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TUESDAY

Meatloaf Plate with mashed potatoes, hot veggie & gravy\$8.50

WEDNESDAY

Chicken Fingers w/ Poutine\$8.50

THURSDAY

Steak & Cheese Wrap, deep fried potato chips.....\$8.50

FRIDAY

Fried Haddock Plate with french fries, coleslaw & tartar sauce.....\$9.75

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Eat in or Take out



The Women's Services Department at Androscoggin Valley Hospital is teaming up with Believe in Books (www.believeinbooks.org) from North Conway and the Coos Family Support Project (www.investincoskids.org) to provide all new parents delivering at AVH a baby book pouch.

REQUEST FOR BID American Recovery and Reinvestment Act Berlin Housing Authority 10 Serenity Circle Berlin, NH 03570

Berlin Housing Authority (BHA) requests proposals from selected bidders in the form of sealed bids for implementation of an Energy Conservation Measures to include: boiler upgrades, ventilation equipment improvements, domestic hot water equipment upgrades, apartment lighting, retrofits, insulation and air sealing measures among other items. These measures will be implemented at two apartment complexes at St Regis House and Berlin Housing Authority in Berlin, NH. Bids will be accepted until 3:00 PM, December 7, 2011, at the offices of Berlin Housing Authority, 10 Serenity Circle, Berlin, NH 03570. The jobsite is open for a mandatory pre-bid walk through on December 1, 2011 at 10:00am at 10 Serenity Circle, Berlin NH. Following the pre-bid meeting a contractor may request a second visit to verify conditions by making the request in writing.

All areas to be renovated are to comply with the applicable requirements of the State Building Code, NFPA 101 – Life Safety Code, 2003, and Lead Safe Practices.

CONTRACT DOCUMENTS may be viewed at the office of the Berlin Housing Authority located at 10 Serenity Circle, Berlin, NH or by calling Buffalo Energy at 1-290-5633.

Attention is called to the necessity for the provision of equal employment opportunity and certification of non-segregated facilities. The project shall be constructed under the provisions of the Davis Bacon Act, including requirements for locally determined wage rates and reporting. Section 3 of the Housing and Urban Development Act of 1968 regarding low mod income hiring goals and the Buy American provisions apply as well.

A 5% bid bond in the form of certified check, bank check or bid bond secured by a surety company must accompany the bid.

The BHA reserves the right to reject any or all bids or to waive any informalities in the bidding or to reject any of all bids if deemed to be in the best interest of the Owner. No bid shall be withdrawn for a period of sixty (60) days subsequent to the opening of bids without the consent of the BHA. Liquidated damages for substantial completion will amount to 500.00 per day for each calendar day of delay from the date established for substantial completion. EO/EHO

Marie-Jo Landry
Executive Director

AVH teaming up with Believe in Books

BERLIN -- The Women's Services Department at Androscoggin Valley Hospital is teaming up with Believe in Books (www.believeinbooks.org) from North Conway and the Coos Family Support Project (www.investincoskids.org) to provide all new parents delivering at AVH a baby book pouch.

The pouch contains a soft baby book, information for parents on the importance of reading to your child, how to access local libraries and connection to the Reach Out and Read (www.reachoutandread.org) program being offered through well child visits at Coos County Family Health Services, Weeks Medical Center and Indian Stream Health Center. This collaboration is being created for parents in Coos County because research proves that children must be offered experiences that encourage learning before they reach school. One of the easiest and most effective ways to encourage a child's learning and development is by reading to them. More than

one-third (34 percent) of American children entering kindergarten today lack the basic language skills they will need to learn to read. Children who have access to books and pictures at home and who are read to during the first years of life are more likely to develop stronger reading abilities and are more likely to enter school prepared to succeed. Research shows that fewer than half of parents (48 percent) in the United States read to their children daily.

The Books from Birth Program at AVH is designed to provide parents a book for their baby that they can begin using immediately. The nurses at AVH will work with each parent to emphasize the importance of reading in their child's future growth and development. The information in the book pouch provided by Believe in Books will also encourage parents to go to their first well child visit where they can receive another new book for their baby

see **BELIEVE** page 23

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