIN SUN, Tuesday, March 31, 2020

Page 18 — THE BERLIN SUN, Tuesday, March 31, 2020

Page 18 — THE BERLIN SUN, Tuesday, March 31, 2020
for Rent

BERLIN, NH: Historic Notre Dame Apartments- Immediate Vacancies. One bedroom apartments for seniors age 62 or older. On site laundry, smoke free, includes heat, hot water, and electric. Rent is approximately 30% of income. Contact AHEAD 800-974-1377. Applicants must income qualify. Equal Housing Opportunity. ISA www.homesahead.org

BERLIN: 2 bedroom, 5 rooms apartment; heat included $800.00. 3 room apartments; heat incl $1100.00. Both apartments completely renovated. No pets no smoking. Call 603-707-8337.

St. Jubes - $5

NURSE MANAGER

Coos County Family Health Services is seeking a dynamic Nurse Manager to oversee nursing services at our 3 outpatient clinics in Berlin and Gorham, NH.

Responsibilities include:

• Daily oversight of nursing department operations.
• The hiring, training & evaluation of nursing department staff.
• Address complaints and resolve problems.
• Assists the organization’s Chief Operating Officer to develop and maintain quality department standards, policies and procedures consistent with state and federal regulations.

Applicant must be licensed in the State of NH as a Registered Nurse, have 5 years of nursing experience (outpatient preferred), supervisory experience, strong collegial group home, flexibility & desire to work in a fast paced outpatient clinic.

Full benefit package includes:
Health and Dental Insurance
Health Reimbursement Account
Flexible Spending Account
Short Term and Long Term Disability Insurance
Life Insurance
401K Match
Earned Time

CCFHS is a HRSA Nurse Corps approved site.

Please submit cover letter and resume to:
Human Resources Department
Coos County Family Health Services
54 Willow Street, Berlin, NH 03570
For more information, contact HR@ccfhs.org
An Equal Opportunity Employer

WE ARE GROWING!

Come join our growing team of six in homes in the Bethelhem, Madison, Milton and Crafton, NH areas. Current openings include full time, part time and relief positions as well as Team Leaders. (Weekend availability required for full time positions.) Seeking dependable individuals to work in our staffed resident group home, supporting clients with various Mental Health diagnoses. Your focus will be assisting in daily life skills such as employment and volunteering, community activities and the upkeep of the residence. A high school diploma, clear driving record and clear criminal record are required.

Why Join Becket:

A) We develop our own program and provide some of the best skills and development training opportunities in New Hampshire.
B) Becket is a remote from within; many of our Managers and Executive Leaders advanced through our programs by taking advantage of our industry best training and development opportunities.
C) Our benefits and time off programs are among the best in our field.

Benefits:
• Highly competitive compensation commensurate with skills, experience, and education.
• Up to 4+ weeks of paid time off in the first year.
• On the job professional Human Services training, skill development, career and leadership opportunities.
• Medical, Dental, Vision, 403b Retirement, Health Flexible Spending Account, Legal, Short & Long-Term Disability, Basic Life & Supplemental Life, AD&D, Legal Assistance and Flex Spending as well as Employee Assistance Programs.

Please send your resume to dyane.harbour@becket.org or fax (603) 761-2020 or call 603-960-1077

FIRE TECHNOLOGIES

A leader in the Fire Protection Trade in New England has an entry-level position available for a technician. Mechanical and/or alarm experience is very helpful. We shall provide training. Solid benefits package is available after a trial period. Apply by calling and we will arrange a work week that is most convenient for your family. For more information about each position, contact Bob at 800-717-6454. Based out of North Conway, NH.

For Rent

BERLIN: 2 bedroom, 2nd floor, heated, shed, garage, peaceful environment. $900.00. No pets, no smoking. Call 603-752-8299.

COLEBROOK, NH: Monadnock Village Rental Apartments- One bedroom apartment for seniors aged 62 or older living with a Disability. On site laundry, smoke free, includes heat, hot water, electric, on sight mail delivery, and a community room. Rent is approximately 30% of income. Contact AHEAD 800-974-1377. Applicants must income qualify. Equal Housing Opportunity. ISA www.homesahead.org

GROVETON, NH: Immediate Vacancy - Studio Apartment, for Seniors (age 62 or older) and People with Disabilities. Rent is 30% of income and includes all utilities. Property includes community room, on site laundry facility and delivered mail. Smoke free. Contact AHEAD Inc. at 800-974-1377. Applicant must income qualify. Equal Housing Opportunity. ISA www.homesahead.org

LANCASTER, NH: McKee Inn: Immediate Vacancy- Two bedroom apartments for seniors age 62 or older and People with Disabilities Living with a Disability. On site laundry, smoke free, includes heat, hot water, electricity and on site mail delivery. Rent is approximately 30% of income. Contact AHEAD 800-974-1377. Applicants must income qualify. Equal Housing Opportunity. ISA www.homesahead.org

ROOMS FOR RENT

Are you working/visiting in the area or working at the Professional building construction projects and need a room by the night?

Stay at Dubee Our Guest B&B in Milan. Fully furnished, including kitchen, living room, internet, Dish TV, cleaning and service, $50/night or $150/week. Owners have separate workspace. Contact FMI call 603-449-2140 or 603-723-8722.

Check us out on the web! dubeeguestb&b.com

WHITEFIELD, NH: Highland House: Immediate Vacancies- One and Two bedroom apartments for seniors age 62 or older and People with Disabilities Living with a Disability. On site laundry, smoke free, includes heat, hot water, electric, on site mail delivery, and a community room rental. Rent is approximately 30% of income. Contact AHEAD 800-974-1377. Applicants must income qualify. Equal Housing Opportunity. ISA www.homesahead.org

WE ARE LOOKING TO ADD ANOTHER TECHNICIAN TO OUR TEAM! Call 603-761-2020, ext 205 to speak with Becket.

Help Wanted

BROCHURE distributor needed for the North Country (Gorham, North). Flexible hours, good pay, part-time. For more information, contact Bob B. Reference (603)356-7011.

DARTMOUTH College Outdoor Recreation Program seeks a Search of a Caretaker at the 2nd College Grant. A 27,009-acre mountainous woodland near Errol. Please see: http://search jobs.dartmouth.edu/postings/63 988 for more information or to apply.

Help Wanted

BROCHURE distributor needed for the North Country (Gorham, North). Flexible hours, good pay, part-time. For more information, contact Bob B. Reference (603)356-7011.

DARTMOUTH College Outdoor Recreation Program seeks a Search of a Caretaker at the 2nd College Grant. A 27,009-acre mountainous woodland near Errol. Please see: http://search jobs.dartmouth.edu/postings/63 988 for more information or to apply.

For Rent

For Rent

For Rent

For Rent

Firefighter

A leader in the Fire Protection Trade in New England has an entry-level position available for a technician. Mechanical and/or alarm experience is very helpful. We shall provide training. Solid benefits package is available after a trial period. Apply by calling and we will arrange a work week that is most convenient for your family. For more information about each position, contact Bob at 800-717-6454. Based out of North Conway, NH.
“We played perhaps our best game of the season at home against White Mountains, but lost the game by one, and went 7-for-22 from the free-throw line. In a game at Mascoma, we lost by three, and again left a lot of points at the free-throw line, going 6-for-30. As a team, we averaged 20 free-throw attempts per game. That is a terrific number, but we need to simply shoot better from the line. “Coming into the season we really only had three girls that had any varsity basketball experience, so there was a great deal of learning that had to happen. The difference going from JV to varsity is the speed of the game and the strength and athleticism of the opponents. It took this group a while to figure things out, and the pace of the game is something that we still need to learn to play at.” "Treniti Holden, in her first year on varsity, showed that persistence and perseverance pay off, after playing JV for three years. All will be missed in a variety of ways.”

Coach Picard went on to say this about his senior players: “Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ect. After 26 years of coaching basketball, a couple of things remain ingrained about his senior players: "Our season has been over for almost a month now, and as a coach I have had a chance to refl ec